

VR1 Hip Ab/Ad

13180-10

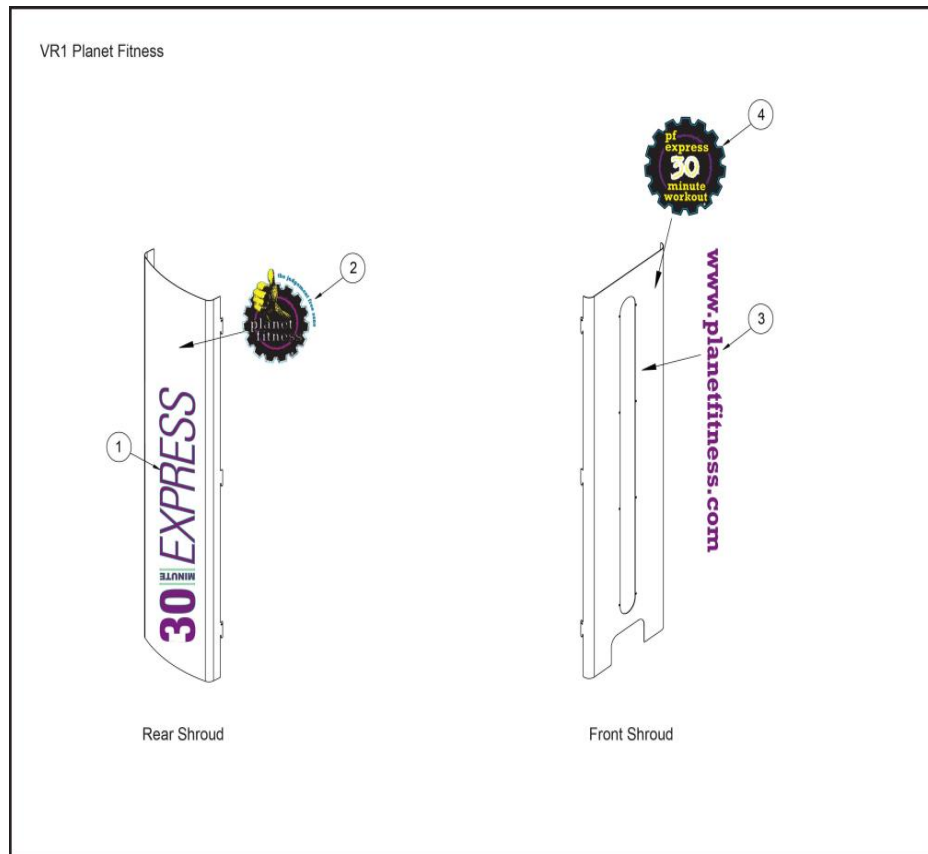
Parts Manual

1/5/2019 2:47:29 AM

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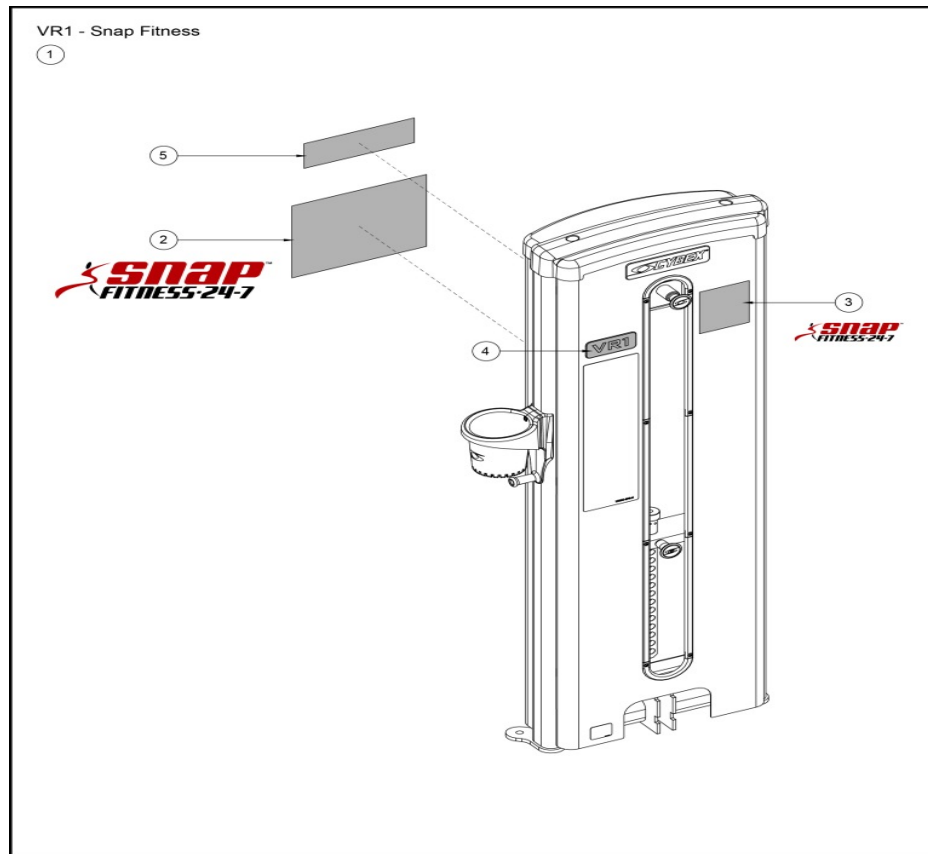
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VR1_Planet_Fitness



