

VR1 FLY REAR DELT

13110-01

Parts Manual

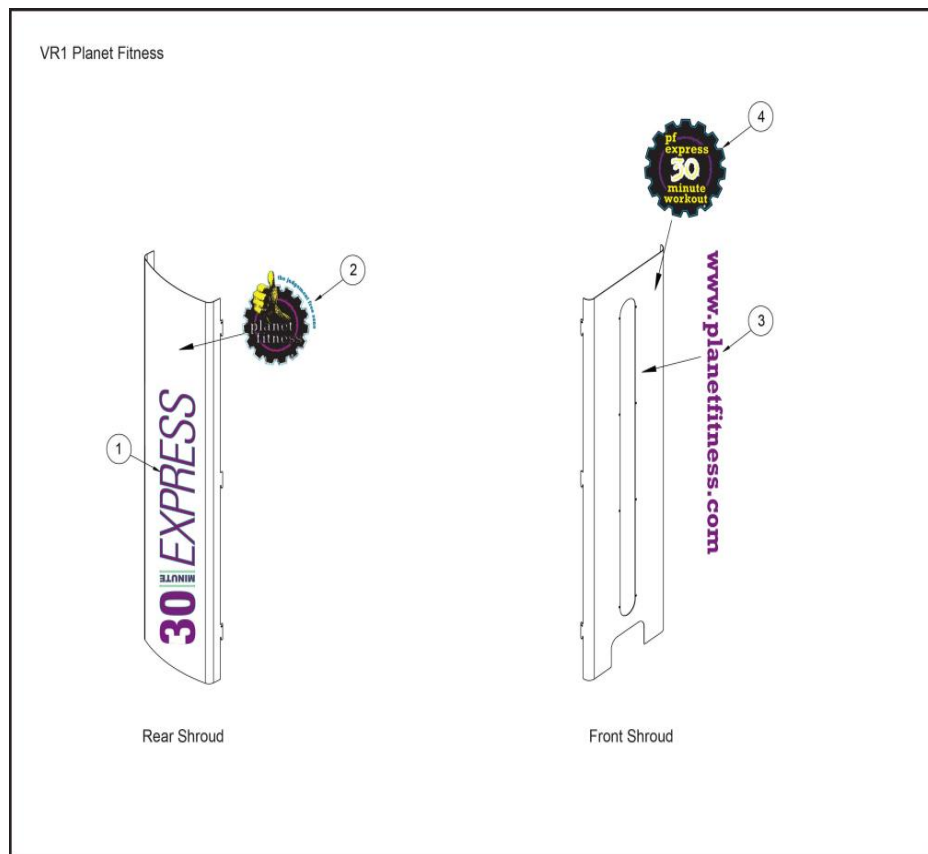
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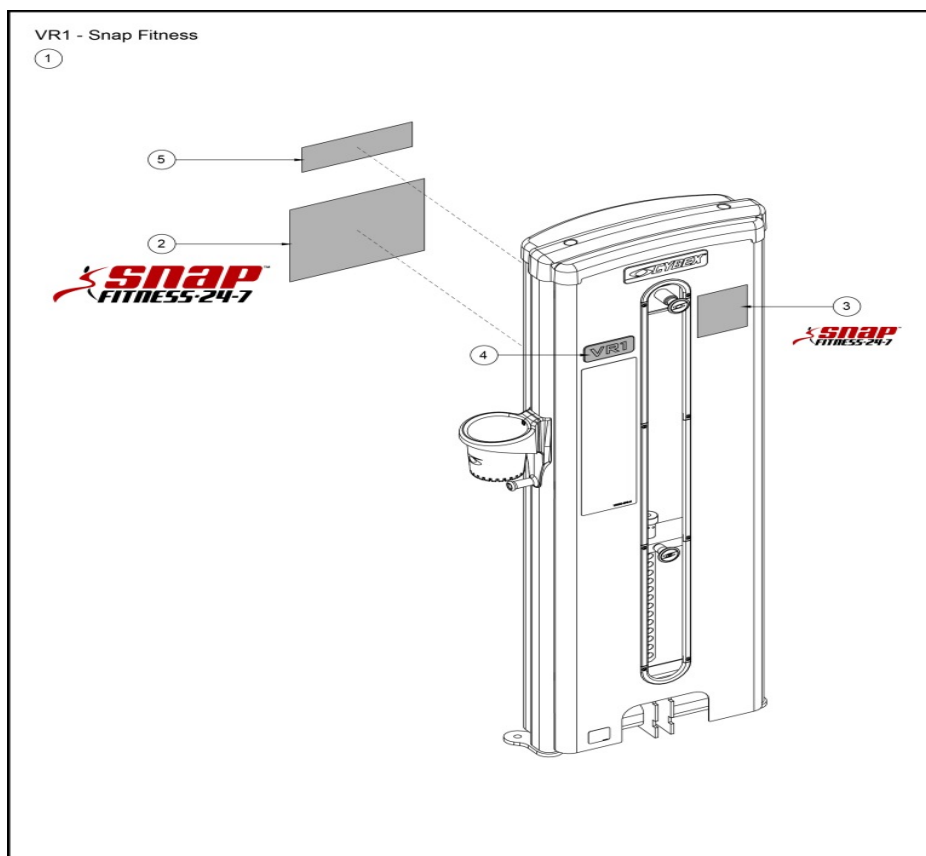
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VR1_Planet_Fitness



