

PWR PLAY ATTACHED HIGH LOW CROSSOVER

PP-FCO

Parts Manual

1/5/2019 15:57:15 PM

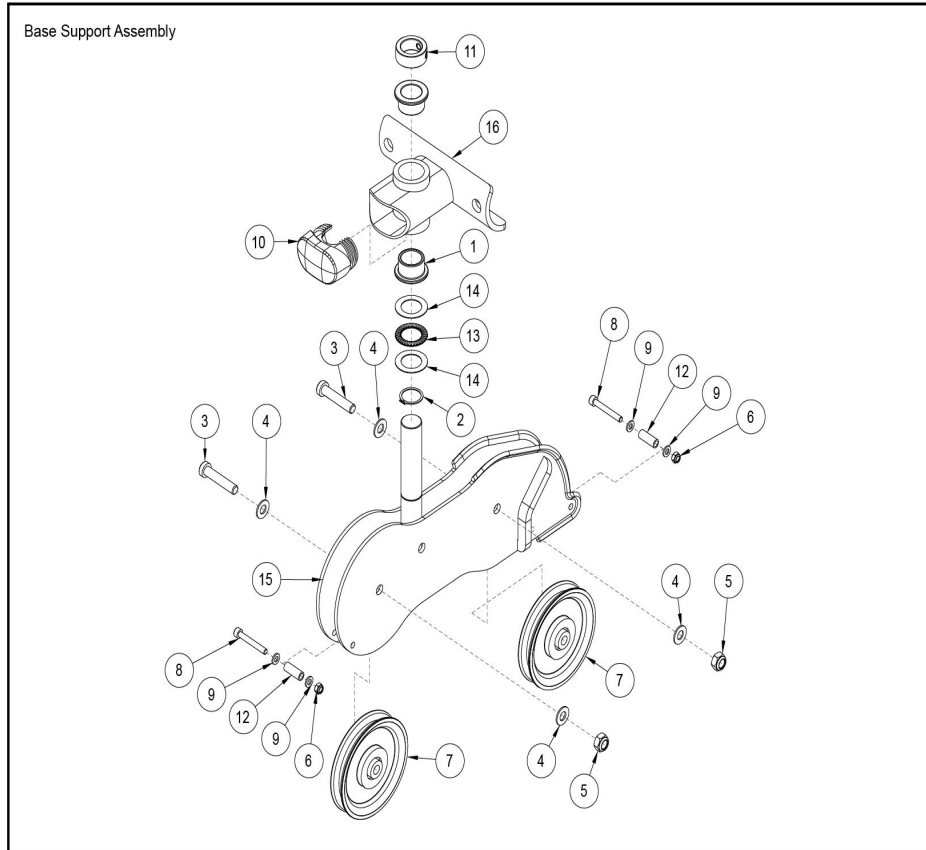




Table of Contents

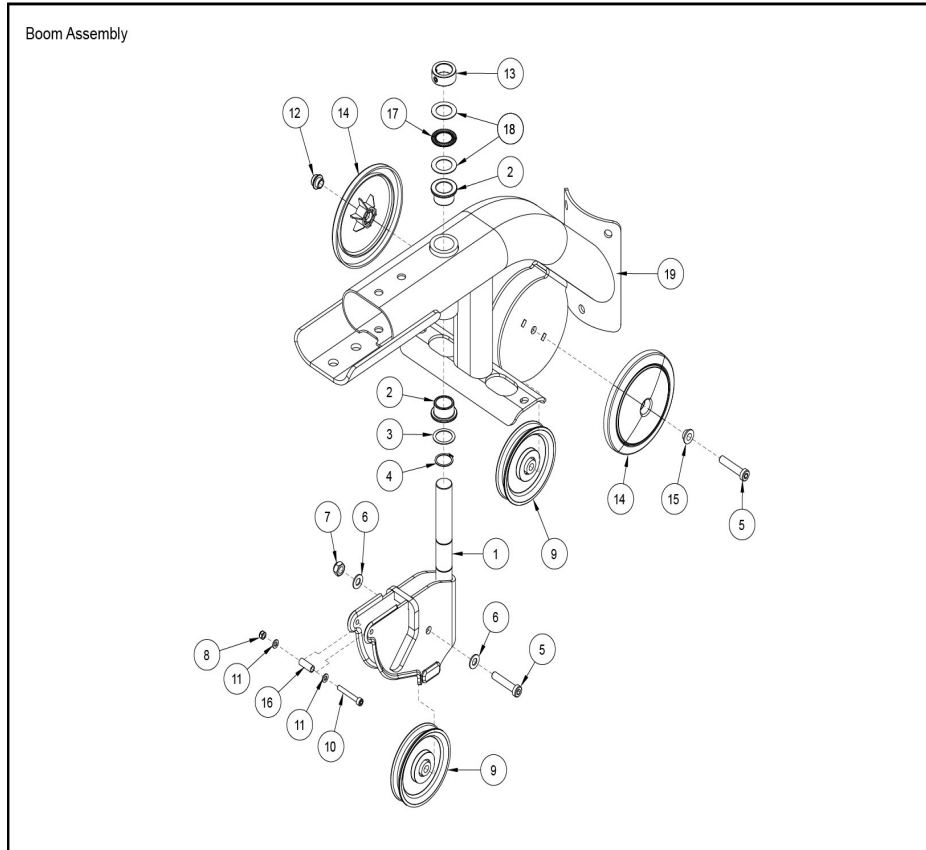
Base Support Assembly.....	3
Boom Assembly.....	4
Hardware Kit 1.....	5
Hardware Kit 2.....	6
Increment Weight Assembly.....	7
Optional Shrouds.....	8
PP-CORE Assembly.....	9
PP-FCO Assembly.....	10
PP-FCO Tower Assembly.....	12
X-Beam Assembly.....	14
190lb Stack Assembly.....	15

