

Cable Motion - Fixed Cable Crossover

CMFCO

Parts Manual

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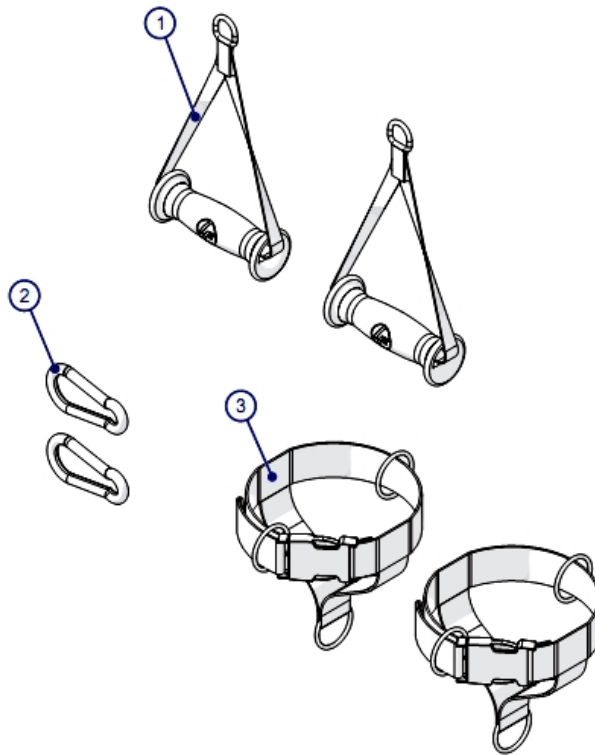
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** Upholstery & Frame Colors are listed at the end of the Parts Manual **

** Shroud Options are listed at the end of the Parts Manual **

Accessories

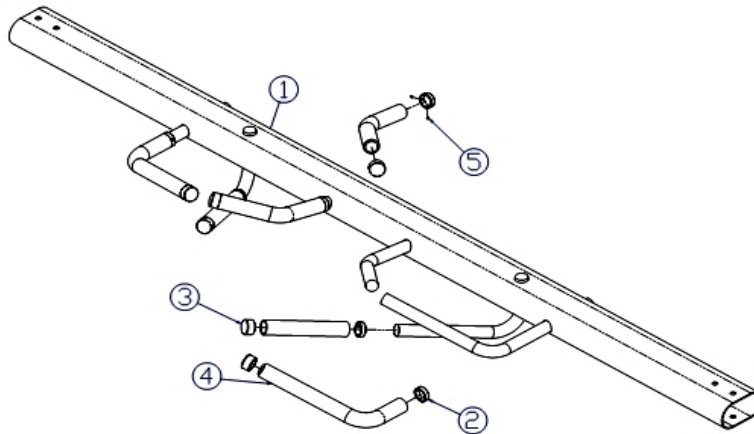


Ref #	Part Number	Qty	Description
1	8219601	2	Handle CM/MJ Short Strap
2	3250201	2	Snap Link 3/8" D
3	7734701	2	Strap 4-Way Ankle

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Beam Assembly

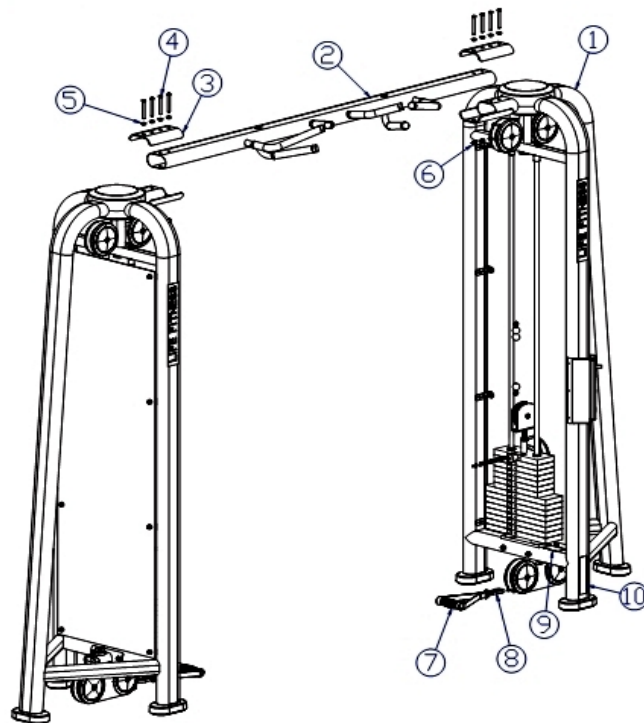


Ref #	Part Number	Qty	Description
1	7632701	1	Weldment MJ X-Beam
2	7662801	6	Grip Ring 1.25"
3	7662901	6	Grip Cap
4	3235801	6	Grip - 1.25" OD
5	LEA3247701	24	Hardware: Screw

