

Serial Number Ranges

Ramsey Produced:

SS-LR0714001 - SS-LR0718B021

Hungarian Produced:

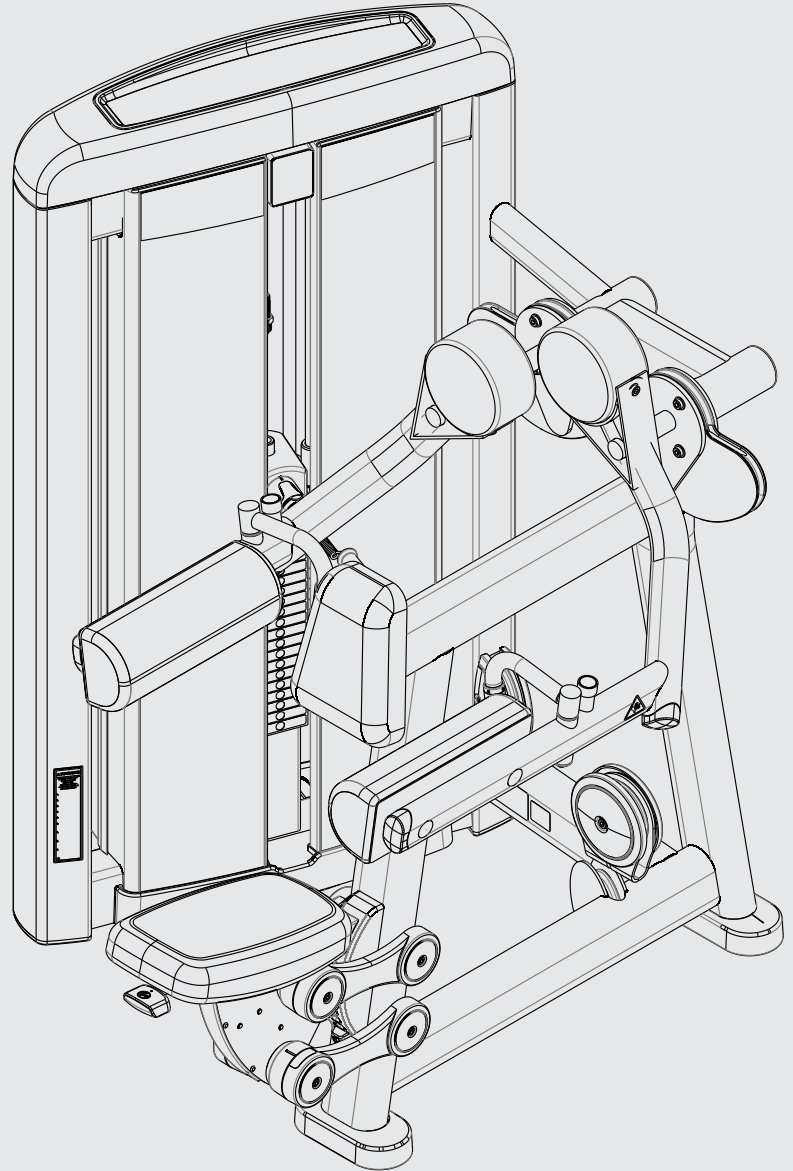
101430G00001 - 101833G07867

INSIGNIA SERIES

LATERAL RAISE

SS-LR

PARTS MANUAL



Options and Key 3

Powder Coat Painted Frame Weldments 4

Component Assembly 5

Labels 6

Table 7

Seat Assembly 8

Tower Plastics 9

Shroud Wraps 10

Weight Stack Assemblies 11

T Trim Head Plate and Drop Down Increment Weights 12

C and X Trim Stack Components 13

C and X Trim Head Plate Assemblies 14

C and X Trim Incremental Weights 15

Sensor Assemblies 16

Insignia Series Lateral Raise

Options and Key

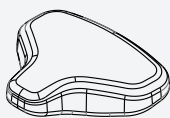
FRAME COLOR OPTION

SELECT POWDERCOAT COLOR

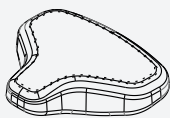
- ☐ BLACK
- ☐ BLUE
- ☐ CANDY APPLE RED
- ☐ CHARCOAL
- ☐ DIAMOND WHITE
- ☐ ELECTRIC BLUE
- ☐ ICE BLUE METALLIC
- ☐ MIDNIGHT METALLIC
- ☐ MOCHA SAND
- ☐ NICKEL
- ☐ PLATINUM
- ☐ RED
- ☐ TITANIUM
- ☐ WHITE
- ☐ YELLOW
- ☐ CUSTOM

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

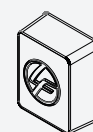
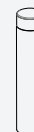
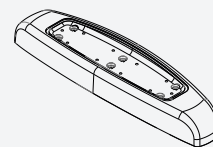
SHROUD WRAP OPTION

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

TRIM OPTION

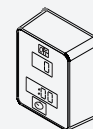
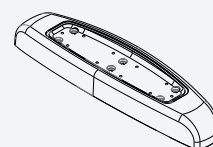
☐ S

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

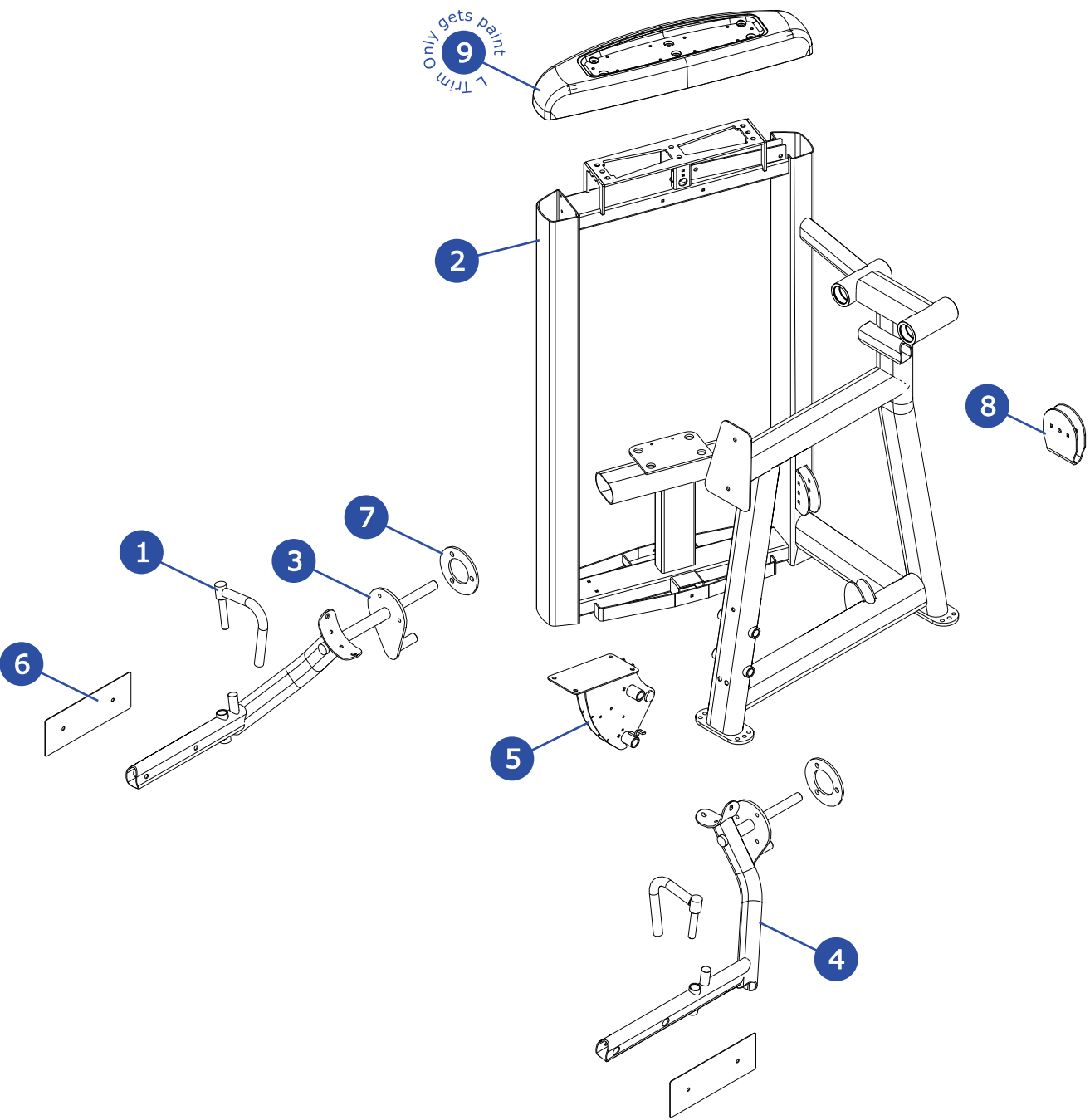
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

