

# VR3 CABLE COLUMN

12220-01

## Parts Manual

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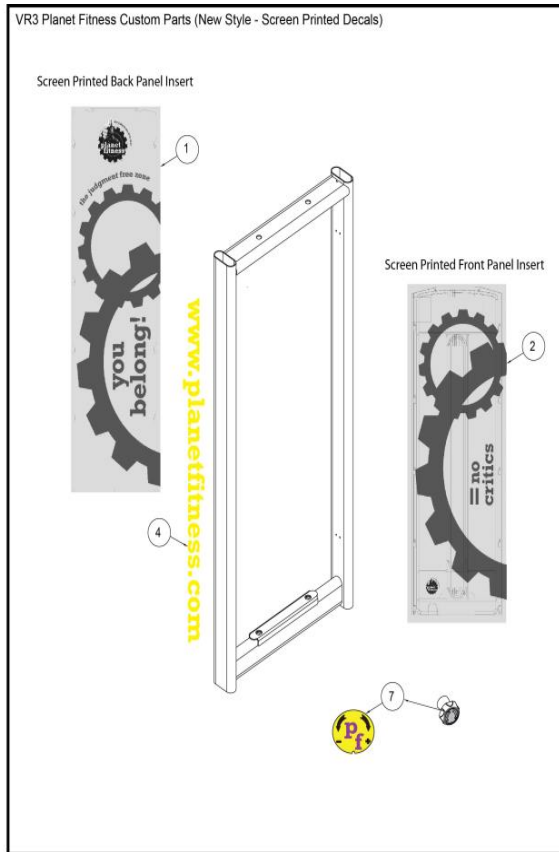
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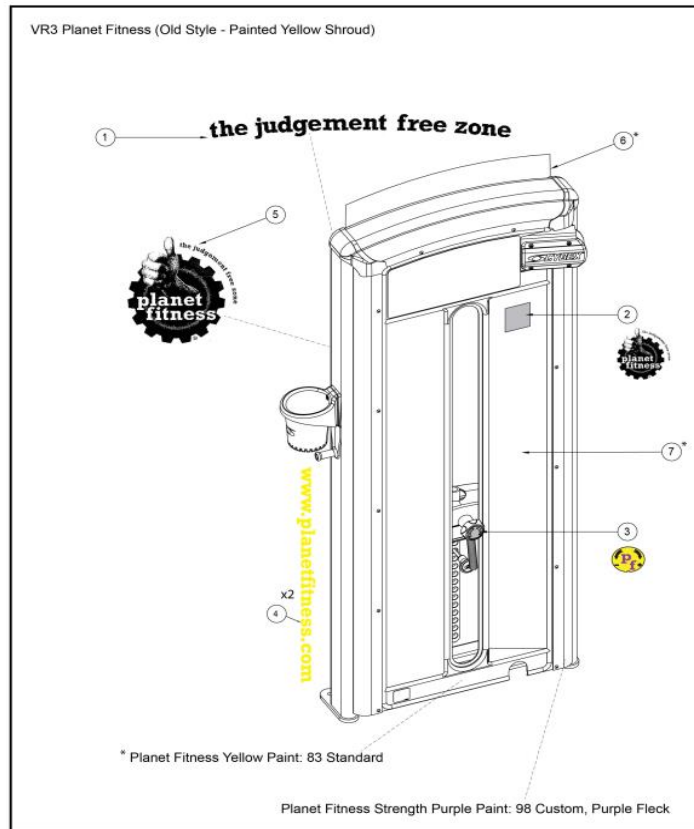
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# VR3 Planet Fitness Custom (New Style)