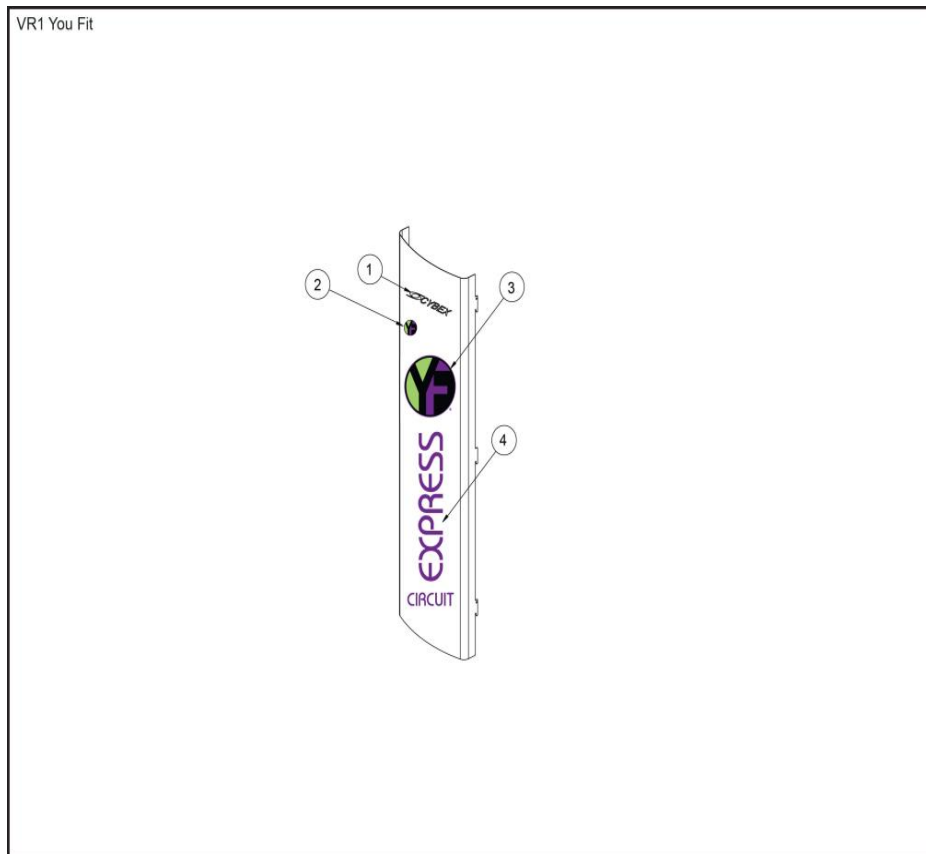
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

VR1_Snap_Fitness



Ref #	Part Number	Qty	Description
1	13000-025S	1	SNAP FITNESS DECALS, VR1
2	21000-409	1	DECAL, SNAP FITNESS 14.00
3	21000-408	1	DECAL, SNAP FITNESS 6.00
4	13000-399	1	Decal VR1
5	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

