

Serial Number Ranges
Ramsey Produced:
SS-SP0818B001-Current

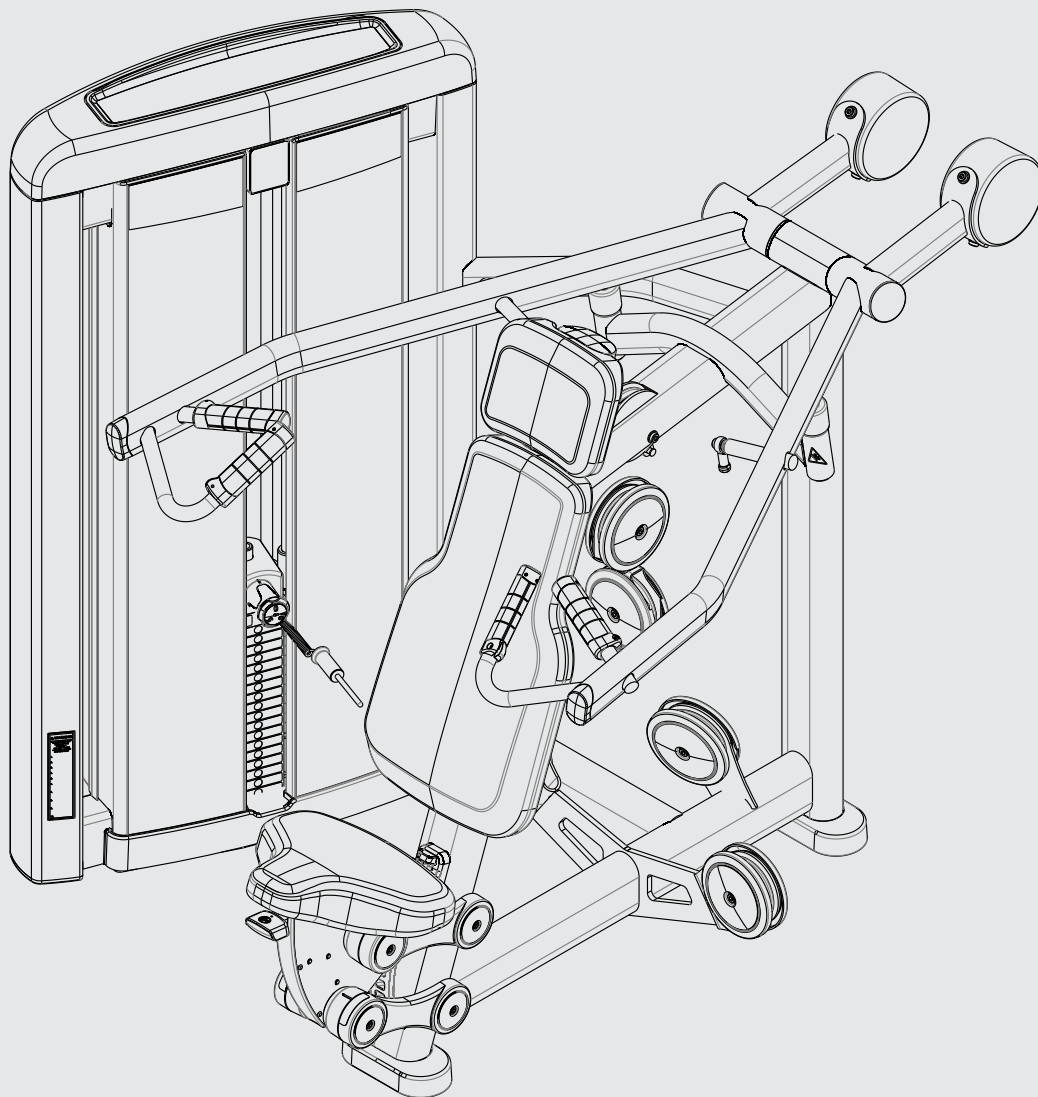
Hungarian Produced:
101833G07944-Current

INSIGNIA SERIES

SHOULDER PRESS

SS-SP

PARTS MANUAL



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Insignia Series Shoulder Press

Options and Key

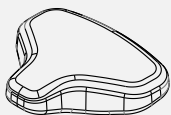
FRAME COLOR OPTION

SELECT POWDERCOAT COLOR

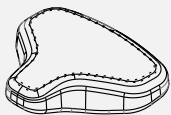
- ☐ BLACK
- ☐ BLUE
- ☐ CANDY APPLE RED
- ☐ CHARCOAL
- ☐ DIAMOND WHITE
- ☐ ELECTRIC BLUE
- ☐ ICE BLUE METALLIC
- ☐ MIDNIGHT METALLIC
- ☐ MOCHA SAND
- ☐ NICKEL
- ☐ PLATINUM
- ☐ RED
- ☐ TITANIUM
- ☐ WHITE
- ☐ YELLOW
- ☐ CUSTOM

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

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

- ☐ POUNDS
- ☐ KILOGRAMS

SHROUD OPTION

- ☐ REAR
- ☐ FRONT/REAR

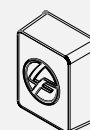
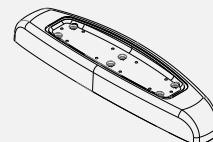
SHROUD WRAP OPTION

(FRONT ONLY)

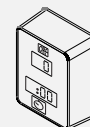
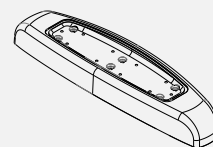
- ☐ BAMBOO
- ☐ BLACK CARBON FIBER
- ☐ BRONZE
- ☐ FULL SHROUD
- ☐ PREMIUM STAINLESS STEEL
- ☐ ROSEWOOD
- ☐ SKY
- ☐ STAINLESS STEEL
- ☐ STEM
- ☐ CUSTOM

