

# VR3 TRICEP PRESS

12180-01

## Parts Manual

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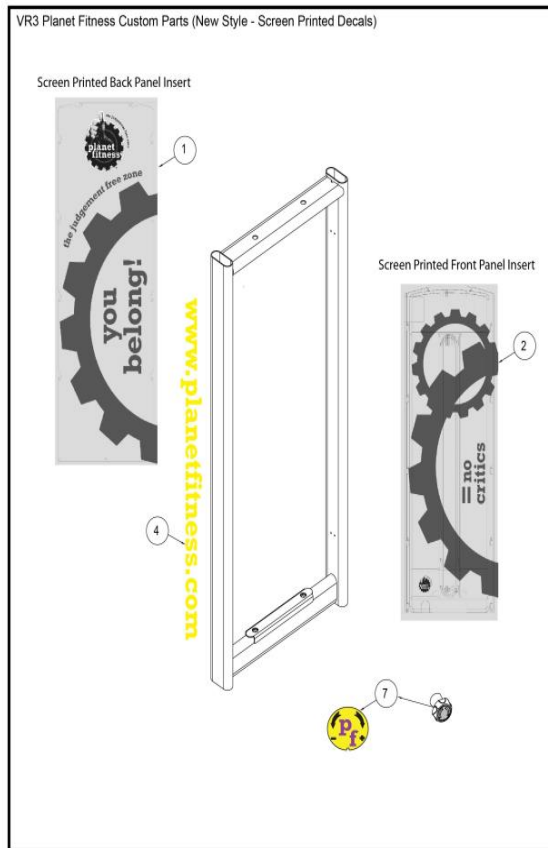
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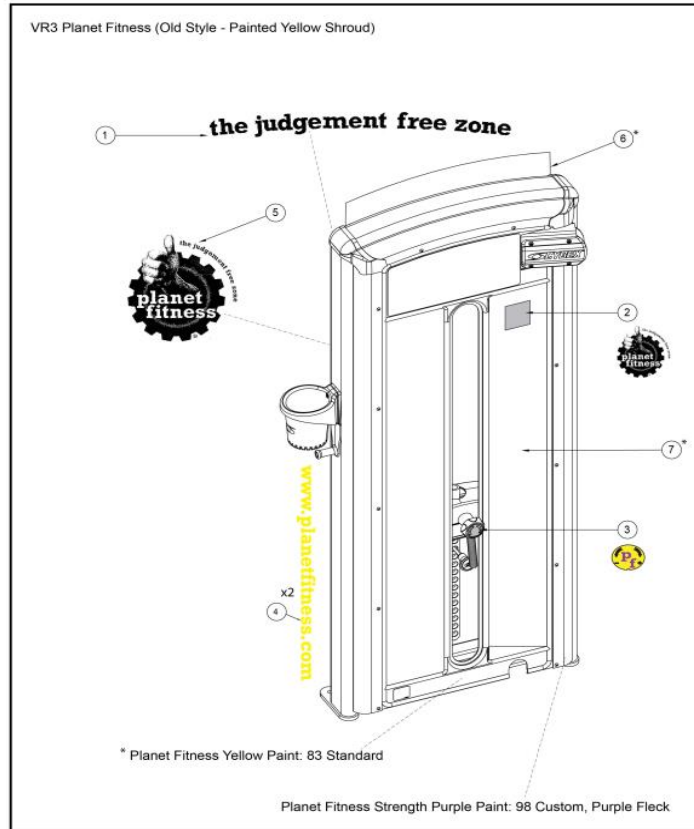


# VR3 Planet Fitness Custom (New Style)



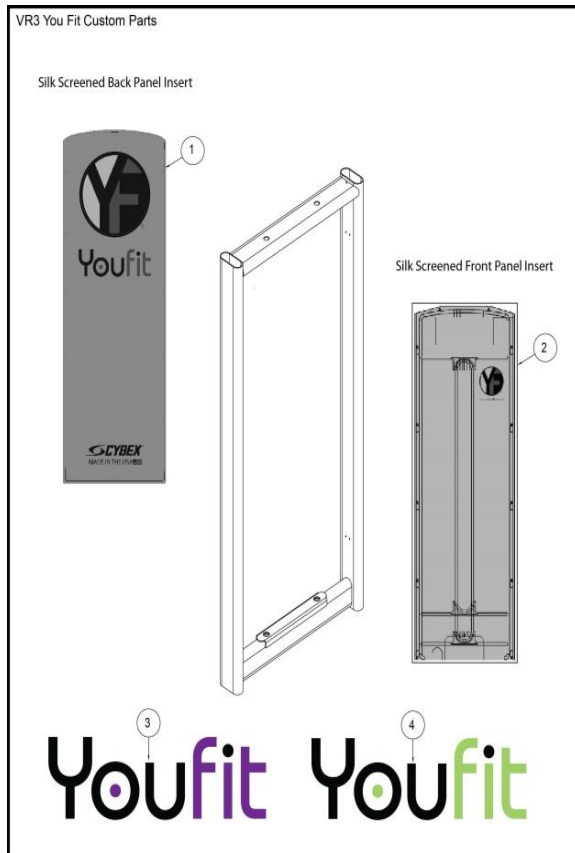
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-401P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

