

# INSIGNIA ABDOMINAL PLANET FITNESS

SS-AB-PF-H

## Parts Manual

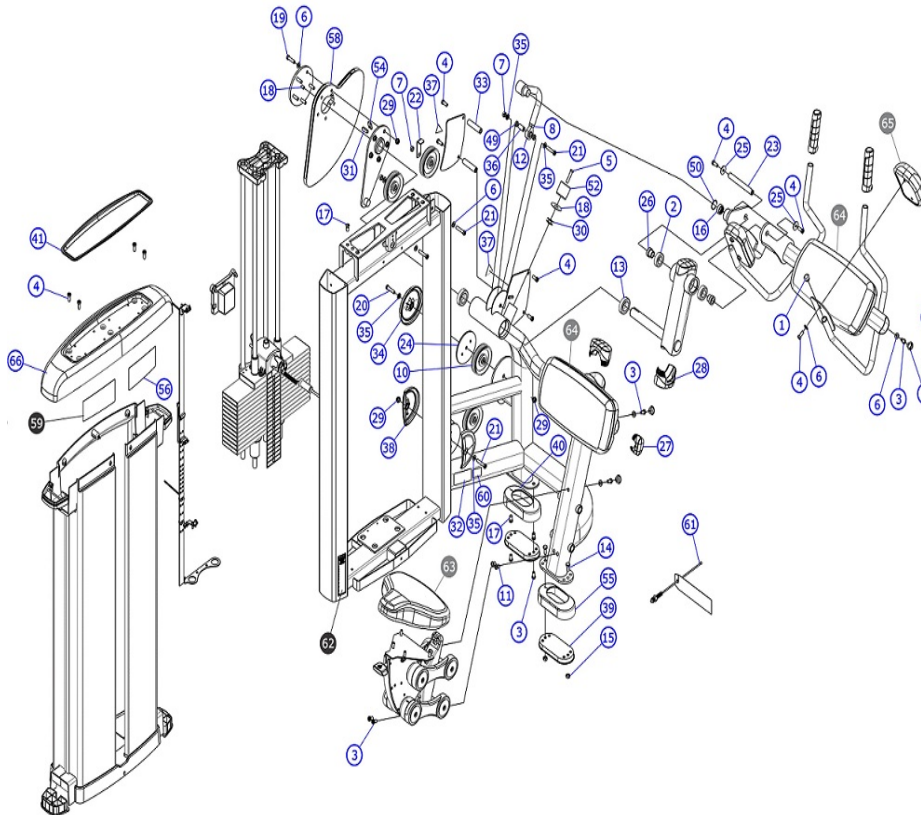
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## Component Assembly

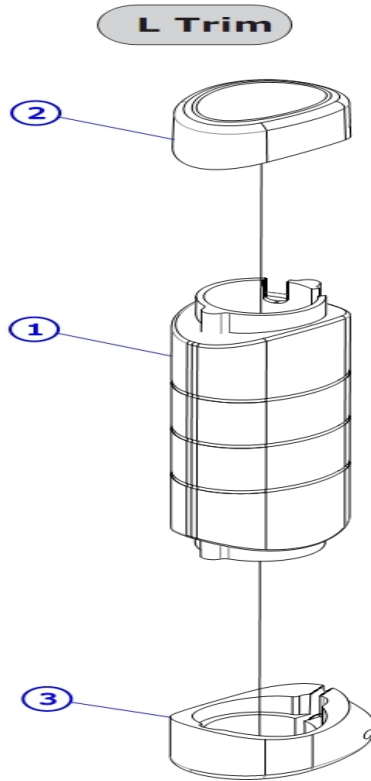


Ref #	Part Number	Qty	Description
1	M3119304	2	CAP, END 1 DIA RD 10-12GA
2	3235601	2	Ball Bearing
3	3236201	9	Hardware: Screw 20MM
4	3236202	14	Hardware: Screw 25MM
5	3236206	1	Hardware: Screw 45MM
6	M3273303	18	WASHER, 3/8, THRU-HARDENED
7	3236801	3	Hardware: Nut 10 MM ID
8	3236902	1	Hardware: Nut 16 MM ID
9	3237403	5	Plug 1" Hole
10	3237801	4	Pulley 4.5" OD
11	3238601	2	Blind Thread Insert - 1.5"
12	M3238701	1	ROD END, METRIC MALE
13	3243201	2	Ball Bearing
14	3251202	2	Hardware: Screw 25MM
15	3254703	2	Hardware: Nut 10 MM ID
16	3270101	1	BRG, NEEDLE 1.125 ID X 1.375 OD X .5 L
17	3275401	6	M10X1.5 BLIND THREADED INSERT (HEX) -HVY
18	3275502	1	SCREW, M10 X 1.5 X 25 SHCS, LOW HEAD -NO PATCH
19	3275505	5	SCREW, M10 X 1.5 X 40 SHCS, LOW HEAD -NO PATCH
20	3275506	1	SCREW, M10 X 1.5 X 45 SHCS, LOW HEAD -NO PATCH
21	3236207	4	Hardware: Screw 50MM
22	6757701	1	Cable Clip

