

Optima Series - Chest Press

OSCP

Parts Manual

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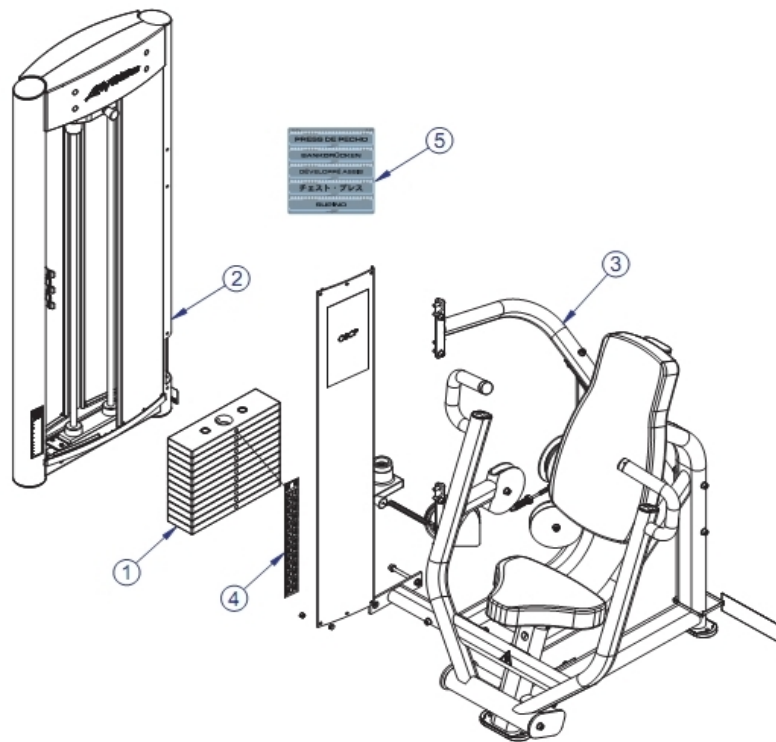


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** Upholstery & Frame Colors are listed at the end of the Parts Manual **

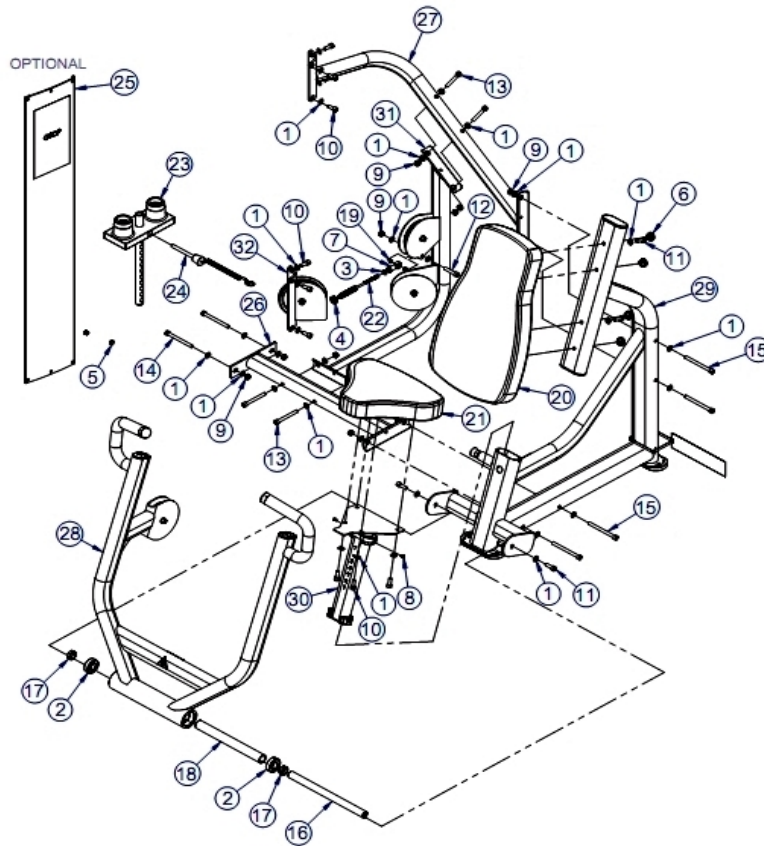
Component Assembly



Ref #	Part Number	Qty	Description
1	8331401	12	ASSY, 15LB PLATE, 80/20 CAST
2	8403902	1	ASSY, OSTWR, FINAL-PLT
3	8555402	1	PTD ASSY, OSCP, FRAME BOX - PLT
4	8769601	1	Label, Weight Stack, 13 Plate
5	8766303	1	Label, OSCP, Multi Lang Sheet

