

VR1 ABDOMINAL/ BACK EXTENSION

13800-01

Parts Manual

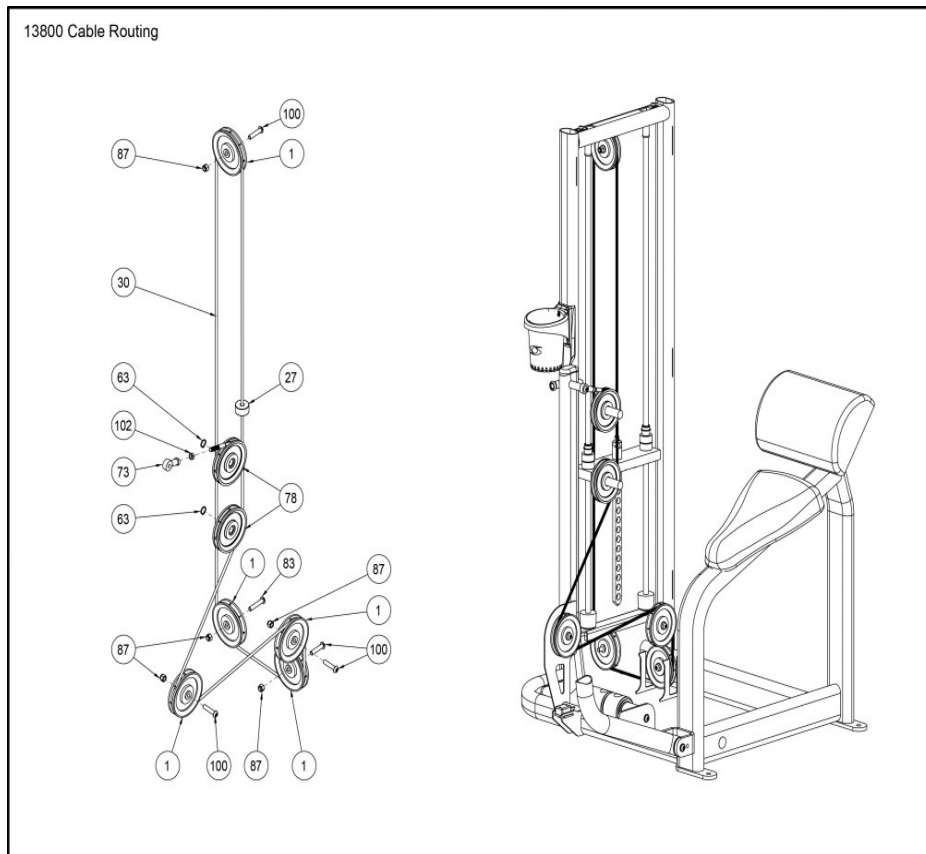
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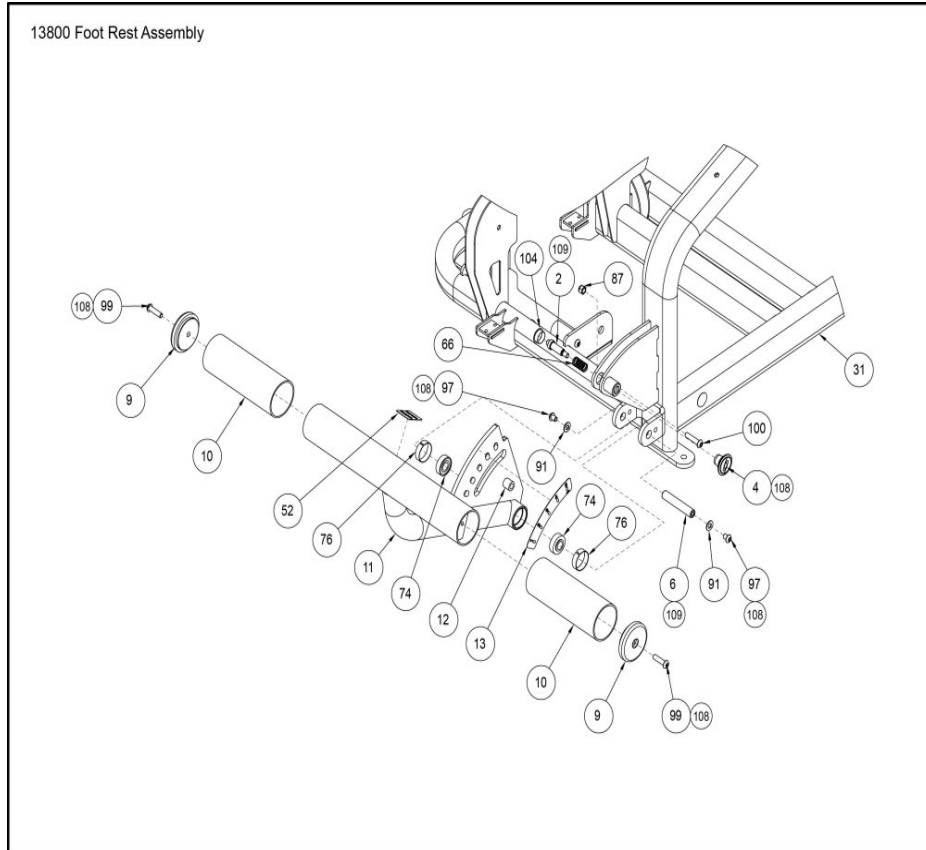
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13800_Cable_Routing



