

Serial Number Ranges

Ramsey Produced:

SS-BC0714001- SS-BC0718B050

Hungarian Produced:

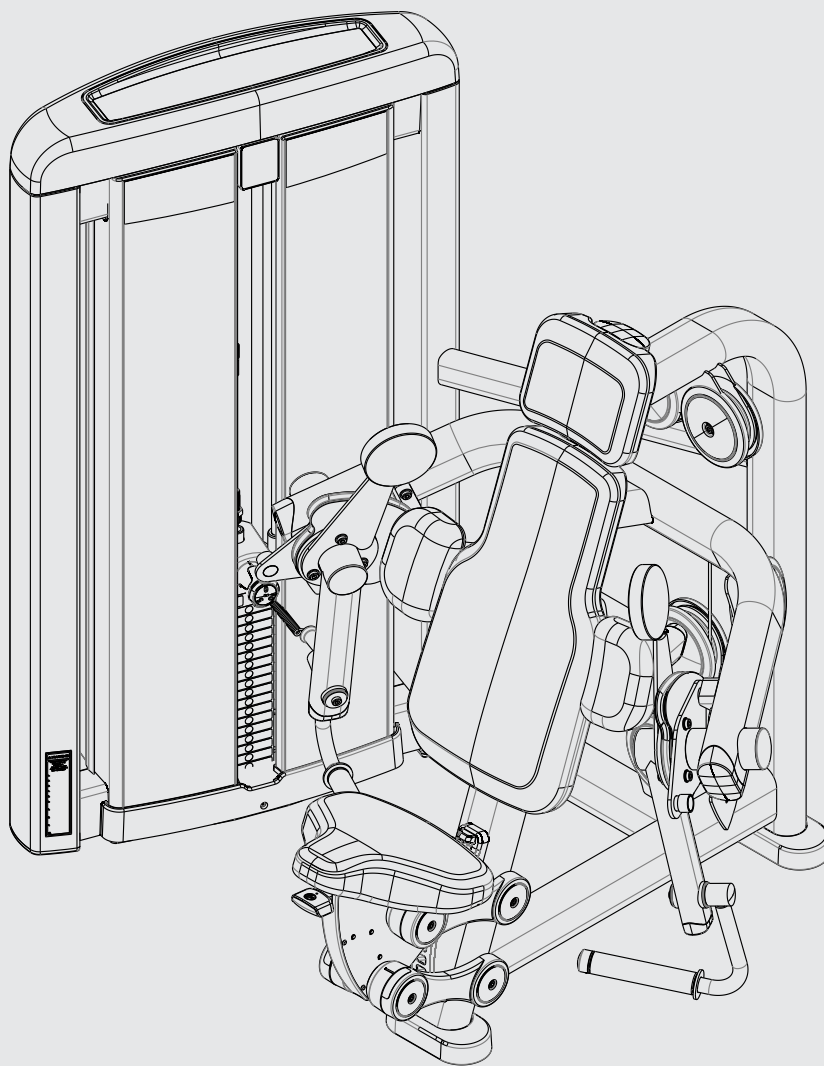
101430G00001 - 101833G07762

# INSIGNIA SERIES

## BICEPS CURL

### SS-BC

### PARTS MANUAL



Options and Key ..... 3

Powder Coat Painted Frame Weldments ..... 4

Component Assembly ..... 5

Table ..... 6

Seat Assembly ..... 7

Tower Plastics ..... 8

Shroud Wraps ..... 9

Weight Stack Assemblies ..... 10

T Trim Head Plate and Drop Down Increment Weights ..... 11

C and X Trim Stack Components ..... 12

C and X Trim Head Plate Assemblies ..... 13

C and X Trim Incremental Weights ..... 14

Sensor Assemblies ..... 15

# Insignia Series Biceps Curl

## Options and Key

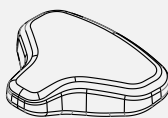
### FRAME COLOR OPTION

SELECT POWDERCOAT COLOR

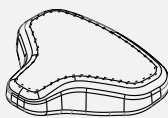
- ☐ BLACK
- ☐ BLUE
- ☐ CANDY APPLE RED
- ☐ CHARCOAL
- ☐ DIAMOND WHITE
- ☐ ELECTRIC BLUE
- ☐ ICE BLUE METALLIC
- ☐ MIDNIGHT METALLIC
- ☐ MOCHA SAND
- ☐ NICKEL
- ☐ PLATINUM
- ☐ RED
- ☐ TITANIUM
- ☐ WHITE
- ☐ YELLOW
- ☐ CUSTOM

### UPHOLSTERY OPTION

☐ SINGLE STITCH



☐ DOUBLE STITCH



### UPHOLSTERY COLOR OPTION

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

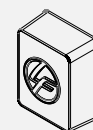
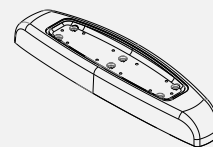
- ☐ T - BASE STACK
- ☐ C - LIGHT STACK
- ☐ X - HEAVY STACK
- ☐ POUNDS
- ☐ KILOGRAMS

### SHROUD WRAP OPTION

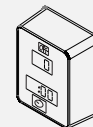
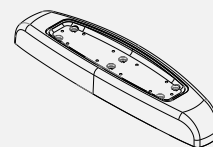
- ☐ BAMBOO
- ☐ BLACK CARBON FIBER
- ☐ BRONZE
- ☐ FULL SHROUD
- ☐ PREMIUM STAINLESS STEEL
- ☐ ROSEWOOD
- ☐ SKY
- ☐ STAINLESS STEEL
- ☐ STEM
- ☐ CUSTOM

### 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

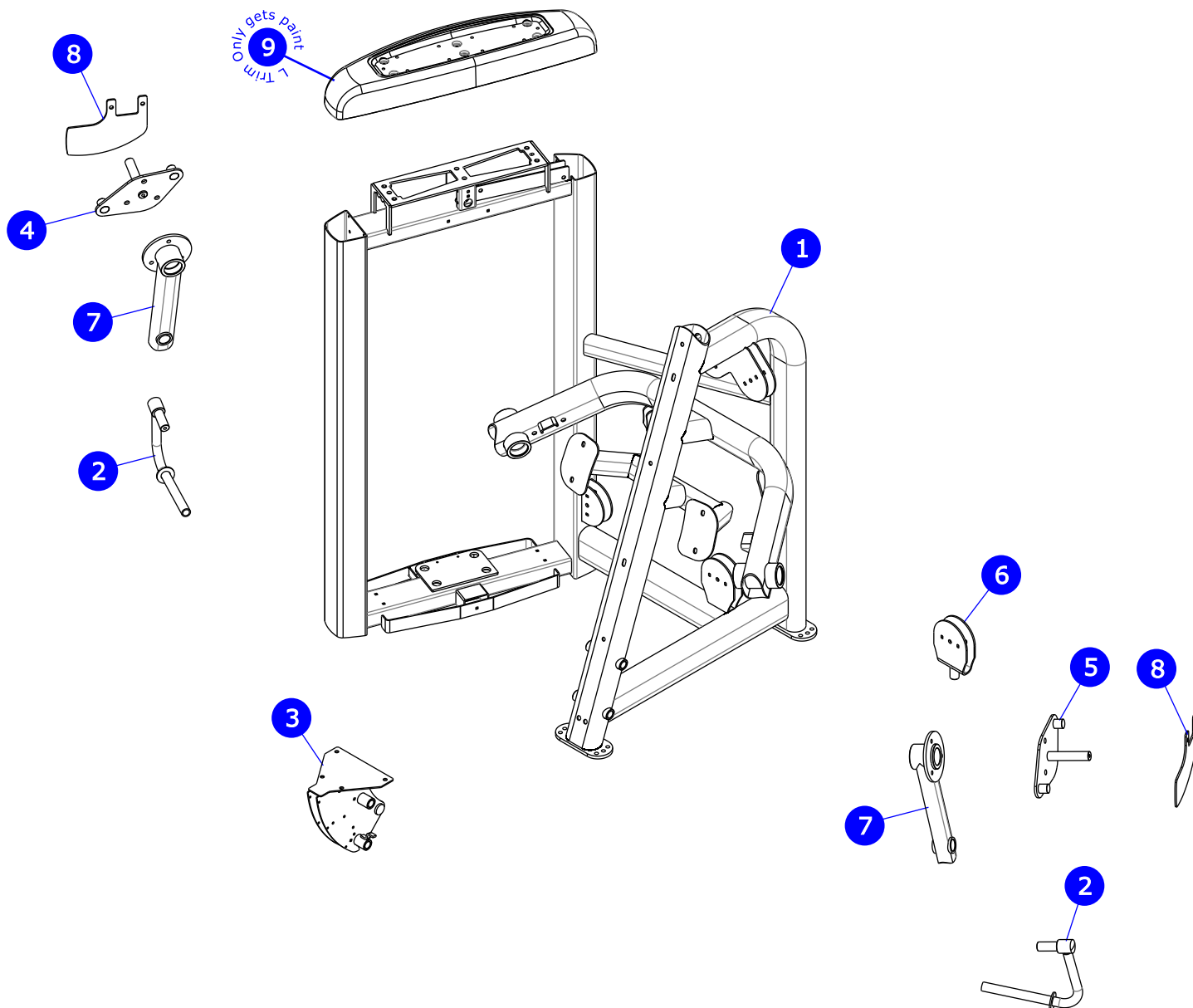
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

