

# Signature Series Single - Fly Rear Deltoid

FZFRD

## Parts Manual

1/5/2019 13:46:50 PM



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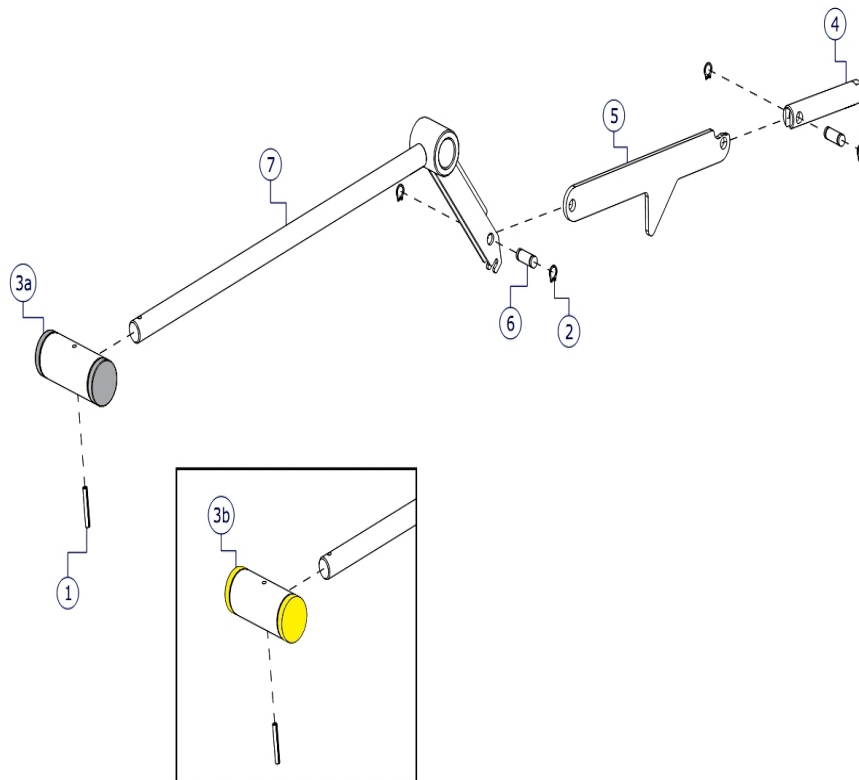
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\*\* Upholstery & Frame Colors are listed at the end of the Parts Manual \*\*

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

## Adjuster Handle Assembly



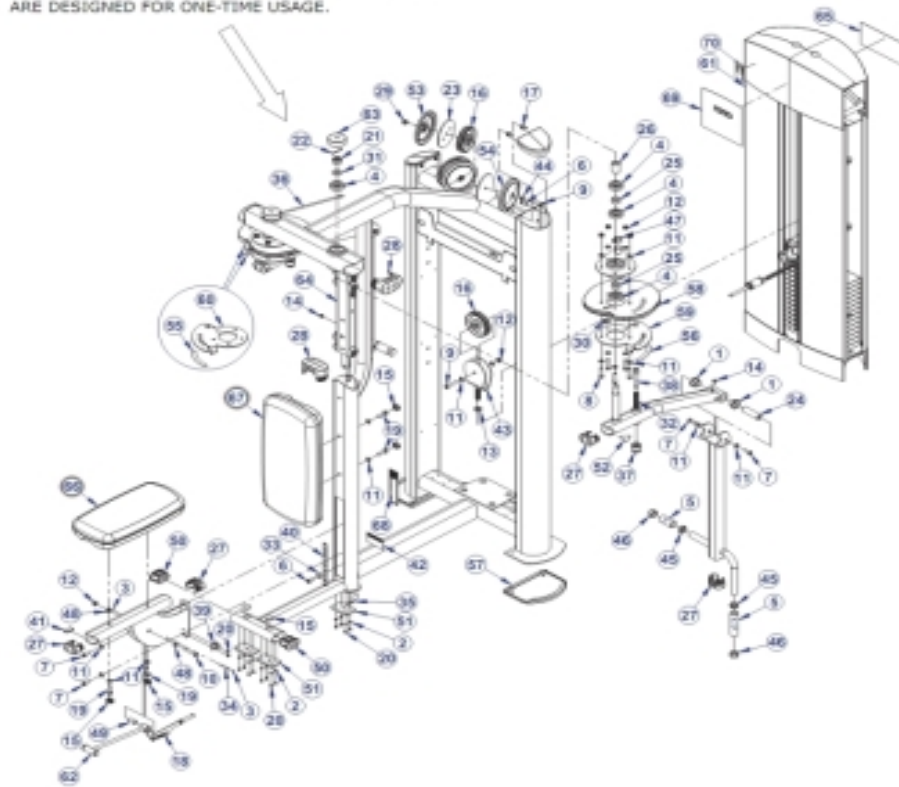
Ref #	Part Number	Qty	Description
1	3110010	1	Roll Pin 1/8" D X 7/8" L
2	3232401	4	Reatining Ring 0.230" D
3B	7287903	1	Adjuster Handle
3A	7287901	1	Handle Adjuster
4	9154101	1	PIN, INDEX
5	9164801	1	LINK, ADJUSTER
6	7407501	2	Pin Link X .520
7	8895895	1	Weldment FZ Seat Adj Handle

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# Component Assembly

COTTER PINS (ITEM #22, PART NO. 3271202) MUST BE REPLACED ONCE REMOVED FROM MACHINE AS THEY ARE DESIGNED FOR ONE-TIME USAGE.