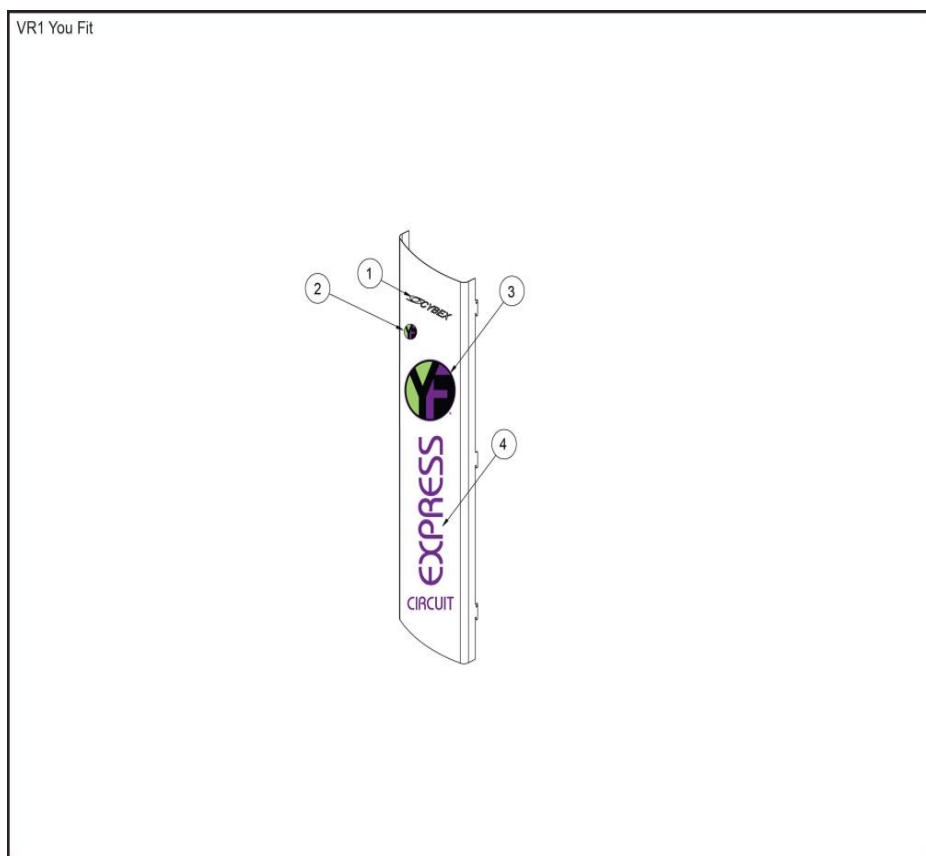
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