Base Support Assembly



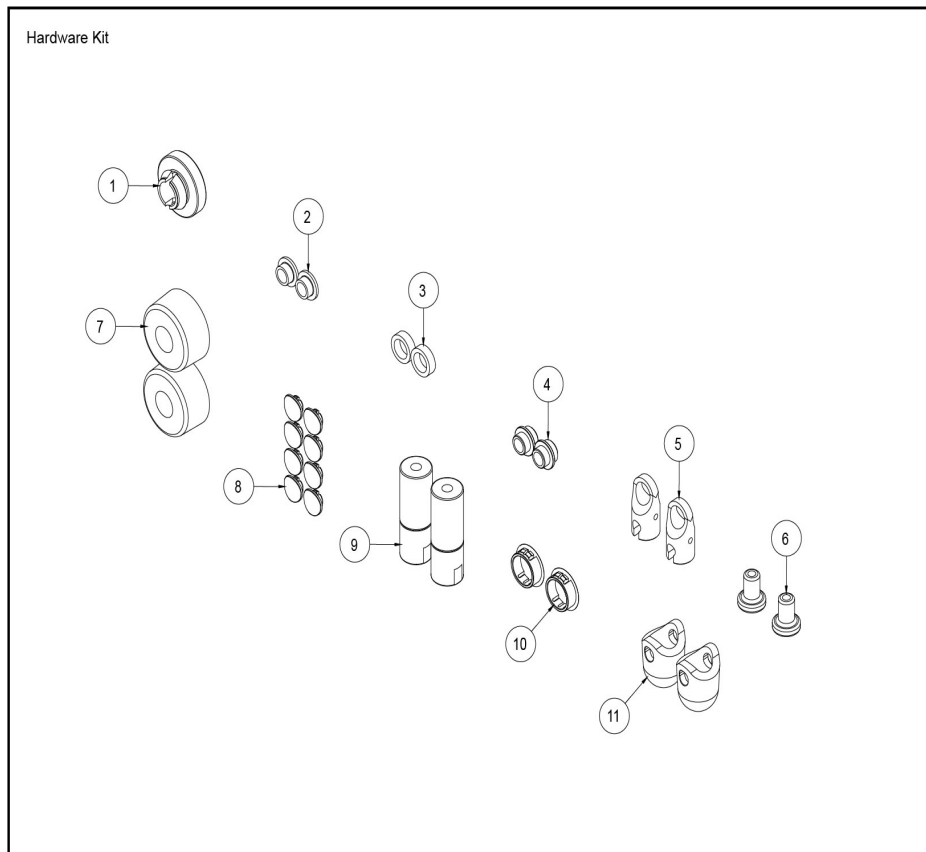
Ref #	Part Number	Qty	Description
1	3104903	2	Bearing 1" ID 1.25" OD
2	3232421	1	Retaining Ring 0.940" D
3	3236207	2	Hardware: Screw 50MM
4	3273303	4	Hardware: WasherR, 3/8, THRU-HARDENED
5	3236801	2	Hardware: Nut 10 MM ID
6	3236802	2	Hardware: Nut 6 MM ID
7	3237802	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
8	3241706	2	M6 X 1 X 45MM SHCS Standard Head
9	3241801	4	Flat Washer 6MM
10	7333802	1	CAP, SMALL FLOW-END
11	7435301	1	Collar Shaft 1.020 ID
12	8002401	2	Spacer CM/MJ Pulley
13	9117301	1	BEARING, THRUST NEEDLE-ROLLER, 1 IN. ID
14	9117401	2	WASHER, THRUST NEEDLE-ROLLER BEARING, 1 IN. ID
15	1005531-0000	1	WLDMT, FCO/FXO/HL, PULLEY, BTM
16	7635901	1	Weldment MJFCO/FXO PULLEY SPRT