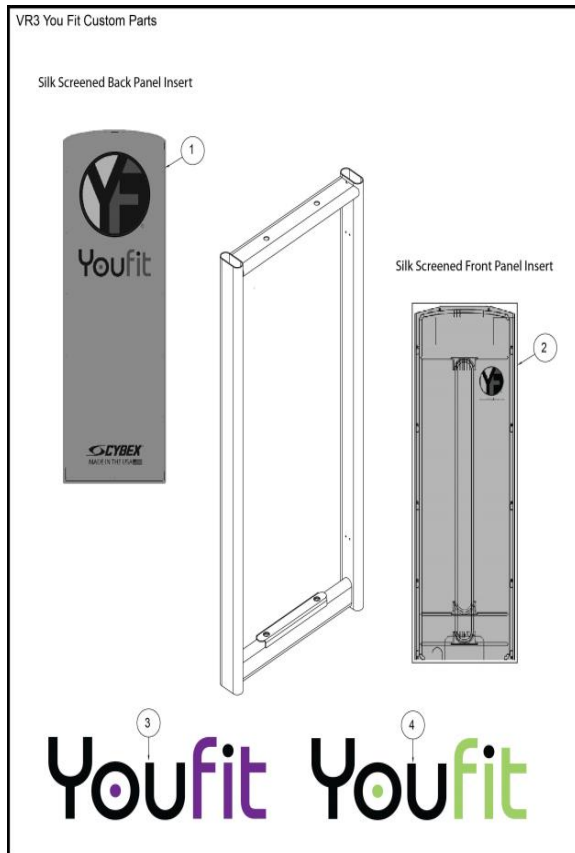
Ref #	Part Number	Qty	Description
1	12000-384P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-415P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

# VR3 Planet Fitness Custom (Old Style) □



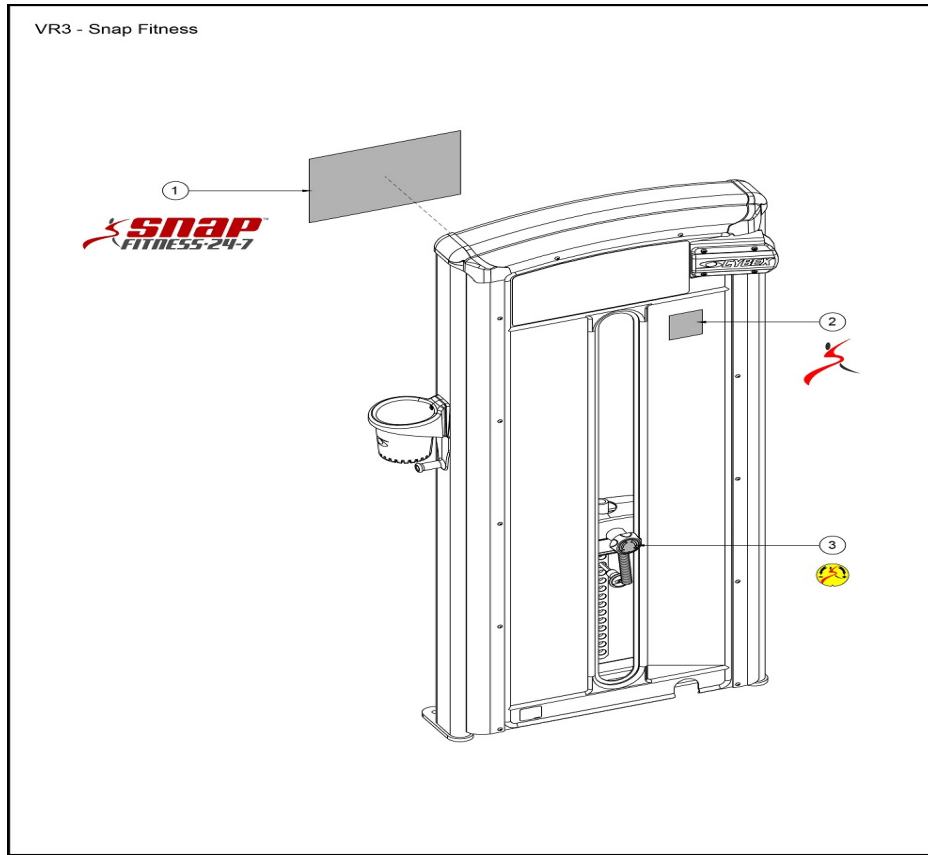
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-384Y	1	BACK PANEL INSERT YELLOW
7	12000-415Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom □