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

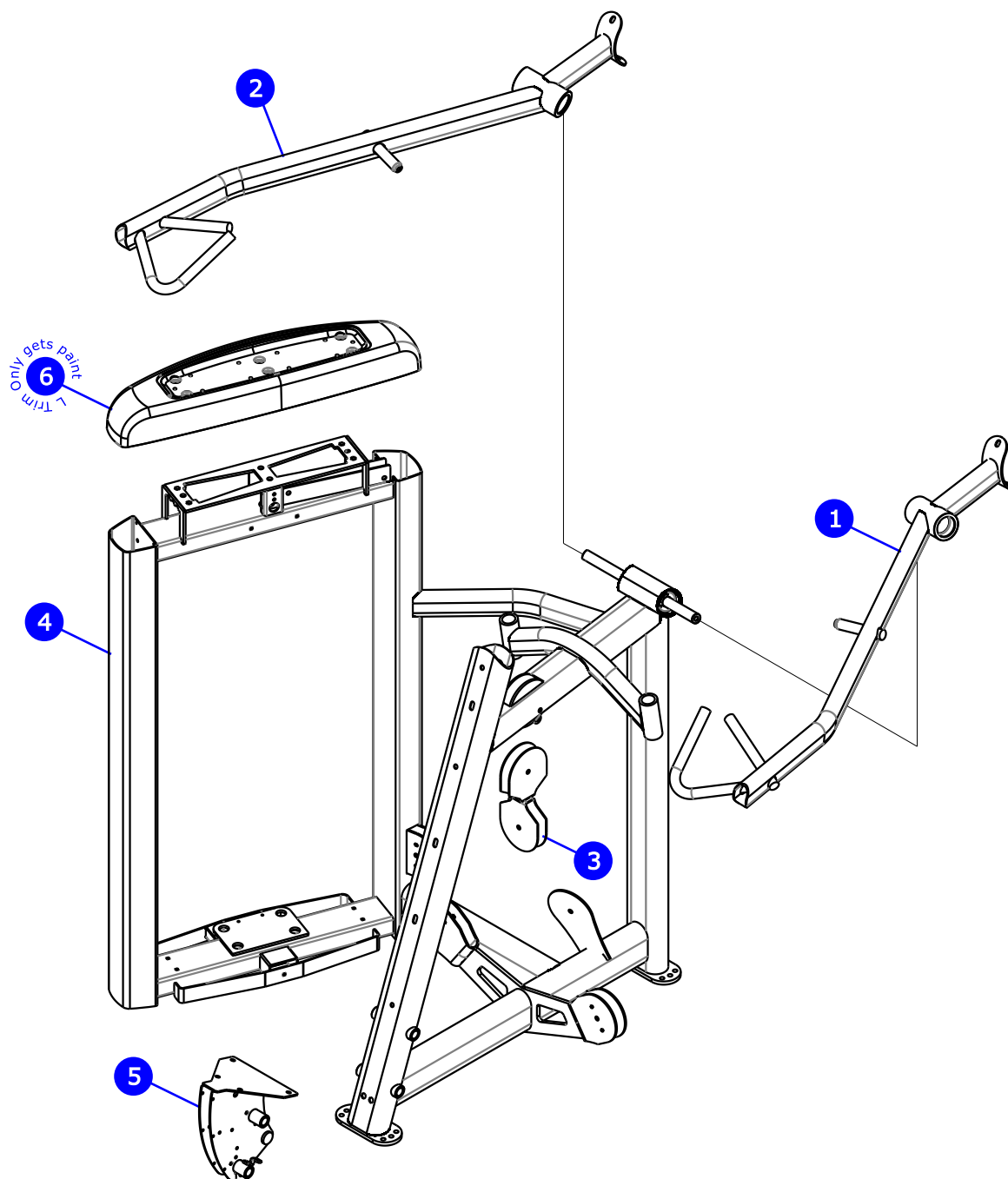
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

FRAME COLOR 1 2 3

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

Insignia Series Shoulder Press

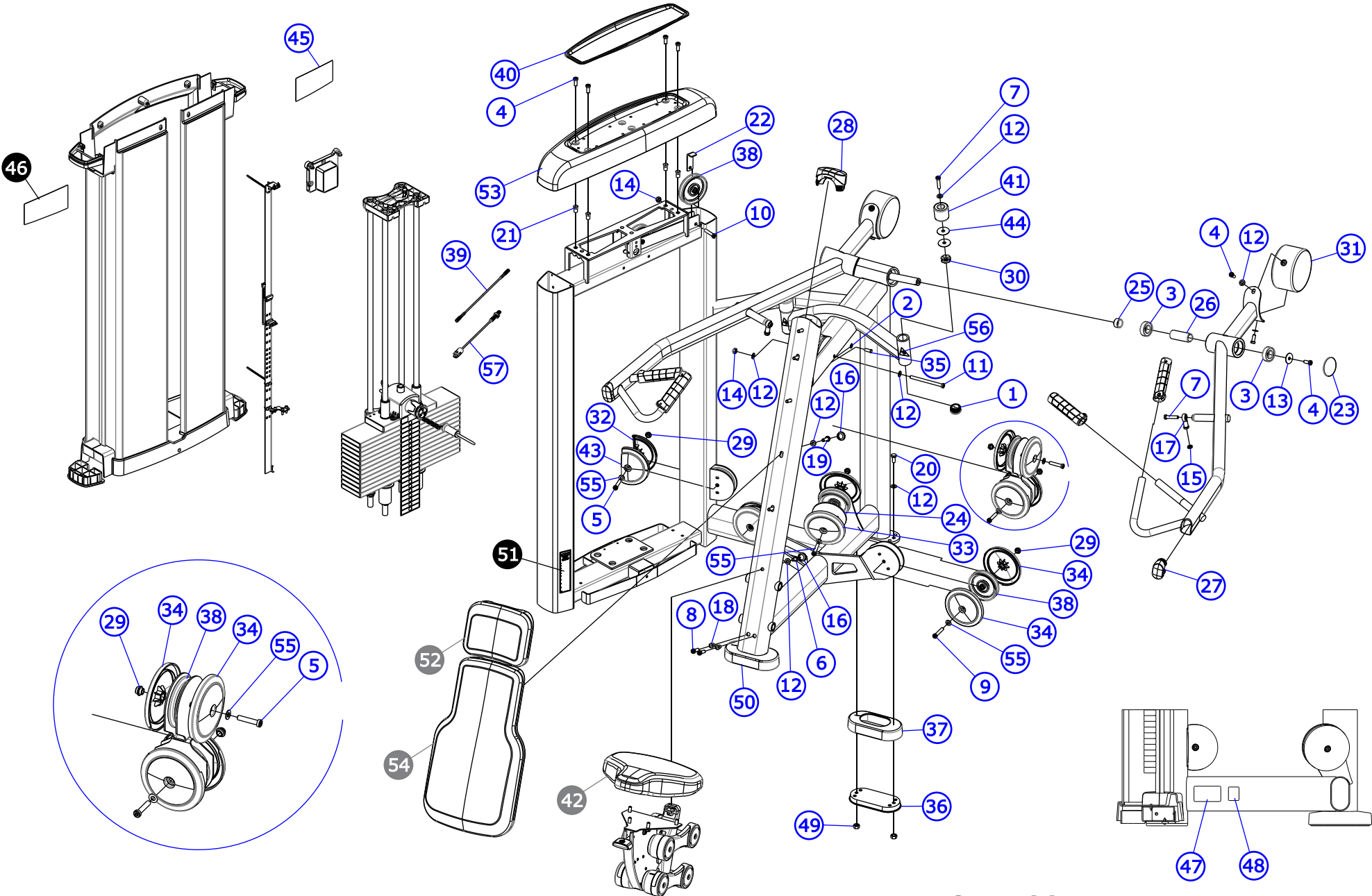
Powder Coat Painted Frame Weldments



ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	1	9335699	WLDMT, SS-SP PRESS ARM LH	S	L
2	1	9336199	WLDMT, SS-SP PRESS ARM RH	S	L
3	1	9337599	WLDMT, DOUBLE PULLEY	S	L
4	1	POSSIBLE RMA	WLDMT, SS-SP FRAME	S	L
5	1	9401299	WLDMT, SS-FRONT SEAT SUPPORT	S	L
6	1	9412699	CAP, TOWER -TOP	-	L

