

F3 Treadmill

F3-XX00-0202

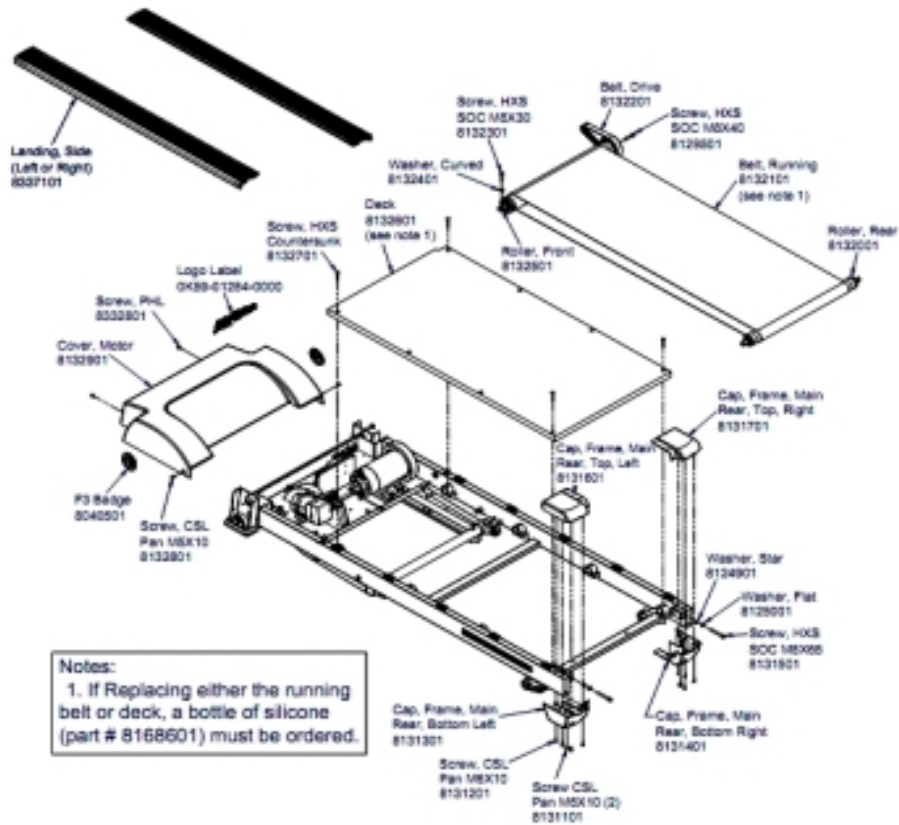
Parts Manual

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Belt, Deck and Motor Cover Assembly



Notes:
 1. If Replacing either the running belt or deck, a bottle of silicone (part # 8168601) must be ordered.

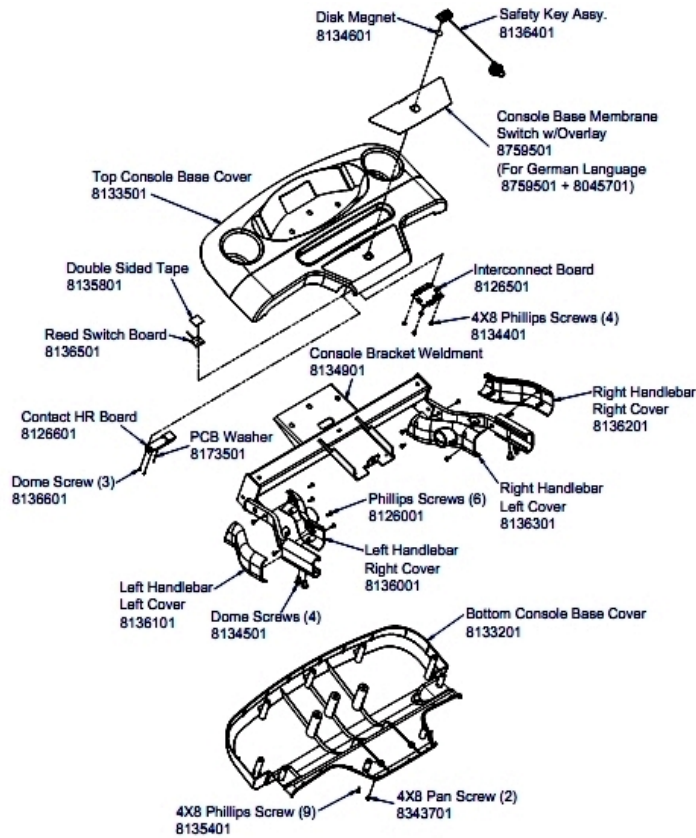
Ref #	Part Number	Qty	Description
-	8131601	1	Cap, Frame, Main, Rear, Top, L - HEAM005821
-	8337101	2	Extrusion, Side Rail, F3-HEAM006986
-	8132801	2	Screw, CSL PAN M5X10 - HEAM003393
-	8125001	2	Washer, Flat - HEAM003587
-	8131701	1	Cap, Frame, Main, Rear, Top, R, - HEAM005819
-	8132001	1	Roller, Rear - HEAS006859
-	8040501	2	Badge; F3, HEAO006445
-	8124901	2	Washer, Star - HEAM003606
-	8344001	2	Screw; CSL M5, T3 - HEAM006172
-	8131201	2	Screw, PHL PAN M4X20 - HEAM003406
-	8131301	1	Cap, Frame, Main, Rear, Bottom, L - HEAM005820
-	8131401	1	Cap, Frame, Main, Rear, Bottom, R - HEAM005818
-	8132601	1	Deck - HEAM005811
-	0K59-01284-0000	1	Decal: Label, 10 Inch Logo
-	8129501	1	Screw, HXS SOC M8X40 - HEAM003364
-	8131501	2	Screw, HXS SOC M8X65 - HEAM003368
-	8132201	1	Belt, Drive - HEAM005812
-	8132301	1	Screw, HXS SOC M8X30 - HEAM003363
-	8132401	1	Washer, Curved - HEAM003608
-	8131101	4	Screw, CSL PAN M6X10 - HEAM003395
-	8132501	1	Roller, Front - HEAS006858
-	8132701	4	Screw, HXS Countersunk M6X25 - HEAM005944