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

Frame Box Assembly



Ref #	Part Number	Qty	Description
1	3102514	38	Hardware: Flat Washer 3/8" ID
2	3235601	2	Ball Bearing
3	3236901	1	Hardware: Nut Hex Jam 10 MM
4	3236902	1	Hardware: Nut 16 MM ID
5	3237402	2	Plug 1/2" Hole
6	3237403	4	Plug 1" Hole
7	3237901	1	Rod End Metric Female
8	3239101	2	Hardware: Phillips Pan Screw
9	LEA3242002	11	Hardware: Hex Nut 10MM D
10	LEA3251702	12	Screw; M10 X1.5 25MM
11	3251703	4	Hardware: Screw 30MM
12	3251707	1	Hardware: Screw 50MM
13	3251715	4	Hardware: Screw 90MM
14	3251718	2	M10 X 1.5 X 110 HXS SOC CS ST ZN
15	3251719	4	Hardware: Screw 120MM
16	7316508	1	Shaft 25MM X 13.740
17	7330001	2	Spacer Internal X .403
18	7330007	1	Spacer Internal X 11.765
19	7489402	2	Bushing
20	8465099	1	Pad, Large Back, Flat Custom
21	8472299	1	Pad, Saddle, Flat Custom
22	8491005	1	Cable, OSCP, Tower

Ref #	Part Number	Qty	Description
23	8505601	1	Assembly, OS Head Plate, 12 Plate
24	8506101	1	Assembly, Selector Pin
25	8548606	1	Assembly, OSCP Front Shroud
26	8554102	1	Weldment, Cross Member - Plate
27	8554802	1	Weldment, Cross Member, Upper - Plate
28	8554902	1	Painted Assembly, Workarm, OSCP - Plate
29	8555002	1	Painted Assembly, Main Frame, OSCP - Plate
30	8555201	1	Assembly, Seatpost, OSCP
31	8555302	1	Painted Assembly, Pulley Tree, OSCP - Plate
32	8556702	1	Painted Assembly, Pulley Bracket - Plate

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Hardware Bag 1

OSCP HARDWARE BAG: OSCP-HDWR



ASSY, OSCP, HARDWARE

REV C3

LifeFitness



3242002 NUT, M10X1.5 HEX NYLOCK (11Pos)



3251707 SCREW, M10X1.5X50,
8.8 (1Pos)



3236001 NUT, HEX, JAM
M10X1.5 SS (1Pos)



3251719 SCREW, M10X1.5X120 (4Pos)



3251718 M10X1.5X110 HX3 BOC CS (2Pos)



3251702 SCREW, M10X1.5X25 (12Pos)



7330001 SPACER, INTERNAL,
X 0.403 (2Pos)



3237901 ROD END,
METRIC FEMALE (1Pos)



7330001 SPACER,
INTERNAL, X 0.403 (2Pos)



3237402 PLUG,
1/2" HOLE (2Pos)



3236002 NUT, HEX,
JAM M10X2 SS (1Pos)



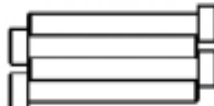
3238101 SCREW,
M10X1.5X119 PHL (2Pos)