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

Insignia Series Shoulder Press
Component Assembly



See page 6 for table

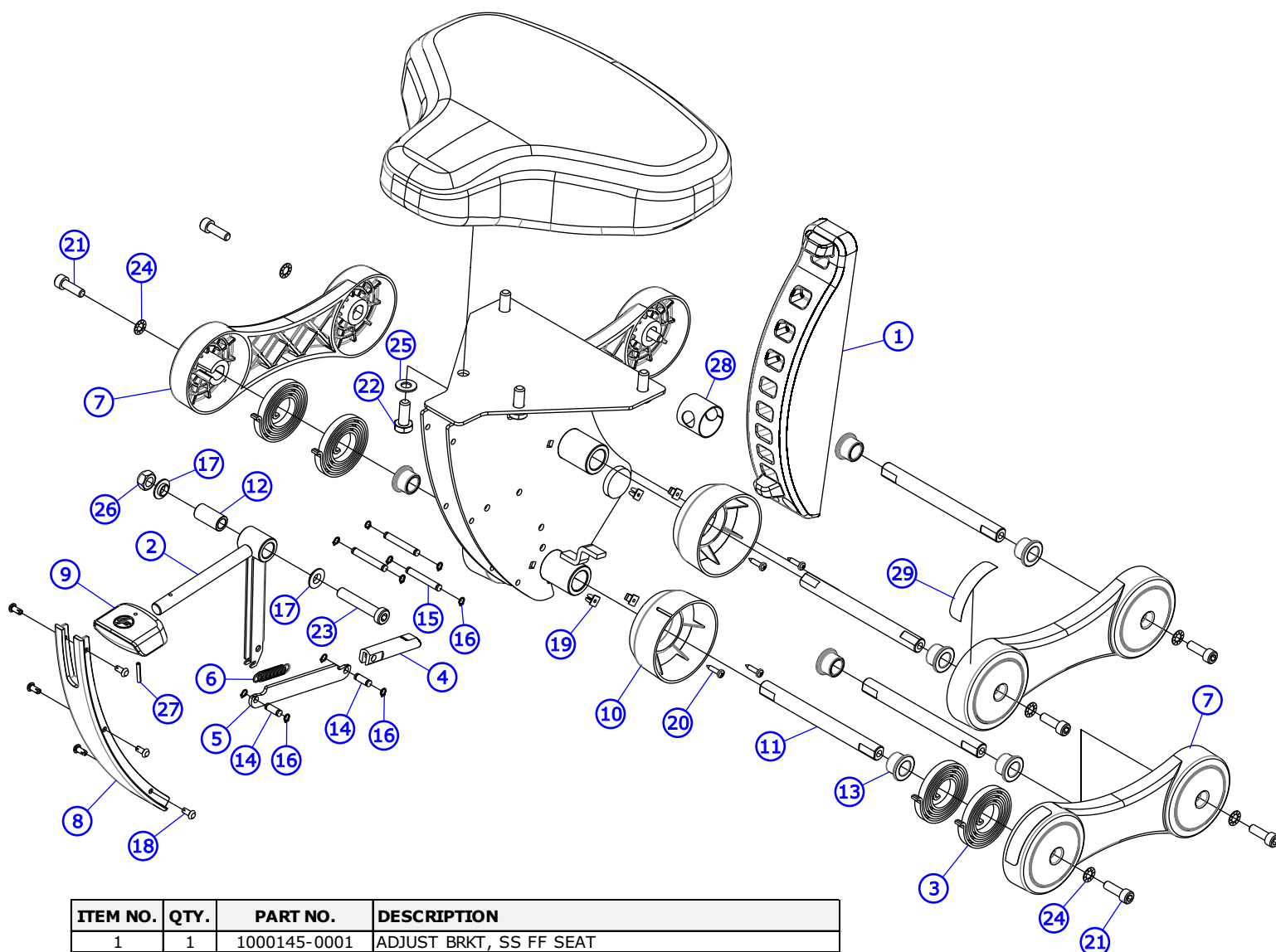
Insignia Series Shoulder Press

Table

ITEM NO.	QTY.	PART NUMBER	DESCRIPTION	TRIM	
1	2	3119306	CAP, END 1.50 DIA RD 8-12 GA	S	L
2	1	3221701	E-RING, EXTERNAL 3/8	S	L
3	4	3235601	BEARING, 6205 BALL	S	L
4	10	3236202	SCREW, M10 X1.5 25MM	S	L
5	4	3236207	SCREW, M10 X1.5 50MM	S	L
6	1	3236201	SCREW, M10 X1.5 20MM	S	L
7	4	3236206	SCREW, M10 X1.5 45MM	S	L
8	2	3236204	SCREW, M10 X1.5 35MM	S	L
9	2	3236208	SCREW, M10 X1.5 55MM	S	L
10	2	3275507	SCREW, M10 X 1.5 X 50 SHCS, LOW HEAD -NO PATCH	S	L
11	1	3275520	SCREW, M10 X 1.5 X 130 SHCS, LOW HEAD -NO PATCH	S	L
12	24	3236601	WASHER, 3/8 SAE SS	S	L
13	2	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS	S	L
14	3	3236801	NUT, M10 HEX NYLOCK SS	S	L
15	2	3236901	NUT, HEX JAM M10 X 1.5 SS	S	L
16	6	3237407	PLUG, 1" HOLE	S	L
17	2	3237901	ROD END, METRIC FEMALE	S	L
18	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)	S	L
19	5	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN	S	L
20	4	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN	S	L
21	4	3275401	M10X1.5 BLIND THREADED INSERT (HEX) -HVY	S	L
22	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1	S	L
23	2	7308702	CAP, BEARING HOUSING	S	L
24	1	7318201	PLATE, PULLEY	S	L
25	2	7330002	SPACER, INTERNAL X .653	S	L
26	2	7330003	SPACER, INTERNAL X 3.265	S	L
27	2	7333802	CAP, SMALL FLOV- END	S	L
28	1	7333902	CAP, LARGE FLOV- END	S	L
29	6	7335401	NUT, M10 X 1.5 SOCKET HEAD	S	L
30	2	7347301	NUT, SPIDER M10 X 1.5	S	L
31	2	7802002	COUNTER WEIGHT, LARGE - COATED	S	L
32	1	8094102	COVER, PULLEY-BOLTED PARTIAL -CHGR	S	L
33	1	8102902	COVER, PULLEY-BOLTED FULL	S	L
34	9	8104502	COVER, PULLEY-BOLTED NOTCHED	S	L
35	1	8669401	PIN, CABLE CLEVIS	S	L
36	2	9319301	FOOT, 2.50 X 4.49 FLOV	S	L
37	1	9319401	COVER, FOOT - STRAIGHT	S	L
38	9	9319901	PULLEY, 4.5" OD	S	L
39	1	9343201	CABLE, SS-SP	S	L
40	1	9411201	TRAY, TOWER TOP CAP	S	L
41	2	9414501	BUMPER, HARD STOP	S	L
42	1	1000016-0001	PAD, SEAT SADDLE BLK, SNGL STITCH	S	L
		1000016-0099	PAD, SEAT SADDLE CUS, SNGL STITCH		
		1000016-0101	PAD, SEAT SADDLE BLK, DBL STITCH		
		1000016-0199	PAD, SEAT SADDLE CUS, DBL STITCH		
43	1	9450002	COVER, PULLEY-BOLTED PARTIAL	S	L
44	4	9455101	SHIM, 1.75" OD X .44" ID	S	L
45	1	9477701	LABEL, SS-SP PLACARD, RH	S	L
46	1	9466101	LABEL, SS-SP PLACARD, LH	S	L
47	1	-	LABEL, SERIAL NUMBER, BLANK	S	L
48	1	9488901	LABEL, INSIGNIA, FCC	S	L
49	4	3254705	NUT, M12 X 1.00 HEX ZINC	S	L
50	1	9461401	COVER, FOOT - 20 deg	S	L
51	1	8220099	LABEL, ASTM, SELECT VERT	S	L
52	1	1000017-0001	PAD, HEAD REST BLK, SNGL STITCH	S	L
		1000017-0099	PAD, HEAD REST CUS, SNGL STITCH		
		1000017-0101	PAD, HEAD REST BLK, DBL STITCH		
		1000017-0199	PAD, HEAD REST CUS, DBL STITCH		
53		9436701	CAP, TOWER, TOP, PLASTIC	S	-
54	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		
55	6	7630101	RETAINER, CM/MJ, PULLEY	S	L
56	2	8039501	LABEL, WARNING, TRIANGLE, 10-0099-067, BNR	S	L
57	1	9343302	CABLE, SS-SP, DIAL	S	L

