

Serial Number Ranges  
Ramsey Produced:  
SS-SLC0818B001-Current

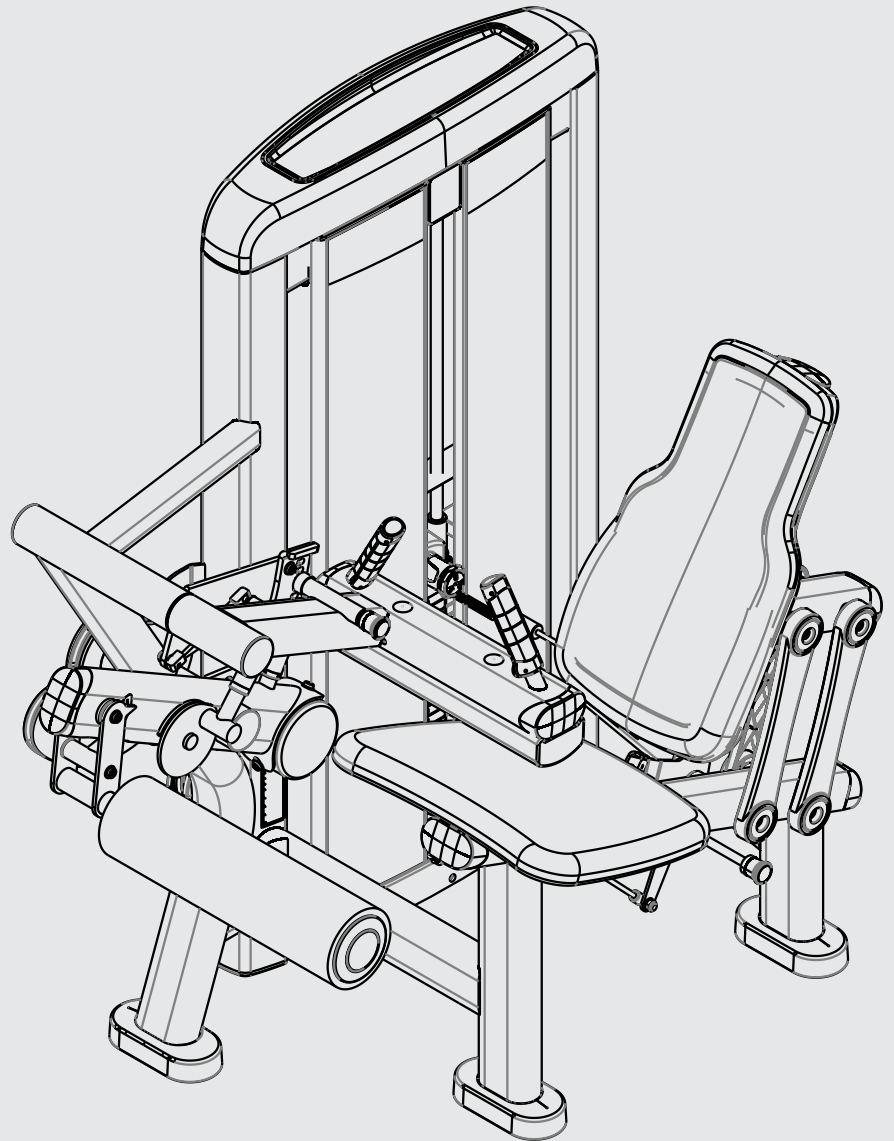
Hungarian Produced:  
101833G07920-Current

# INSIGNIA SERIES

## SEATED LEG CURL

### SS-SLC

### PARTS MANUAL



# Insignia Series Seated Leg Curl

## Contents

---

Options and Key .....	3
Powder Coat Painted Frame Weldments .....	4
Component Assembly .....	5
Component Assembly II .....	6
Component Assembly III .....	7
Component Assembly IV .....	8
Labels .....	9
Table .....	10
Full Shroud Assembly .....	11
Full Shroud Wraps .....	12
Rear Shroud Assembly .....	13
Weight Stack Assemblies .....	14
Increment Weights .....	15
P Trim Head Plate Assembly .....	16
C and X Trim Head Plate Assemblies .....	17
Grip Assemblies .....	18
Sensor Assemblies .....	19

# Insignia Series Seated Leg Curl

## Options and Key

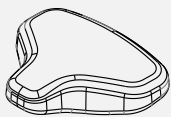
### FRAME COLOR OPTION

SELECT POWDERCOAT COLOR

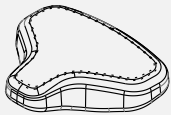
- BLACK
- BLUE
- CANDY APPLE RED
- CHARCOAL
- DIAMOND WHITE
- ELECTRIC BLUE
- ICE BLUE METALLIC
- MIDNIGHT METALLIC
- MOCHA SAND
- NICKEL
- PLATINUM
- RED
- TITANIUM
- WHITE
- YELLOW
- CUSTOM

### 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
- GROTTO
- 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

- P - BASE STACK
- C - LIGHT STACK
- X - HEAVY STACK
- POUNDS
- KILOGRAMS

### SHROUD OPTION

- REAR
- FRONT/REAR

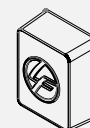
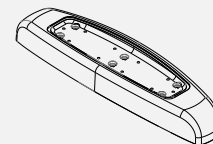
### SHROUD WRAP OPTION

(FRONT ONLY)

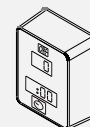
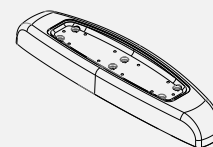
- BAMBOO
- BLACK CARBON FIBER
- BRONZE
- FULL SHROUD
- PREMIUM STAINLESS STEEL
- ROSEWOOD
- SKY
- STAINLESS STEEL
- STEM
- CUSTOM

### 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

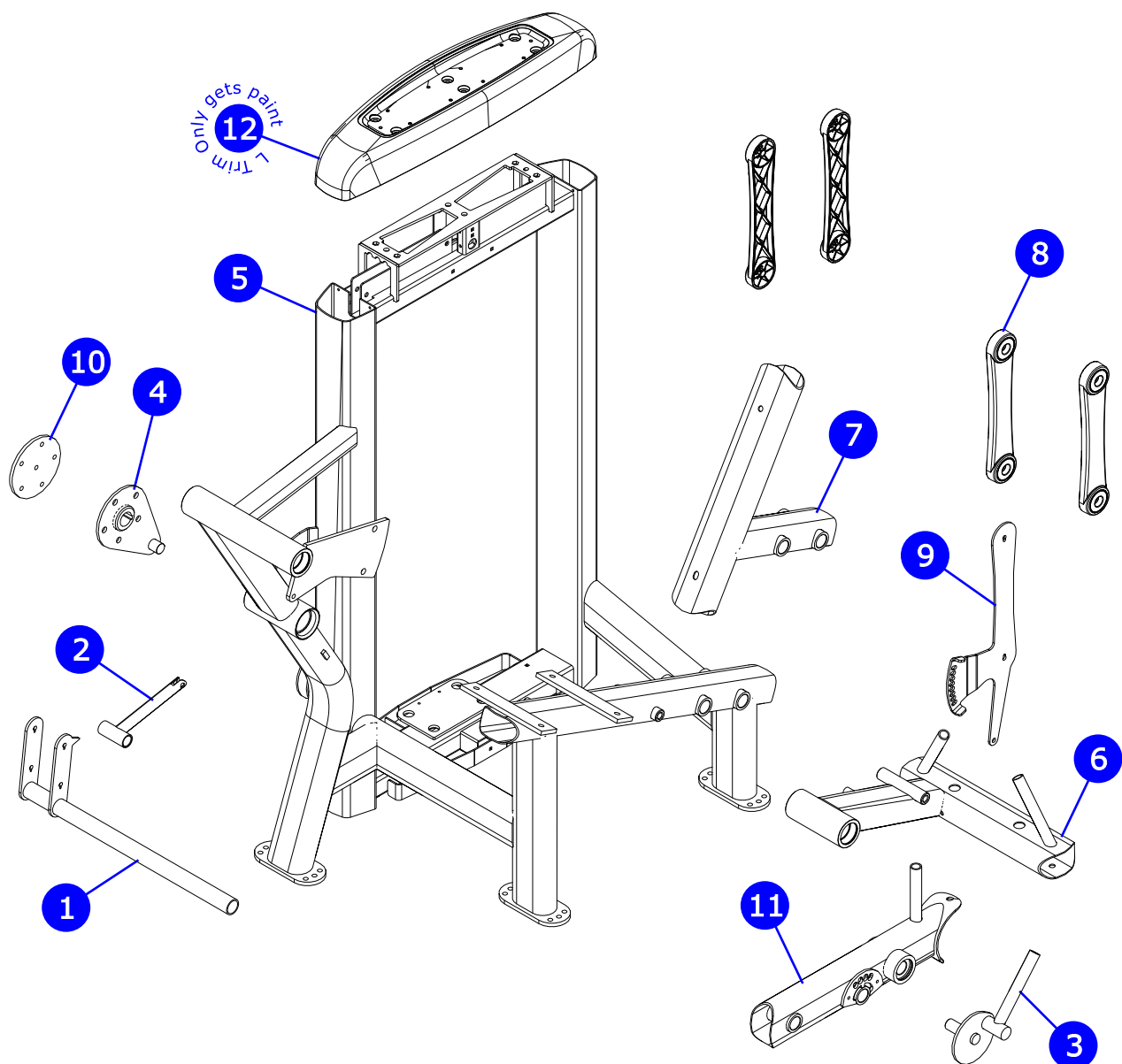
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

