

Serial Number Ranges

Ramsey Produced:

SS-ADC0714001 - SS-ADC0718B031

Hungarian Produced:

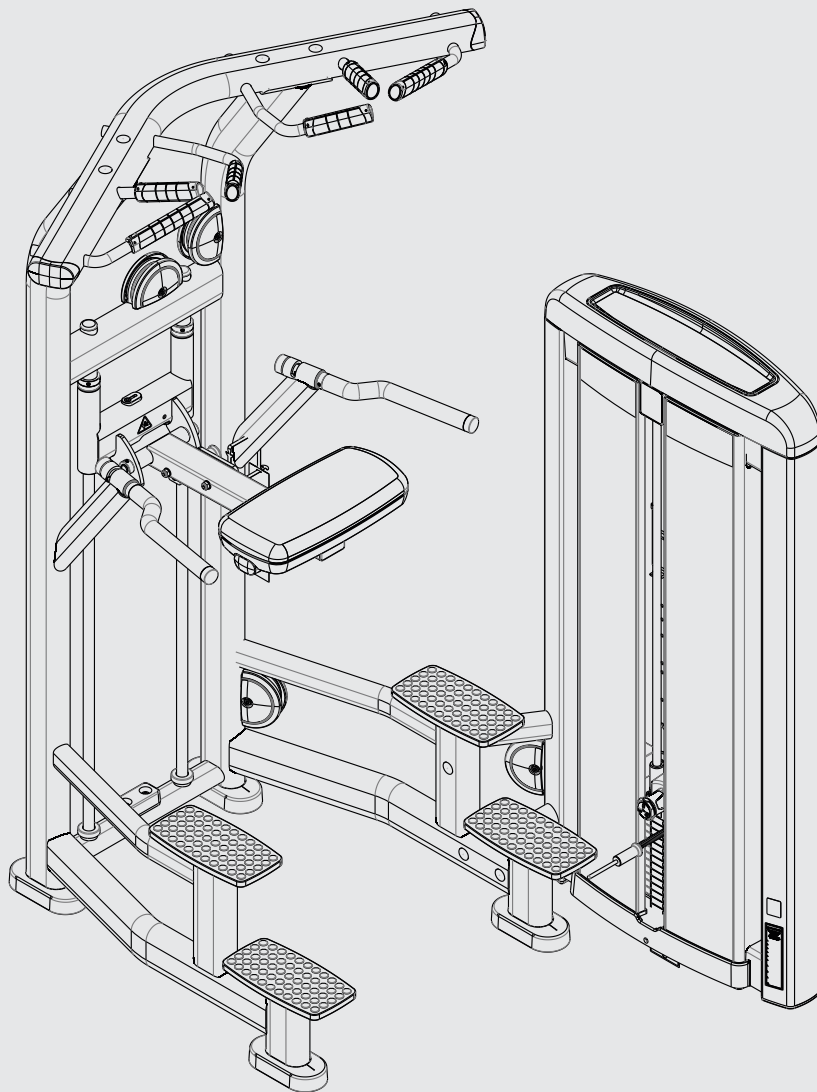
101430G00001 - 101833G07749

INSIGNIA SERIES

ASSISTED DIP CHIN

SS-ADC

PARTS MANUAL



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Insignia Series Assisted Dip Chin

Options and Key

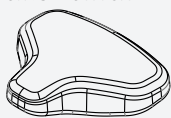
FRAME OPTION

SELECT POWDERCOAT COLOR

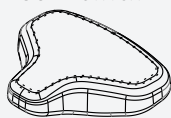
- ☐ WHITE
- ☐ PLATINUM
- ☐ BLACK
- ☐ MIDNIGHT METALLIC
- ☐ NICKEL
- ☐ ICE BLUE METALLIC
- ☐ RED
- ☐ BLUE
- ☐ YELLOW
- ☐ CANDY APPLE RED
- ☐ ELECTRIC BLUE
- ☐ CHARCOAL
- ☐ MOCHA SAND
- ☐ TITANIUM
- ☐ DIAMOND WHITE
- ☐ CUSTOM

UPHOLSTERY OPTION

☐ SINGLE STITCH



☐ DOUBLE STITCH



SELECT UPHOLSTERY COLOR

- ☐ BLACK
- ☐ ROYAL BLUE
- ☐ SLATE
- ☐ CRANBERRY
- ☐ NORTHWOODS GREEN
- ☐ SPACE BLUE
- ☐ AMERICAN BEAUTY RED
- ☐ SUEDE
- ☐ HUNTER GREEN
- ☐ REGIMENTAL BLUE
- ☐ CONCORD
- ☐ TURQUOISE
- ☐ CROCUS
- ☐ AZURE
- ☐ WHEAT
- ☐ GRAPHITE
- ☐ GROTTA
- ☐ JADE
- ☐ EMERALD
- ☐ CANDLY APPLE RED
- ☐ BURGUNDY
- ☐ PLUM
- ☐ NAVY
- ☐ IMPERIAL BLUE
- ☐ CHESTNUT
- ☐ PAPRIKA
- ☐ TERRA COTTA
- ☐ DOVE GRAY
- ☐ PUTTY
- ☐ GUN METAL
- ☐ CUSTOM

LANGUAGE OPTION

SELECT LANGUAGE

- ☐ 01 ENGLISH
- ☐ 02 GERMAN
- ☐ 03 FRENCH
- ☐ 04 SPANISH
- ☐ 05 ITALIAN
- ☐ 06 DUTCH
- ☐ 07 JAPANESE
- ☐ 08 PORTUGUESE
- ☐ 10 RUSSIAN
- ☐ 11 TURKISH
- ☐ 12 CHINESE
- ☐ 13 ARABIC

WEIGHT STACK OPTION

- ☐ T - BASE STACK
- ☐ C - LIGHT STACK
- ☐ X - HEAVY STACK

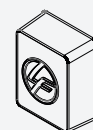
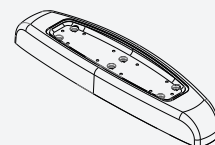
- ☐ POUNDS
- ☐ KILOGRAMS

SHROUD WRAP OPTION

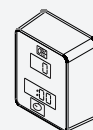
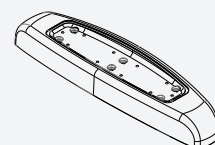
- ☐ FULL SHROUD
- ☐ BAMBOO
- ☐ SKY
- ☐ BRONZE
- ☐ STEM
- ☐ ROSEWOOD
- ☐ STAINLESS STEEL

TRIM OPTION

- ☐ S
PLASTIC TOWER CAP
STANDARD GRIP
NO REP COUNTER



- ☐ L
PAINTED CAST TOWER CAP
ERGO GRIP
REP COUNTER



KEY

LANGUAGE 1 2 3

Items with Black call-outs require the last two digits (XX) to be replaced with language codes listed above. IE: 12345XX should be 1234501 for English.