Insignia Series Shoulder Press

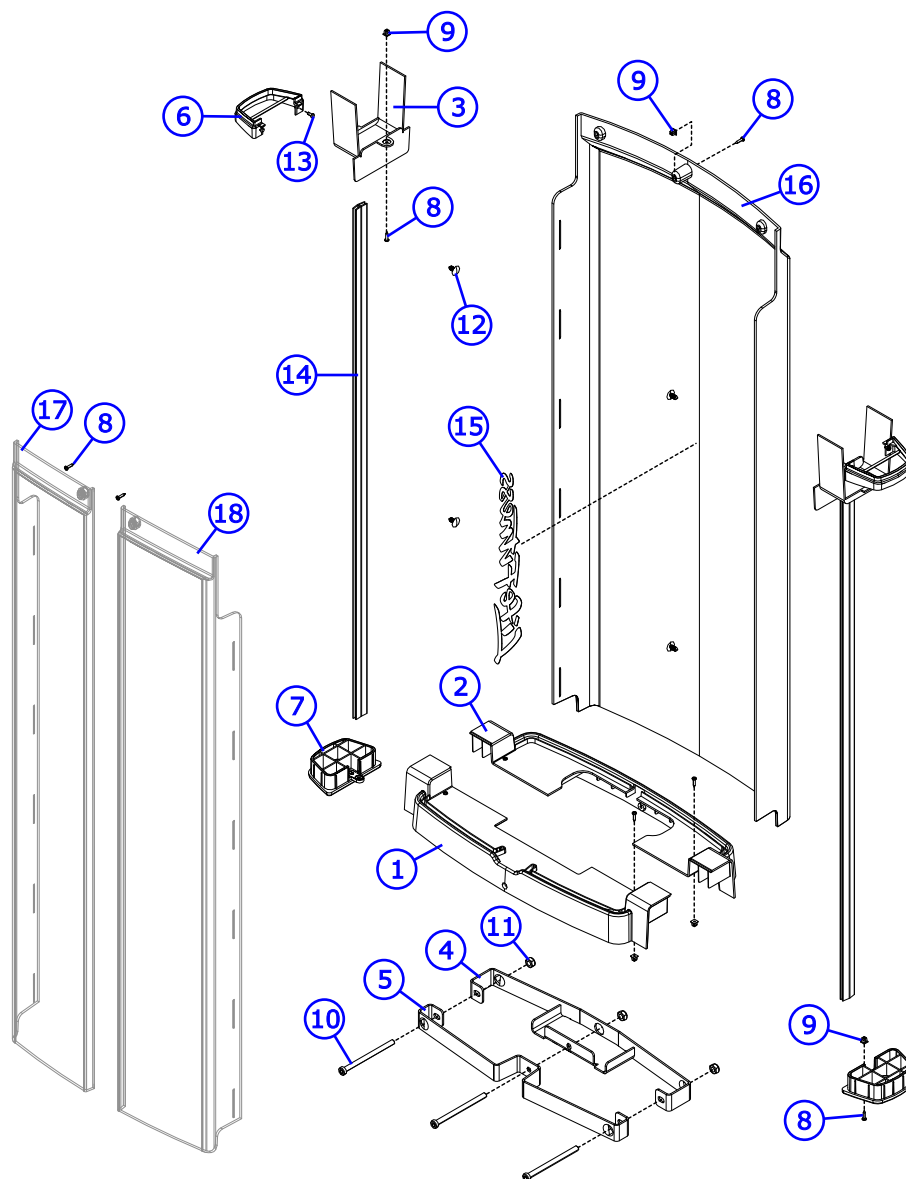
Seat Assembly



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 Shoulder Press

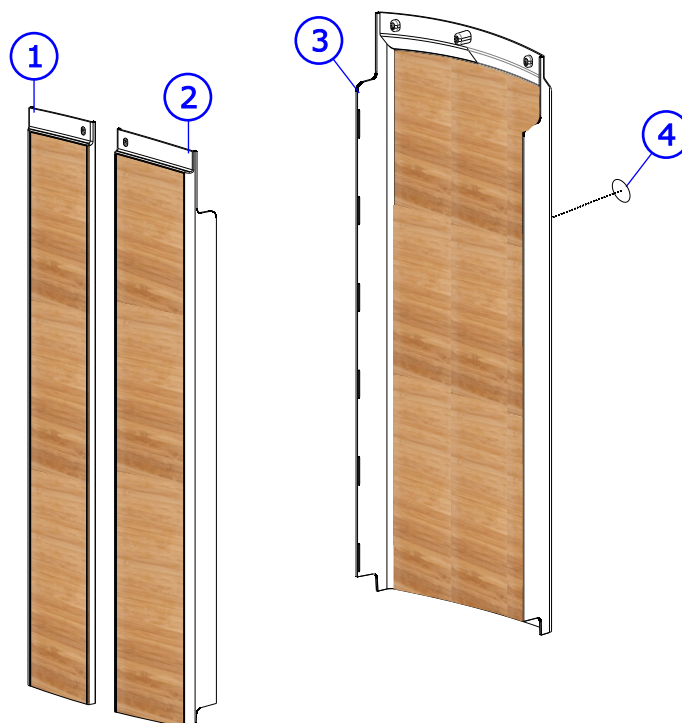
Full Shroud Assembly



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 Shoulder Press

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

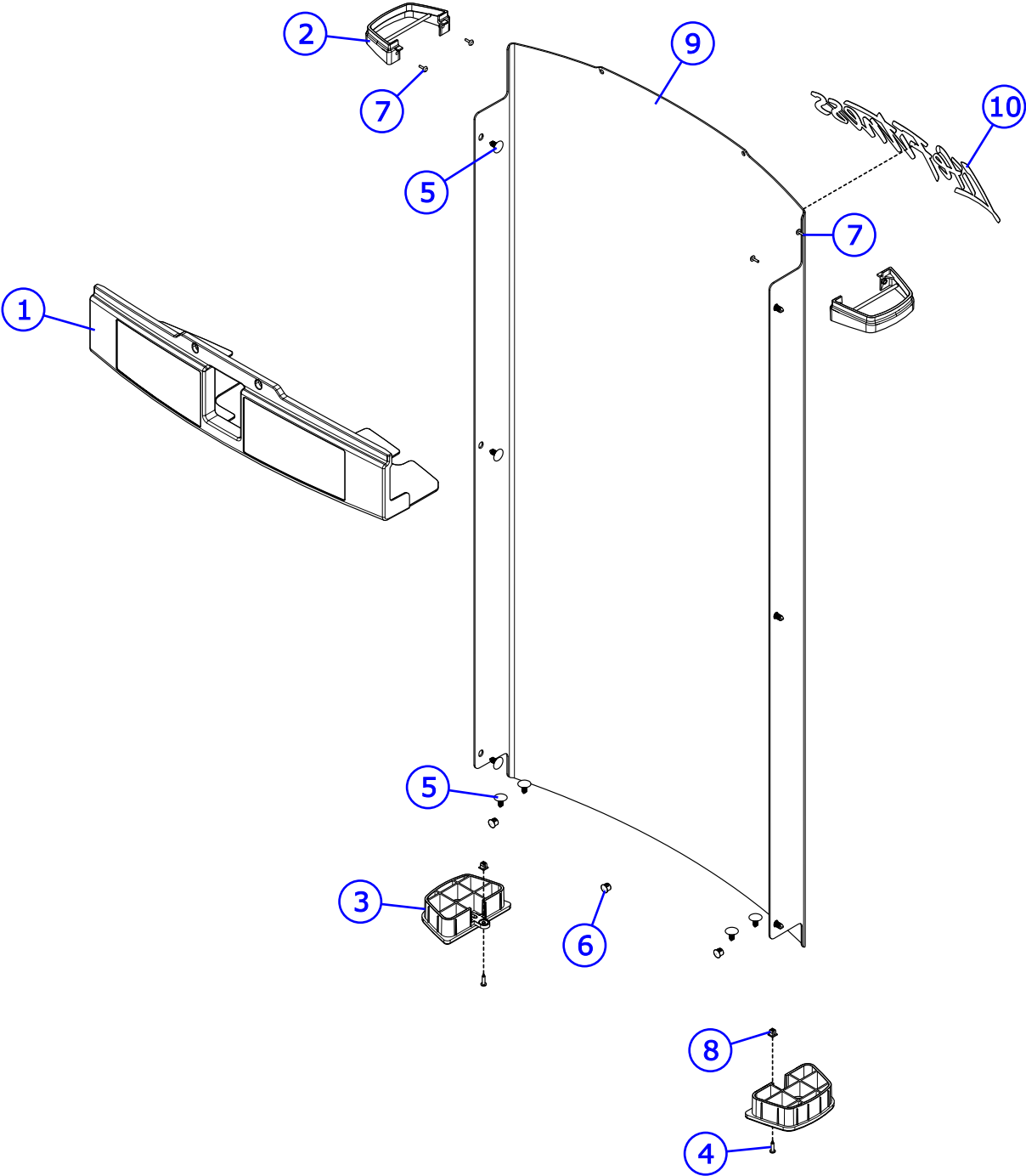
PREMIUM STAINLESS STEEL	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0008	SHROUD, SS, FNT, LT, SRT, ABS-PSS
			2	1	1003203-0008	SHROUD, SS, FNT, RT, SRT, ABS-PSS
			3	1	1003205-0008	SHROUD, SS, REAR, SRT, ABS-PSS

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
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Insignia Series Shoulder Press