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



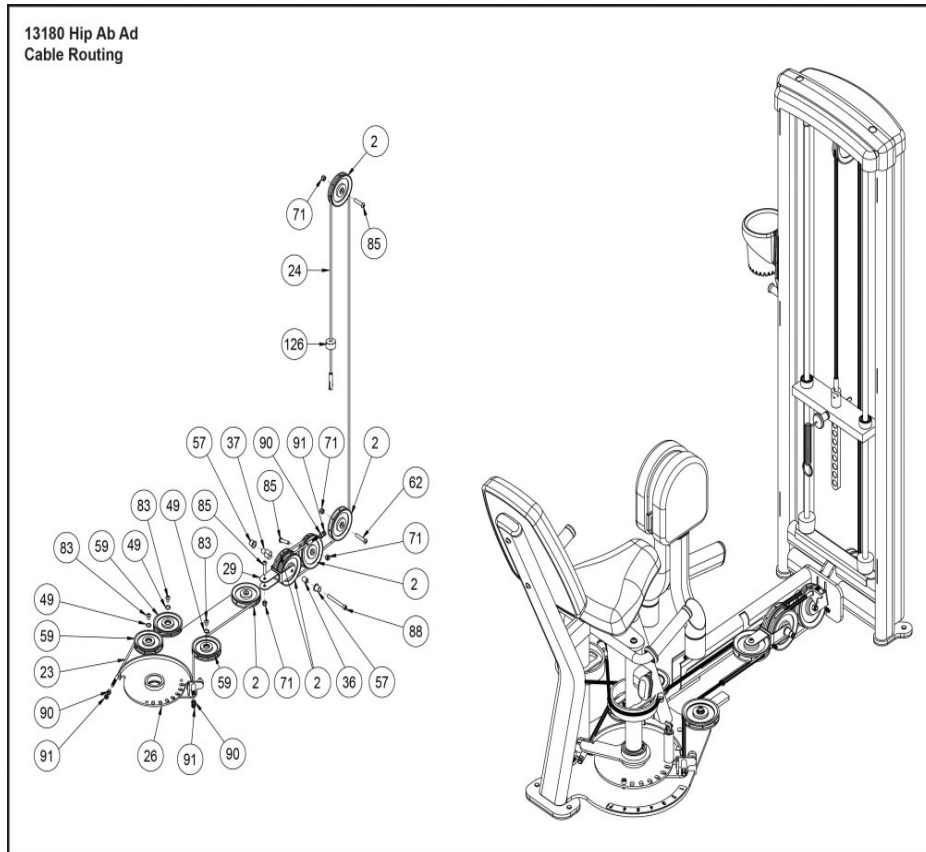
Ref #	Part Number	Qty	Description
1	3900-443	1	DECAL CYBEX BLACK
2	DE-60270	1	DECAL, YF CIRCLE SMALL
3	DE-60271	1	DECAL, YF CIRCLE LARGE
4	DE-60273	1	DECAL, EXPRESS CIRCUIT LARGE

13000_Parts_not_shown

Other Parts Not Shown

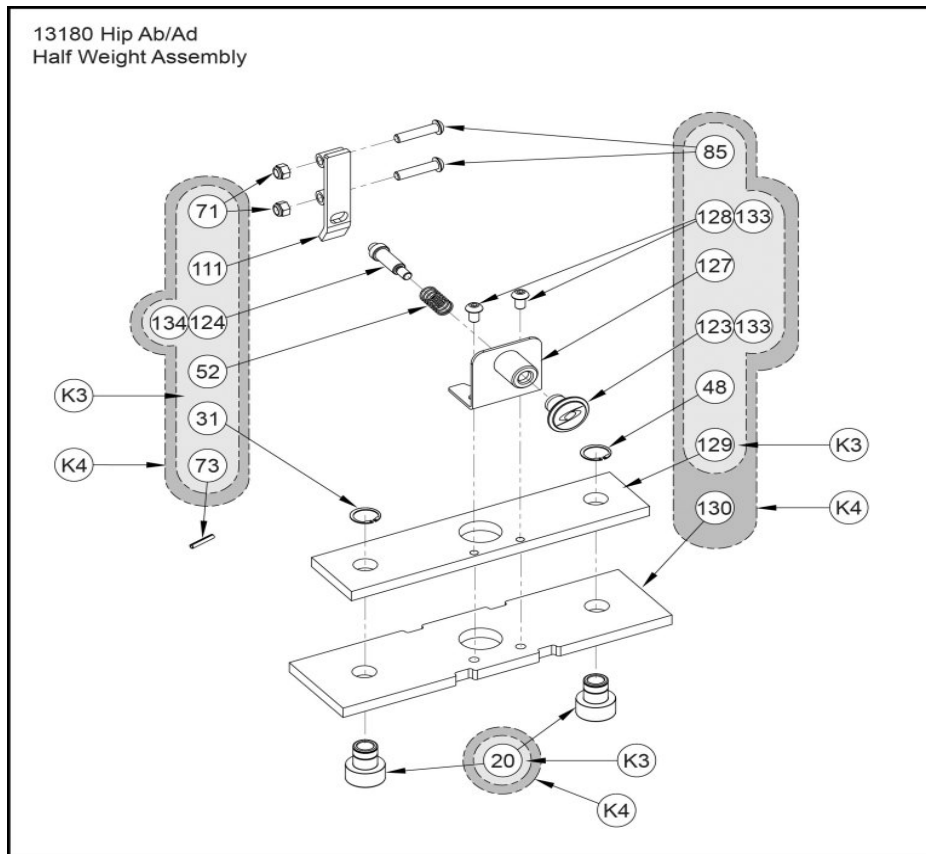
Ref #	Part Number	Qty	Description
K6	13000K007	1	Kit Hardware VR1