3251703 SCREW,
M10X1.5X30 (4Pos)



3237403 PLUG, 1" HOLE (4Pos)



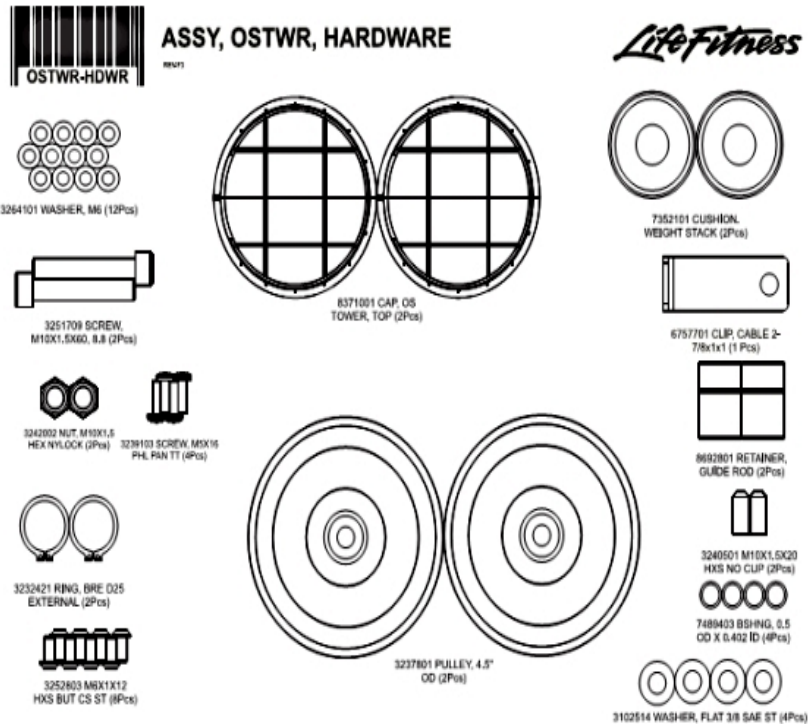
3251715 SCREW, M10X1.5X30, 8.8 (4Pos)

Ref #	Part Number	Qty	Description
	7316508	1	Shaft 25MM X 13.740
	8626201	1	MANUAL, OSCP, ASSY INST
	7330007	1	Spacer Internal X 11.765
	8766303	1	Label, OSCP, Multi Lang Sheet
	8472201	1	Pad, Saddle, Flat Black
	OSCP-HDWR	1	Assembly, OSCP, Hardware Bag
	8555201	1	Assembly, Seatpost, OSCP
	8670001	1	NLA: MANUAL, OS, OWNERS
	8505601	1	Assembly, OS Head Plate, 12 Plate
	8465001	1	Pad, Large Back, Flat Black
	OSCP-KIT	1	Hardware: Assembly, OSCP, Component Kit
	8506101	1	Assembly, Selector Pin
	8491005	1	Cable, OSCP, Tower
	8548606	1	Assembly, OSCP Front Shroud
	3235601	2	Ball Bearing

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Hardware Bag 2

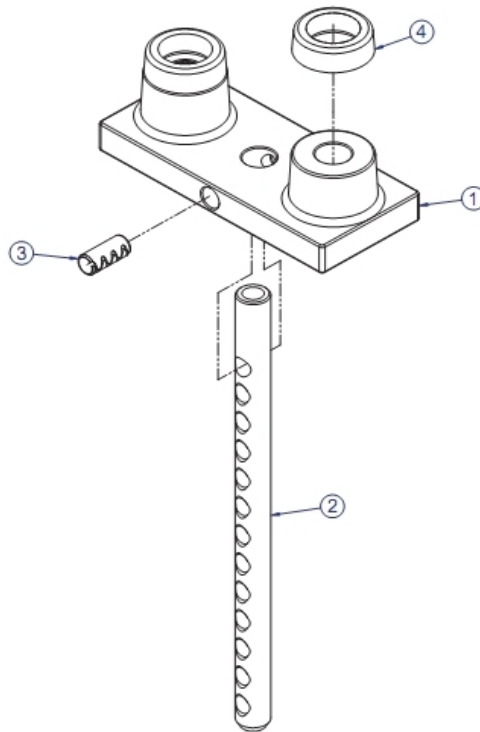
TOWER HARDWARE BAG: OSTWR-HDWR



Ref #	Part Number	Qty	Description
	8371301	2	Cover, OS Tower, Bottom
	7328621	2	Guide Rod, .75 OD Solid X 48.60
	8370701	2	Cover, OS Tower, Top
	8370901	1	Shroud, OS Tower, Center, Standard
	8504301	1	Assembly, Increment Weight, 7 LB
	OSTWR-KIT	1	Hardware: Assembly, OSTWR, Component Kit
	8370801	3	Shroud, OS Tower
	8769601	1	Label, Weight Stack, 13 Plate
	OSTWR-HDWR-G	1	ASSY, OSTWR, BLISTER PACK