**VR3 Planet Fitness Custom (Old Style) □**



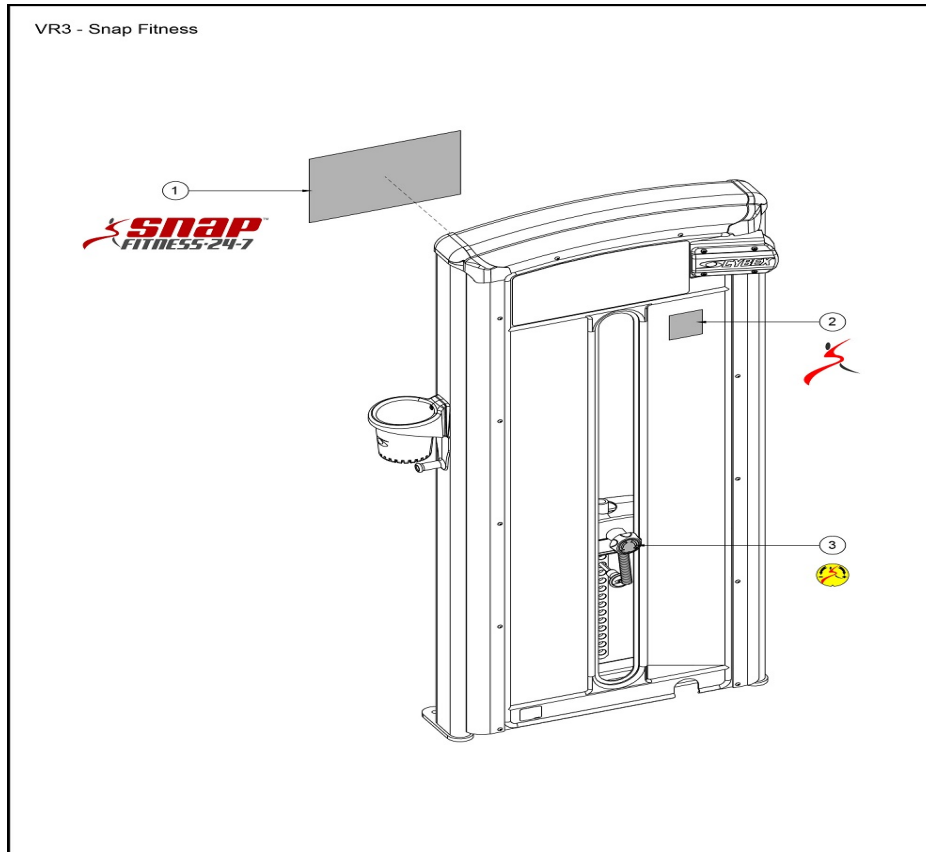
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375	1	PANEL INSERT
7	12000-401	1	PANEL INSERT

VR3 You Fit Custom



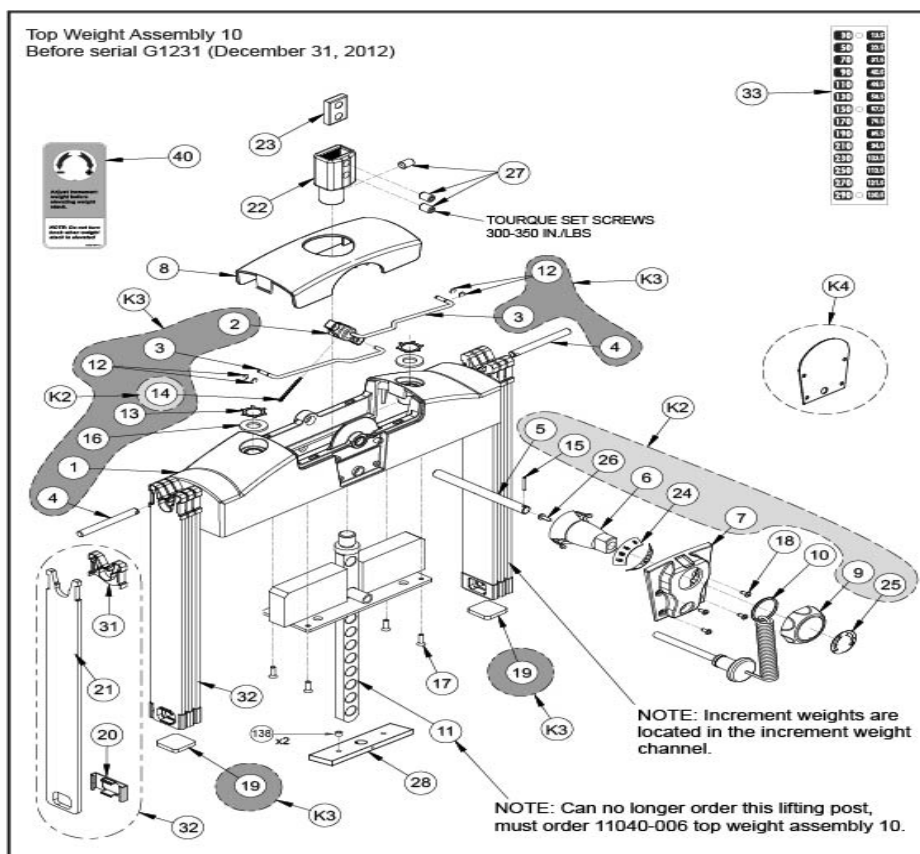
Ref #	Part Number	Qty	Description
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
2A	12000-401YG	1	PANEL INSERT, YOUFIT GREEN
2B	12000-401PY	1	PANEL INSERT, YOUFIT PURPLE
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