FRAME COLOR 1 2 3

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

Insignia Series Lateral Raise

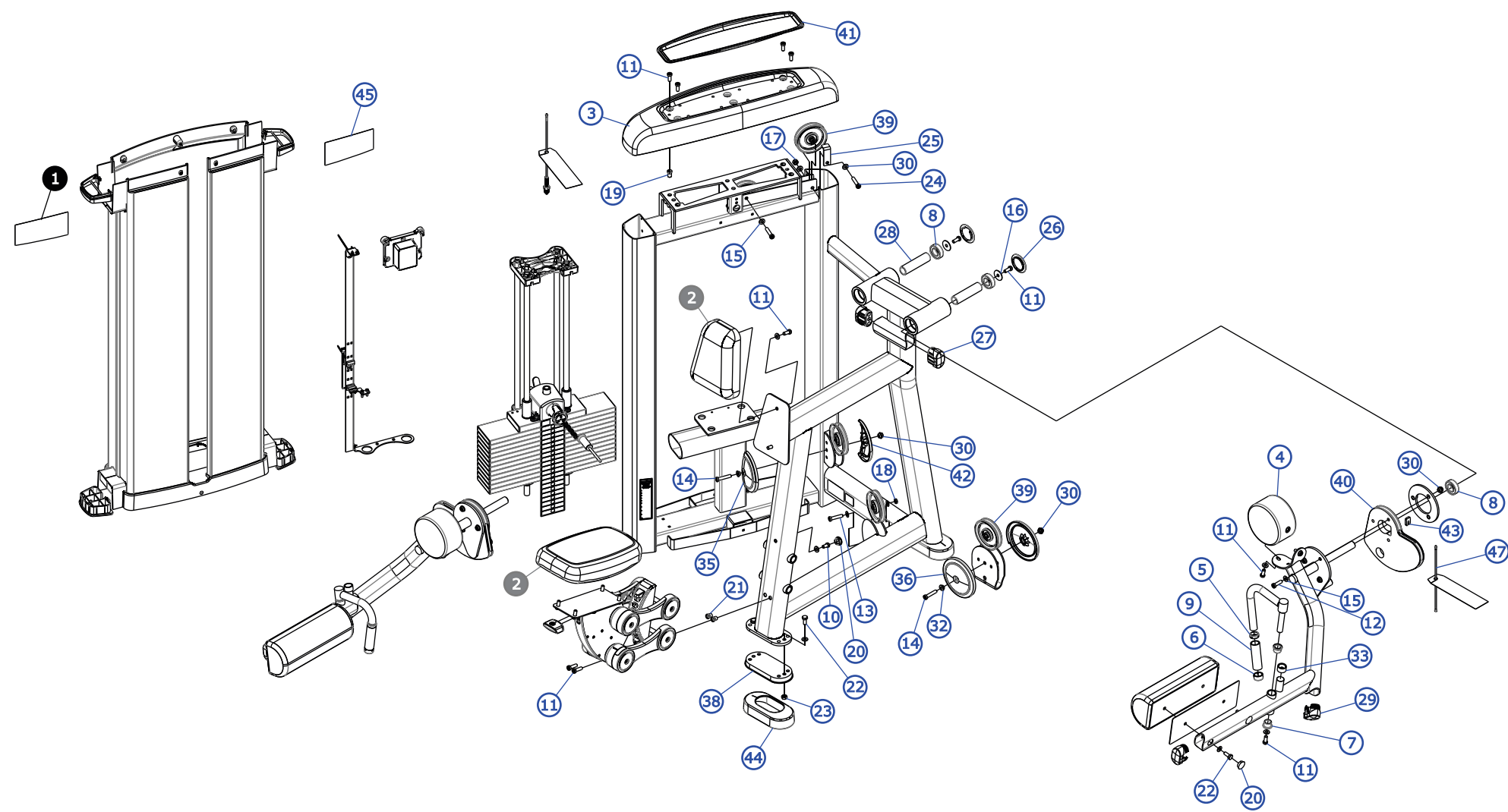
Powder Coat Painted Frame Weldments



ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	2	7608699	WLDMT, FZLR, HANDLE	S	L
2	1	POSSIBLE RMA	WLDMT, SS-LR, FRAME	S	L
3	1	9424999	WLDMT, SS-LR, LEFT W-ARM	S	L
4	1	9425099	WLDMT, SS-LR, RIGHT W-ARM	S	L
5	1	9448199	WLDMT, SS-RW/LR SEAT SUPPORT	S	L
6	2	7608999	PLATE, FZLR, ARM PAD	S	L
7	2	7609099	PLATE, FZLR, CAM COVER	S	L
8	1	7617199	BRKT, PULLEY, CABLE SLOT	S	L
9	1	9412699	CAP, SS, CAST	-	L