Ref #	Part Number	Qty	Description
23	M9513901	1	SHAFT, TAPPED 0.75 DIA X 6.050
24	7318201	1	Plate Pulley
25	3236602	2	Washer 3/8"
26	M9514001	2	SPACER, STEPPED
27	7333801	2	End Cap FLOV Small
28	7333901	3	End Cap FLOV Large
29	7335401	7	Hardware: Nut 10 MM ID
30	7347301	1	Hardware: Nut 10 MM ID
31	M7511601	1	KEY, .375 SQUARE X 1.25
33	M7582501	2	SPACER, TAPPED 0.75 DIA X 3.25
34	7629902	1	COVER, PULLEY-BOLTED FULL
35	7776401	4	Spacer Flange .406 X .495 X .81
36	M7776501	1	SHAFT, .625 X .406 X 1.200
37	8039501	1	Label Warning Triangle 10-0099-067 BNR
38	8094102	2	COVER, PULLEY -BOLTED PARTIAL -CHGR
39	9319301	2	FOOT, 2.5 X 4.49 FLOV
40	9319401	1	COVER, FOOT -STRT
41	9411201	1	TRAY, TOWER TOP CAP
49	9485301	2	SPACER, 0.630 ID X 0.20
50	3276601	1	SPIRAL RING, INTERNAL, 1.375" OD
51,60	9488901	2	LABEL, INSIGNIA, FCC
52	9414501	1	BUMPER, HARD STOP
54	9454901	1	PLATE, CABLE END, T2
55	9461401	1	COVER, FOOT -20 deg
56	9475901	1	LABEL, SS-AB PLACARD, RH
58	9484401	1	CAM, SS-AB
59	9464399	1	Label, SS-AB, LH Custom
62	8220099	1	Label, ASTM, Select Vertical - Custom
63	1000016-0199	1	Pad, Seat Saddle Custom, Double Stitch Custom
63	1000016-0099	1	Pad, Seat Saddle Custom, Single Stitch Custom
64	1000006-0199	2	Pad, 18 X 9 Convex Custom, Double Stitch Custom
64	1000006-0099	2	Pad, 18 X 9 Convex Custom, Single Stitch Custom
65	1000002-0199	2	Pad, Arm Rest Custom, Double Stitch Custom
65	7393399	2	PAD, ARM REST Custom
65	1000002-0099	2	Pad, Arm Rest Custom, Single Stitch Custom
66	9436701	1	CAP, TOWER, TOP, PLASTIC

## Grip Assembly - L Trim

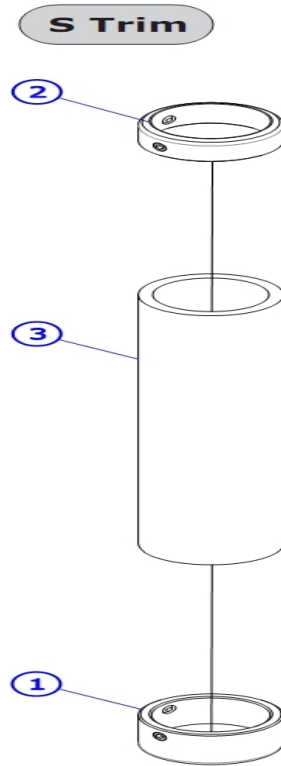
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Ref #	Part Number	Qty	Description
1	9453001	1	GRIP, ERGO, OVERMOLD, 6.5
2	1001761-0001	1	ASSY, CAP, GRIP
3	1001760-0001	1	ASSY, COLLAR, ERGO GRIP

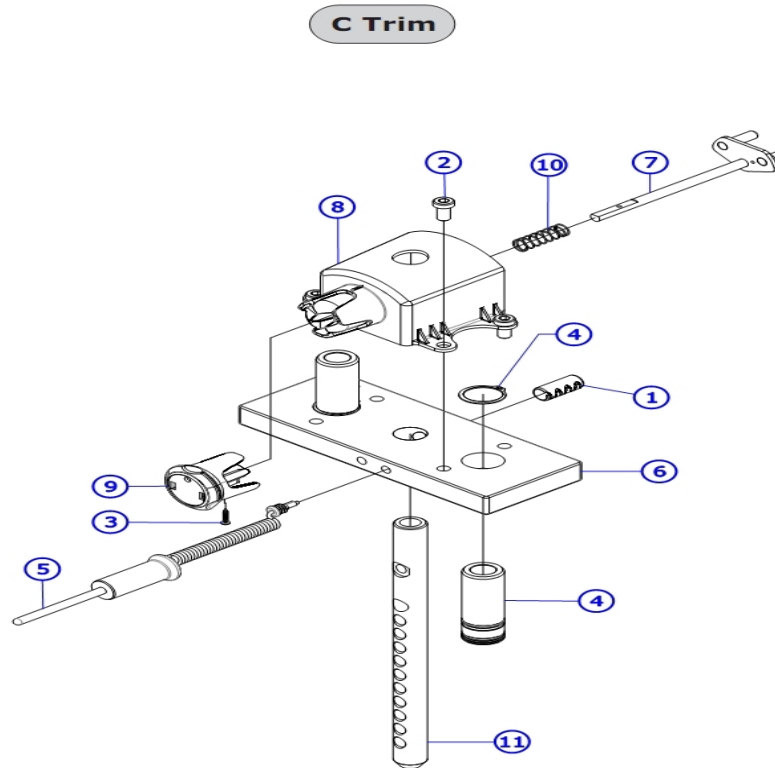
## Grip Assembly - S Trim

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Ref #	Part Number	Qty	Description
1	M7662901	1	CAP; GRIP 1.25 OD
2	M7662801	1	RING, GRIP 1.25 OD
3	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END