**VR3 - Snap Fitness**



Ref #	Part Number	Qty	Description
1	12000-422	1	Decal Snap Fitness Logo 13.00
2	12000-423	1	DECAL SNAP FITNESS RUNNING MAN 3.00
3	12000-424	1	Decal Snap Fitness Rotation

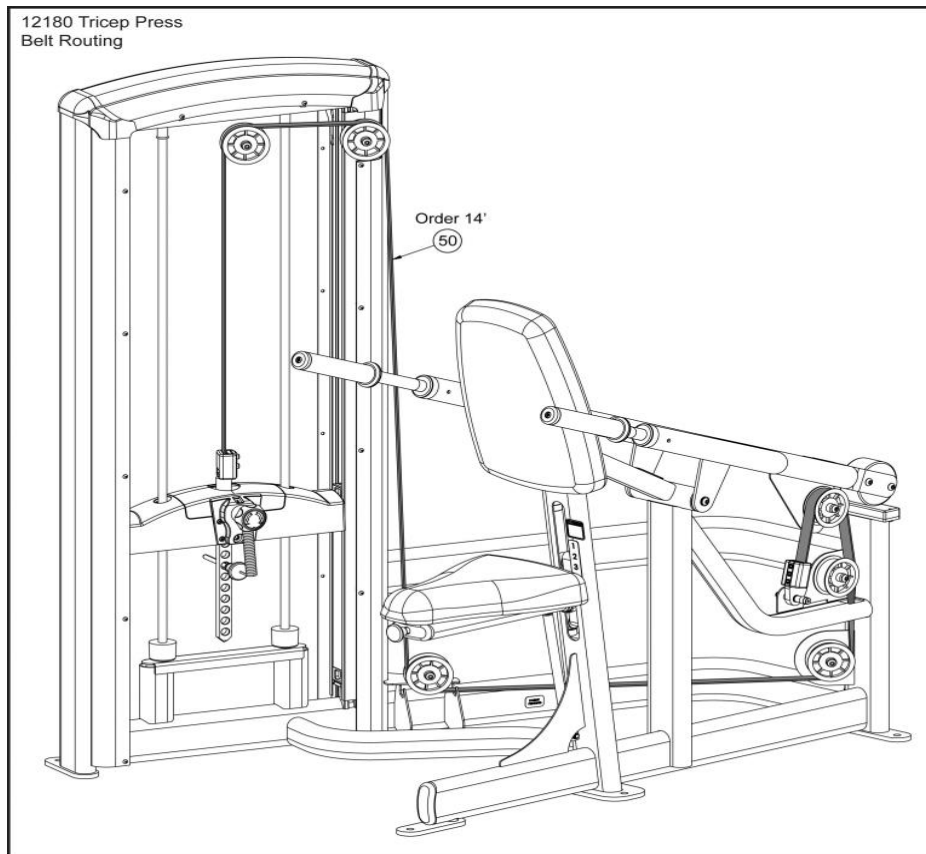
# VR3 - 10 Top Weight Assembly Before G1231



Ref #	Part Number	Qty	Description
1	11040-366	1	TOP WEIGHT ASSEMBLY MOLDED
2	11040-367	1	HUB MOLDED
3	11040-369	2	ROD LINKAGE
4	11040-370	2	PIN
5	11040-427	1	ROD
K6	11040K009	2	KIT INCREMENT WEIGHT KNOB
6	11040-426	1	STEM
K7	11040K010	3	Kit Top Weight Hardware
7	11040-424	1	COVER PLATE
8	11040-416	1	COVER TOP WEIGHT
K8	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
9	11040-425	1	KNOB
10	BH030207	2	PIN WEIGHT SELECTOR
11	11040-007	1	TOP WEIGHT ASSY 15
12	BR030209	4	RETAINING RING .188
13	BR030220	1	RETAINING RING 1.250 INTERNAL
14	HP016820	1	COTTER PIN .125 X 1.25
15	HP266765	1	ROLL PIN .125 X .938
16	HS720004	1	WASHER FELT .641 ID X 1.250 OD X .125 T
17	HT562715	1	TAP SC NO 10 X .750 F PHIL
18	HT582510	2	TAP SC NO 10 X .375 PN HD PHIL
19	11040-409	2	BUMPER