UPHOLSTERY 1 2 3

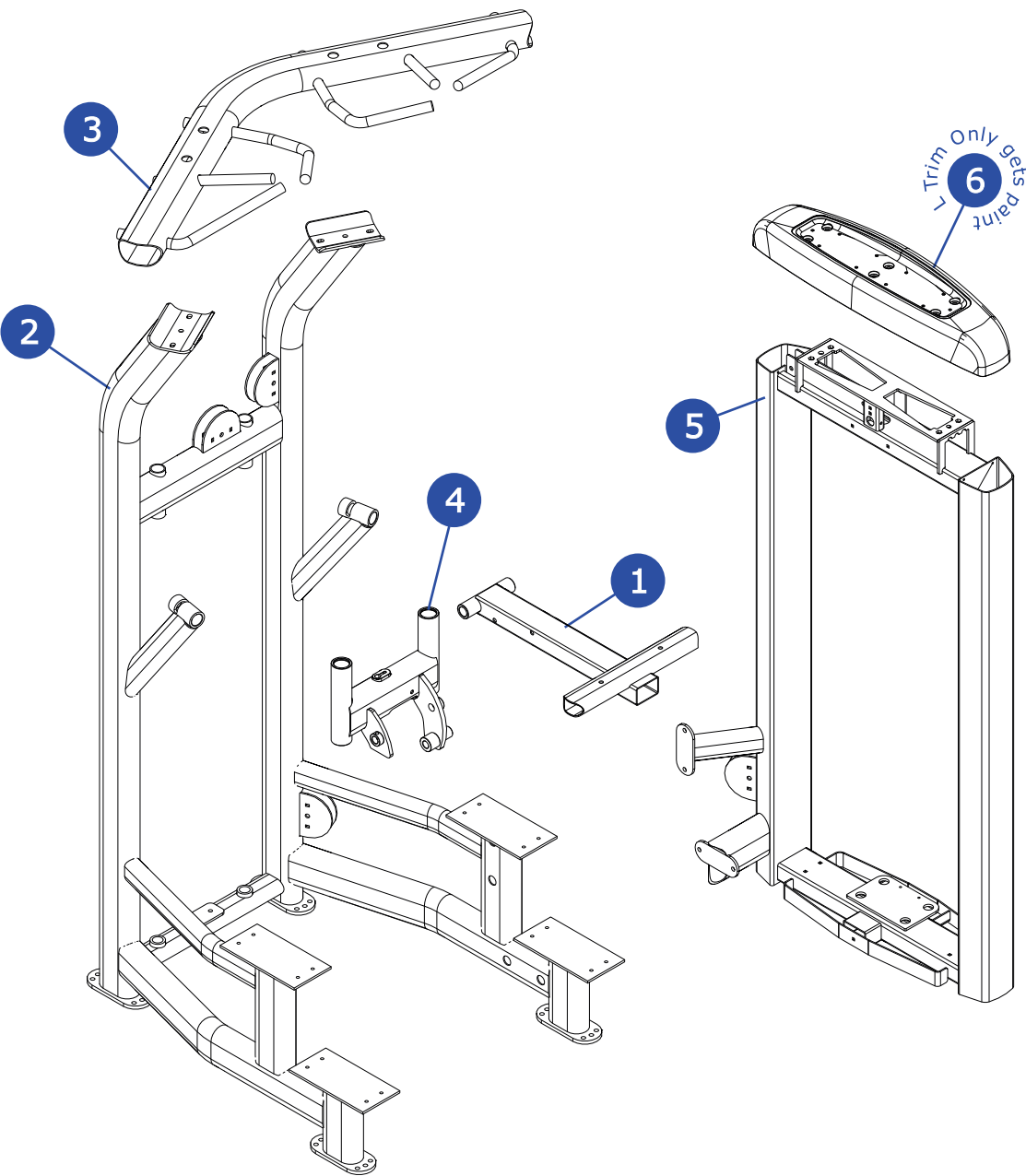
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

FRAME COLOR 1 2 3

Items with Blue call-outs require the powder coat frame color to be within the order notes.

Insignia Series Assisted Dip Chin

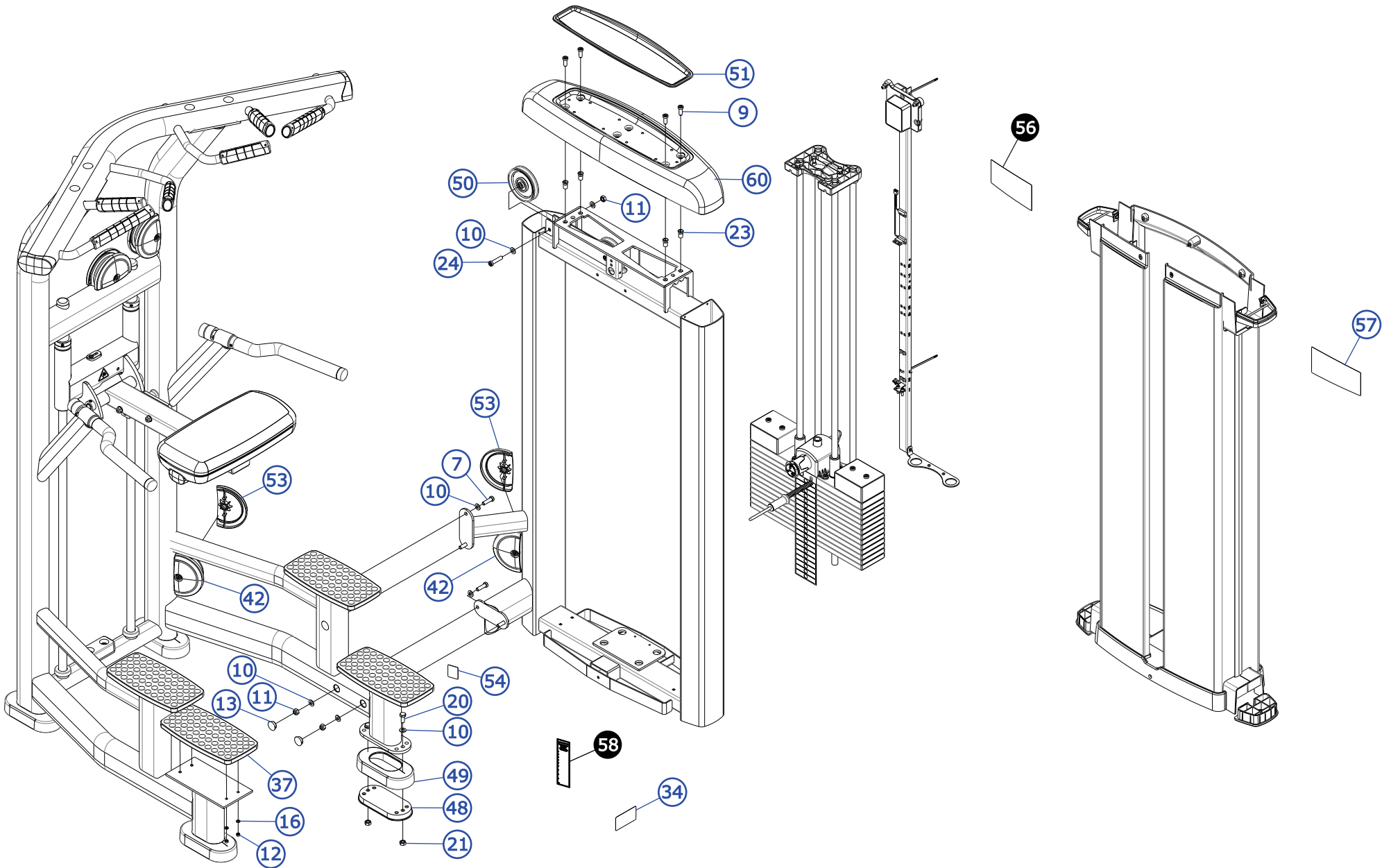
Powder Coat Painted Frame Weldments



ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	1	8939100	WLDMT, FZADC FOOT BAR	S	L
2	1	POSSIBLE RMA	WLDMT, SS-ADC, BASE	S	L
3	1	9321599	WLDMT, SS-ADC CHIN UP	S	L
4	1	9322099	WLDMT, SS-ADC CARRIAGE	S	L
5	1	POSSIBLE RMA	WLDMT, SS-ADC TOWER	S	L
6	1	9412699	CAP, SS, CAST	-	L