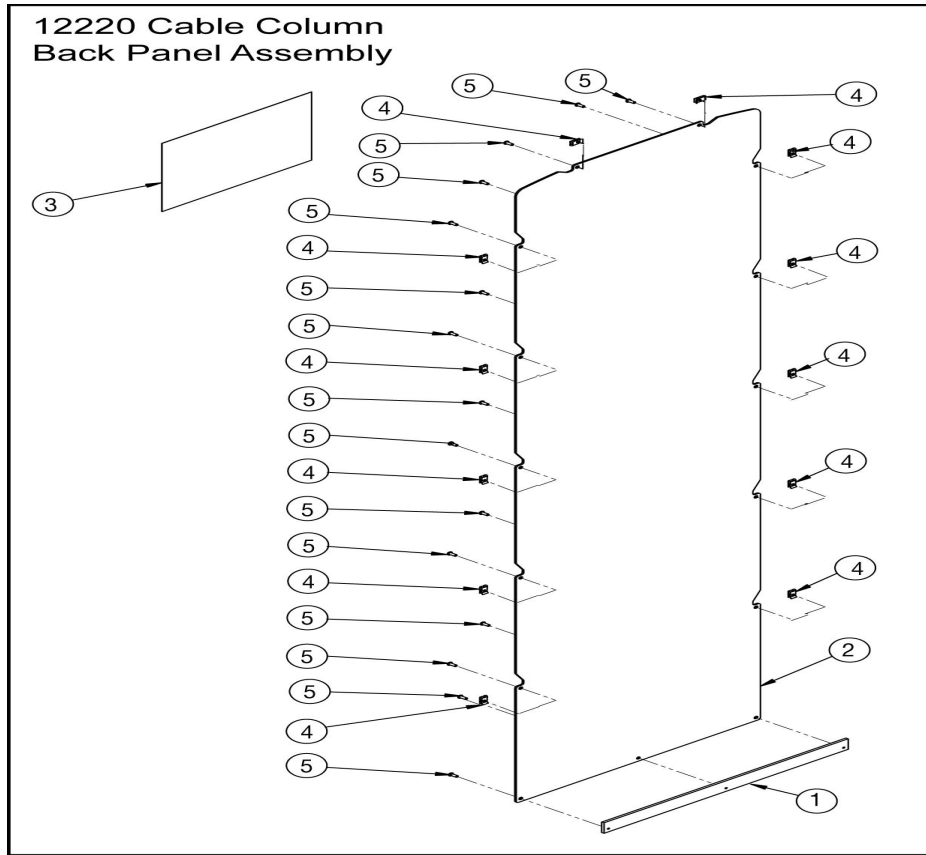
Ref #	Part Number	Qty	Description
1B	12000-384PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-384GY	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-415PY	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-415YG	1	PANEL INSERT, YOUFIT GREEN
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

**VR3 - Snap Fitness**



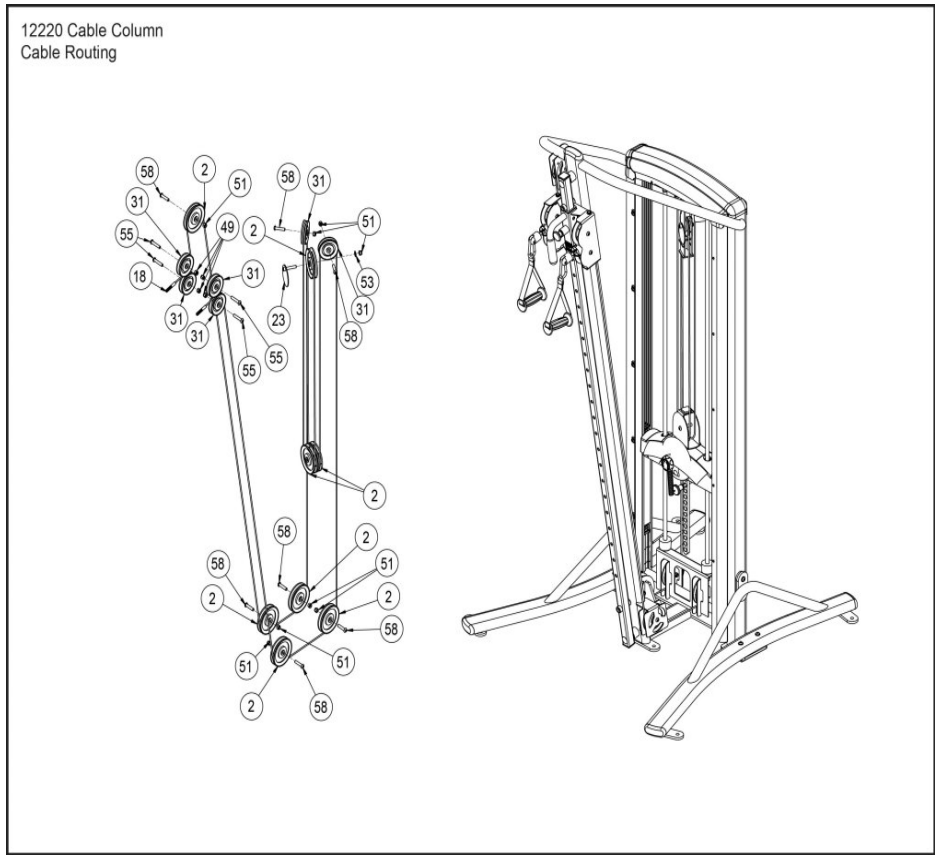
Ref #	Part Number	Qty	Description
1	12000-422	1	Decal Snap Fitness Logo 13.00
2	12000-423	1	DECAL SNAP FITNESS RUNNING MAN 3.00
3	12000-424	1	Decal Snap Fitness Rotation