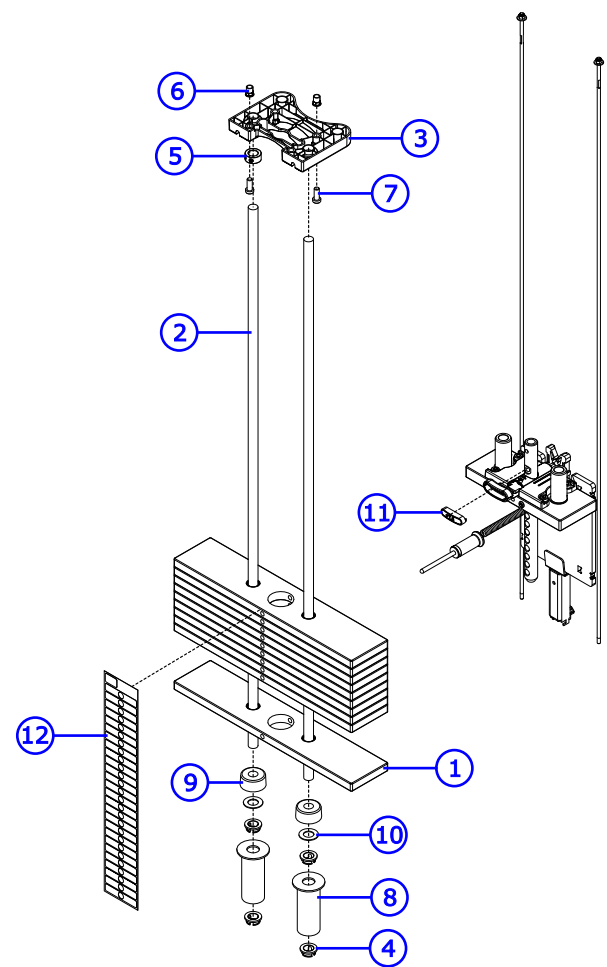
Rear Shroud Assembly



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

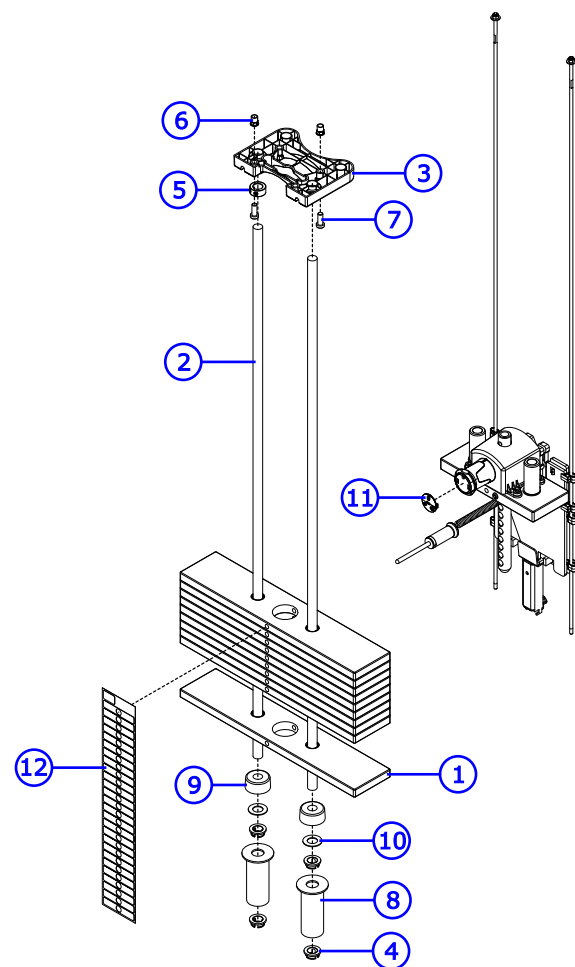
Insignia Series Shoulder Press
Weight Stack Assemblies

P - Base



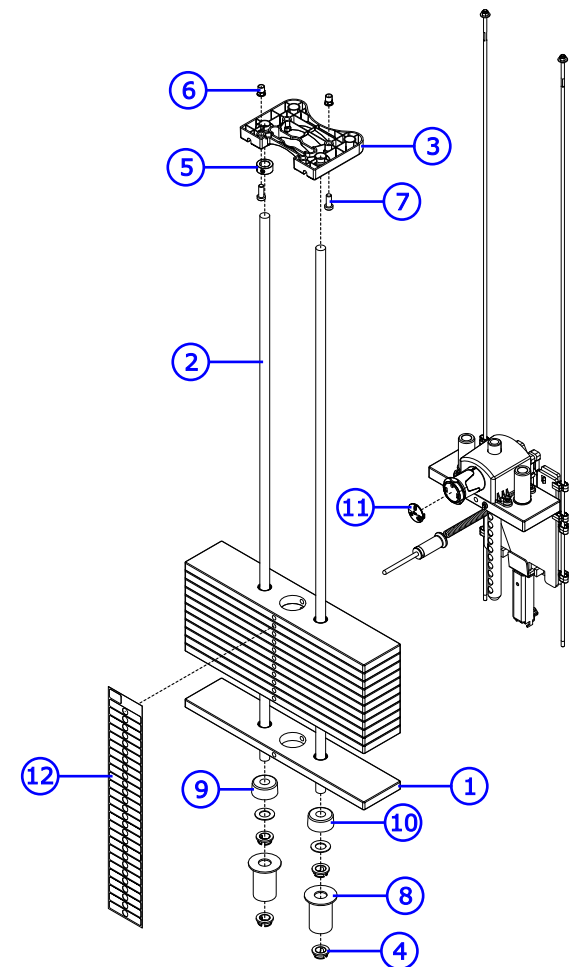
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	10	9407601	WEIGHT PLATE
2	2	7328612	GUIDE ROD, .75 OD SOLID 50.36
3	1	9412801	RETAINER, GUIDE ROD -TOP
4	4	7337901	BUSHING, GUIDE ROD
5	1	3103301	SHAFT COLLAR,
6	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
7	2	3236202	SCREW, M10 X1.5 25MM
8	2	9495914	WLDMT, WGT STK SPACER X 4.50 -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
12	1	9475101	LABEL, 3/4 IN WGT STACK, 385 LB
		9475401	LABEL, 3/4 IN WGT STACK, 192.5 KG