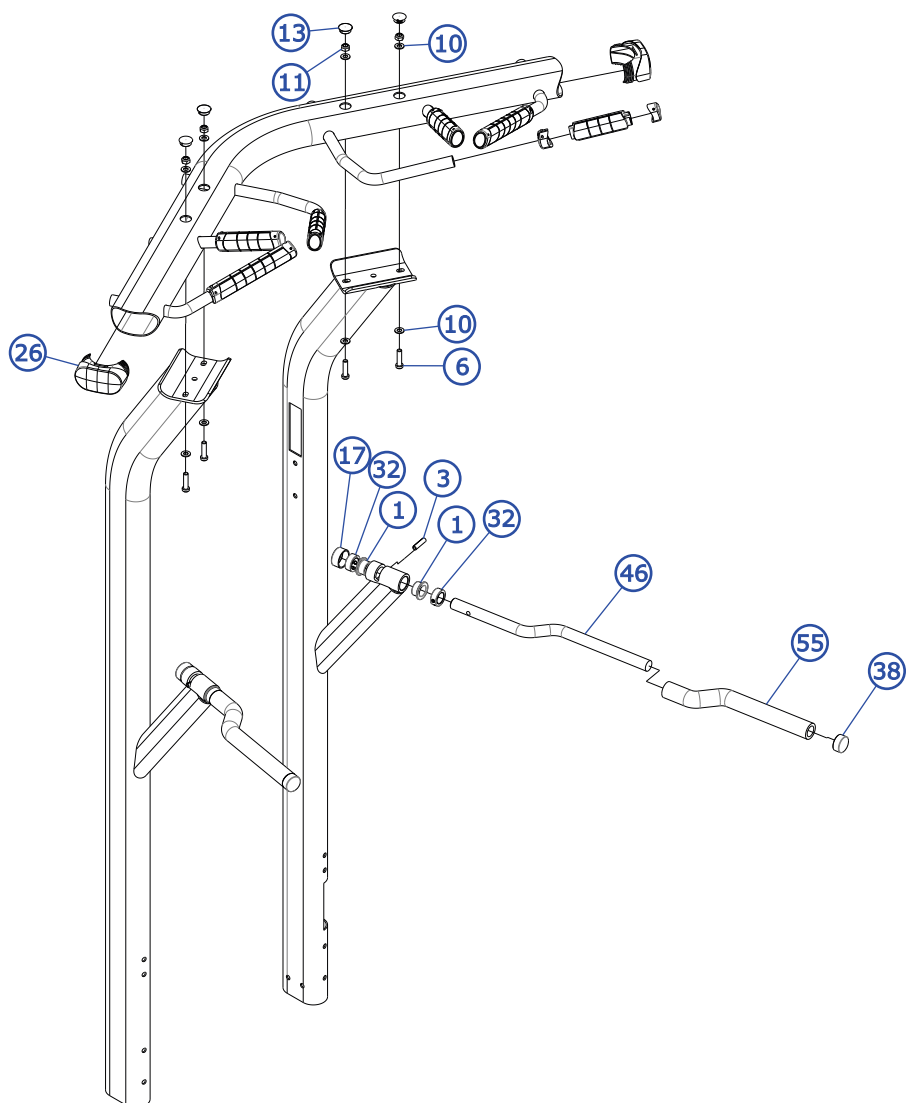
ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 3 FOR ORDERING INSTRUCTIONS.

Insignia Series Assisted Dip Chin
Component Assembly



See page 7 for table

Component Assembly II



See page 7 for table

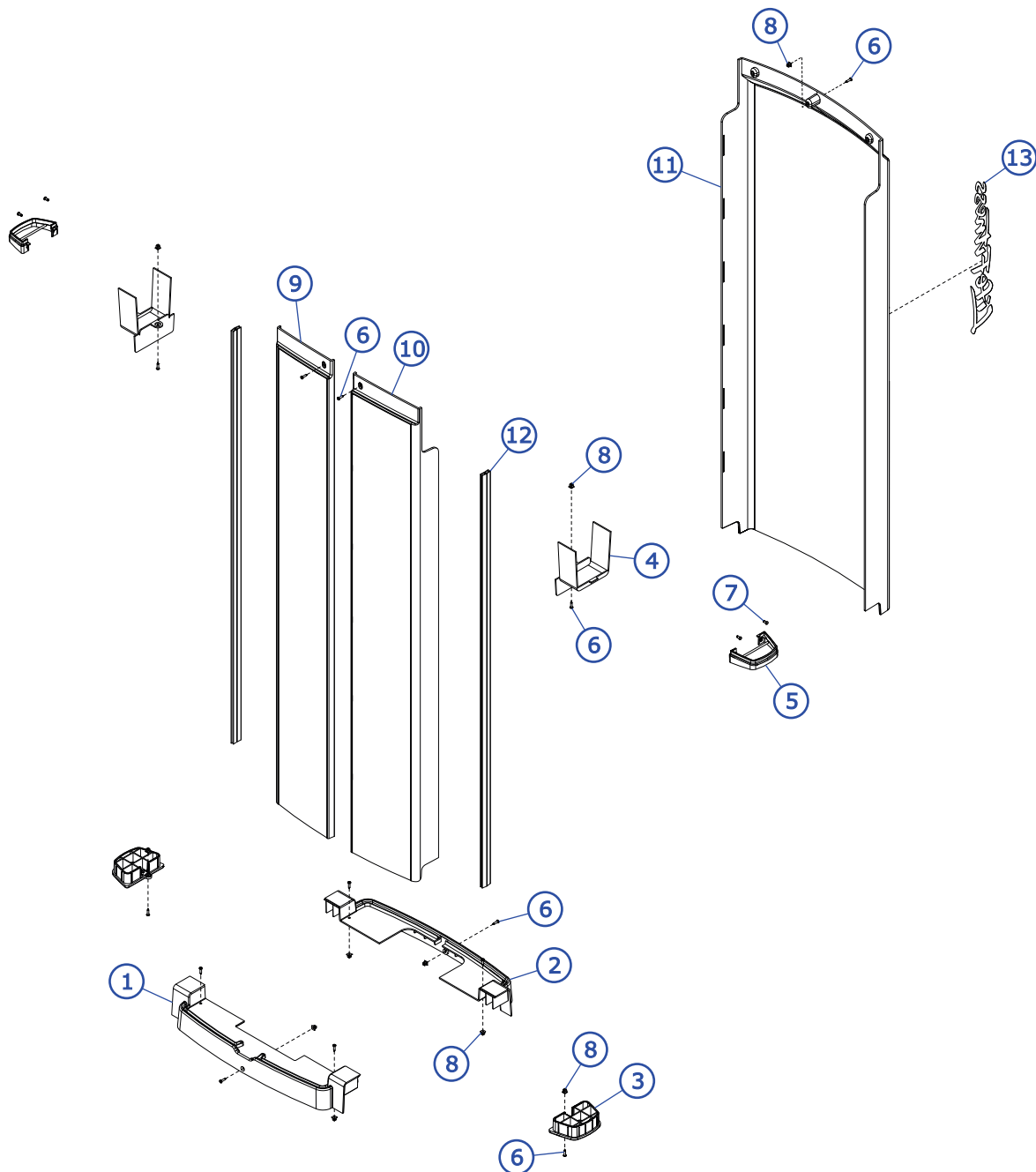
Insignia Series Assisted Dip Chin

Table

ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING	S	L
2	2	3104901	.75" ID 1.00" OD BRONZE BUSHING	S	L
3	2	3110004	ROLL PIN	S	L
4	2	3119306	CAP, END 1.50 DIA RD 8-12 GA	S	L
5	4	3202601	RING, INCH SERIES INT RETAINING	S	L
6	4	3236205	SCREW, M10 X1.5 40MM	S	L
7	6	3236204	SCREW, M10 X1.5 35MM	S	L
8	4	3236208	SCREW, M10 X1.5 55MM	S	L
9	6	3236202	SCREW, M10 X1.5 25MM	S	L
10	31	3236601	WASHER, 3/8 SAE SS	S	L
11	13	3236801	NUT, M10 HEX NYLOCK SS	S	L
12	16	3236802	NUT, M6 HEX NYLOCK SS	S	L
13	10	3237407	PLUG, 1" HOLE	S	L
14	2	3238317	M10x1.5x100mm	S	L
15	1	3238304	M10x1.5x35mm	S	L
16	16	3241801	WASHER, FLAT 6MM SS	S	L
17	2	3242601	CAP, END, 1.375 X .750 RD, BLACK VINYL	S	L
18	2	3242901	SCREW, SET BO	S	L
19	4	3245601	BEARING, LINEAR 1" ID	S	L
20	8	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN	S	L
21	8	3254703	NUT, M10 X 1.5 HEX ZINC	S	L
22	1	3271801	SCREW, SET, M16 X 2.0 X 16	S	L
23	4	3275401	M10X1.5 BLIND THREADED INSERT (HEX) -HVY	S	L
24	2	3275506	SCREW, M10 X 1.5 X 45 SHCS, LOW HEAD -NO PATCH	S	L
25	2	7333802	CAP, SMALL FLOV- END	S	L
26	2	7333902	CAP, LARGE FLOV- END	S	L
27	4	7335401	NUT, M10 X 1.5 SOCKET HEAD	S	L
28	1	7351301	PIN, PULL X 4.375	S	L
29	1	7351501	SPRING, PULL PIN LARGE	S	L
30	1	7352301	CAP, END 2 X 3	S	L
31	1	9454703	KNOB, ADJ	S	L
32	4	7435301	COLLAR, SHAFT 1.020 ID	S	L
33	1	7570802	GUARD, PAINT, 1.25 x .75 x .25, BLK	S	L
34	1	-	LABEL, SERIAL NUMBER, BLANK	S	L
35	2	7619801	GUIDE ROD, 1" DIA CASE HARDNED X 52"	S	L
36	4	7630101	RETAINER, CM/MJ, PULLEY	S	L
37	4	7640302	FOOT PAD, CM/MJ, OVERMOLD	S	L
38	2	7662902	CAP, GRIP 1.50 OD	S	L
39	2	7901101	SHAFT COLLAR, 1" ID ALUM	S	L
40	4	7946201	BUMPER, PSADC CARRIAGE	S	L
41	2	8039501	LABEL, WARNING, TRIANGLE	S	L
42	6	8094102	COVER, PULLEY-BOLTED PARTIAL -CHGR	S	L
44	1	8832301	SMALL BUMPER (VEN# MM3)	S	L
45	1	8939601	SHAFT, FZADC FOOT BAR PIVOT	S	L
46	2	8941901	BROUND, FZADC DIP HANDLE	S	L
47	1	8942201	STRIKER PLATE, FZADC	S	L
48	4	9319301	FOOT, 2.50 X 4.49 FLOV	S	L
49	4	9319401	COVER, FOOT - STRAIGHT	S	L
50	6	9319901	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD	S	L
51	1	9411201	TRAY, TOWER TOP CAP	S	L
53	2	9450002	COVER, PULLEY-BOLTED PARTIAL	S	L
54	1	9488901	LABEL, INSIGNIA, FCC	S	L
55	2	3235807	GRIP, 1.50 OD X .25 WALL OPEN END	S	L
56	1	9464499	LABEL, SS-ADC PLACARD, LH	S	L
57	1	9476001	LABEL, SS-ADC PLACARD, RH	S	L
58	1	8220099	LABEL, ASTM, SELECT VERT	S	L
59	1	1000006-0001	PAD, 18 X 9 CONVEX BLK, SNGL STITCH	S	L
		1000006-0099	PAD, 18 X 9 CONVEX CUS, SNGL STITCH	S	L
		1000006-0101	PAD, 18 X 9 CONVEX BLK, DBL STITCH	S	L
		1000006-0199	PAD, 18 X 9 CONVEX CUS, DBL STITCH	S	L
60	1	9436701	CAP, TOWER, TOP, PLASTIC	S	-

