

# VR1 DUAL BICEPS-TRICEPS

13230-01

## Parts Manual

1/5/2019 2:48:54 AM



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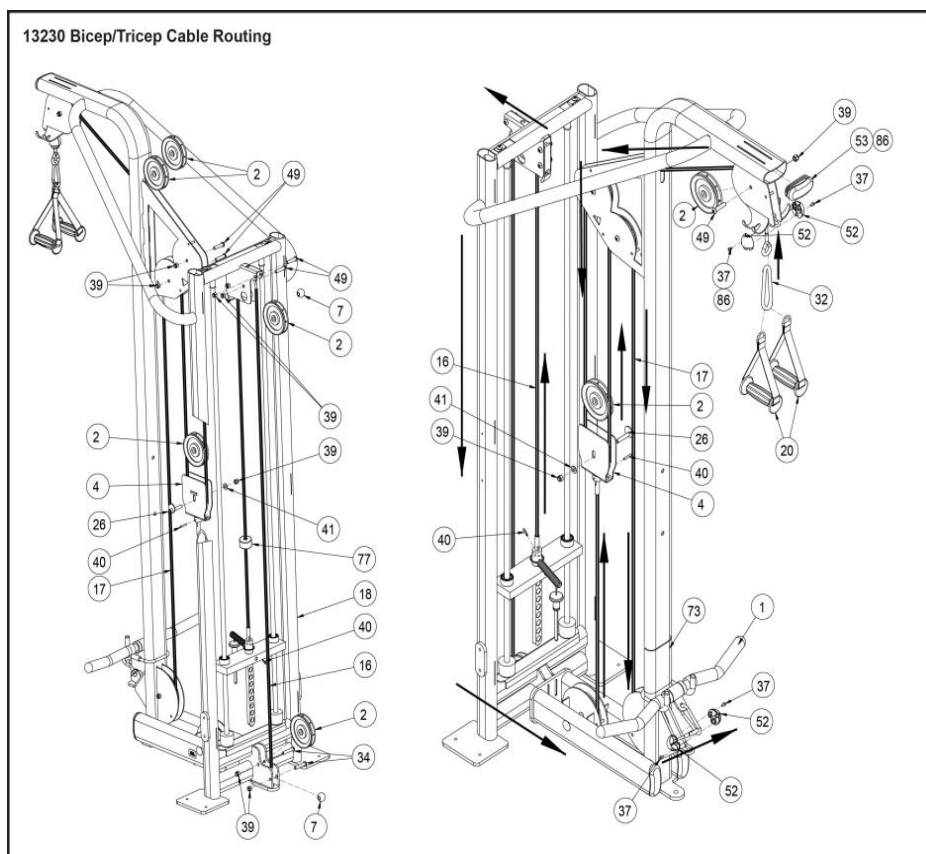
**Parts not shown**

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Other Parts Not Shown

| Ref # | Part Number | Qty | Description      |
|-------|-------------|-----|------------------|
| K4    | 13000K007   | 1   | Kit Hardware VR1 |