C - Light



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	10	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	9495914	WLDMT, WGT STK SPACER X 4.50 -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
12	1	9475101	LABEL, 3/4 IN WGT STACK, 385 LB
		9475401	LABEL, 3/4 IN WGT STACK, 192.5 KG

X - Heavy

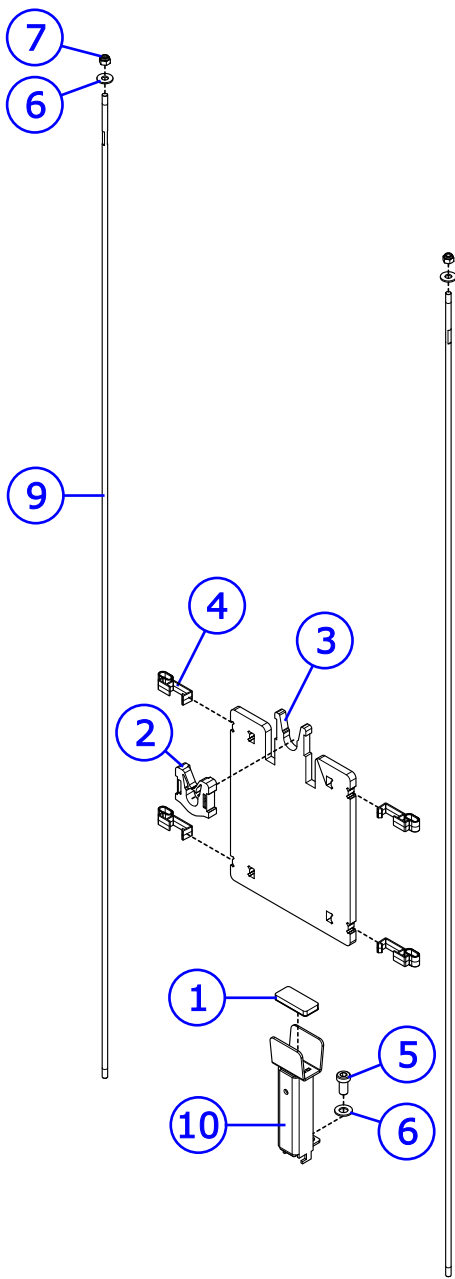


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	12	9407601	WEIGHT PLATE
2	2	7328612	GUIDE ROD, .75 OD SOLID 50.36
3	1	9412801	RETAINER, GUIDE ROD -TOP
4	4	7337901	BUSHING, GUIDE ROD
5	1	3103301	SHAFT COLLAR,
6	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
7	2	3236202	SCREW, M10 X1.5 25MM
8	2	9495913	WLDMT, WGT 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
12	1	9475101	LABEL, 3/4 IN WGT STACK, 385 LB
		9475401	LABEL, 3/4 IN WGT STACK, 192.5 KG

Insignia Series Shoulder Press

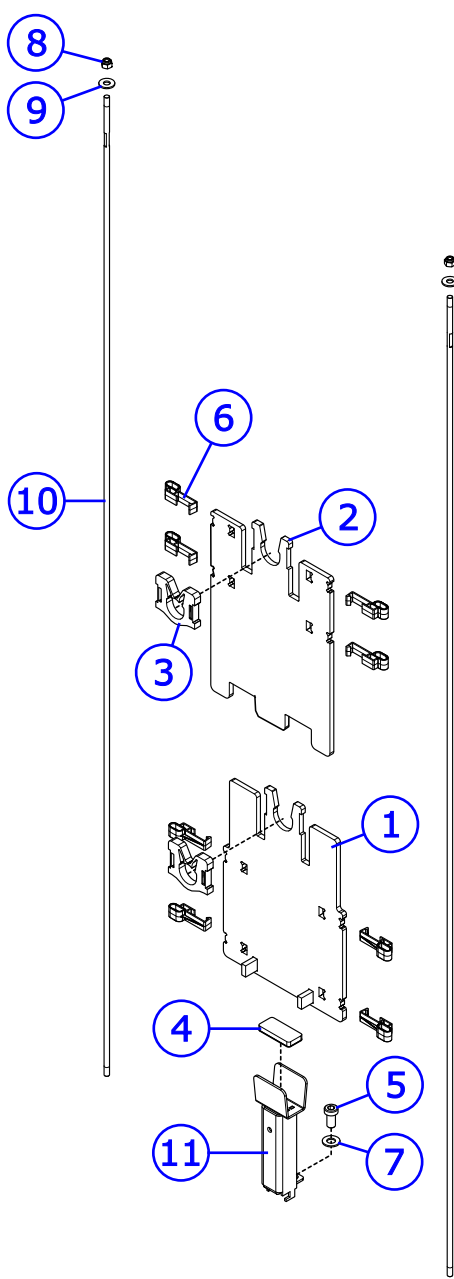
Increment Weights

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	1009179-0026	WLDMT: BRACKET, INC WEIGHT SPACER -