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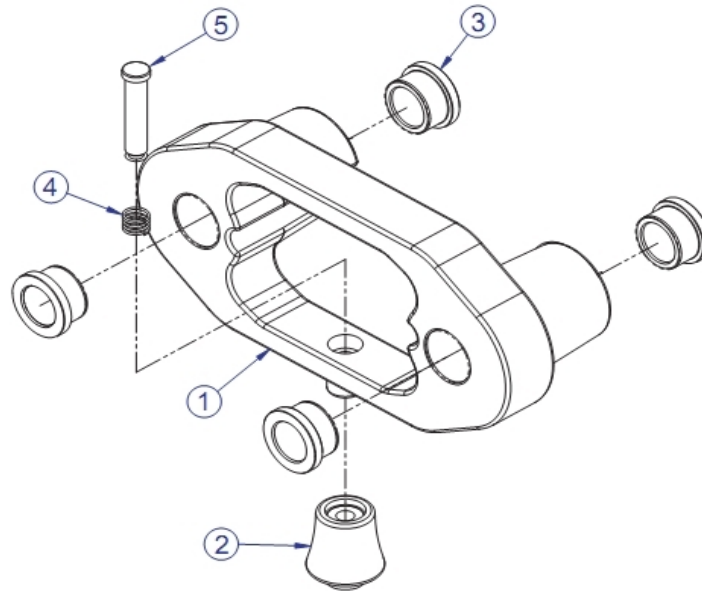
Head Plate Assembly



Ref #	Part Number	Qty	Description
1	8664101	1	Assembly, OS, Head Plate
2	8331701	1	Bayonet, OS, 12 Plate
3	3236001	1	SpringPin Bushing
4	7767601	2	Bumper PS Increment

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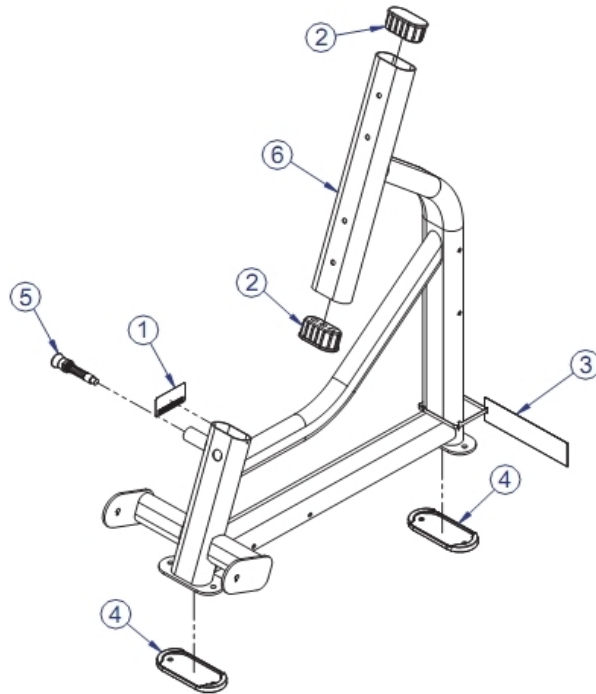
Incremental Weight Assembly



Ref #	Part Number	Qty	Description
1	8504201	1	BODY, INCREMENT WEIGHT, 7 LB
2	8048001	1	Knob Tulip Style
3	8045001	4	BEARING Increment Weight
4	7447001	1	Compression Spring
5	7446901	1	Hardware: Pin Retaining