Head Plate - C Trim



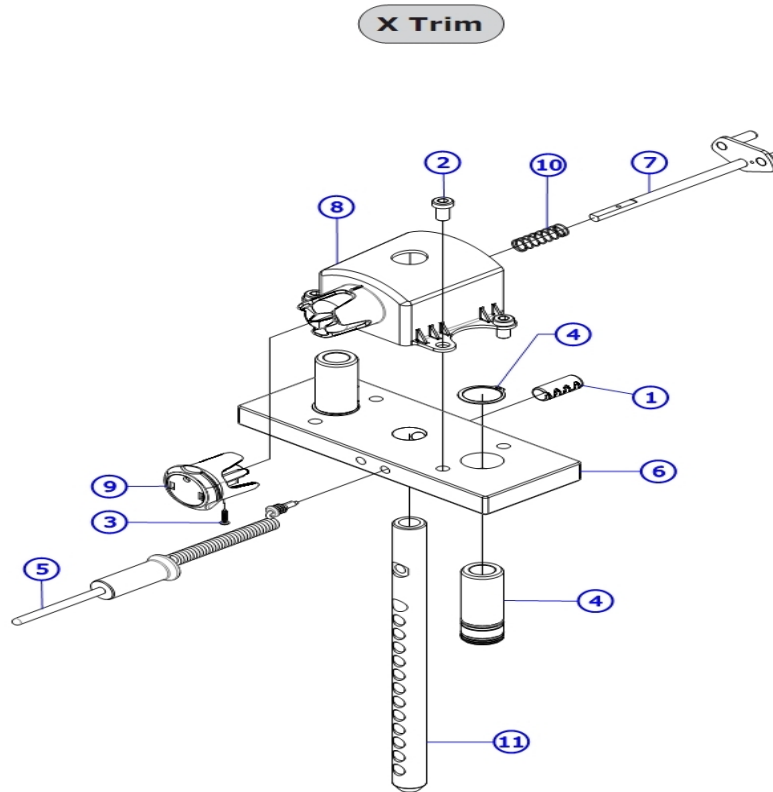
Ref #	Part Number	Qty	Description
1	3236001	1	SpringPin Bushing
2	3236201	4	Hardware: Screw 20MM
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	9427501	1	WLDMT, INC WGT PIN
8	9430501	1	HSNG, INC WEIGHT
9	9443201	1	KNOB, INC WEIGHT
10	9443301	1	SPRING, INC WGT PIN
11	9434201	1	BAYONET, 10 PLATE

## Head Plate - T Trim

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Ref #	Part Number	Qty	Description
1	3236001	1	SpringPin Bushing
1	3236202	2	Hardware: Screw 25MM
2	3238601	2	Blind Thread Insert - 1.5"
2	3240501	4	Set Screw
3	9430801	1	BRKT, INC WGT STRIKER
3	7338001	2	Bushing Headplate
4	9455403	2	ASSY, DD INC WGT -YEL
4	7767602	2	BUMPER, INCREMENT WT -BLK
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	9434201	1	BAYONET, 10 PLATE

## Head Plate - X Trim



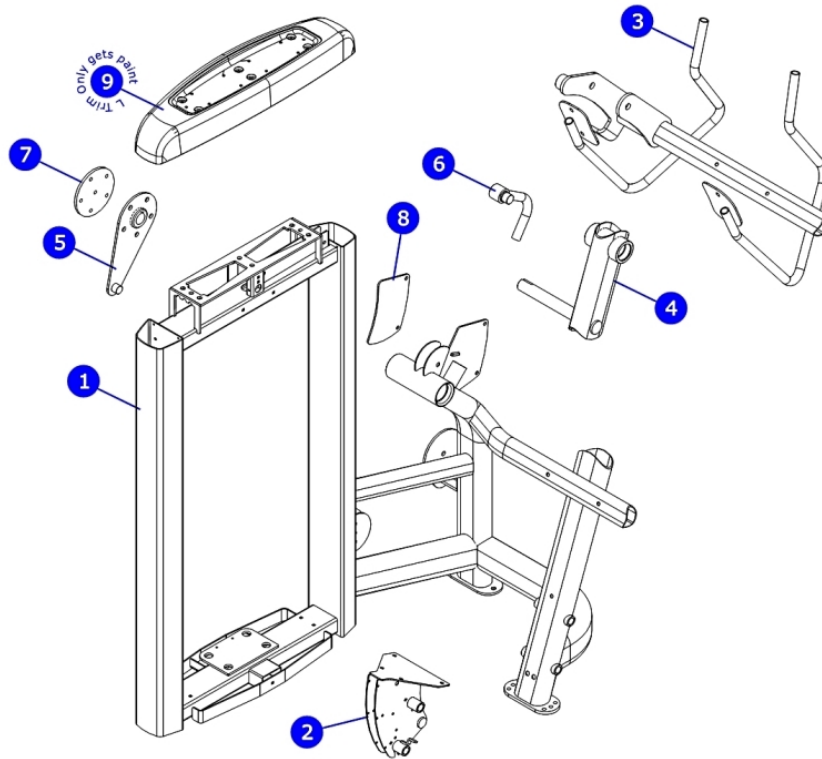
Ref #	Part Number	Qty	Description
1	3236001	1	SpringPin Bushing
2	3236201	4	Hardware: Screw 20MM
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	9427501	1	WLDMT, INC WGT PIN
8	9430501	1	HSNG, INC WEIGHT
9	9443201	1	KNOB, INC WEIGHT
10	9443301	1	SPRING, INC WGT PIN
11	9426001	1	BAYONET, 12 PLATE

