

VR1 Dual Biceps-Triceps

13230-10

Parts Manual

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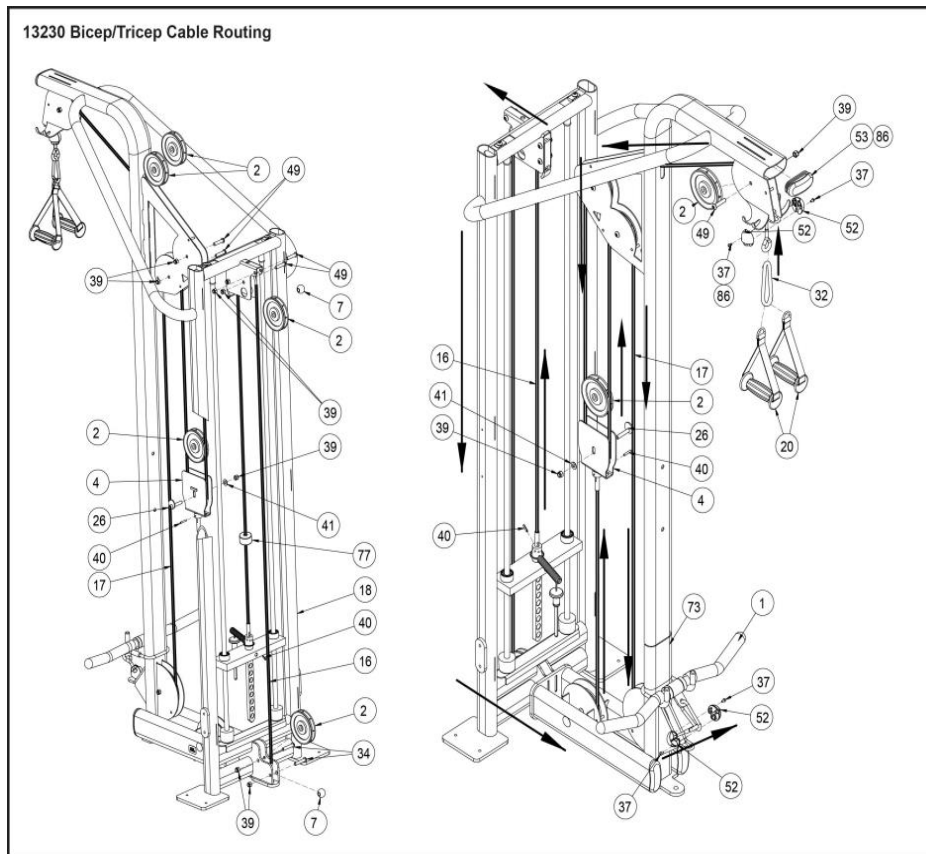
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Parts not shown