13180_Cable_Routing



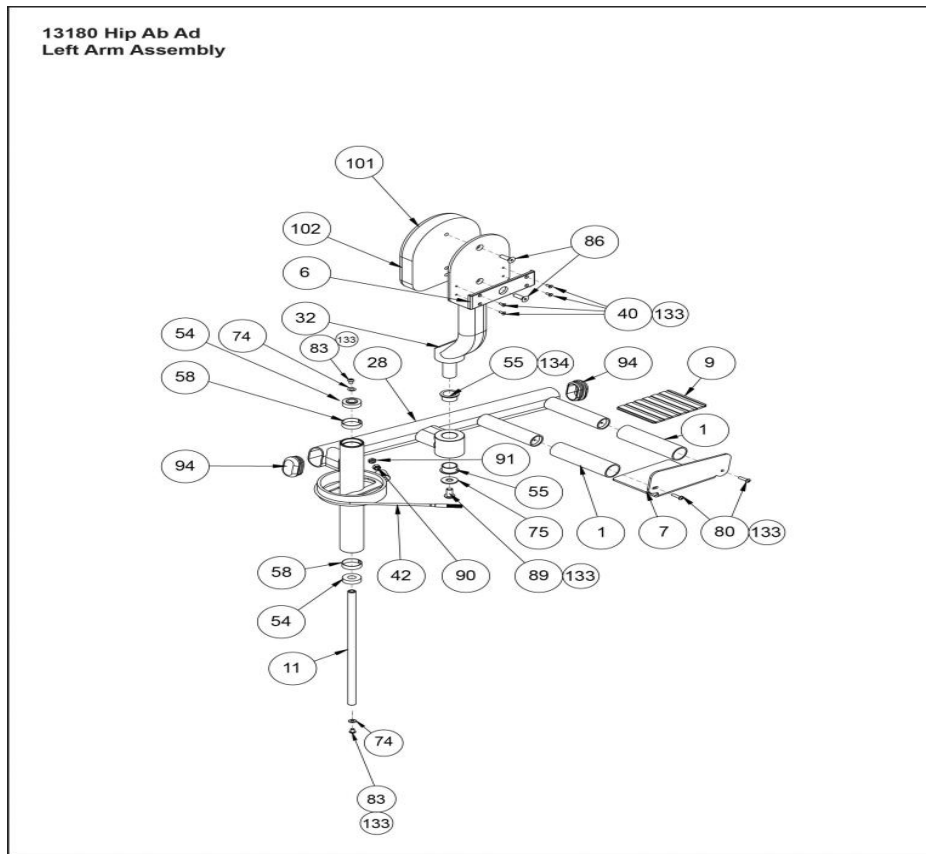
Ref #	Part Number	Qty	Description
2	08014	5	PULLEY ASSEMBLY-4.50
23	13180-002	1	Cable SA
24	13180-003	1	Cable SA
26	13180-201	1	P Cam
29	13180-204	1	W Pulley Mount
36	13180-341	1	Spacer
37	13180-342	1	Spacer
49	BR030210	3	RETAINING RING 17 MM
57	FB130215	2	Brg Flg .625 x .719 x .75 Lg
59	GP000000	3	PULLEY ASSEMBLY-4.50
62	HC700426	1	BHSCS .375-16 X 2.00
71	HN704901	2	LOCKNUT .375-16 NYLON
83	JC700412	2	BHSCS .375-16 X .50
85	JC700424	2	BHSCS .375-16 X 1.75
88	JC702838	1	SHCS .375-16 X 3.50
90	JN714200	3	HEX NUT .375-24
91	JN714400	3	JAM NUT .375-24
126	13000-385	1	STOP

13180_Half_weight_assembly



Ref #	Part Number	Qty	Description
K4	13000K005	1	Kit Half Weight 7.5 lb
20	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
48	BR030206	2	RETAINING RING
52	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
71	HN704901	2	LOCKNUT .375-16 NYLON
73	HP286819	1	SPIRAL PIN .188 X 1.12
85	JC700424	2	BHSCS .375-16 X 1.75
107,K3	13000K004	2	Kit Half Weight 5 lb
107	13000-102	1	Half Weight Assembly 7.5 lb
111	13000-208	1	P Latch
123	11040-440	1	KNOB
124	08229	1	P PIN DETENT
127	13000-206	1	C Half Weight Latch
128	HC700414	2	BHSCS .375-16 X .62
129	13000-352	1	C Half Weight 5 lbs
130	13000-363	1	C Half Weight 7.5 lbs
133	YA000201	1	ADH THRD LKR REM .02 OZ 242
134	YG000002	1	NLA: Please use Lithium Grease