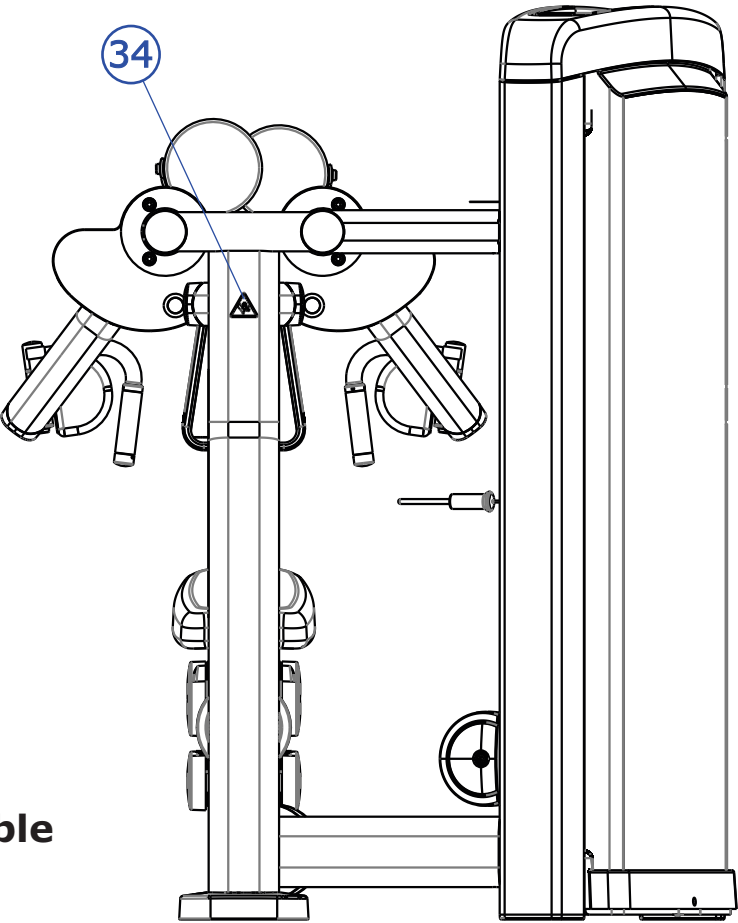
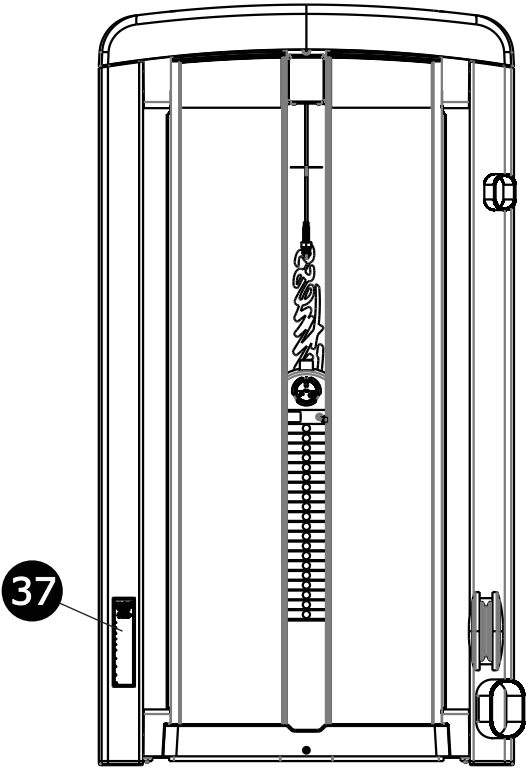
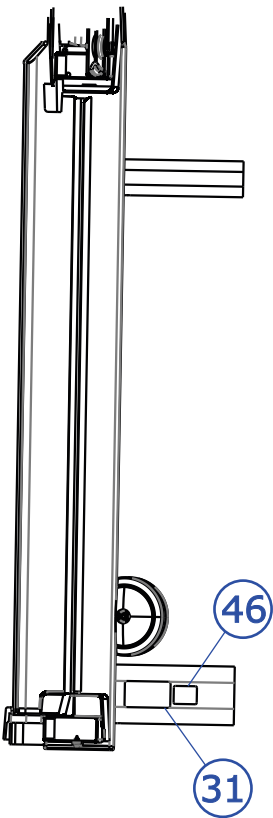
ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 3 FOR ORDERING INSTRUCTIONS.