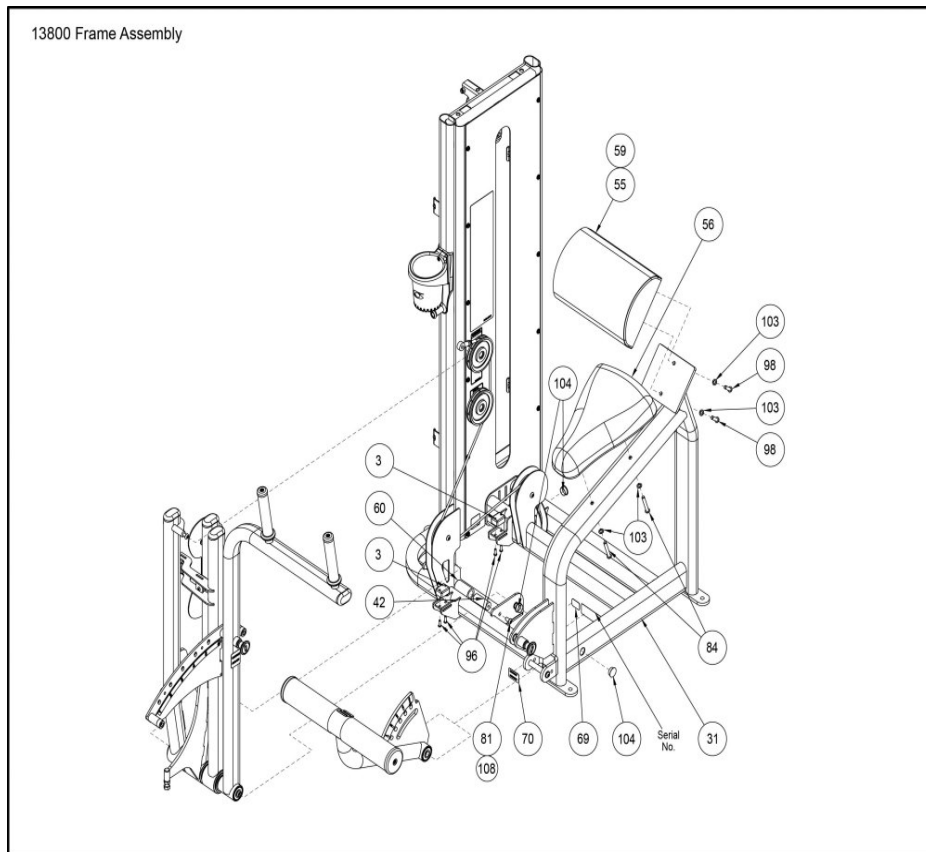
Ref #	Part Number	Qty	Description
1	08014	1	PULLEY ASSEMBLY-4.50
27	13000-385	2	STOP
30	13200-002	2	Cable S/A
63	BR030210	2	RETAINING RING 17 MM
73	FB030213	1	BRG ROD END FEMALE .375-24
78	GP000000	1	PULLEY ASSEMBLY-4.50
83	HC700426	2	BHSCS .375-16 X 2.00
87	HN704901	2	LOCKNUT .375-16 NYLON
100	JC700424	2	BHSCS .375-16 X 1.75
102	JN714400	4	JAM NUT .375-24

