

VR3 ASSISTED DIP/CHIN

12230-01

Parts Manual

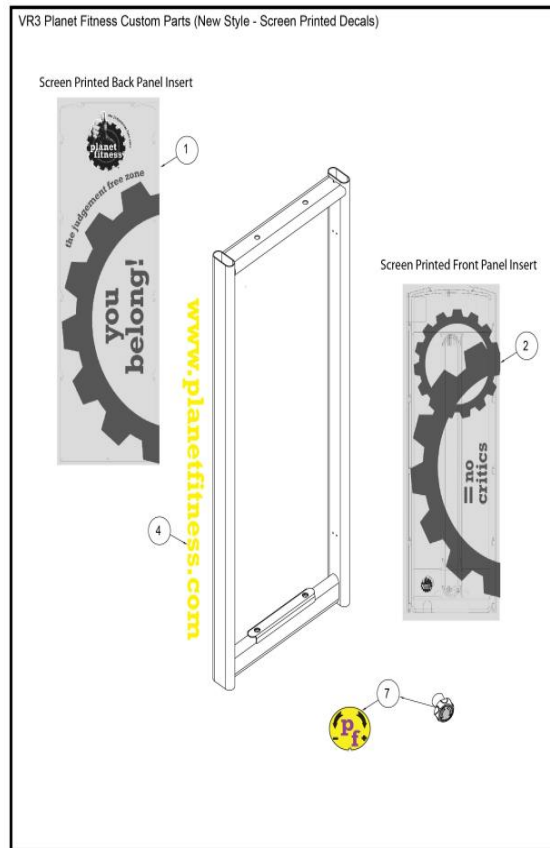
8/20/2020 15:29:42 PM



Table of Contents

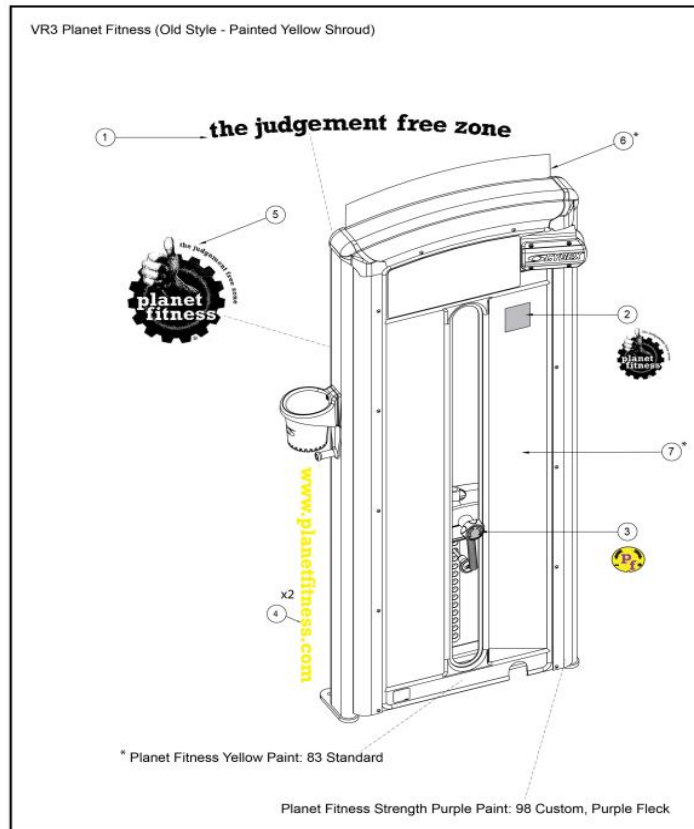
<u>VR3 Planet Fitness Custom (New Style).....</u>	<u>3</u>
<u>VR3 Planet Fitness Custom (Old Style)□.....</u>	<u>4</u>
<u>VR3 You Fit Custom□.....</u>	<u>5</u>
<u>VR3 - Snap Fitness.....</u>	<u>6</u>
<u>12230 Belt Routing.....</u>	<u>7</u>
<u>12230 Foot Bar Assembly.....</u>	<u>8</u>
<u>12230 Frame Assembly.....</u>	<u>10</u>
<u>12230 Heavy Stack Assembly.....</u>	<u>11</u>
<u>12230 Lower Handle Assembly.....</u>	<u>12</u>
<u>12230 Panel Assembly.....</u>	<u>13</u>
<u>12230 Parts Not Shown.....</u>	<u>14</u>
<u>12230 Step Assembly.....</u>	<u>15</u>
<u>12230 Top Weight Assembly.....</u>	<u>16</u>
<u>12230 Upper Handle Assembly.....</u>	<u>18</u>