### FRAME COLOR 1 2 3

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

# Insignia Series Biceps Curl

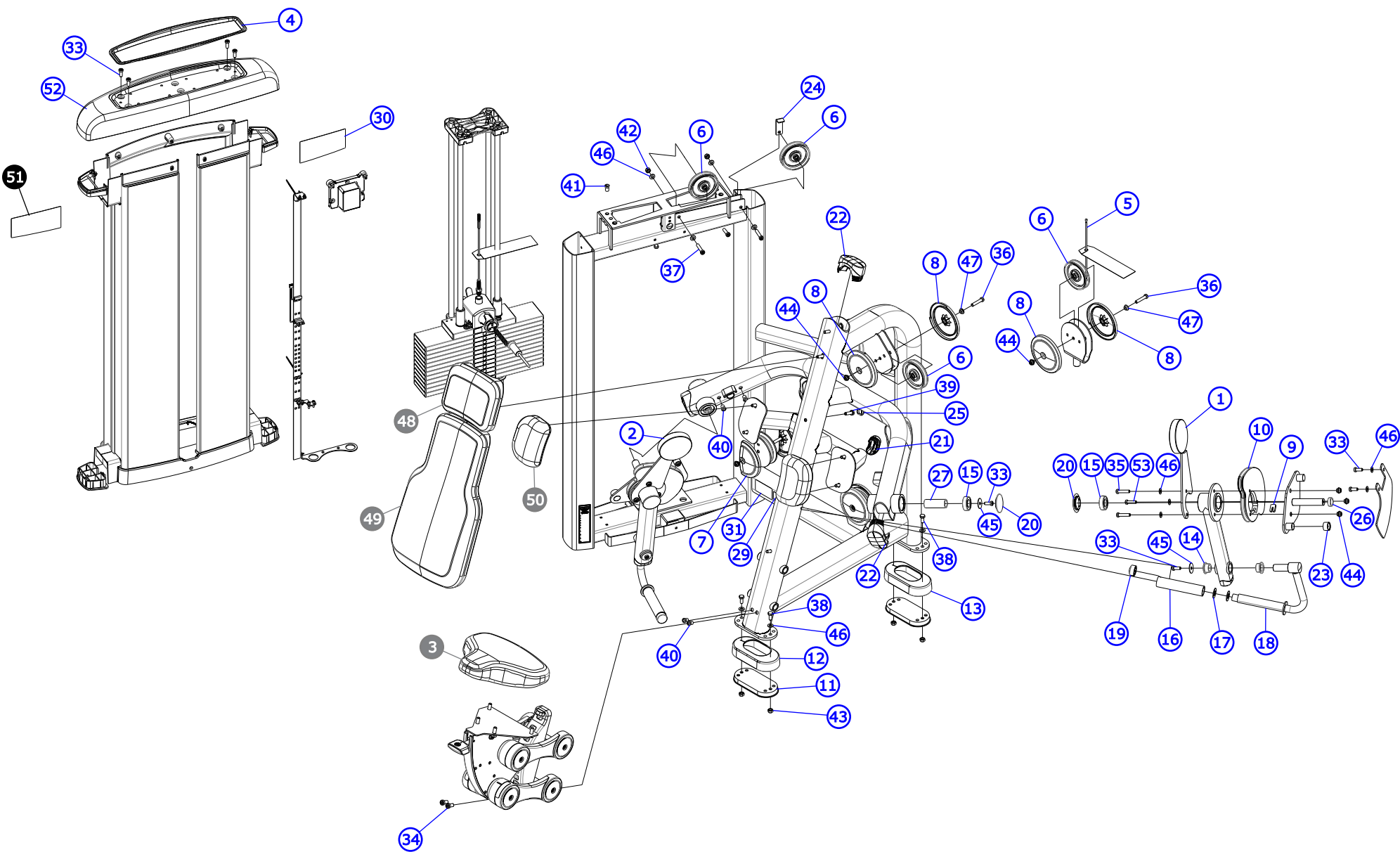
## Powder Coat Painted Frame Weldments



| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                  | TRIM |   |
|----------|------|--------------|------------------------------|------|---|
| 1        | 1    | POSSIBLE RMA | WLDMT, SS-BC FRAME           | S    | L |
| 2        | 2    | 9450499      | WLDMT, SS-BC HANDLE          | S    | L |
| 3        | 1    | 9401299      | WLDMT, SS-FRONT SEAT SUPPORT | S    | L |
| 4        | 1    | 7590499      | WLDMT, FZBC PIVOT STOP - RH  | S    | L |
| 5        | 1    | 7590599      | WLDMT, FZBC PIVOT STOP - LH  | S    | L |
| 6        | 1    | 7399699      | WLDMT, FZ FLOATING PULLEY    | S    | L |
| 7        | 2    | 7361399      | WLDMT, FZBC PIVOT ARM        | S    | L |
| 8        | 2    | 7560199      | GUARD, FZBC CAM              | S    | L |
| 9        | 1    | 9412699      | CAP, TOWER -TOP              | -    | L |

