

VR1 ARM CURL

13675-01

Parts Manual

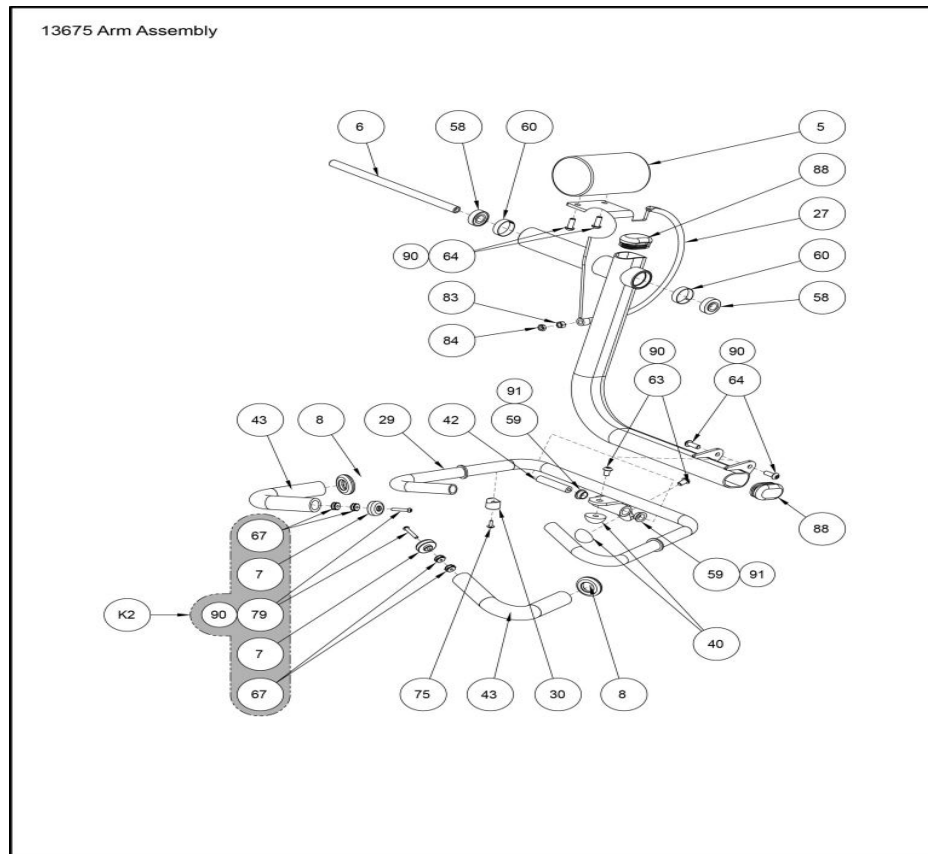
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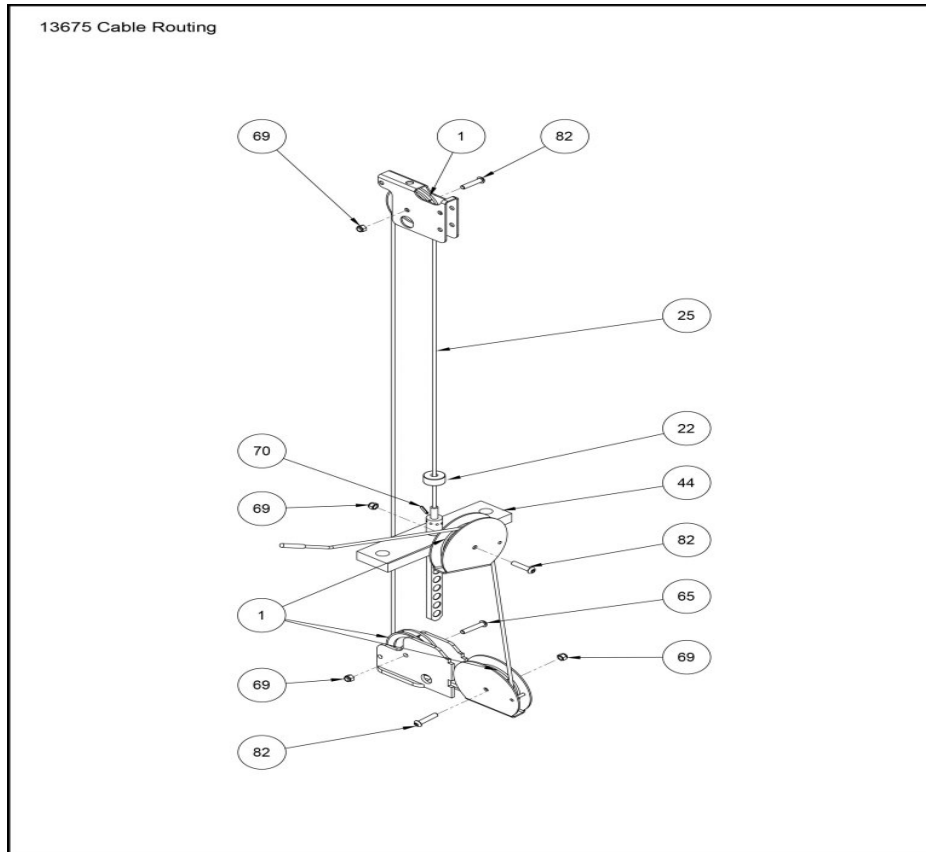
13675_Arm_Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
5	11070-332	1	C COUNTERWEIGHT
6	11090-369	1	SHAFT PIVOT
7	11090-374	2	END CAP
8	11090-376	2	RING HANDLE GRIP
27	13075-201	1	W INPUT ARM Custom
29	13075-204	1	W ARM CURL HANDLE Custom
30	13075-325	1	BUMPER
40	4505-331	2	BUMPER 1.50 DIA
42	4535-328	1	PIN PIVOT-SHORT
43	4605-503	2	GRAB GRIP 12.25
58	FB030232	2	BRG RADIAL 17MM ID EXT RACE
59	FB130205	2	BRG FLG .62 X .75 .38 LG
60	FC030006	2	TOLERANCE RING 1.575 ID
63	HC700414	2	BHSCS .375-16 X .62
64	HC700417	2	BHSCS .375-16 X 1.00
67	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
75	HT102214	1	SCREW,10-24,HXHD WSHR PHIL,TYP 23
79	JC620422	2	BHSCS .250-20 X 1.50
83	JN714200	1	HEX NUT .375-24
84	JN714400	1	JAM NUT .375-24
88	PP130003	2	INSERT PLASTIC