Ref #	Part Number	Qty	Description
-	8132901	1	Cover, Motor - HEAM005814
-	8132101	1	Belt, Running - HEAM003833

Cables and Line Cords

Ref #	Part Number	Qty	Description
-	8175001	1	Line Cord; U.K HEAO005698
-	8531901	1	Thin Wrench - HEAO006921
-	8174801	1	LINE CORD; AUS, HEAO005104
-	8307301	3	Ground Wire, Braided-HEAM003640
-	8174701	1	Line Cord, U.S. - HEAO005096
-	8174901	1	Line Cord; Cont, HEAO005749

Console Bracket Assembly and Covers



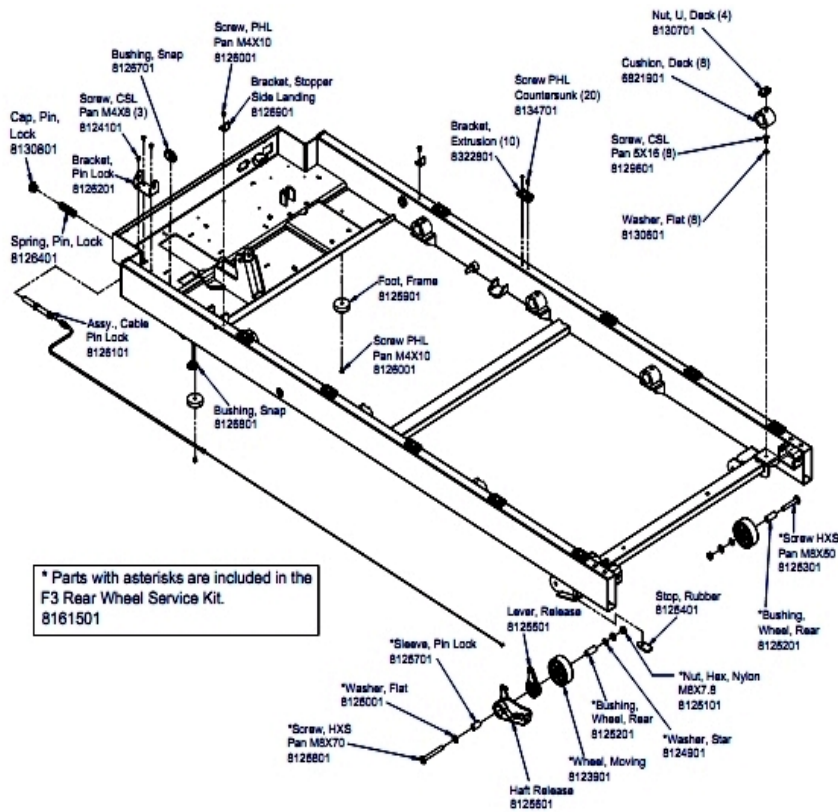
Ref #	Part Number	Qty	Description
-	8136401	1	Assembly, Safety Key - HEAS006028
-	8136601	3	Screw, CSL Pan 2X6 - HEAM006072
-	8133201	1	Cover, Base, Console, Bottom - HEAM005745
-	8135401	9	Screw, PHI PAN 4X15 - HEAM003405
-	8136001	1	Right Cover, Bar, Handle, L - HEAM005747
-	8136201	1	Right Cover, Bar, Handle, R - HEAM005750
-	8135801	1	Tape, Double Sided - HEAM007417
-	8126601	1	Board, HR, Contact M005728
-	8759501	2	Switch, Membrane, HEAO007113
-	8343701	2	Screw; CSL Pan, T3 - HEAM006170
-	8133501	1	Cover, Base, Console, Top - HEAM005746
-	8045701	1	OVERLAY, TREAD CUPHOLDER, GER/MET
-	8173501	1	Washer, Printed Circuit Board, Contact HR - HEAM00
-	8136501	1	Board, Reed Switch M005756
-	8136301	1	Left Cover, Bar, Handle, R - HEAM005749
-	8136101	1	Left Cover, Bar, Handle, L - HEAM005748
-	8126001	6	Screw, PHI PAN M4X10 - HEAM003995
-	8126501	1	Board, Interconnect M005755
-	8134401	4	Screw, PHI PAN 4X8 - HEAM003403
-	8134501	4	Screw, HXS PAN 8X15 - HEAM003380
-	8760101	1	Assembly, Cons Bridge, F3-T3, HEAS007199, -0202
-	8134901	1	Weldment, Bracket, Console - HEAS006026