Insignia Series Lateral Raise
Component Assembly



See page 7 for table

Insignia Series Lateral Raise
Labels



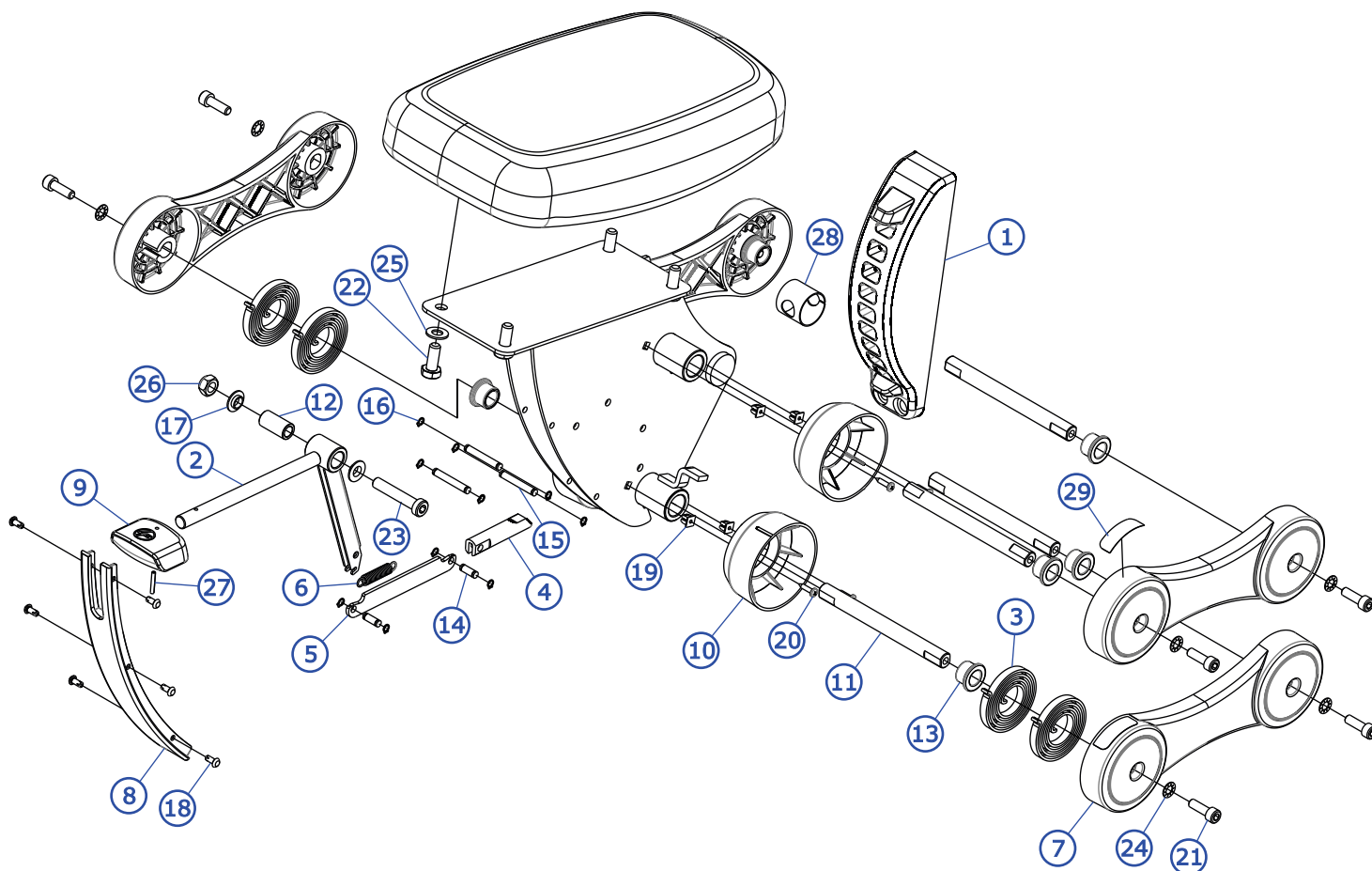
See page 7 for table

Insignia Series Lateral Raise

Table

ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	1	9465399	LABEL, SS-LR PLACARD, LH	S	L
2	1	7624501	PAD, CHEST 10- X 7-5/8, NO BACKER BLK, SNGL STITCH	S	L
		1000008-0099	PAD, CHEST 10 X 7-5/8, NO BACKER CUS, SNGL STITCH		
		1000008-0101	PAD, CHEST 10 X 7-5/8, NO BACKER BLK, DBL STITCH		
		1000008-0199	PAD, CHEST 10 X 7-5/8, NO BACKER CUS, DBL STITCH		
3	1	9436701	CAP, TOWER, TOP, PLASTIC	S	-
4	2	7802002	COUNTER WEIGHT, LARGE - COATED	S	L
5	2	7662801	RING, GRIP 1.25 OD	S	L
6	2	7662901	CAP, GRIP	S	L
7	4	3104901	.75" ID 1.00" OD BRONZE BUSHING	S	L
8	4	3235601	BEARING, 6205 BALL	S	L
9	2	3235806	GRIP, 1.25" OD X 4" FZLE, FZSLC, FZCE	S	L
10	1	3236201	SCREW, M10 X1.5 20MM	S	L
11	14	3236202	SCREW, M10 X1.5 25MM	S	L
12	8	3236204	SCREW, M10 X1.5 35MM	S	L
13	1	3236206	SCREW, M10 X1.5 45MM	S	L
14	2	3236207	SCREW, M10 X1.5 50MM	S	L
15	30	3236601	WASHER, 3/8 SAE SS	S	L
16	2	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS	S	L
17	2	3236801	NUT, M10 HEX NYLOCK SS	S	L
18	1	3236901	NUT, HEX JAM M10 X 1.5 SS	S	L
19	4	3275401	M10X1.5 BLIND THREADED INSERT (HEX) -HVY	S	L
20	5	3237407	PLUG, 1" HOLE	S	L
21	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)	S	L
22	8	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN	S	L
23	4	3254703	NUT, M10 X 1.5 HEX ZINC	S	L
24	2	3275507	SCREW, M10 X 1.5 X 50 SHCS, LOW HEAD -NO PATCH	S	L
25	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1	S	L
26	2	7308702	CAP, BEARING HOUSING	S	L
27	2	7317902	STOP, BUMPER	S	L
28	2	7330004	SPACER, INTERNAL X 4.765	S	L
29	4	7333802	CAP, SMALL FLOV- END	S	L
30	8	7335401	NUT, M10 X 1.5 SOCKET HEAD	S	L
31	1	-	LABEL, SERIAL NUMBER, BLANK	S	L
32	2	7630101	RETAINER, CM/MJ, PULLEY	S	L
33	2	7690103	BUMPER, SLEEVE - 1 INCH DIA	S	L
34	1	8039501	LABEL, WARNING,TRIANGLE	S	L
35	1	8094102	COVER, PULLEY-BOLTED PARTIAL -CHGR	S	L
36	2	8104502	COVER, PULLEY-BOLTED NOTCHED	S	L
37	1	8220099	LABEL, ASTM, SELECT VERT	S	L
38	2	9319301	FOOT, 2.50 X 4.49 FLOV	S	L
39	5	9319901	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD	S	L
40	2	9352101	CAM, SS-LR	S	L
41	1	9411201	TRAY, TOWER TOP CAP	S	L
42	1	9450002	COVER, PULLEY-BOLTED PARTIAL	S	L
43	2	9454901	PLATE, CABLE END, T2	S	L
44	2	9461301	COVER, FOOT - 10 deg	S	L
45	1	9476901	LABEL, SS-LR PLACARD RH	S	L
46	1	9488901	LABEL, INSIGNIA, FCC	S	L
47	1	9424805	CABLE, SS DBL BALL END	S	L
48	1	1000019-0001	PAD, 15 X 9 RECTANGULAR BLK, SNGL STITCH	S	L
		1000019-0099	PAD, 15 X 9 RECTANGULAR CUS, SNGL STITCH		
		1000019-0101	PAD, 15 X 9 RECTANGULAR BLK, DBL STITCH		
		1000019-0199	PAD, 15 X 9 RECTANGULAR CUS, DBL STITCH		
49	2	7624601	PAD, FOREARM, NO BACKER BLK, SNGL STITCH	S	L
		1000009-0099	PAD, FOREARM, NO BACKER CUS, SNGL STITCH		
		1000009-0101	PAD, FOREARM, NO BACKER BLK, DBL STITCH		
		1000009-0199	PAD, FOREARM, NO BACKER CUS, DBL STITCH		

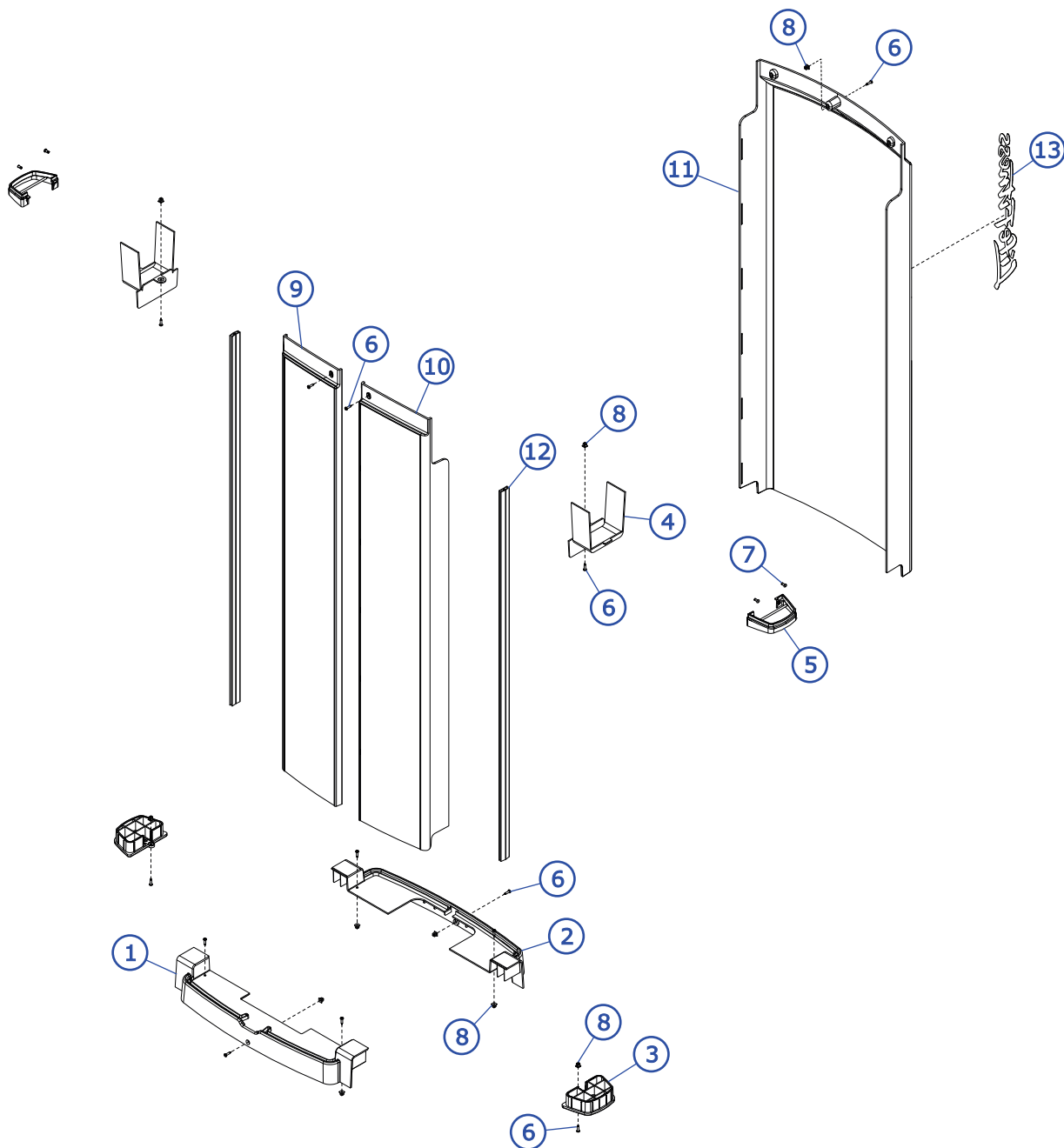
Insignia Series Lateral Raise Seat Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1000144-0001	ADJUST BRKT, SS RF SEAT
2	1	9402028	WLDMT, SS-FLY 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	9480801	LABEL; SEAT POSITION, SMALL