# 13230 Cable Routing



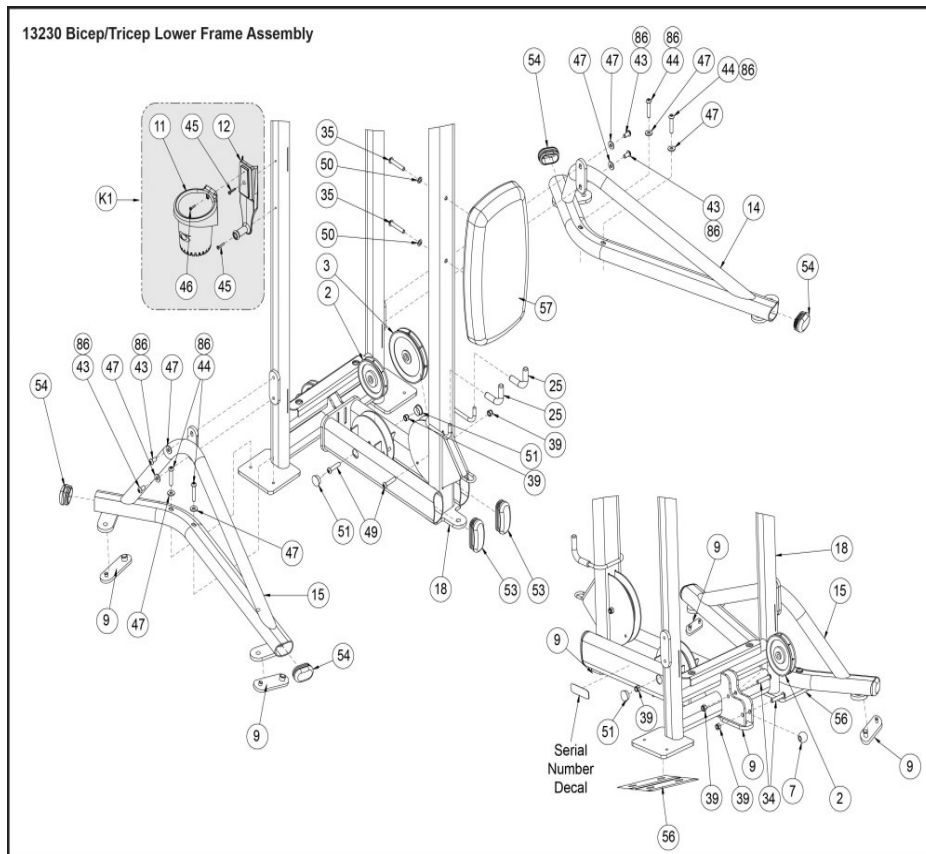
| Ref # | Part Number | Qty | Description              |
|-------|-------------|-----|--------------------------|
| 1     | 02204       | 1   | HANDLE SA                |
| 2     | 08014       | 7   | PULLEY ASSEMBLY-4.50     |
| 4     | 11000-212   | 2   | W FLOATING PULLEY Custom |
| 7     | 13000-322   | 2   | Roller                   |
| 16    | 13230-002   | 2   | Cable Assembly           |
| 17    | 13230-003   | 2   | Cable Assembly           |
| 18    | 13230-200   | 2   | W Main Frame Custom      |
| 20    | 12220-005   | 2   | Handle Assembly          |
| 26    | 8650-204    | 2   | P CAM BOLT               |
| 32    | 3250201     | 1   | Snap Link 3/8" D         |
| 34    | HC700426    | 2   | BHSCS .375-16 X 2.00     |
| 37    | HM580410    | 4   | BHSCS .190-10-32 X .375  |
| 39    | HN704901    | 9   | LOCKNUT .375-16 NYLON    |
| 40    | HP286819    | 4   | SPIRAL PIN .188 X 1.12   |
| 41    | HS347600    | 2   | WASHER SAE .375          |
| 49    | JC700424    | 5   | BHSCS .375-16 X 1.75     |
| 52    | PP040004    | 4   | BALL STOP                |
| 53    | PP130002    | 1   | INSERT DOMED PLASTIC     |
| 73    | 13230-309   | 1   | Non-Slip Fabric          |
| 77    | 13000-385   | 1   | STOP                     |

## 13230 Half Weight Assembly

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| Ref # | Part Number | Qty | Description                            |
|-------|-------------|-----|----------------------------------------|
| K3    | 13000K005   | 3   | Kit Half Weight 7.5 lb                 |
| 10    | 13000-364   | 2   | BEARING FLNG .62 ID X .92 OD X 1.75 LG |
| 28    | BR030206    | 1   | RETAINING RING                         |
| 39    | HN704901    | 2   | LOCKNUT .375-16 NYLON                  |
| 40    | HP286819    | 1   | SPIRAL PIN .188 X 1.12                 |
| 49    | JC700424    | 2   | BHSCS .375-16 X 1.75                   |
| 64    | 13000-102   | 1   | Half Weight Assembly 7.5 lb            |
| 64,K2 | 13000K004   | 4   | Kit Half Weight 5 lb                   |
| 65    | 13000-208   | 1   | P Latch                                |
| 78    | 08229       | 1   | P PIN DETENT                           |
| 79    | 11040-440   | 1   | KNOB                                   |
| 80    | 13000-206   | 1   | C Half Weight Latch                    |
| 81    | HC700414    | 2   | BHSCS .375-16 X .62                    |
| 82    | 13000-352   | 2   | C Half Weight 5 lbs                    |
| 83    | 13000-363   | 1   | C Half Weight 7.5 lbs                  |
| 88    | BS070201    | 1   | COM SPRING .56 ID X .66 OD X 1.50 LG   |