13800_Foot_Rest_Assembly



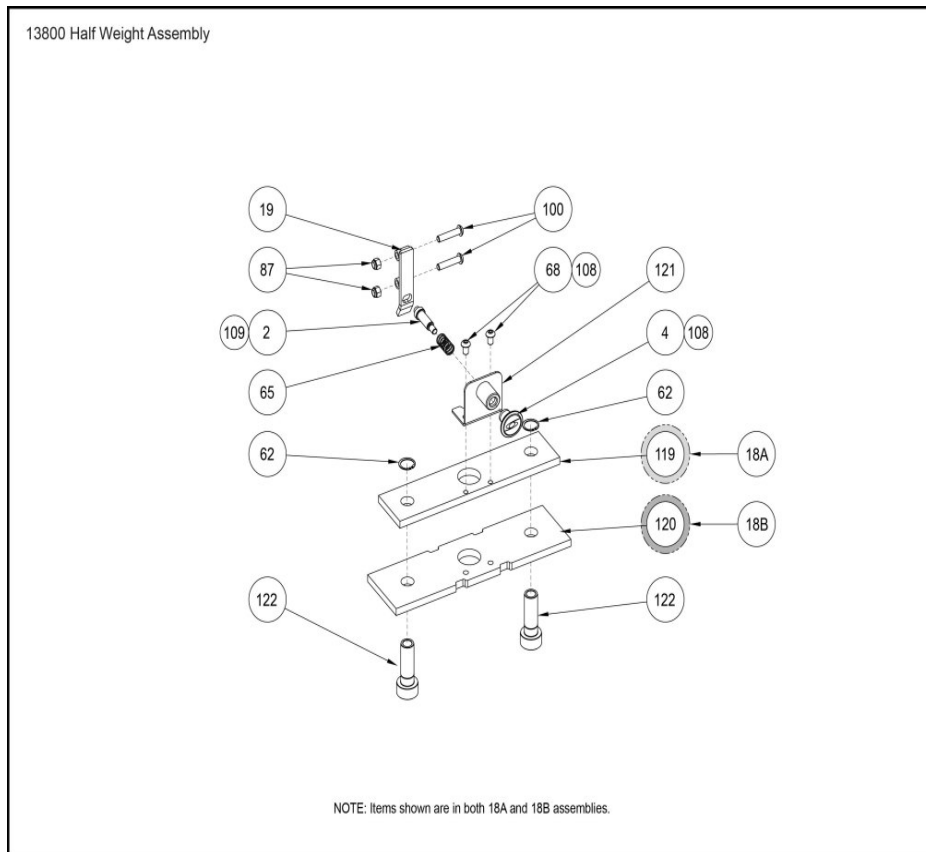
Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
4	11040-440	1	KNOB
6	11080-337	1	SHAFT PIVOT
9	11090-398	2	END CAP
10	11090-400	2	GRIP 8.75
11	12090-202	1	W FOOT REST Custom
12	12090-306	1	SPACER
13	12090-312	1	DECAL FOOT REST ADJUST
31	13200-200	1	W Main Frame Custom
52	4510-321	1	DECAL CAUTION Custom
66	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
74	FB030232	2	BRG RADIAL 17MM ID EXT RACE
76	FC030006	2	TOLERANCE RING 1.575 ID
87	HN704901	1	LOCKNUT .375-16 NYLON
91	HS347600	2	WASHER SAE .375
97	JC700412	2	BHSCS .375-16 X .50
99	JC700422	2	BHSCS .375-16 X 1.50
100	JC700424	1	BHSCS .375-16 X 1.75
104	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA
108	YA000201	1	ADH THRD LKR REM .02 OZ 242
109	YG000002	1	NLA: Please use Lithium Grease