VR1_YouFit



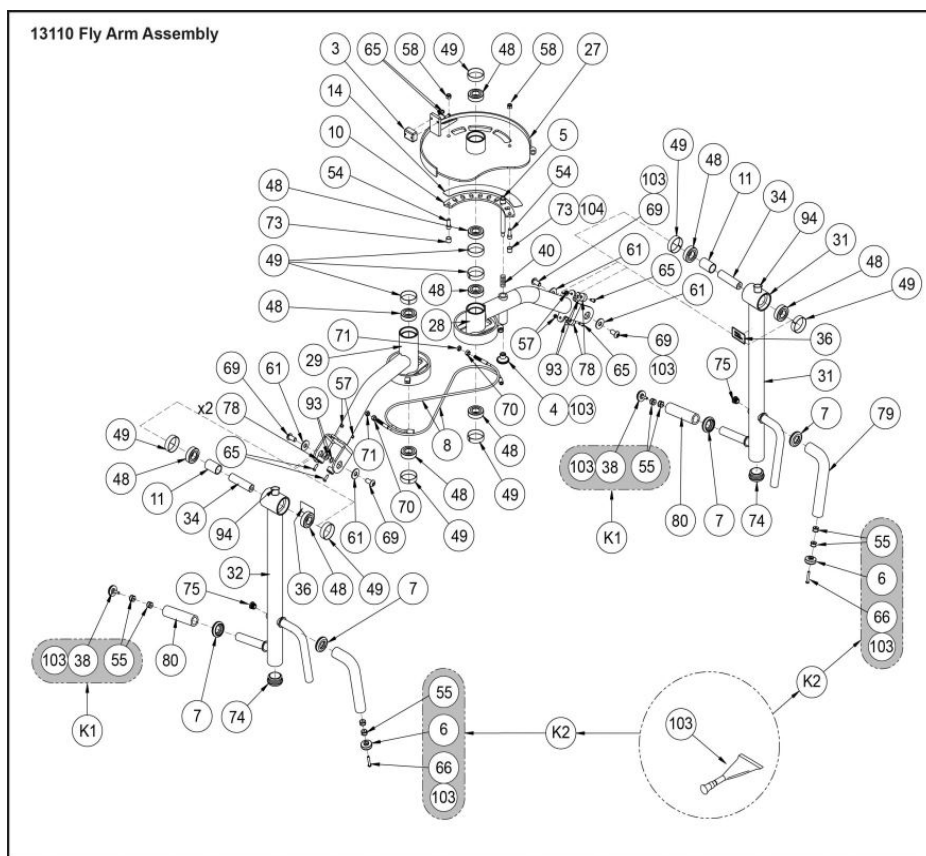
Ref #	Part Number	Qty	Description
1	3900-443	1	DECAL CYBEX BLACK
2	DE-60270	1	DECAL, YF CIRCLE SMALL
3	DE-60271	1	DECAL, YF CIRCLE LARGE
4	DE-60273	1	DECAL, EXPRESS CIRCUIT LARGE

13000_Parts_not_shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K6	13000K007	1	Kit Hardware VR1

