

VR1 CHEST PRESS

13600-01

Parts Manual

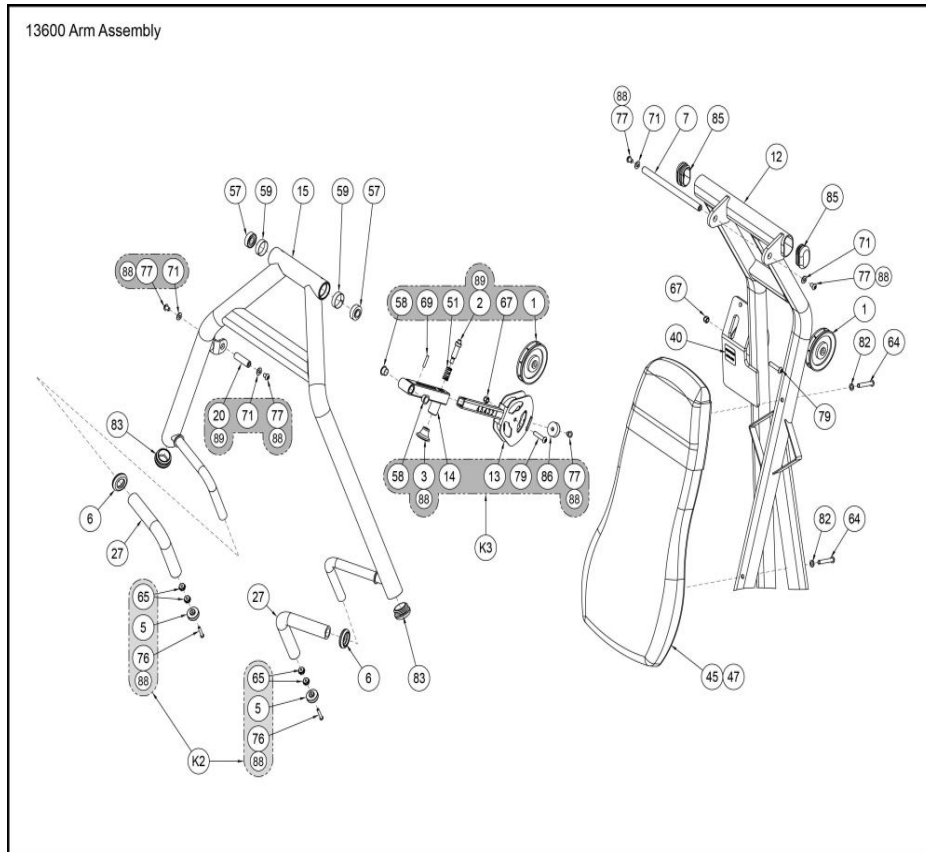