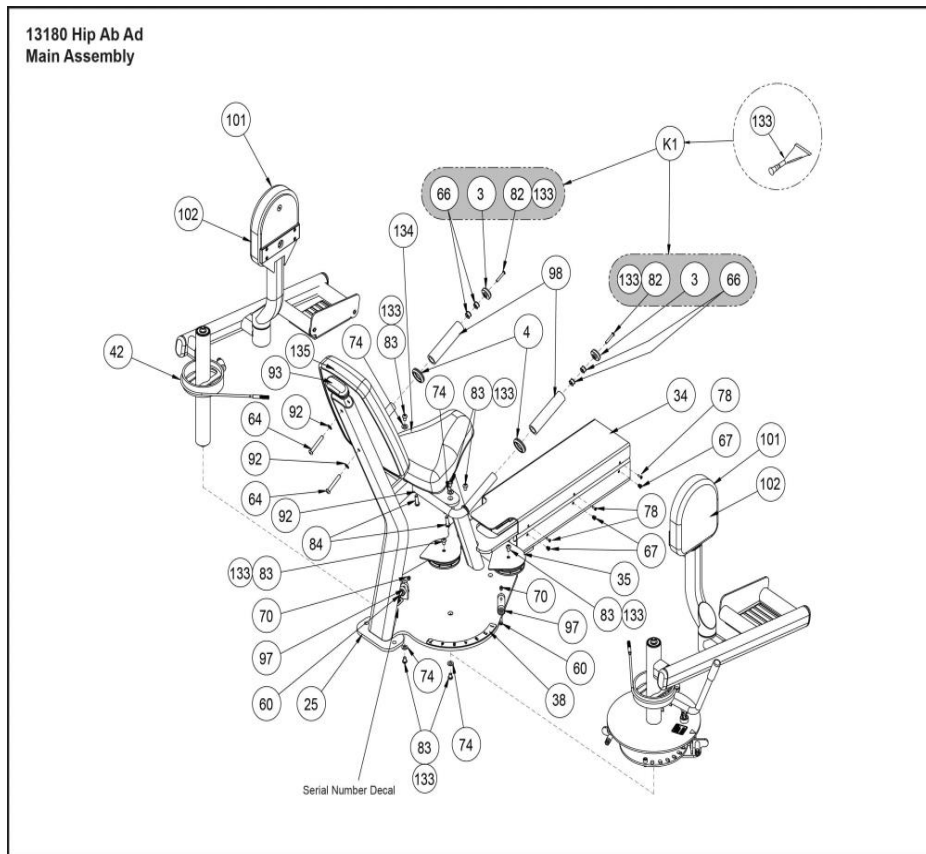
13180_Left_Arm_Assembly



Ref #	Part Number	Qty	Description
1	13180-360	2	Grip 6.25
6	11180-378	1	BUMPER STRIP
7	11181-335	1	GUARD FOOT
9	11181-337	1	NON SLIP
11	12210-331	1	SHAFT PIVOT
28	13180-203	1	W Input Arm LH Custom
32	13180-208	1	W Cushion Pivot Custom
40	3640M203	4	FHSCS .190 10-32 X .500
42	4140-004	1	CABLE SA
54	FB030232	2	BRG RADIAL 17MM ID EXT RACE
55	FB050224	2	BRG FLG 1.12 X 1.28 X .75 LG
58	FC030006	2	TOLERANCE RING 1.575 ID
74	HS347600	2	WASHER SAE .375
75	HS387500	1	WASHER USS .500
83	JC700412	2	BHSCS .375-16 X .50
86	JC700920	2	FHSCS .375-16 X 1.25
89	JC780417	1	BHSCS .500-13 X 1.00
90	JN714200	1	HEX NUT .375-24
91	JN714400	1	JAM NUT .375-24
94	PP130003	2	INSERT PLASTIC
101	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
102	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom

Ref #	Part Number	Qty	Description
133	YA000201	1	ADH THRD LKR REM .02 OZ 242
134	YG000002	1	NLA: Please use Lithium Grease