Ref #	Part Number	Qty	Description
1	3104903	4	Bearing 1" ID 1.25" OD
2	3114407	12	Hardware: Flat Washer
3	3232401	2	Retaining Ring 0.230" D
4	3235601	8	Ball Bearing
5	3235801	4	Grip - 1.25" OD
6	3236201	5	Hardware: Screw 20MM
7	3236202	6	Hardware: Screw 25MM
8	3236206	10	Hardware: Screw 45MM
9	3236207	3	Hardware: Screw 50MM
10	3236208	1	Hardware: Screw 55MM
11	3273303	32	Hardware: WasherR, 3/8, THRU-HARDENED
12	3236801	12	Hardware: Nut 10 MM ID
13	3236902	1	Hardware: Nut 16 MM ID
14	3237401	3	Plug 7/16" Hole
15	3237403	6	Plug 1" Hole
16	3237801	3	Pulley 4.5" OD
17	3238601	4	Blind Thread Insert - 1.5"
18	3273101	1	SPRING, EXT, .50 X .067 X 2.00
19	3251204	4	Hardware: Screw 35MM
20	3270601	14	Hardware: Screw 3/8"
21	3271101	2	Hardware: Castle Nut
22	3271202	2	COTTERPIN, 5/32 X 1.5 IN. HAMMERLOCK ZP

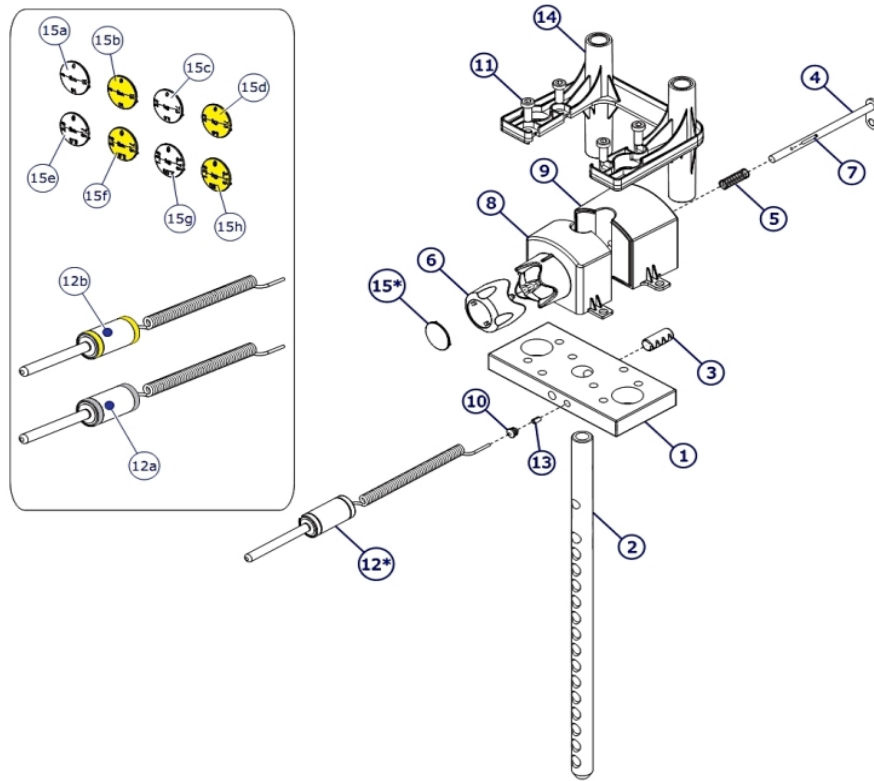
Ref #	Part Number	Qty	Description
23	7318295	2	Plate Pulley Shadow Gray
24	7324901	2	Shaft Tapped 1" D 3.33"
25	7330002	4	Spacer Internal 0.653" L
26	7330006	2	Spacer Internal X 1.765
27	7333801	6	End Cap FLOV Small
28	7333901	3	End Cap FLOV Large
29	7335401	2	Hardware: Nut 10 MM ID
30	7342201	2	Plate Cable End
31	7351001	2	Spacer Increment Weight Stack
32	7351501	2	Pull Pin Spring
33	LEA7385203	1	Spacer
34	7407502	1	Pin Link X 1.531
35	7414301	1	Stud M10 Ball End M10 X 1.5
36	7423811	1	Cable FZFRD 183-1/4"
37	7424803	2	KNOB TULIP STYLE
37	7424801	2	Pop Pin Knob
38	7425103	2	Pull Pin 4.250
39	7425295	1	Bracket Seat Indicator Shadow Gray
40	7524501	1	Label 1-9 Straight
41	7570801	1	Guard Paint 1.25 X .75 X .25
42	7571301	1	Label Serial Number
43	7625095	1	Weldment FZ Weight Stack Pulley Bracket
44	7630101	2	Retainer CM/MJ Pulley
45	7662801	4	Grip Ring 1.25"
46	7662901	4	Grip Cap
47	7690101	2	Bumper Sleeve- 1.000 ID
48	7776401	2	Spacer Flange .406 X .495 X .81
49	7776501	1	Shaft .625 X .406 X 1.200
50	7800501	2	Small Cap
51	7810801	3	Rubber Foot Pad
52	8039501	2	Label Warning Triangle 10-0099-067 BNR
53	8102901	2	Pulley Cover Full
54	8104501	2	Pulley Cover Notched
55	8171301	1	Label FZPEC 1-5 Curved Right
56	8171401	1	Label FZPEC 1-5 Curved Left
57	8708801	2	SPL Foot Slipper
58	8894301	2	Cam FZFRD
59	8894601	1	Left Brkt FZFRD Cam Adjuster
60	8894701	1	Right Brkt FZFRD Cam Adjuster
62	8895903	1	FZFRD Adjuster Handle Yellow
62	8895901	1	FZFRD Adjuster Handle Gray
63	8896001	2	Threaded Cap FZFRD
64	8897301	1	Seat Carriage
65	8901901	1	Label FZFRD Logo
66	7468999	1	ASSY, PAD 18 X 9 CONVEX Custom
67	7814099	1	Pad, 24 X 11 Flat Custom
68	8220008	1	Label, ASTM, Select Vertical - Portugese
68	8220005	1	Label, ASTM, Select Vertical - Italian
68	8220004	1	Label, ASTM, Select Vertical - Spanish
68	8220001	1	Label, ASTM, Select Vertical - English
68	8220002	1	Label, ASTM, Select Vertical - German
68	8220007	1	Label, ASTM, Select Vertical - Japanese
68	8220003	1	Label, ASTM, Select Vertical - French
68	8220010	1	Label, ASTM, Select Vertical - Russian
68	8220006	1	Label, ASTM, Select Vertical - Dutch
68	8220011	1	Label, ASTM, Select Vertical - Turkish
69	8901505	1	Label FZFRD Placard - Italian