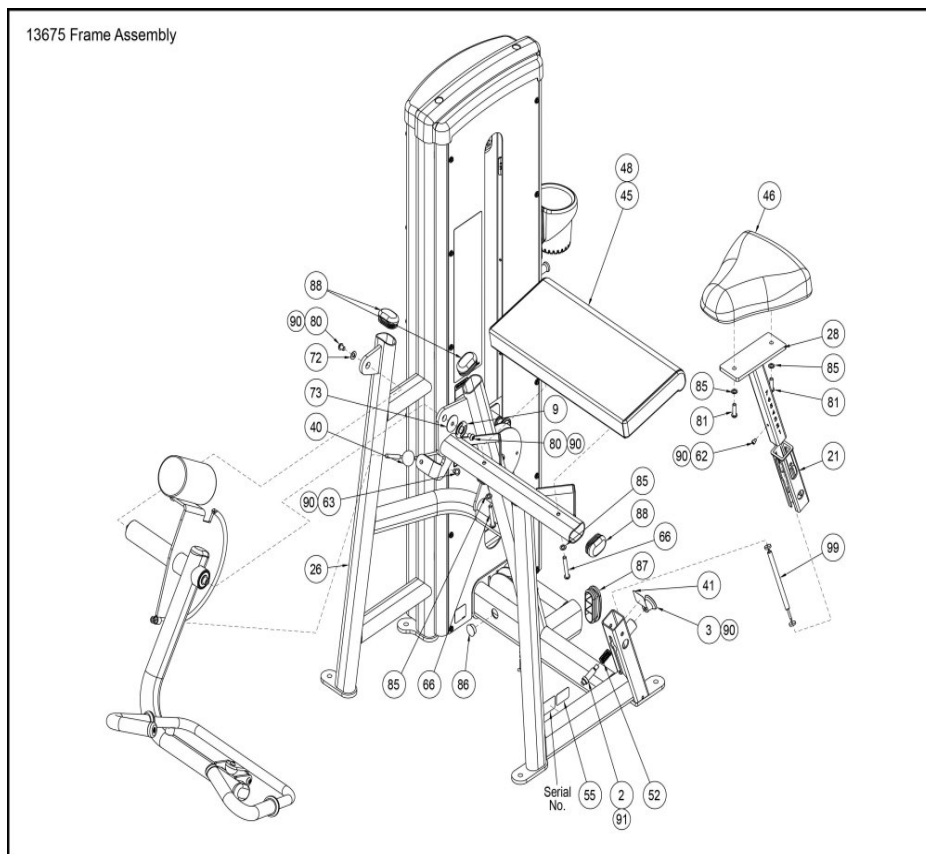
Ref #	Part Number	Qty	Description
90	YA000201	1	ADH THRD LKR REM .02 OZ 242
91	YG000002	1	NLA: Please use Lithium Grease