# 12220 Back Panel Assembly



Ref #	Part Number	Qty	Description
1	12000-378	1	SUPPORT
2	12000-384	1	PANEL INSERT
3	3900-441	1	DECAL CYBEX VER BLACK
4	HF579000	12	PANEL FASTENER 10-24 U TYPE
5	HX570412	15	BHSCS 10-24 X .50 SS

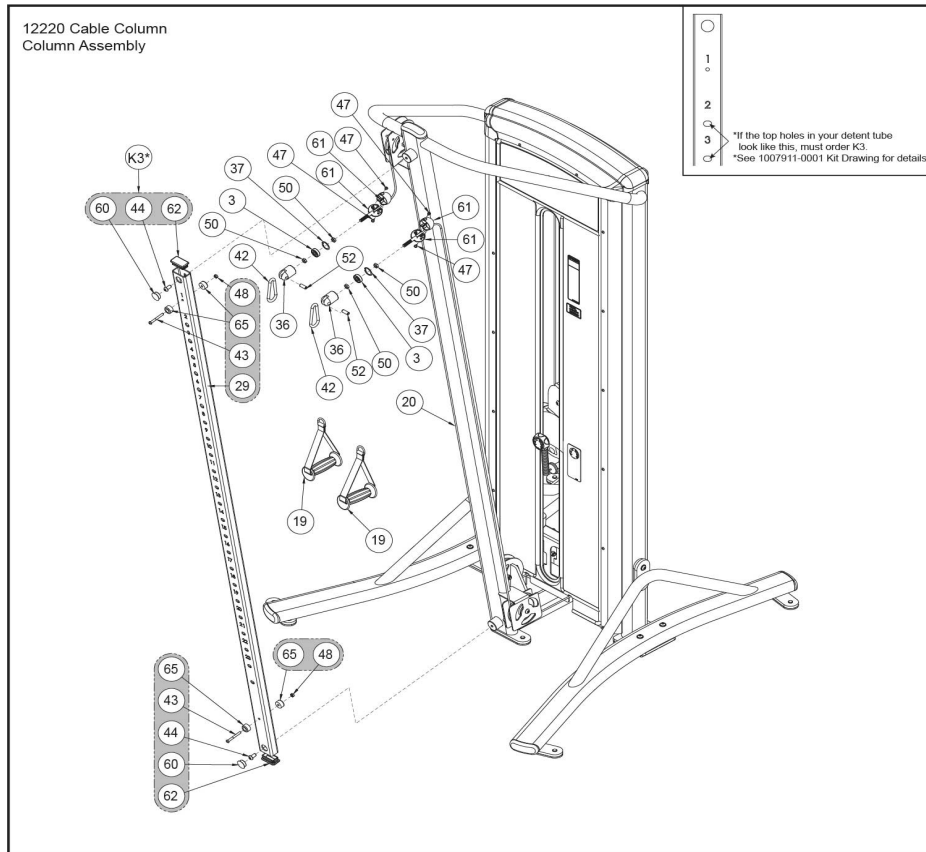
# 12220 Cable Routing



Ref #	Part Number	Qty	Description
2	<b>08014</b>	8	PULLEY ASSEMBLY-4.50
18	<b>12220-002</b>	1	Cable Assembly
23	12220-205	1	P Cam Bolt
31	<b>4400-354</b>	6	PULLEY ASSEMBLY-3.50
49	HN-60560	1	NUT,NYLOC, .3750 -16 B-ZINC
51	<b>HN704901</b>	6	LOCKNUT .375-16 NYLON
53	<b>HS347600</b>	1	WASHER SAE .375
55	HS-60536	4	BOLT,3-8X2.0,BTHD CAP,BLK ZN,G5
58	<b>JC700424</b>	7	BHSCS .375-16 X 1.75