Ref #	Part Number	Qty	Description
69	8901502	1	Label FZFRD Placard - German
69	8901503	1	Label FZFRD Placard - French
69	8901510	1	Label FZFRD Placard - Russian
69	8901501	1	Label FZFRD Placard - English
69	8901506	1	Label FZFRD Placard - Dutch
69	8901504	1	Label FZFRD Placard - Spanish
69	8901507	1	Label FZFRD Placard - Japanese
69	8901511	1	Label FZFRD Placard - Turkish
69	8901508	1	Label FZFRD Placard - Portugese
70	9310301	1	LABEL, FZFRD, NFC-QR TAG

\*\* Upholstery and Frame Colors are list at the end of the Parts Manual \*\*

\*\* Shroud Options are list at the end of the Parts Manual \*\*

## Head Plate Assembly



Ref #	Part Number	Qty	Description
1	7326701	1	Head Plate
2	7328901	1	Stem 14 Plate
3	3236001	1	SpringPin Bushing
4	7327201	1	Increment Weight Pin
5	8024501	1	Spring
6	7326101	1	Incremental Weight Selector Knob
7	3110008	1	Roll Pin 1/8" D 1-1/4" L
8	7326401	1	Selector Housing - Front
9	7326501	1	Selector Housing - Rear
10	7356501	1	Plug Lanyard Attachment
11	3236202	4	Hardware: Screw 25MM
12B	7338103	1	Weight Stack Selector Pin
12A	7338101	1	Weight Stack Selector Pin
13	7523601	1	Crimp Cable
14	8867301	1	Assembly FZ Stabilizer with Bushings
15F	8865803	1	FZ Selector Knob Cap - 2.5 LBS Yellow
15H	8946503	1	CAP, FZ SELECTOR KNOB - 1.25 KG, YELLOW
15B	7398603	1	Selector Knob Cap - 5 LBS Yellow
15A	7398601	1	Selector Knob Cap - 5 LBS Silver
15E	8865801	1	FZ Selector Knob Cap - 2.5 LBS Silver
15C	7398701	1	Selector Knob Cap - 2.5 KG Silver
15G	8946501	1	CAP, FZ SELECTOR KNOB - 1.25 KG, SILVER

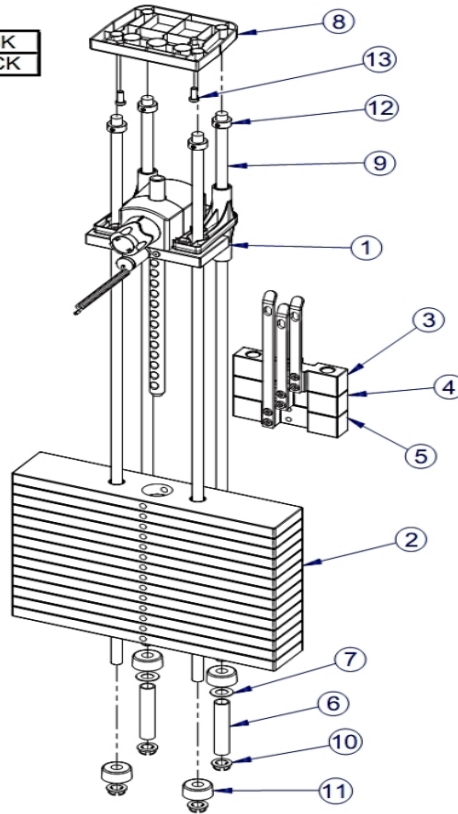
<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
15D	7398703	1	Selector Knob Cap - 2.5 KG Yellow

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# Mid-14 Weight Stack Assembly

WEIGHT STACK LABELS	
7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



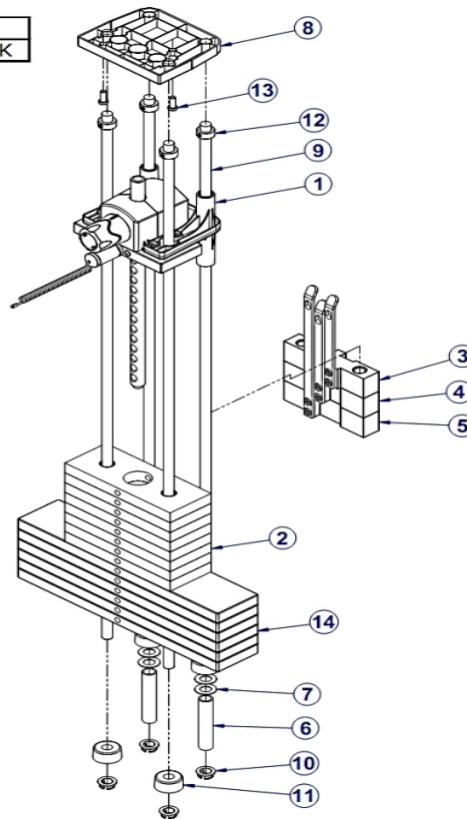
Ref #	Part Number	Qty	Description
1	7350701	1	Assembly Head Plate (14)
2	7328401	14	Weight Plate 20 LB
3	7327601	1	Assembly Increment Weight-5LB
4	7327701	1	Assembly Increment Weight-10LB
5	7327801	1	Assembly Increment Weight-15LB
6	7328701	2	Spacer Inc Weight Stack 14 Plate
7	7351001	2	Spacer Increment Weight Stack
8	7621101	1	Guide Rod Retainer Top
9	7328602	4	Guide Rod .75" OD 53.50" L
10	7337901	4	Bushing Guide Rod
11	7352101	4	Cushion Weight Stack
12	3103301	4	Shaft Collar 3/4" ID Zinc
13	3236202	2	Hardware: Screw 25MM
-	7927301	1	Label 195 KG Stack
-	7927201	1	Label 390 LB Stack