Ref #	Part Number	Qty	Description
-	8134601	1	Disk, Magnet - HEAM005755

Contents

Ref #	Part Number	Qty	Description
-	8186301	1	Arctic Silver Touch Up Paint; 18ML Bottle, HEAO006
-	8292101	1	Hardware Bag, F3 HEAX000346
-	8168601	1	Bottle, Service Silicone O005320
-	8760501	1	NLA: HDWE BAG, F3, HEAX000850

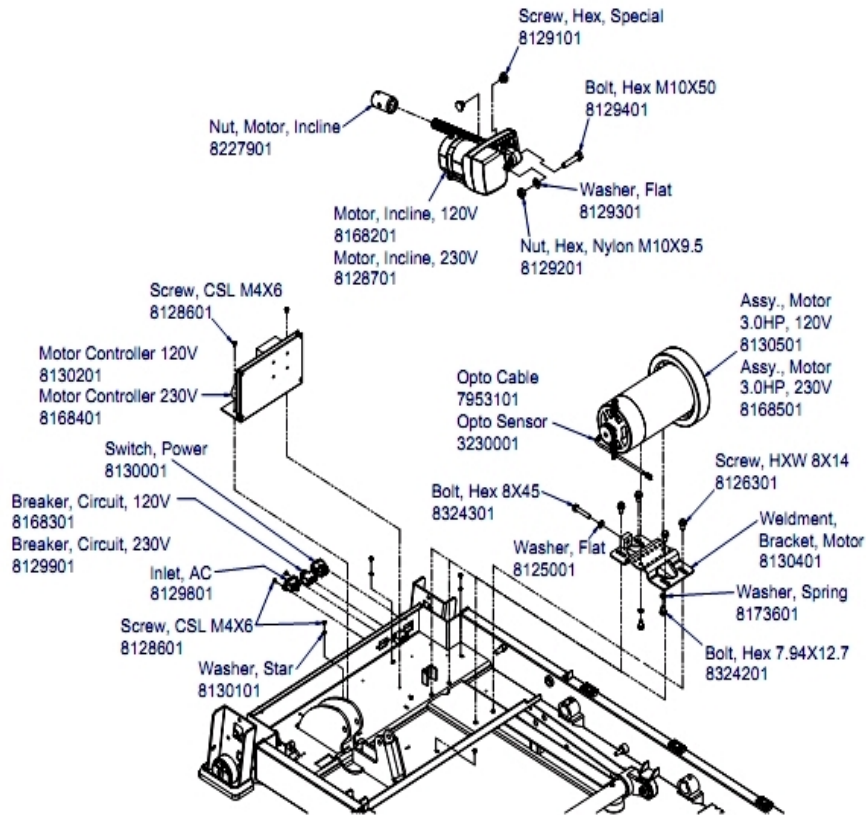
Deck Cushions, Half Release and Rear Wheels



Ref #	Part Number	Qty	Description
-	8125401	1	Stop, Rubber - HEAM001821
-	8134701	20	Screw, PHI Countersunk - HEAM004912
-	8125001	3	Washer, Flat - HEAM003587
-	8129601	8	Screw, CSL PAN 5X16 - HEAM004496
-	8124901	2	Washer, Star - HEAM003606
-	8125601	1	Haft, Release - HEAM005885
-	8322801	10	Bracket, Extrusion, Side- HEAM006213
-	8126401	1	Spring, Pin, Lock - HEAM004193
-	8125101	2	Nut, HEX, Nylon M8X7.8 - HEAM003341
-	8125201	2	Bushing, Wheel, Rear - HEAM004183
-	8126101	1	Assembly, Cable, Pin, Lock - HEAS006126
-	8126201	1	Bracket, Pin, Lock - HEAM004187
-	8126801	1	Bushing, Snap - HEAM001438
-	8125301	1	Screw, HXS PAN M8X50 - HEAM003387
-	8125701	1	Sleeve, Pin, Lock - HEAM004175
-	8126001	2	Screw, PHI PAN M4X10 - HEAM003995
-	8126901	1	Bracket, Stopper, Side Landing - HEAM004184
-	8130801	1	Cap, Pin, Lock - HEAM005770
-	8124101	3	Screw, CSL Pan M4X8 - HEAM003391
-	8126701	1	Bushing, Snap - HEAM005376
-	8130701	4	Nut, U, Deck - HEAM005824
-	8161501	1	Assembly, F3 Service, Rear Wheels - HEAX000309

Ref #	Part Number	Qty	Description
-	6821901	8	Spring, TECSPAC Black
-	8123901	2	Wheel, Moving - HEAM003823
-	8125501	1	Lever, Release - HEAM005884
-	8125801	1	Screw, HXS PAN M8X70 - HEAM003389
-	8130601	8	Washer, Flat - HEAM004893
-	8125901	1	Foot, Frame, Main - HEAM004180