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

Insignia Series Biceps Curl  
Component Assembly



See page 6 for table

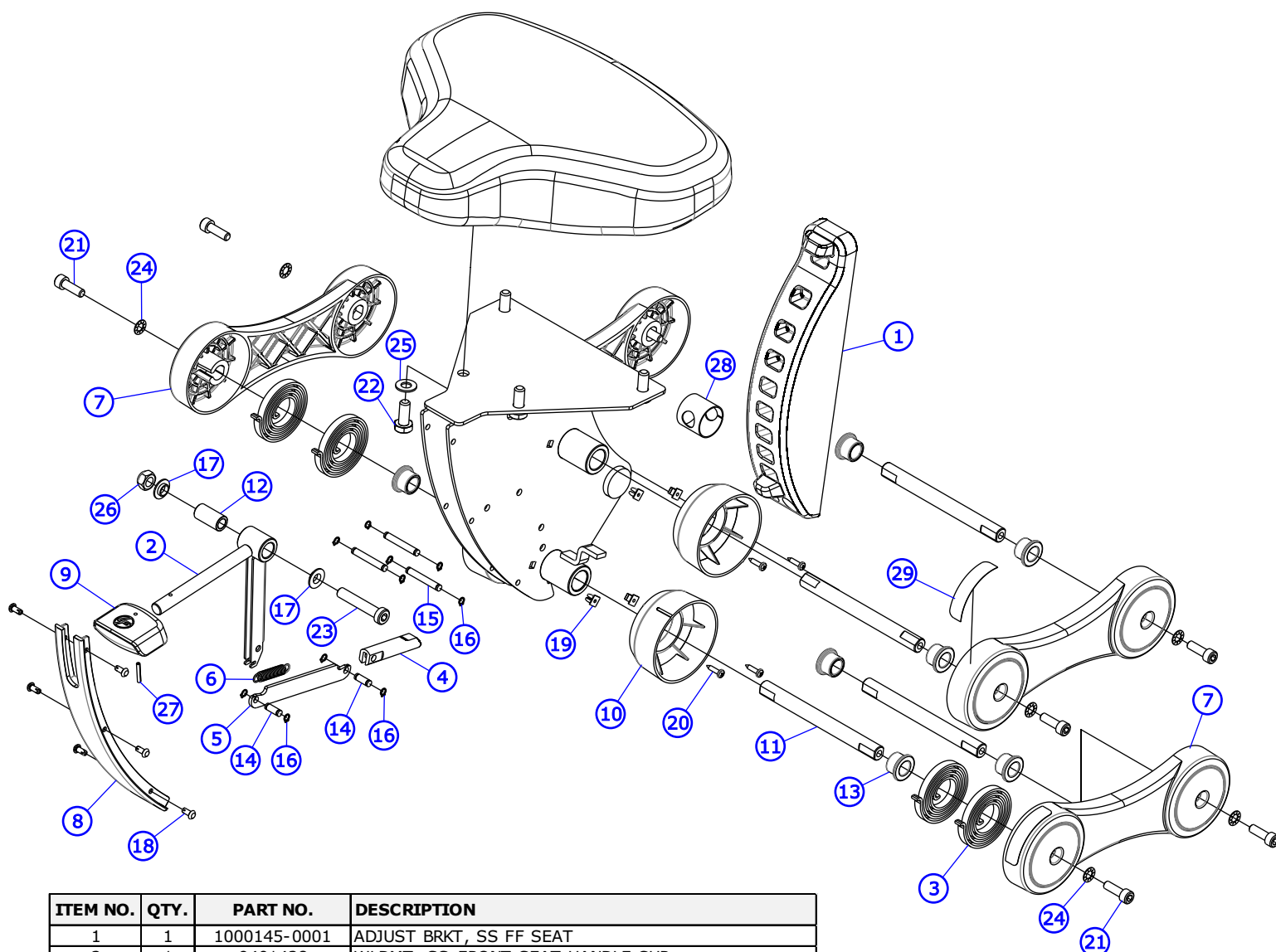
# Insignia Series Biceps Curl

## Table

| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                                    | TRIM |   |
|----------|------|--------------|------------------------------------------------|------|---|
| 1        | 1    | 9514328      | WLDMT, SS-BC CTR WT, LH                        | S    | L |
| 2        | 1    | 9514228      | WLDMT, SS-BC CTR WT, RH                        | S    | L |
| 3        | 1    | 1000016-0001 | PAD, SEAT SADDLE BLK, SNGL STITCH              | S    | L |
|          |      | 1000016-0099 | PAD, SEAT SADDLE CUS, SNGL STITCH              | S    | L |
|          |      | 1000016-0101 | PAD, SEAT SADDLE BLK, DBL STITCH               | S    | L |
|          |      | 1000016-0199 | PAD, SEAT SADDLE CUS, DBL STITCH               | S    | L |
| 4        | 1    | 9411201      | TRAY, TOWER TOP CAP                            | S    | L |
| 5        | 1    | 9424806      | CABLE, SS-BC                                   | S    | L |
| 6        | 9    | 9319901      | PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD          | S    | L |
| 7        | 2    | 8094102      | COVER, PULLEY-BOLTED PARTIAL -CHGR             | S    | L |
| 8        | 12   | 8104502      | COVER, PULLEY-BOLTED NOTCHED                   | S    | L |
| 9        | 2    | 9454901      | PLATE, CABLE END, T2                           | S    | L |
| 10       | 2    | 9458901      | CAM, SS-BC                                     | S    | L |
| 11       | 2    | 9319301      | FOOT, 2.50 X 4.49 FLOV                         | S    | L |
| 12       | 1    | 9461401      | COVER, FOOT - 20 deg                           | S    | L |
| 13       | 1    | 9319401      | COVER, FOOT - STRAIGHT                         | S    | L |
| 14       | 4    | 3104903      | 1.00" ID 1.25" OD BRONZ BUSHING                | S    | L |
| 15       | 4    | 3235601      | BEARING, 6205 BALL                             | S    | L |
| 16       | 2    | 3235808      | GRIP, 1.50 OD X .14 WALL OPEN END              | S    | L |
| 17       | 4    | 3249501      | WASHER, NYLON FLAT - BLK 1.015 X               | S    | L |
| 18       | 2    | 7560501      | LINER, FZBC HAND GRIP                          | S    | L |
| 19       | 2    | 7662902      | CAP, GRIP 1.50 OD                              | S    | L |
| 20       | 4    | 7308702      | CAP, BEARING HOUSING                           | S    | L |
| 21       | 4    | 7333802      | CAP, SMALL FLOV- END                           | S    | L |
| 22       | 3    | 7333902      | CAP, LARGE FLOV- END                           | S    | L |
| 23       | 4    | 7690103      | BUMPER, SLEEVE - 1 INCH DIA                    | S    | L |
| 24       | 1    | 6757701      | CLIP, CABLE 2-7/8 X 1 X 1                      | S    | L |
| 25       | 5    | 3237407      | PLUG, 1" HOLE                                  | S    | L |
| 26       | 2    | 7330001      | SPACER, INTERNAL X .403                        | S    | L |
| 27       | 2    | 7330003      | SPACER, INTERNAL X 3.265                       | S    | L |
| 29       | 1    | 9488901      | LABEL, INSIGNIA, FCC                           | S    | L |
| 30       | 1    | 9476201      | LABEL, SS-BC PLACARD, RH                       | S    | L |
| 31       | 1    | -            | LABEL, SERIAL NUMBER, BLANK                    | S    | L |
| 33       | 17   | 3236202      | SCREW, M10 X1.5 25MM                           | S    | L |
| 34       | 7    | 3236204      | SCREW, M10 X1.5 35MM                           | S    | L |
| 35       | 4    | 3236206      | SCREW, M10 X1.5 45MM                           | S    | L |
| 36       | 7    | 3236207      | SCREW, M10 X1.5 50MM                           | S    | L |
| 37       | 2    | 3275507      | SCREW, M10 X 1.5 X 50 SHCS, LOW HEAD -NO PATCH | S    | L |
| 38       | 4    | 3251202      | SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN        | S    | L |
| 39       | 4    | 3251204      | SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN        | S    | L |
| 40       | 6    | 3238601      | M10X1.5 BLIND THREADED INSERT (HEX)            | S    | L |
| 41       | 4    | 3275401      | M10X1.5 BLIND THREADED INSERT (HEX) -HVY       | S    | L |
| 42       | 2    | 3236801      | NUT, M10 HEX NYLOCK SS                         | S    | L |
| 43       | 4    | 3254703      | NUT, M10 X 1.5 HEX ZINC                        | S    | L |
| 44       | 13   | 7335401      | NUT, M10 X 1.5 SOCKET HEAD                     | S    | L |
| 45       | 4    | 3236701      | WASHER, FENDER 3/8" ID X 1.5" OD SS            | S    | L |
| 46       | 27   | 3236601      | WASHER, 3/8 SAE SS                             | S    | L |
| 47       | 7    | 7630101      | RETAINER, CM/MJ, PULLEY                        | S    | L |
| 48       | 1    | 1000017-0001 | PAD, HEAD REST BLK, SNGL STITCH                | S    | L |
|          |      | 1000017-0099 | PAD, HEAD REST CUS, SNGL STITCH                | S    | L |
|          |      | 1000017-0101 | PAD, HEAD REST BLK, DBL STITCH                 | S    | L |
|          |      | 1000017-0199 | PAD, HEAD REST CUS, DBL STITCH                 | S    | L |
| 49       | 1    | 1000018-0001 | PAD, LARGE BACK BLK, SNGL STITCH               | S    | L |
|          |      | 1000018-0099 | PAD, LARGE BACK CUS, SNGL STITCH               | S    | L |
|          |      | 1000018-0101 | PAD, LARGE BACK BLK, DBL STITCH                | S    | L |
|          |      | 1000018-0199 | PAD, LARGE BACK CUS, DBL STITCH                | S    | L |
| 50       | 1    | 7393301      | PAD, ARM REST BLK, SNGL STITCH                 | S    | L |
|          |      | 1000002-0099 | PAD, ARM REST CUS, SNGL STITCH                 | S    | L |
|          |      | 1000002-0101 | PAD, ARM REST BLK, DBL STITCH                  | S    | L |
|          |      | 1000002-0199 | PAD, ARM REST CUS, DBL STITCH                  | S    | L |
| 51       | 1    | 9464699      | LABEL, SS-BC PLACARD, LH                       | S    | L |
| 52       | 1    | 9436701      | CAP, TOWER, TOP, PLASTIC                       | S    | - |
| 53       | 2    | 3236205      | M10 X 1.5 X 40 SHCS, LOW HEAD                  | S    | L |