Boom Assembly



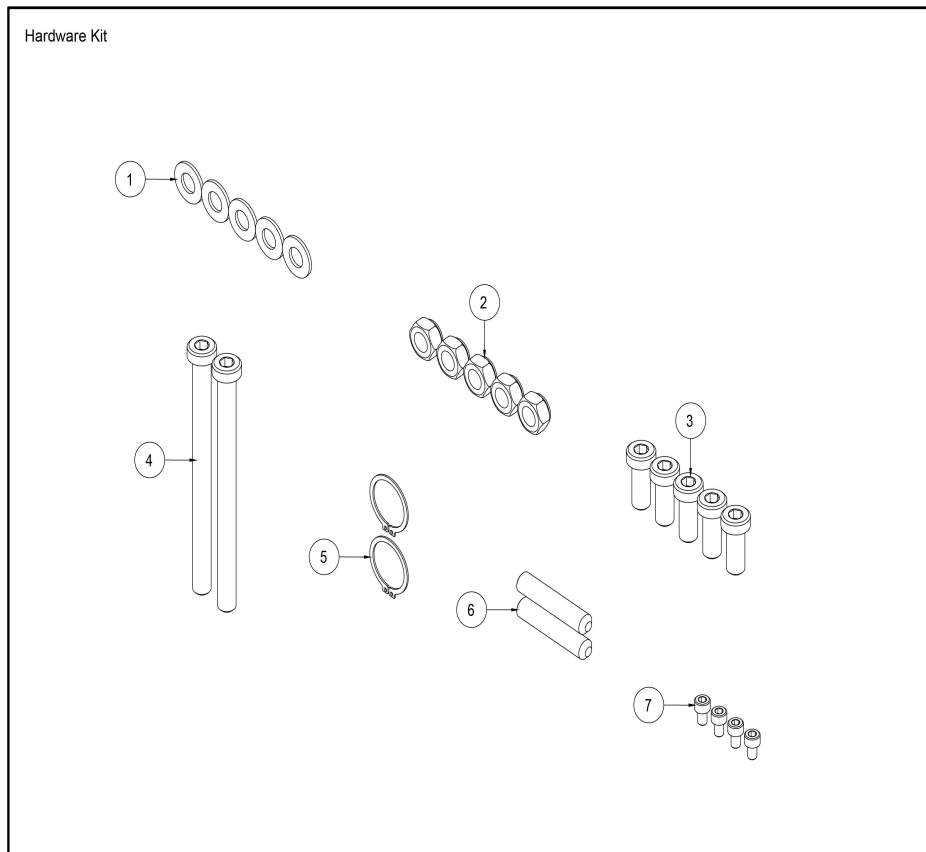
Ref #	Part Number	Qty	Description
1	1005748-0000	1	ASSY, PP-FCO/FXO/HL, PULLEY, TOP
2	3104903	2	Bearing 1" ID 1.25" OD
3	3225005	1	Washer
4	3232421	1	Retaining Ring 0.940" D
5	3236207	2	Hardware: Screw 50MM
6	3273303	2	Hardware: WasherR, 3/8, THRU-HARDENED
7	3236801	1	Hardware: Nut 10 MM ID
8	3236802	1	Hardware: Nut 6 MM ID
9	3237802	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
10	3241706	1	M6 X 1 X 45MM SHCS Standard Head
11	3241801	2	Flat Washer 6MM
12	7335401	1	Hardware: Nut 10 MM ID
13	7435301	1	Collar Shaft 1.020 ID
14	7629902	2	COVER, PULLEY-BOLTED FULL
15	7630101	1	Retainer CM/MJ Pulley
16	8002401	1	Spacer CM/MJ Pulley
17	9117301	1	BEARING, THRUST NEEDLE-ROLLER, 1 IN. ID
18	9117401	2	WASHER, THRUST NEEDLE-ROLLER BEARING, 1 IN. ID
19	7636201	1	Weldment MJFCO/FXO BOOM

Hardware Kit 1



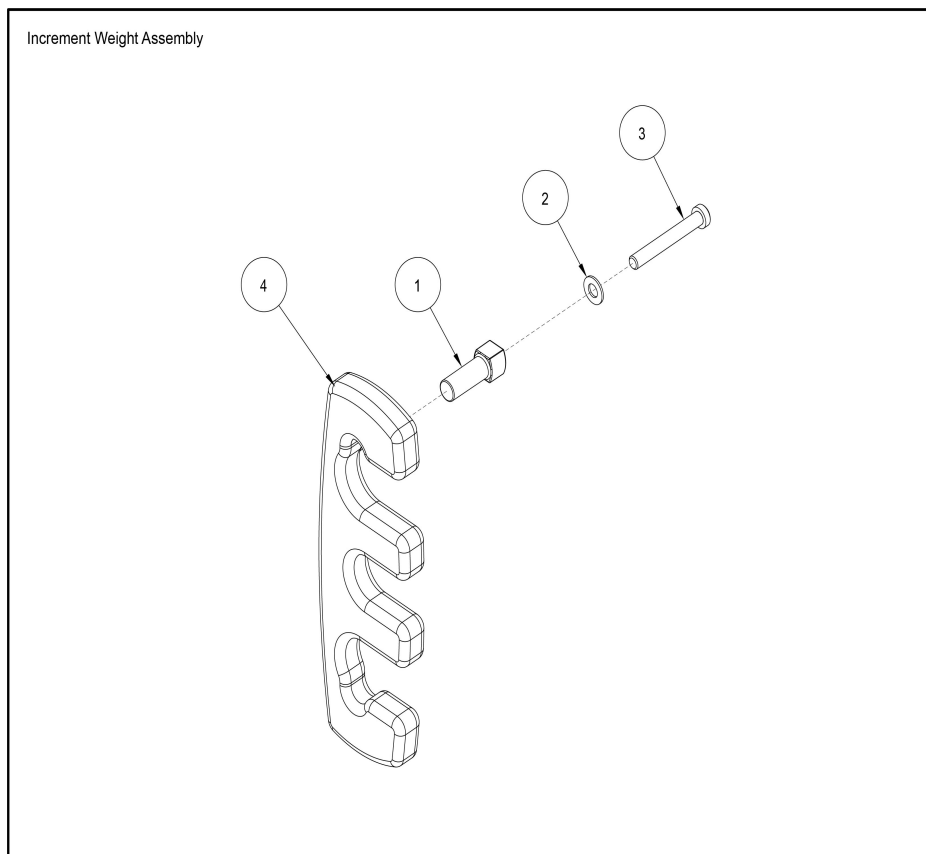
Ref #	Part Number	Qty	Description
1	7642302	1	PLUG, CM/MJ, PLUG -CHR
2	7630101	2	Retainer CM/MJ Pulley
3	7634701	2	Spacer CM/MJ .565 X .815
4	7335401	2	Hardware: Nut 10 MM ID
5	8943601	2	Link CM/MJ Cable End
6	8943802	2	INSERT, CABLE END -CHR
7	7352101	2	Cushion Weight Stack
8	7646802	8	PLUG, CURVED HOLE -CHR
9	7634401	2	Retainer CM/MJ Guide Rod
10	3237407	2	PLUG, 1 IN HOLE
11	8943702	2	HSNG, CABLE END -CHR