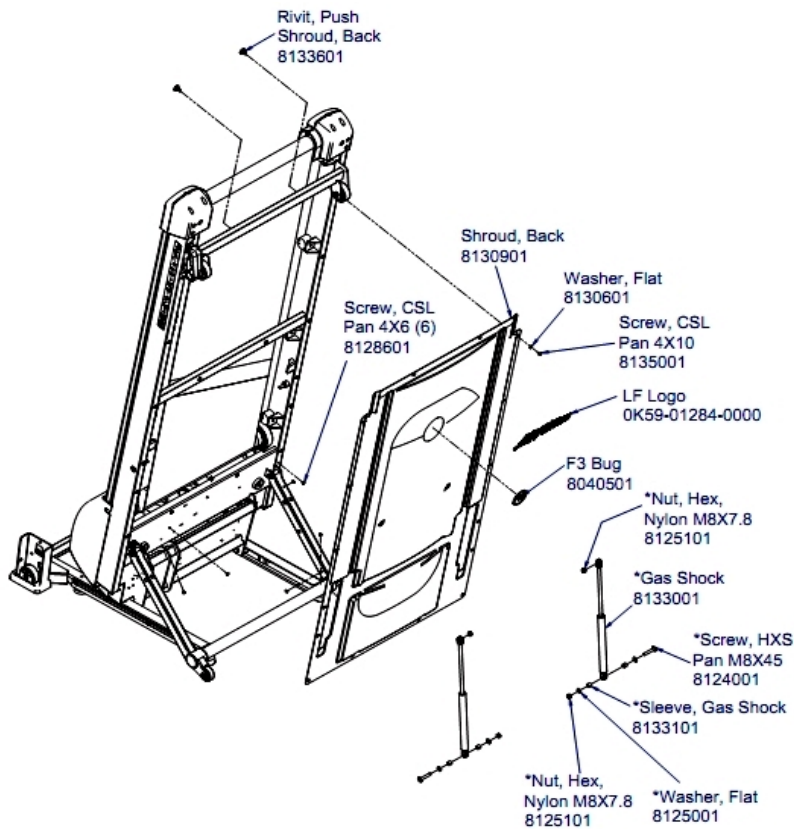
Drive Motor, Lift Motor and Motor Controller Assembly



Ref #	Part Number	Qty	Description
-	3230001	1	OPTO, Sensor
-	8129401	1	Bolt, HEX M10X50 - HEAM004240
-	8130001	1	Switch, Power - HEAM006157
-	8130201	1	Motor Controller 120V, HS P/N S006007 #ASR-MEG4LF-
-	8168301	1	Breaker, Circuit, 120V - HEAM003148
-	8125001	1	Washer, Flat - HEAM003587
-	8126301	4	Screw, HXW 8X14 - HEAM005897
-	8129901	1	Breaker, Circuit, 230V EC002, HEAM003147
-	8324301	1	Screw; HEX, T3 - 8324201
-	8129201	1	Nut, HEX, Nylon M10X9.5 - HEAM004242
-	8129801	1	INLET, AC - HEAM003150
-	8130401	1	Weldment, Bracket, Motor - HEAS006057
-	8324201	2	Screw; HEX, T3 - HEAM006165
-	8128701	1	Motor, Incline, 230V 56662, HEAS004679
-	8173601	2	Washer, Spring - HEAM004297
-	8129101	1	Screw, HEX, Special - HEAM001447
-	8129301	1	Washer, Flat - HEAM003590
-	7953101	1	Cable Assembly, Opto Sensor
-	8128601	4	Screw, CSL M4X6 - HEAM004461
-	8130101	1	Washer, Star - HEAM003295
-	8130501	1	Assembly, Motor 3.0HP, 120V M005726, #3579

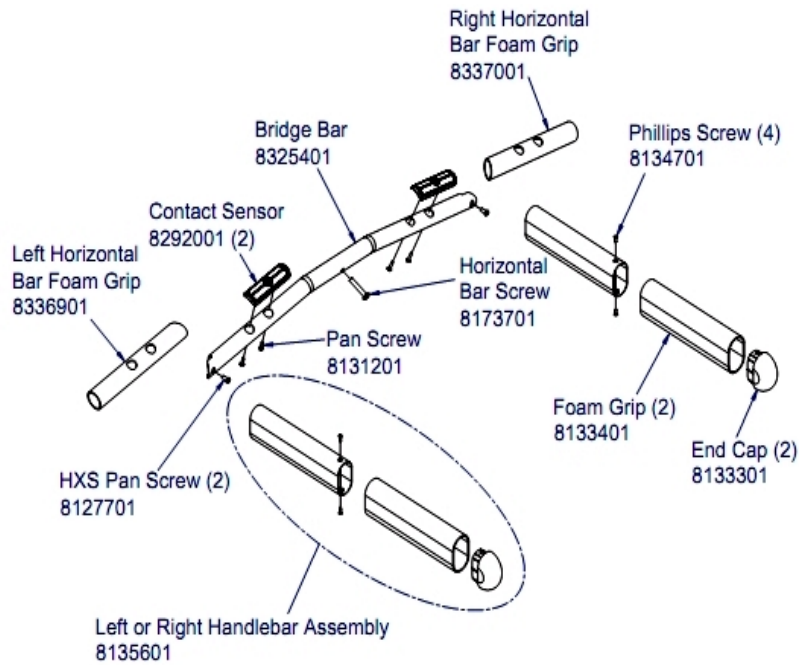
Ref #	Part Number	Qty	Description
-	8168501	1	Assembly, Motor 3.0HP, 230V CW-HEAM005945
-	8227901	1	Nut, Motor, Incline - HEAM002130
-	8168201	1	Motor, Incline, 120V - HEAS005238
-	8168401	1	Motor Controller, 230V S006103/ASR-MEG5LF