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Component Assembly

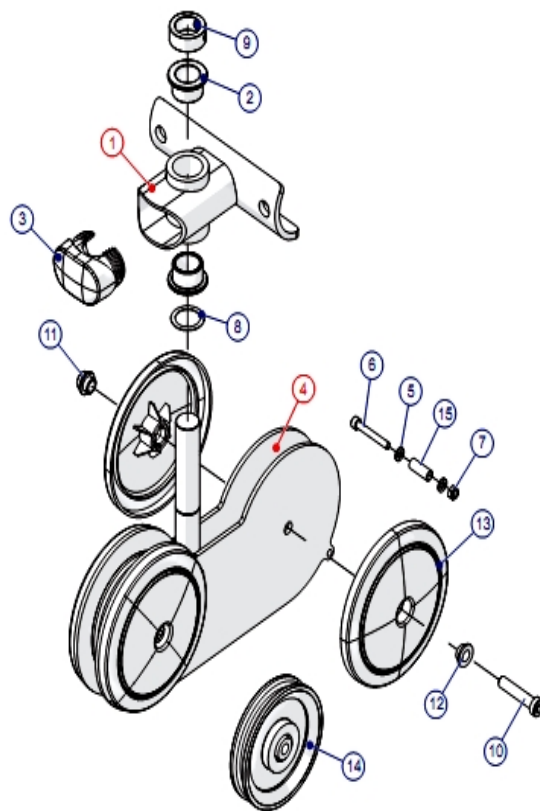


Ref #	Part Number	Qty	Description
1	7641401	2	Assembly - CM/MJFCO Tower
2	7640601	1	Assembly MJ X-Beam
3	7633201	2	Bracket MJ Large Oval
4	3236213	8	Hardware: Screw 80MM
5	7630101	8	Retainer CM/MJ Pulley
6	7335401	8	Hardware: Nut 10 MM ID
7	8219601	2	Handle CM/MJ Short Strap
8	3250201	2	Snap Link 3/8" D
9	7571301	2	Label Serial Number
10	7422004	2	Label 2" ASTM Warning

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Crossover Bottom Assembly

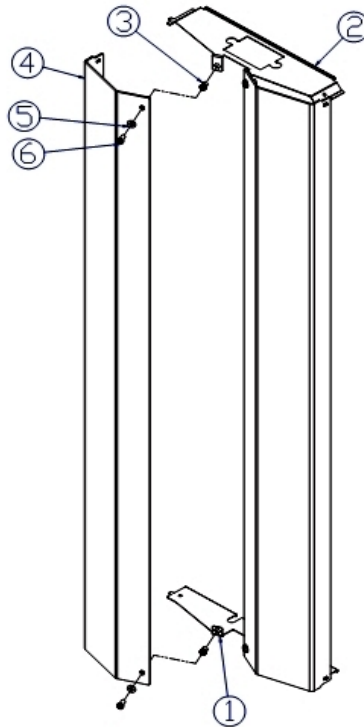


Ref #	Part Number	Qty	Description
1	7635901	1	Weldment MJFCO/FXO PULLEY SPRT
2	3104903	2	Bearing 1" ID 1.25" OD
3	7333801	1	End Cap FLOV Small
4	7635601	1	Weldment MJFCO/FXO BOTTOM PULLEY
5	3241801	2	Flat Washer 6MM
6	3241706	1	M6 X 1 X 45MM SHCS Standard Head
7	3236802	1	Hardware: Nut 6 MM ID
8	3225005	1	Washer
9	7435301	1	Collar Shaft 1.020 ID
10	3236207	2	Hardware: Screw 50MM
11	7335401	1	Hardware: Nut 10 MM ID
12	7630101	2	Retainer CM/MJ Pulley
13	7629901	4	Pulley Cover - Bolted Full
14	3237801	2	Pulley 4.5" OD
15	8002401	1	Spacer CM/MJ Pulley