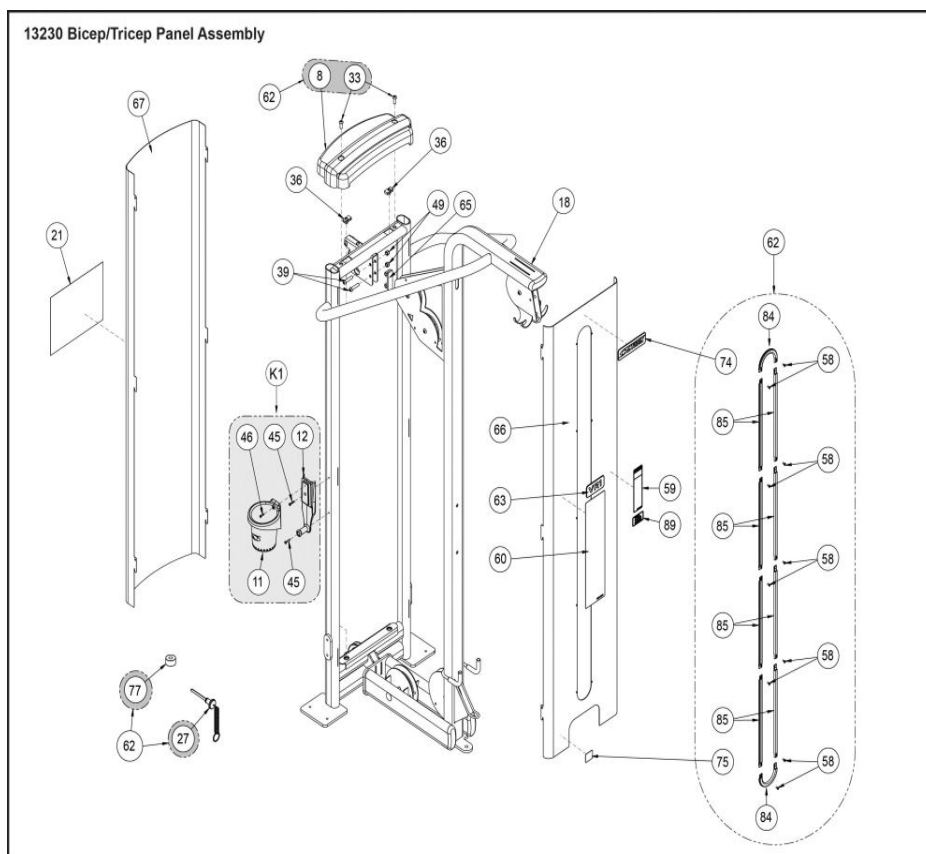
# 13230 Lower Frame Assembly



| Ref # | Part Number | Qty | Description                                   |
|-------|-------------|-----|-----------------------------------------------|
| K1    | 13000K003   | 1   | Kit Water Bottle Holder                       |
| 2     | 08014       | 2   | PULLEY ASSEMBLY-4.50                          |
| 3     | 08020       | 1   | PULLEY ASSEMBLY-6.00                          |
| 7     | 13000-322   | 1   | Roller                                        |
| 9     | 13000-353   | 6   | Foot Pad                                      |
| 11    | 13000-400   | 1   | Holder Water Bottle                           |
| 12    | 13000-403   | 1   | Mount Water Bottle Holder                     |
| 14    | 13130-201   | 1   | W Leg RH (Black Wrinkle)                      |
| 15    | 13130-202   | 2   | W Leg LH (Black Wrinkle)                      |
| 18    | 13230-200   | 2   | W Main Frame Custom                           |
| 25    | 8620-336    | 2   | HAND GRIP 5.00 LONG .125 WALL                 |
| 34    | HC700426    | 2   | BHSCS .375-16 X 2.00                          |
| 35    | HC700430    | 2   | BHSCS .375-16 X 2.50                          |
| 39    | HN704901    | 5   | LOCKNUT .375-16 NYLON                         |
| 43    | HS-60531    | 4   | BOLT,3-8X.75,BTHD CAP,BLK ZN,G5               |
| 44    | HS-60536    | 4   | BOLT,3-8X2.0,BTHD CAP,BLK ZN,G5               |
| 45    | HT512517    | 2   | TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK    |
| 46    | HT552515    | 1   | TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK |
| 47    | HW-60085    | 8   | WASH USS 5-16IN. B-ZINC                       |
| 49    | JC700424    | 2   | BHSCS .375-16 X 1.75                          |
| 50    | JS347400    | 2   | LOCKWASHER INT TOOTH .375                     |
| 51    | PN660200    | 3   | INSERT PLASTIC 1.00 DIA-11 GA                 |