13675_Cable_Routing



Ref #	Part Number	Qty	Description
1	08014	4	PULLEY ASSEMBLY-4.50
22	13000-385	1	STOP
25	13075-002	1	CABLE S/A
44	4700C073	1	C TOP WT 10-3X12
65	HC700426	1	BHSCS .375-16 X 2.00
69	HN704901	4	LOCKNUT .375-16 NYLON
70	HP286819	1	SPIRAL PIN .188 X 1.12
82	JC700424	3	BHSCS .375-16 X 1.75

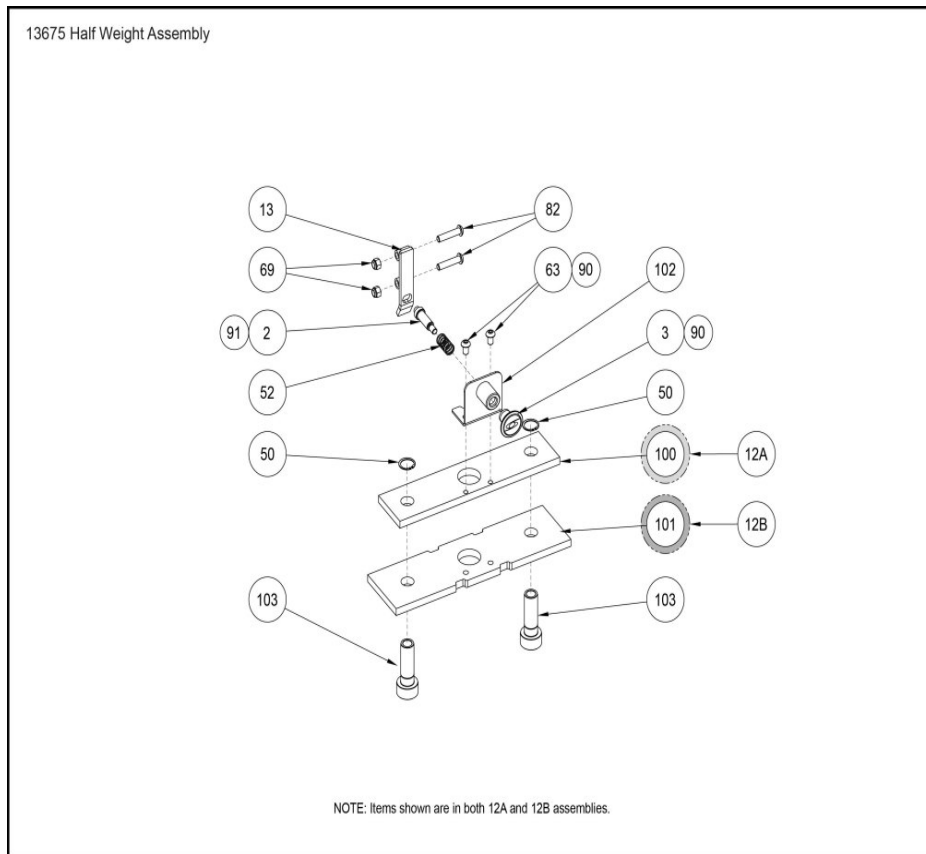
13675_Frame_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
9	11100-400	1	DECAL ROTATION
21	13000-365	1	Insert Plastic 7.94 Modified
26	13075-200	1	W/ VR1 MAIN FRAME Custom
28	13075-202	1	P CUSHION TUBE
40	4505-331	1	BUMPER 1.50 DIA
41	4520-362	1	DECAL SEAT CAUTION Custom
45	4800-008	1	COVERED CUSHION SA 9 X 22 Custom
46	4800-168	1	CUSHION SA BIKE SEAT 12IN MOLDED Custom
48	4800-091	1	WEAR COVER SA 9 X 12 Custom
52	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
55	CM000256	1	DECAL, CAPACITY
62	HC622808	1	SHCS .250 x 20 x .250
63	HC700414	1	BHSCS .375-16 X .62
66	HC700430	2	BHSCS .375-16 X 2.50
72	HS347600	1	WASHER SAE .375
73	HS347702	1	WASHER FLAT .387 ID X 1.753 OD X .06 T
80	JC700412	2	BHSCS .375-16 X .50
81	JC700420	2	BHSCS .375-16 X 1.25
85	JS347400	4	LOCKWASHER INT TOOTH .375
86	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA

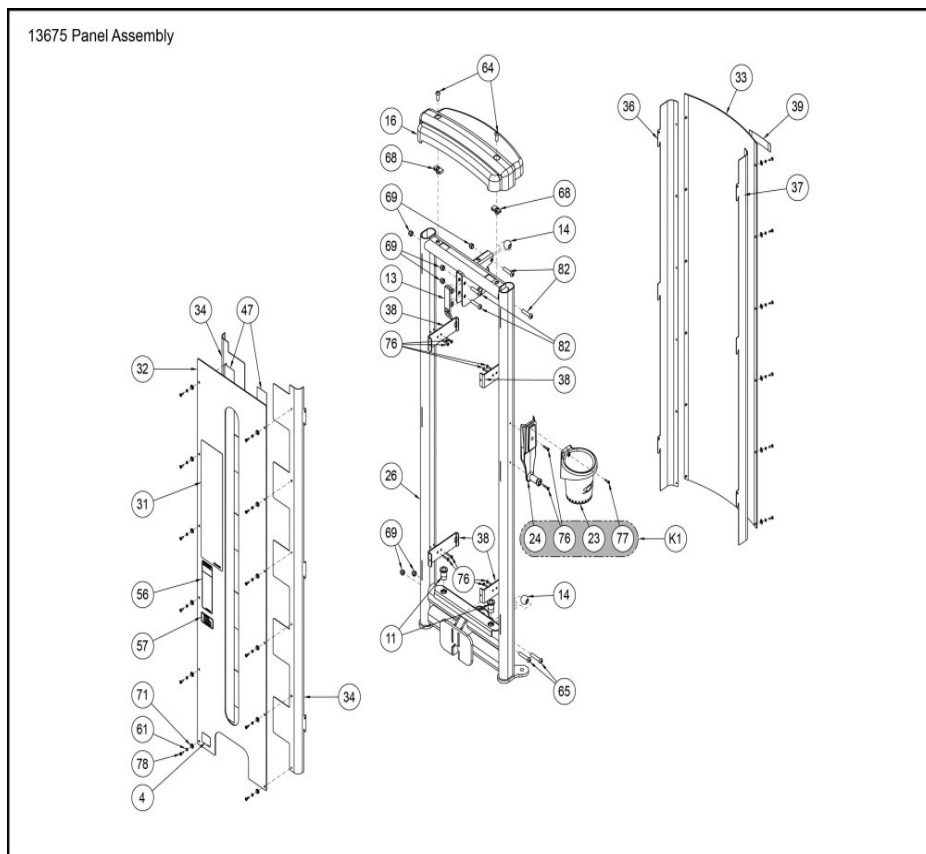
Ref #	Part Number	Qty	Description
87	PP130002	1	INSERT DOMED PLASTIC
88	PP130003	3	INSERT PLASTIC
90	YA000201	1	ADH THRD LKR REM .02 OZ 242
91	YG000002	1	NLA: Please use Lithium Grease
99	13000-103	1	

13675_Half_Weight_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
12A	13000-101	1	NLA: Half Weight Assembly 5 lb
12B	13000-102	1	Half Weight Assembly 7.5 lb
13	13000-208	1	P Latch
50	BR030206	2	RETAINING RING
52	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
63	HC700414	2	BHSCS .375-16 X .62
69	HN704901	2	LOCKNUT .375-16 NYLON
82	JC700424	2	BHSCS .375-16 X 1.75
90	YA000201	1	ADH THRD LKR REM .02 OZ 242
91	YG000002	1	NLA: Please use Lithium Grease
100	13000-352	1	C Half Weight 5 lbs
101	13000-363	1	C Half Weight 7.5 lbs
102	13000-206	1	C Half Weight Latch
103	13000-380	2	BUSHING, HALF WEIGHT