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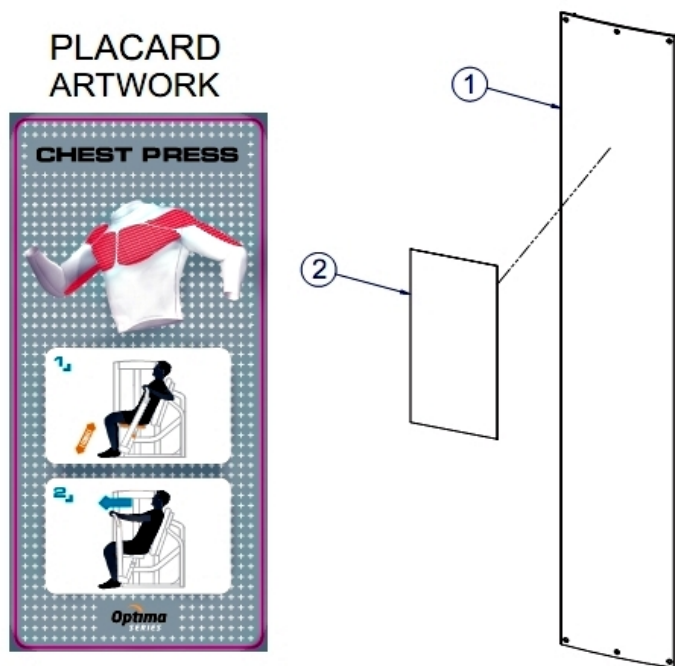
Main Frame Assembly



Ref #	Part Number	Qty	Description
1	7571301	1	Label Serial Number
2	8012901	2	End Cap FLOV
3	8343101	1	Tag - Bolt To Floor
4	8474501	2	Foot, Optima
5	8544201	1	Assembly, OS, Spring Pin
6	8552702	1	Weldment, Main Frame, OSCP- Plate

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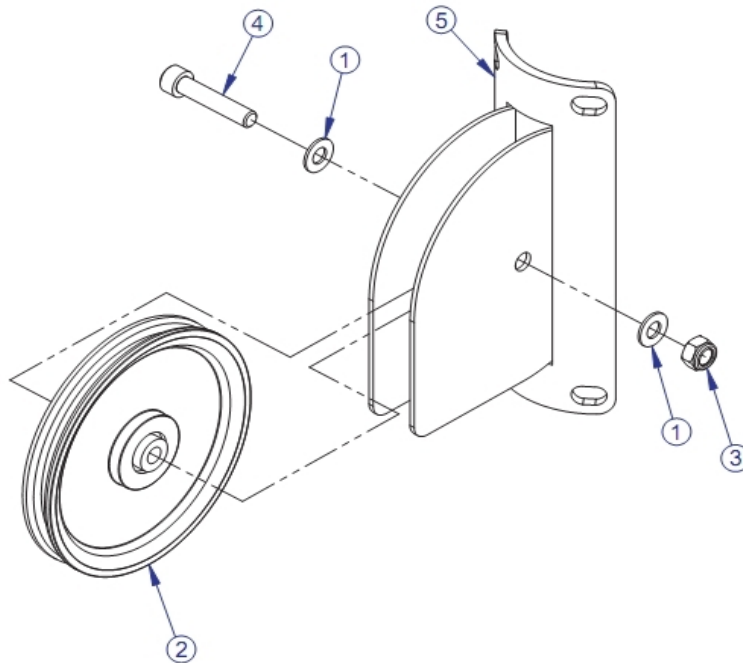
Optional Front Shroud Assembly



Ref #	Part Number	Qty	Description
1	8370801	1	Shroud, OS Tower
2	8766203	1	Label, OSCP, Placard