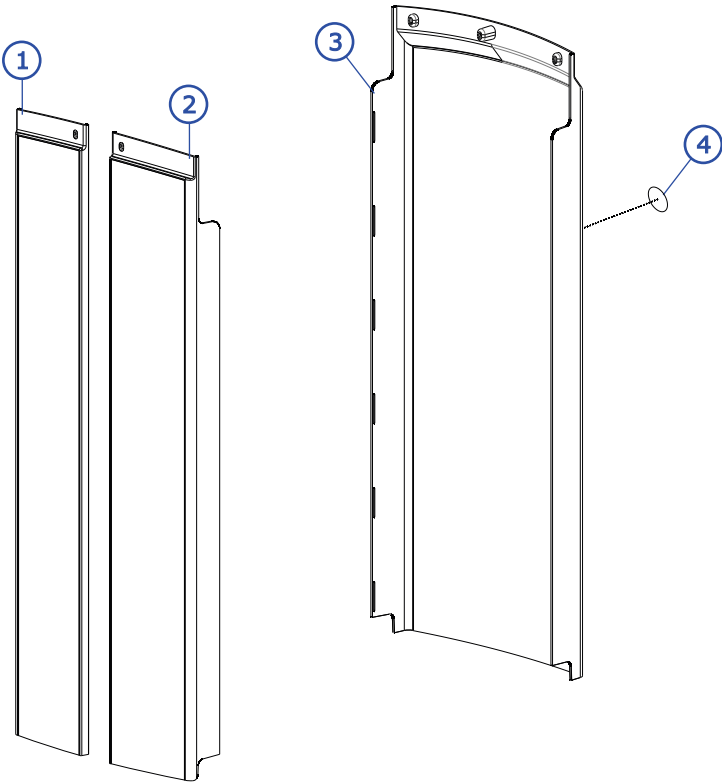
Insignia Series Assisted Dip Chin

Tower Plastics

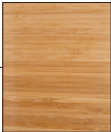


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9410801	COVER, TOWER BOTTOM -FRONT
2	1	9411001	COVER, TOWER BOTTOM -REAR
3	2	9412701	ASSY, TRAP TUBE, CAP, BOTTOM
4	2	9415701	COVER, UPPER CROSS MEMBER
5	2	9415801	GASKET, TRAP TUBE
6	13	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
7	4	0017-00101-1587	RVT 201X0413X.354 T NY NO
8	11	0017-00042-1147	GROMMET: SCREW; 8 OR 10
9	1	9410602	SHROUD, TOWER FRONT, LT - LONG
10	1	9410702	SHROUD, TOWER FRONT, RT - LONG
11	1	9411102	SHROUD, TOWER REAR - LONG
12	2	9414602	SHROUD EXTRUSION - LONG
13	1	9489101	LABEL, LIFE FITNESS

Insignia Series Assisted Dip Chin Shroud Wraps



ITEM	QTY.	PART NO.	DESCRIPTION
1	1	9511822	SHROUD, SS, FNT, LT, TLL-BAM
2	1	9511722	SHROUD, SS, FNT, RT, TLL-BAM
3	1	9511922	SHROUD, SS, REAR, TLL-BAM
4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B



BAMBOO

ITEM	QTY.	PART NO.	DESCRIPTION
1	1	9511823	SHROUD, SS, FNT, LT, TLL-SKY
2	1	9511823	SHROUD, SS, FNT, RT, TLL-SKY
3	1	9511923	SHROUD, SS, REAR, TLL-SKY
4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B



SKY

ITEM	QTY.	PART NO.	DESCRIPTION
1	1	9511824	SHROUD, SS, FNT, LT, TLL-BRZ
2	1	9511724	SHROUD, SS, FNT, RT, TLL-BRZ
3	1	9511924	SHROUD, SS, REAR, TLL-BRZ
4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B



BRONZE

ITEM	QTY.	PART NO.	DESCRIPTION
1	1	9511825	SHROUD, SS, FNT, LT, TLL-STM
2	1	9511725	SHROUD, SS, FNT, RT, TLL-STM
3	1	9511925	SHROUD, SS, REAR, TLL-STM
4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B



STEM

ITEM	QTY.	PART NO.	DESCRIPTION
1	1	9511826	SHROUD, SS, FNT, LT, TLL-RSW
2	1	9511726	SHROUD, SS, FNT, RT, TLL-RSW
3	1	9511926	SHROUD, SS, REAR, TLL-RSW
4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B



ROSEWOOD

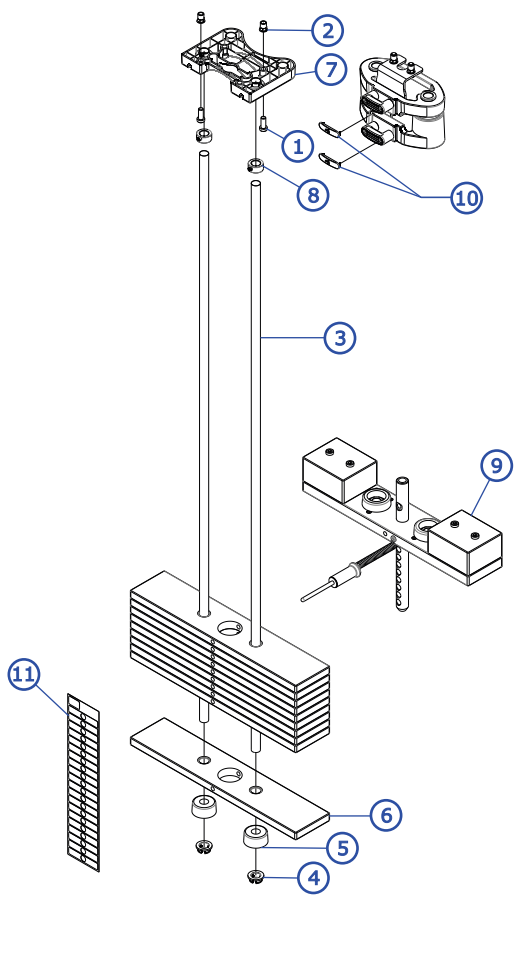
ITEM	QTY.	PART NO.	DESCRIPTION
1	1	9511827	SHROUD, SS, FNT, LT, TLL-SS
2	1	9511727	SHROUD, SS, FNT, RT, TLL-SS
3	1	9511927	SHROUD, SS, REAR, TLL-SS
4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B