13800_Frame_Assembly



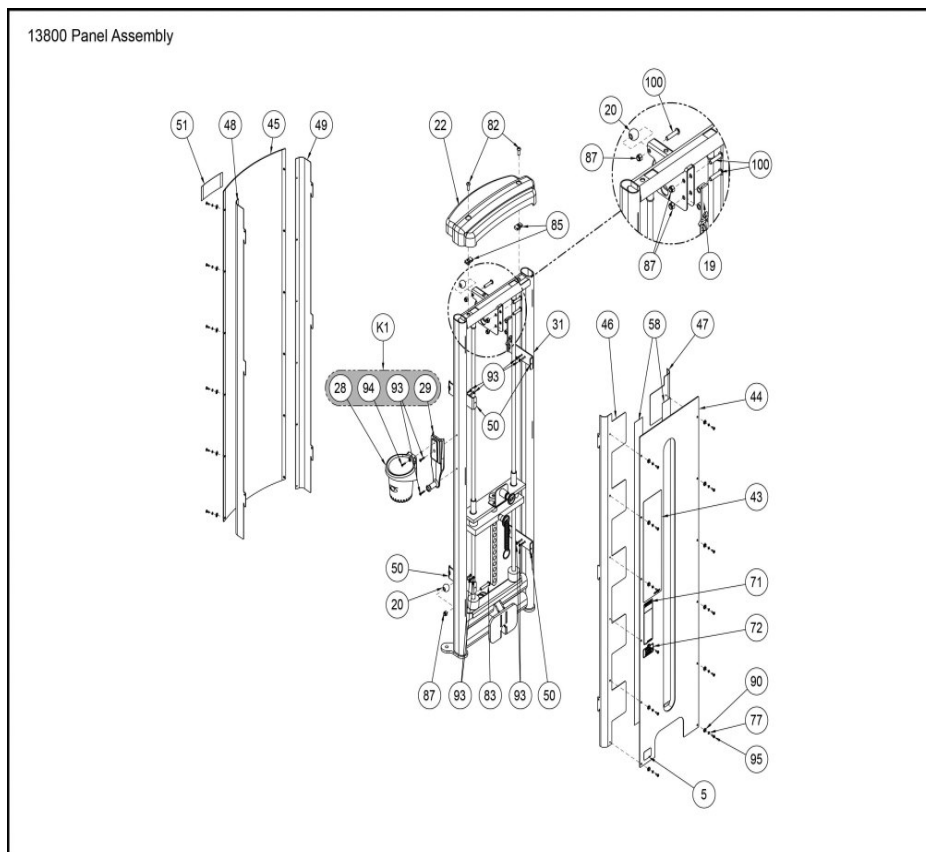
Ref #	Part Number	Qty	Description
3	11000-384	1	BLOCK STOP
31	13200-200	1	W Main Frame Custom
42	13200-374	1	Stop
55	4800-127	1	COVERED CUSHION SA CONTOUR 9 X 14 Custom
56	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
59	4800-130	1	WEAR COVER SA CONTOUR 9 X 14 Custom
60	630A-346	1	Grip 2.50
69	CM000211	1	DECAL PATENT
70	CM000257	1	DECAL, CAPACITY
81	HC700415	1	BHSCS .375-16 X .75
84	HC700430	2	BHSCS .375-16 X 2.50
96	JC620415	4	BHSCS .250-20 X .75
98	JC700420	2	BHSCS .375-16 X 1.25
103	JS347400	4	LOCKWASHER INT TOOTH .375
104	PN660200	2	INSERT PLASTIC 1.00 DIA-11 GA
108	YA000201	1	ADH THRD LKR REM .02 OZ 242