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

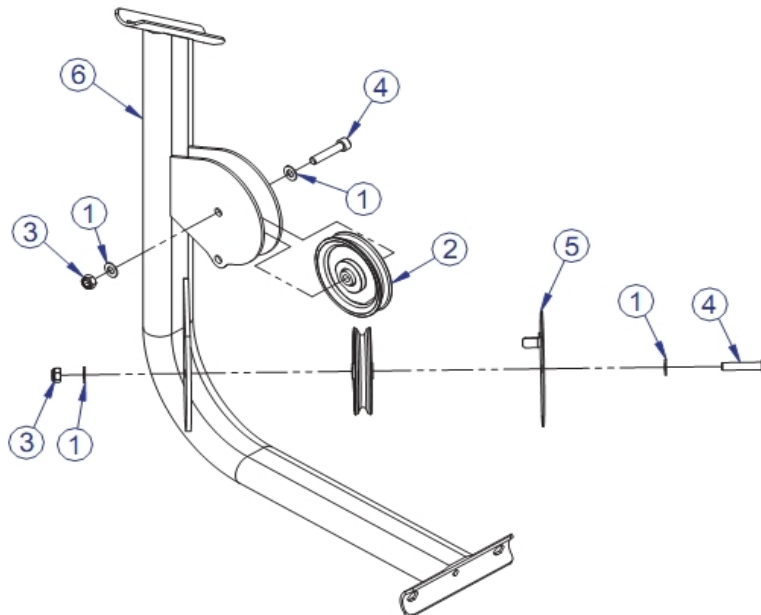
Pulley Bracket Assembly



Ref #	Part Number	Qty	Description
1	3102514	2	Hardware: Flat Washer 3/8" ID
2	3239601	1	Pulley - 6"
3	LEA3242002	1	Hardware: Hex Nut 10MM D
4	3251707	1	Hardware: Screw 50MM
5	8556102	1	Weldment, Pulley Bracket - Plate

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

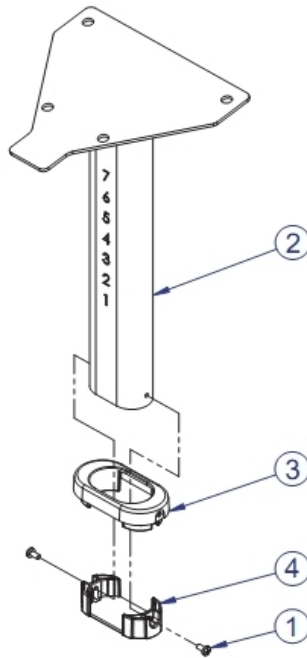
Pulley Tree Assembly



Ref #	Part Number	Qty	Description
1	3102514	4	Hardware: Flat Washer 3/8" ID
2	3237801	2	Pulley 4.5" OD
3	LEA3242002	2	Hardware: Hex Nut 10MM D
4	3251707	2	Hardware: Screw 50MM
5	8514602	1	Weldment, OS Pulley Cover Platinum
6	8554602	1	Weldment, Pulley Tree, OSCP - Plate

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

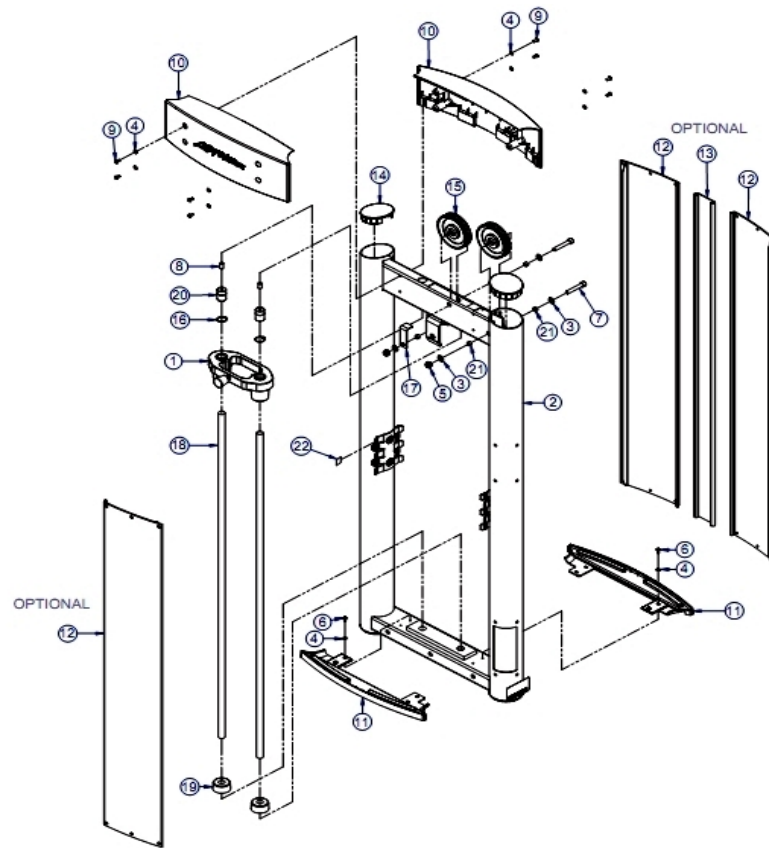
Seat Assembly



Ref #	Part Number	Qty	Description
1	3239101	2	Hardware: Phillips Pan Screw
2	8553001	1	Weldment, Seat Post
3	8624101	1	Bushing, Seat Glide Ext.
4	8624201	1	Bushing, Seat Glide INT.