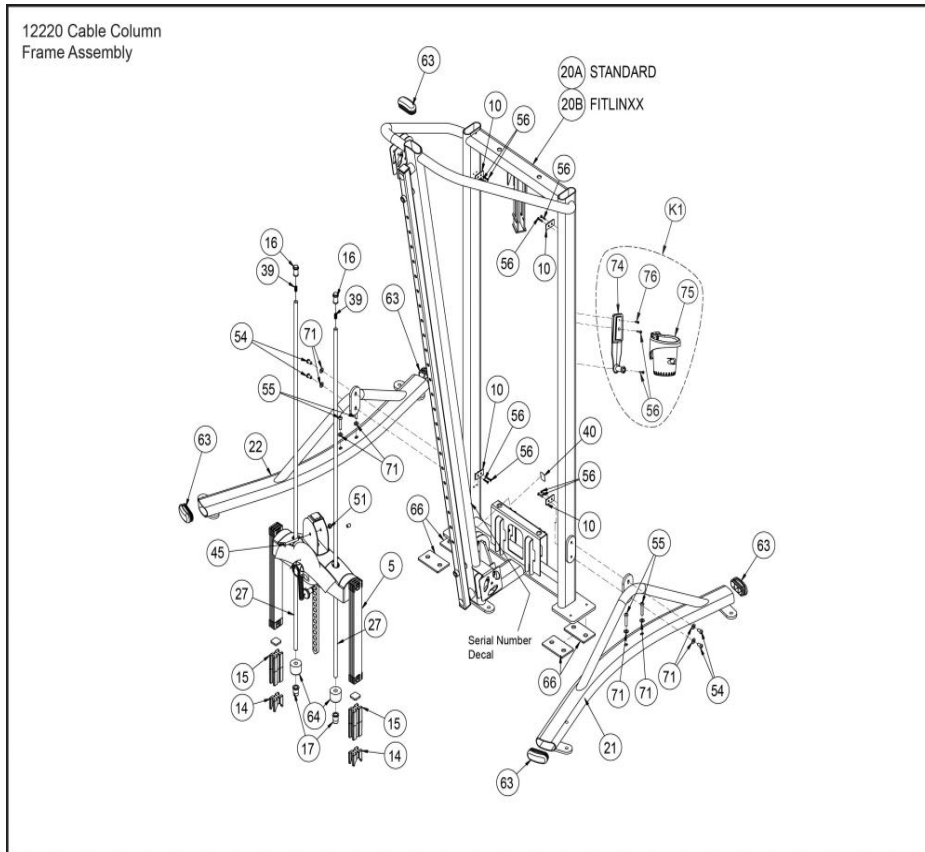


# 12220 Column Assembly



Ref #	Part Number	Qty	Description
3	08135	2	BRG BALL
19	12220-005	2	Handle Assembly
20	12220-200	1	W WEIGHT FRAME Custom
29	12220-355	1	Tube Detent
34	5649-314	1	DECAL ADJUSTING
36	AH020000	2	HOUSING SWIVEL
37	BR030224	2	RETAINING RING 1.188 INTERNAL
42	3250201	2	Snap Link 3/8" D
43	HC620428	2	BHSCS .250-20 X 2.25
44	HC700415	2	BHSCS .375-16 X .75
47	HM580410	4	BHSCS .190-10-32 X .375
48	HN624100	2	HEX NUT .250-20
50	HN704400	5	JAM NUT .375-16
52	HP346717	2	ROLL PIN .375 X 1.00
60	PN660200	2	INSERT PLASTIC 1.00 DIA-11 GA
61	PP040004	4	BALL STOP
62	PP090211	2	INSERT PL 1.50 SQ X 10-14 GA
65	PR069400	4	BUMPER RECESS