STAINLESS STEEL

Insignia Series Assisted Dip Chin
Weight Stack Assemblies

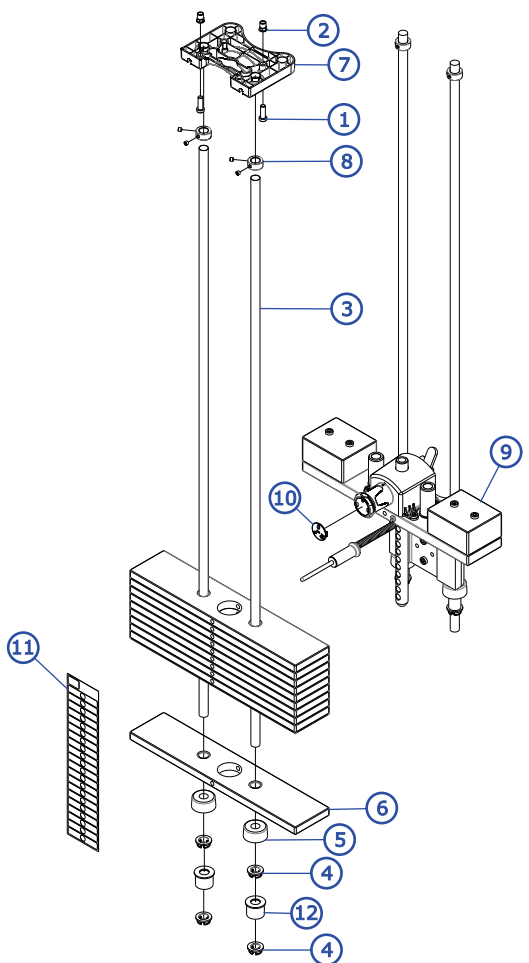
T - Base



Uses Cable 9423907 (220.5")

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236203	SCREW, M10 X1.5 30MM
2	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
3	2	7328624	GUIDE ROD, .75 OD SOLID 56.92
4	2	7337901	BUSHING, GUIDE ROD
5	2	7352101	CUSHION, WEIGHT STACK
6	10	9407601	WGT PL, 3/4IN X 4IN, 15 LB
7	1	9412801	RETAINER, GUIDE ROD - TOP
8	2	3103301	SHAFT COLLAR, 3/4 IN ID
9	1	SEE PAGE 11	ASSY, SS-ADC, INC WGT, STD -10
10	2	9462303	CAP, DD INC WGT, YEL -LBS
		9462403	CAP, DD INC WGT, YEL -KG
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG

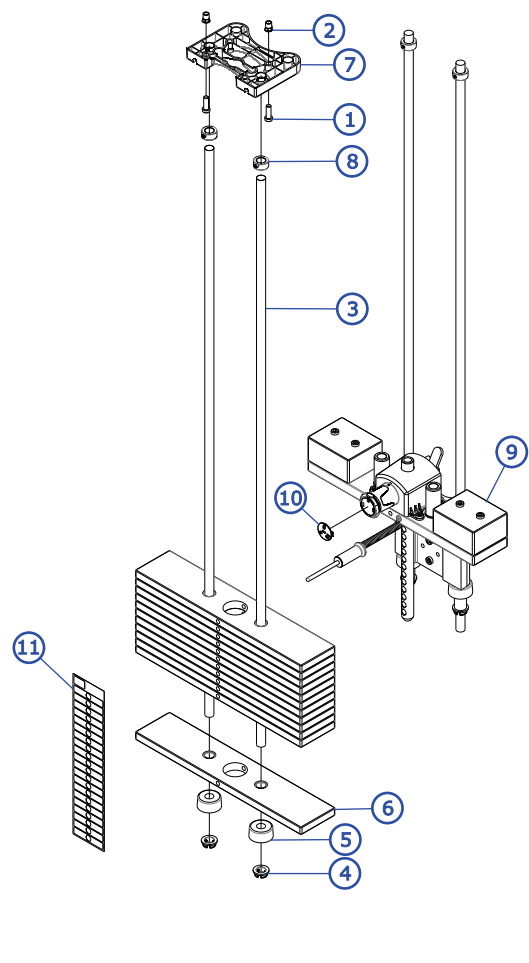
C - Light



Uses Cable 9423908 (219.0")

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236203	SCREW, M10 X1.5 30MM
2	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
3	2	7328624	GUIDE ROD, .75 OD SOLID 56.92
4	4	7337901	BUSHING, GUIDE ROD
5	2	7352101	CUSHION, WEIGHT STACK
6	10	9407601	WGT PL, 3/4IN X 4IN, 15 LB
7	1	9412801	RETAINER, GUIDE ROD - TOP
8	2	3103301	SHAFT COLLAR, 3/4 IN ID
9	1	SEE PAGE 13	ASSY, SS-ADC, INC WGT, DIAL, STD -10
10	2	9431403	CAP, SELECTOR KNOB -LBS
		9450103	CAP, SELECTOR KNOB -KGS
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
12	2	9495911	WLDMT, WGT STK SPACER X 1.50 -CHR

X - Heavy



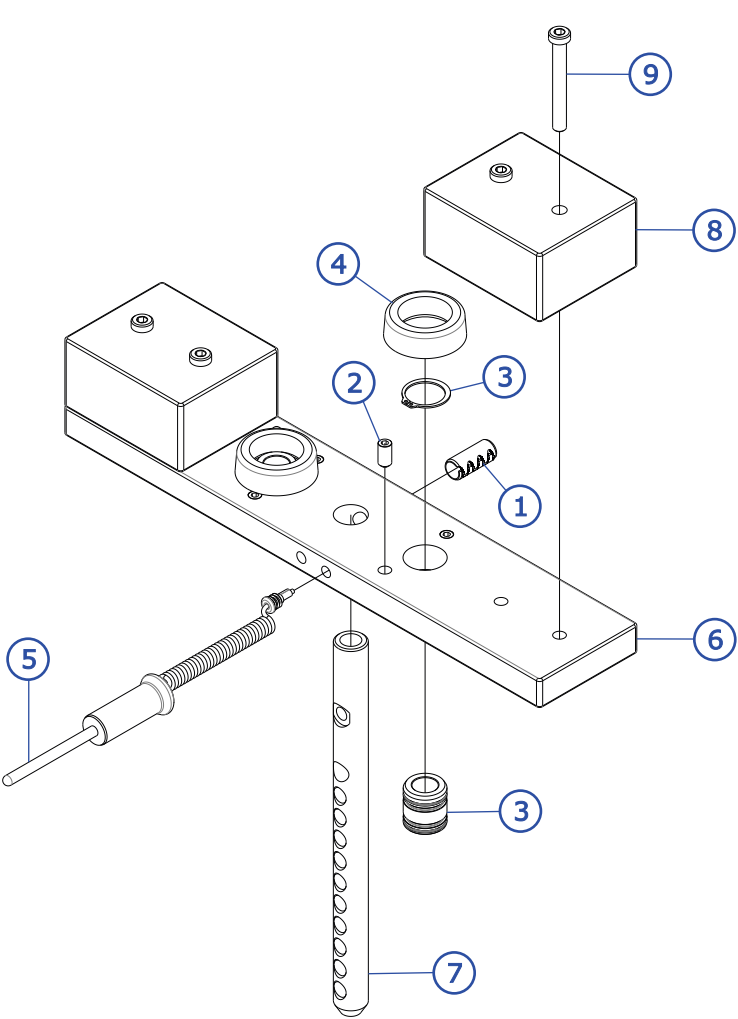
Uses Cable 9423908 (219.0")

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236203	SCREW, M10 X1.5 30MM
2	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
3	2	7328624	GUIDE ROD, .75 OD SOLID 56.92
4	2	7337901	BUSHING, GUIDE ROD
5	2	7352101	CUSHION, WEIGHT STACK
6	12	9407601	WGT PL, 3/4IN X 4IN, 15 LB
7	1	9412801	RETAINER, GUIDE ROD - TOP
8	2	3103301	SHAFT COLLAR, 3/4 IN ID
9	1	SEE PAGE 13	ASSY, SS-ADC, INC WGT, DIAL, HVY -12
10	2	9431403	CAP, SELECTOR KNOB -LBS
		9450103	CAP, SELECTOR KNOB -KGS
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG