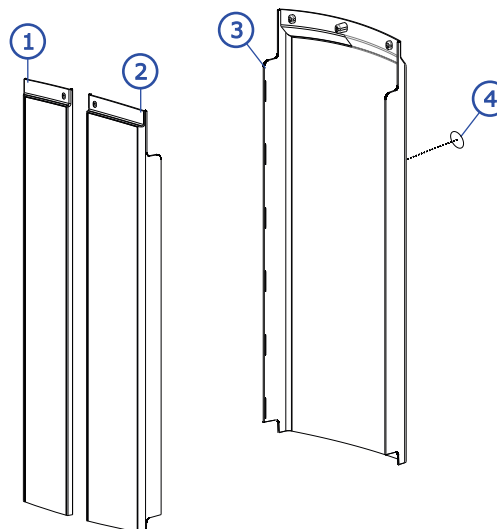
Insignia Series Lateral Raise

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 Lateral Raise 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

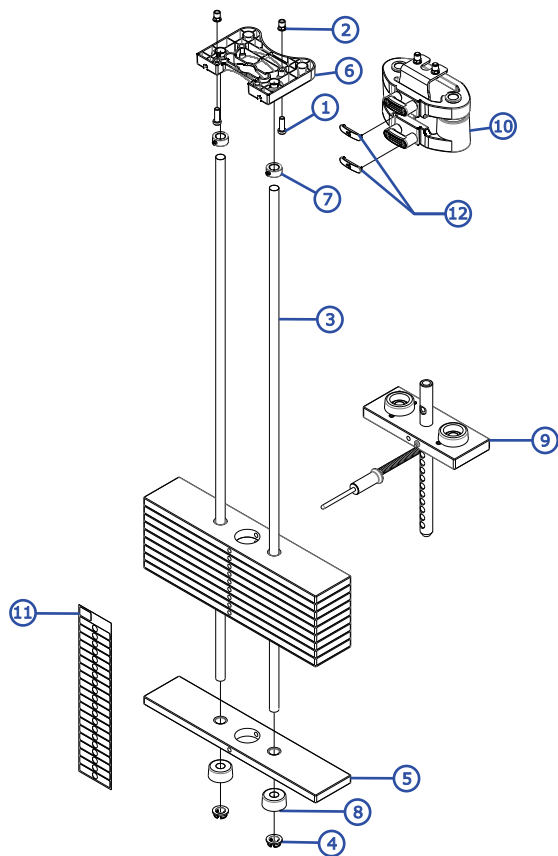
PREMIUM STAINLESS STEEL	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0008	SHROUD, SS, FNT, LT, SRT, ABS-PSS
			2	1	1003203-0008	SHROUD, SS, FNT, RT, SRT, ABS-PSS
			3	1	1003205-0008	SHROUD, SS, REAR, SRT, ABS-PSS

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
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Insignia Series Lateral Raise
Weight Stack Assemblies

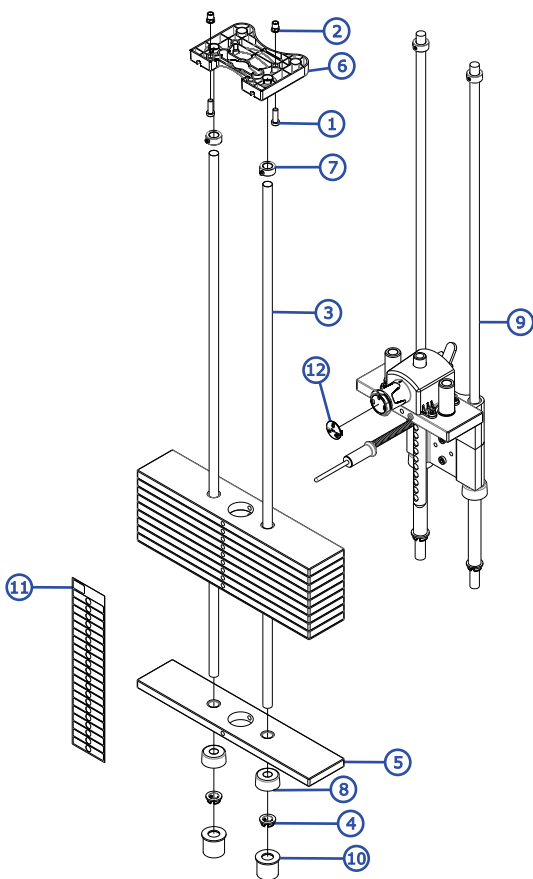
T - Base



Uses 9423915 Cable (111.5")

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	7328625	GUIDE ROD, .75 OD SOLID X 37.14
4	2	7337901	BUSHING, GUIDE ROD
5	10	9407601	WGT PL, 3/4IN X 4IN, 15 LB
6	1	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	HEAD PLATE ASSY
10	1	SEE PAGE 12	INCREMENTAL WEIGHTS
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
		9462303	CAP, DD INC WGT, YEL -LBS
12	2	9462403	CAP, DD INC WGT, YEL -KG

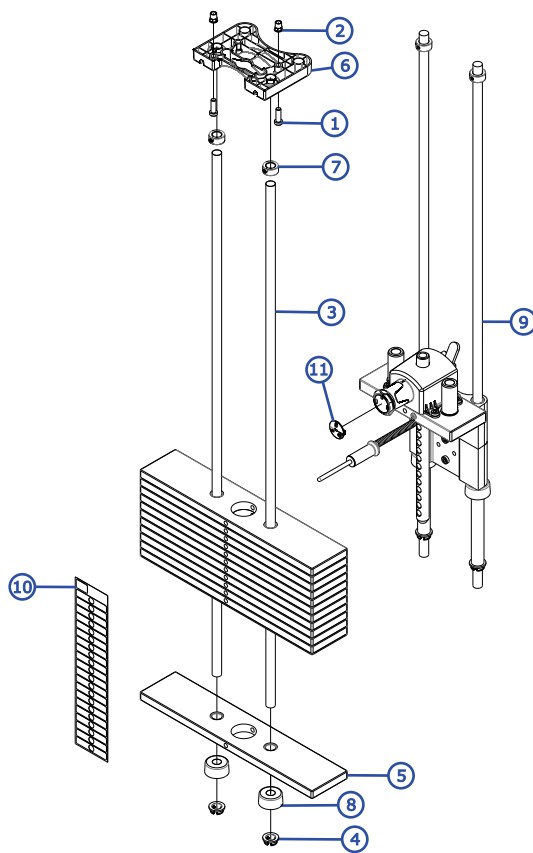
C - Light



Uses 9423916 Cable (110.125")

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	7328625	GUIDE ROD, .75 OD SOLID X 37.14
4	2	7337901	BUSHING, GUIDE ROD
5	10	9407601	WGT PL, 3/4IN X 4IN, 15 LB
6	1	9412801	RETAINER, GUIDE ROD - TOP
7	2	3103301	SHAFT COLLAR, 3/4 IN ID
8	2	7352101	CUSHION, WEIGHT STACK
9	1	SEE PAGE 13	HEAD PLATE/RODSASSY
10	2	9495911	WLDMT, WGT STK SPACER X 1.50 -CHR
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
		9431403	CAP, SELECTOR KNOB -LBS
12	1	9450103	CAP, SELECTOR KNOB -KGS