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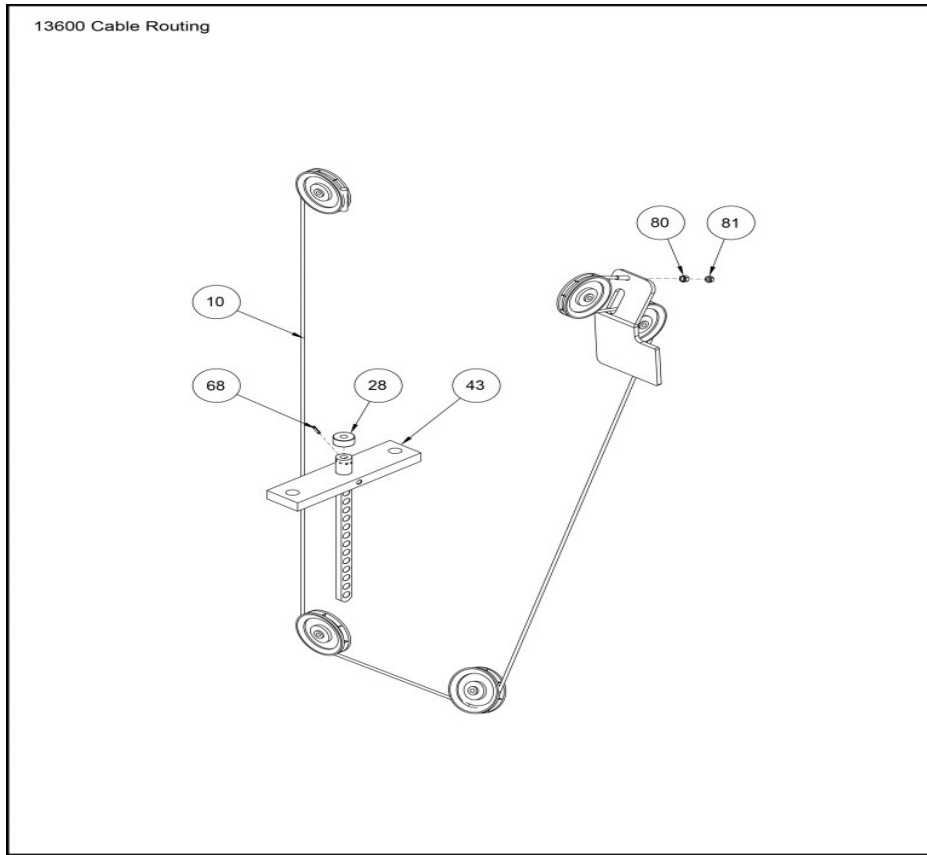
13600_Arm_Assembly