Gas Shocks and Back Shroud



Ref #	Part Number	Qty	Description
-	8161701	1	Assembly, F3 Service, Gas Shocks - HEAX000311
-	8124001	2	Screw, HXS Pan M8X45 - HEAM004131
-	8125001	2	Washer, Flat - HEAM003587
-	8040501	1	Badge; F3, HEAO006445
-	8125101	4	Nut, HEX, Nylon M8X7.8 - HEAM003341
-	8130901	1	Shroud, Back - HEAM005768
-	8135001	1	Screw, CSL PAN 4X10 - HEAM003392
-	8133101	2	Sleeve, Gas Shock - HEAM004220
-	0K59-01284-0000	1	Decal: Label, 10 Inch Logo
-	8128601	6	Screw, CSL M4X6 - HEAM004461
-	8130601	1	Washer, Flat - HEAM004893
-	8133601	2	Rivet, Push, Shroud, Back - HEAM006998
-	8133001	2	Gas Shock - HEAM005925

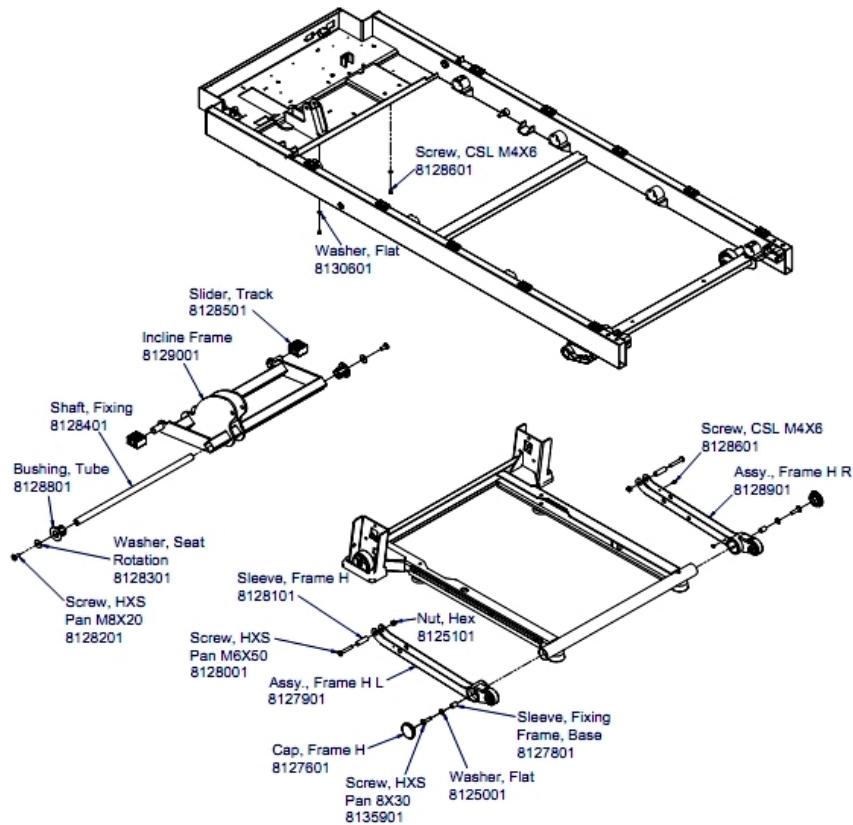
Handlebar and Horizontal Bar



Horizontal Bar Assembly
 part number 8343401
 Includes Horizontal Bar, Right & Left Horizontal Grips and Contact Sensors