# Insignia Series Biceps Curl

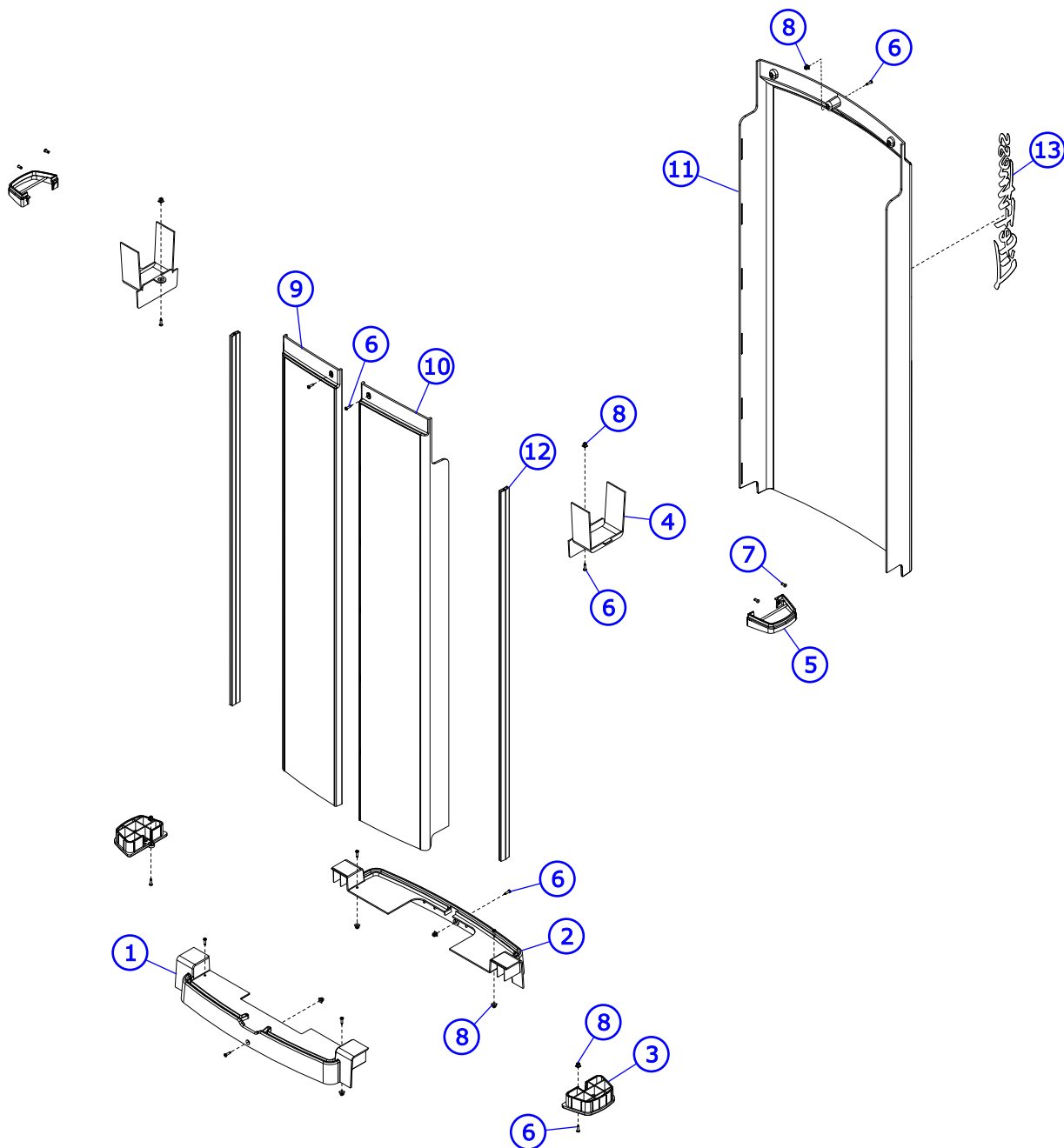
## Seat Assembly



| ITEM NO. | QTY. | PART NO.        | DESCRIPTION                                    |
|----------|------|-----------------|------------------------------------------------|
| 1        | 1    | 1000145-0001    | ADJUST BRKT, SS FF SEAT                        |
| 2        | 1    | 9401428         | WLDMT, SS-FRONT SEAT HANDLE CHR                |
| 3        | 4    | 9365401         | SPRING, SPIRAL TORSION                         |
| 4        | 1    | 9401101         | PULLPIN, SS-SEAT                               |
| 5        | 1    | 9401001         | PLATE, SS-SEAT HANDLE CONNECT                  |
| 6        | 1    | 3239201         | SPRING, EXT, .375 X .049 X 2.00                |
| 7        | 4    | 9365228         | SEAT LINK, CAST, CHR                           |
| 8        | 1    | 9402201         | GUARD, SS-SEAT                                 |
| 9        | 1    | 9402503         | HANDLE, SS-SEAT                                |
| 10       | 4    | 9402801         | RING, SS-SEAT                                  |
| 11       | 4    | 9448401         | SHAFT, SS-SEAT, 15MM                           |
| 12       | 1    | 7776501         | SHAFT, .625 X .406 X 1.200                     |
| 13       | 8    | 3275004         | BEARING, FLANGE, METRIC 15MM                   |
| 14       | 2    | 7407501         | PIN, LINK                                      |
| 15       | 3    | 7407502         | PIN, LINK                                      |
| 16       | 10   | 3232401         | RING, RETAINING, EXTERNAL                      |
| 17       | 2    | 7776401         | SPACER, FLANGE .406 X .495 X .81               |
| 18       | 6    | 0017-00101-1587 | RVT 201X0413X.354 T NY NO                      |
| 19       | 8    | 0017-00042-1147 | GROMMET: SCREW; 8 OR 10                        |
| 20       | 8    | 3275801         | SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB            |
| 21       | 8    | 3276202         | SCREW, M8 X1.25 X 25MM                         |
| 22       | 4    | 3251202         | SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN        |
| 23       | 1    | 3275508         | SCREW, M10 X 1.5 X 55 SHCS, LOW HEAD -NO PATCH |
| 24       | 8    | 3239502         | WSH, .312 IN-D ST ZN                           |
| 25       | 4    | 3236601         | WASHER, 3/8 SAE SS                             |
| 26       | 1    | 3236801         | NUT, M10 HEX NYLOCK SS                         |
| 27       | 1    | 3110010         | ROLL PIN, 1/8 X 7/8                            |
| 28       | 1    | 9485701         | PAINT GUARD, PIN HOUSING                       |
| 29       | 1    | 9480601         | LABEL; SEAT POSITION, LARGE                    |

# Insignia Series Biceps Curl

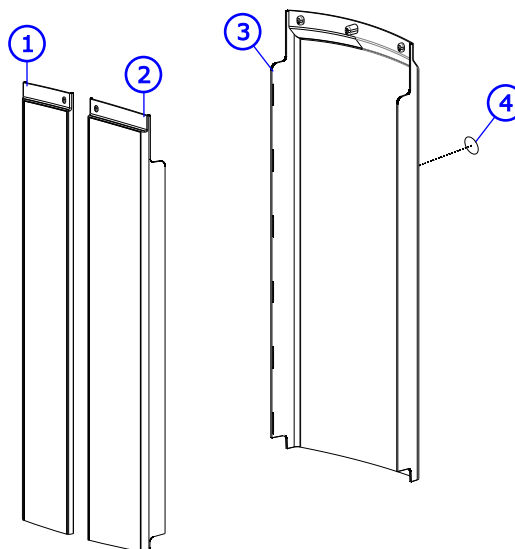
## Tower Plastics



| 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    | 9410601         | SHROUD, TOWER FRONT, LT - SHORT     |
| 10       | 1    | 9410701         | SHROUD, TOWER FRONT, RT - SHORT     |
| 11       | 1    | 9411101         | SHROUD, TOWER REAR - SHORT          |
| 12       | 2    | 9414601         | SHROUD EXTRUSION - SHORT            |
| 13       | 1    | 9489101         | LABEL, LIFE FITNESS                 |

# Insignia Series Biceps Curl

## Shroud Wraps



| BAMBOO                                                                            | DATE MADE            | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                       |
|-----------------------------------------------------------------------------------|----------------------|--------------------------|------|------|--------------|-----------------------------------|
|  | 1/1/2015 - 3/31/2016 | PRIOR TO SS-XX0416001    | 1    | 1    | 9511802      | SHROUD, SS, FNT, LT, SRT-BAM      |
|                                                                                   |                      |                          | 2    | 1    | 9511702      | SHROUD, SS, FNT, RT, SRT-BAM      |
|                                                                                   |                      |                          | 3    | 1    | 9511902      | SHROUD, SS, REAR, SRT-BAM         |
|                                                                                   | 4/01/2016 - PRESENT  | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0002 | SHROUD, SS, FNT, LT, SRT, ABS-BAM |
|                                                                                   |                      |                          | 2    | 1    | 1003203-0002 | SHROUD, SS, FNT, RT, SRT, ABS-BAM |
|                                                                                   |                      |                          | 3    | 1    | 1003205-0002 | SHROUD, SS, REAR, SRT, ABS-BAM    |

| SKY                                                                                | DATE MADE            | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                       |
|------------------------------------------------------------------------------------|----------------------|--------------------------|------|------|--------------|-----------------------------------|
|  | 1/1/2015 - 3/31/2016 | PRIOR TO SS-XX0416001    | 1    | 1    | 9511803      | SHROUD, SS, FNT, LT, SRT-SKY      |
|                                                                                    |                      |                          | 2    | 1    | 9511703      | SHROUD, SS, FNT, RT, SRT-SKY      |
|                                                                                    |                      |                          | 3    | 1    | 9511903      | SHROUD, SS, REAR, SRT-SKY         |
|                                                                                    | 4/01/2016 - PRESENT  | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0003 | SHROUD, SS, FNT, LT, SRT, ABS-SKY |
|                                                                                    |                      |                          | 2    | 1    | 1003203-0003 | SHROUD, SS, FNT, RT, SRT, ABS-SKY |
|                                                                                    |                      |                          | 3    | 1    | 1003205-0003 | SHROUD, SS, REAR, SRT, ABS-SKY    |

| BRONZE                                                                              | DATE MADE            | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                       |
|-------------------------------------------------------------------------------------|----------------------|--------------------------|------|------|--------------|-----------------------------------|
|  | 1/1/2015 - 3/31/2016 | PRIOR TO SS-XX0416001    | 1    | 1    | 9511804      | SHROUD, SS, FNT, LT, SRT-BRZ      |
|                                                                                     |                      |                          | 2    | 1    | 9511704      | SHROUD, SS, FNT, RT, SRT-BRZ      |
|                                                                                     |                      |                          | 3    | 1    | 9511904      | SHROUD, SS, REAR, SRT-BRZ         |
|                                                                                     | 4/01/2016 - PRESENT  | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0004 | SHROUD, SS, FNT, LT, SRT, ABS-BRZ |
|                                                                                     |                      |                          | 2    | 1    | 1003203-0004 | SHROUD, SS, FNT, RT, SRT, ABS-BRZ |
|                                                                                     |                      |                          | 3    | 1    | 1003205-0004 | SHROUD, SS, REAR, SRT, ABS-BRZ    |

| STEM                                                                                | DATE MADE            | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                       |
|-------------------------------------------------------------------------------------|----------------------|--------------------------|------|------|--------------|-----------------------------------|
|  | 1/1/2015 - 3/31/2016 | PRIOR TO SS-XX0416001    | 1    | 1    | 9511805      | SHROUD, SS, FNT, LT, SRT-STM      |
|                                                                                     |                      |                          | 2    | 1    | 9511705      | SHROUD, SS, FNT, RT, SRT-STM      |
|                                                                                     |                      |                          | 3    | 1    | 9511905      | SHROUD, SS, REAR, SRT-STM         |
|                                                                                     | 4/01/2016 - PRESENT  | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0005 | SHROUD, SS, FNT, LT, SRT, ABS-STM |
|                                                                                     |                      |                          | 2    | 1    | 1003203-0005 | SHROUD, SS, FNT, RT, SRT, ABS-STM |
|                                                                                     |                      |                          | 3    | 1    | 1003205-0005 | SHROUD, SS, REAR, SRT, ABS-STM    |