**Increment Weights - C/X Trim**

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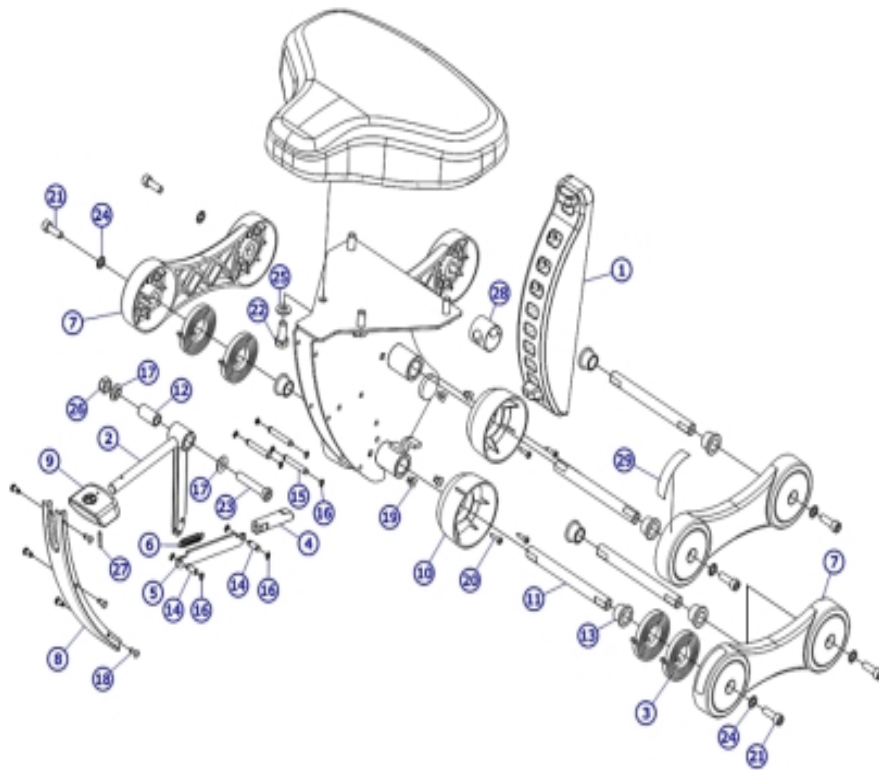
<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
1	3102514	6	Hardware: Flat Washer 3/8" ID
1	3238302	2	Hardware: Screw 25MM
2	9428201	1	BRKT, INC WGT -5LB
2	3236203	2	Hardware: Screw 30MM
3	3236801	2	Hardware: Nut 10 MM ID
3,5	9439701	2	ASSY, INC WGT, SUB
4	1001007-0001	1	BRKT, INC WGT -10LB

**Painted Weldments**



Ref #	Part Number	Qty	Description
2	M9401272	1	CSS PUR OUTSOURCE
3	M9473572	1	CSS PUR OUTSOURCE
4	M9473672	1	CSS PUR OUTSOURCE
5	M9473972	1	CSS PUR OUTSOURCE
6	M9485272	1	CSS PUR OUTSOURCE
7	7329199	1	Plate, FZ, Cam Cover Custom
8	9474699	1	Plate, Cam Cover 2 Custom
9	9412699	1	CAP, SS, CAST Custom