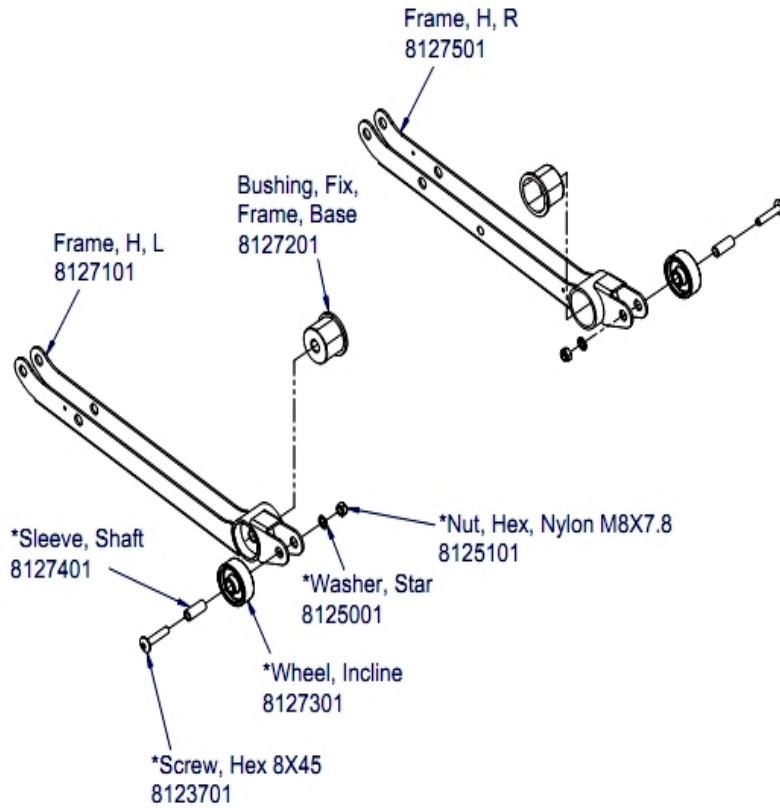
Ref #	Part Number	Qty	Description
-	8292001	2	Sensor; Contact, T3 - HEAS006303
-	8325401	1	BAR, HORIZONTAL, BRIDGE
-	8131201	1	Screw, PHL PAN M4X20 - HEAM003406
-	8133301	2	Cap, Handlebar End - HEAM005763
-	8343401	1	Bar; Horizontal, T3 - HEAS006357
-	8127701	2	Screw, HXS PAN 6X15 - HEAM003378
-	8173701	1	Screw, Bar, Horizontal - HEAM005942
-	8133401	2	Grip, Foam, Bar, Handle - HEAM005762
-	8134701	4	Screw, PHI Countersunk - HEAM004912
-	8135601	2	Bracket, Bar, Handle - HEAS006029
-	8336901	1	Grip; Foam Horizontal Bar, Left, T3 - HEAM006293
-	8337001	1	Grip; Foam Horizontal Bar, Right, T3 - HEAM006294

Lift Frame Assembly 1



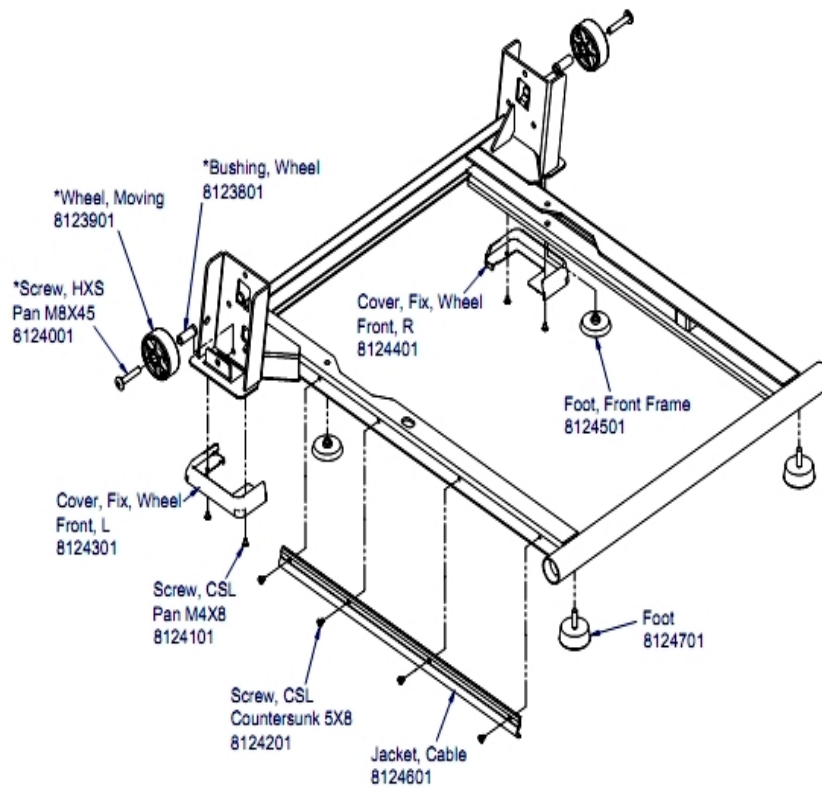
Ref #	Part Number	Qty	Description
-	8125001	1	Washer, Flat - HEAM003587
-	8128001	1	SCREW, HXS PAN 6X50 - HEAM005115
-	8129001	1	Incline Frame - HEAS006061
-	8128601	4	Screw, CSL M4X6 - HEAM004461
-	8127601	1	Cap, Frame, H - HEAM004246
-	8128901	1	Assembly, Frame, H, R - HEAS006055
-	8128801	2	Bushing, Tube, Connection - HEAM001406
-	8128301	2	Washer, Seat Rotation - HEAM004818
-	8127801	1	Sleeve, Fixing, Frame, Base - HEAM004244
-	8128401	1	Shaft, Fixing - HEAM004198
-	8135901	1	Screw, HXS PAN 8X30 - HEAM003383
-	8128201	2	Screw, HXS PAN M8X20 - HEAM003381
-	8128501	2	Slider, Track - HEAM004940
-	8125101	1	Nut, HEX, Nylon M8X7.8 - HEAM003341
-	8128101	1	Sleeve, Frame, H - HEAM004212
-	8127901	1	ASSY, FRAME, H, L - HEAS006203
-	8130601	2	Washer, Flat - HEAM004893