Hardware Kit 2



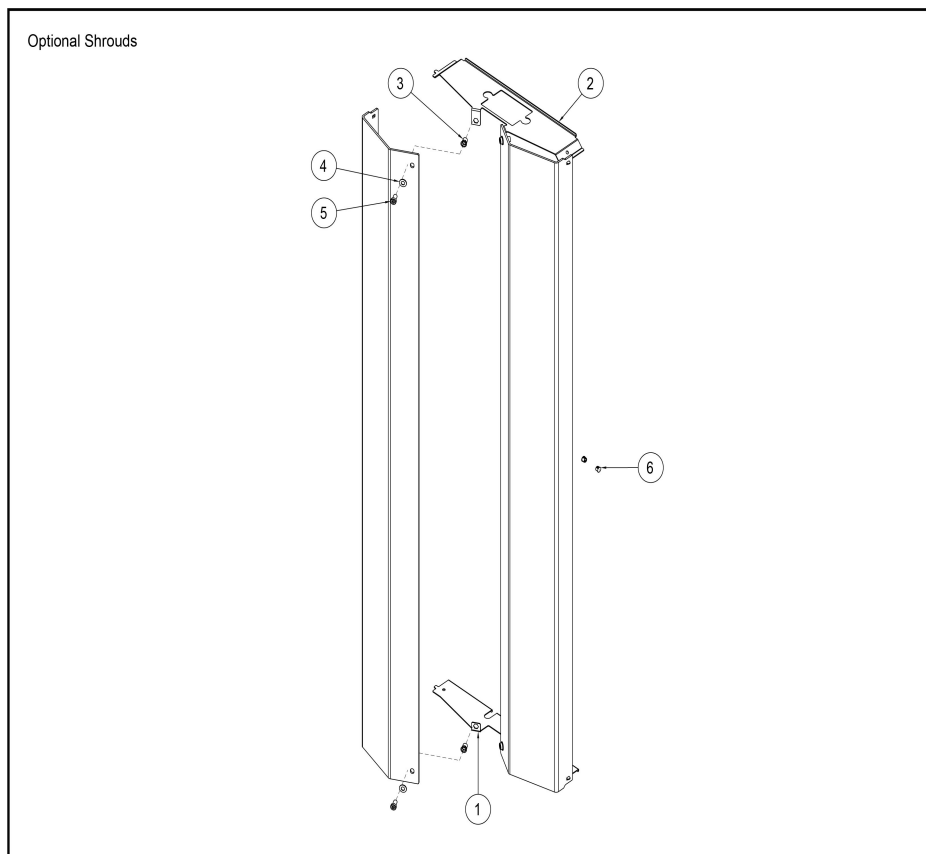
Ref #	Part Number	Qty	Description
1	3273303	5	Hardware: WasherR, 3/8, THRU-HARDENED
2	3236801	5	Hardware: Nut 10 MM ID
3	3236202	5	Hardware: Screw 25MM
4	3236220	2	Hardware: Screw 130MM
5	3232421	2	Reatining Ring 0.940" D
6	3240502	2	Set Screw
7	3250002	4	M5 X 0.8 X 8 HXS SOC CS ST BZ