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

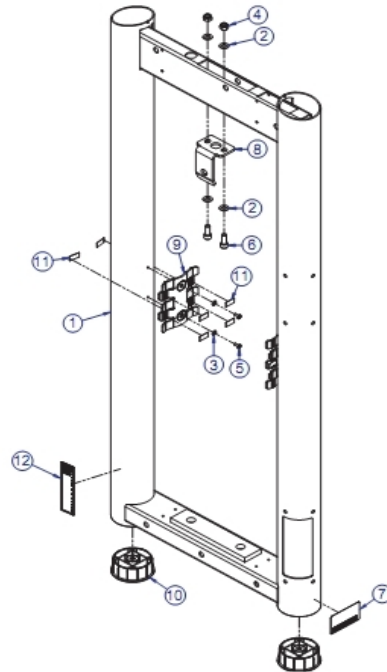
Tower Assembly



Ref #	Part Number	Qty	Description
1	8504301	1	Assembly, Increment Weight, 7 LB
2	8674402	1	Assembly, OSTWR-Plate
3	3102514	4	Hardware: Flat Washer 3/8" ID
4	3264101	12	Hardware: Washer
5	LEA3242002	2	Hardware: Hex Nut 10MM D
6	3239103	4	Screw, M5X.8 X 16 PHI PAN TT ST BZ
7	3251709	2	Hardware: Screw 60MM
8	3240501	2	Set Screw
9	3252803	8	M6-1.0 X 12 HXS BUT CS ST ZN
10	8370701	2	Cover, OS Tower, Top
11	8371301	2	Cover, OS Tower, Bottom
12	8370801	3	Shroud, OS Tower
13	8370901	1	Shroud, OS Tower, Center, Standard
14	8371001	2	Cap, OS Tower, Top
15	3237801	2	Pulley 4.5" OD
16	3232421	2	Reatining Ring 0.940" D
17	6757701	1	Cable Clip
18	7328621	2	Guide Rod, .75 OD Solid X 48.60
19	7352101	2	Cushion Weight Stack
20	7402301	2	Retainer Guide Rod
21	7489403	4	Bushing, .500 OD X .402 ID X .272
22	8682601	12	Tape, Non-Skid, Clear

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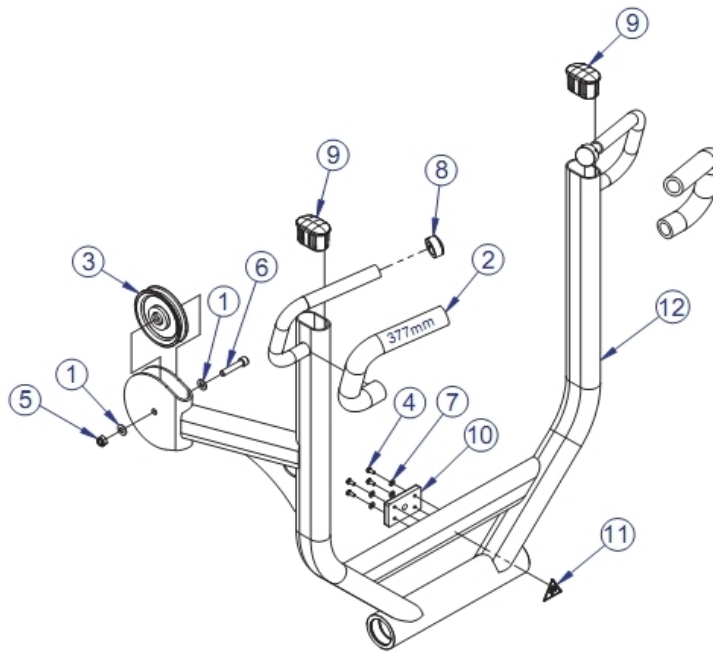
Tower Frame Assembly