FRAME COLOR 1 2 3

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

# Insignia Series Seated Leg Curl

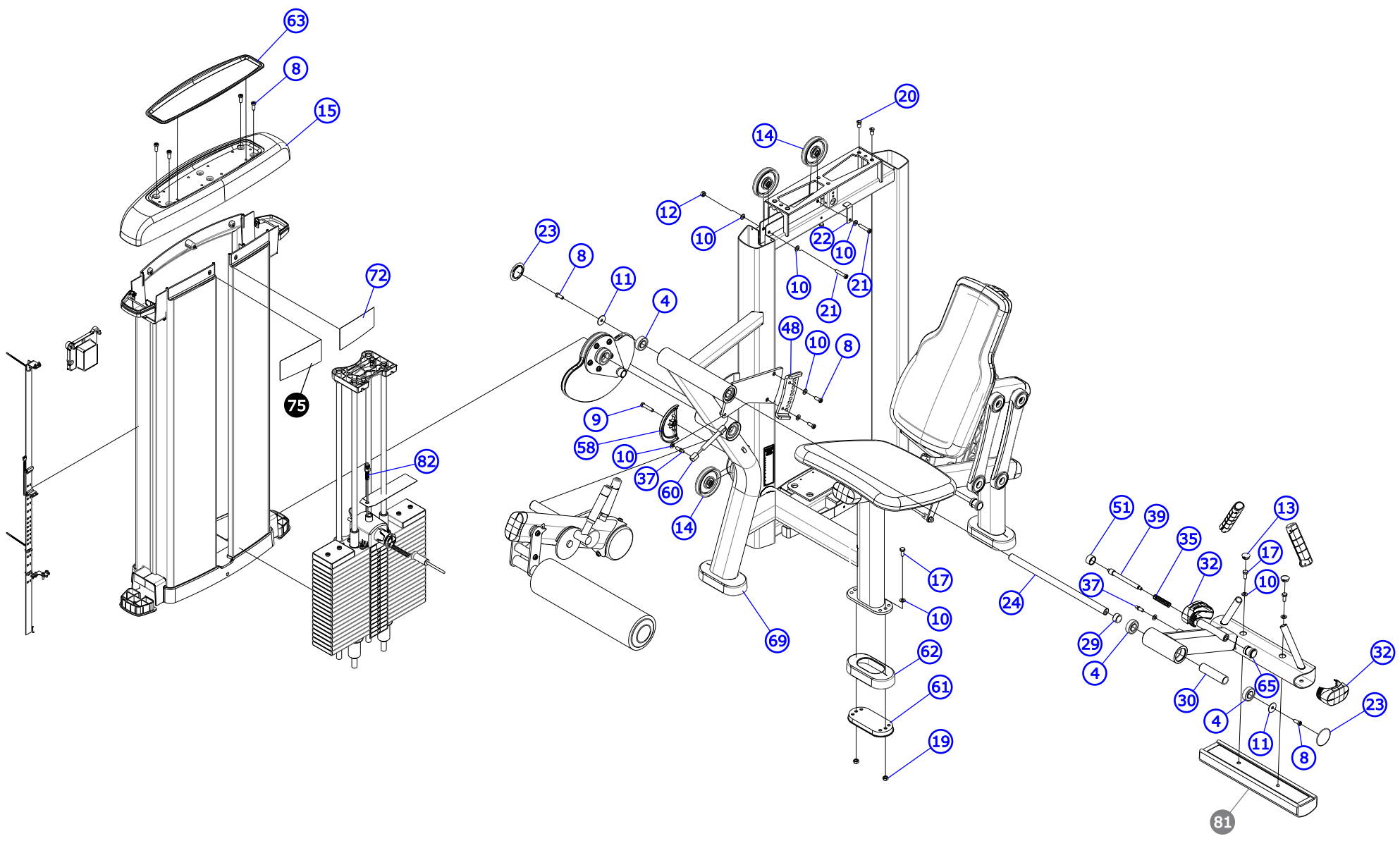
## Powder Coat Painted Frame Weldments



ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM
1	1	7321999	WLDMT, FZLE/SLC, ROLLER PAD SPVRT	S L
2	1	7324599	WLDMT, FZLE, TIBIA ADJ LINK	S L
3	1	7482599	WLDMT, FZSLC, TIBIA ADJ HANDLE	S L
4	1	7483099	WLDMT, FZSLC, CAM SPVRT	S L
5	1	POSSIBLE RMA	WLDMT, SS-SLC, FRAME	S L
6	1	9454699	WLDMT, SS-SLC, THIGH SPVRT	S L
7	1	9458599	WLDMT, SS, BACK PAD SPVRT	S L
8	4	1003845-0000	LINK, SS, SEAT BACK	S L
9	1	9453899	PLATE, SS-SLC/LE BACK ADJ	S L
10	1	7329199	PLATE, CAM COVER	S L
11	1	7482499	WLDMT, FZSLC, PIVOT ARM	S L
12	1	9412699	CAP, SS, CAST	- L

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

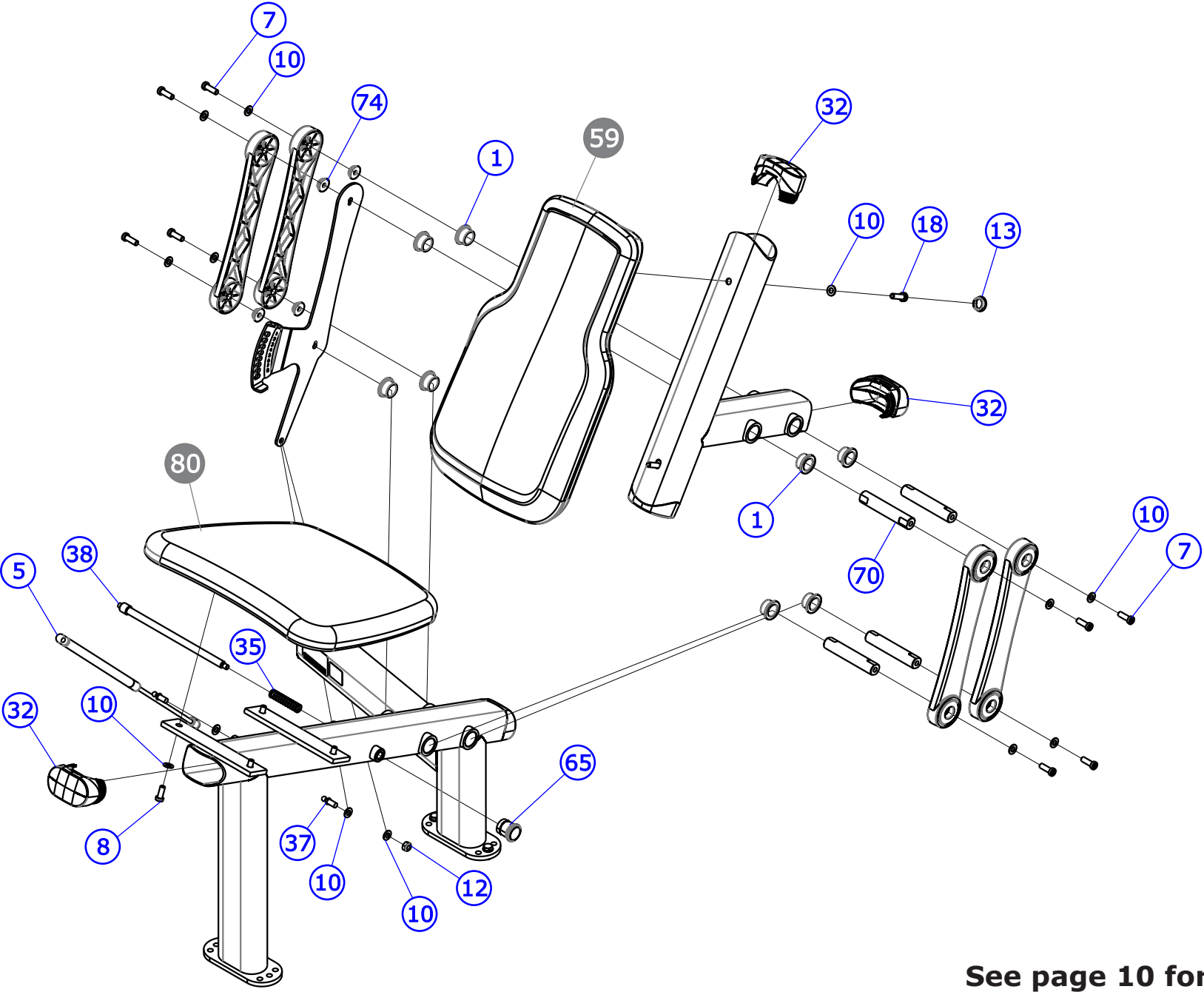
# Insignia Series Seated Leg Curl Component Assembly