X - Heavy



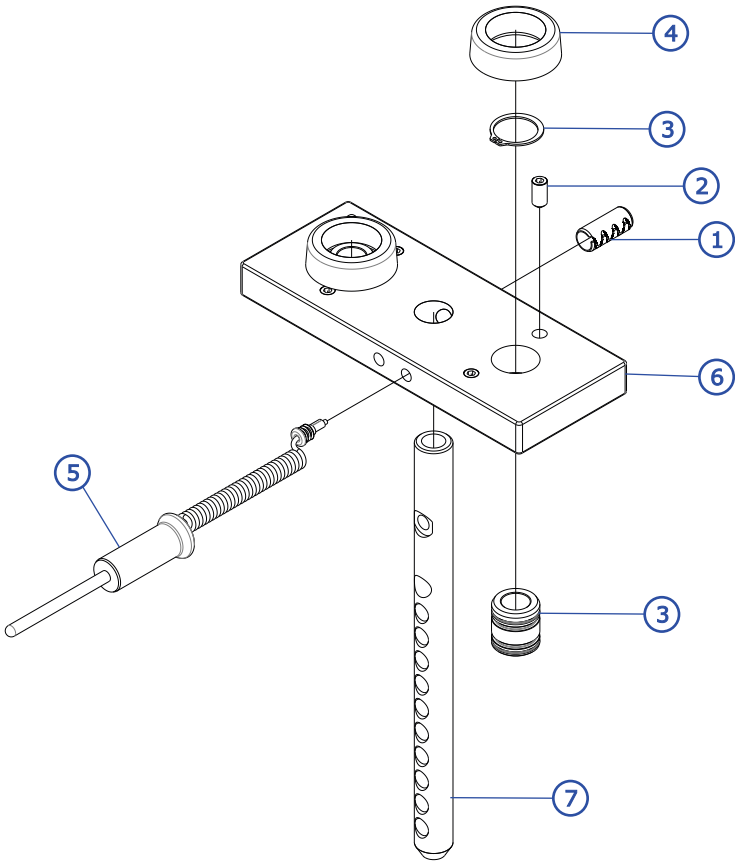
Uses 9423916 Cable (110.125")

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	7328625	GUIDE ROD, .75 OD SOLID X 37.14
4	2	7337901	BUSHING, GUIDE ROD
5	12	9407601	WGT PL, 3/4IN X 4IN, 15 LB
6	1	9412801	RETAINER, GUIDE ROD - TOP
7	2	3103301	SHAFT COLLAR, 3/4 IN ID
8	2	7352101	CUSHION, WEIGHT STACK
9	1	SEE PAGE 15	HEAD PLATE/RODSASSY
10	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
		9431403	CAP, SELECTOR KNOB -LBS
11	1	9450103	CAP, SELECTOR KNOB -KGS

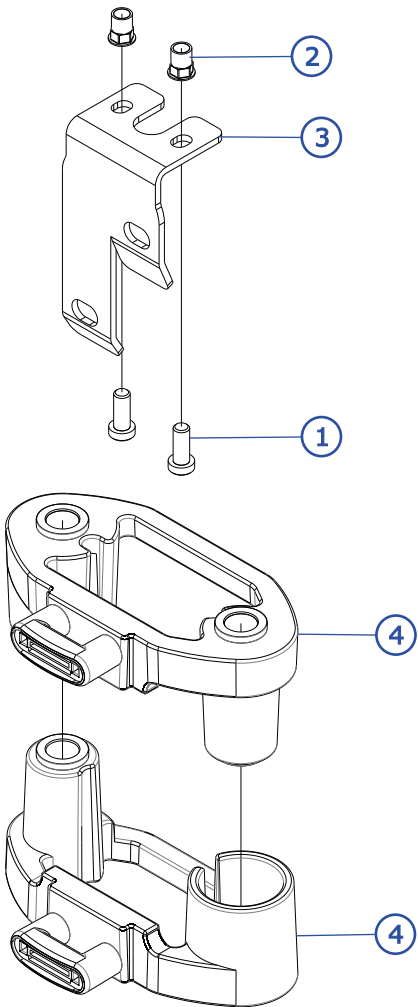
Insignia Series Lateral Raise

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

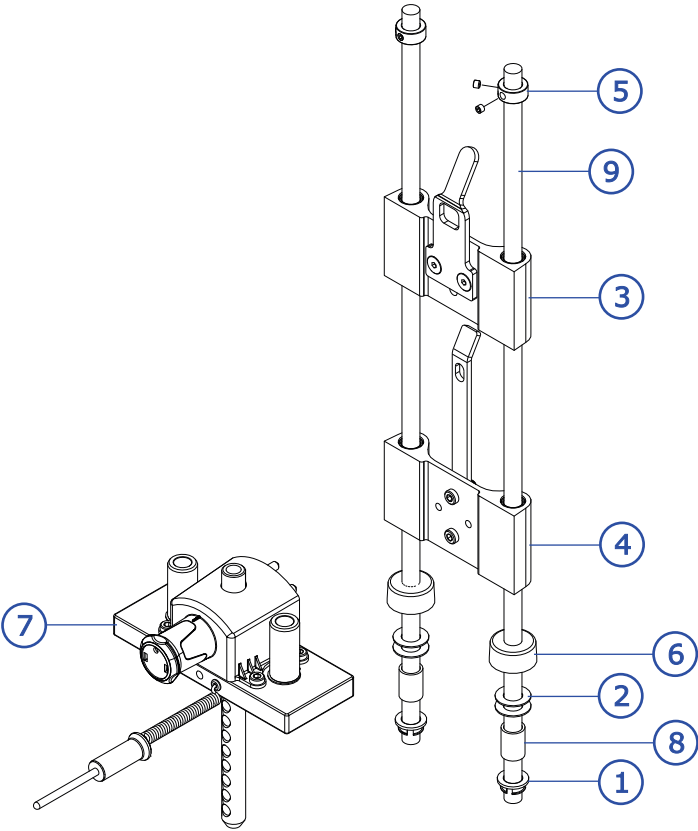


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236202	SCREW, M10 X1.5 25MM
2	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
3	1	9430801	BRKT, INC WGT STRIKER
4	2	9455403	ASSY, DD INC WGT -YEL

Insignia Series Lateral Raise

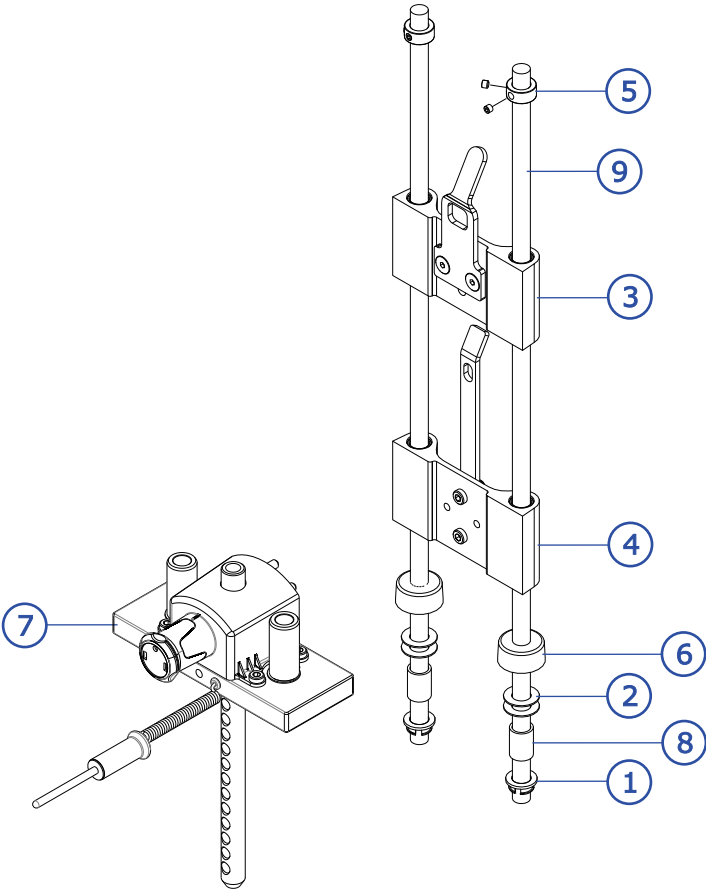
C and X Trim Stack Components

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 15	ASSY, INC WGT - 5LB
4	1	SEE PAGE 15	ASSY, INC WGT - 10LB
5	2	3103301	SHAFT COLLAR, 3/4 IN ID
6	2	7352101	CUSHION, WEIGHT STACK
7	1	SEE PAGE 14	ASSY, SS, HEAD PLATE, DIAL, STD -10
8	2	7328705	SPACER, INC WT STACK 12 PLATE
9	2	7328625	GUIDE ROD, .75 OD SOLID X 37.14