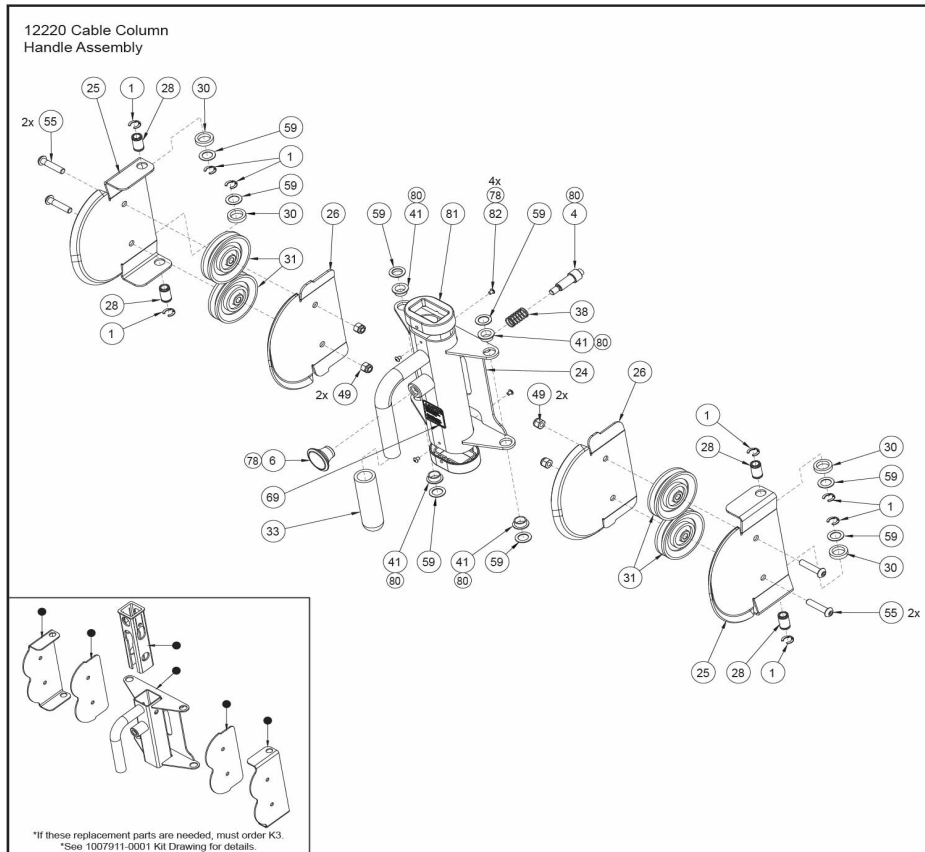
# 12220 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
5	11040-021	1	Top Weight Assy 15
10	12000-398	5	SPACER
14	12102-330	3	INSERT INCREMENT WEIGHT
15	12102-331	3	INSERT INCREMENT WEIGHT
16	12210-347	2	CAP GUIDE ROD
17	12210-348	2	CAP GUIDE ROD
20A	12220-200	1	W WEIGHT FRAME Custom
20B	12228-200	1	W WEIGHT FRAME Custom
21	12220-201	1	W Leg LH Custom
22	12220-202	1	W Leg RH Custom
27	12220-326	2	Wt Rod .625 Dia X 63.50
39	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
40	CM000211	1	DECAL PATENT
45	HC700432	1	BHSCS .375-16 X 2.75
51	HN704901	1	LOCKNUT .375-16 NYLON
54	HS-60531	4	BOLT,3-8X.75,BTHD CAP,BLK ZN,G5
55	HS-60536	4	BOLT,3-8X2.0,BTHD CAP,BLK ZN,G5
56	HT512517	1	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
63	PP130002	5	INSERT DOMED PLASTIC
64	PR060005	2	BUMPER WEIGHT
66	PR070004	3	FOOT PAD 3.00 X 5.00