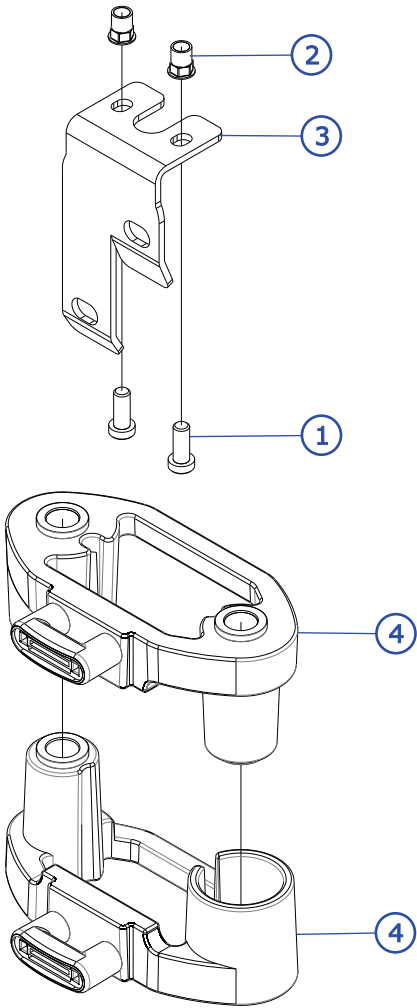
Insignia Series Assisted Dip Chin

T Trim Head Plate and Drop Down Increment Weights

T Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3240501	M10 X 1.5 HXS NO CUP ST BO
3	2	7338001	BUSHING, HEADPLATE
4	2	7767602	BUMPER, INCREMENT WT -BLK
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9431101	HEADPLATE, WT. STACK, 20LB
7	1	9434201	BAYONET, 10 PLATE
8	2	9433302	COUNTER WEIGHT, HEAD PLATE, 12.5LB
9	4	3236213	M10 X 1.5 X 80 SHCS, LOW HEAD

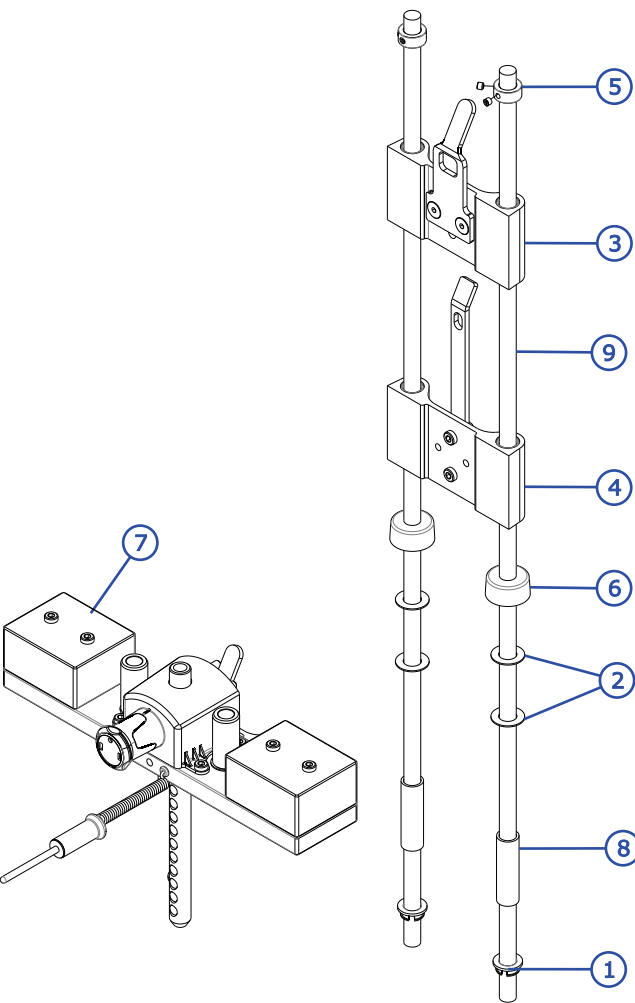


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236202	SCREW, M10 X1.5 25MM
2	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
3	1	9430801	BRKT, INC WGT STRIKER
4	2	9455403	ASSY, DD INC WGT -YEL

Insignia Series Assisted Dip Chin

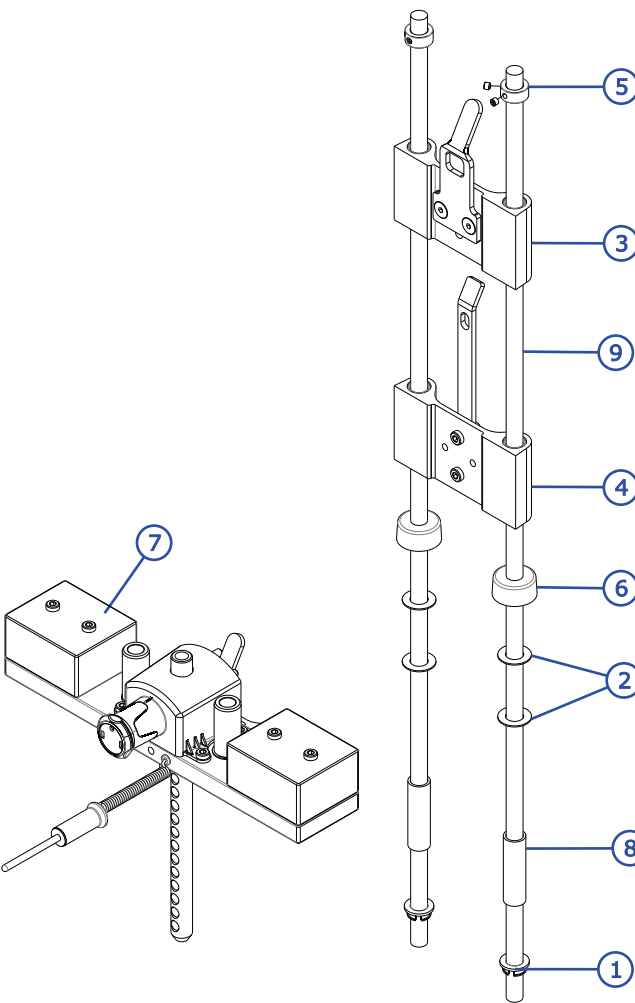
C and X Trim Stack Components

C Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7337901	BUSHING, GUIDE ROD
2	4	7351001	SPACER, INC WT STACK
3	1	SEE PAGE 14	ASSY, INC WGT -5LB
4	1	SEE PAGE 14	ASSY, INC WGT -10LB
5	2	3103301	SHAFT COLLAR, 3/4 IN ID
6	2	7352101	CUSHION, WEIGHT STACK
7	1	SEE PAGE 13	ASSY, SS-ADC, WEIGHTED HEAD PLATE, DIAL, STD -10
8	2	7328705	SPACER, INC WT STACK 12 PLATE
9	2	7328624	GUIDE ROD, .75 OD SOLID X 56.92

X Trim

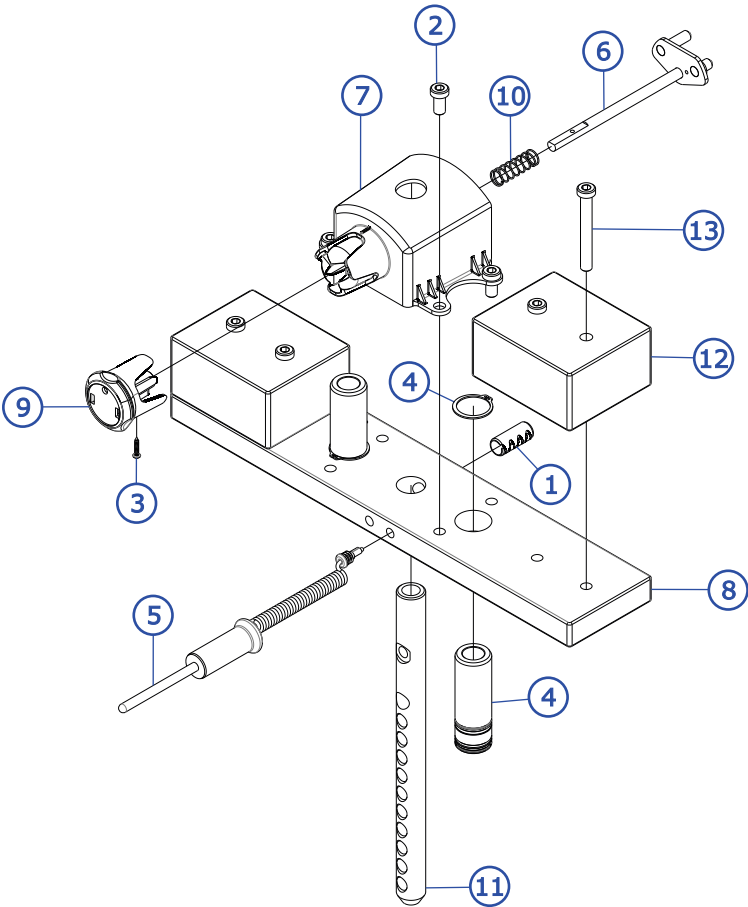


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7337901	BUSHING, GUIDE ROD
2	4	7351001	SPACER, INC WT STACK
3	1	SEE PAGE 14	ASSY, INC WGT -5LB
4	1	SEE PAGE 14	ASSY, INC WGT -10LB
5	2	3103301	SHAFT COLLAR, 3/4 IN ID
6	2	7352101	CUSHION, WEIGHT STACK
7	1	SEE PAGE 13	ASSY, SS-ADC, INC WGT, DIAL, HVY -12
8	2	7328705	SPACER, INC WT STACK 12 PLATE
9	2	7328624	GUIDE ROD, .75 OD SOLID X 56.92