X Trim

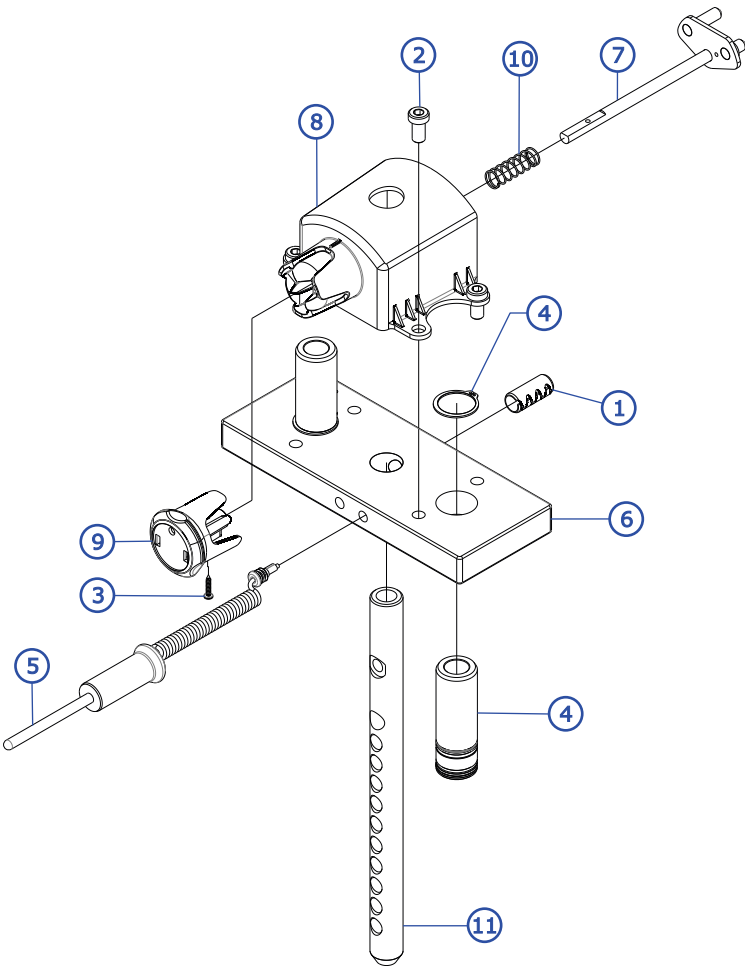


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7337901	BUSHING, GUIDE ROD
2	4	7351001	SPACER, INC WT STACK
3	1	SEE PAGE 15	ASSY, INC WGT - 5LB
4	1	SEE PAGE 15	ASSY, INC WGT - 10LB
5	2	3103301	SHAFT COLLAR, 3/4 IN ID
6	2	7352101	CUSHION, WEIGHT STACK
7	1	SEE PAGE 14	ASSY, SS, HEAD PLATE, DIAL, HVY -12
8	2	7328705	SPACER, INC WT STACK 12 PLATE
9	2	7328625	GUIDE ROD, .75 OD SOLID X 37.14

Insignia Series Lateral Raise

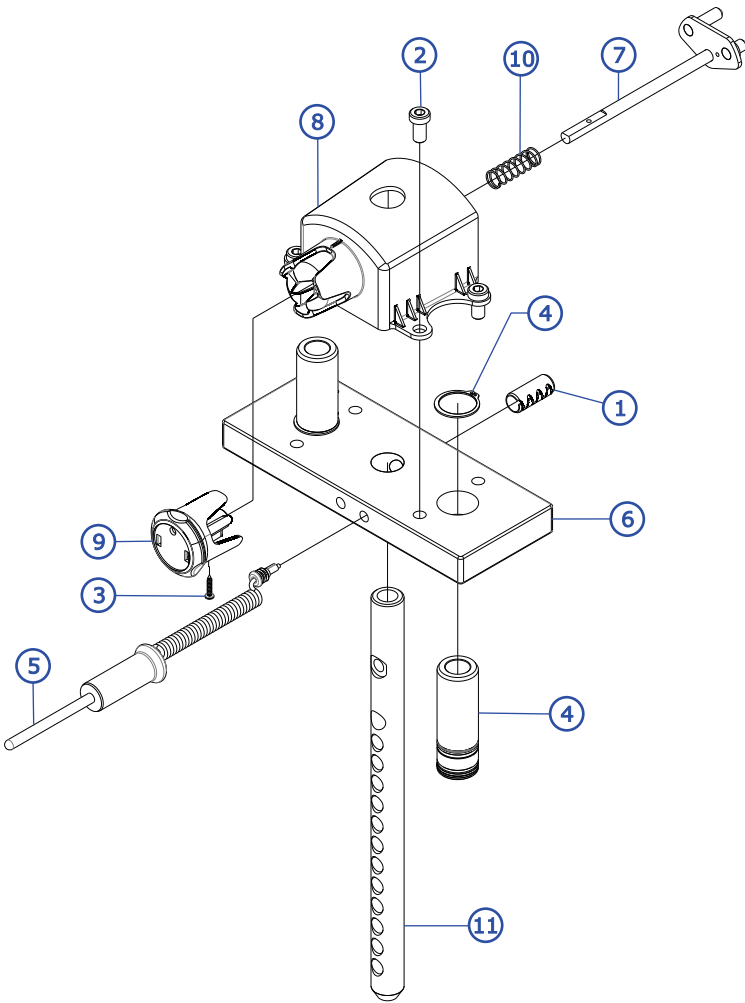
C and X Trim Head Plate Assemblies

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

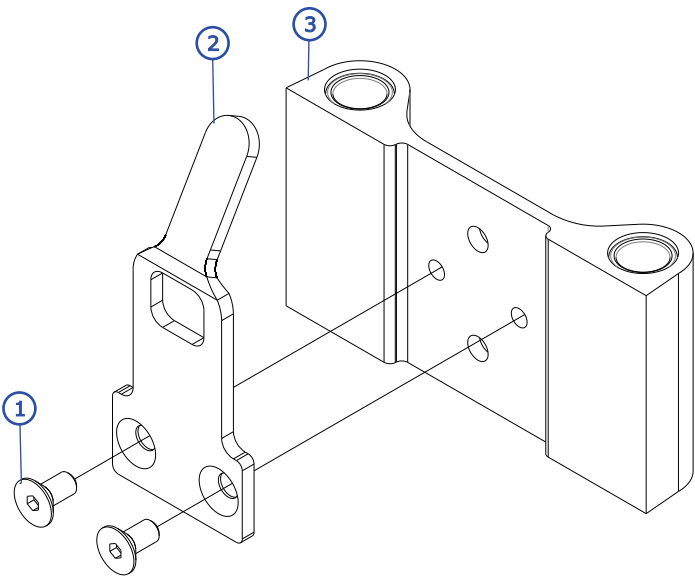


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427401	HEADPLATE, WT. STACK, 10LB
7	1	9427501	WLDMT, INC WGT 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