See page 10 for table

# Insignia Series Seated Leg Curl

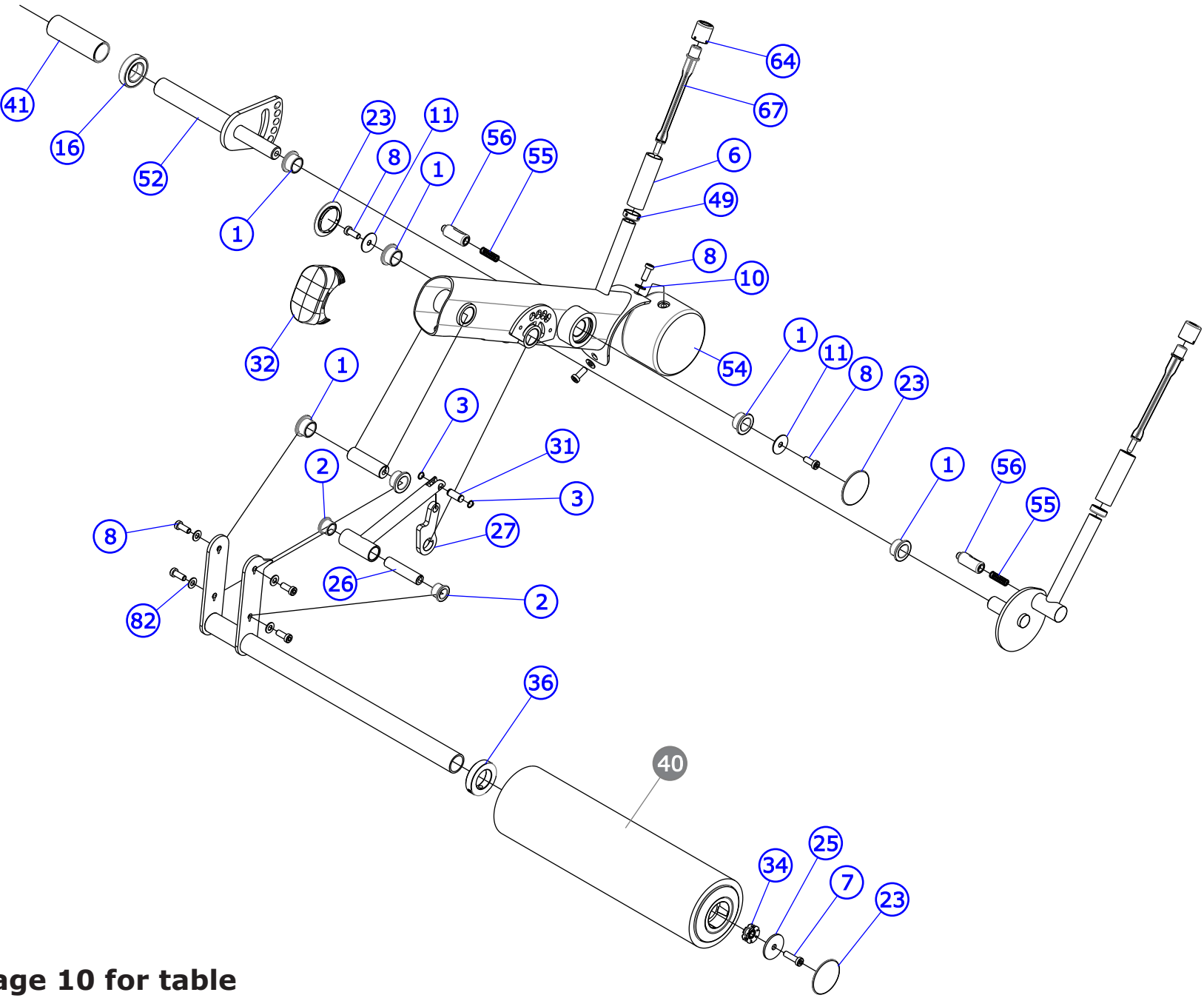
## Component Assembly II



See page 10 for table

# Insignia Series Seated Leg Curl

## Component Assembly III

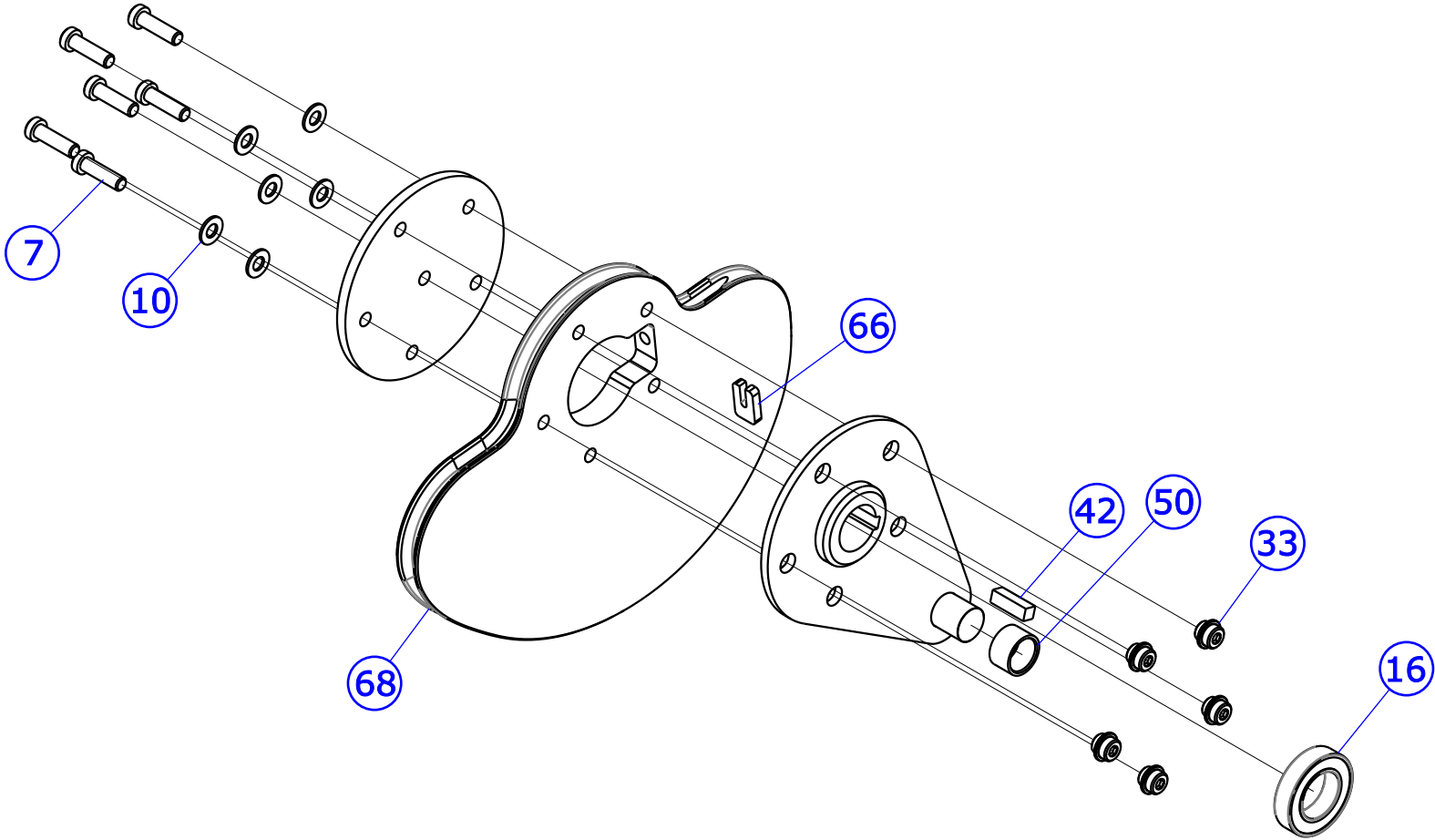


See page 10 for table

# Insignia Series Seated Leg Curl

## Component Assembly IV

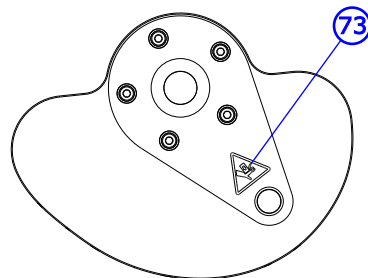
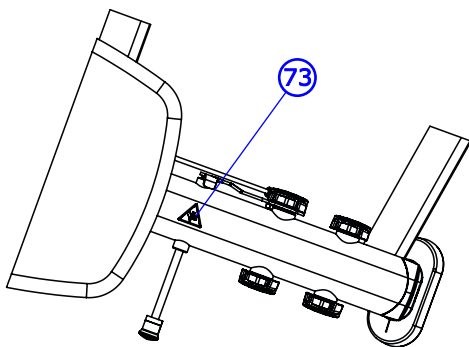
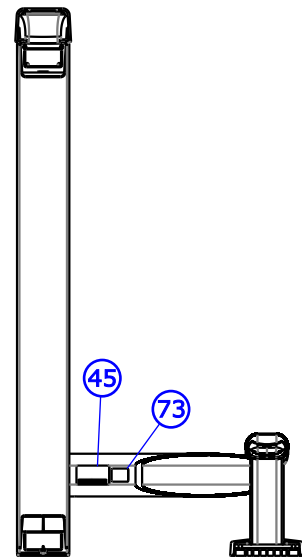
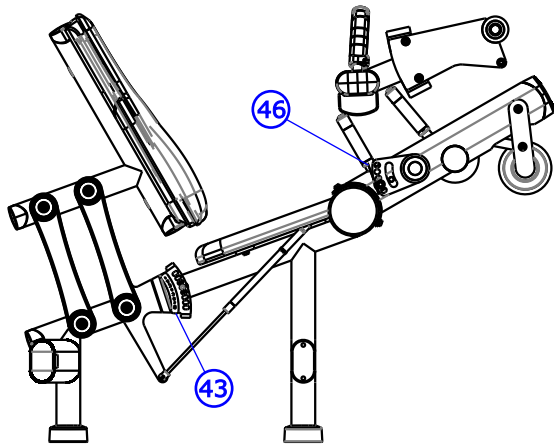
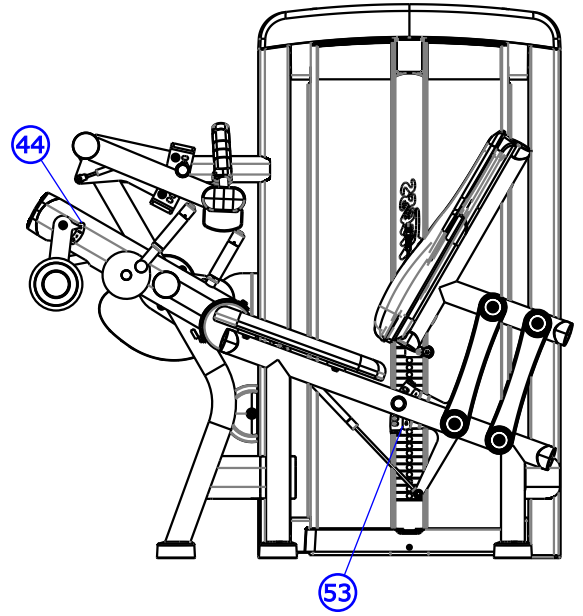
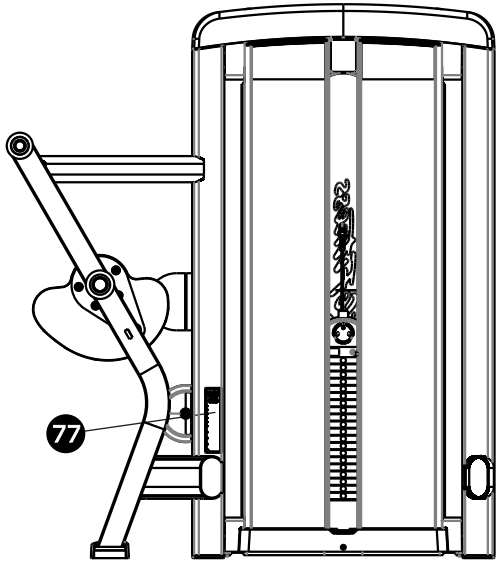
---