Ref #	Part Number	Qty	Description
1	08014	2	PULLEY ASSEMBLY-4.50
K2	11090K006	1	KIT HANDLE TRIM RING
2	08229	1	P PIN DETENT
K3	13000K008	1	KIT, ADJUSTABLE PULLEY
3	11040-440	1	KNOB
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
7	12090-303	1	SHAFT PIVOT
12	13000-200	1	W Frame Custom
13	13000-203	1	Telescoping Pulley Tube
14	13000-204	1	W Telescoping Tube Custom
15	13000-205	1	W Input Custom
20	13000-336	1	Pin Pivot
27	13000-373	2	Grip 13.00
40	4510-321	1	DECAL CAUTION Custom
45	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
47	4800-183	1	WEAR COVER SA 32in MOLDED Custom
51	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
57	FB030232	2	BRG RADIAL 17MM ID EXT RACE
58	FB130211	2	BRG FLG 17MM X 19MM X 12MM
59	FC030006	2	TOLERANCE RING 1.575 ID
64	HC700430	2	BHSCS .375-16 X 2.50

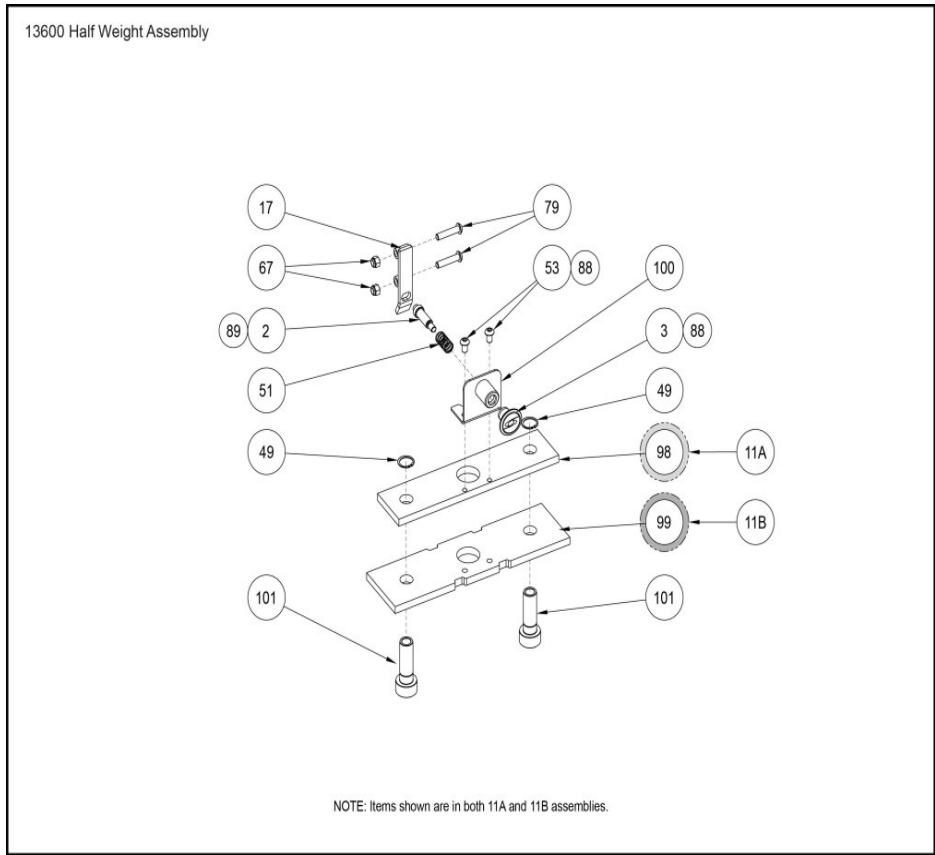
Ref #	Part Number	Qty	Description
65	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
67	HN704901	1	LOCKNUT .375-16 NYLON
69	HP306720	1	PIN COILED .25 X 1.25
71	HS347600	3	WASHER SAE .375
76	JC620422	2	BHSCS .250-20 X 1.50
77	JC700412	4	BHSCS .375-16 X .50
79	JC700424	2	BHSCS .375-16 X 1.75
82	JS347400	2	LOCKWASHER INT TOOTH .375
85	PP130003	2	INSERT PLASTIC
86	PR060003	1	BUMPER RECESS
88	YA000201	1	ADH THRD LKR REM .02 OZ 242
89	YG000002	1	NLA: Please use Lithium Grease

13600_Cable_Routing



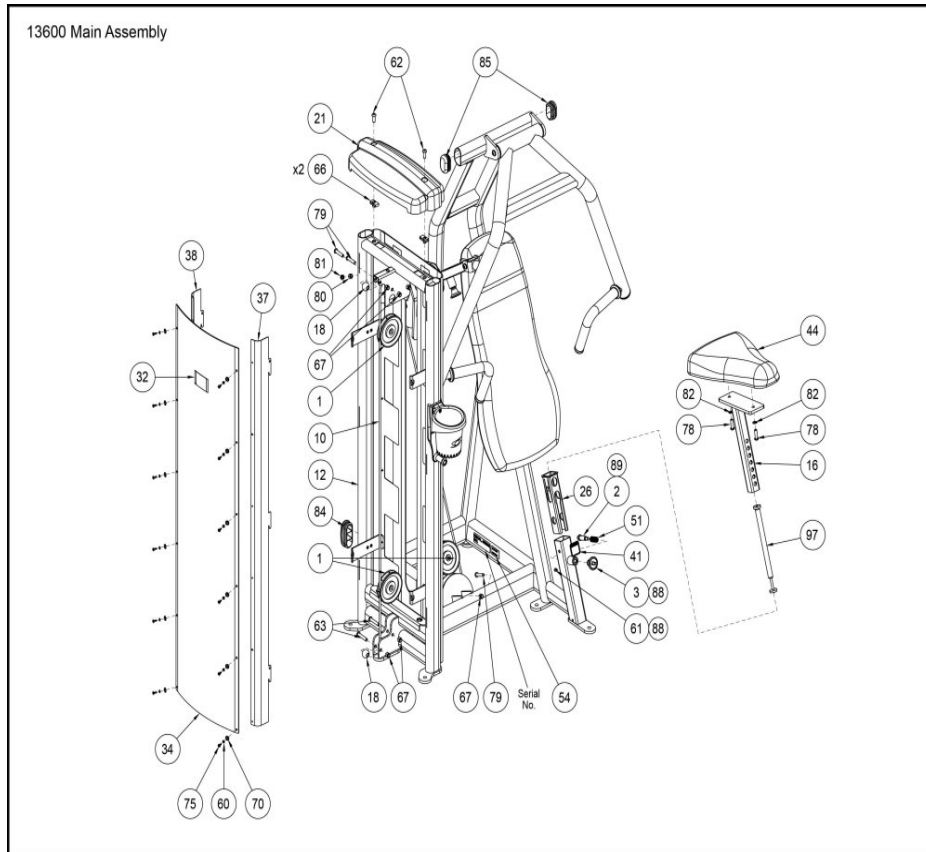
Ref #	Part Number	Qty	Description
10	13000-002	1	Cable SA
28	13000-385	1	STOP
43	4700C070	1	C TOP WT 15-3X12
68	HP286819	1	SPIRAL PIN .188 X 1.12
80	JN714200	1	HEX NUT .375-24
81	JN714400	1	JAM NUT .375-24