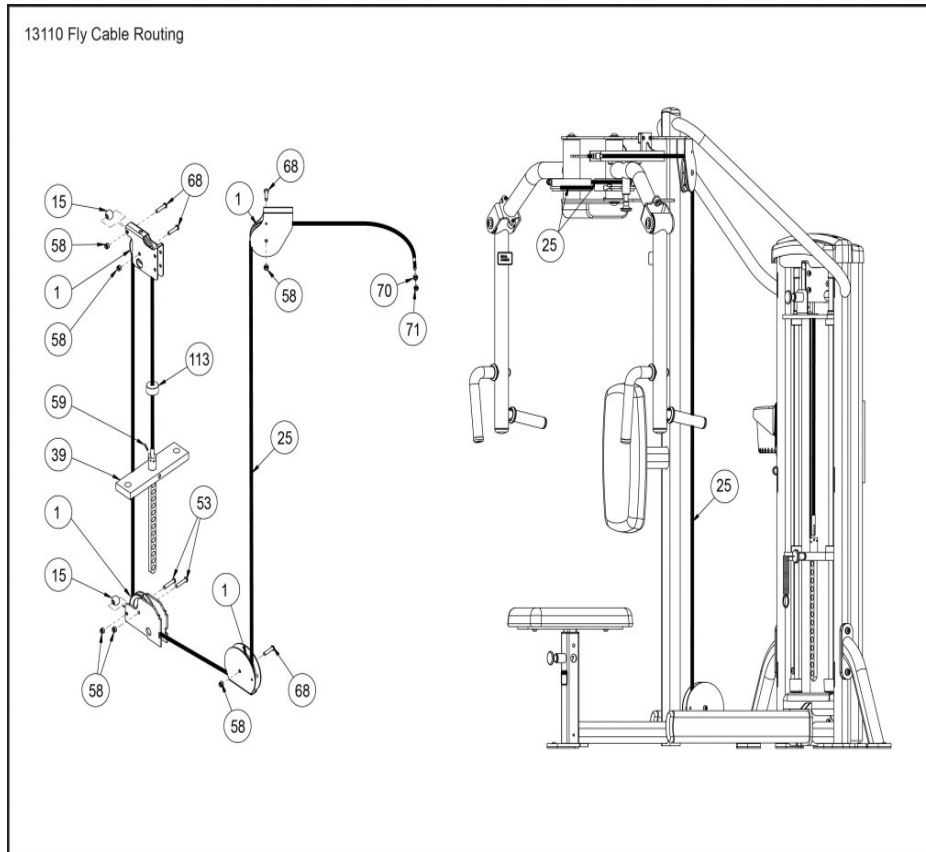
13110_Arm_Assembly



Ref #	Part Number	Qty	Description
K1	4605K549	1	KIT HANDLE PLUG SMALL
K2	11090K006	1	KIT HANDLE TRIM RING
3	11000-384	1	BLOCK STOP
4	11040-440	1	KNOB
5	11060-332	1	PIN DETENT
6	11090-374	2	END CAP
7	11090-376	4	RING HANDLE GRIP
8	12110-003	2	CABLE SA
10	12110-333	1	PLATE DETENT
11	12110-338	2	SPACER
14	12110-350	1	DECAL START ADJUST
27	13110-201	1	W Cam Custom
28	13110-202	1	W Pivot Arm LH Custom
29	13110-203	1	W Pivot Arm RH Custom
31	13110-205	1	W Input Arm Custom
32	13110-206	1	W Input Arm Custom
34	13110-325	2	Rod
36	4000Y316	1	DECAL CAUTION
38	4605-550	2	PLUG .250-20 SMALL
40	4715-346	1	COM SPRING .72 X 1.50 LG
48	FB030247	4	BEARING RADIAL 25MM EXTENDED RACE
49	FC030007	4	TOLERANCE RING 2.047 ID

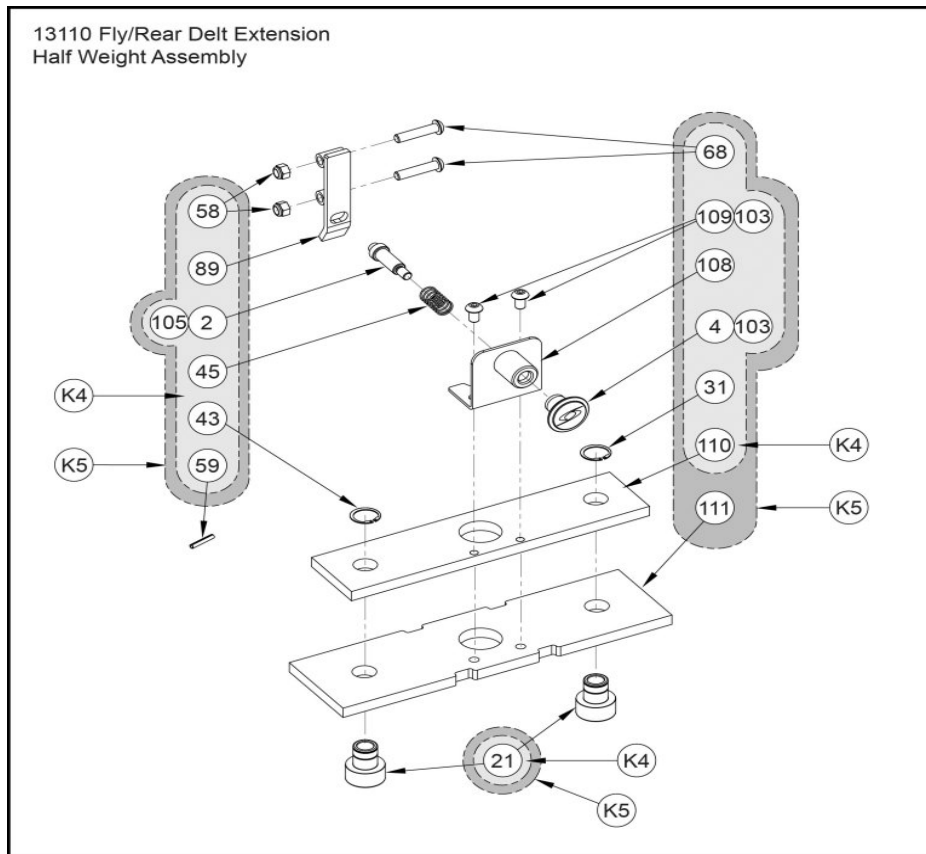
Ref #	Part Number	Qty	Description
54	HC702817	1	SHCS .375-16 X 1.00
55	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
57	HN625200	4	LOCKNUT .250-20 NYLON HVY
58	HN704901	1	LOCKNUT .375-16 NYLON
61	HS387500	4	WASHER USS .500
65	JC620415	4	BHSCS .250-20 X .75
66	JC620422	10	BHSCS .250-20 X 1.50
69	JC780417	10	BHSCS .500-13 X 1.00
70	JN714200	2	HEX NUT .375-24
71	JN714400	2	JAM NUT .375-24
73	PP080222	2	CAP VINYL END .50 X .50
74	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
75	PP090213	2	INSERT PLASTIC
78	PR069400	4	BUMPER RECESS
79	4605-527	2	GRIP GRAB 11.00
80	4605-501	2	GRAB GRIP 5.00
93	HS307600	4	WASHER SAE .250
94	PP080221	2	INSERT BLACK .312 DIA
103	YA000201	1	ADH THRD LKR REM .02 OZ 242
104	YA000222	1	ADH BNDG CYANOACRYLATE