Insignia Series Assisted Dip Chin

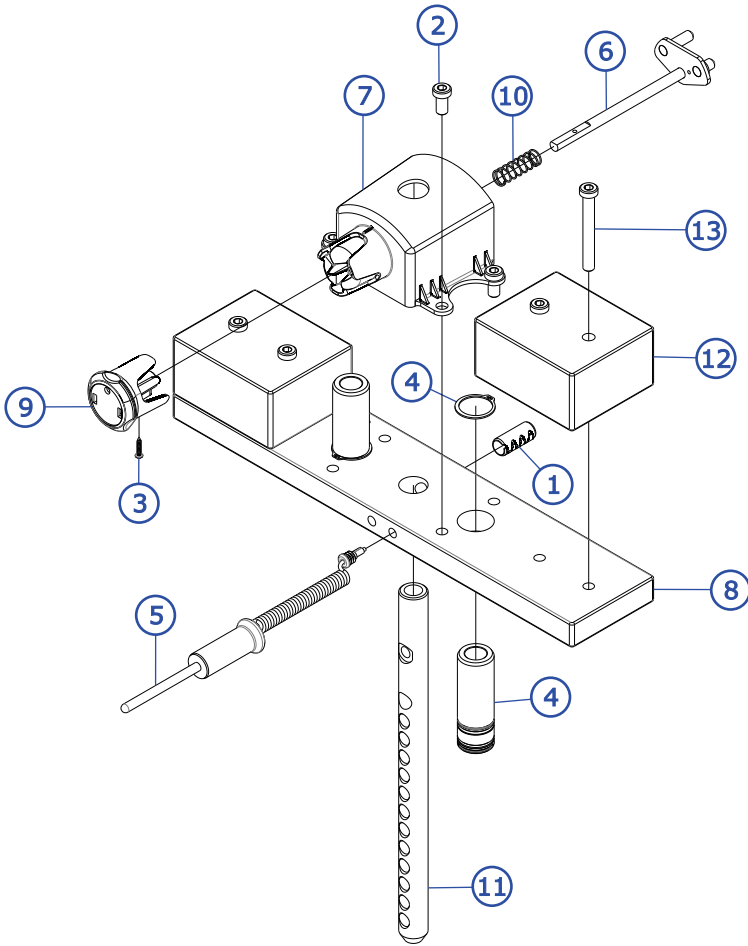
C and X Trim Head Plate Assemblies

C Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427501	WLDMT, INC WGT PIN
7	1	9430501	HSNG, INC WEIGHT
8	1	9431101	HEADPLATE, WT. STACK, 20LB
9	1	9443201	KNOB, INC WEIGHT
10	1	9443301	SPRING, INC WGT PIN
11	1	9434201	BAYONET, 10 PLATE
12	2	9433302	COUNTER WEIGHT, HEAD PLATE, 12.5LB
13	4	3236213	M10 X 1.5 X 80 SHCS, LOW HEAD

X Trim

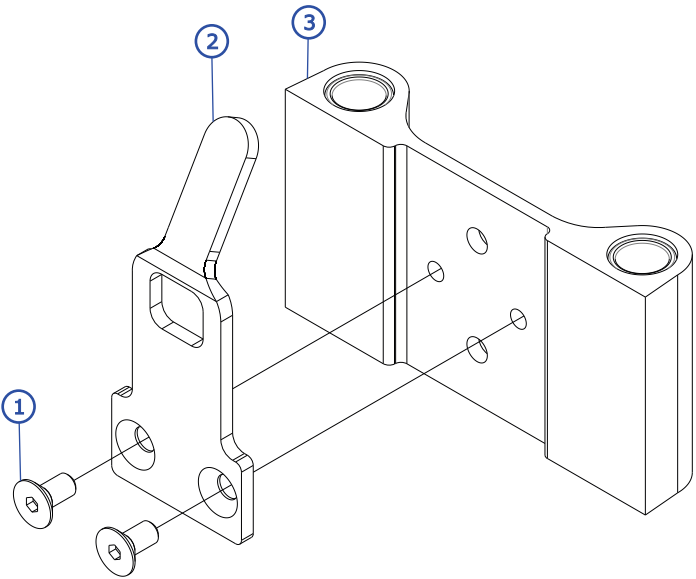


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427501	WLDMT, INC WGT PIN
7	1	9430501	HSNG, INC WEIGHT
8	1	9431101	HEADPLATE, WT. STACK, 20LB
9	1	9443201	KNOB, INC WEIGHT
10	1	9443301	SPRING, INC WGT PIN
11	1	9426001	BAYONET, 12 PLATE
12	2	9433302	COUNTER WEIGHT, HEAD PLATE, 12.5LB
13	4	3236213	M10 X 1.5 X 80 SHCS, LOW HEAD