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Optional Front Shroud Kit

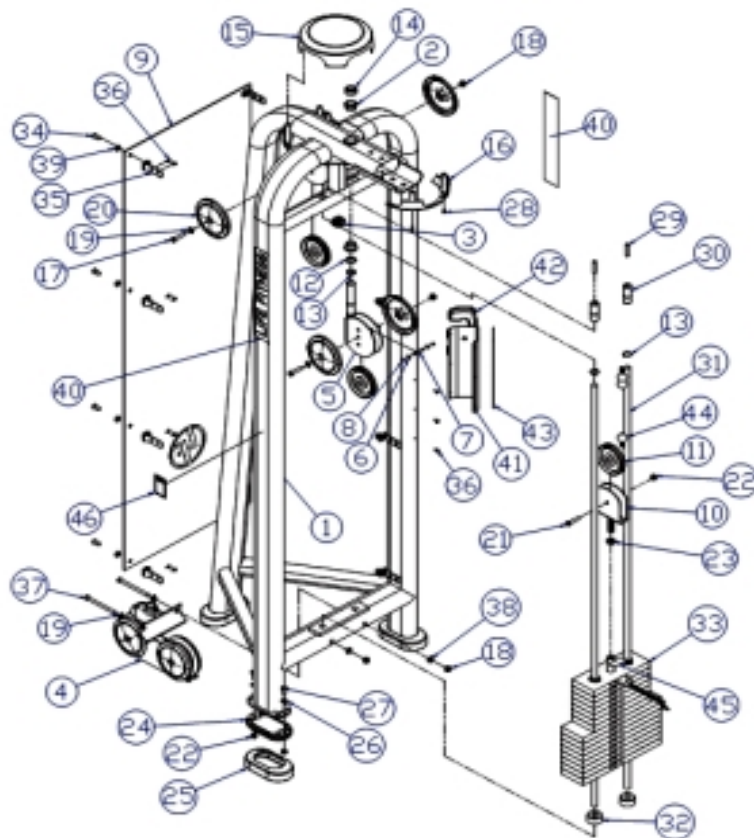


Ref #	Part Number	Qty	Description
1	7763601	1	BRKT SHROUD CM/MJ BOTTOM SG
2	7763901	1	BRKT SHROUD CM/MJ TOP SG
3	3238601	4	Blind Thread Insert - 1.5"
4	7634001	2	Shroud CM/MJ Front
5	3273303	4	Hardware: WasherR, 3/8, THRU-HARDENED
6	3236201	4	Hardware: Screw 20MM

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Tower Assembly



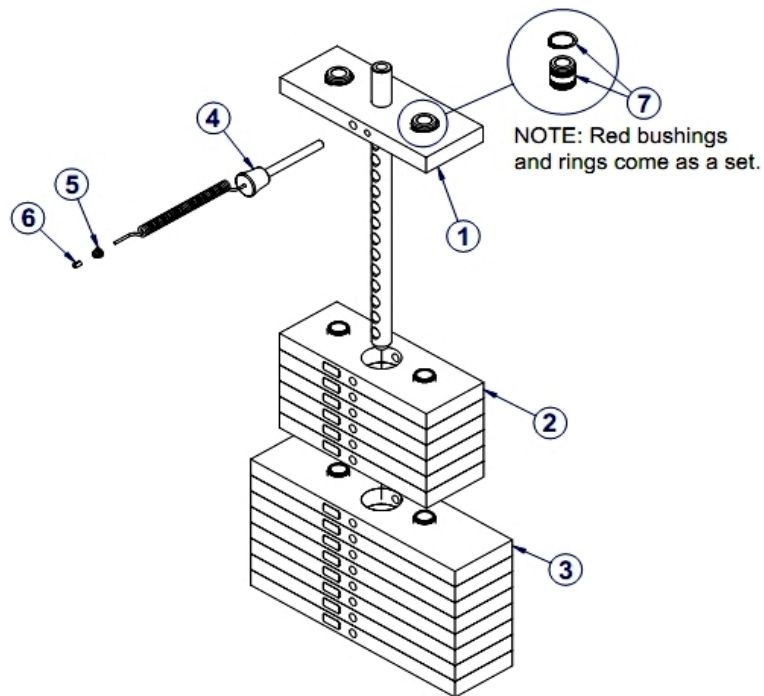
Ref #	Part Number	Qty	Description
1	7639001	1	Weldment MJFCO TOWER
2	3104903	2	Bearing 1" ID 1.25" OD
3	7642301	1	Bumper CM/MJ Plug
4	7636101	1	Assembly - MJ X -Over Bottom
5	7638101	1	WLDMT MJ X-OVER PULLEY
6	3241801	2	Flat Washer 6MM
7	7641301	1	Shaft CM/MJ Ball Stop
8	3232401	2	Retaining Ring 0.230" D
9	8353201	1	Shroud CM/MJ Rear
10	7642295	1	Weldment CM/MJ Stack Pulley SG
11	3237801	3	Pulley 4.5" OD
12	3225005	1	Washer
13	3232421	3	Retaining Ring 0.940" D
14	7435301	1	Collar Shaft 1.020 ID
15	7629201	1	Cover Center Top
16	7629801	2	Cover Center Bottom
17	3236207	2	Hardware: Screw 50MM
18	7335401	4	Hardware: Nut 10 MM ID
19	7630101	4	Retainer CM/MJ Pulley
20	7629901	4	Pulley Cover - Bolted Full
21	3236206	1	Hardware: Screw 45MM
22	3236801	7	Hardware: Nut 10 MM ID