13110_Cable_Routing



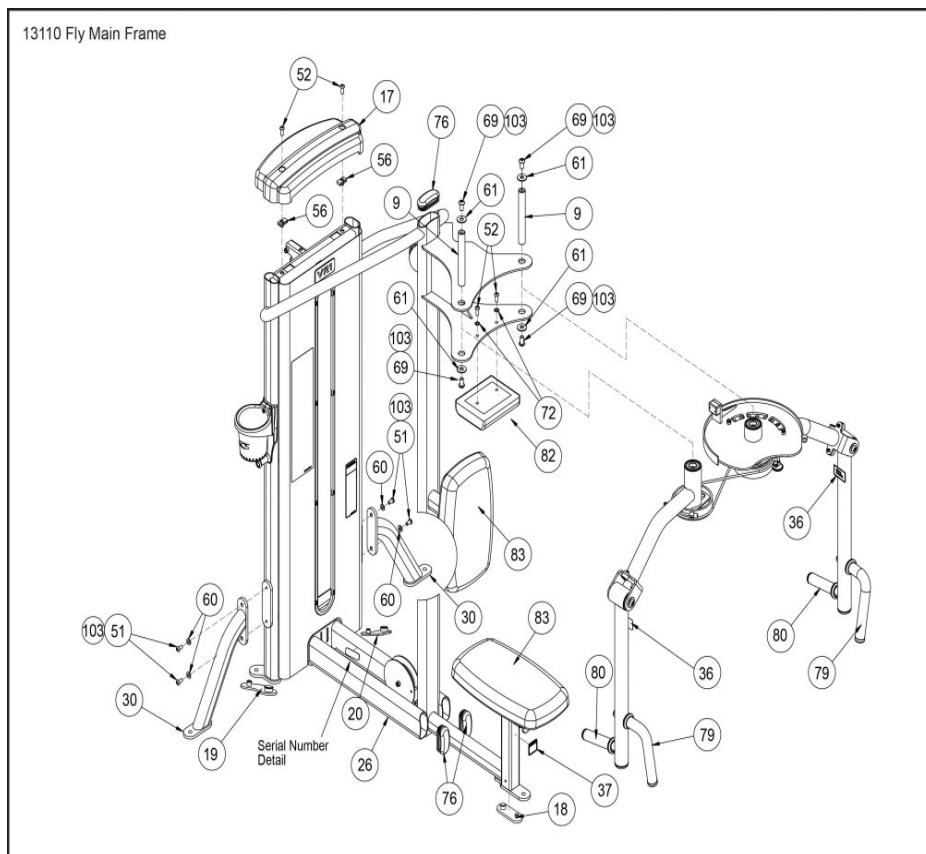
Ref #	Part Number	Qty	Description
1	08014	4	PULLEY ASSEMBLY-4.50
15	13000-322	2	Roller
25	13110-002	1	Cable SA
39	4700C070	1	C TOP WT 15-3X12
53	HC700426	2	BHSCS .375-16 X 2.00
58	HN704901	5	LOCKNUT .375-16 NYLON
59	HP286819	1	SPIRAL PIN .188 X 1.12
68	JC700424	4	BHSCS .375-16 X 1.75
70	JN714200	1	HEX NUT .375-24
71	JN714400	1	JAM NUT .375-24
113	13000-385	1	STOP