Ref #	Part Number	Qty	Description
1	8404002	1	Weldment, OS Tower Plate
2	3102514	4	Hardware: Flat Washer 3/8" ID
3	3264101	4	Hardware: Washer
4	LEA3242002	2	Hardware: Hex Nut 10MM D
5	LEA3239102	4	Hardware: Screw
6	LEA3251702	2	Screw; M10 X1.5 25MM
7	7571301	1	Label Serial Number
8	8332101	1	Bracket, OS Tower, Increment Weight Striker
9	8371201	2	Clip, OS Tower
10	8423801	2	Foot, OS Tower
11	8682601	12	Tape, Non-Skid, Clear
12	8630801	1	Label, ASTM, Select Vertical-Sheet

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Work Arm Assembly



Ref #	Part Number	Qty	Description
1	3102514	2	Hardware: Flat Washer 3/8" ID
2	3235802	2	Grip 1.5" OD
3	3237801	1	Pulley 4.5" OD
4	LEA3239102	4	Hardware: Screw
5	LEA3242002	1	Hardware: Hex Nut 10MM D
6	3251707	1	Hardware: Screw 50MM
7	3264101	4	Hardware: Washer
8	7662902	2	Grip Cap
9	7800501	2	Small Cap
10	7810801	1	Rubber Foot Pad
11	8039501	1	Label Warning Triangle 10-0099-067 BNR
12	8553702	1	Weldment, Workarm, OSCP - Plate

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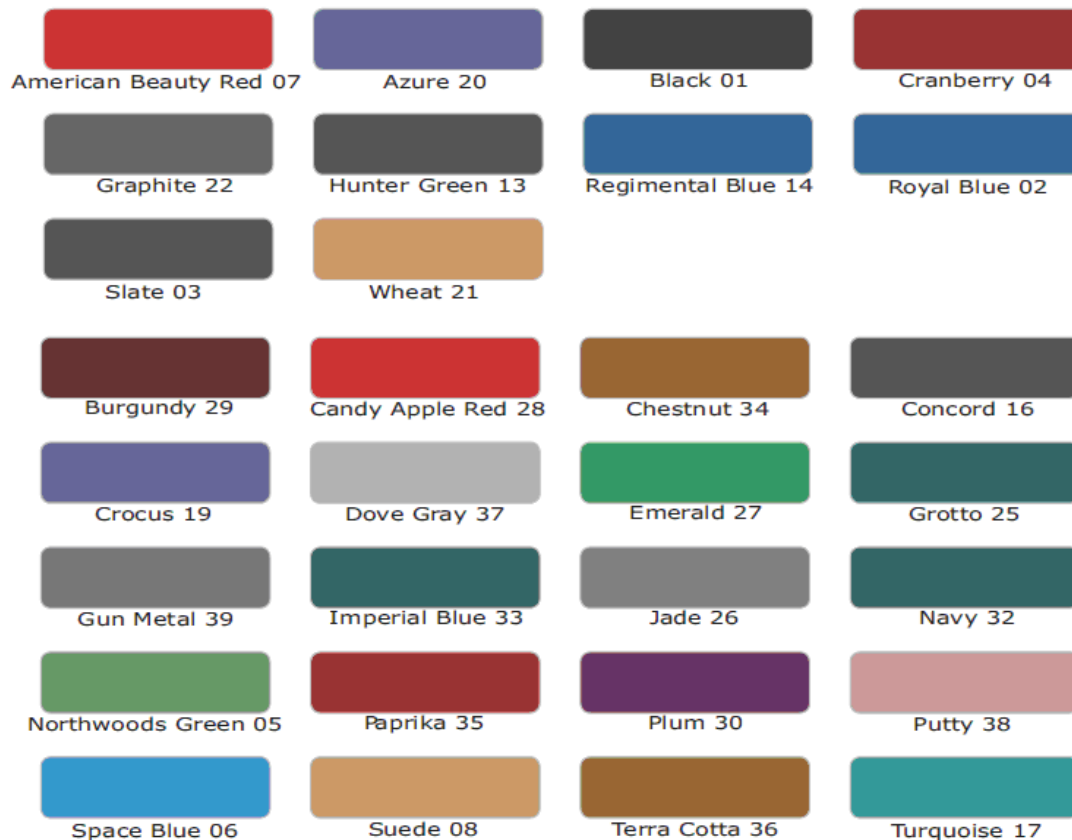
Frame and Upholstery Color Chart

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)