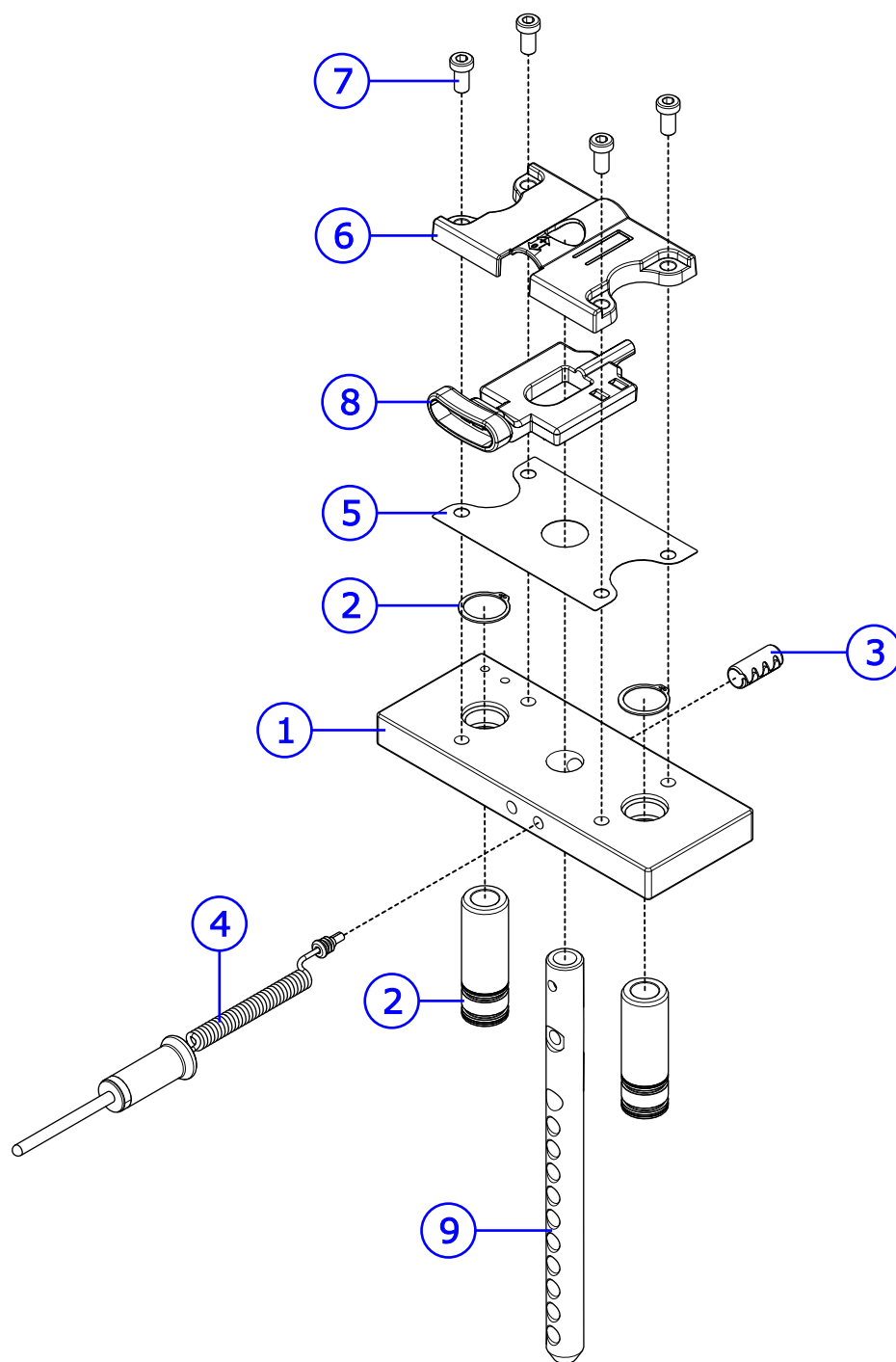
C - Light & X - Heavy



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	1009179-0026	WLDMT: BRACKET, INC WEIGHT SPACER -

Insignia Series Shoulder Press

P Trim Head Plate

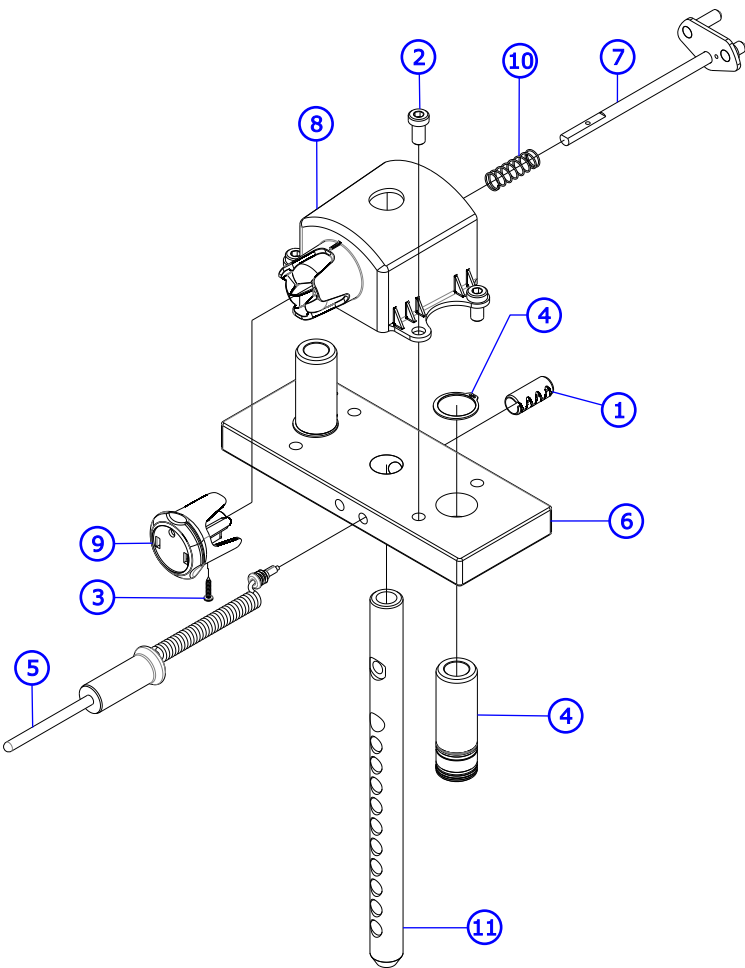


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9427401	HEADPLATE, WT. STACK, 10LB
2	2	9296001	BUSHING, HEADPLATE, LONG
3	1	3236001	BUSHING, SPRING PIN
4	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
5	1	1006707-0001	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
6	1	1007806-0001	HSNG, 7.5LB INC WEIGHT
7	4	3236202	SCREW, M10 X1.5 25MM
8	1	1008675-0001	HANDLE: 7.5LB INC WT, PLASTIC
9	1	9434201	BAYONET, 10 PLATE

Insignia Series Shoulder Press

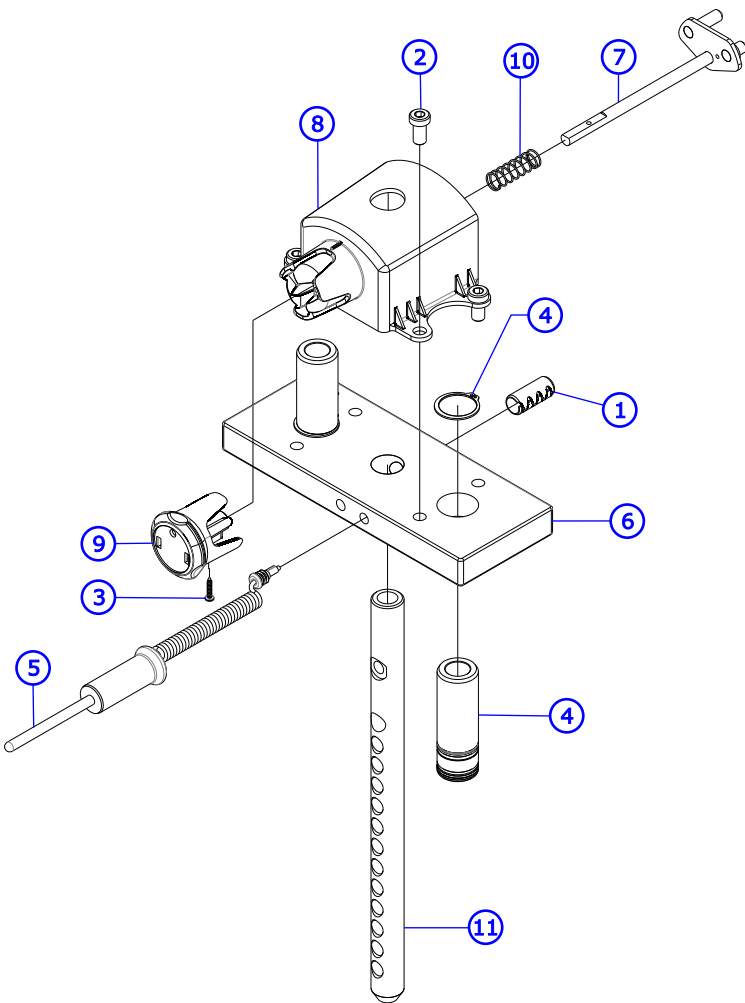
C and X Trim Head Plate Assemblies

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 SEL PIN -YEL
6	1	9427401	HEADPLATE, WT. STACK, 10LB
7	1	1008989-0001	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