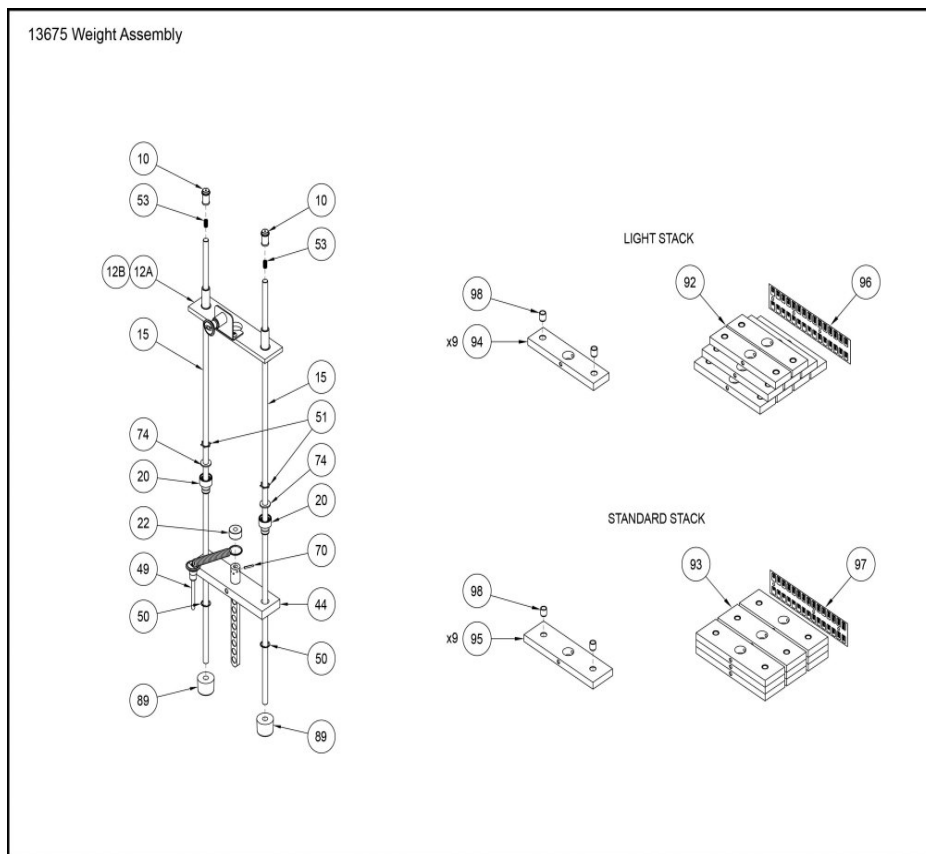
13675_Panel_Assembly



Ref #	Part Number	Qty	Description
K1	13000K003	1	Kit Water Bottle Holder
4	11040-790	1	NLA: DECAL, MADE IN THE USA
11	12210-348	2	CAP GUIDE ROD
13	13000-208	1	P Latch
14	13000-322	2	Roller
16	13000-342	1	Molded Top Cap
23	13000-400	1	Holder Water Bottle
24	13000-403	1	Mount Water Bottle Holder
26	13075-200	1	W/ VR1 MAIN FRAME Custom
31	13075-598	1	Placard VR1 Arm Curl Custom
32	13600-391	1	SLOTTED WEIGHT GUARD
33	13600-392	1	WEIGHT GUARD
34	13600-393	1	LEFT FRONT CORNER SUPPORT
36	13600-395	1	LEFT REAR CORNER SUPPORT
37	13600-396	1	RIGHT REAR CORNER SUPPORT
38	13600-397	1	SUPPORT BRACKET
39	13675-390	1	DECAL, ARM CURL
47	510-1108	1	TAPE BOX SEALING CLEAR
56	DE000001	1	Decal Warning Custom
57	DE000005	1	Decal Caution Custom
61	FO100007	12	O RING .156 ID X .344 OD
64	HC700417	2	BHSCS .375-16 X 1.00

Ref #	Part Number	Qty	Description
65	HC700426	2	BHSCS .375-16 X 2.00
68	HF700000	2	PANEL FASTNER .375-16 U TYPE
69	HN704901	6	LOCKNUT .375-16 NYLON
71	HS100000	12	WASHER NYLON FINISHING
76	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
77	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
78	HT572512	12	TAP SC NO. 10 - 24 X .50 PN HD PHIL
82	JC700424	4	BHSCS .375-16 X 1.75

13675_Weight_Assembly



Ref #	Part Number	Qty	Description
10	12210-347	2	CAP GUIDE ROD
12A	13000-101	1	NLA: Half Weight Assembly 5 lb
12B	13000-102	1	Half Weight Assembly 7.5 lb
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
22	13000-385	1	STOP
44	4700C073	1	C TOP WT 10-3X12
49	BH030207	1	PIN WEIGHT SELECTOR
50	BR030206	2	RETAINING RING
51	BR030220	2	RETAINING RING 1.250 INTERNAL
53	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
70	HP286819	1	SPIRAL PIN .188 X 1.12
74	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
89	PR060005	2	BUMPER WEIGHT
92	13000-030	1	Wt Pac 10# Black (9)
93	13000-034	1	Wt Pac 15# Black (9)
94	4700-337	1	C Stack Weight 10 lbs exact
95	4700-338	1	C Stack Weight 15 lbs exact
96	4800-557	1	DECAL WEIGHT PLATE 10-150
97	13000-552	1	Decal Weight Plate (10-220)
98	FB130216	2	Bushing Weight Stack