See page 10 for table

# Insignia Series Seated Leg Curl Labels

---

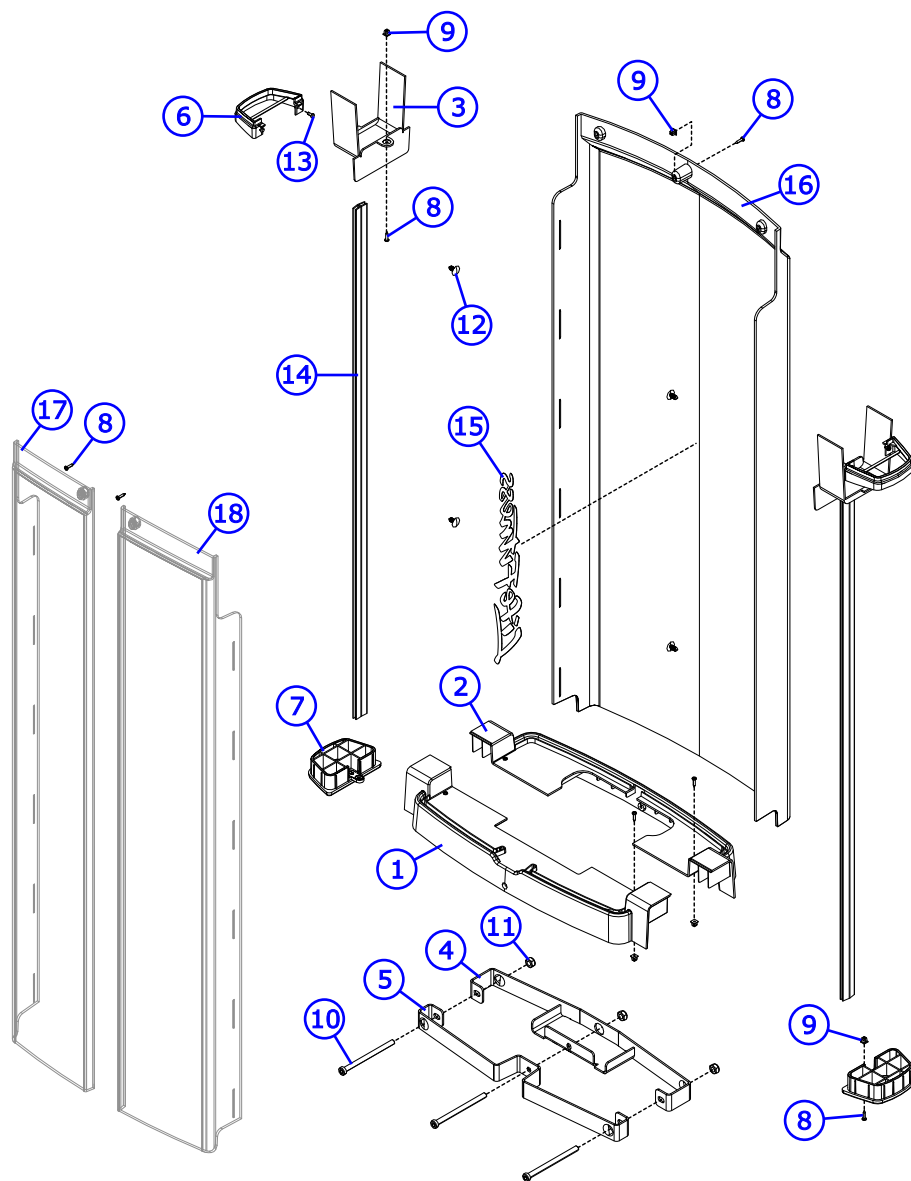


**See page 10 for table**

# Insignia Series Seated Leg Curl Table

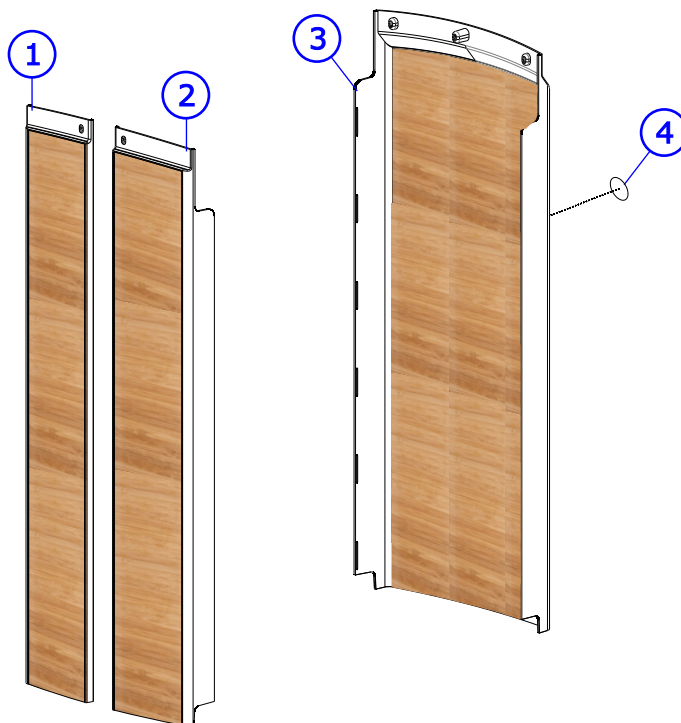
ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM
1	14	3104903	1.00" ID 1.25" OD BRONZ BUSHING	S L
2	2	3104901	.75" ID 1.00" OD BRONZE BUSHING	S L
3	2	3232409	RING, RETAINING, EXTERNAL	S L
4	4	3235601	BEARING, 6205 BALL	S L
5	1	3235701	SPRING, GAS 150N	S L
6	2	3235806	GRIP, 1.25 OD X .125 WALL OPEN END	S L
7	9	3236204	SCREW, M10 X1.5 35MM	S L
8	20	3236202	SCREW, M10 X1.5 25MM	S L
9	1	3236207	SCREW, M10 X1.5 50MM	S L
10	46	3236601	WASHER, 3/8 SAE SS	S L
11	4	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS	S L
12	4	3236801	NUT, M10 HEX NYLOCK SS	S L
13	4	3237407	PLUG, 1" HOLE	S L
14	3	9319901	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD	S L
15	1	9436701	CAP, TOWER, TOP, PLASTIC	S -
16	2	3243201	BEARING, 6007 BALL	S L
17	8	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN	S L
18	2	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN	S L
19	6	3254703	NUT, M10 X 1.5 HEX ZINC	S L
20	4	3275401	M10X1.5 BLIND THREADED INSERT (HEX) -HVY	S L
21	2	3275507	SCREW, M10 X 1.5 X 50 SHCS, LOW HEAD -NO PATCH	S L
22	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1	S L
23	5	7308702	CAP, BEARING HOUSING	S L
24	1	7316505	SHAFT, 25MM X 19.500	S L
25	1	7322301	PLATE, 1.97 OD X .44 ID 10GA	S L
26	1	7324801	SHAFT, TAPPED 0.75 DIA X 3.330	S L
27	1	7329601	PLATE, TIBIA LINK	S L
28	1	7330007	SPACER, INTERNAL X 11.765	S L
29	1	7330002	SPACER, INTERNAL X .653	S L
30	1	7330004	SPACER, INTERNAL X 4.765	S L
31	1	7331702	SHAFT, PIVOT X 1.040	S L
32	8	7333902	CAP, LARGE FLOW- END	S L
33	8	7335401	NUT, M10 X 1.5 SOCKET HEAD	S L
34	1	7347301	NUT, SPIDER M10 X 1.5	S L
35	2	7351501	SPRING, PULL PIN LARGE	S L
36	1	7357901	SHAFT COLLAR, 1-1/2" ID ALUM	S L
37	4	7414301	STUD, M10 BALL END M10 X 1.5	S L
38	1	7425101	PIN, PULL X 12.25	S L
39	1	7425102	PIN, PULL X 6.75	S L
40	1	1000001-0001	ASSY, ROLLER PAD LONG BLK, SNGL STITCH	S L
		1000001-0099	ASSY, ROLLER PAD LONG CUS, SNGL STITCH	
41	1	7511504	SPACER, FZ/PS INTERNAL 4.845	S L
42	1	7511601	KEY, .375 SQUARE X 1.25	S L
43	1	7524102	LABEL, 1-8 CURVED -CHR	S L
44	1	7524202	LABEL, S-XL CURVED -CHR	S L
45	1	-	LABEL, SERIAL NUMBER, BLANK	S L
46	1	7589902	LABEL, 3- -1 STRAIGHT -CHR	S L
47	1	7630101	RETAINER, CM/MJ, PULLEY	S L
48	1	7658101	PLATE, FRMD .375 FZSLC	S L
49	2	7662801	RING, GRIP 1.25 OD	S L
50	1	7690103	BUMPER, SLEEVE - 1 INCH DIA	S L
51	1	7690202	BUMPER, SLEEVE - 1.125 INCH DIA	S L
52	1	7774801	WLDMT, FZSLC/BE ADJ START	S L
53	1	7794302	LABEL, 1-8 CURVED INSIDE -CHR	S L
54	1	7801902	COUNTER WEIGHT, SMALL - COATED	S L
55	2	8024501	SPRING, 1/2 OD X 1-1/2	S L
56	2	8032401	PIN, PUSH	S L
57	1	8039501	LABEL, WARNING, TRIANGLE	S L
58	2	8094102	COVER, PULLEY-BOLTED PARTIAL -CHGR	S L
59	1	1000018-0001	PAD, LARGE BACK BLK, SNGL STITCH	S L
		1000018-0099	PAD, LARGE BACK CUS, SNGL STITCH	
		1000018-0101	PAD, LARGE BACK BLK, DBL STITCH	
		1000018-0199	PAD, LARGE BACK CUS, DBL STITCH	
60	1	9473201	SPRING, GAS, EXTENSION	S L
61	3	9319301	FOOT, 2.50 X 4.49 FLOV	S L
62	2	9319401	COVER, FOOT - STRAIGHT	S L
63	1	9411201	TRAY, TOWER TOP CAP	S L
64	2	9452901	ASSY, SELECTOR CAP	S L
65	2	9454703	KNOB, ADJ	S L
66	1	9454901	PLATE, CABLE END, T2	S L
67	2	9455303	ROD, PUSH PIN	S L
68	1	9458101	CAM, SS, SLC	S L
69	1	9461401	COVER, FOOT - 20 deg	S L
70	4	9472902	SHAFT, TAPPED 1 DIA X 5.330	S L
71	1	7324901	SHAFT, TAPPED 1 DIA X 3.330	S L
72	1	9477501	LABEL, SS-SLC PLACARD, RH	S L
73	1	9488901	LABEL, INSIGNIA, FCC	S L
74	4	1003709-0001	SPACER, SS, SEAT LINK	S L
75	1	9465999	LABEL, SS-SLC PLACARD, LH	S L
76	6	3236205	SCREW, M10 X1.5 40MM	S L
77	1	8220099	LABEL, ASTM, SELECT VERT	S L
80	1	1000004-0001	PAD, SEAT LE/SLC BLK, SNGL STITCH	S L
		1000004-0099	PAD, SEAT LE/SLC CUS, SNGL STITCH	
		1000004-0101	PAD, SEAT LE/SLC BLK, DBL STITCH	
		1000004-0199	PAD, SEAT LE/SLC CUS, DBL STITCH	
81	1	1000007-0001	PAD, KNEE BLK, SNGL STITCH	S L
		1000007-0099	PAD, KNEE CUS, SNGL STITCH	
		1000007-0101	PAD, KNEE BLK, DBL STITCH	
		1000007-0199	PAD, KNEE CUS, DBL STITCH	
82	1	9423902	CABLE, SS-SLC, DIAL	S L