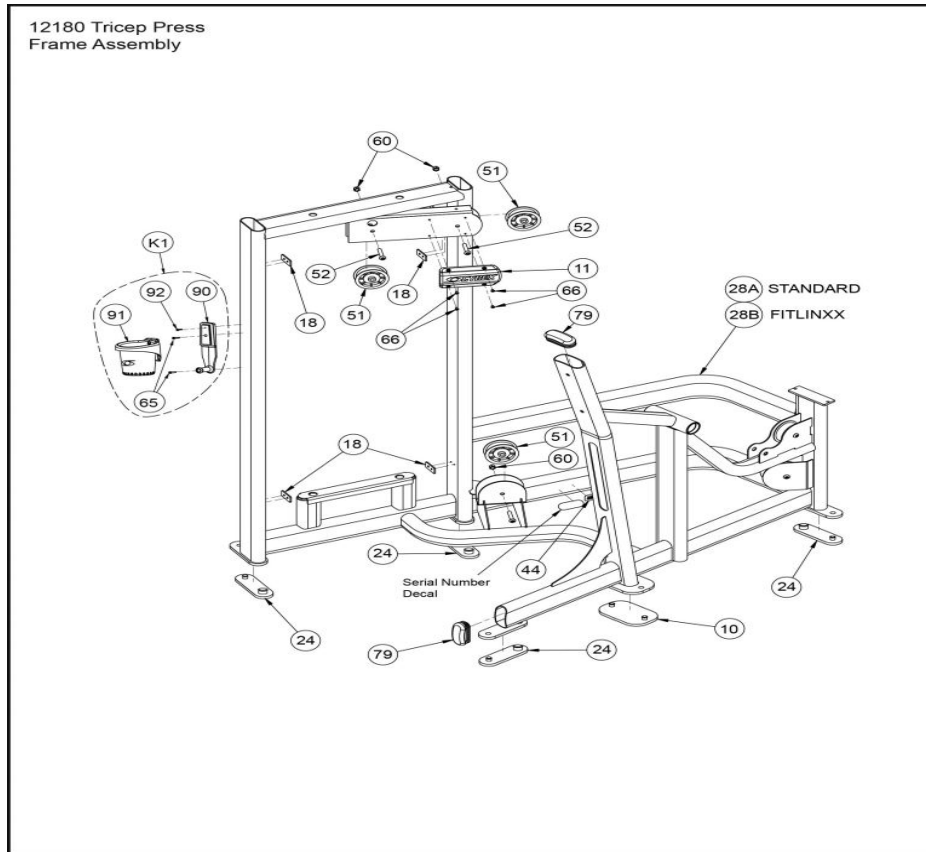
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
27	HY740000	2	SET SCREW
28	4000C101	1	C STACK WT 4X18
29	12050-007	1	WT PAC 11 4X18 BLACK
30	4701-013	1	WT PAC 14 4 X 18 BLACK
31	11040-578	1	GUARD, INCREMENT WEIGHT
33	12000-560	1	DECAL WT PLATE (30-290)
40	11000-407	1	Decal Increment Weight
138	FB130216	1	Bushing Weight Stack

# 12180 Belt Routing



Ref #	Part Number	Qty	Description
50	GB000202	1	BELT .95 WIDE

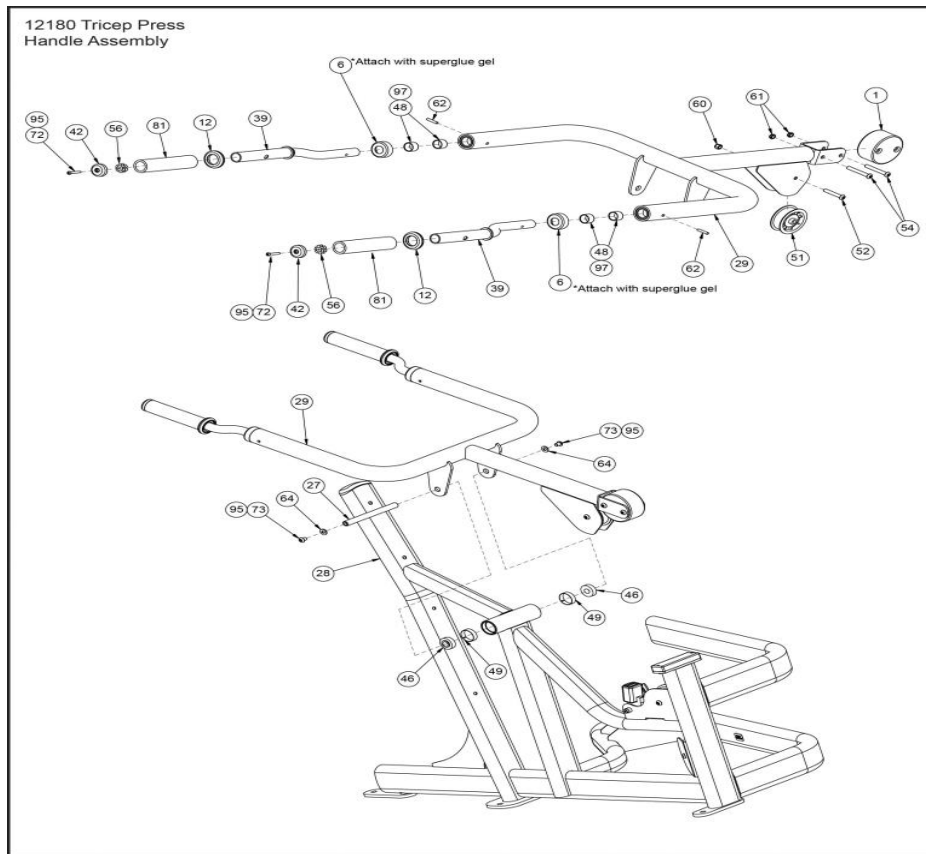
# 12180 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
10	12000-345	1	FOOT PAD 4.00 X 7.00
11	12000-467	1	PULLEY COVER
18	12000-398	4	SPACER
24	12090-322	4	PAD FOOT
28A	12180-200	1	W MAIN FRAME Custom
28B	12188-200	1	W MAIN FRAME Custom
44	CM000211	1	DECAL PATENT
51	GP000209	3	PULLEY ASSEMBLY-3.50
52	HC700428	2	BHSCS .375-16 X 2.25
60	HN704901	3	LOCKNUT .375-16 NYLON
65	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
66	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
79	PP130002	2	INSERT DOMED PLASTIC
90	13000-402	1	Mount Water Bottle Holder
91	13000-400	1	Holder Water Bottle
92	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