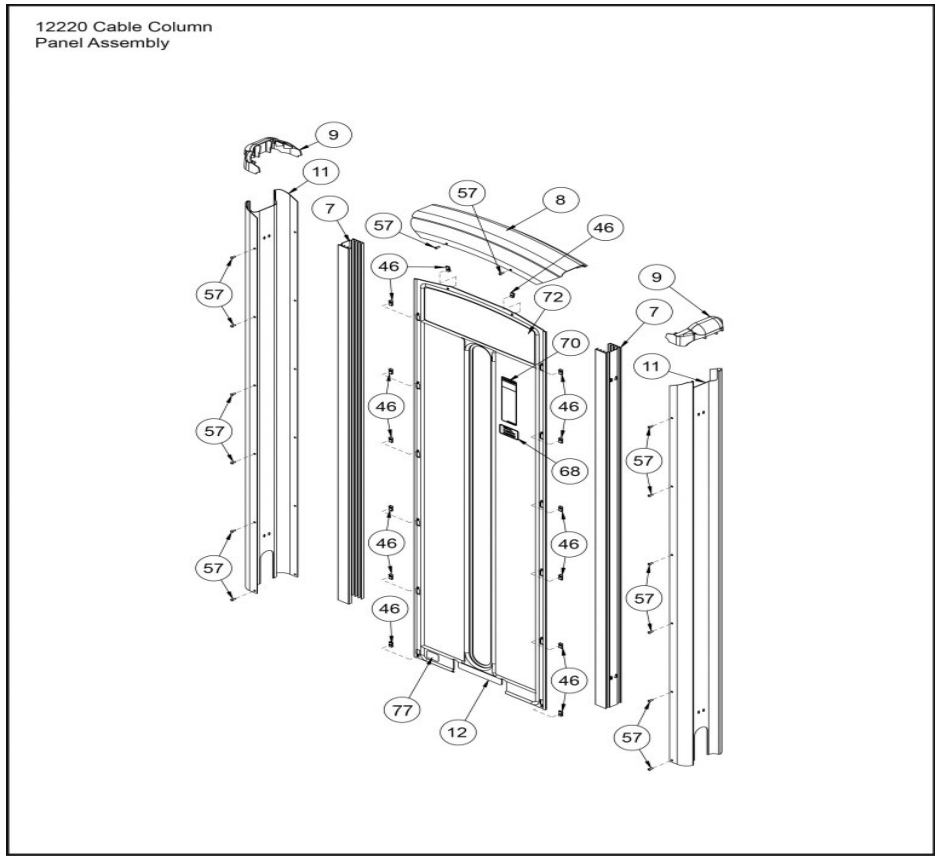
Ref #	Part Number	Qty	Description
71	HW-60085	8	WASH USS 5-16IN. B-ZINC
74	13000-402	1	Mount Water Bottle Holder
75	13000-400	1	Holder Water Bottle
76	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

# 12220 Handle Assembly



Ref #	Part Number	Qty	Description
1	08011	8	RETAINING RING .62
4	08229	1	P PIN DETENT
6	11040-440	1	KNOB
24	12220-212	1	W Adjusting Handle Custom
25	12220-313	2	Plate Pulley
26	12220-321	2	Plate Pulley
28	12220-336	4	Bushing
30	12220-358	4	Spacer
31	4400-354	4	PULLEY ASSEMBLY-3.50
32	4605-512	1	INSERT PLASTIC 7.94
33	4800-700	1	GRIP 4.75 FOAM
38	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
41	FB130205	4	BRG FLG .62 X .75 .38 LG
49	HN-60560	4	NUT,NYLOC,.3750 -16 B-ZINC
53	HS347600	16	WASHER SAE .375
55	HS-60536	4	BOLT,3-8X2.0,BTHD CAP,BLK ZN,G5
59	JS407100	8	BUSHING .625 MACHINERY
69	8500-025	1	DECAL CAUTION Custom

# 12220 Panel Assembly



Ref #	Part Number	Qty	Description
7	12000-388	2	EXTRUSION INC WT CHANNEL
8	12000-395	1	CAP TOP
9	12000-396	2	END CAP
11	12000-402	2	CHANNEL INCREMENT WEIGHT
12	12000-415	1	Panel Insert
46	HF579000	11	PANEL FASTENER 10-24 U TYPE
57	HX570412	14	BHSCS 10-24 X .50 SS
68	DE000005	1	Decal Caution Custom
70	DE000001	1	Decal Warning Custom
72	12220-598	1	Placard VR3 Cable Col
77	11040-790	1	NLA: DECAL, MADE IN THE USA