| Ref # | Part Number | Qty | Description                  |
|-------|-------------|-----|------------------------------|
| 53    | PP130002    | 2   | INSERT DOMED PLASTIC         |
| 54    | PP130003    | 4   | INSERT PLASTIC               |
| 56    | PR070004    | 2   | FOOT PAD 3.00 X 5.00         |
| 57    | 4800-188    | 1   | CUSHION SA 10 X 18 NS Custom |

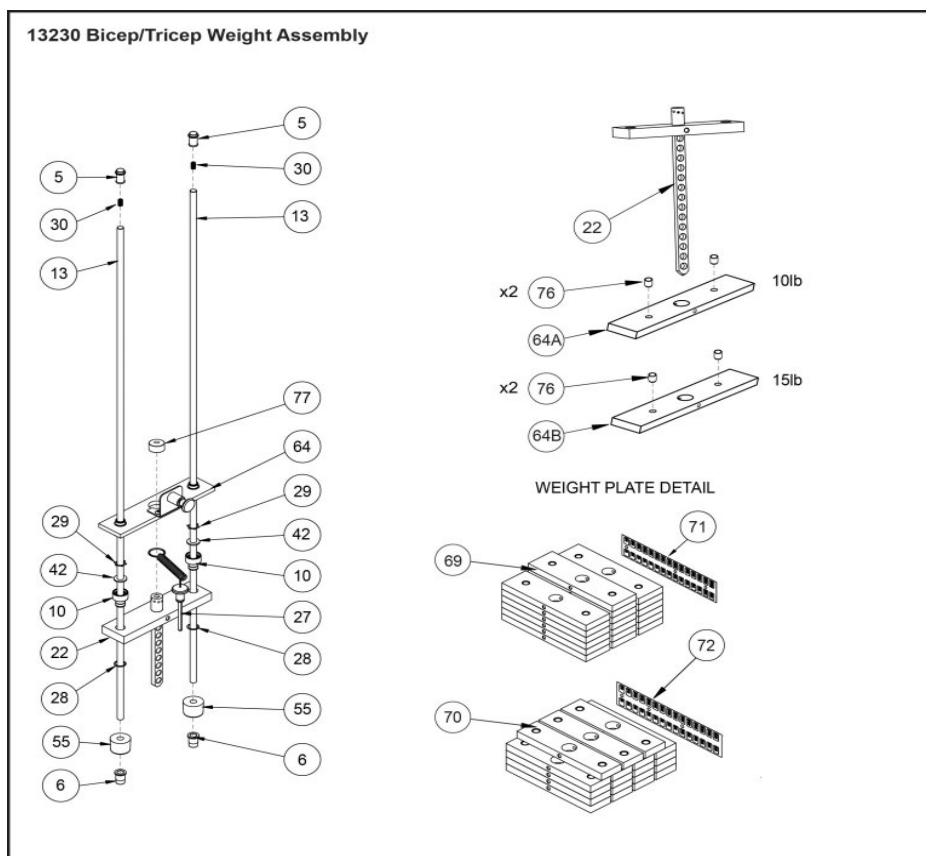
# 13230 Panel Assembly



| Ref # | Part Number  | Qty | Description                                   |
|-------|--------------|-----|-----------------------------------------------|
| K1    | 13000K003    | 1   | Kit Water Bottle Holder                       |
| 8     | 13000-342    | 1   | Molded Top Cap                                |
| 11    | 13000-400    | 1   | Holder Water Bottle                           |
| 12    | 13000-403    | 1   | Mount Water Bottle Holder                     |
| 18    | 13230-200    | 1   | W Main Frame Custom                           |
| 21    | 3900-441     | 1   | DECAL CYBEX VER BLACK                         |
| 21    | 3900-442     | 1   | DECAL CYBEX VER SILVER                        |
| 27    | BH030207     | 1   | PIN WEIGHT SELECTOR                           |
| 33    | HC700417     | 2   | BHSCS .375-16 X 1.00                          |
| 36    | HF700000     | 2   | PANEL FASTNER .375-16 U TYPE                  |
| 39    | HN704901     | 2   | LOCKNUT .375-16 NYLON                         |
| 45    | HT512517     | 2   | TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK    |
| 46    | HT552515     | 1   | TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK |
| 49    | JC700424     | 2   | BHSCS .375-16 X 1.75                          |
| 58    | HT552511     | 10  | TAP SC #8-16 X .38 TAP BLACK PLASTITE         |
| 59    | DE000001     | 1   | Decal Warning Custom                          |
| 60    | 13230-598    | 1   | Placard VR1 D Bic Tric Custom                 |
| 62    | 13040-100    | 4   | Edge Trim Assembly                            |
| 63    | 13000-399    | 1   | Decal VR1                                     |
| 65    | 13000-208    | 1   | P Latch                                       |
| 66    | 13040-322    | 1   | Guard Slotted Weight Formed                   |