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**Optional Light-14 Weight Stack**

**WEIGHT STACK LABELS**  
8867001 LABEL, 310 LB STACK

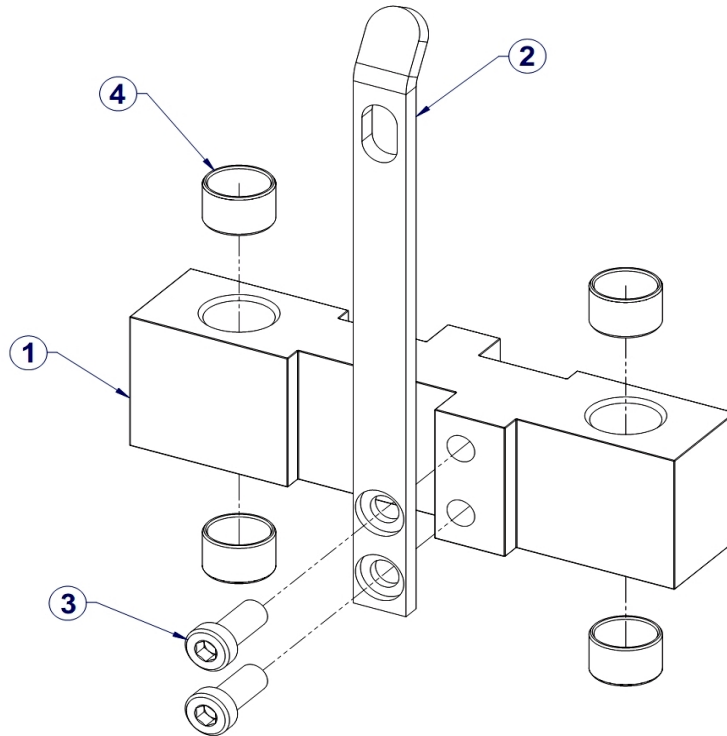


Ref #	Part Number	Qty	Description
1	7350701	1	Assembly Head Plate (14)
2	7353701	8	Weight Plate 10 LB
3	8861301	1	Assembly FZ Inc Weight - 2.5 LB
4	8861401	1	Assembly FZ Inc Weight - 5 LB
5	8861501	1	Assembly FZ Inc Weight - 7.5 LB
6	7328701	2	Spacer Inc Weight Stack 14 Plate
7	7351001	4	Spacer Increment Weight Stack
8	7621101	1	Guide Rod Retainer Top
9	7328602	4	Guide Rod .75" OD 53.50" L
10	7337901	4	Bushing Guide Rod
11	7352101	4	Cushion Weight Stack
12	3103301	4	Shaft Collar 3/4" ID Zinc
13	3236202	2	Hardware: Screw 25MM
14	7328401	6	Weight Plate 20 LB

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## Optional 2.5Lb Increment Weight Assembly

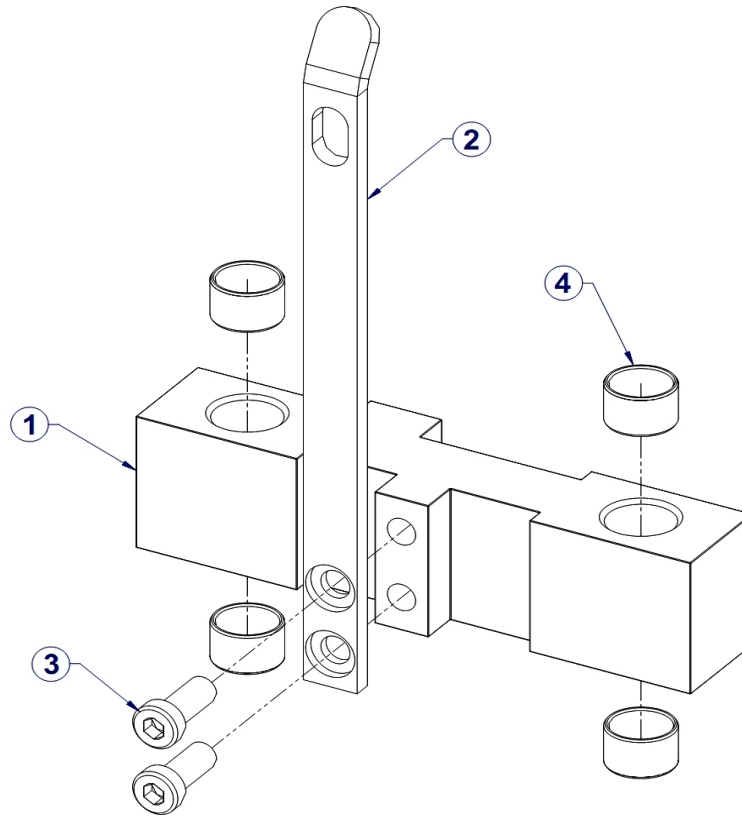


Ref #	Part Number	Qty	Description
1	8861295	1	Increment Weight
2	7328001	1	Bracket Increment Weight-5LB
3	3236202	2	Hardware: Screw 25MM
4	3202501	4	Bearing Sleeve

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## Optional 5Lb Increment Weight Assembly