Increment Weight Assembly



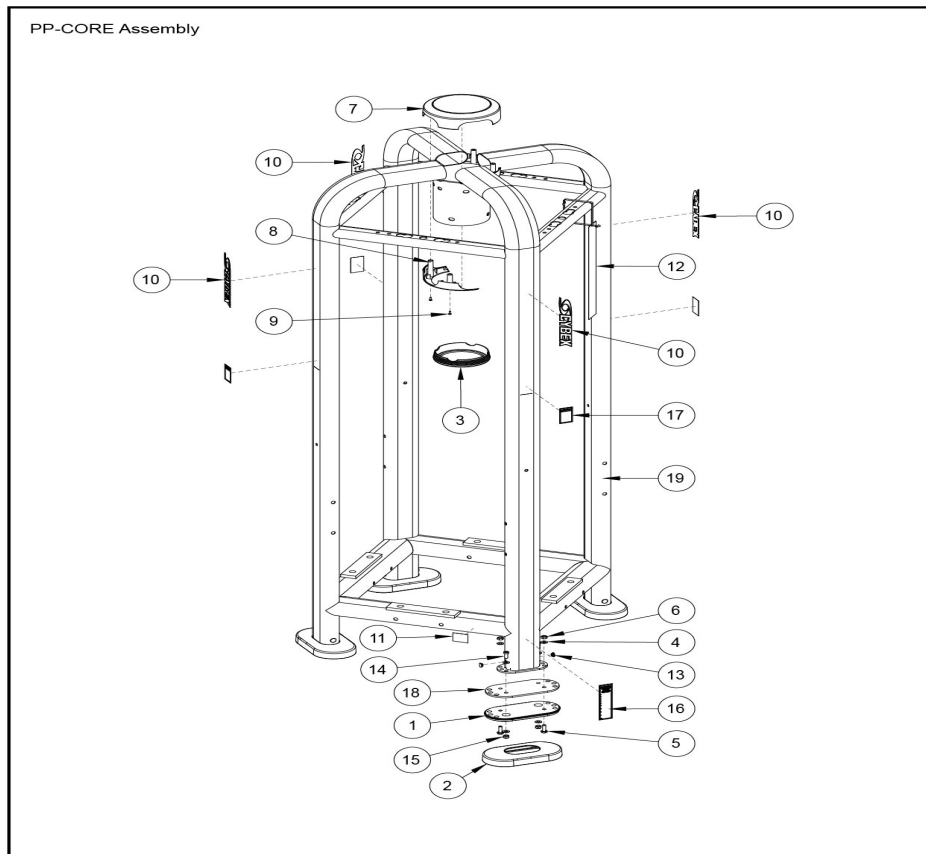
Ref #	Part Number	Qty	Description
1	7401702	1	COVER, PLASTIC PEG 2.25IN -CHR
2	3273303	1	Hardware: WasherR, 3/8, THRU-HARDENED
3	3236212	1	Hardware: Screw 75MM
4	7711502	2	WEIGHT, 5 LB ADD-ON -CHR

Optional Shrouds



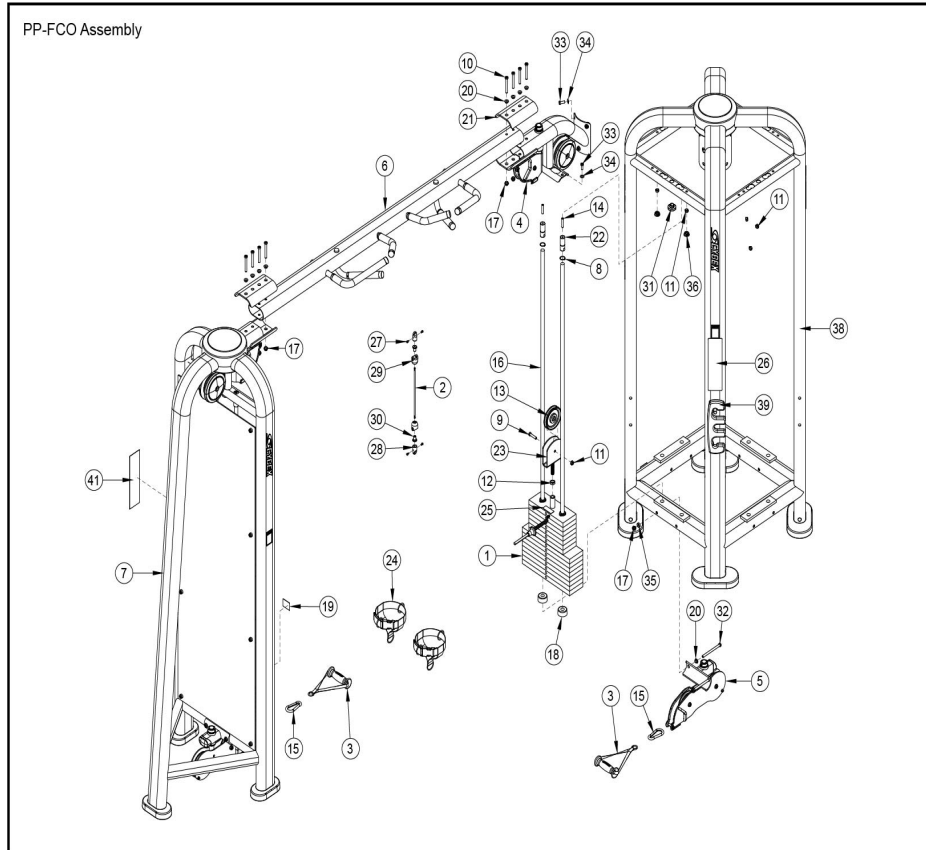
Ref #	Part Number	Qty	Description
1	9035995	1	BRKT, SHROUD, CMDAP, BOTTOM, SG
2	9035795	1	BRKT, SHROUD, CMDAP, TOP, SG
3	3238601	4	Blind Thread Insert - 1.5"
4	3273303	4	Hardware: WasherR, 3/8, THRU-HARDENED
5	3236201	4	Hardware: Screw 20MM
6	3237401	2	Plug 7/16" Hole
7	9035801	2	SHROUD, CM/MJ FRONT