VR3 Planet Fitness Custom (New Style)



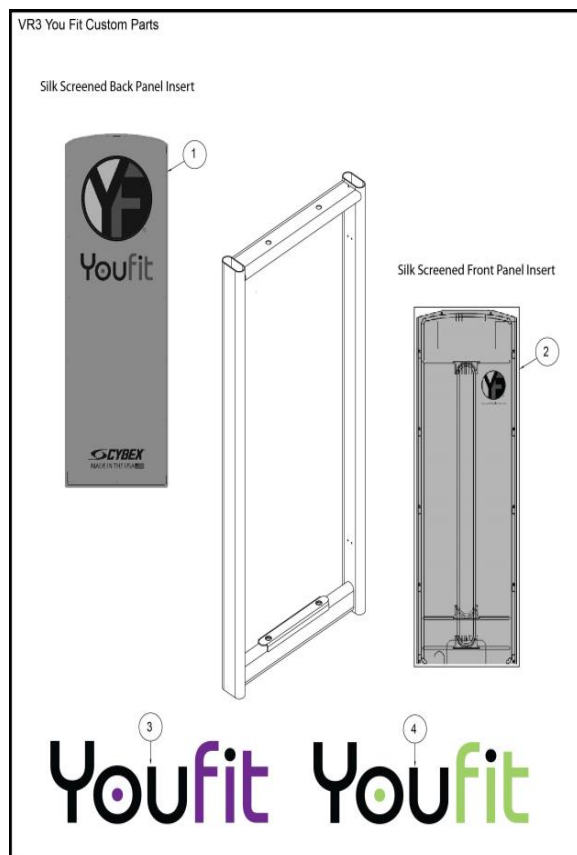
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-418P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) ☐



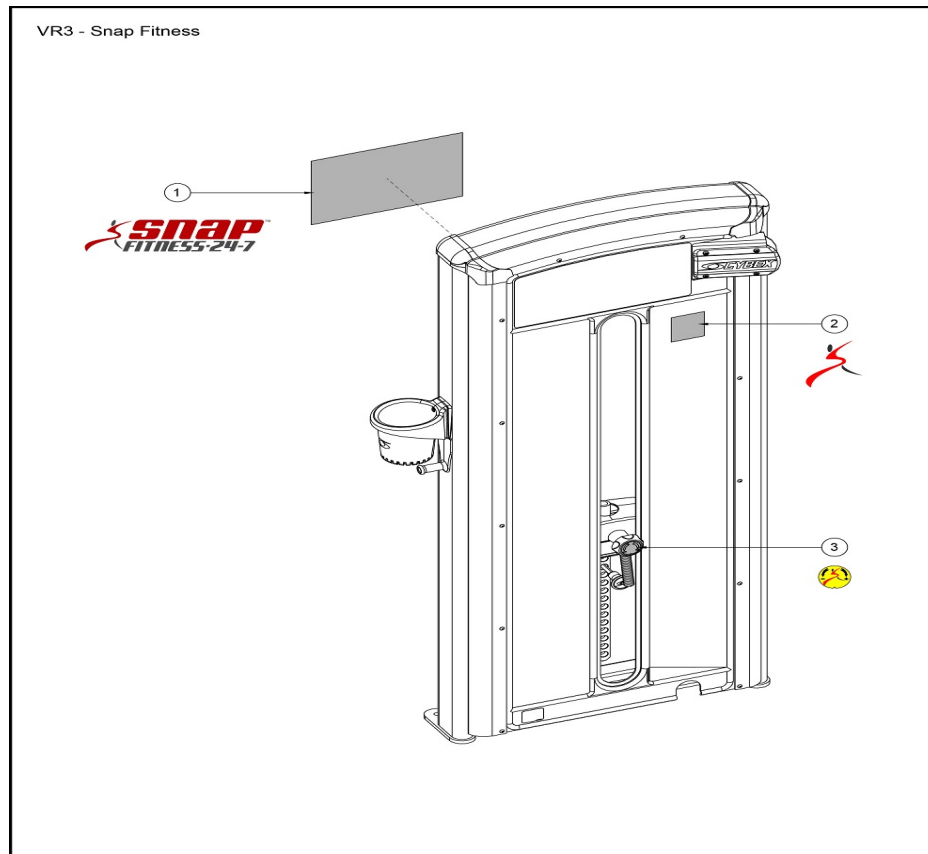
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-418Y	1	PANEL INSERT