Other Parts Not Shown

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

13230 Cable Routing

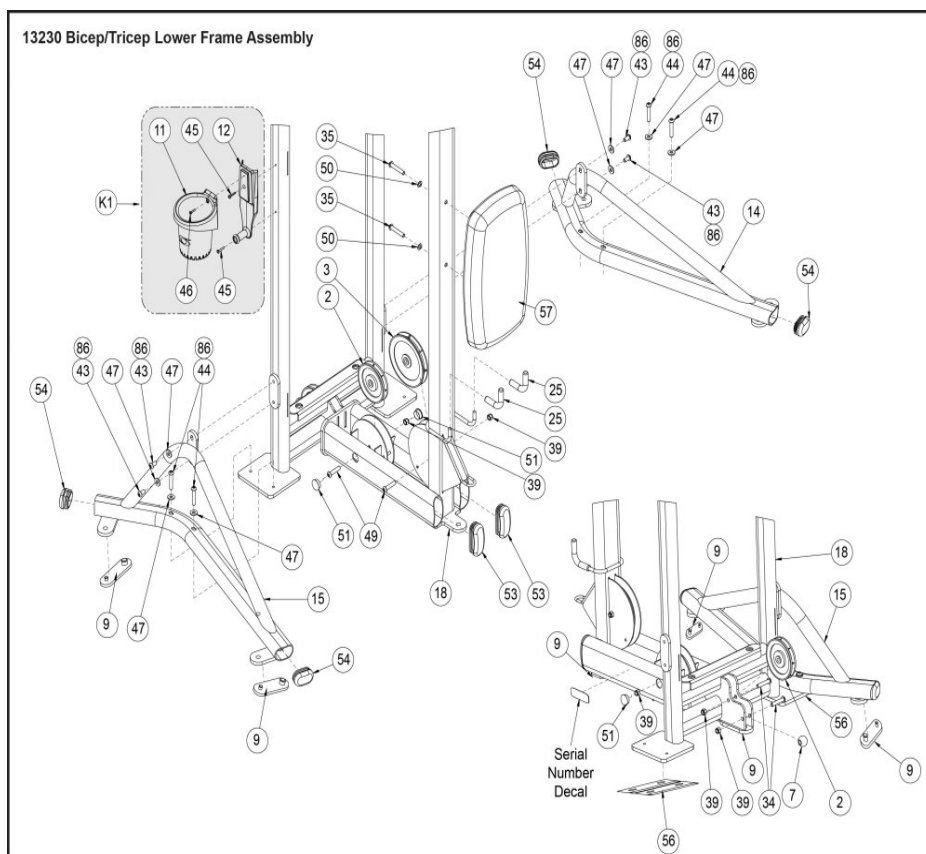


Ref #	Part Number	Qty	Description
1	02204	1	HANDLE SA
2	08014	7	PULLEY ASSEMBLY-4.50
4	11000-212	2	W FLOATING PULLEY Custom
7	13000-322	2	Roller
16	13230-002	2	Cable Assembly
17	13230-003	2	Cable Assembly
18	13230-200	2	W Main Frame Custom
20	12220-005	2	Handle Assembly
26	8650-204	2	P CAM BOLT
32	3250201	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

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,K2	13000K004	4	Kit Half Weight 5 lb
64	13000-102	1	Half Weight Assembly 7.5 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