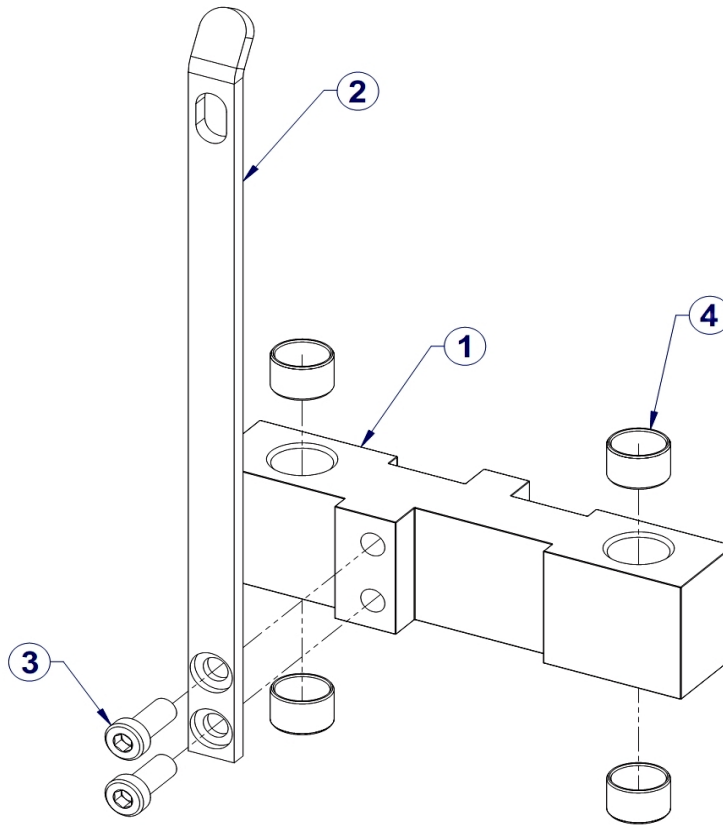


Ref #	Part Number	Qty	Description
1	8861295	1	Increment Weight
2	7328101	1	Bracket Increment Weight-10LB
3	3236202	2	Hardware: Screw 25MM
4	3202501	4	Bearing Sleeve

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## Optional 7.5Lb Increment Weight Assembly

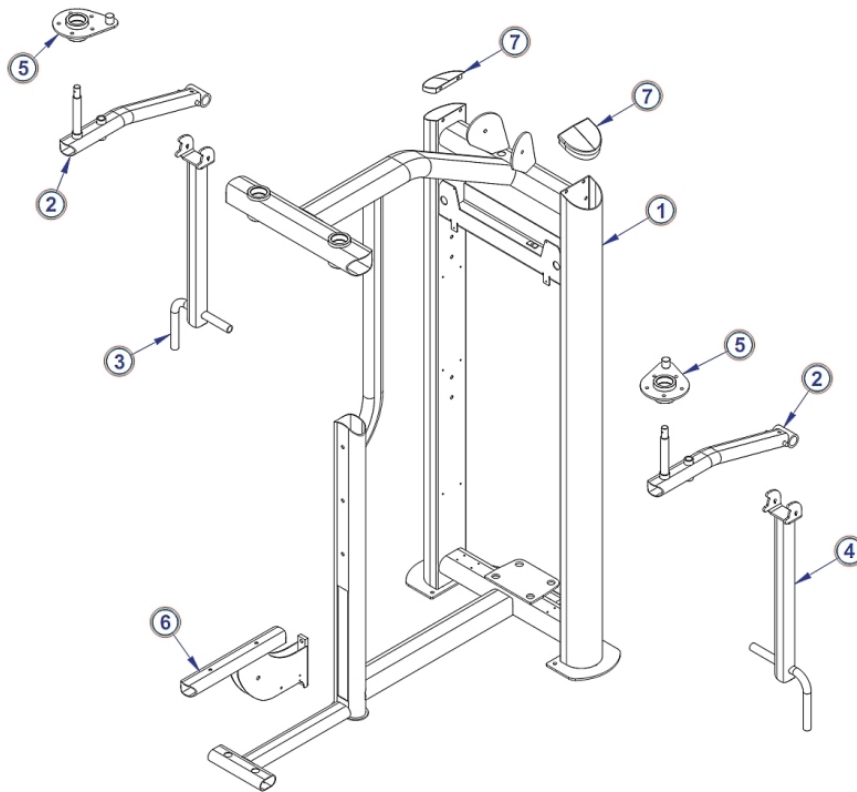


Ref #	Part Number	Qty	Description
1	8861295	1	Increment Weight
2	7328201	1	Bracket Increment Weight-15LB
3	3236202	2	Hardware: Screw 25MM
4	3202501	4	Bearing Sleeve