# Insignia Series Seated Leg Curl Full Shroud Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9410801	SHROUD, TOWER FRONT, SHORT - LT
2	1	1007064-0001	COVER: TOWER BOTTOM, REAR
3	2	9415701	COVER, UPPER CROSS MEMBER
4	1	1007151-0001	WLDMT: TOWER GUARD BRACKET, REAR
5	1	1007622-0001	BRACKET: TOWER GUARD, FRONT
6	2	9415801	GASKET, TRAP TUBE
7	2	9412701	ASSY, TRAP TUBE, CAP -BTM
8	11	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	9	0017-00042-1147	GROMMET: SCREW,
10	3	3236220	SCREW, M10 X1.5 130MM
11	3	3236801	NUT, M10 HEX NYLOCK SS
12	4	1006620-0001	RETAINER: PANEL, 9/32 X 1/2 NYL
13	4	0017-00101-1587	RIVET, SHIELD
14	2	9414601	SHROUD EXTRUSION - SHORT
15	1	9489101	LABEL, LIFE FITNESS, 20IN.
16	1	9489001	SHROUD, SS, REAR, SRT
17	1	9410601	SHROUD, TOWER FRONT, LT - SHORT
18	1	9410701	SHROUD, TOWER FRONT, RT - SHORT



# Insignia Series Seated Leg Curl Full Shroud Wraps

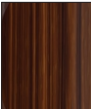




BAMBOO	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511802	SHROUD, SS, FNT, LT, SRT-BAM
			2	1	9511702	SHROUD, SS, FNT, RT, SRT-BAM
			3	1	9511902	SHROUD, SS, REAR, SRT-BAM
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0002	SHROUD, SS,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

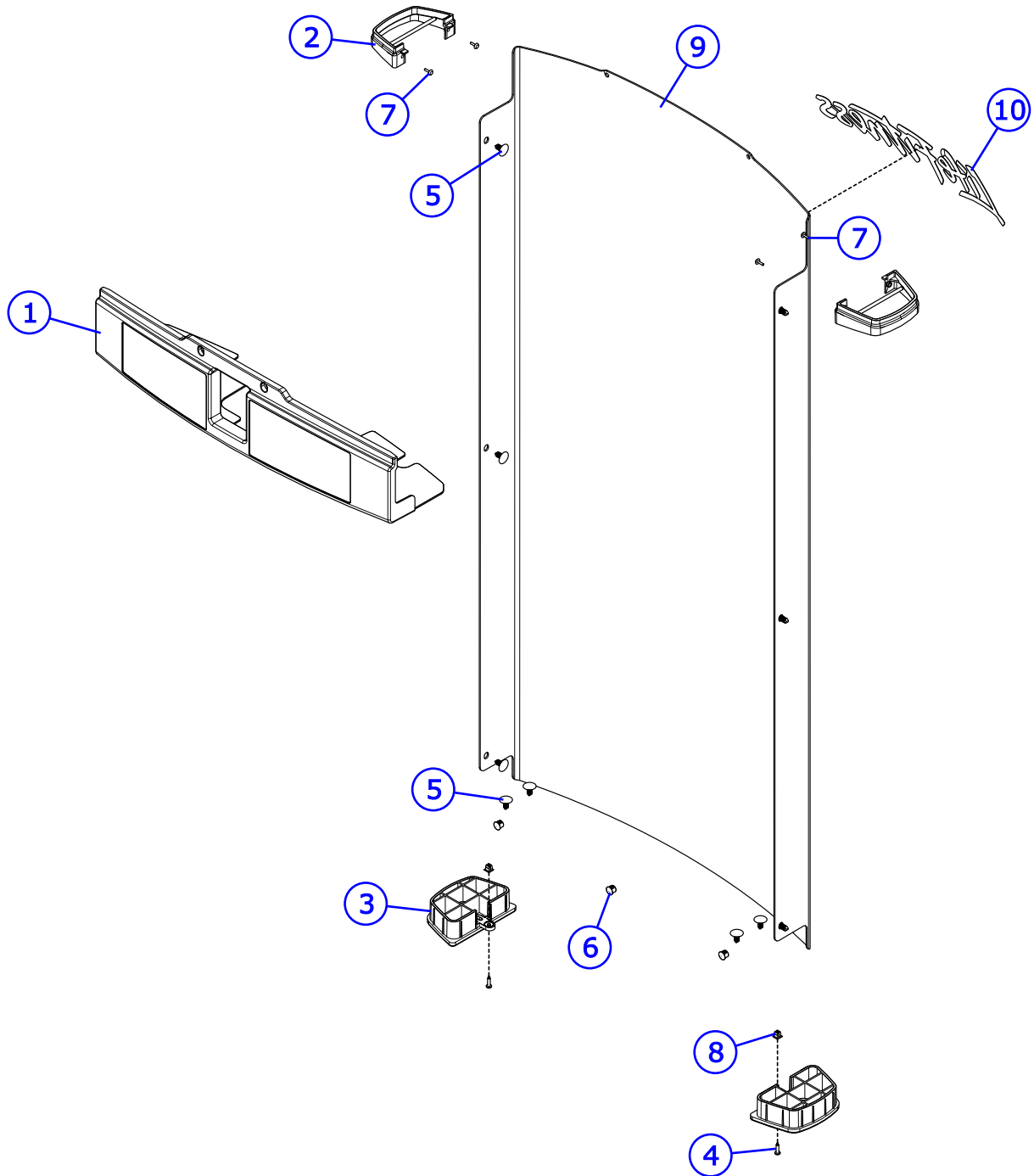
STAINLESS STEEL	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511807	SHROUD, SS, FNT, LT, SRT-SS
			2	1	9511707	SHROUD, SS, FNT, RT, SRT-SS
			3	1	9511907	SHROUD, SS, REAR, SRT-SS
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0007	SHROUD,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

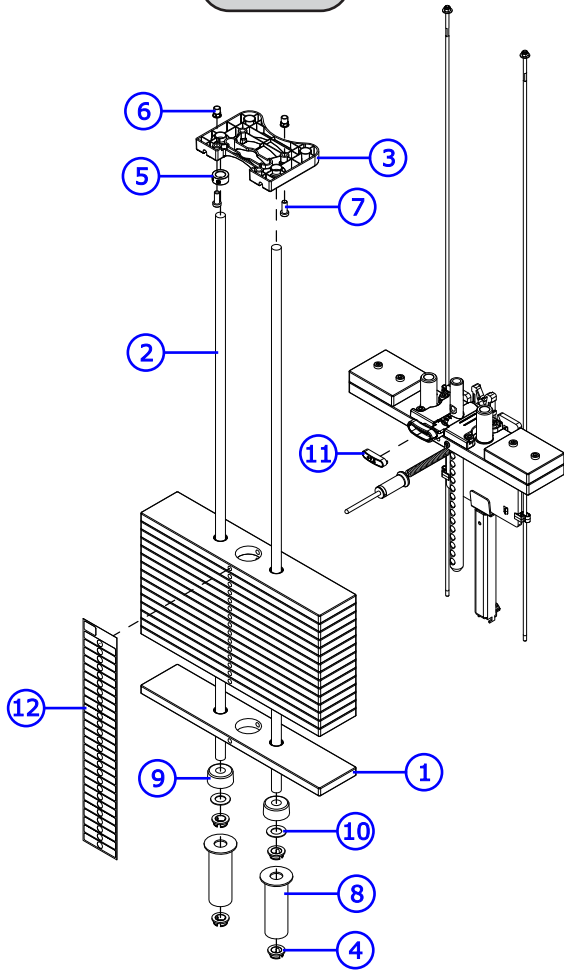
# Insignia Series Seated Leg Curl Rear Shroud Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1008444-0001	ASSY: TOP TRIM, PLACARD MNT
2	2	9415801	GASKET, TRAP TUBE
3	2	9412701	ASSY, TRAP TUBE, CAP -BTM
4	2	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	10	1006620-0001	RETAINER: PANEL, 9/32 X 1/2 NYL
6	3	3237405	PLUG, 7/16" HOLE
7	4	0017-00101-1587	RIVET, SHIELD
8	2	0017-00042-1147	GROMMET: SCREW,
9	1	1009335-0001	SHROUD: REAR, W/LOGO, STD
10	1	1008491-0001	LABEL, LIFE FITNESS, 16IN