| ROSEWOOD                                                                            | DATE MADE            | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                       |
|-------------------------------------------------------------------------------------|----------------------|--------------------------|------|------|--------------|-----------------------------------|
|  | 1/1/2015 - 3/31/2016 | PRIOR TO SS-XX0416001    | 1    | 1    | 9511806      | SHROUD, SS, FNT, LT, SRT-RSW      |
|                                                                                     |                      |                          | 2    | 1    | 9511706      | SHROUD, SS, FNT, RT, SRT-RSW      |
|                                                                                     |                      |                          | 3    | 1    | 9511906      | SHROUD, SS, REAR, SRT-RSW         |
|                                                                                     | 4/01/2016 - PRESENT  | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0006 | SHROUD, SS, FNT, LT, SRT, ABS-RSW |
|                                                                                     |                      |                          | 2    | 1    | 1003203-0006 | SHROUD, SS, FNT, RT, SRT, ABS-RSW |
|                                                                                     |                      |                          | 3    | 1    | 1003205-0006 | SHROUD, SS, REAR, SRT, ABS-RSW    |

| STAINLESS STEEL                                                                     | DATE MADE            | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                      |
|-------------------------------------------------------------------------------------|----------------------|--------------------------|------|------|--------------|----------------------------------|
|  | 1/1/2015 - 3/31/2016 | PRIOR TO SS-XX0416001    | 1    | 1    | 9511807      | SHROUD, SS, FNT, LT, SRT-SS      |
|                                                                                     |                      |                          | 2    | 1    | 9511707      | SHROUD, SS, FNT, RT, SRT-SS      |
|                                                                                     |                      |                          | 3    | 1    | 9511907      | SHROUD, SS, REAR, SRT-SS         |
|                                                                                     | 4/01/2016 - PRESENT  | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0007 | SHROUD, SS, FNT, LT, SRT, ABS-SS |
|                                                                                     |                      |                          | 2    | 1    | 1003203-0007 | SHROUD, SS, FNT, RT, SRT, ABS-SS |
|                                                                                     |                      |                          | 3    | 1    | 1003205-0007 | SHROUD, SS, REAR, SRT, ABS-SS    |

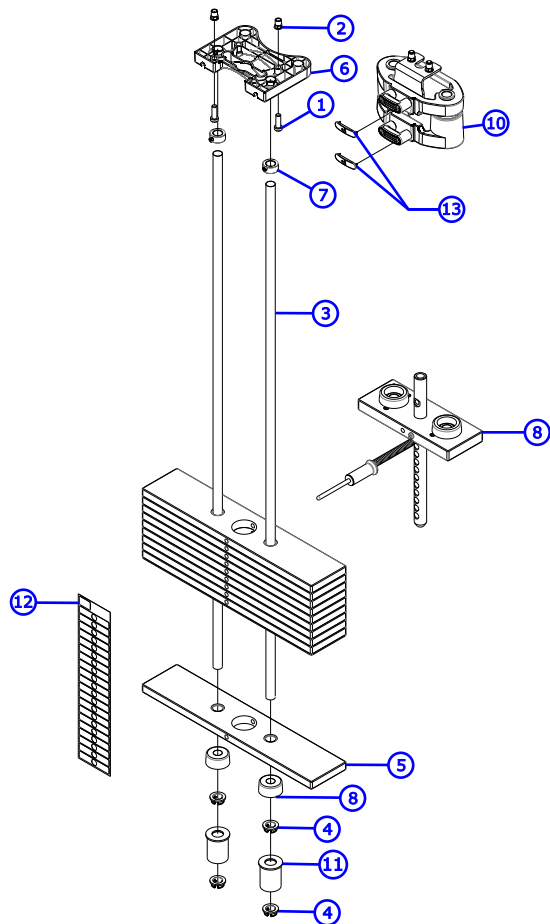
| PREMIUM STAINLESS STEEL                                                             | DATE MADE           | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                       |
|-------------------------------------------------------------------------------------|---------------------|--------------------------|------|------|--------------|-----------------------------------|
|  | 4/01/2016 - PRESENT | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0008 | SHROUD, SS, FNT, LT, SRT, ABS-PSS |
|                                                                                     |                     |                          | 2    | 1    | 1003203-0008 | SHROUD, SS, FNT, RT, SRT, ABS-PSS |
|                                                                                     |                     |                          | 3    | 1    | 1003205-0008 | SHROUD, SS, REAR, SRT, ABS-PSS    |

| PREMIUM BLACK CARBON FIBER                                                          | DATE MADE           | SERIAL #                 | ITEM | QTY. | PART NO.     | DESCRIPTION                        |
|-------------------------------------------------------------------------------------|---------------------|--------------------------|------|------|--------------|------------------------------------|
|  | 4/01/2016 - PRESENT | ON OR AFTER SS-XX0416001 | 1    | 1    | 1003204-0009 | SHROUD, SS, FNT, LT, SRT, ABS-PBCF |
|                                                                                     |                     |                          | 2    | 1    | 1003203-0009 | SHROUD, SS, FNT, RT, SRT, ABS-PBCF |
|                                                                                     |                     |                          | 3    | 1    | 1003205-0009 | SHROUD, SS, REAR, SRT, ABS-PBCF    |

|   |   |                 |                         |
|---|---|-----------------|-------------------------|
| 4 | 1 | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B |
|---|---|-----------------|-------------------------|

Insignia Series Biceps Curl  
Weight Stack Assemblies

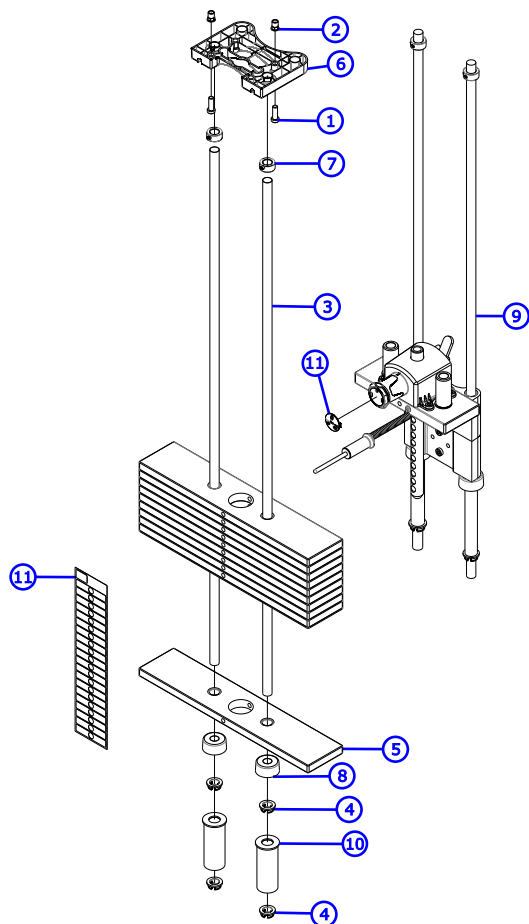
T - Base



Uses 9423511 Cable (127.0")

| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                         |
|----------|------|-------------|-------------------------------------|
| 1        | 2    | 3236203     | M10 X 1.5 X 30 SHCS, LOW HEAD       |
| 2        | 2    | 3238601     | M10X1.5 BLIND THRD INSERT(HEX)      |
| 3        | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36     |
| 4        | 4    | 7337901     | BUSHING, GUIDE ROD                  |
| 5        | 10   | 9407601     | WGT PL, 3/4IN X 4IN, 15LB           |
| 6        | 2    | 9412801     | RETAINER, GUIDE ROD -TOP            |
| 7        | 2    | 3103301     | SHAFT COLLAR, 3/4 IN ID             |
| 8        | 2    | 7352101     | CUSHION, WEIGHT STACK               |
| 9        | 1    | SEE PAGE 11 | ASSY, SS, HEAD PLATE, STD -10       |
| 10       | 1    | SEE PAGE 11 | ASSY, DD INC WEIGHT W/ STRIKER -YEL |
| 11       | 2    | 9495913     | WLDMT, WGT STK SPACER X 3.00 -CHR   |
| 12       | 1    | 9475301     | LABEL, 3/4 IN WGT STACK, 295 LB     |
|          |      | 9475201     | LABEL, 3/4 IN WGT STACK, 147.5 KG   |
| 13       | 1    | 9462303     | CAP, DD INC WGT, YEL -LBS           |
|          |      | 9462403     | CAP, DD INC WGT, YEL -KG            |