13800_Half_Weight_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
4	11040-440	1	KNOB
18B	13000-102	1	Half Weight Assembly 7.5 lb
18A	13000-101	1	NLA: Half Weight Assembly 5 lb
19	13000-208	1	P Latch
62	BR030206	2	RETAINING RING
65	BS070201	2	COM SPRING .56 ID X .66 OD X 1.50 LG
68	HC700414	2	BHSCS .375-16 X .62
87	HN704901	2	LOCKNUT .375-16 NYLON
100	JC700424	2	BHSCS .375-16 X 1.75
108	YA000201	1	ADH THRD LKR REM .02 OZ 242
109	YG000002	1	NLA: Please use Lithium Grease
119	13000-352	1	C Half Weight 5 lbs
120	13000-363	1	C Half Weight 7.5 lbs
121	13000-206	1	C Half Weight Latch
122	13000-380	2	BUSHING, HALF WEIGHT

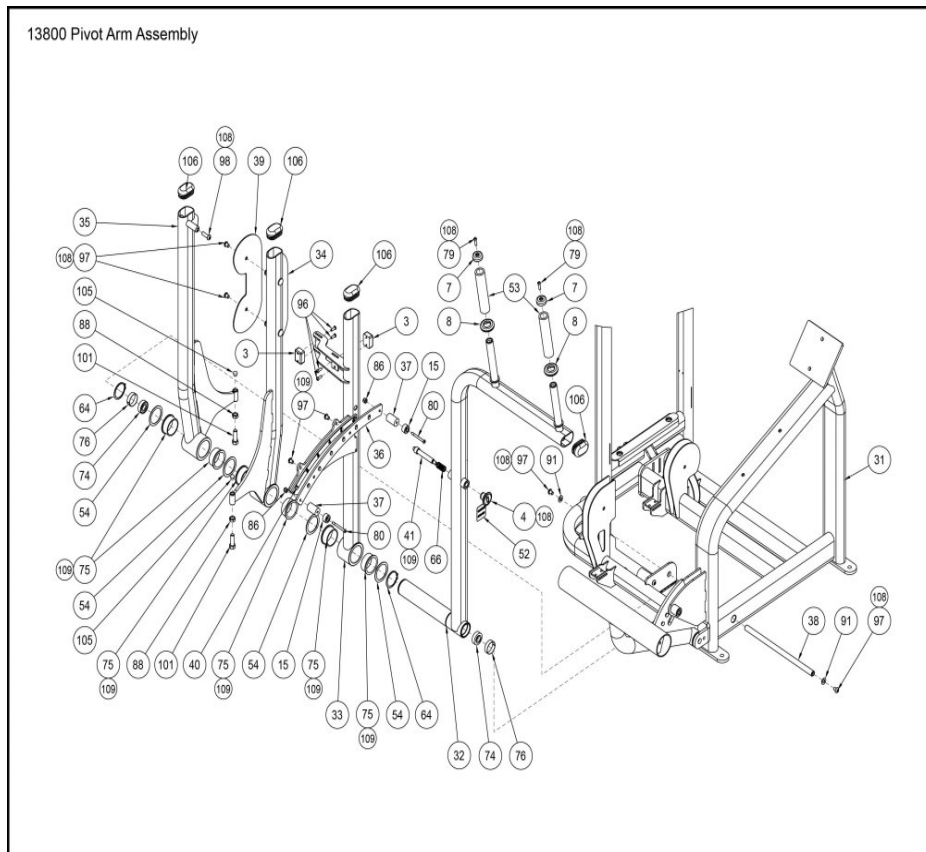
13800_Panel_Assembly



Ref #	Part Number	Qty	Description
K1	13000K003	1	Kit Water Bottle Holder
5	11040-790	1	NLA: DECAL, MADE IN THE USA
19	13000-208	2	P Latch
20	13000-322	2	Roller
22	13000-342	1	Molded Top Cap
28	13000-400	1	Holder Water Bottle
29	13000-403	1	Mount Water Bottle Holder
31	13200-200	1	W Main Frame Custom
43	13200-598	1	Placard VR1 D Ab Back Custom
44	13600-391	1	SLOTTED WEIGHT GUARD
45	13600-392	1	WEIGHT GUARD
46	13600-393	1	LEFT FRONT CORNER SUPPORT
47	13600-394	1	RIGHT FRONT CORNER SUPPORT
48	13600-395	1	LEFT REAR CORNER SUPPORT
49	13600-396	1	RIGHT REAR CORNER SUPPORT
50	13600-397	4	SUPPORT BRACKET
51	13800-390	1	DECAL, ABDOMINAL/BACK EXTENSION
58	510-1108	1	TAPE BOX SEALING CLEAR
71	DE000001	1	Decal Warning Custom
72	DE000005	1	Decal Caution Custom
77	FO100007	12	O RING .156 ID X .344 OD
82	HC700417	2	BHSCS .375-16 X 1.00

Ref #	Part Number	Qty	Description
83	HC700426	1	BHSCS .375-16 X 2.00
85	HF700000	2	PANEL FASTNER .375-16 U TYPE
87	HN704901	3	LOCKNUT .375-16 NYLON
90	HS100000	12	WASHER NYLON FINISHING
93	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
94	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
95	HT572512	12	TAP SC NO. 10 - 24 X .50 PN HD PHIL
100	JC700424	3	BHSCS .375-16 X 1.75