13110_Half_weight_assembly



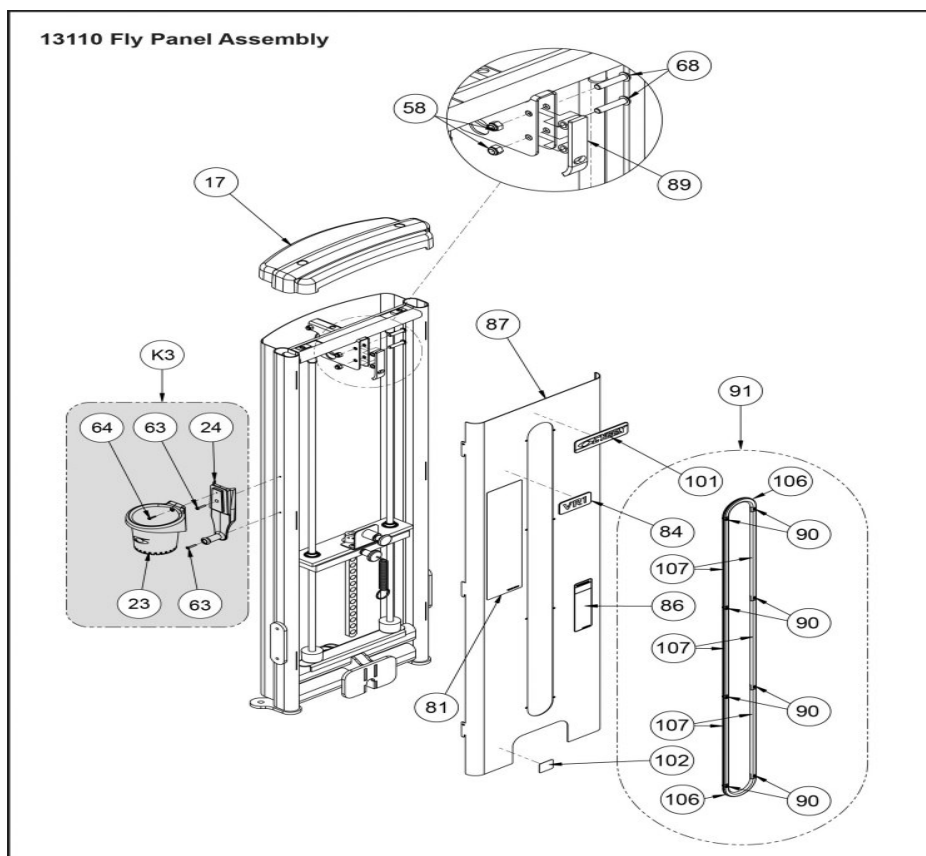
Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
K4	13000K004	1	Kit Half Weight 5 lb
4	11040-440	1	KNOB
K5	13000K005	1	Kit Half Weight 7.5 lb
21	13000-364	1	BEARING FLNG .62 ID X .92 OD X 1.75 LG
43	BR030206	2	RETAINING RING
45	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
58	HN704901	2	LOCKNUT .375-16 NYLON
59	HP286819	1	SPIRAL PIN .188 X 1.12
68	JC700424	2	BHSCS .375-16 X 1.75
85	13000-102	1	Half Weight Assembly 7.5 lb
85	13000-101	1	NLA: Half Weight Assembly 5 lb
89	13000-208	1	P Latch
103	YA000201	1	ADH THRD LKR REM .02 OZ 242
105	YG000002	1	NLA: Please use Lithium Grease
108	13000-206	1	C Half Weight Latch
109	HC700414	2	BHSCS .375-16 X .62
110	13000-352	1	C Half Weight 5 lbs
111	13000-363	1	C Half Weight 7.5 lbs