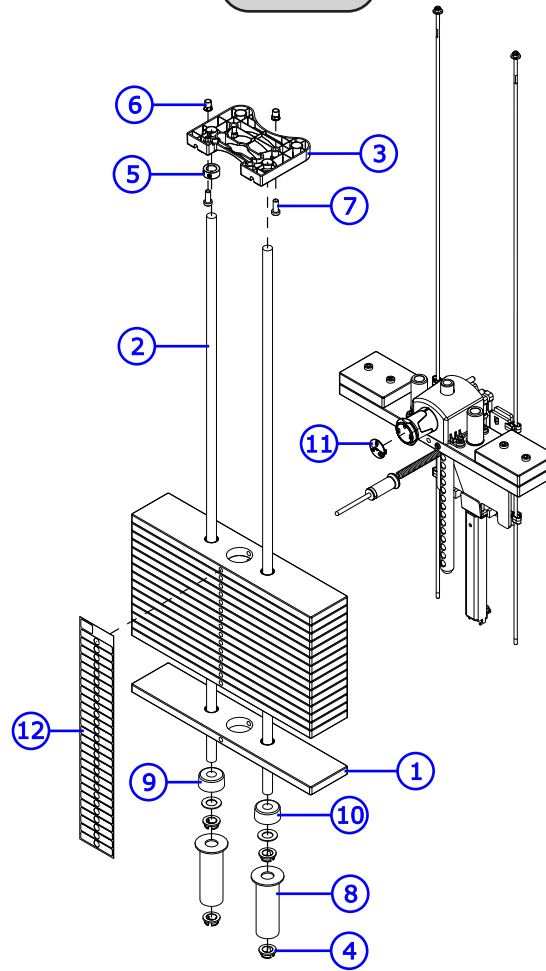
# Insignia Series Seated Leg Curl Weight Stack Assemblies

## P - Base



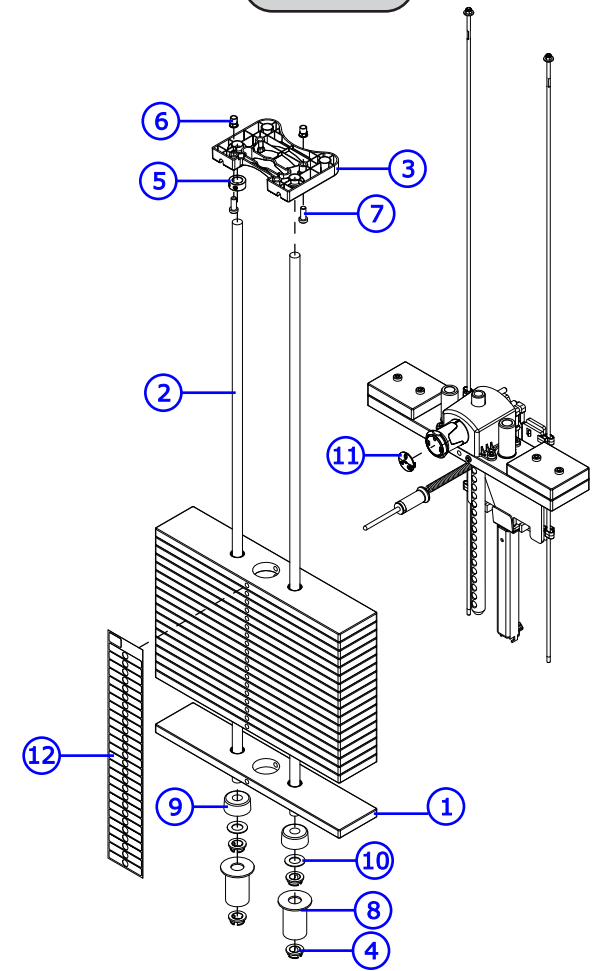
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	16	9407601	WEIGHT PLATE
2	2	7328612	GUIDE ROD, .75 OD SOLID 50.36
3	1	9412801	RETAINER, GUIDE ROD -TOP
4	4	7337901	BUSHING, GUIDE ROD
5	1	3103301	SHAFT COLLAR,
6	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
7	2	3236202	SCREW, M10 X1.5 25MM
8	2	9495915	WLDMT, WGT STK SPACER X 5.25 -CHR
9	2	7352101	CUSHION, WEIGHT STACK
10	2	7351001	SPACER, INC WT STACK
11	1	1006750-0001	CAP, 7.5 LB INC WEIGHT - LBS
		1006751-0001	CAP: 3.75 KG INC WEIGHT - KG
		9475101	LABEL, 3/4 IN WGT STACK, 385 LB
12	1	9475401	LABEL, 3/4 IN WGT STACK, 192.5 KG

## C - Light



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	16	9407601	WEIGHT PLATE
2	2	7328612	GUIDE ROD, .75 OD SOLID 50.36
3	1	9412801	RETAINER, GUIDE ROD -TOP
4	4	7337901	BUSHING, GUIDE ROD
5	1	3103301	SHAFT COLLAR,
6	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
7	2	3236202	SCREW, M10 X1.5 25MM
8	2	9495915	WLDMT, WGT STK SPACER X 5.25 -CHR
9	2	7352101	CUSHION, WEIGHT STACK
10	2	7351001	SPACER, INC WT STACK
11	1	9431403	CAP, SELECTOR KNOB -LBS
		9450103	CAP, SELECTOR KNOB -KG
		9475101	LABEL, 3/4 IN WGT STACK, 385 LB
12	1	9475401	LABEL, 3/4 IN WGT STACK, 192.5 KG

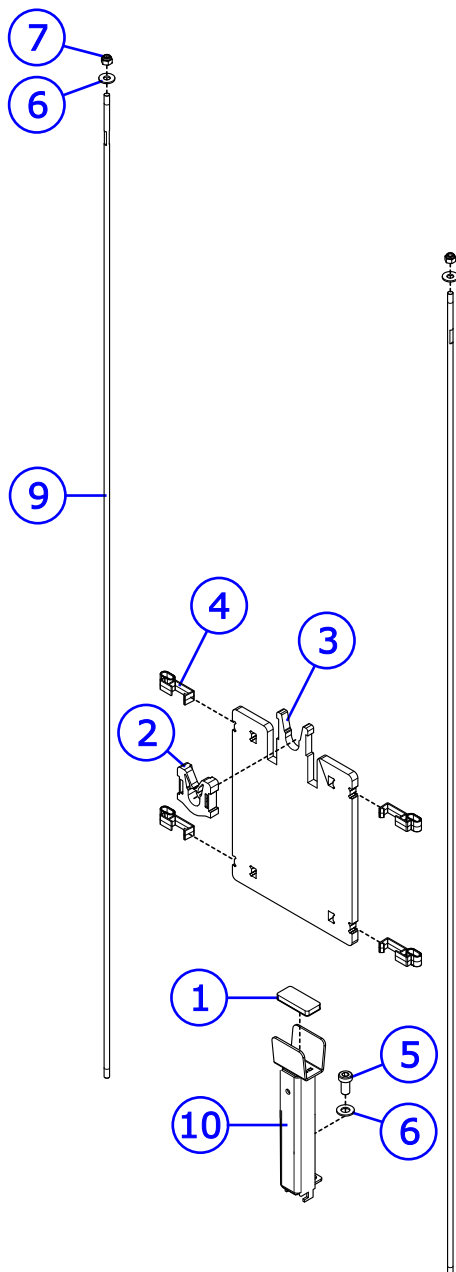
## X - Heavy



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	19	9407601	WEIGHT PLATE
2	2	7328612	GUIDE ROD, .75 OD SOLID 50.36
3	1	9412801	RETAINER, GUIDE ROD -TOP
4	4	7337901	BUSHING, GUIDE ROD
5	1	3103301	SHAFT COLLAR,
6	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
7	2	3236202	SCREW, M10 X1.5 25MM
8	2	9495913	WLDMT, WGT STK SPACER X 3.00 -CHR
9	2	7352101	CUSHION, WEIGHT STACK
10	2	7351001	SPACER, INC WT STACK
11	1	9431403	CAP, SELECTOR KNOB -LBS
		9450103	CAP, SELECTOR KNOB -KG
		9475101	LABEL, 3/4 IN WGT STACK, 385 LB
12	1	9475401	LABEL, 3/4 IN WGT STACK, 192.5 KG

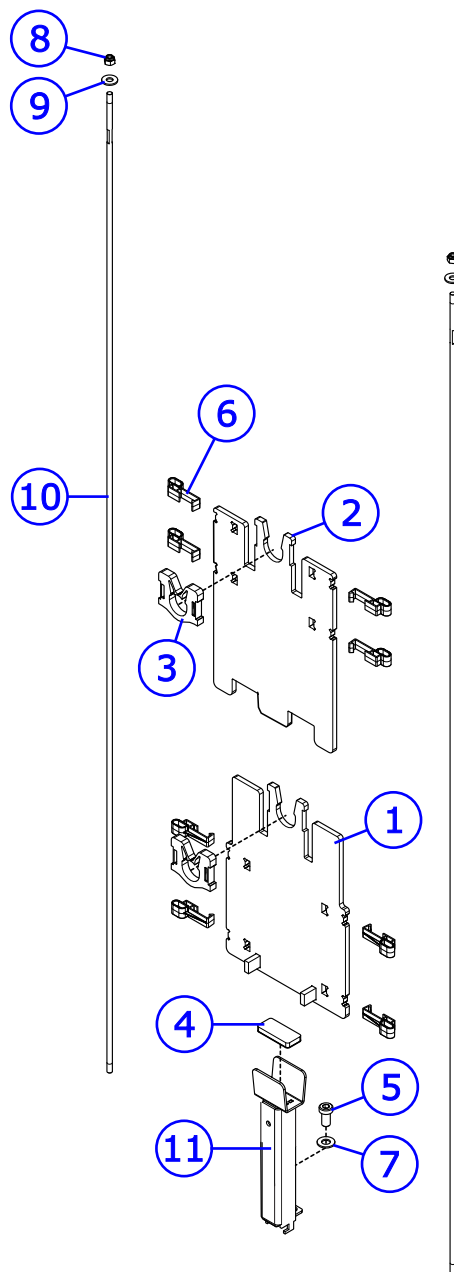
# Insignia Series Seated Leg Curl Increment Weights