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## Painted Frame Components

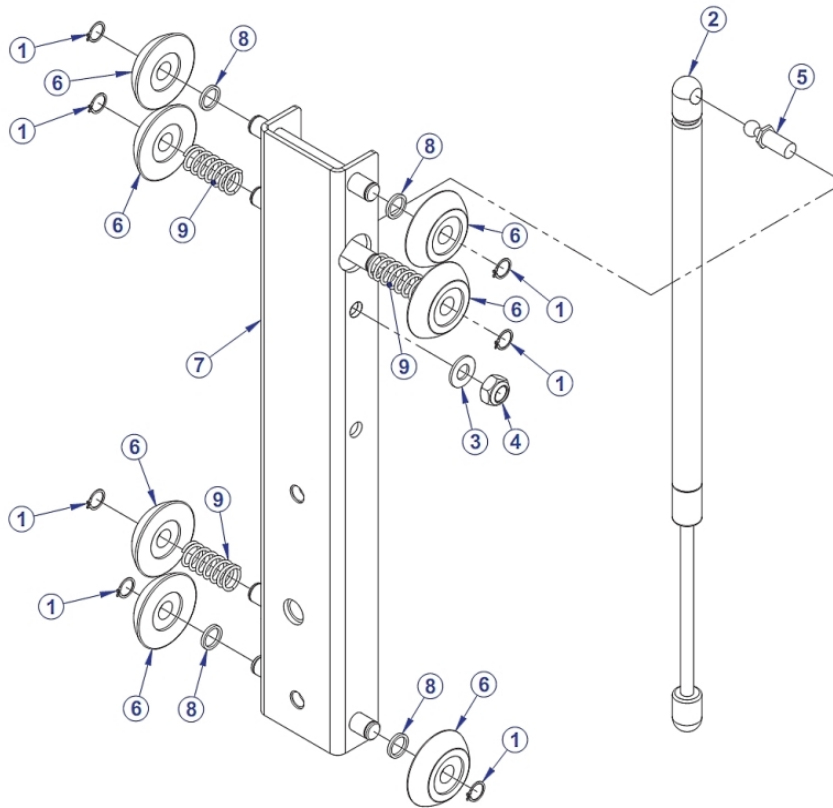


Ref #	Part Number	Qty	Description
2	8893799	2	Weldment, FZFRD Upper Work Arm Custom
3	8894099	1	Weldment, FZFRD Lower Work Arm, Right Custom
4	8894199	1	Weldment, FZFRD Lower Work Arm, Left Custom
5	8894299	2	Weldment, FZFRD, Pivot Housing Custom
6	8947299	1	Weldment, FZFRD Seat Custom
7	7326201	2	Cap, D-Tube-Top White

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\*\* Shroud Options are list at the end of the Parts Manual \*\*

## Seat Carriage Assembly

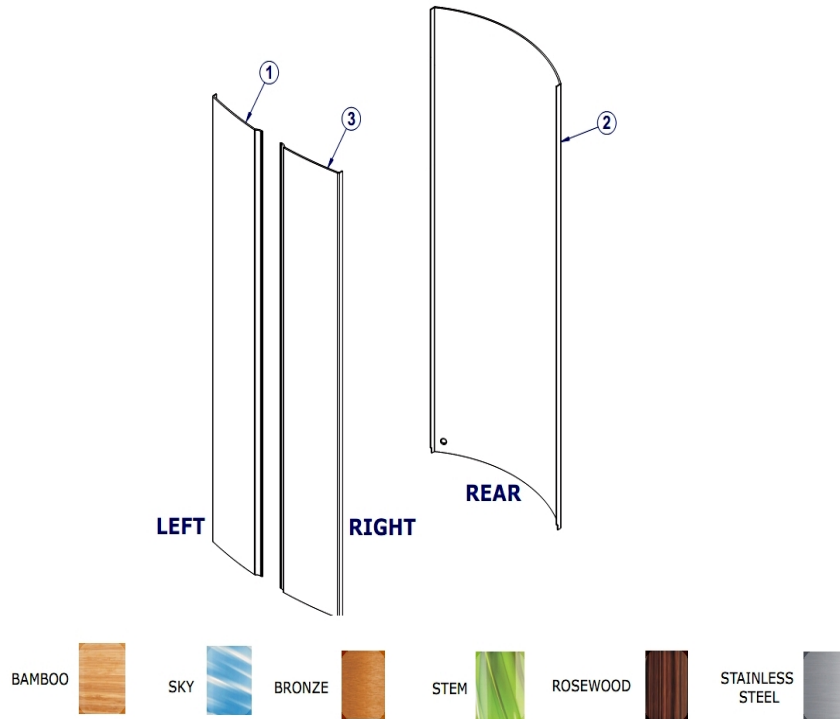


Ref #	Part Number	Qty	Description
1	3232408	7	Reatining Ring 0.443" D
2	3235703	1	Gas Spring
3	3273303	1	Hardware: WasherR, 3/8, THRU-HARDENED
4	3236801	1	Hardware: Nut 10 MM ID
5	7414301	1	Stud M10 Ball End M10 X 1.5
6	7889701	7	Roller Seat Carriage
7	7911295	1	Weldment Seat Carriage Shadow Gray
8	7911901	4	Spacer .625 Diameter X 16 GA
9	7912001	3	Spring Seat Carriage