PP-CORE Assembly



Ref #	Part Number	Qty	Description
1	9199101	4	FOOT, FXT FLOV - LARGE
2	9169202	4	COVER, LG FOOT -CHR
3	7640402	1	COVER, BOTTOM CAP -CHR
4	3273303	24	Hardware: WasherR, 3/8, THRU-HARDENED
5	3251203	8	Hardware: Screw 30MM
6	3254703	8	Hardware: Nut 10 MM ID
7	7629202	1	COVER, CENTER TOP -CHR
8	7629802	2	COVER, CENTER BOTTOM -CHR
9	3236501	4	Hardware: Nut 0.7" ID
10	1006135-0001	4	LABEL, CYBEX LOGO 10 IN
11	7571301	1	Label Serial Number
12	8343101	1	Tag - Bolt To Floor
13	7646802	8	PLUG, CURVED HOLE -CHR
14	3236202	8	Hardware: Screw 25MM
15	3236801	8	Hardware: Nut 10 MM ID
16	8220001	1	Label, ASTM, Select Vertical - English
17	9141101	4	LABEL, WARNING, STRAP TRAINING -ENG
18	9173101	4	PLATE, FOOT, 9.5 X 4.75
19	1003329-0000	1	WLDMT, MJCORE

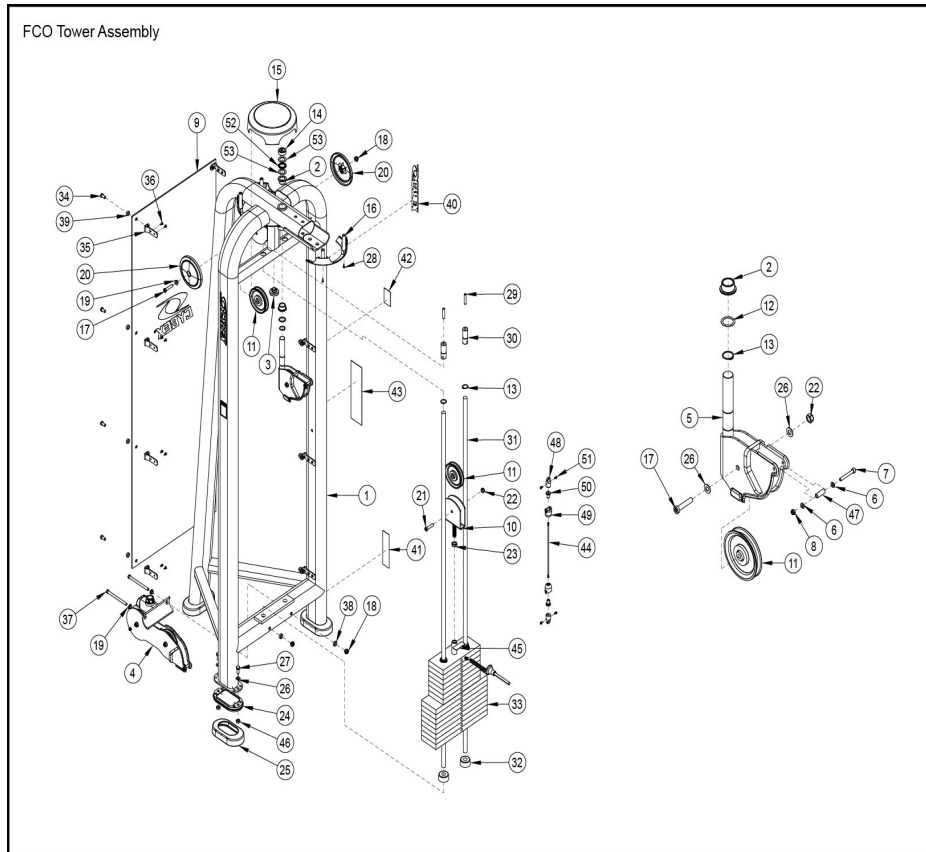
PP-FCO Assembly



Ref #	Part Number	Qty	Description
1	1005217-0001	1	ASSY, 190LB STACK
2	1005229-0008	1	CABLE, PP-FXO
3	1005250-0001	2	HANDLE, CYBEX, SHORT STRAP
4	1005326-0000	1	ASSY, PP-FXO, BOOM
5	1005327-0000	1	ASSY, PP-FCO/FXO/HL, BOTTOM
6	1005328-0000	1	ASSY, PP, X-BEAM
7	1005329-0000	1	ASSY, PP-FCO, TOWER
8	3232421	2	Retaining Ring 0.940" D
9	3236206	1	Hardware: Screw 45MM
10	3236213	8	Hardware: Screw 80MM
11	3236801	6	Hardware: Nut 10 MM ID
12	3236902	1	Hardware: Nut 16 MM ID
13	3237802	1	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
14	3240502	2	Set Screw
15	3250201	2	Snap Link 3/8" D
16	7328618	2	Guide Rod .75 OD Solid X 71.50
17	7335401	10	Hardware: Nut 10 MM ID
18	7352101	2	Cushion Weight Stack
19	7571301	1	Label Serial Number
20	7630101	10	Retainer CM/MJ Pulley
21	7633201	2	Bracket MJ Large Oval
22	7634401	2	Retainer CM/MJ Guide Rod