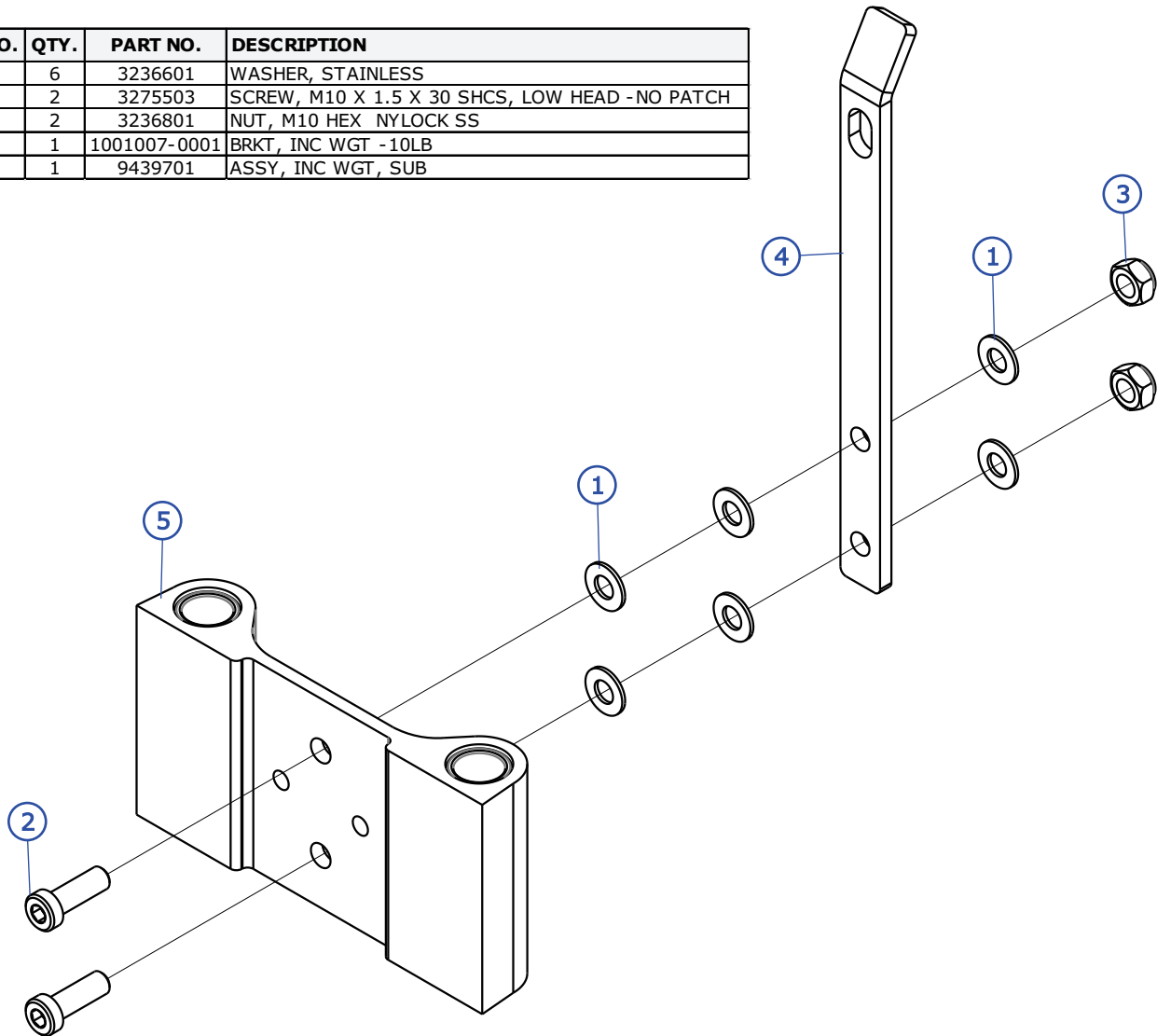
Insignia Series Lateral Raise

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

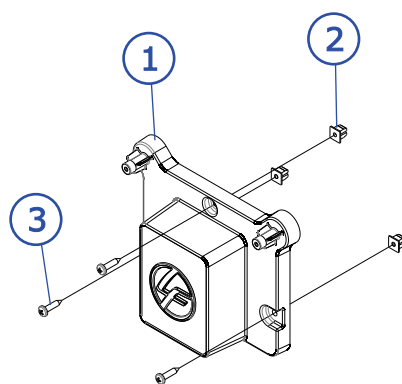


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	6	3236601	WASHER, STAINLESS
2	2	3275503	SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH
3	2	3236801	NUT, M10 HEX NYLOCK SS
4	1	1001007-0001	BRKT, INC WGT -10LB
5	1	9439701	ASSY, INC WGT, SUB



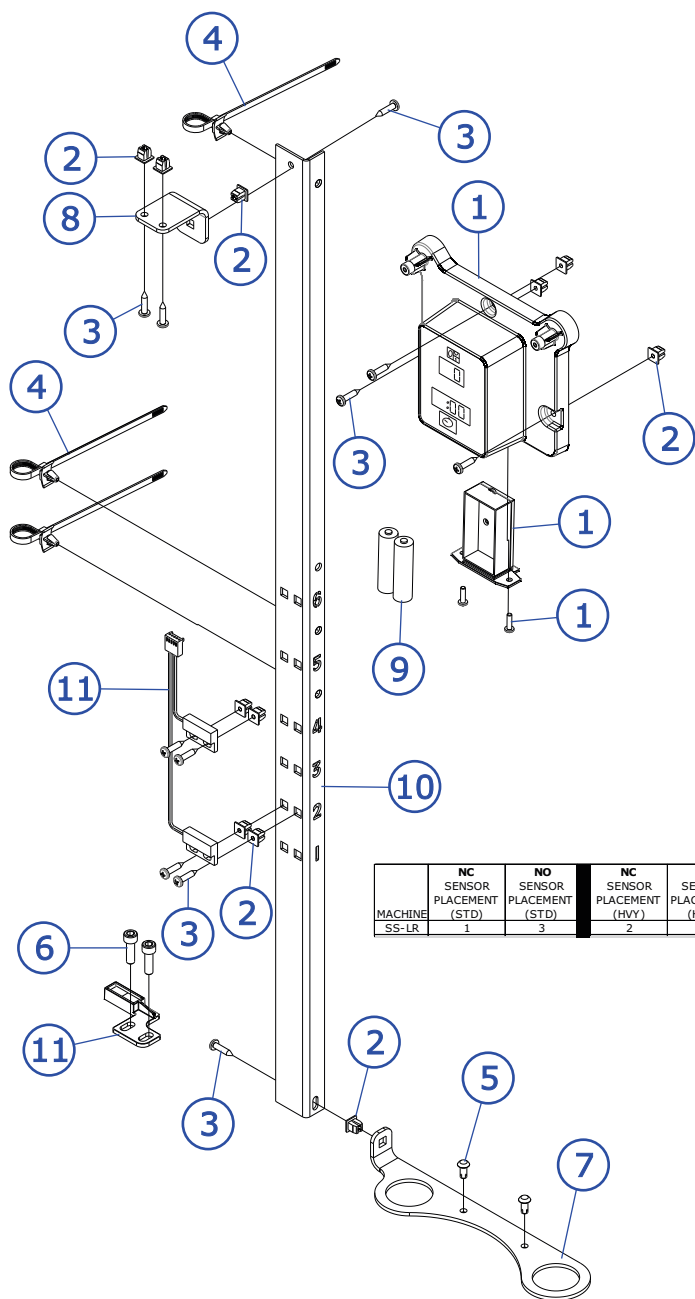
Insignia Series Lateral Raise Sensor Assemblies

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 (HVV)	NO SENSOR PLACEMENT (HVV)
MACHINE SS-LR	1	3	2	4

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	9459228	BRKT, SS, SWITCH MNT, SRT -CHR
11	1	1000585-0001	ASSY, SS, PROX SWITCH/MAGNET