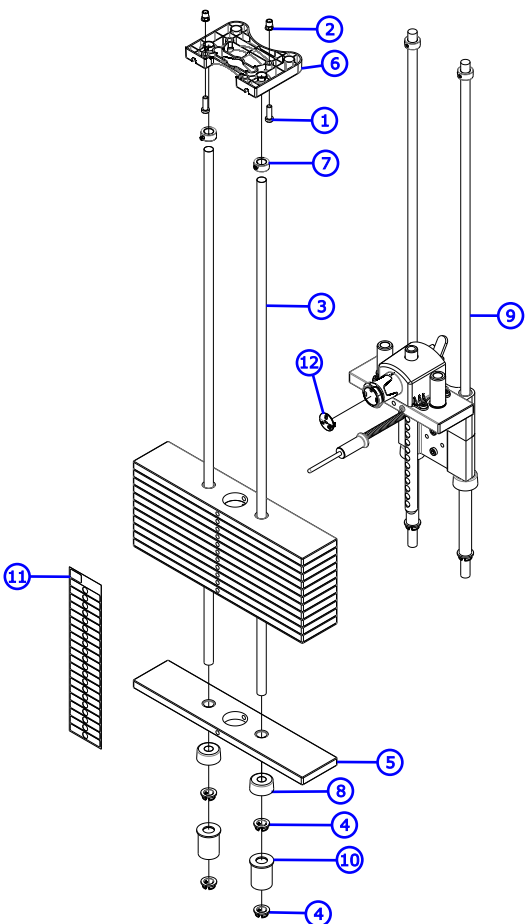
C - Light



Uses 9423512 Cable (125.5")

| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                          |
|----------|------|-------------|--------------------------------------|
| 1        | 2    | 3236203     | M10 X 1.5 X 30 SHCS, LOW HEAD        |
| 2        | 2    | 3238601     | M10X1.5 BLIND THRD INSERT(HEX)       |
| 3        | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36      |
| 4        | 4    | 7337901     | BUSHING, GUIDE ROD                   |
| 5        | 10   | 9407601     | WGT PL, 3/4IN X 4IN, 15LB            |
| 6        | 2    | 9412801     | RETAINER, GUIDE ROD -TOP             |
| 7        | 2    | 3103301     | SHAFT COLLAR, 3/4 IN ID              |
| 8        | 2    | 7352101     | CUSHION, WEIGHT STACK                |
| 9        | 1    | SEE PAGE 12 | ASSY, SS, INC WGT, DIAL, STD -10 ELV |
| 10       | 2    | 9495914     | WLDMT, WGT STK SPACER X 4.50 -CHR    |
| 11       | 1    | 9475301     | LABEL, 3/4 IN WGT STACK, 295 LB      |
|          |      | 9475201     | LABEL, 3/4 IN WGT STACK, 147.5 KG    |
| 12       | 1    | 9431403     | CAP, SELECTOR KNOB -LBS              |
|          |      | 9450103     | CAP, SELECTOR KNOB -KGS              |

X - Heavy



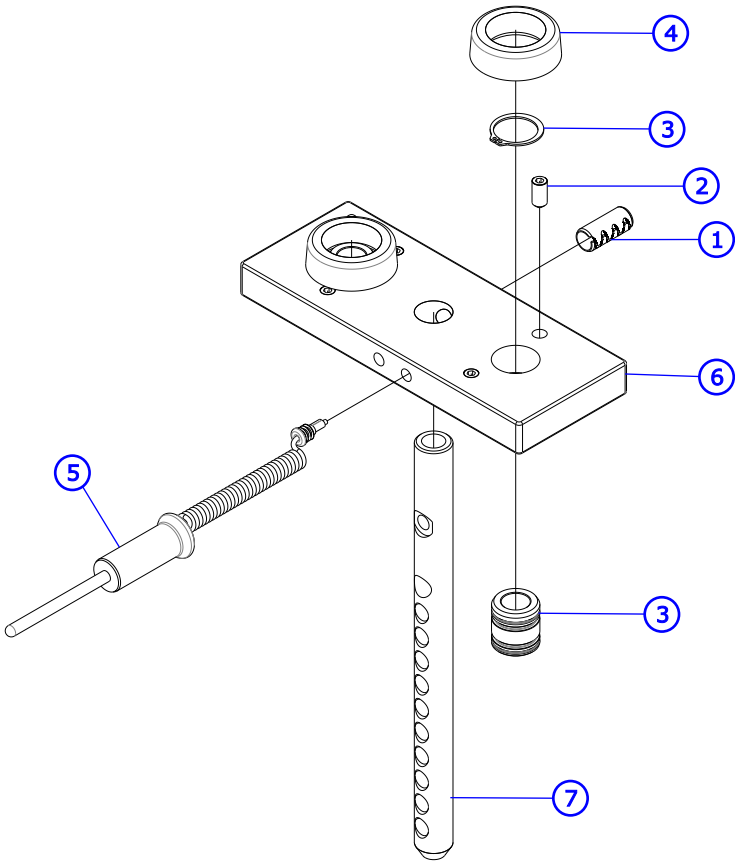
Uses 9423512 Cable (125.5")

| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                          |
|----------|------|-------------|--------------------------------------|
| 1        | 2    | 3236203     | M10 X 1.5 X 30 SHCS, LOW HEAD        |
| 2        | 2    | 3238601     | M10X1.5 BLIND THRD INSERT(HEX)       |
| 3        | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36      |
| 4        | 4    | 7337901     | BUSHING, GUIDE ROD                   |
| 5        | 12   | 9407601     | WGT PL, 3/4IN X 4IN, 15LB            |
| 6        | 2    | 9412801     | RETAINER, GUIDE ROD -TOP             |
| 7        | 2    | 3103301     | SHAFT COLLAR, 3/4 IN ID              |
| 8        | 2    | 7352101     | CUSHION, WEIGHT STACK                |
| 9        | 1    | SEE PAGE 12 | ASSY, SS, INC WGT, DIAL, HVY -12 ELV |
| 10       | 2    | 9495913     | WLDMT, WGT STK SPACER X 3.00 -CHR    |
| 11       | 1    | 9475301     | LABEL, 3/4 IN WGT STACK, 295 LB      |
|          |      | 9475201     | LABEL, 3/4 IN WGT STACK, 147.5 KG    |
| 12       | 1    | 9431403     | CAP, SELECTOR KNOB -LBS              |
|          |      | 9450103     | CAP, SELECTOR KNOB -KGS              |

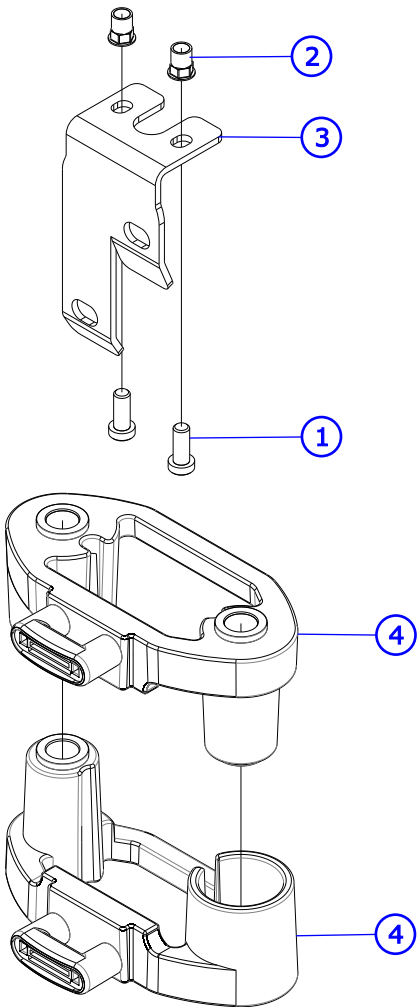
# Insignia Series Biceps Curl

## 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 X 20 HXS NO CUP ST BO  |
| 3        | 2    | 7338001      | BUSHING, HEADPLATE               |
| 4        | 2    | 7767602      | BUMPER, INCREMENT WT -BLK        |
| 5        | 1    | 1003679-0003 | ASSY, WGT STK SELECT PIN -YELLOW |
| 6        | 1    | 9427401      | HEADPLATE, WT. STACK, 10LB       |
| 7        | 1    | 9434201      | BAYONET, 10 PLATE                |

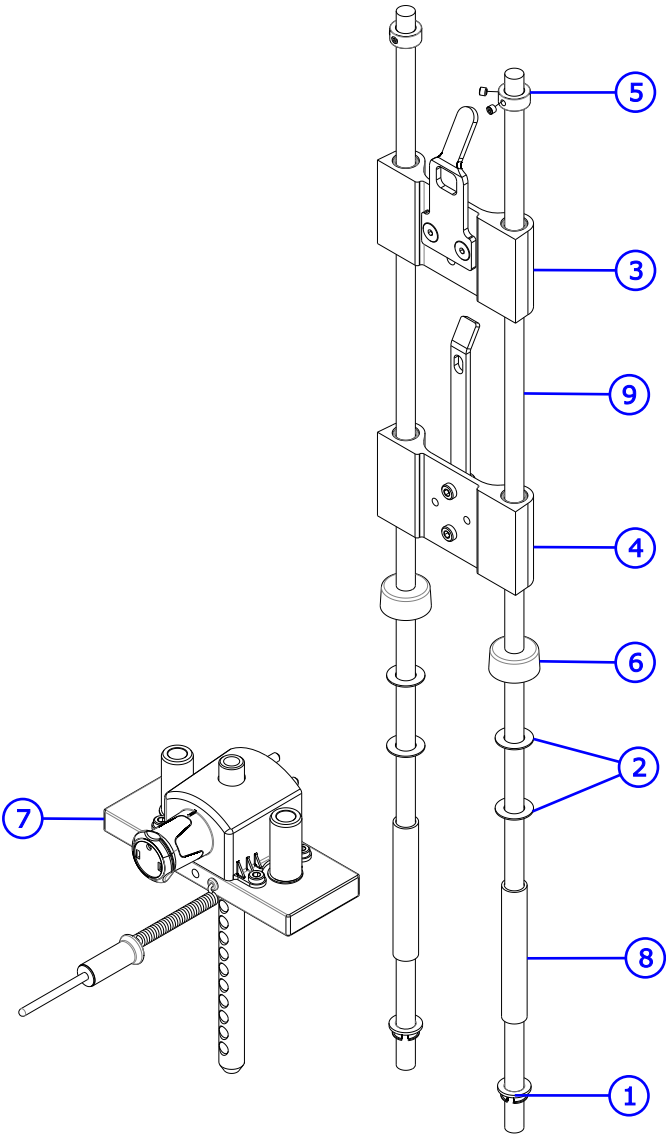


| ITEM NO. | QTY. | PART NO. | DESCRIPTION                         |
|----------|------|----------|-------------------------------------|
| 1        | 2    | 3236202  | SCREW, M10 X1.5 25MM                |
| 2        | 2    | 3238601  | M10X1.5 BLIND THREADED INSERT (HEX) |
| 3        | 1    | 9430801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