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## Stackwraps Shroud

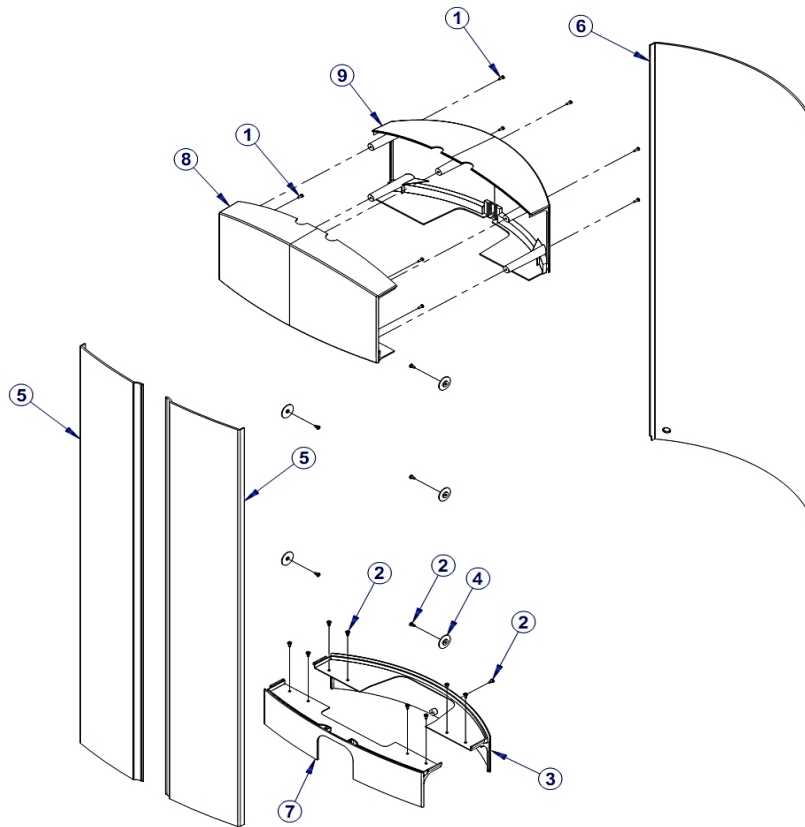


Ref #	Part Number	Qty	Description
1	8954601	1	Shroud FZ Front Short Left -Rosewood
1	8954501	1	Shroud FZ Front Short Left -Stem
1	8954401	1	Shroud FZ Front Left - Bronze
1	8954701	1	Shroud FZ Front Short Left -Stainless Steel
1	8954201	1	Shroud FZ Front Short Left -Bamboo
1	8954301	1	Shroud FZ Front Short Left -Sky
2	8949701	1	Shroud FZ Rear Short -Stem
2	8950101	1	Shroud FZ Rear Short -Stainless Steel
2	8949301	1	Shroud FZ Rear Short -Sky
2	8949901	1	Shroud FZ Rear Short -Rosewood
2	8949501	1	Shroud FZ Rear -Bronze
2	8949101	1	Shroud FZ Rear Short -Bamboo
3	8949401	1	Shroud FZ Front Short Right -Bronze
3	8949201	1	Shroud FZ Front Short Right -Sky
3	8949601	1	Shroud FZ Front Short Right -Stem
3	8950001	1	Shroud FZ Front Short Right-Stainless Steel
3	8949001	1	Shroud FZ Front Short Right -Bamboo
3	8949801	1	Shroud FZ Front Short Right -Rosewood

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## Standard Plastic Tower Assembly



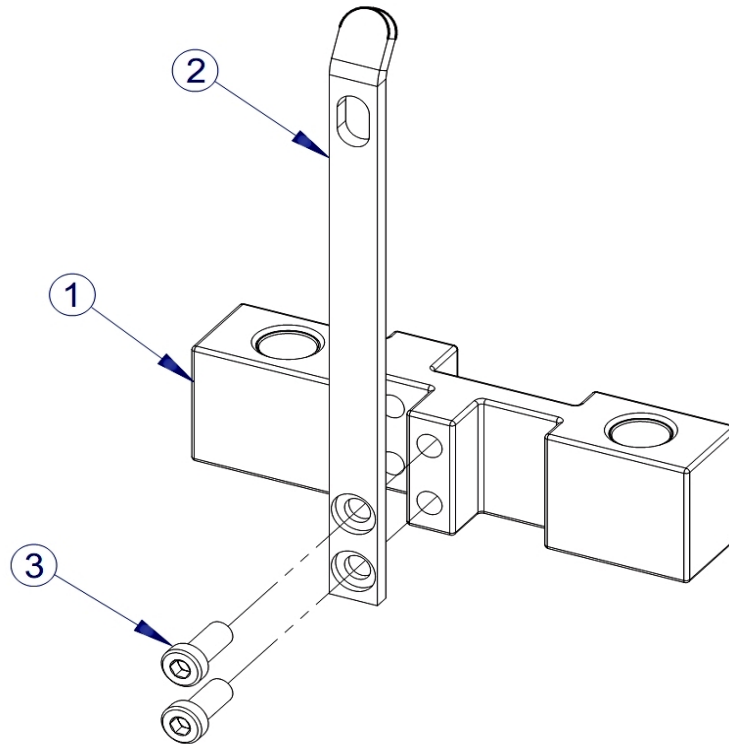
Ref #	Part Number	Qty	Description
1	3236501	9	Hardware: Nut 0.7" ID
2	3270601	15	Hardware: Screw 3/8"
3	7318901	1	Cover Tower-Bottom Rear
4	7583501	6	Retainer FZ Shroud
5	7765601	2	Tower Shroud-Front Short
6	7765701	1	Tower Shroud-Rear Short
7	8170301	1	Tower Cover FZPEC-Bottom Front
8	8894801	1	Cap FZFRD Tower Front
9	8894901	1	Cap FZFRD Tower Rear

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# 10Lb Increment Weight Assembly

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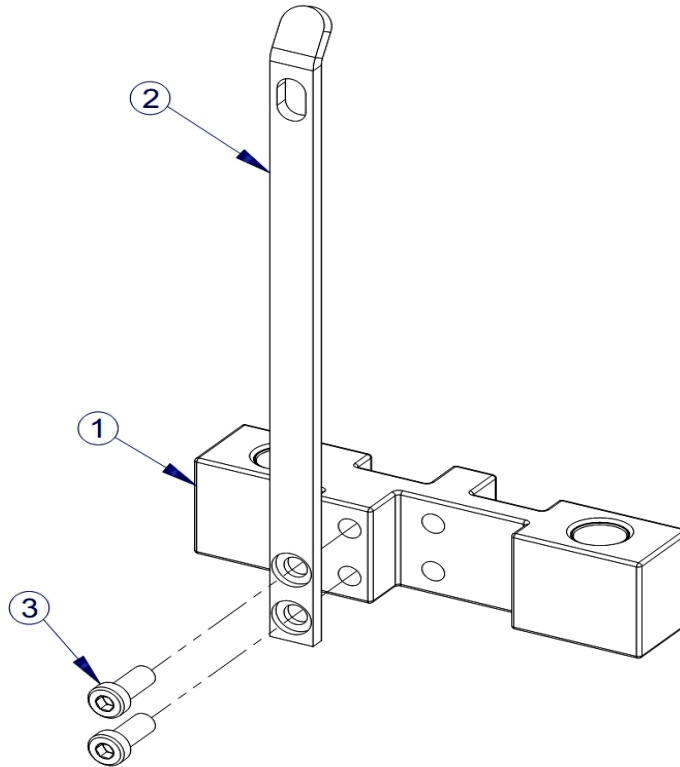
Ref #	Part Number	Qty	Description
1	7968501	1	Assembly FZ Inc Weight 5LB
2	7328101	1	Bracket Increment Weight-10LB
3	3236202	2	Hardware: Screw 25MM