13600_Half_Weight_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
11A	13000-101	1	NLA: Half Weight Assembly 5 lb
11B	13000-102	1	Half Weight Assembly 7.5 lb
17	13000-208	1	P Latch
49	BR030206	2	RETAINING RING
51	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
53	HC700414	2	BHSCS .375-16 X .62
67	HN704901	2	LOCKNUT .375-16 NYLON
79	JC700424	2	BHSCS .375-16 X 1.75
88	YA000201	1	ADH THRD LKR REM .02 OZ 242
89	YG000002	1	NLA: Please use Lithium Grease
98	13000-352	1	C Half Weight 5 lbs
99	13000-363	1	C Half Weight 7.5 lbs
100	13000-206	1	C Half Weight Latch
101	13000-380	1	BUSHING, HALF WEIGHT

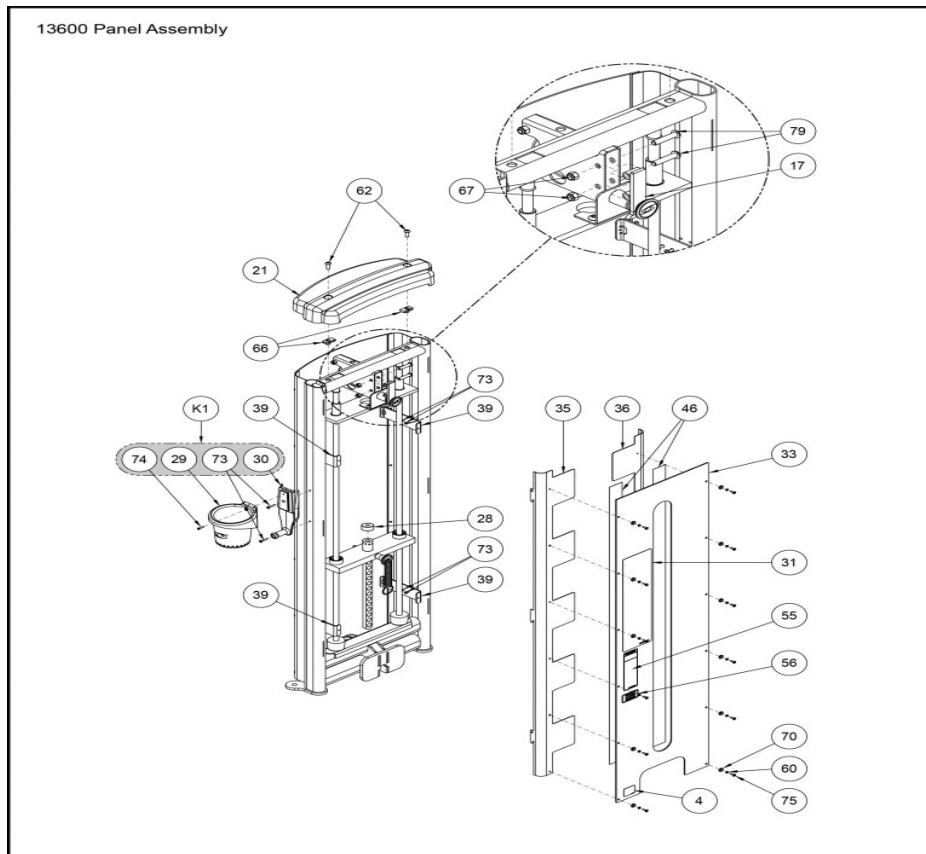
13600_Main_Assembly



Ref #	Part Number	Qty	Description
1	08014	3	PULLEY ASSEMBLY-4.50
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
10	13000-002	1	Cable SA
12	13000-200	1	W Frame Custom
16	13000-207	1	P Seat Post
18	13000-322	2	Roller
21	13000-342	1	Molded Top Cap
26	13000-365	1	Insert Plastic 7.94 Modified
32	13600-390	1	DECAL, CHEST PRESS
34	13600-392	1	WEIGHT GUARD
37	13600-395	1	LEFT REAR CORNER SUPPORT
38	13600-396	1	RIGHT REAR CORNER SUPPORT
41	4520-362	1	DECAL SEAT CAUTION Custom
44	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
51	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
54	CM000258	1	DECAL, CAPACITY
60	FO100007	12	O RING .156 ID X .344 OD
61	HC622808	1	SHCS .250 x 20 x .250
62	HC700417	2	BHSCS .375-16 X 1.00
63	HC700426	2	BHSCS .375-16 X 2.00
66	HF700000	2	PANEL FASTNER .375-16 U TYPE

Ref #	Part Number	Qty	Description
67	HN704901	5	LOCKNUT .375-16 NYLON
70	HS100000	12	WASHER NYLON FINISHING
75	HT572512	12	TAP SC NO. 10 - 24 X .50 PN HD PHIL
78	JC700420	2	BHSCS .375-16 X 1.25
79	JC700424	3	BHSCS .375-16 X 1.75
80	JN714200	1	HEX NUT .375-24
81	JN714400	1	JAM NUT .375-24
82	JS347400	2	LOCKWASHER INT TOOTH .375
84	PP130002	1	INSERT DOMED PLASTIC
85	PP130003	2	INSERT PLASTIC
88	YA000201	1	ADH THRD LKR REM .02 OZ 242
89	YG000002	1	NLA: Please use Lithium Grease
97	13000-103	1	