Lift Frame Assembly 2



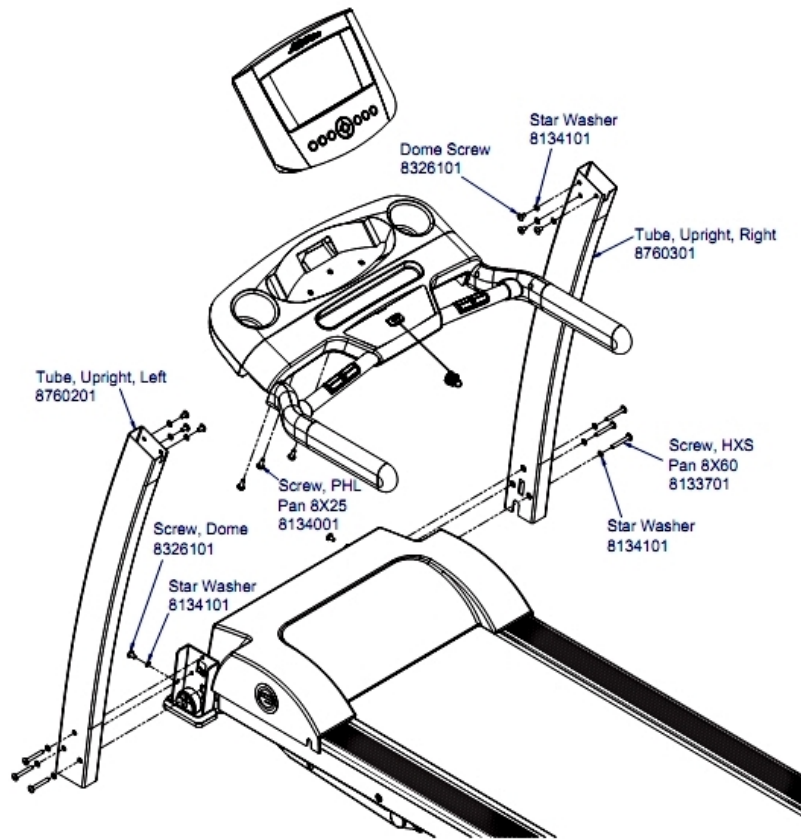
Ref #	Part Number	Qty	Description
-	8123701	2	Screw, HEX 8X45 - HEAM005907
-	8161601	1	Assembly, F3 Service, Mid Wheels - HEAX000310
-	8127301	2	Wheel, Incline - HEAM005931
-	8127501	1	FRAME, H, R - HEAS006206
-	8127101	1	Frame, H, L - HEAS006205
-	8127401	2	Sleeve, Shaft - HEAM004129
-	8127201	2	Bushing, Fix, Frame, Base - HEAM004942
-	8125001	2	Washer, Flat - HEAM003587
-	8125101	2	Nut, HEX, Nylon M8X7.8 - HEAM003341

Moving Wheels and Feet



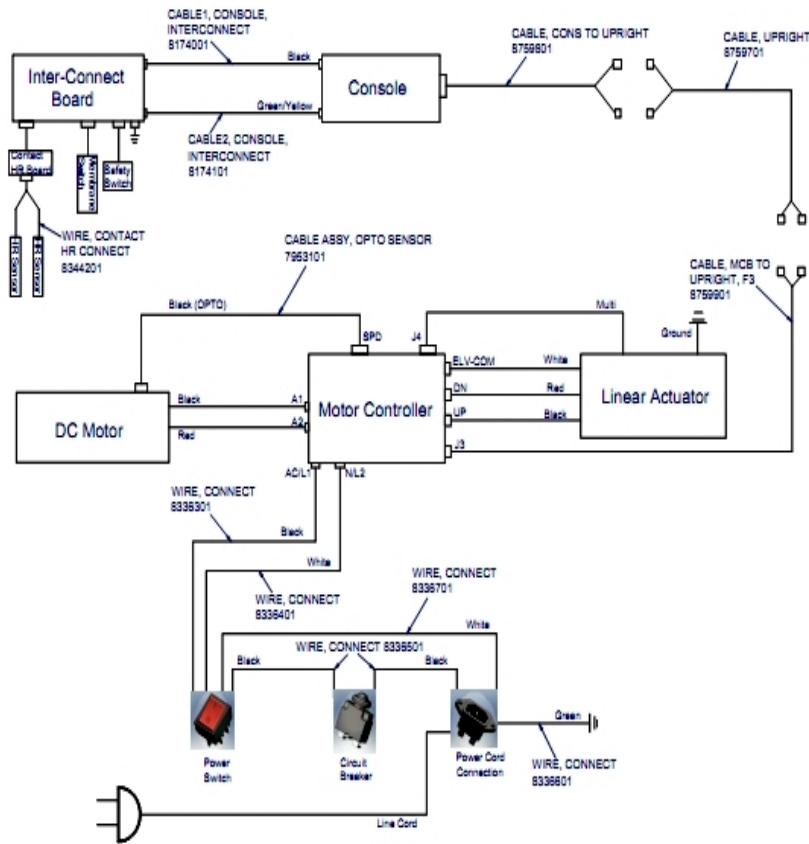
Ref #	Part Number	Qty	Description
-	8161401	1	Assembly, F3 Service, Front Wheels HEAX000308
-	8124001	2	Screw, HXS Pan M8X45 - HEAM004131
-	8124201	8	Screw, CSL Countersunk 5X8 - HEAM005298
-	8124601	2	Jacket, Cable - HEAM005787
-	8124301	1	Cover, Fix, Wheel, Front, L - HEAM005788
-	8123901	2	Wheel, Moving - HEAM003823
-	8124701	2	Foot - HEAM004614
-	8123801	2	Bushing, Wheel - HEAM004936
-	8124401	1	Cover, Fix, Wheel, Front, R - HEAM005789
-	8124101	4	Screw, CSL Pan M4X8 - HEAM003391
-	8124501	2	Foot, Front, Frame - HEAM004264