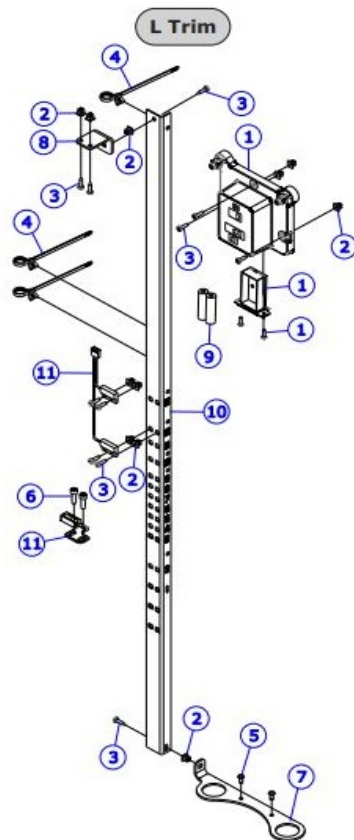
## Seat Assembly



Ref #	Part Number	Qty	Description
1	9400001	1	ADJUST BRKT, SS FF SEAT
2	M9401428	1	WLDMT, SS-FRONT SEAT HANDLE, CHR
3	9365401	4	SPRING, SPIRAL TORSION
4	M9401101	1	PULLPIN, SS-SEAT
5	9401001	1	PLATE, SS-SEAT HANDLE CONNECT
6	3273101	1	SPRING, EXT, .50 X .067 X 2.00
7	9365228	4	SEAT LINK, CAST -CHR
8	9402201	1	GUARD, SS-SEAT, CHR
9	9402503	1	HANDLE, SS-SEAT - YEL
10	9402801	4	ADJUST RING, SS-SEAT, CHR
11	M9448401	4	SHAFT, SS-SEAT, 15MM
12	M7776501	1	SHAFT, .625 X .406 X 1.200
13	3275004	8	BEARING, FLANGE, METRIC 15MM
14	M7407501	2	PIN, LINK X .520
15	7407502	3	Pin Link X 1.531
16	3232401	10	Retaining Ring 0.230" D
17	7776401	2	Spacer Flange .406 X .495 X .81
18	0017-00101-1587	6	Hardware: RVT 201X0413X.354 T NY NO
19	0017-00042-1147	8	Hardware: Nylon Grommet
20	3275801	8	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
21	3276202	8	SCREW, SHCS M8 X 1.25 X "L"
22	3251202	4	Hardware: Screw 25MM

<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
23	3236208	1	Hardware: Screw 55MM
24	3239502	8	WSH, 326-.602-031 IN-D ST ZN
25	3273303	4	Hardware: WasherR, 3/8, THRU-HARDENED
26	3236801	1	Hardware: Nut 10 MM ID
27	M3110010	1	ROLL PIN, 1/8 X DIA X 7/8
28	9485701	1	PAINT GUARD, PIN HOUSING
29	9480601	1	LABEL; SEAT POSITION, LARGE

## Sensor Assembly - L Trim

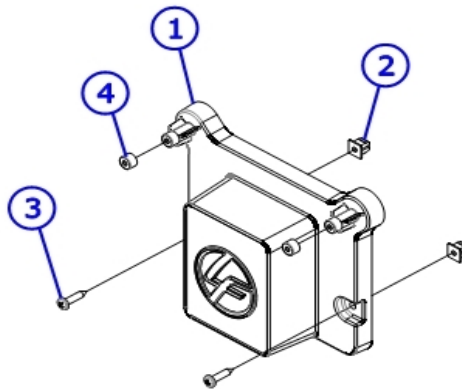


Ref #	Part Number	Qty	Description
1	9484501	1	ASSY, DISPLAY, COUNTER/CABLE/MAGNET
2	0017-00042-1147	12	Hardware: Nylon Grommet
3	3275801	12	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
4	3276101	2	GROMMET, CABLE TIE
5	0017-00101-1587	2	Hardware: RVT 201X0413X.354 T NY NO
6	3241701	2	M6 X 1 X 20MM SHCS, Standard Head
7	9432728	1	BRKT, SS, SWITCH MNT -CHR
8	9434728	1	PLATE, SS, MAGNET -CHR
9	9434828	1	BRKT, SS, SWITCH MNT -CHR
11	9434628	1	BRKT, SS, SWITCH MNT, STD -CHR

## Sensor Assembly - S Trim

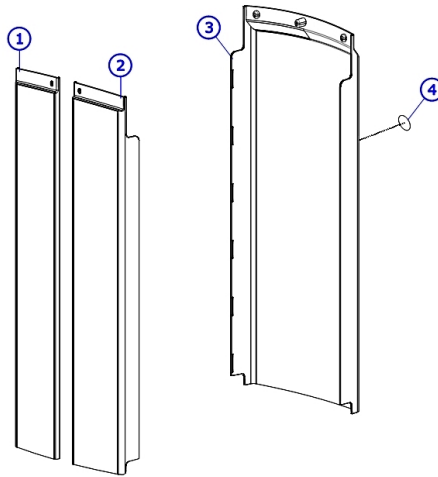
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**S Trim**



Ref #	Part Number	Qty	Description
1	9437401	1	SS - ASSY, DISPLAY, BASE
2	0017-00042-1147	12	Hardware: Nylon Grommet
3	3275801	12	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB