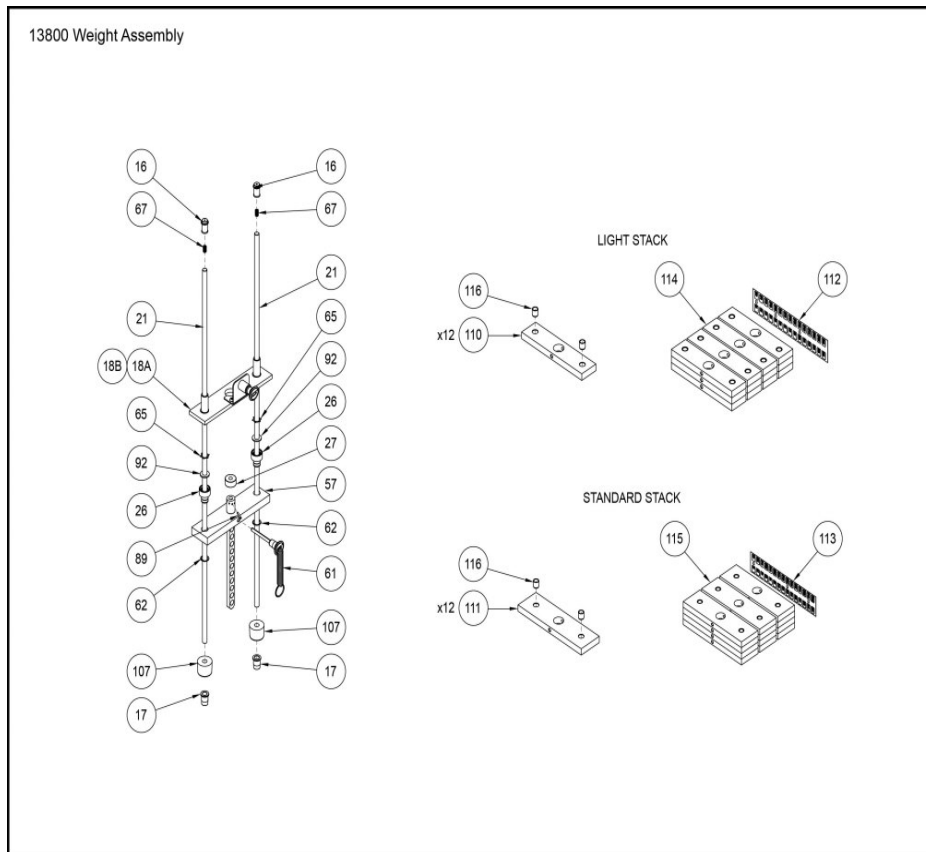
13800_Pivot_Arm_Assembly



Ref #	Part Number	Qty	Description
3	11000-384	1	BLOCK STOP
4	11040-440	1	KNOB
7	11090-374	2	END CAP
8	11090-376	2	RING HANDLE GRIP
15	12100-303	2	BUMPER
31	13200-200	1	W Main Frame Custom
32	13200-203	1	W Input Handle Custom
33	13200-204	1	W Detent Arm Custom
34	13200-205	1	W Input Arm Custom
35	13200-206	1	W Input Arm Custom
36	13200-340	1	Plate Detent
37	13200-341	2	Spacer
38	13200-342	1	Shaft Pivot
39	13200-370	1	Plate Guard
40	13200-372	1	Decal Adjusting
41	13200-373	1	P Detent Pin
52	4510-321	1	DECAL CAUTION Custom
53	4605-520	2	GRAB GRIP 6.25
54	4715-336	4	P WASHER
64	BR030213	2	RETAINING RING 2.00 EXTERNAL
66	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
74	FB030232	2	BRG RADIAL 17MM ID EXT RACE

Ref #	Part Number	Qty	Description
75	FB130206	5	BRG FLG 2.00 X 2.25 1.00 LG
76	FC030006	2	TOLERANCE RING 1.575 ID
79	HC620417	2	BHSCS .250-20 X 1.00
80	HC620430	2	BHSCS .250-20 X 2.50
86	HN625200	2	LOCKNUT .250-20 NYLON HVY
88	HN784400	2	JAM NUT .500-13
91	HS347600	2	WASHER SAE .375
96	JC620415	4	BHSCS .250-20 X .75
97	JC700412	2	BHSCS .375-16 X .50