Uprights



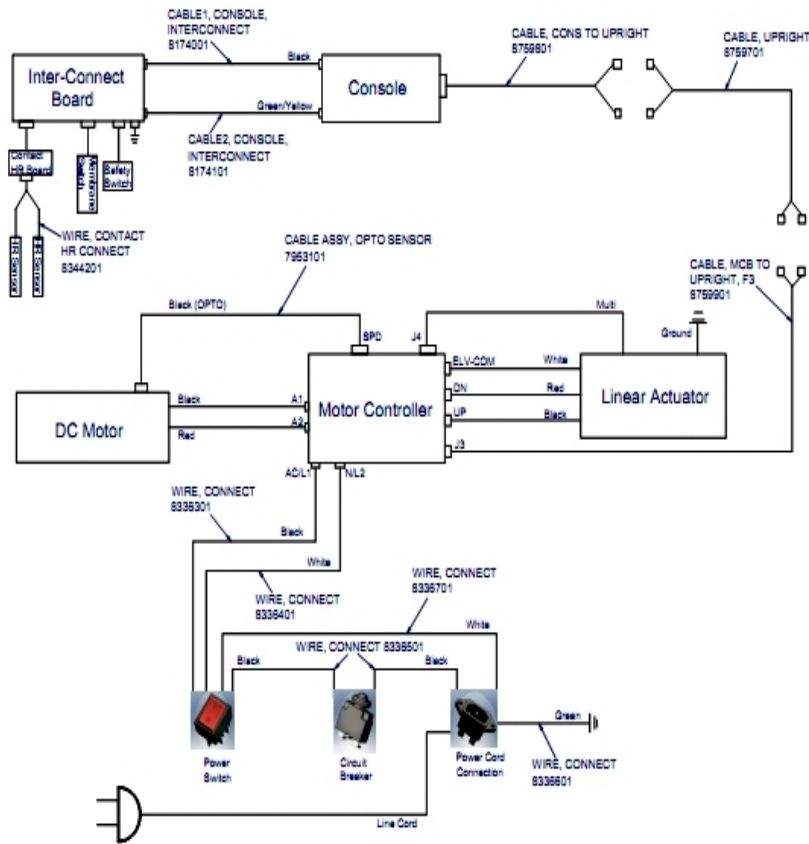
Ref #	Part Number	Qty	Description
-	8134001	3	Screw, HXS PAN 8X25 - HEAM005790
-	8760201	1	Upright, Left, HEAS006022V2
-	8326101	8	Screw, Domestic- HEAM005933
-	8760301	1	Upright, Right, HEAS006023V2
-	8133701	6	Screw, HXS Pan 8X60 - HEAM005876
-	8134101	14	Washer Star - HEAM004037

Wiring Diagram (120V Only)



Ref #	Part Number	Qty	Description
-	8336401	1	Wire, Connect-HEAM004274
-	8759701	1	Cable, Upright, HEAM007319
-	8344201	1	Wire, Contact HR Connect-HEAM006070
-	8336701	1	Wire, Connect-HEAM004274
-	8336601	1	Wire, Connect-HEAM003831
-	8174001	1	Cable1, Console, Interconnect 63531- HEAM005938
-	8759901	1	Cable, MCB To Upright, F3, HEAM007327
-	8759801	1	Cable, Console To Upright, HEAM007320
-	8336301	1	Wire, Connect-HEAM004106
-	8174101	1	Cable2, Console, Interconnect, HEAM005939
-	7953101	1	Cable Assembly, Opto Sensor

Wiring Diagram - 120 Volt



Ref #	Part Number	Qty	Description
-	8336701	1	Wire, Connect-HEAM004274
-	8336601	1	Wire, Connect-HEAM003831
-	7953101	1	Cable Assembly, Opto Sensor
-	8174101	1	Cable2, Console, Interconnect, HEAM005939
-	8174001	1	Cable1, Console, Interconnect 63531- HEAM005938
-	8759701	1	Cable, Upright, HEAM007319
-	8759901	1	Cable, MCB To Upright, F3, HEAM007327
-	8336301	1	Wire, Connect-HEAM004106
-	8336401	1	Wire, Connect-HEAM004274
-	8344201	1	Wire, Contact HR Connect-HEAM006070
-	8759801	1	Cable, Console To Upright, HEAM007320