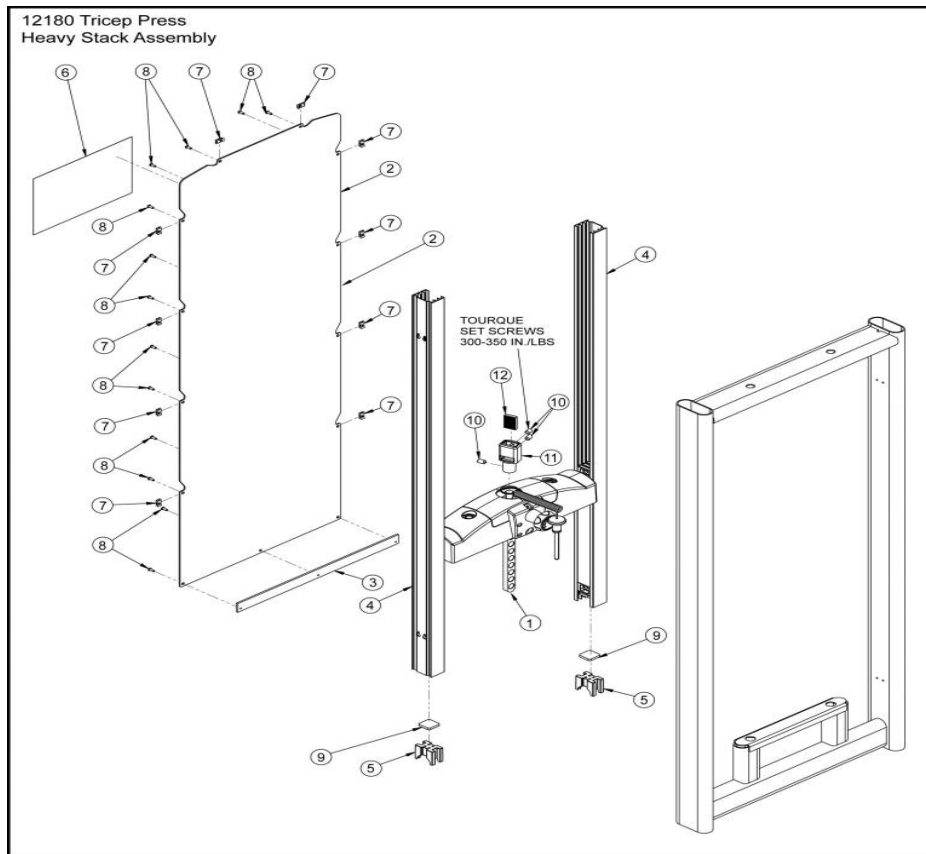


# 12180 Handle Assembly



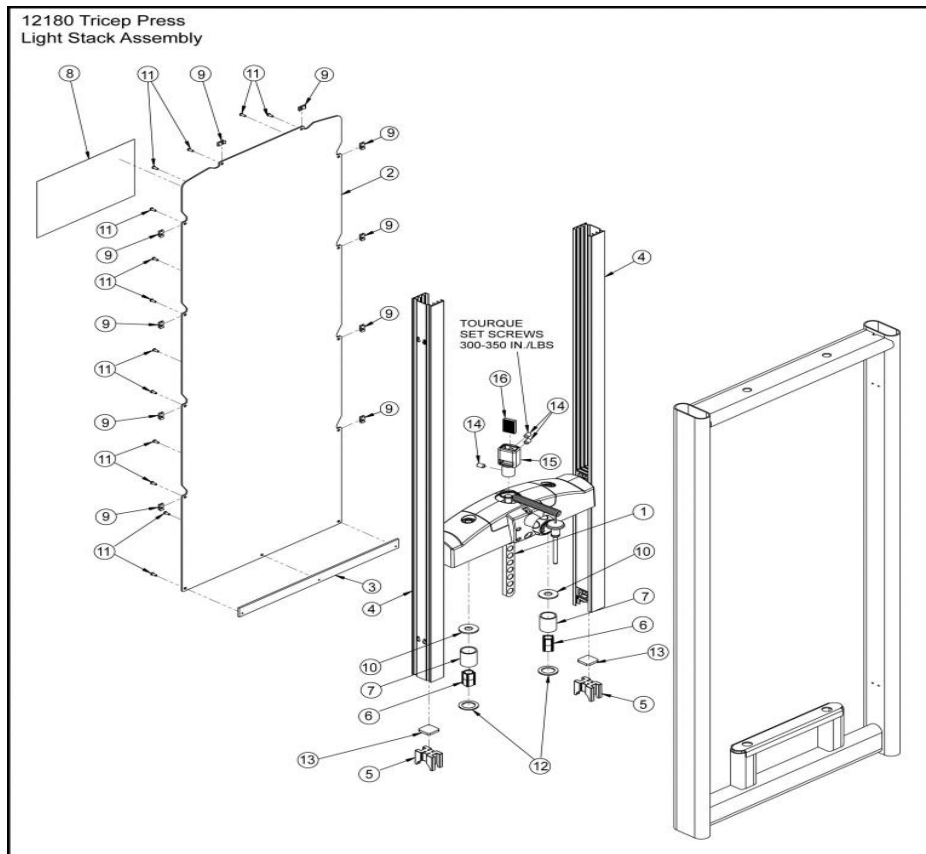
Ref #	Part Number	Qty	Description
1	11010-334	1	COUNTERWEIGHT
6	11100-360	2	END CAP
12	12000-369	2	RING HANDLE GRIP
27	12120-328	1	SHAFT PIVOT
28	12180-200	1	W MAIN FRAME Custom
29	21180-201	2	W INPUT ARM Custom
39		2	W HANDLE Custom
42	610A-350	2	END CAP
46	FB030232	2	BRG RADIAL 17MM ID EXT RACE
48	FB130214	4	BRG SLV 1.00 X 1.12 .75 LG
49	FC030006	2	TOLERANCE RING 1.575 ID
51	GP000209	1	PULLEY ASSEMBLY-3.50
52	HC700428	1	BHSCS .375-16 X 2.25