| 66    | 13040-324-99 | 1   | C Weight Guard                                |

| Ref # | Part Number | Qty | Description                 |
|-------|-------------|-----|-----------------------------|
| 74    | 13000-398   | 1   | DECAL, CYBEX                |
| 75    | 11040-790   | 1   | NLA: DECAL, MADE IN THE USA |
| 77    | 13000-385   | 1   | STOP                        |
| 84    | 13000-344   | 2   | Edge Trim                   |
| 85    | 13000-345   | 8   | Edge Trim                   |
| 89    | DE000005    | 1   | Decal Caution Custom        |

# 13230 Weight Assembly



| Ref # | Part Number | Qty | Description                             |
|-------|-------------|-----|-----------------------------------------|
| 5     | 12210-347   | 2   | CAP GUIDE ROD                           |
| 6     | 12210-348   | 2   | CAP GUIDE ROD                           |
| 10    | 13000-364   | 2   | BEARING FLNG .62 ID X .92 OD X 1.75 LG  |
| 13    | 13040-336   | 2   | Wt Rod .625 dia x 66.43                 |
| 22    | 4700C073    | 2   | C TOP WT 10-3X12                        |
| 27    | BH030207    | 1   | PIN WEIGHT SELECTOR                     |
| 28    | BR030206    | 2   | RETAINING RING                          |
| 29    | BR030220    | 2   | RETAINING RING 1.250 INTERNAL           |
| 30    | BS070208    | 2   | COMP SPRING .396 ID X .480 OD X 1.50 LG |
| 42    | HS720004    | 2   | WASHER FELT .641 ID X 1.250 OD X .125 T |
| 55    | PR060005    | 2   | BUMPER WEIGHT                           |
| 64    | 13000-102   | 1   | Half Weight Assembly 7.5 lb             |
| 64    | 13000K004   | 1   | Kit Half Weight 5 lb                    |
| 68B   | 4700-338    | 1   | C Stack Weight 15 lbs exact             |
| 68A   | 4700-337    | 1   | C Stack Weight 10 lbs exact             |
| 69    | 13000-030   | 1   | Wt Pac 10# Black (9)                    |
| 70    | 13000-034   | 1   | Wt Pac 15# Black (9)                    |
| 71    | 4800-557    | 1   | DECAL WEIGHT PLATE 10-150               |
| 72    | 13000-552   | 1   | Decal Weight Plate (10-220)             |
| 76    | FB130216    | 4   | Bushing Weight Stack                    |
| 77    | 13000-385   | 1   | STOP                                    |