Ref #	Part Number	Qty	Description
23	3236902	1	Hardware: Nut 16 MM ID
24	7334001	3	Foot 2.50 X 4.49 Flov 10-0074-046 BNR
25	7340201	3	Cover Foot - Straight
26	3273303	6	Hardware: WasherR, 3/8, THRU-HARDENED
27	3251202	6	Hardware: Screw 25MM
28	3236501	4	Hardware: Nut 0.7" ID
29	3240502	2	Set Screw
30	7634401	2	Retainer CM/MJ Guide Rod
31	7328618	2	Guide Rod .75 OD Solid X 71.50
32	7352101	2	Cushion Weight Stack
33	7647501	1	190 LB. WEIGHT STACK Assembly
34	3236201	8	Hardware: Screw 20MM
35	7642001	8	Bracket CM/MJ Rear Shroud
36	3239101	22	Hardware: Phillips Pan Screw
37	3236220	2	Hardware: Screw 130MM
38	7634701	2	Spacer CM/MJ .565 X .815
39	7385201	8	Spacer .406 X .750 X .250 SS
40	7348001	2	Label Life Fitness Logo
41	7647001	1	Weldment CM/MJ Placard Bracket
42	7711501	1	Weight 5 LB. Add-On
43	7733901	1	Label Placard CM/MJ Cross Over-English
44	7732202	1	Cable CM/MJFCO X 222-1/4
45	7744501	1	Label Weight At Handle-English
46	9141104	1	LABEL, WARNING, STRAP TRAINING -SPN
46	9141101	1	LABEL, WARNING, STRAP TRAINING -ENG
46	9141103	1	LABEL, WARNING, STRAP TRAINING -FRN
46	9141102	1	LABEL, WARNING, STRAP TRAINING -GER
46	9141107	1	LABEL, WARNING, STRAP TRAINING -JAP
46	9141110	1	LABEL, WARNING, STRAP TRAINING -RUS
46	9141106	1	LABEL, WARNING, STRAP TRAINING -DUT
46	9141108	1	LABEL, WARNING, STRAP TRAINING -POR
46	9141105	1	LABEL, WARNING, STRAP TRAINING -ITA

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Weight Stack Assembly



Ref #	Part Number	Qty	Description
1	8920101	1	14 Hole Head Plate/Bayonet Ser. Kit Assembly
2	7353701	6	Weight Plate 10 LB
3	7353801	8	Weight Plate 15 LB
4	7353001	1	Hardware: Assembly Selector Pin
4	8981903	1	ASSY Selector Pin
5	7356501	1	Plug Lanyard Attachment
6	7523601	1	Crimp Cable
7	7338001	2	Bushing Headplate
-	8069101	1	Label Weight Stack 45.5 KG
-	8068901	1	Label Weight Stack 95 LBS

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Frame and Upholstery Color Chart

Frame Colors



Note: Include frame color in order notes when ordering frame assemblies or weldments.

Upholstery Colors



Replace '99' with the above color suffix when ordering pads (i.e. 7412399 = 7412301 BLACK)

Shroud Options Chart

STANDARD SHROUD NO WRAP



TRANSLUCENT



OPTIONAL StackWraps™ SHROUD + WRAP

BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS
STEEL



STEM



CO-BRANDED StackWraps™ SHROUD + WRAP (refer to co-branded parts list)



PLANET FITNESS

blink FITNESS



BLINK FITNESS

Retro Fitness



RETRO FITNESS