# Insignia Series Biceps Curl

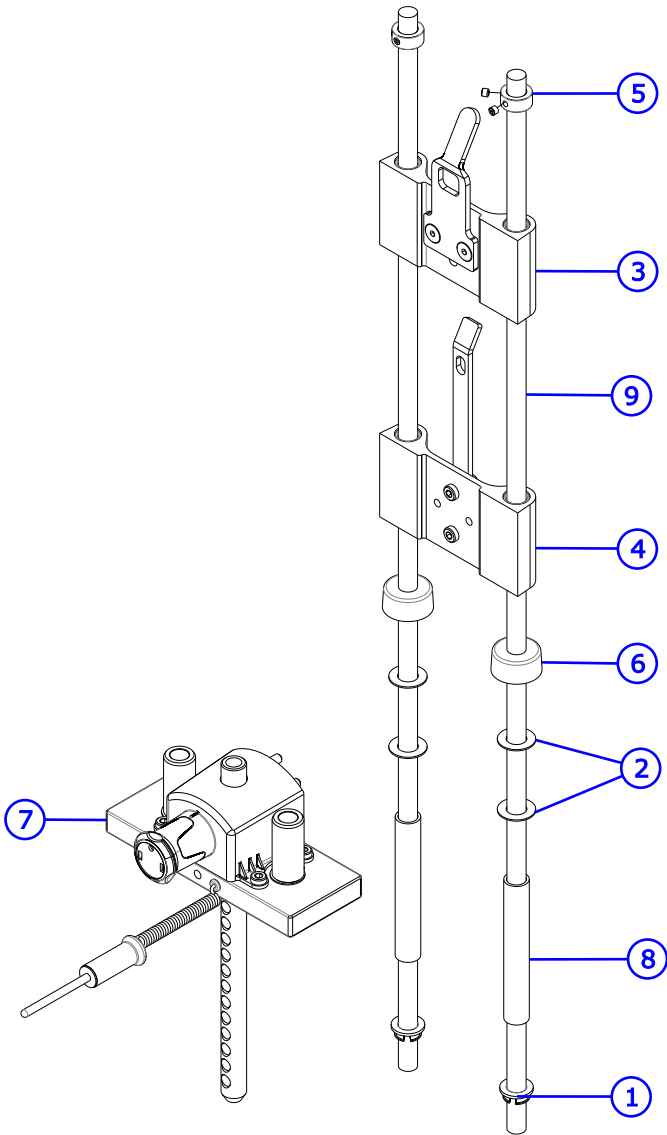
## C and X Trim Stack Components

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, HEAD PLATE, DIAL, STD -10 |
| 8        | 2    | 7328706     | SPACER, INC WT STACK -4.38          |
| 9        | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36     |

X Trim

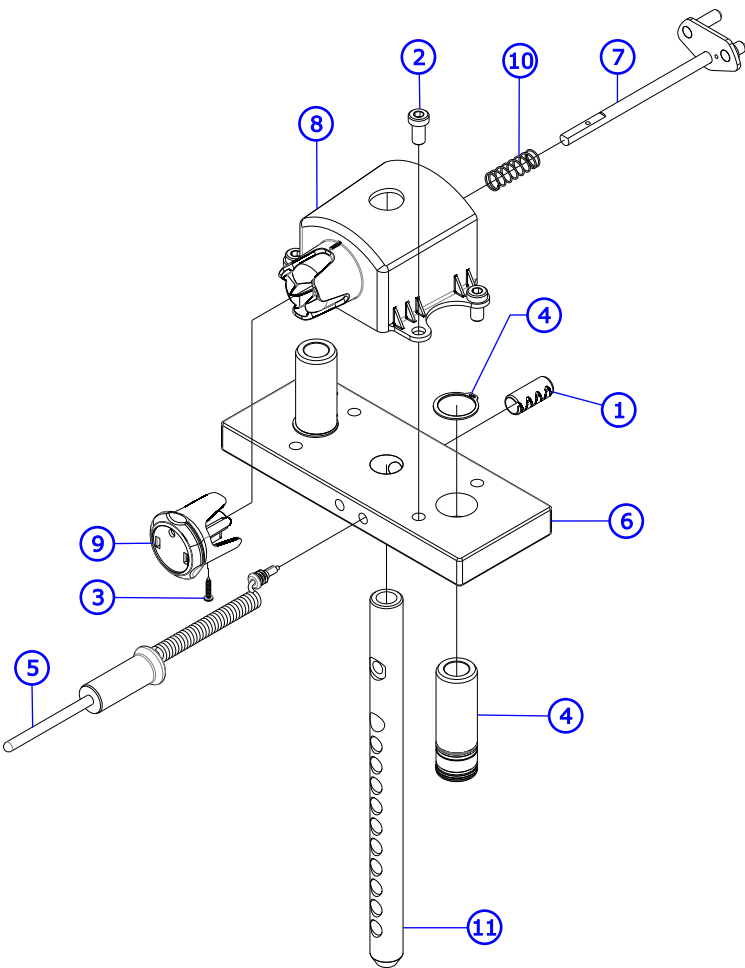


| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                         |
|----------|------|-------------|-------------------------------------|
| 1        | 2    | 7337901     | BUSHING, GUIDE ROD                  |
| 2        | 4    | 7351001     | SPACER, INC WT STACK                |
| 3        | 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, HEAD PLATE, DIAL, HVY -12 |
| 8        | 2    | 7328706     | SPACER, INC WT STACK -4.38          |
| 9        | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36     |

# Insignia Series Biceps Curl

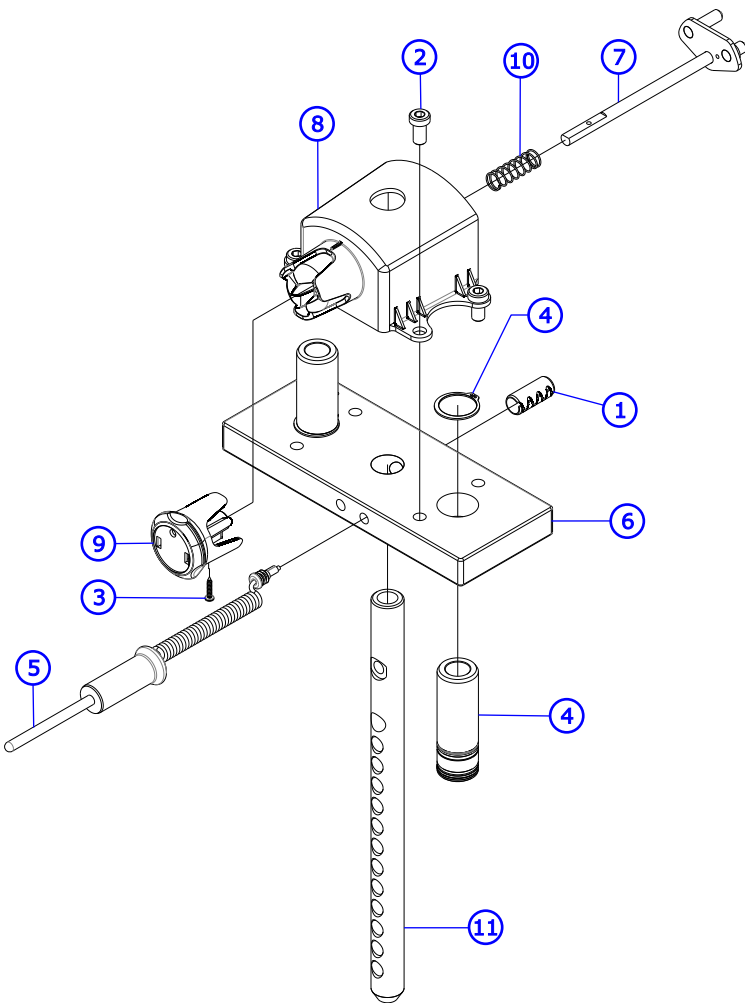
## C and X Trim Head Plate Assemblies

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    | 9427401      | HEADPLATE, WT. STACK, 10LB          |
| 7        | 1    | 9427501      | WLDMT, INC WGT PIN                  |
| 8        | 1    | 9430501      | HSNG, INC WEIGHT                    |
| 9        | 1    | 9443201      | KNOB, INC WEIGHT                    |
| 10       | 1    | 9443301      | SPRING, INC WGT PIN                 |
| 11       | 1    | 9434201      | BAYONET, 10 PLATE                   |