Ref #	Part Number	Qty	Description
23	7642228	1	WLDMT,STK PULLEY -CHR
24	7734701	2	Strap 4-Way Ankle
25	7744501	1	Label Weight At Handle-English
26	1005238-0001	1	LABEL, PP-ACO/AXO/AP/FCO/FXO/AP41, PLACARD -ENG
27	3250002	4	M5 X 0.8 X 8 HXS SOC CS ST BZ
28	8943601	2	Link CM/MJ Cable End
29	8943702	2	HSNG, CABLE END -CHR
30	8943802	2	INSERT, CABLE END -CHR
31	7642302	1	PLUG, CM/MJ, PLUG -CHR
32	3236220	2	Hardware: Screw 130MM
33	3236202	5	Hardware: Screw 25MM
34	3273303	5	Hardware: WasherR, 3/8, THRU-HARDENED
35	7634701	2	Spacer CM/MJ .565 X .815
36	3237407	2	PLUG, 1 IN HOLE
37	1005237-0001	1	LABEL, PP-ACO/AXO/FCO/FXO, PLACARD -ENG
38	PP-CORE-ASSY	1	ASSY, PP-CORE, COMPONENTS
39	1005352-0001	1	ASSY, INC WGT PEG, LFLOV

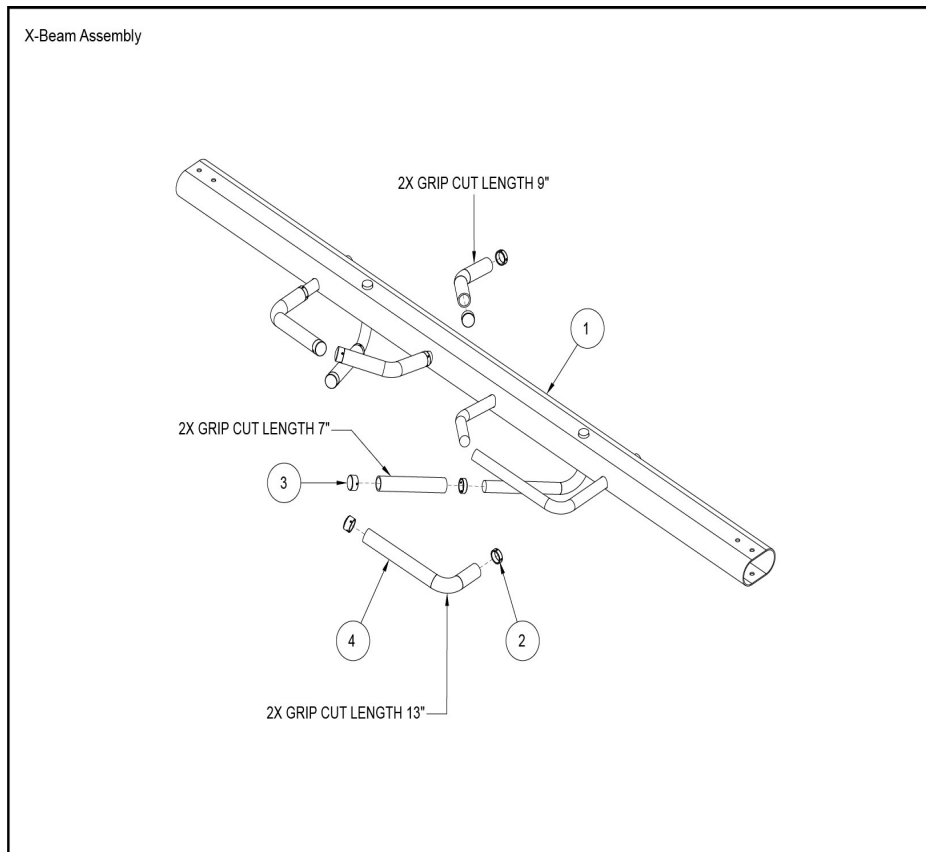
PP-FCO Tower Assembly



Ref #	Part Number	Qty	Description
1	1003325-0000	1	WLDMT, MJFCO TOWER Custom
2	3104903	2	Bearing 1" ID 1.25" OD
3	7642302	1	PLUG, CM/MJ, PLUG -CHR
4	1005327-0000	1	ASSY, PP-FCO/FXO/HL, BOTTOM
5	1005748-0000	1	ASSY, PP-FCO/FXO/HL, PULLEY, TOP
6	3241801	2	Flat Washer 6MM
7	3241706	1	M6 X 1 X 45MM SHCS Standard Head
8	3236802	1	Hardware: Nut 6 MM ID
9	8353202	1	SHROUD, PP, REAR
10	7642228	1	WLDMT,STK PULLEY -CHR
11	3237802	3	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
12	3225005	1	Washer
13	3232421	3	Retaining Ring 0.940" D
14	7435301	1	Collar Shaft 1.020 ID
15	7629202	1	COVER, CENTER TOP -CHR
16	7629802	2	COVER, CENTER BOTTOM -CHR
17	3236207	2	Hardware: Screw 50MM
18	7335401	3	Hardware: Nut 10 MM ID
19	7630101	3	Retainer CM/MJ Pulley
20	7629902	2	COVER, PULLEY-BOLTED FULL
21	3236206	1	Hardware: Screw 45MM
22	3236801	2	Hardware: Nut 10 MM ID