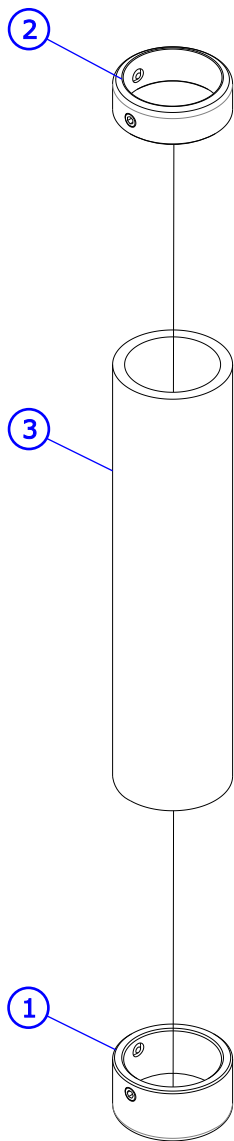


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SEL PIN -YEL
6	1	9427401	HEADPLATE, WT. STACK, 10LB
7	1	1008989-0001	WLDMT, INC WGT PIN
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 Shoulder Press

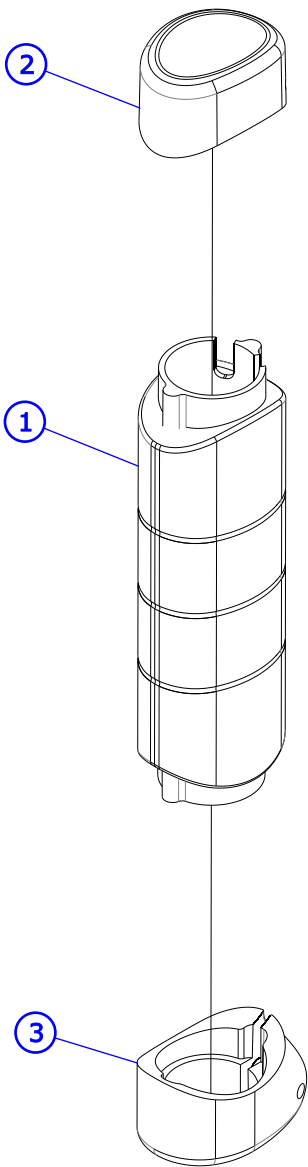
Grip Assemblies

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

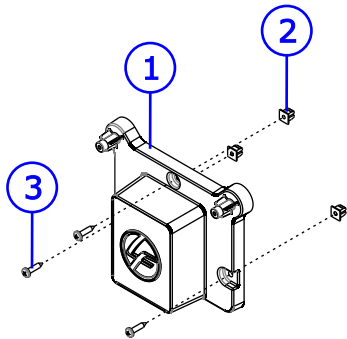


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9453001	GRIP, ERGO, OVERMOLD
2	1	1001761-0001	ASSY, CAP, GRIP
3	1	1001760-0001	ASSY, COLLAR, ERGO GRIP

Insignia Series Shoulder Press

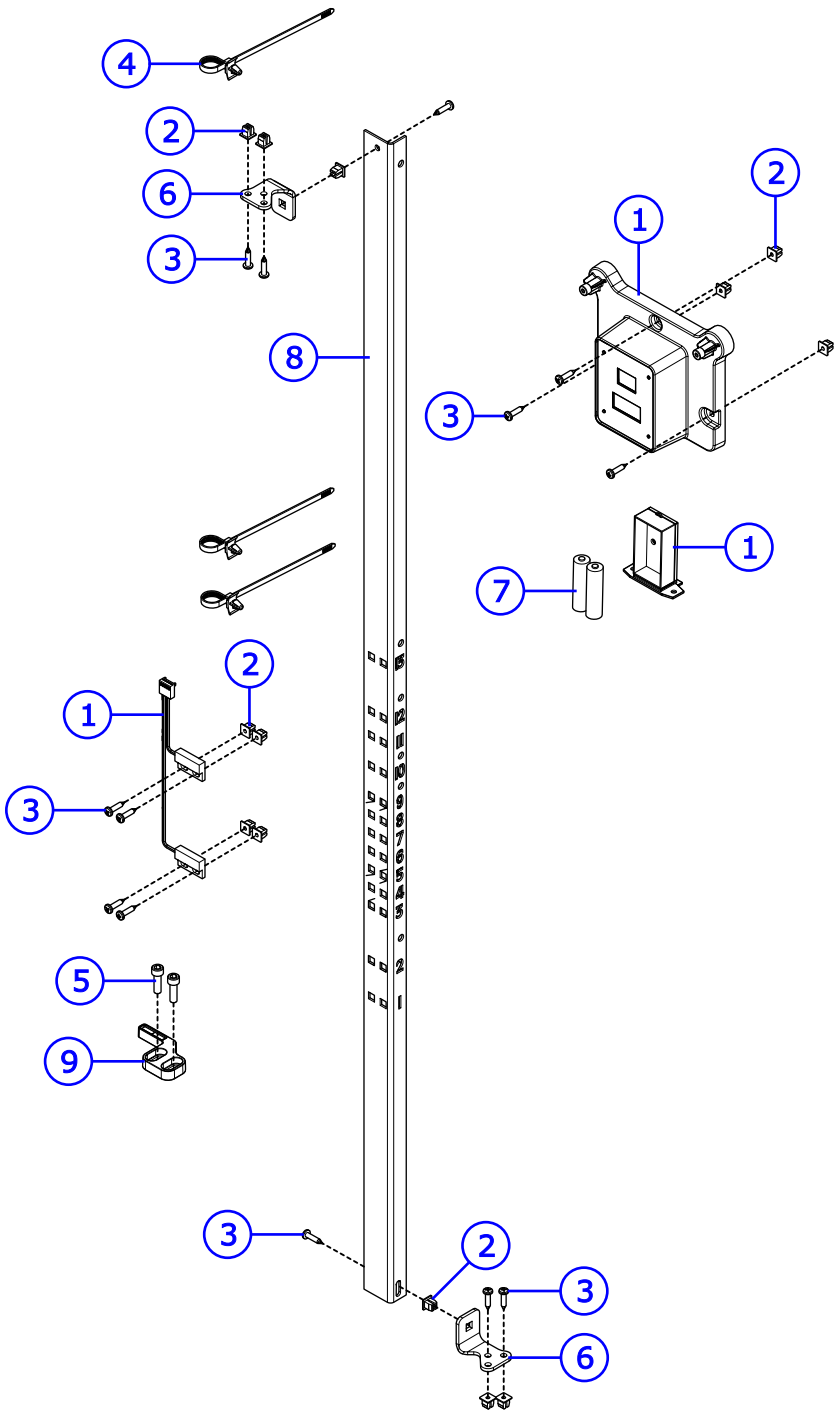
Sensor Assemblies

S 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

L Trim



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