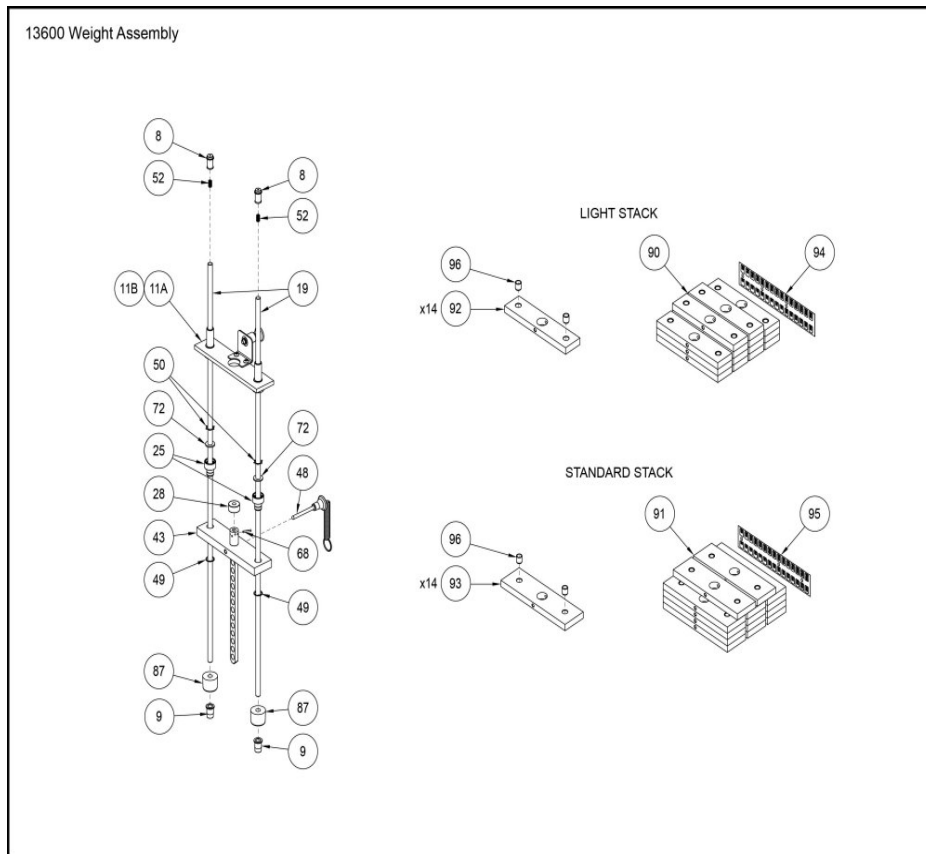
13600_Panel_Assembly



Ref #	Part Number	Qty	Description
K1	13000K003	1	Kit Water Bottle Holder
4	11040-790	1	NLA: DECAL, MADE IN THE USA
17	13000-208	1	P Latch
21	13000-342	1	Molded Top Cap
28	13000-385	1	STOP
29	13000-400	1	Holder Water Bottle
30	13000-403	1	Mount Water Bottle Holder
31	13000-598	1	Placard VR1 Chest Press Custom
33	13600-391	1	SLOTTED WEIGHT GUARD
35	13600-393	1	LEFT FRONT CORNER SUPPORT
36	13600-394	1	RIGHT FRONT CORNER SUPPORT
39	13600-397	1	SUPPORT BRACKET
55	DE000001	1	Decal Warning Custom
56	DE000005	1	Decal Caution Custom
60	FO100007	12	O RING .156 ID X .344 OD
62	HC700417	2	BHSCS .375-16 X 1.00
66	HF700000	2	PANEL FASTNER .375-16 U TYPE
67	HN704901	2	LOCKNUT .375-16 NYLON
70	HS100000	12	WASHER NYLON FINISHING
73	HT512517	4	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
74	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
75	HT572512	12	TAP SC NO. 10 - 24 X .50 PN HD PHIL

Ref #	Part Number	Qty	Description
79	JC700424	2	BHSCS .375-16 X 1.75

13600_Weight_Assembly



Ref #	Part Number	Qty	Description
8	12210-347	2	CAP GUIDE ROD
9	12210-348	2	CAP GUIDE ROD
11A	13000-101	1	NLA: Half Weight Assembly 5 lb
11B	13000-102	1	Half Weight Assembly 7.5 lb
19	13000-326	2	Wt Rod .625 Dia x 51.51
25	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
28	13000-385	1	STOP
43	4700C070	1	C TOP WT 15-3X12
48	BH030207	1	PIN WEIGHT SELECTOR
49	BR030206	2	RETAINING RING
50	BR030220	2	RETAINING RING 1.250 INTERNAL
52	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
68	HP286819	1	SPIRAL PIN .188 X 1.12
72	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
87	PR060005	2	BUMPER WEIGHT
90	13000-032	1	Wt Pac 10# Black (14)
91	13000-036	1	Wt Pac 15# Black (14)
92	4700-337	1	C Stack Weight 10 lbs exact
93	4700-338	1	C Stack Weight 15 lbs exact
94	4800-557	1	DECAL WEIGHT PLATE 10-150
95	13000-552	1	Decal Weight Plate (10-220)
96	FB130216	2	Bushing Weight Stack