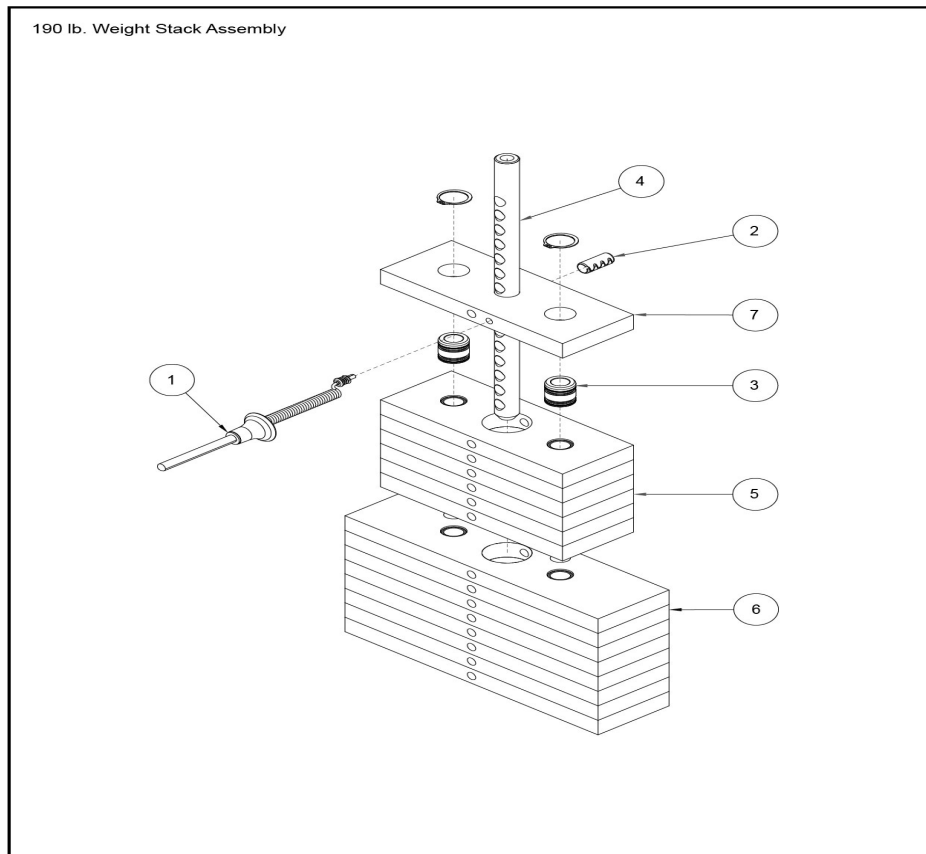
Ref #	Part Number	Qty	Description
23	3236902	1	Hardware: Nut 16 MM ID
24	7334001	3	Foot 2.50 X 4.49 Flov 10-0074-046 BNR
25	7340202	3	COVER, FOOT, STRAIGHT -BLK
26	3273303	8	Hardware: WasherR, 3/8, THRU-HARDENED
27	3251202	6	Hardware: Screw 25MM
28	3236501	4	Hardware: Nut 0.7" ID
29	3240502	2	Set Screw
30	7634401	2	Retainer CM/MJ Guide Rod
31	7328618	2	Guide Rod .75 OD Solid X 71.50
32	7352101	2	Cushion Weight Stack
33	1005217-0001	1	ASSY, 190LB STACK
34	3236201	8	Hardware: Screw 20MM
35	7642028	8	BRKT, REAR SHROUD -CHR
36	3270602	16	SCREW, #10-32 X .50 TRX PAN ST BZ
37	3236220	2	Hardware: Screw 130MM
38	7634701	2	Spacer CM/MJ .565 X .815
39	7385201	8	Spacer .406 X .750 X .250 SS
40	1006135-0001	2	LABEL, CYBEX LOGO 10 IN
41	8220001	1	Label, ASTM, Select Vertical - English
42	9141101	2	LABEL, WARNING, STRAP TRAINING -ENG
43	1005237-0001	1	LABEL, PP-ACO/AXO/FCO/FXO, PLACARD -ENG
44	1005229-0009	1	CABLE, PP-FCO
45	7744501	1	Label Weight At Handle-English
46	3254703	6	Hardware: Nut 10 MM ID
47	8002401	1	Spacer CM/MJ Pulley
48	8943601	2	Link CM/MJ Cable End
49	8943702	2	HSNG, CABLE END -CHR
50	8943802	2	INSERT, CABLE END -CHR
51	3250002	4	M5 X 0.8 X 8 HXS SOC CS ST BZ
52	9117301	1	BEARING, THRUST NEEDLE-ROLLER, 1 IN. ID
53	9117401	2	WASHER, THRUST NEEDLE-ROLLER BEARING, 1 IN. ID

X-Beam Assembly



Ref #	Part Number	Qty	Description
1	7632701	1	Weldment MJ X-Beam
2	7662801	6	Grip Ring 1.25"
3	7662901	6	Grip Cap
4	3235806	6	GRIP, 1.25 OD X .125 WALL OPEN END

190lb Stack Assembly



Ref #	Part Number	Qty	Description
1	1005176-0001	1	ASSY, SELECTOR PIN
2	3236001	1	SpringPin Bushing
3	7338001	2	Bushing Headplate
4	7352601	1	Bayonet 14 Hole PRO2
5	7353702	6	WEIGHT PLATE, 10 LB -BLK
6	7353802	8	WEIGHT PLATE, 15 LB -BLK
7	7353902	1	HEADPLATE, WT. STACK -BLK
8	1005538-0001	1	LABEL, WGT STK, 95LB/45.5KG