54	HC700432	2	BHSCS .375-16 X 2.75
56	HF449064	2	INSERT 1.12 X .250-20 UNC
60	HN704901	1	LOCKNUT .375-16 NYLON
61	HN704902	2	LOCKNUT NYLON .375-16
62	HP306820	2	PIN .25 X 1.25
64	HS347600	2	WASHER SAE .375
72	JC620422	2	BHSCS .250-20 X 1.50
73	JC700412	2	BHSCS .375-16 X .50
81	12230-353	2	GRIP 7.00

# 12180 Heavy Stack Assembly



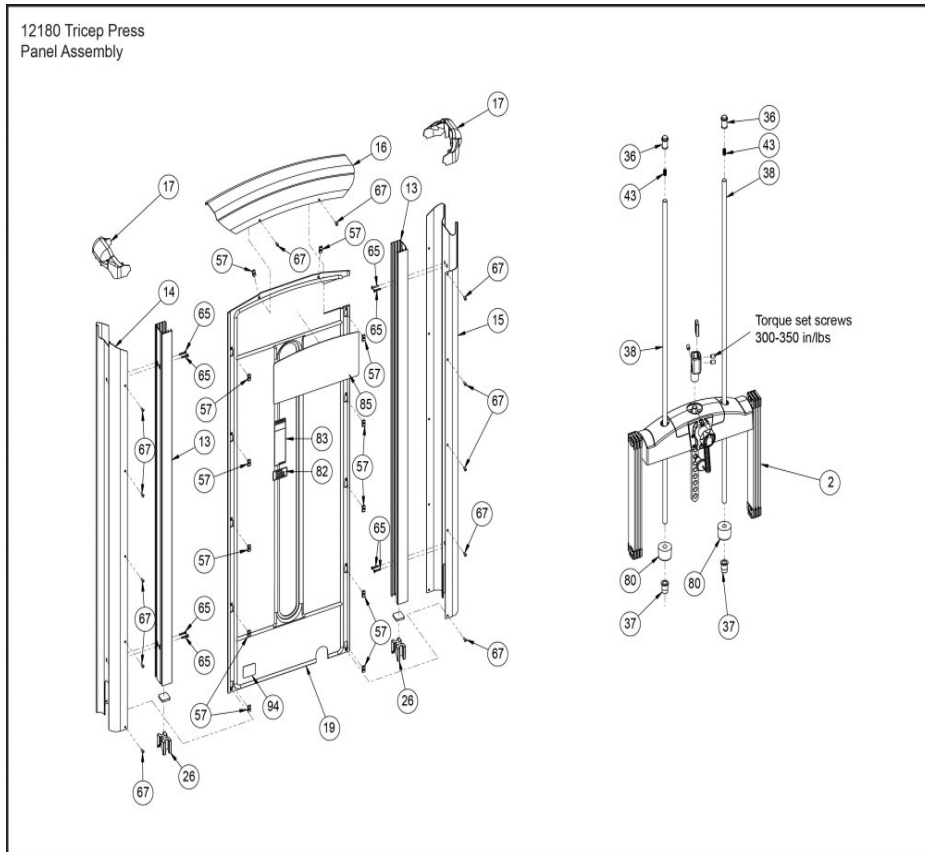
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	7	BHSCS 10-24 X .50 SS
9	11040-409	2	BUMPER
10	HY740000	2	SET SCREW
11	11040-216	1	P BELT CLAMP
12	11040-301	1	INSERT CLAMP BLOCK