13110_Main_Frame



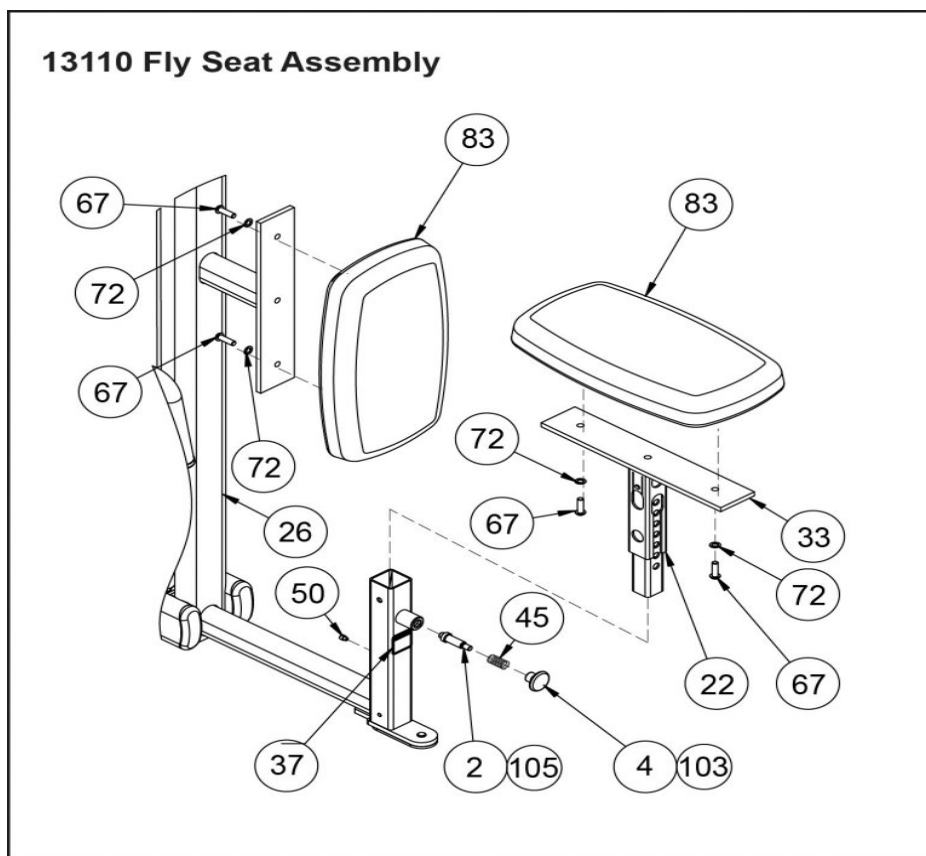
Ref #	Part Number	Qty	Description
9	12110-332	2	PIN PIVOT
17	13000-342	1	Molded Top Cap
18	13000-353	1	Foot Pad
19	13000-354	1	Foot Pad
20	13000-355	1	Foot Pad
26	13110-200	1	W Main Frame Custom
30	13110-204	2	W Support Leg Custom
36	4000Y316	1	DECAL CAUTION
37	4520-362	1	DECAL SEAT CAUTION Custom
51	HC700415	10	BHSCS .375-16 X .75
52	HC700417	10	BHSCS .375-16 X 1.00
56	HF700000	2	PANEL FASTNER .375-16 U TYPE
60	HS347600	4	WASHER SAE .375
61	HS387500	4	WASHER USS .500
69	JC780417	4	BHSCS .500-13 X 1.00
72	JS347400	2	LOCKWASHER INT TOOTH .375
76	PP130002	3	INSERT DOMED PLASTIC
79	4605-527	2	GRIP GRAB 11.00
80	4605-501	2	GRAB GRIP 5.00
82	4800-462	1	CUSHION SA COVERED 5 X 7 Custom
83	4800-188	1	CUSHION SA 10 X 18 NS Custom
103	YA000201	1	ADH THRD LKR REM .02 OZ 242