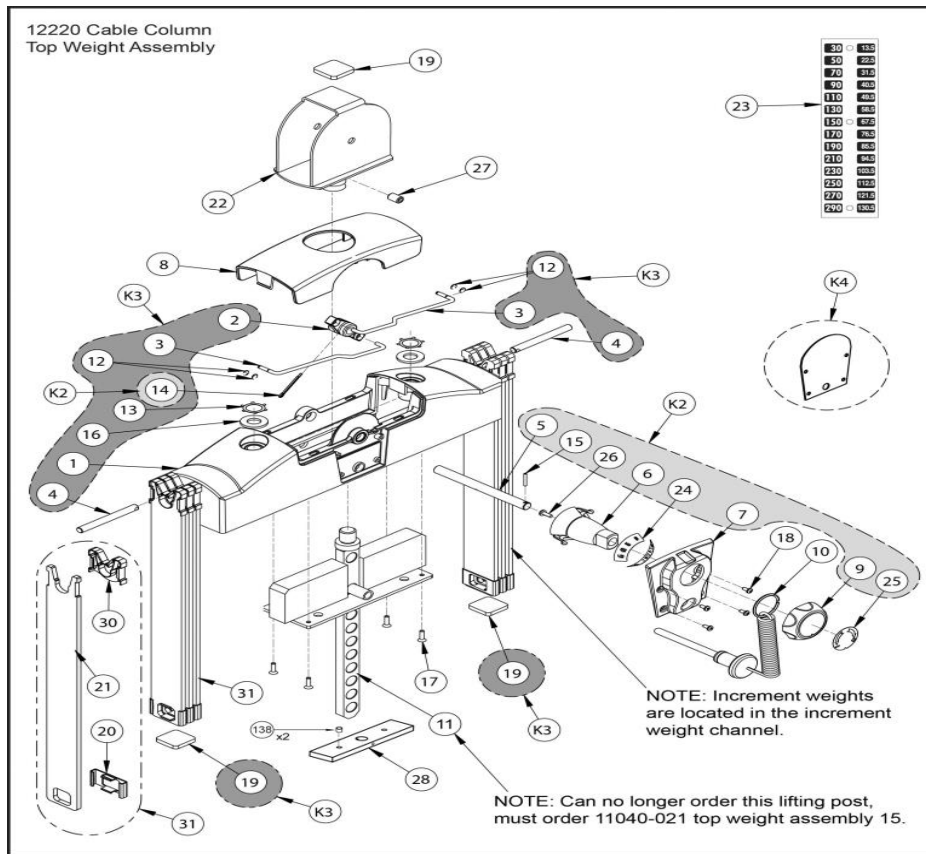
## 12220 Parts Not Shown

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

# 12220 Top Weight Assembly



Ref #	Part Number	Qty	Description
1	11040-366	1	TOP WEIGHT ASSEMBLY MOLDED
2	11040-367	1	HUB MOLDED
K2	11040K009	2	KIT INCREMENT WEIGHT KNOB
K3	11040K010	4	Kit Top Weight Hardware
3	11040-369	2	ROD LINKAGE
4	11040-370	3	PIN
K4	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
5	11040-427	1	ROD
6	11040-426	1	STEM
7	11040-424	1	COVER PLATE
8	11040-416	1	COVER TOP WEIGHT
9	11040-425	1	KNOB
10	BH030207	1	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	1	TAP SC NO 10 X .375 PN HD PHIL
19	11040-409	3	BUMPER

Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,31	11040-030	3	INCREMENT WEIGHT S/A
22	12220-208	1	W Pulley Tab Custom
23	12000-560	1	DECAL WT PLATE (30-290)
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	1	SET SCREW
28	4000C101	1	C STACK WT 4X18
29	4701-013	1	WT PAC 14 4 X 18 BLACK
30	11040-578	1	GUARD, INCREMENT WEIGHT
138	FB130216	1	Bushing Weight Stack