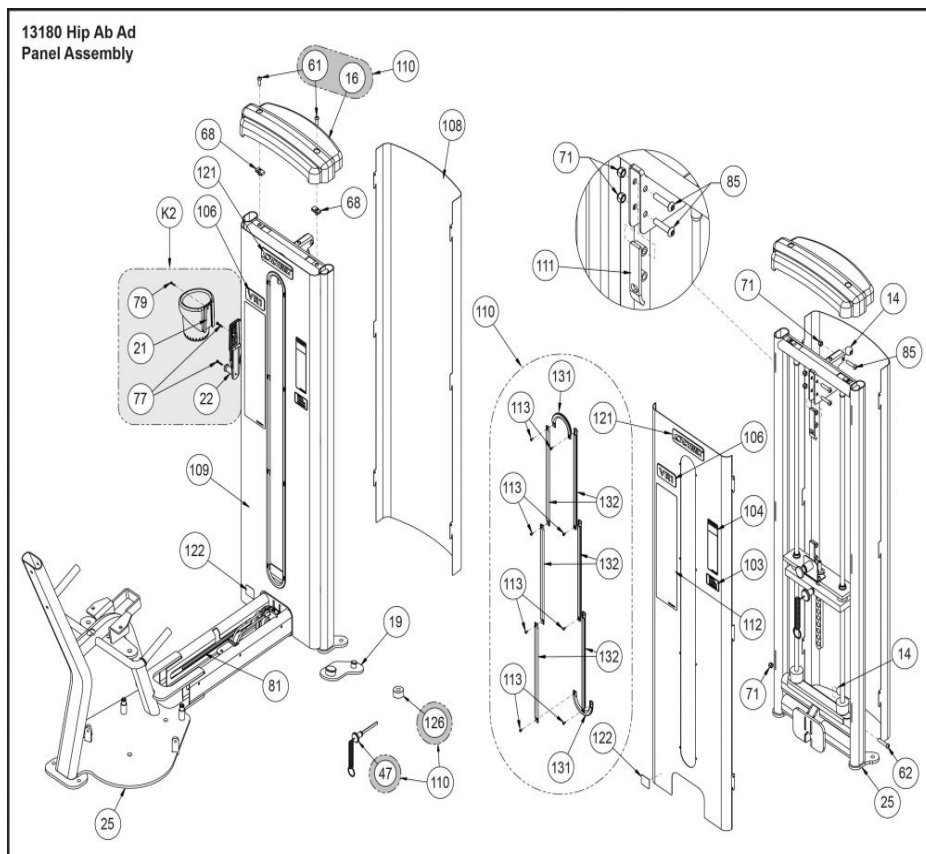
13180_Main_Assembly



Ref #	Part Number	Qty	Description
K1	11090K006	1	KIT HANDLE TRIM RING
3	11090-374	2	END CAP
4	11090-376	2	RING HANDLE GRIP
25	13180-200	1	W Main Frame Custom
34	13180-338	1	Guard Custom
35	13180-339	1	Plate
38	13180-350	1	Decal Adjustment
42	4140-004	1	CABLE SA
60	HC620417	2	BHSCS .250-20 X 1.00
64	HC700430	2	BHSCS .375-16 X 2.50
66	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
67	HF540200	10	GROMMET NYLON
70	HN625200	2	LOCKNUT .250-20 NYLON HVY
74	HS347600	10	WASHER SAE .375
78	HT542514	10	TAP SC NO 8-32 X .625 A PHIL
82	JC620422	2	BHSCS .250-20 X 1.50
83	JC700412	10	BHSCS .375-16 X .50
84	JC700420	2	BHSCS .375-16 X 1.25
92	JS347400	2	LOCKWASHER INT TOOTH .375
93	PP130002	1	INSERT DOMED PLASTIC
97	12100-303	2	BUMPER
98	4605-500	2	GRAB GRIP 6.00

Ref #	Part Number	Qty	Description
101	4800-018	2	COVERED CUSHION SA 8 X 9 RAD Custom
102	4800-090	2	WEAR COVER SA 8 X 9 RADIUS Custom
133	YA000201	1	ADH THRD LKR REM .02 OZ 242
134	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
135	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
-	12200-010	1	SET CUSHION Custom