## P - Base



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1008552-0001	BUMPER: EA FOAM, INC WEIGHT
2	1	1008566-0001	GUARD: INCREMENT WEIGHT, 0.375
3	1	1008366-0028	PLATE: INCREMENT WEIGHT, 7.5LB - CHR
4	4	1008368-0001	CLIP: INCREMENT WEIGHT PLATE, 0.375
5	1	3236201	SCREW, M10 X1.5 20MM
6	1	3236601	WASHER, 3/8 SAE SS
7	2	3102506	WASHER, FLAT 1/4 ID ZN
8	2	3102806	NUT, NYLOCK 1/4-20 ZN
9	2	1008192-0002	GUIDE ROD: 0.25 OD SOLID, 54.75"
10	1	1008847-0026	WLDMT: BRACKET, INC WEIGHT SPACER -

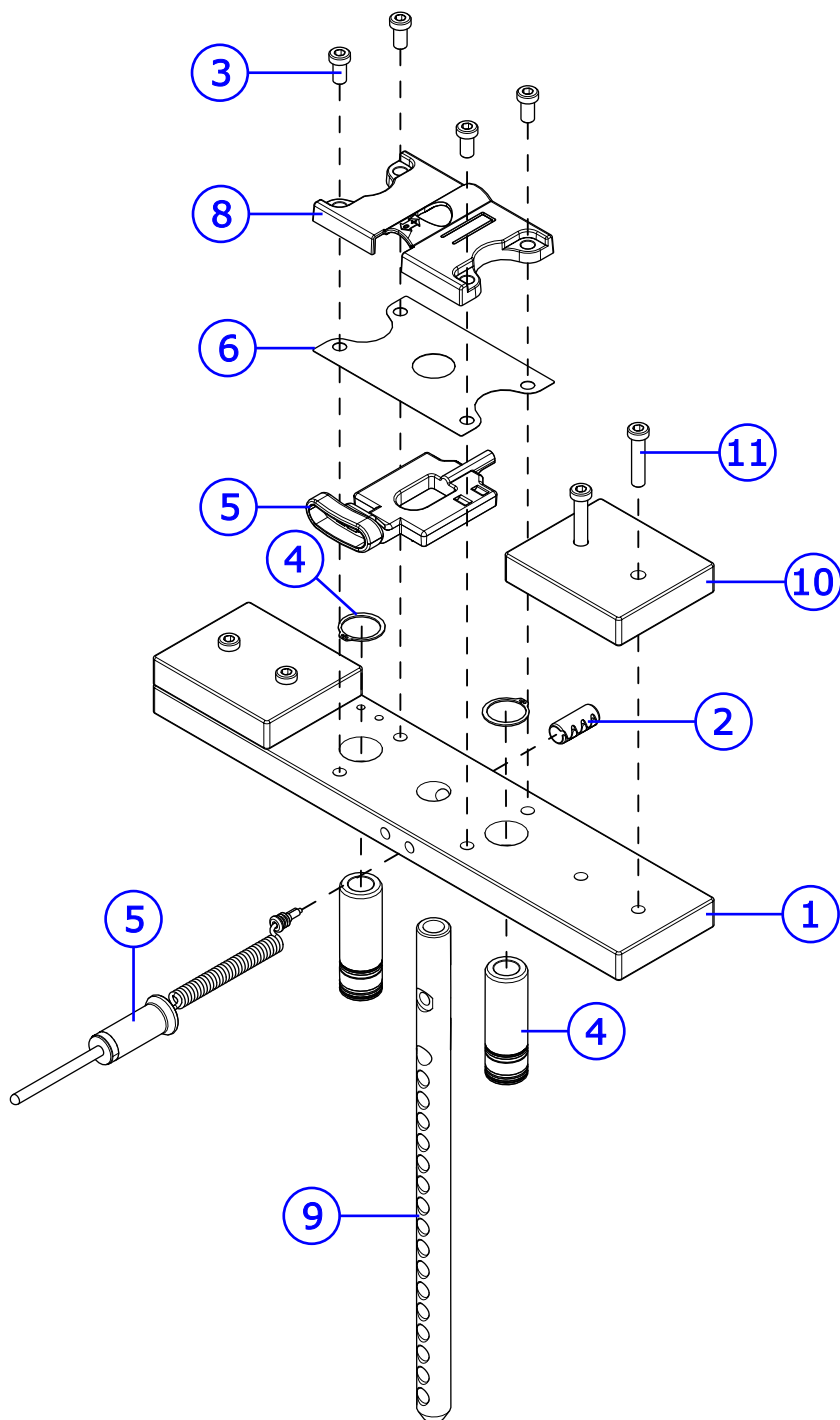
## C - Light & X - Heavy



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1009264-0028	WLDMT: DIAL INCREMENT WEIGHT, 5LB, REAR - CHR
2	1	1009266-0028	PLATE: INCREMENT WEIGHT, 5LB, FRONT - CHR
3	2	1008920-0001	GUARD: INCREMENT WEIGHT, 0.25
4	1	1008552-0001	BUMPER: EA FOAM, INC WEIGHT
5	1	3236201	SCREW, M10 X1.5 20MM
6	8	1008367-0001	CLIP: INCREMENT WEIGHT PLATE, 0.25
7	1	3236601	WASHER, 3/8 SAE SS
8	2	3102806	NUT, NYLOCK 1/4-20 ZN
9	2	3102506	WASHER, FLAT 1/4 ID ZN
10	2	1008192-0002	GUIDE ROD: 0.25 OD SOLID, 54.75"
11	1	1008847-0026	WLDMT: BRACKET, INC WEIGHT SPACER -

# Insignia Series Seated Leg Curl

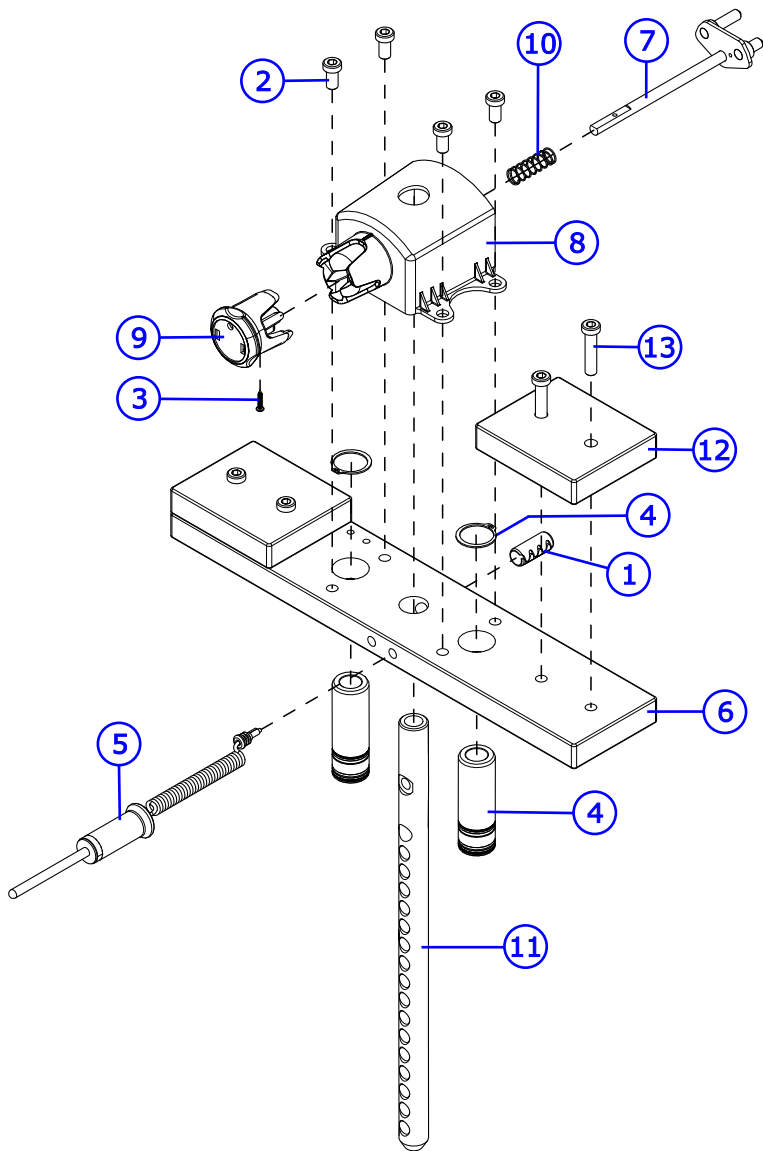
## P Trim Head Plate Assembly



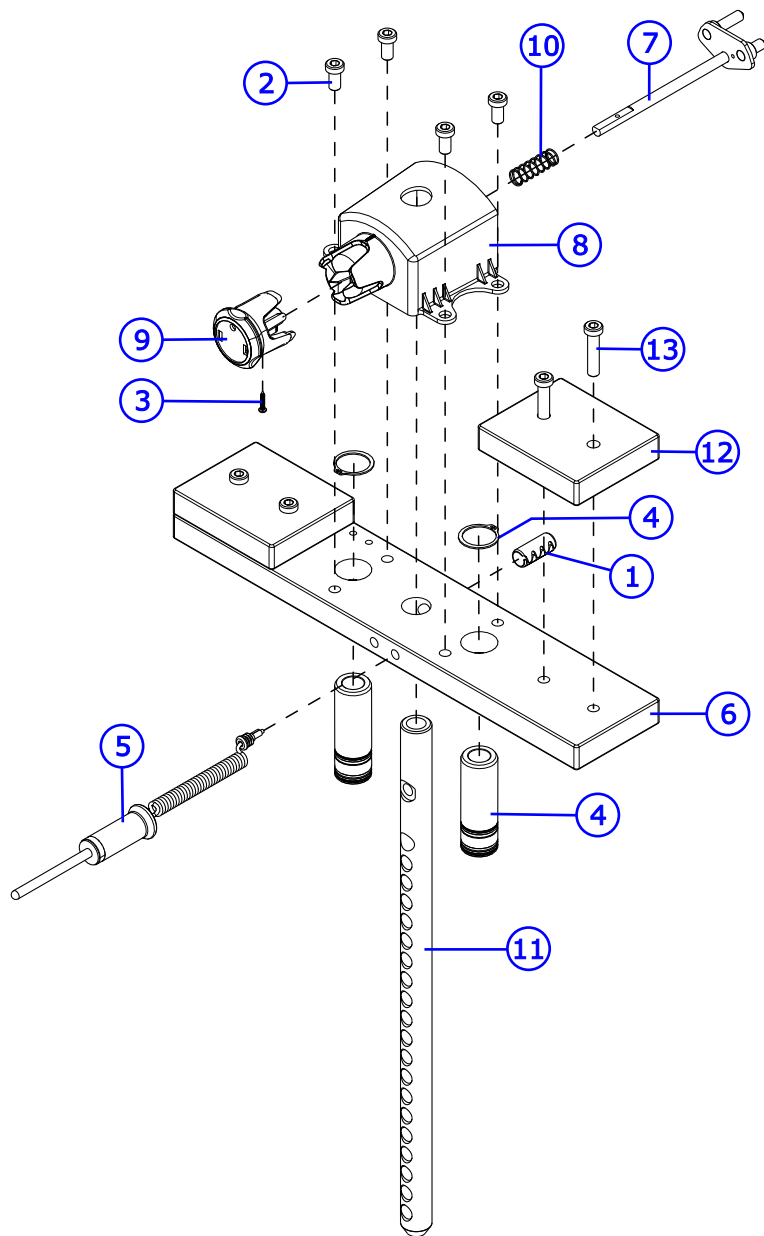
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9431101	HEADPLATE, WT. STACK, 20LB
2	1	3236001	BUSHING, SPRING PIN
3	4	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SEL PIN -YEL
6	1	1006707-0001	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
7	1	1008675-0001	HANDLE: 7.5LB INC WT, PLASTIC
8	1	1007806-0001	HSNG, 7.5LB INC WEIGHT
9	1	9434201	BAYONET, 16 PLATE
10	2	9433301	COUNTER WEIGHT, HEAD PLATE, 5LB
11	4	3236213	M10 X 1.5 X 45 SHCS, LOW HEAD