## Shroud Wraps



BAMBOO



BRONZE



ROSEWOOD



SKY



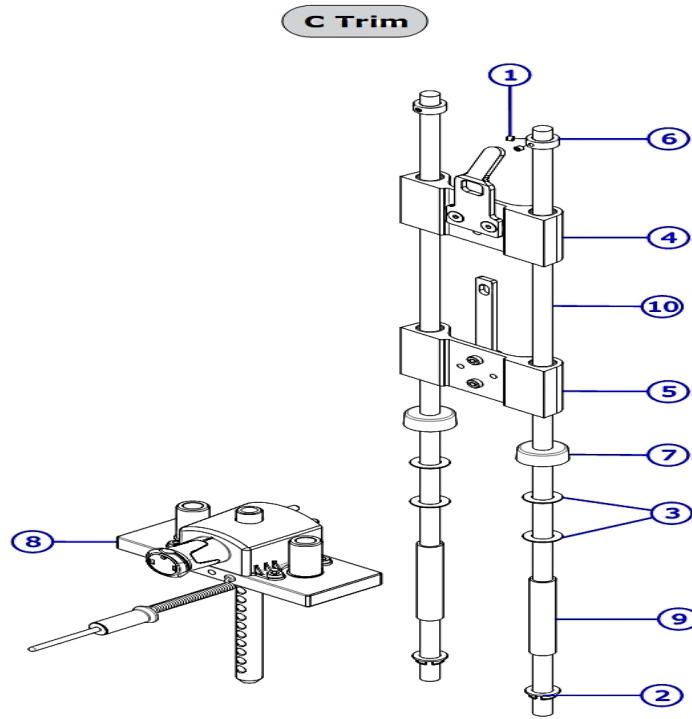
STEM



STAINLESS STEEL

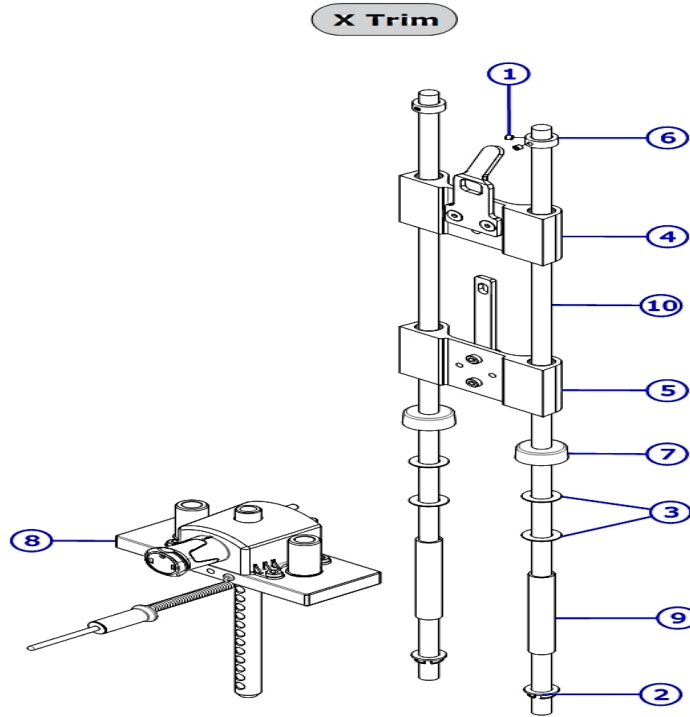
Ref #	Part Number	Qty	Description
1	9511807	1	SHROUD, SS, FNT, LT, SRT-SS
1	9511802	1	SHROUD, SS, FNT, LT, SRT-BAM
1	9511806	1	SHROUD, SS, FNT, LT, SRT-RSW
1	9511803	1	SHROUD, SS, FNT, LT, SRT-SKY
1	9511804	1	SHROUD, SS, FNT, LT, SRT-BRZ
1	9511805	1	SHROUD, SS, FNT, LT, SRT-STM
2	9511703	1	SHROUD, SS, FNT, RT, SRT-SKY
2	9511706	1	SHROUD, SS, FNT, RT, SRT-RSW
2	9511704	1	SHROUD, SS, FNT, RT, SRT-BRZ
2	9511707	1	SHROUD, SS, FNT, RT, SRT-SS
2	9511705	1	SHROUD, SS, FNT, RT, SRT-STM
2	9511702	1	SHROUD, SS, FNT, RT, SRT-BAM
3	9511906	1	SHROUD, SS, REAR, SRT-RSW
3	9511904	1	SHROUD, SS, REAR, SRT-BRZ
3	9511905	1	SHROUD, SS, REAR, SRT-STM
3	9511903	1	SHROUD, SS, REAR, SRT-SKY
3	9511907	1	SHROUD, SS, REAR, SRT-SS
3	9511902	1	SHROUD, SS, REAR, SRT-BAM
4	AK58-00245-2401	6	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY