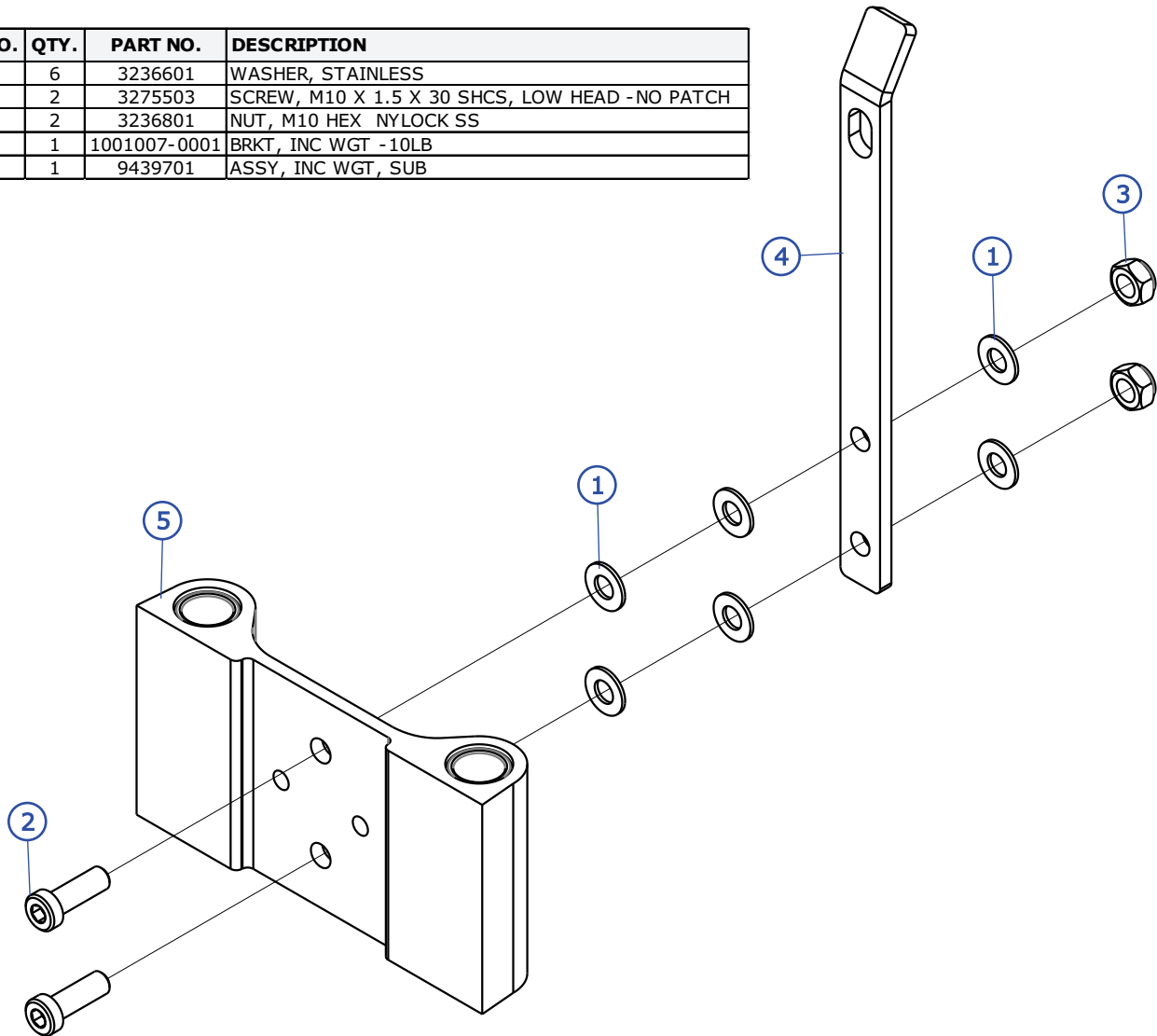
Insignia Series Assisted Dip Chin

C and X Trim Incremental Weights

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3238301	M10x1.5x20mm
2	1	9428201	BRKT, INC WGT -5 LB
3	1	9439701	ASSY, INC WGT, SUB

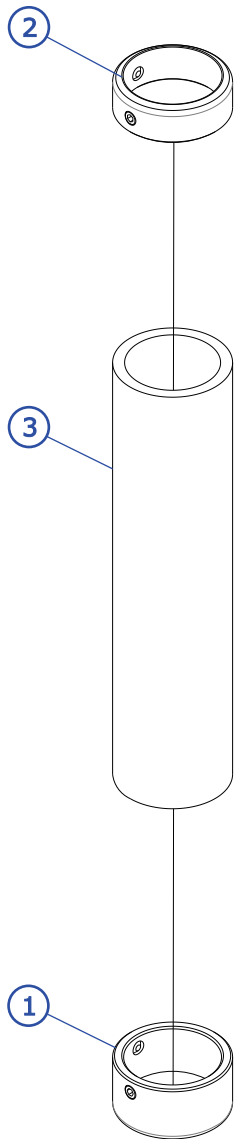


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	6	3236601	WASHER, STAINLESS
2	2	3275503	SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH
3	2	3236801	NUT, M10 HEX NYLOCK SS
4	1	1001007-0001	BRKT, INC WGT -10LB
5	1	9439701	ASSY, INC WGT, SUB



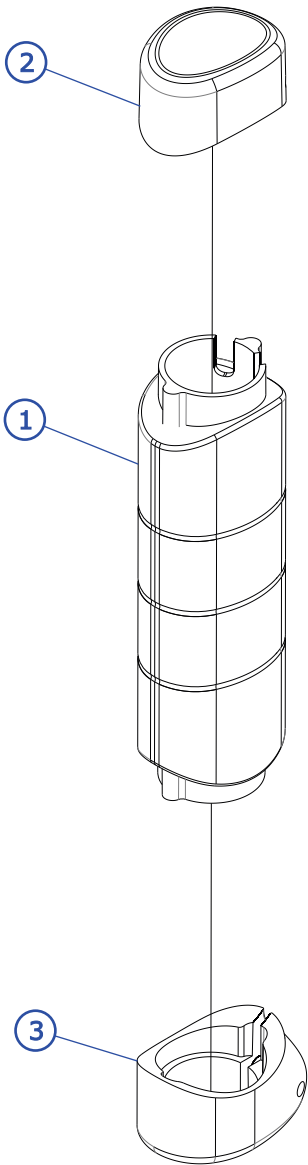
Insignia Series Assisted Dip Chin Grip Assemblies

S Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7662901	CAP, GRIP 1.25 OD
2	1	7662801	RING, GRIP
3	1	3235806	GRIP, 1.25 OD X .125 WALL, OPEN END

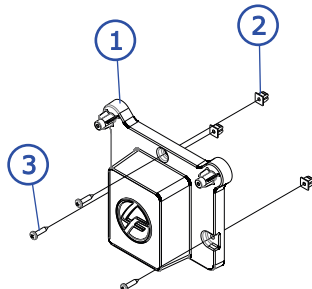
L Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9453001	GRIP, ERGO, OVERMOLD
2	1	1001761-0001	ASSY, CAP, GRIP
3	1	1001760-0001	ASSY, COLLAR, ERGO GRIP

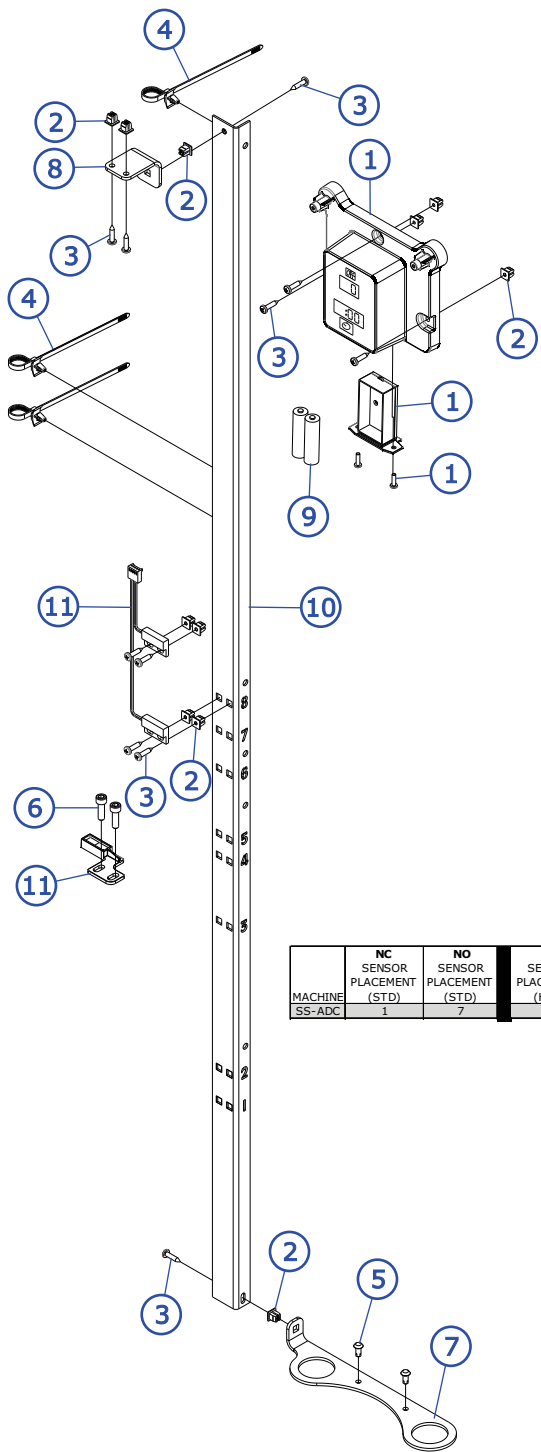
Insignia Series Assisted Dip Chin Sensor Assemblies

S Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9437401	SS - ASSY, DISPLAY, BASE
2	3	0017-00042-1147	GROMMET: SCREW; 8 OR 10
3	3	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB

L Trim



	NC SENSOR PLACEMENT (STD)	NO SENSOR PLACEMENT (STD)	NC SENSOR PLACEMENT (HVY)	NO SENSOR PLACEMENT (HVY)
MACHINE SS-ADC	1	7	2	8

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9417701	ASSY, DISPLAY, COUNTER
2	11	0017-00042-1147	GROMMET: SCREW; 8 OR 10
3	11	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
4	5	3276501	GROMMET, CABLE TIE
5	2	0017-00101-1587	RVT 201X0413X.354 T NY NO
6	2	3241701	SCREW, M6 X1 20MM
7	1	9432728	BRKT, SS, SWITCH MNT -CHGR
8	1	9434828	BRKT, SS, SWITCH MNT
9	2	-	BATTERY, AA
10	1	9459328	BRKT, SS, SWITCH MNT, TLL -CHR
11	1	1000585-0001	ASSY, SS, PROX SWITCH/MAGNET