13110_Panel_Assembly



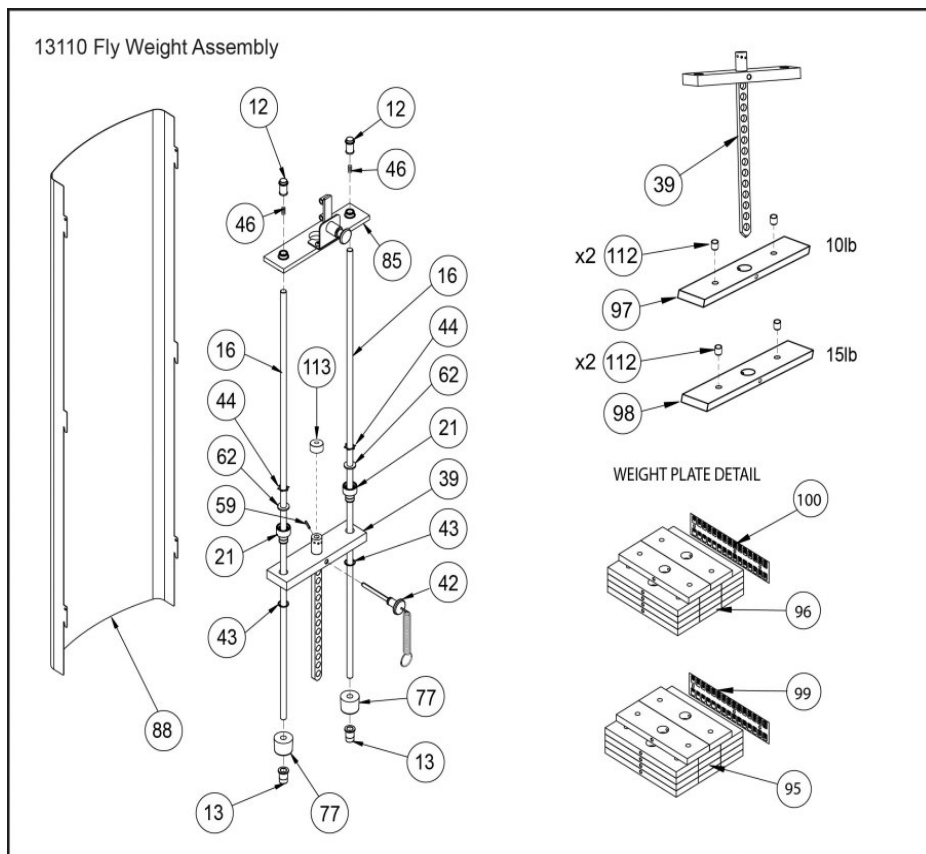
Ref #	Part Number	Qty	Description
K3	13000K003	1	Kit Water Bottle Holder
17	13000-342	1	Molded Top Cap
23	13000-400	1	Holder Water Bottle
24	13000-403	1	Mount Water Bottle Holder
58	HN704901	2	LOCKNUT .375-16 NYLON
63	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
64	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
68	JC700424	2	BHSCS .375-16 X 1.75
81	13110-598	1	Placard VR1 Fly Rear Custom
84	13000-399	1	Decal VR1
86	4605-381	1	DECAL WARNING
87	13000-343	3	Guard Slotted Weight Formed
89	13000-208	1	P Latch
90	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE
91	13000-100	1	Edge Trim Assembly
101	13000-398	1	DECAL, CYBEX
102	11040-790	1	NLA: DECAL, MADE IN THE USA
106	13000-344	2	Edge Trim
107	13000-345	6	Edge Trim

13110_Seat_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
4	11040-440	1	KNOB
22	13000-365	1	Insert Plastic 7.94 Modified
26	13110-200	1	W Main Frame Custom
33	13110-207	1	P Cushion Post
37	4520-362	1	DECAL SEAT CAUTION Custom
45	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
50	HC622808	1	SHCS .250 x 20 x .250
67	JC700420	2	BHSCS .375-16 X 1.25
72	JS347400	2	LOCKWASHER INT TOOTH .375
83	4800-188	1	CUSHION SA 10 X 18 NS Custom
103	YA000201	1	ADH THRD LKR REM .02 OZ 242
105	YG000002	1	NLA: Please use Lithium Grease

13110_Weight_Assembly



Ref #	Part Number	Qty	Description
12	12210-347	2	CAP GUIDE ROD
13	12210-348	2	CAP GUIDE ROD
16	13000-326	2	Wt Rod .625 Dia x 51.51
21	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
39	4700C070	1	C TOP WT 15-3X12
42	BH030207	1	PIN WEIGHT SELECTOR
43	BR030206	2	RETAINING RING
44	BR030220	2	RETAINING RING 1.250 INTERNAL
46	BS070208	1	COMP SPRING .396 ID X .480 OD X 1.50 LG
59	HP286819	1	SPIRAL PIN .188 X 1.12
62	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
77	PR060005	1	BUMPER WEIGHT
85	13000-101	1	NLA: Half Weight Assembly 5 lb
88	13000-346	3	Guard Formed Custom
95	13000-032	1	Wt Pac 10# Black (14)
96	13000-036	1	Wt Pac 15# Black (14)
97	4700-337	1	C Stack Weight 10 lbs exact
98	4700-338	1	C Stack Weight 15 lbs exact
99	4800-557	1	DECAL WEIGHT PLATE 10-150
100	13000-552	1	Decal Weight Plate (10-220)
112	FB130216	2	Bushing Weight Stack
113	13000-385	1	STOP