## Stack Components - C Trim



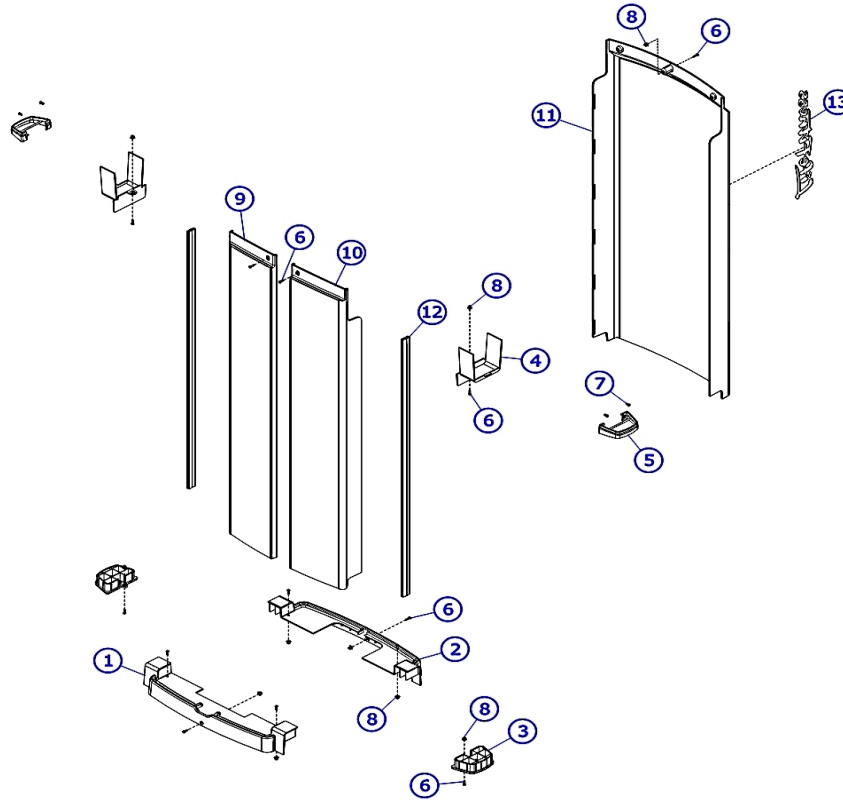
Ref #	Part Number	Qty	Description
2	7337901	2	Bushing Guide Rod
3	7351001	4	Spacer Increment Weight Stack
7	7352101	2	Cushion Weight Stack
8	3103301	1	Shaft Collar 3/4" ID Zinc
9	7328706	2	SPACER, INC WT STACK -4.38
10	7328612	2	Guide Rod .75 OD Solid X 50.36

## Stack Components - X Trim



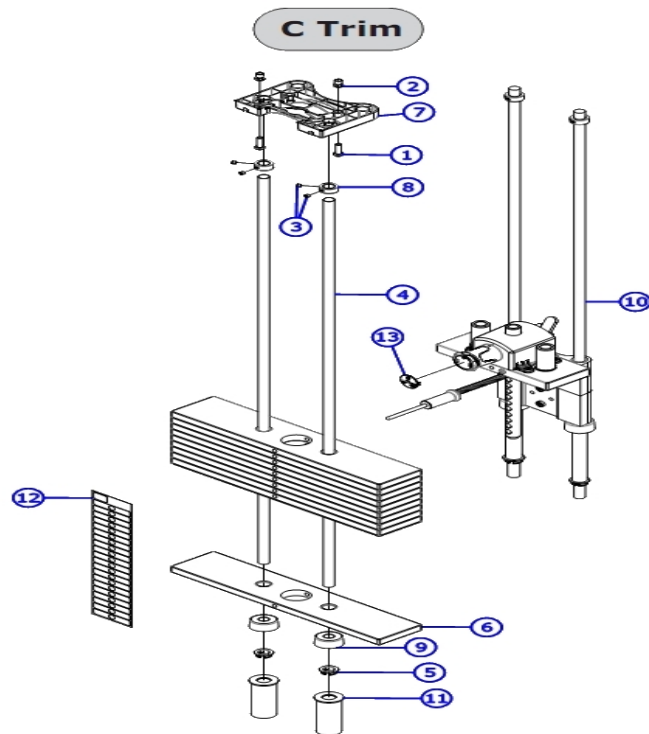
Ref #	Part Number	Qty	Description
2	7337901	2	Bushing Guide Rod
3	7351001	4	Spacer Increment Weight Stack
7	7352101	2	Cushion Weight Stack
8	3103301	1	Shaft Collar 3/4" ID Zinc
9	7328706	2	SPACER, INC WT STACK -4.38
10	7328612	2	Guide Rod .75 OD Solid X 50.36

## Tower Plastics



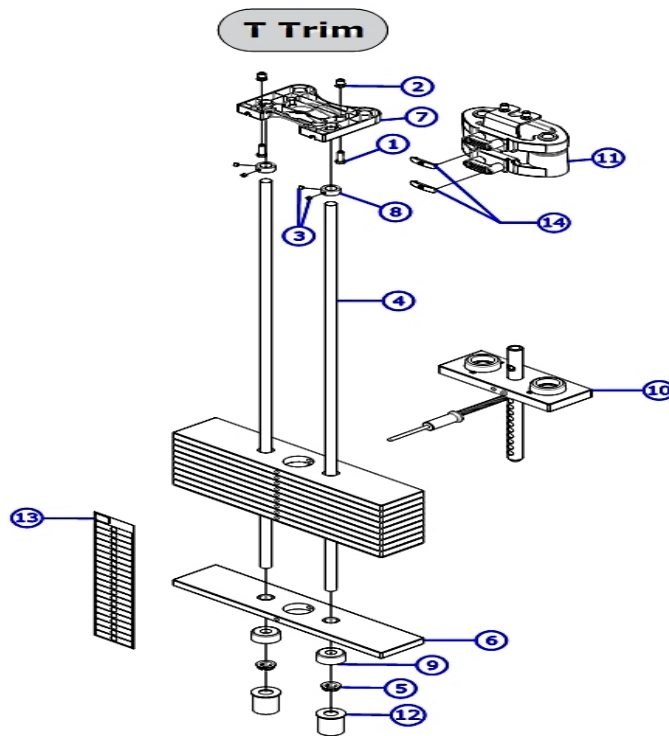
Ref #	Part Number	Qty	Description
1	9410801	1	COVER, TOWER BOTTOM -FRONT
2	9411001	1	COVER, TOWER BOTTOM -REAR
3	9412701	2	ASSY, TRAP TUBE, CAP -BTM
4	9415701	2	COVER, SS, TWR
5	9415801	2	GASKET, TRAP TUBE
6	3275801	13	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
7	0017-00101-1587	4	Hardware: RVT 201X0413X.354 T NY NO
8	0017-00042-1147	11	Hardware: Nylon Grommet
9	9410601	1	SHROUD, TOWER FRONT, LT - SHORT
10	9410701	1	SHROUD, TOWER FRONT, RT - SHORT
11	9411101	1	SHROUD, TOWER REAR - SHORT
12	9414601	2	SHROUD EXTRUSION - SHORT
13	9489101	1	LABEL, LIFE FITNESS, 20IN.