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# 15Lb Increment Weight Assembly

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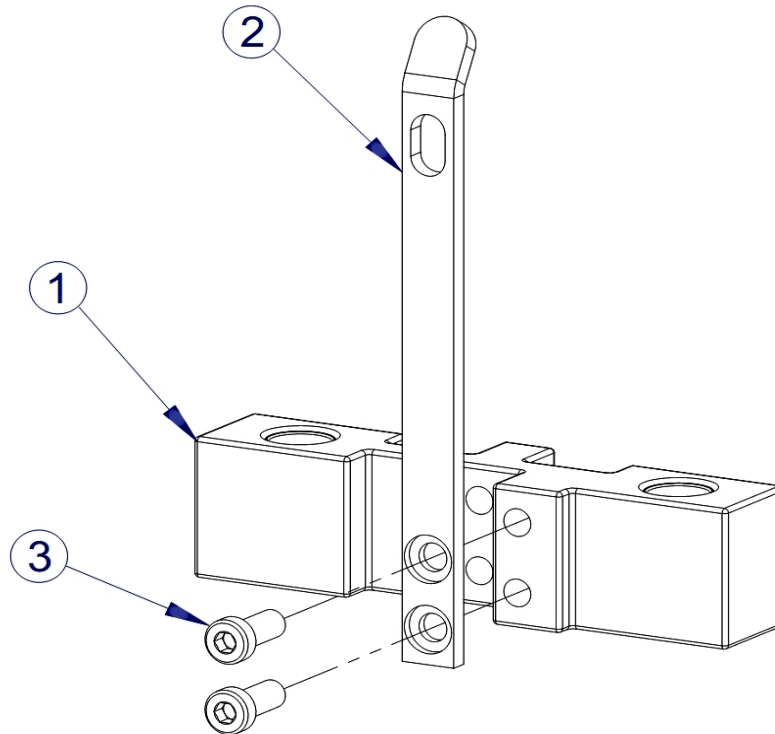
Ref #	Part Number	Qty	Description
1	7968501	1	Assembly FZ Inc Weight 5LB
2	7328201	1	Bracket Increment Weight-15LB
3	3236202	2	Hardware: Screw 25MM

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## 5Lb Increment Weight Assembly

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Ref #	Part Number	Qty	Description
1	7968501	1	Assembly FZ Inc Weight 5LB
2	7328001	1	Bracket Increment Weight-5LB
3	3236202	2	Hardware: Screw 25MM

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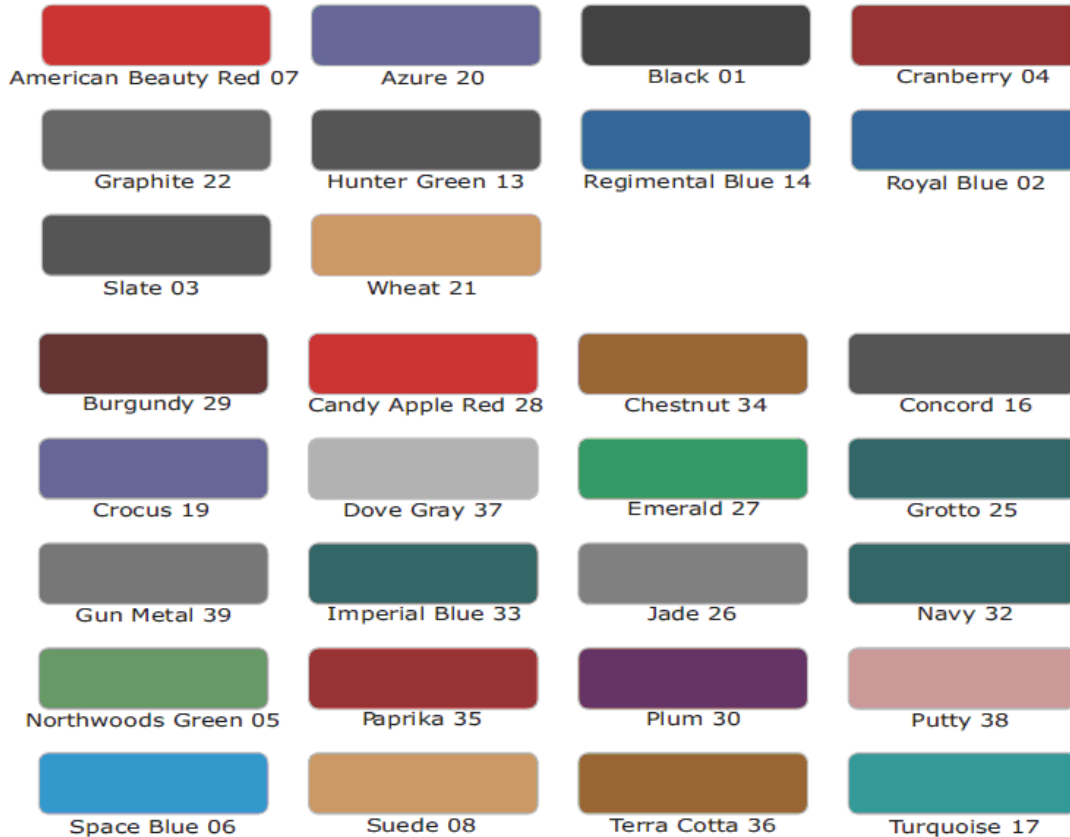
# Frame and Upholstery Color Chart

## 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

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#### 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