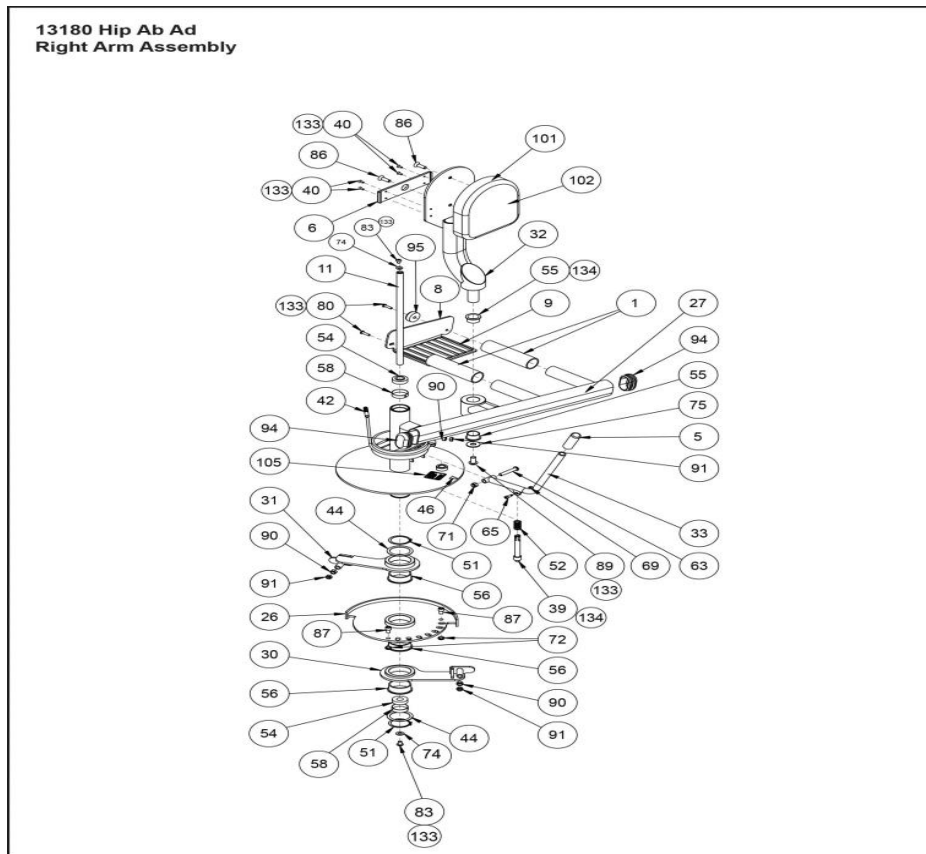
13180_Panel_Assembly



Ref #	Part Number	Qty	Description
K2	13000K003	1	Kit Water Bottle Holder
14	13000-322	2	Roller
16	13000-342	1	Molded Top Cap
19	13000-355	2	Foot Pad
21	13000-400	1	Holder Water Bottle
22	13000-403	1	Mount Water Bottle Holder
25	13180-200	1	W Main Frame Custom
47	BH030207	1	PIN WEIGHT SELECTOR
61	HC700417	2	BHSCS .375-16 X 1.00
62	HC700426	1	BHSCS .375-16 X 2.00
68	HF700000	2	PANEL FASTNER .375-16 U TYPE
71	HN704901	2	LOCKNUT .375-16 NYLON
77	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
79	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
81	HX-19955	1	Trim Nylon Edge Protector
85	JC700424	2	BHSCS .375-16 X 1.75
103	DE000005	1	Decal Caution Custom
104	DE000001	1	Decal Warning Custom
106	13000-399	1	Decal VR1
108	13000-346	1	Guard Formed Custom
109	13000-343	1	Guard Slotted Weight Formed
110	13000-100	1	Edge Trim Assembly

Ref #	Part Number	Qty	Description
111	13000-208	1	P Latch
112	13180-598	1	Placard VR1 AbAd Custom
113	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE
121	13000-398	1	DECAL, CYBEX
122	11040-790	1	NLA: DECAL, MADE IN THE USA
126	13000-385	1	STOP
131	13000-344	2	Edge Trim
132	13000-345	6	Edge Trim