## Weight Stack - C Trim



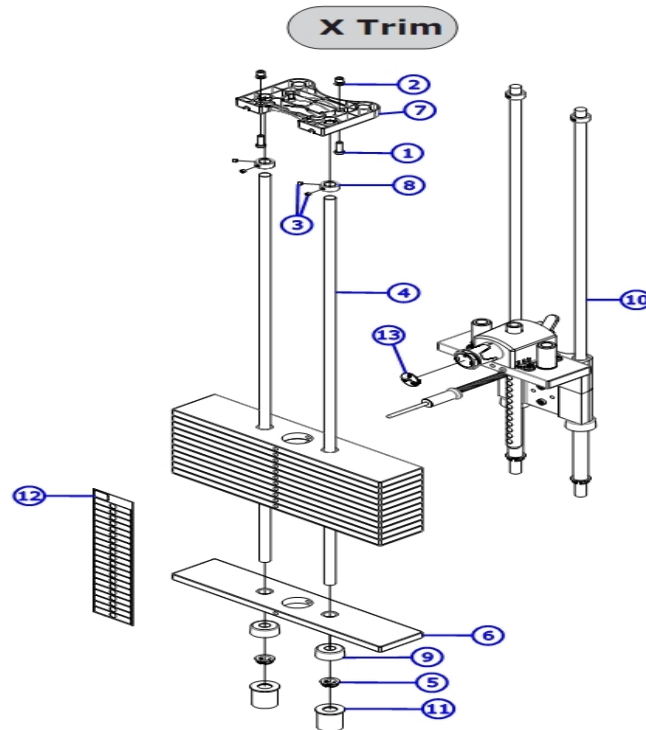
Ref #	Part Number	Qty	Description
1	3236203	2	Hardware: Screw 30MM
2	3238601	2	Blind Thread Insert - 1.5"
4	7328612	2	Guide Rod .75 OD Solid X 50.36
5	7337901	2	Bushing Guide Rod
6	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
7	9412801	2	RETAINER, GUIDE ROD -TOP
8	3103301	1	Shaft Collar 3/4" ID Zinc
9	7352101	2	Cushion Weight Stack
11	9495914	2	WLDMT, WGT STK SPACER X 4.50 -CHR
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
13	9431403	1	CAP, SELECTOR KNOB -LBS
13	9450103	1	CAP, SELECTOR KNOB -KGS
	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

## Weight Stack - T Trim



Ref #	Part Number	Qty	Description
1	3236203	2	Hardware: Screw 30MM
2	3238601	2	Blind Thread Insert - 1.5"
4	7328612	2	Guide Rod .75 OD Solid X 50.36
5	7337901	2	Bushing Guide Rod
6	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
7	9412801	2	RETAINER, GUIDE ROD -TOP
8	3103301	1	Shaft Collar 3/4" ID Zinc
9	7352101	2	Cushion Weight Stack
12	9495913	2	WLDMT, WGT STK SPACER X 3.00 -CHR
13	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
14	9462303	1	CAP, DD INC WGT, YEL -LBS
14	9462403	1	CAP, DD INC WGT, YEL -KG
	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

## Weight Stack - X Trim



Ref #	Part Number	Qty	Description
1	3236203	2	Hardware: Screw 30MM
2	3238601	2	Blind Thread Insert - 1.5"
4	7328612	2	Guide Rod .75 OD Solid X 50.36
5	7337901	2	Bushing Guide Rod
6	9407601	12	WGT PL, 3/4IN X 4IN, 15LB
7	9412801	2	RETAINER, GUIDE ROD -TOP
8	3103301	1	Shaft Collar 3/4" ID Zinc
9	7352101	2	Cushion Weight Stack
11	9495913	2	WLDMT, WGT STK SPACER X 3.00 -CHR
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
13	9431403	1	CAP, SELECTOR KNOB -LBS
13	9450103	1	CAP, SELECTOR KNOB -KGS
	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