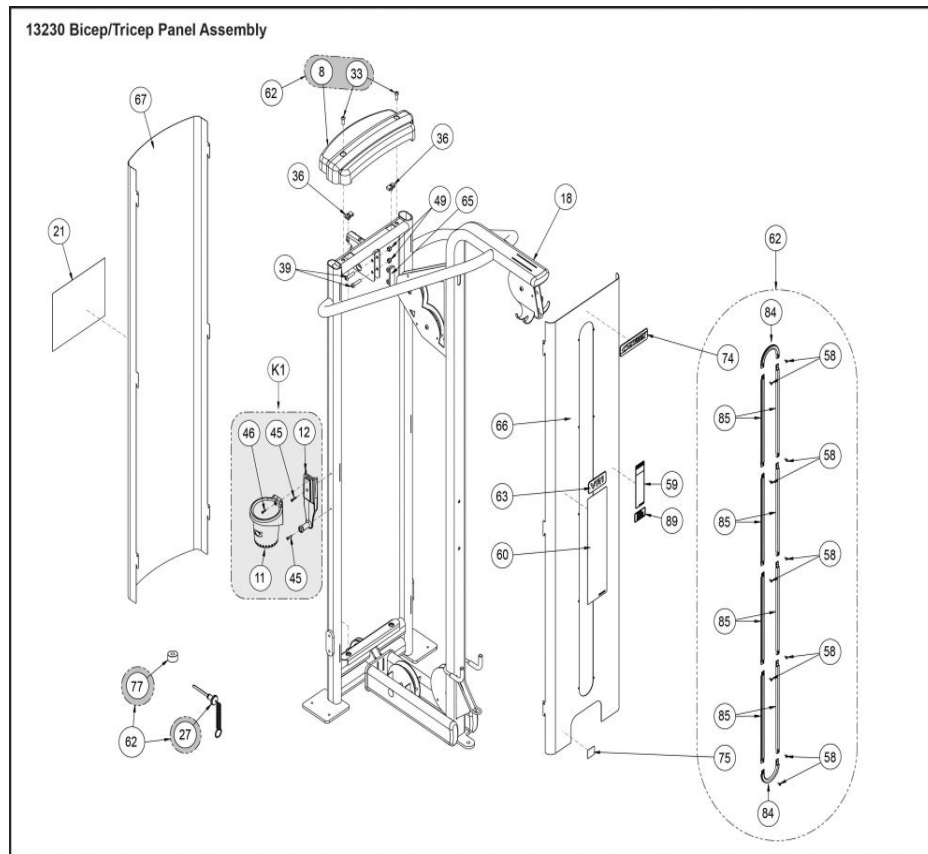
13230 Lower Frame Assembly



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

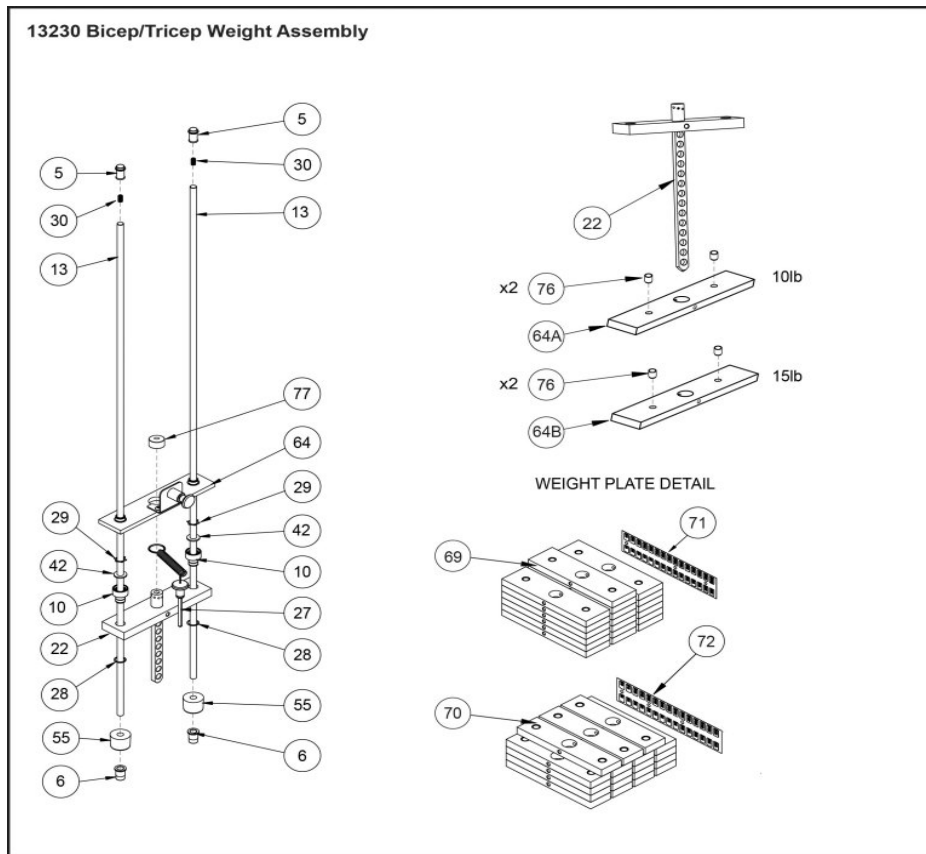
13230 Panel Assembly



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	13040-324-99	1	C Weight Guard
66	13040-322	1	Guard Slotted Weight Formed

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	13000K004	1	Kit Half Weight 5 lb
64	13000-102	1	Half Weight Assembly 7.5 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