# Insignia Series Seated Leg Curl C and X Trim Head Plate Assemblies

## C Trim



## X Trim

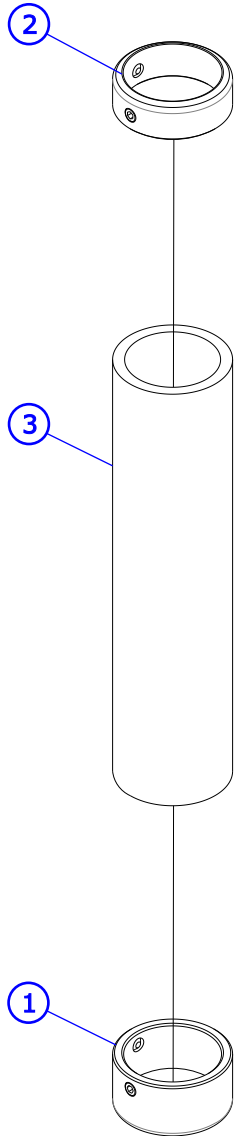


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427501	WLDMT, INC WGT PIN
7	1	1008989-0001	HSNG, INC WEIGHT
8	1	9431101	HEADPLATE, WT. STACK, 20LB
9	1	9443201	KNOB, INC WEIGHT
10	1	9443301	SPRING, INC WGT PIN
11	1	9434202	BAYONET, 16 PLATE
12	2	9433301	COUNTER WEIGHT, HEAD PLATE, 5LB
13	4	3236206	M10 X 1.5 X 45 SHCS, LOW HEAD

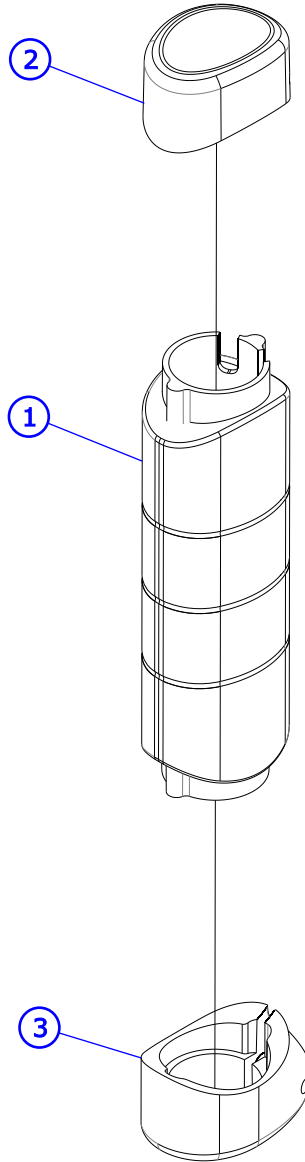
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	9427003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427501	WLDMT, INC WGT PIN
7	1	9430501	HSNG, INC WEIGHT
8	1	9431101	HEADPLATE, WT. STACK, 20LB
9	1	9443201	KNOB, INC WEIGHT
10	1	9443301	SPRING, INC WGT PIN
11	1	9426002	BAYONET, 19 PLATE
12	2	9433301	COUNTER WEIGHT, HEAD PLATE, 5LB
13	4	3236206	M10 X 1.5 X 45 SHCS, LOW HEAD

# Insignia Series Seated Leg Curl Grip Assemblies

## S Trim



## L Trim

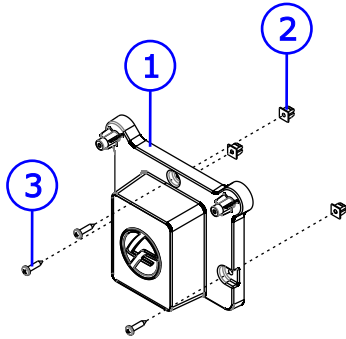


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7662901	CAP, GRIP 1.25 OD
2	1	7662801	RING, GRIP
3	1	3235806	GRIP, 1.25 OD X .125 WALL, OPEN END

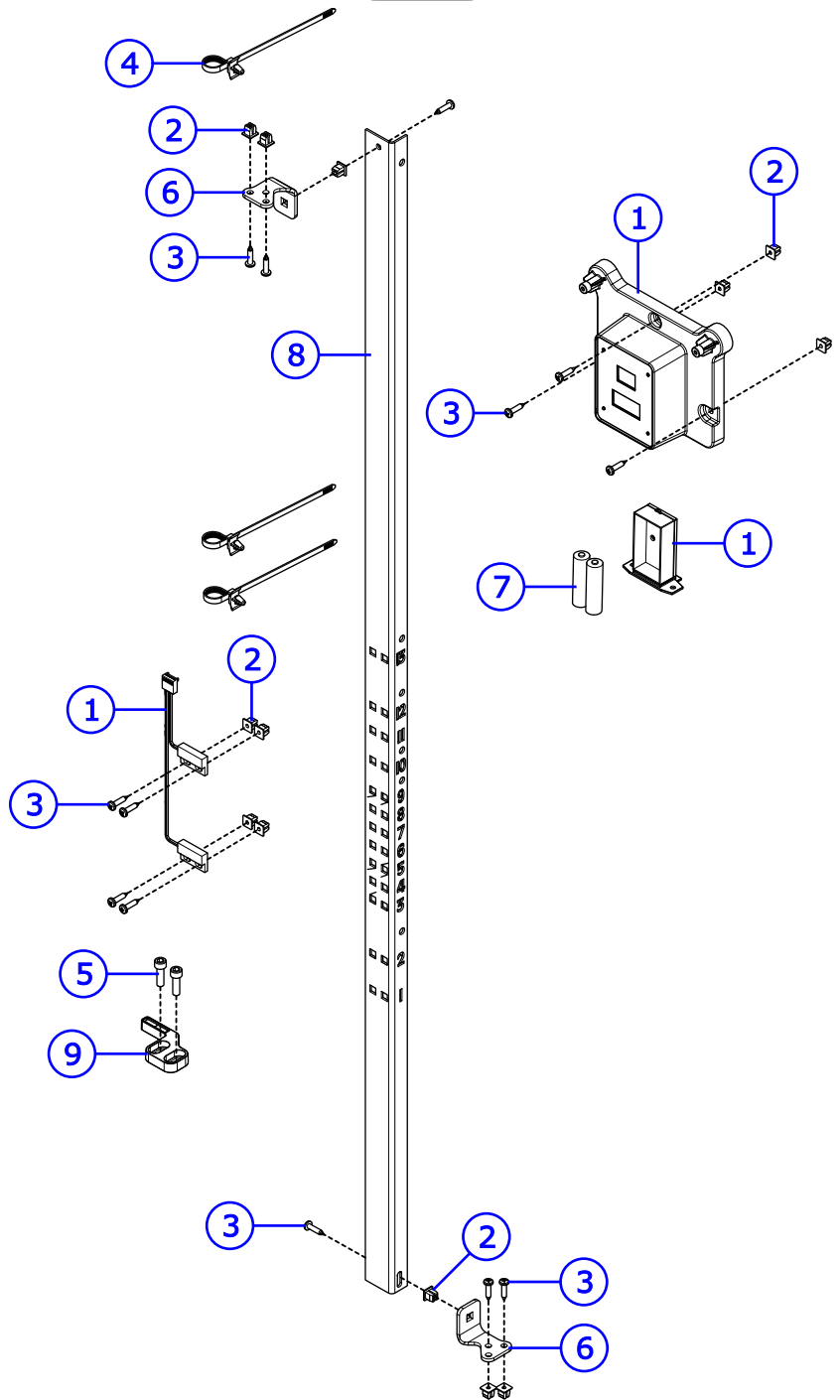
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9453001	GRIP, ERGO, OVERMOLD
2	1	1001761-0001	ASSY, CAP, GRIP
3	1	1001760-0001	ASSY, COLLAR, ERGO GRIP

# Insignia Series Seated Leg Curl Sensor Assemblies

## S Trim



## L Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1006334-0001	ASSY_DUMMY HOUSING
2	3	0017-00042-1147	GROMMET: SCREW, 8 OR 10
3	3	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1008199-0001	ASSY: REP COUNTER/SWITCH/MAGNET
2	13	0017-00042-1147	GROMMET: SCREW,
3	13	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
4	3	3276101	GROMMET, CABLE TIE
5	2	3241701	SCREW, M6 X1 20MM
6	2	1007269-0028	BRACKET: RAIL MOUNT, REP CNTR
7	2	-	BATTERY, AA
8	1	1008003-0028	BRACKET: SWITCH MNT, STD
9	1	1007177-0001	ASSY: MAGNET, REP CNTR