X Trim

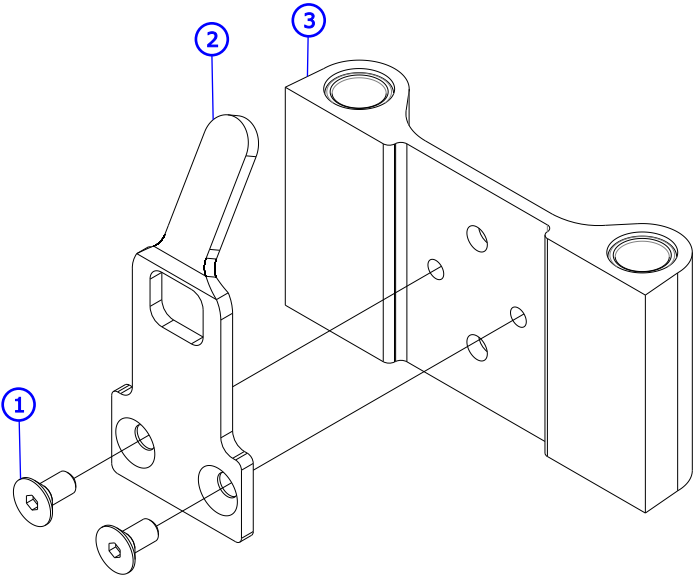


| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                         |
|----------|------|--------------|-------------------------------------|
| 1        | 1    | 3236001      | BUSHING, SPRING PIN                 |
| 2        | 4    | 3236201      | SCREW, M10 X1.5 20MM                |
| 3        | 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    | 9427401      | HEADPLATE, WT. STACK, 10LB          |
| 7        | 1    | 9427501      | WLDMT, INC WGT PIN                  |
| 8        | 1    | 9430501      | HSNG, INC WEIGHT                    |
| 9        | 1    | 9443201      | KNOB, INC WEIGHT                    |
| 10       | 1    | 9443301      | SPRING, INC WGT PIN                 |
| 11       | 1    | 9426001      | BAYONET, 12 PLATE                   |

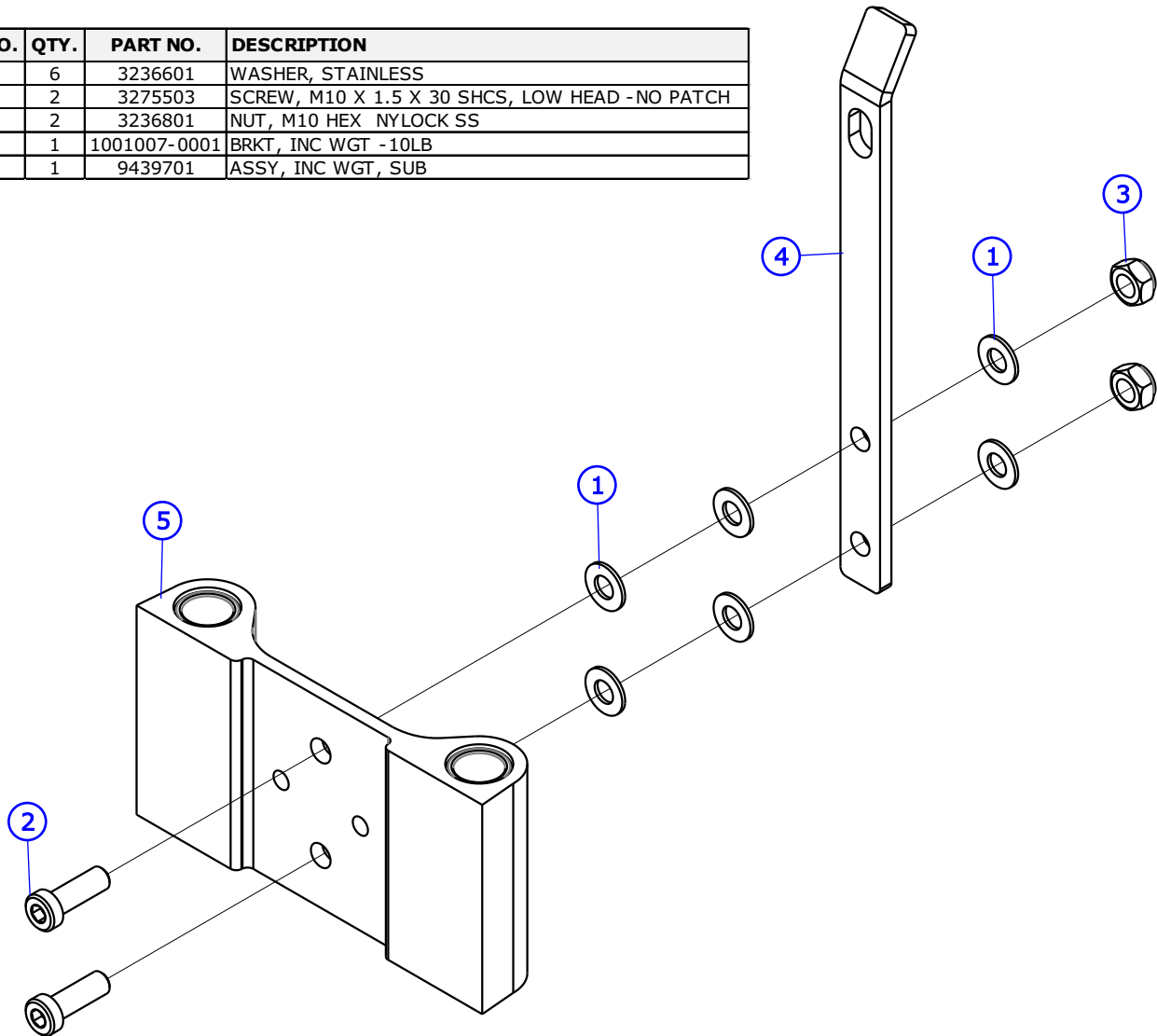
# Insignia Series Biceps Curl

## 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   |



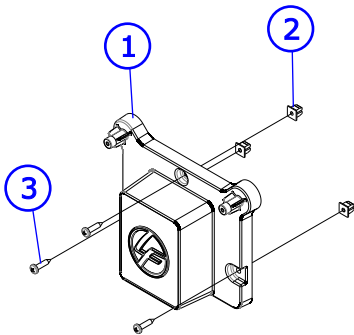
| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                                    |
|----------|------|--------------|------------------------------------------------|
| 1        | 6    | 3236601      | WASHER, STAINLESS                              |
| 2        | 2    | 3275503      | SCREW, M10 X 1.5 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 Biceps Curl

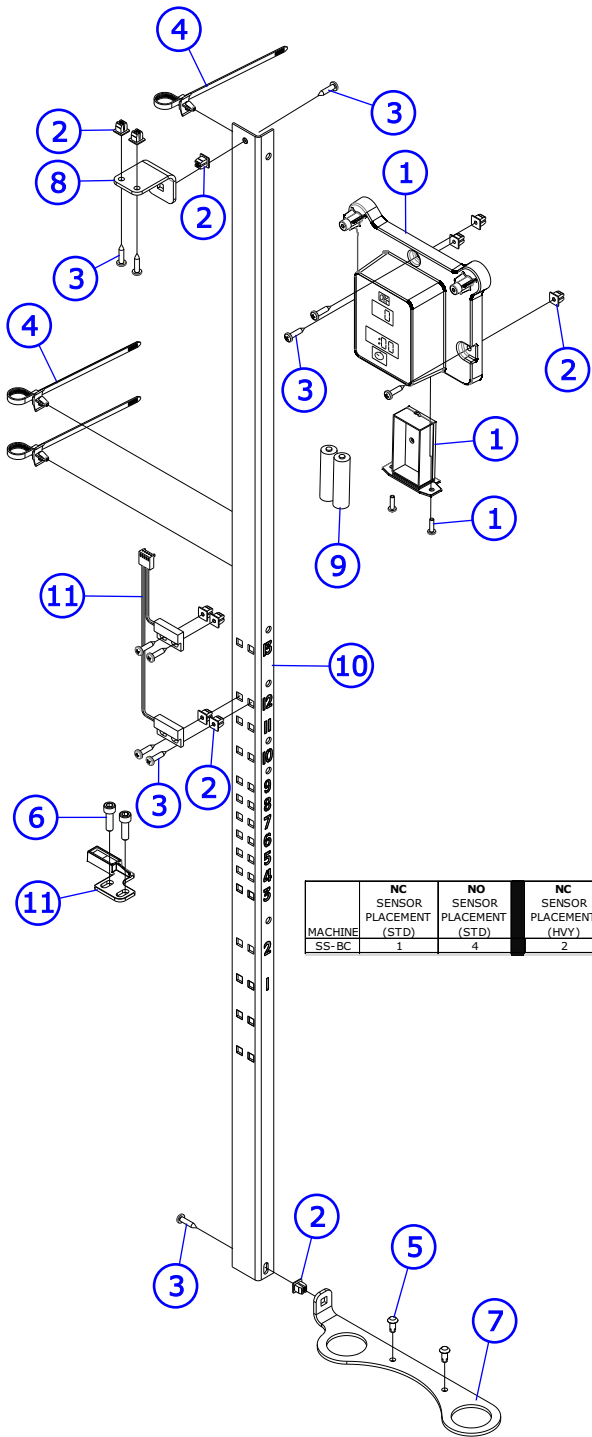
## Sensor Assemblies

### 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<br>SENSOR<br>PLACEMENT<br>(STD) | NO<br>SENSOR<br>PLACEMENT<br>(STD) | NC<br>SENSOR<br>PLACEMENT<br>(HVY) | NO<br>SENSOR<br>PLACEMENT<br>(HVY) |
|------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MACHINE<br>SS-BC | 1                                  | 4                                  | 2                                  | 6                                  |

| 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        | 3    | 3276101         | 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    | 9434628         | BRKT, SS, SWITCH MNT, STD -CHR      |
| 11       | 1    | 1000585-0001    | ASSY, SS, PROX SWITCH/MAGNET        |