# 12180 Light Stack Assembly



Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	12210-352	2	INSERT PLASTIC
7	12210-358	2	TUBE SPACER
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
10	HS760106	2	WASH FLAT 1.750 .688 .140 T
11	HX570412	7	BHSCS 10-24 X .50 SS
12	JS497600	1	WASHER 1.19 ID X 1.75 OD X .12 THK
13	11040-409	2	BUMPER
14	HY740000	2	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

# 12180 Panel Assembly



Ref #	Part Number	Qty	Description
2	11040-006	1	TOP WEIGHT ASSY 10
13	12000-387	2	EXTRUSION INC WT CHANNEL
14	12000-392	1	CHANNEL INCREMENT WEIGHT
15	12000-393	1	CHANNEL INCREMENT WEIGHT
16	12000-395	1	CAP TOP
17	12000-396	2	END CAP
19	12000-401	1	PANEL INSERT
26	12102-330	2	INSERT INCREMENT WEIGHT
36	12210-347	2	CAP GUIDE ROD
37	12210-348	2	CAP GUIDE ROD
38	12210-350	2	WT ROD .625 DIA X 49.53
43	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
57	HF579000	11	PANEL FASTENER 10-24 U TYPE
65	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
67	HX570412	12	BHSCS 10-24 X .50 SS
80	PR060005	2	BUMPER WEIGHT
82	DE000005	1	Decal Caution Custom
83	DE000001	1	Decal Warning Custom
85	12180-598	1	Placard VR3 Tricep Press
94	11040-790	1	NLA: DECAL, MADE IN THE USA