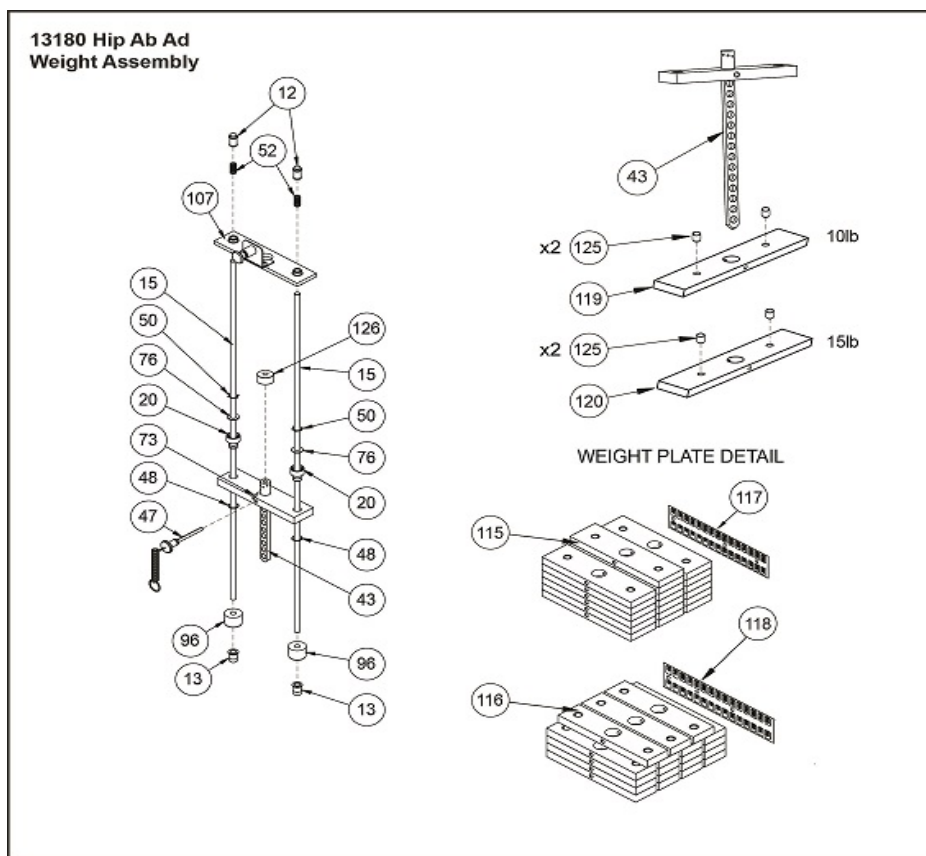
13180_Right_Arm_Assembly



Ref #	Part Number	Qty	Description
1	13180-360	2	Grip 6.25
5	11090-385	1	GRIP
6	11180-378	1	BUMPER STRIP
8	11181-336	1	GUARD FOOT
9	11181-337	1	NON SLIP
11	12210-331	1	SHAFT PIVOT
26	13180-201	1	P Cam
27	13180-202	1	W Input Arm RH Custom
30	13180-205	1	W Cam Arm Lower Custom
31	13180-206	1	W Cam Arm Upper Custom
32	13180-208	1	W Cushion Pivot Custom
33	13180-209	1	W Handle Custom
39	13180-355	1	P Detent Pin
40	3640M203	4	FHSCS .190 10-32 X .500
42	4140-004	1	CABLE SA
44	4715-336	2	P WASHER
46	5340Y045	1	DECAL ARROW
51	BR030213	2	RETAINING RING 2.00 EXTERNAL
52	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
54	FB030232	1	BRG RADIAL 17MM ID EXT RACE
55	FB050224	2	BRG FLG 1.12 X 1.28 X .75 LG
56	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG

Ref #	Part Number	Qty	Description
58	FC030006	2	TOLERANCE RING 1.575 ID
63	HC700428	1	BHSCS .375-16 X 2.25
65	HD303312	1	S BOLT .250 X .500 .190-10-24
69	HN575100	1	LOCKNUT .190-NO 10-24
71	HN704901	1	LOCKNUT .375-16 NYLON
72	HN704902	2	LOCKNUT NYLON .375-16
74	HS347600	1	WASHER SAE .375
75	HS387500	1	WASHER USS .500
80	HT622517	2	TAP SC .250-20 X 1.000 F PHIL
83	JC700412	2	BHSCS .375-16 X .50
86	JC700920	2	FHSCS .375-16 X 1.25
87	JC702814	2	SHCS .375-16 X .625
89	JC780417	1	BHSCS .500-13 X 1.00
90	JN714200	3	HEX NUT .375-24
91	JN714400	3	JAM NUT .375-24
94	PP130003	1	INSERT PLASTIC
95	PR060003	1	BUMPER RECESS
101	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
102	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom
105	8500-025	1	DECAL CAUTION Custom
133	YA000201	1	ADH THRD LKR REM .02 OZ 242
134	YG000002	1	NLA: Please use Lithium Grease

13180_Weight_Assembly



Ref #	Part Number	Qty	Description
12	12210-347	2	CAP GUIDE ROD
13	12210-348	2	CAP GUIDE ROD
15	13000-326	2	Wt Rod .625 Dia x 51.51
20	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
43	4700C073	1	C TOP WT 10-3X12
47	BH030207	1	PIN WEIGHT SELECTOR
48	BR030206	2	RETAINING RING
50	BR030220	2	RETAINING RING 1.250 INTERNAL
52	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
73	HP286819	1	SPIRAL PIN .188 X 1.12
76	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
96	PR060005	2	BUMPER WEIGHT
107	13000-102	1	Half Weight Assembly 7.5 lb
107	13000K004	1	Kit Half Weight 5 lb
115	13000-030	1	Wt Pac 10# Black (9)
116	13000-034	1	Wt Pac 15# Black (9)
117	4800-557	1	DECAL WEIGHT PLATE 10-150
118	13000-552	1	Decal Weight Plate (10-220)
119	4700-337	1	C Stack Weight 10 lbs exact
120	4700-338	1	C Stack Weight 15 lbs exact
125	FB130216	2	Bushing Weight Stack
126	13000-385	1	STOP