98	JC700420	1	BHSCS .375-16 X 1.25
101	JC781222	2	HX HD CAP SC .500-13 X 1.50
105	PP080207	2	INSERT PLASTIC .437 DIA 11 GA
106	PP130003	4	INSERT PLASTIC
108	YA000201	1	ADH THRD LKR REM .02 OZ 242
109	YG000002	1	NLA: Please use Lithium Grease

13800_Weight_Assembly



Ref #	Part Number	Qty	Description
16	12210-347	2	CAP GUIDE ROD
17	12210-348	2	CAP GUIDE ROD
18A	13000-101	1	NLA: Half Weight Assembly 5 lb
18B	13000-102	1	Half Weight Assembly 7.5 lb
21	13000-326	2	Wt Rod .625 Dia x 51.51
26	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
27	13000-385	1	STOP
57	4800-262	1	C Top Wt 13 - 3c12
61	BH030207	1	PIN WEIGHT SELECTOR
62	BR030206	2	RETAINING RING
65	BR030220	2	RETAINING RING 1.250 INTERNAL
67	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
89	HP286819	1	SPIRAL PIN .188 X 1.12
92	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
107	PR060005	2	BUMPER WEIGHT
110	4700-337	1	C Stack Weight 10 lbs exact
111	4700-338	1	C Stack Weight 15 lbs exact
112	4800-557	1	DECAL WEIGHT PLATE 10-150
113	13000-552	1	Decal Weight Plate (10-220)
114	13000-031	1	Wt Pac 10# Black (12)
115	13000-035	1	Wt Pac 15# Black (12)
116	FB130216	2	Bushing Weight Stack