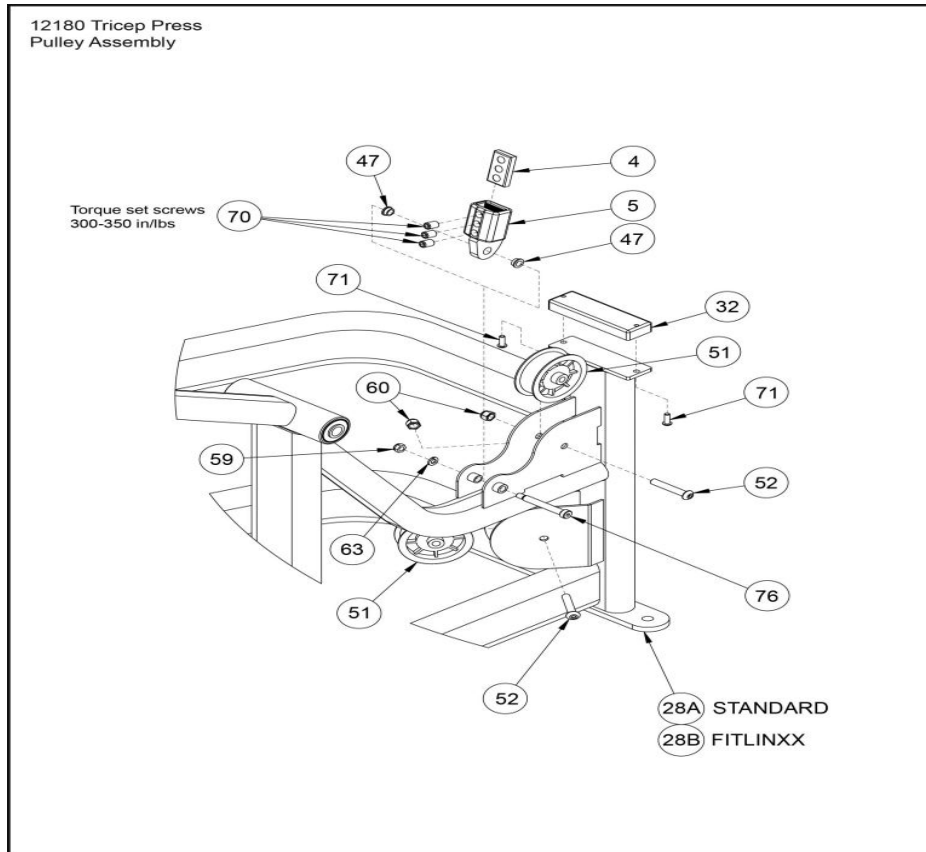
## 12180 Parts Not Shown

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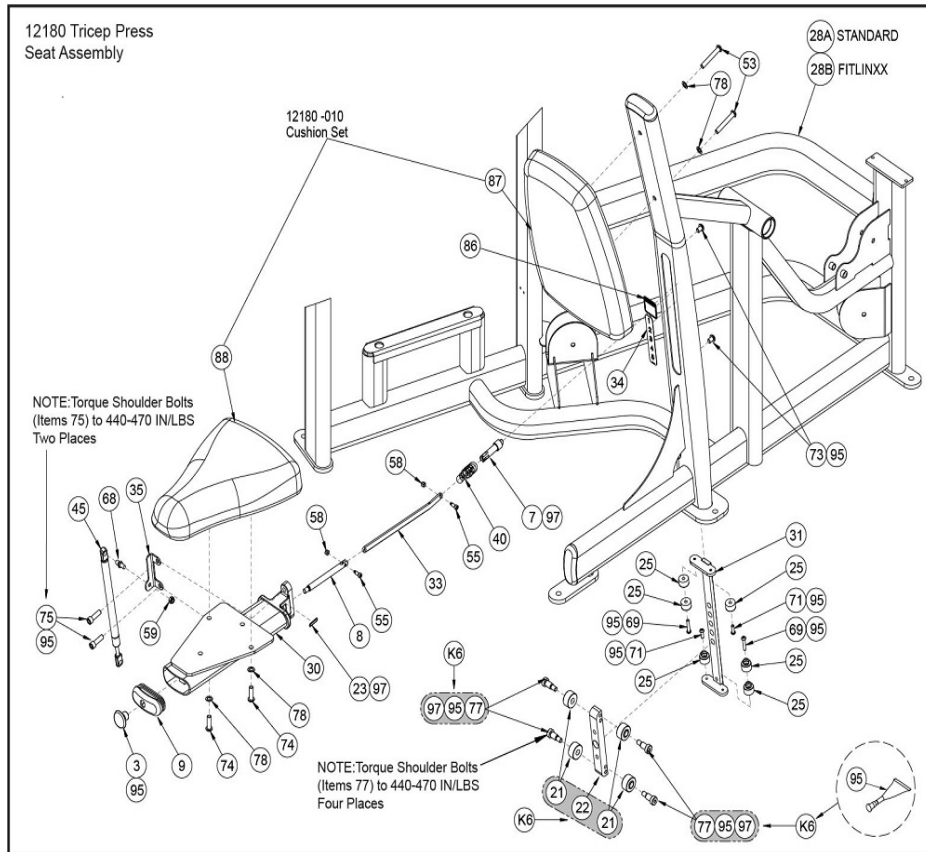
Ref #	Part Number	Qty	Description
K5	12000K019	1	Kit Hardware VR3

# 12180 Pulley Assembly



Ref #	Part Number	Qty	Description
4	11040-568	1	CLAMP BLOCK INSERT
5	11090-210	1	W CLAMP
28B	12188-200	1	W MAIN FRAME Custom
28A	12180-200	1	W MAIN FRAME Custom
32	12180-324	1	BLOCK STOP
47	FB050211	2	BRG FLG .38 X .50 .25 LG
51	GP000209	2	PULLEY ASSEMBLY-3.50
52	HC700428	2	BHSCS .375-16 X 2.25
59	HN664900	1	LOCKNUT .312-18 NYLON INSERT
60	HN704901	2	LOCKNUT .375-16 NYLON
63	HS328300	1	LOCKWASHER SPLIT .312
70	HY740000	3	SET SCREW
71	JC620415	2	BHSCS .250-20 X .75
76	JD343330	1	S BOLT .375 X 2.50 .312-18

# 12180 Seat Assembly



Ref #	Part Number	Qty	Description
3	11040-440	1	KNOB
7	12000-339	1	PIN DETENT
8	12000-342	1	PIN DETENT
9	12000-346	1	INSERT, PLASTIC
21,22,K6	12000K012	8	KIT. ROLLER ASSEMBLY
23	12070-394	1	DECAL INDICATOR
25	12100-303	6	BUMPER
28B	12188-200	1	W MAIN FRAME Custom
28A	12180-200	1	W MAIN FRAME Custom
30	12180-203	1	W SEAT BOTTOM Custom
31	12180-204	1	P DETENT BAR
33	12180-332	1	LINK
34	12180-335	1	DECAL ADJUSTING
35	12190-354	1	MOUNT GAS SPRING
40	4715-346	1	COM SPRING .72 X 1.50 LG
45	EZ000008	1	GAS SPRING 100N
53	HC700430	2	BHSCS .375-16 X 2.50
55	HD303312	2	S BOLT .250 X .500 .190-10-24
58	HN575100	2	LOCKNUT .190-NO 10-24
59	HN664900	1	LOCKNUT .312-18 NYLON INSERT
68	HX-60184	1	BALL,STUD,5/16 -18X10MM
69	HX620420	2	BHSCS .250-20 X 1.250

Ref #	Part Number	Qty	Description
71	JC620415	2	BHSCS .250-20 X .75
73	JC700412	2	BHSCS .375-16 X .50
74	JC700420	2	BHSCS .375-16 X 1.25
75	JC702820	2	SHCS .375-16 X 1.25
77	JD383315	4	S BOLT .500 X .75 .375-16
78	JS347400	3	LOCKWASHER INT TOOTH .375
86	4520-362	1	DECAL SEAT CAUTION Custom
87	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
88	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
-	12180-010	1	SET CUSHION Custom