VR3 You Fit Custom ☐



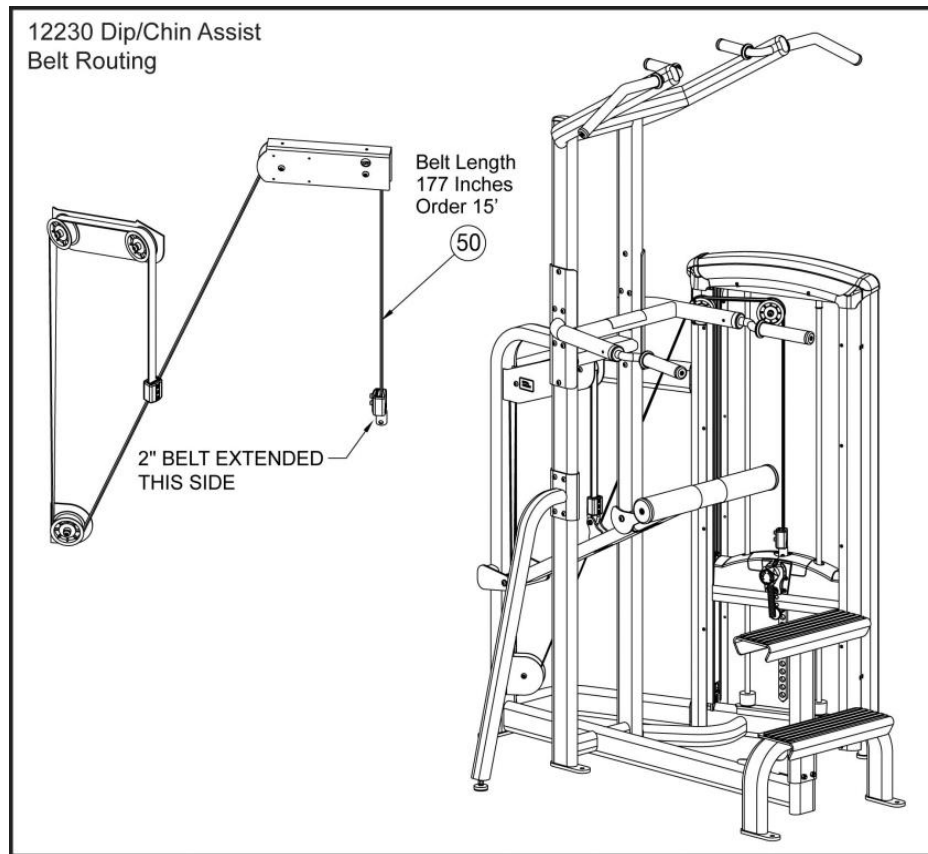
Ref #	Part Number	Qty	Description
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
2A	12000-418YG	1	PANEL INSERT, YOUFIT GREEN
2B	12000-418PY	1	PANEL INSERT, YOUFIT PURPLE
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

VR3 - Snap Fitness



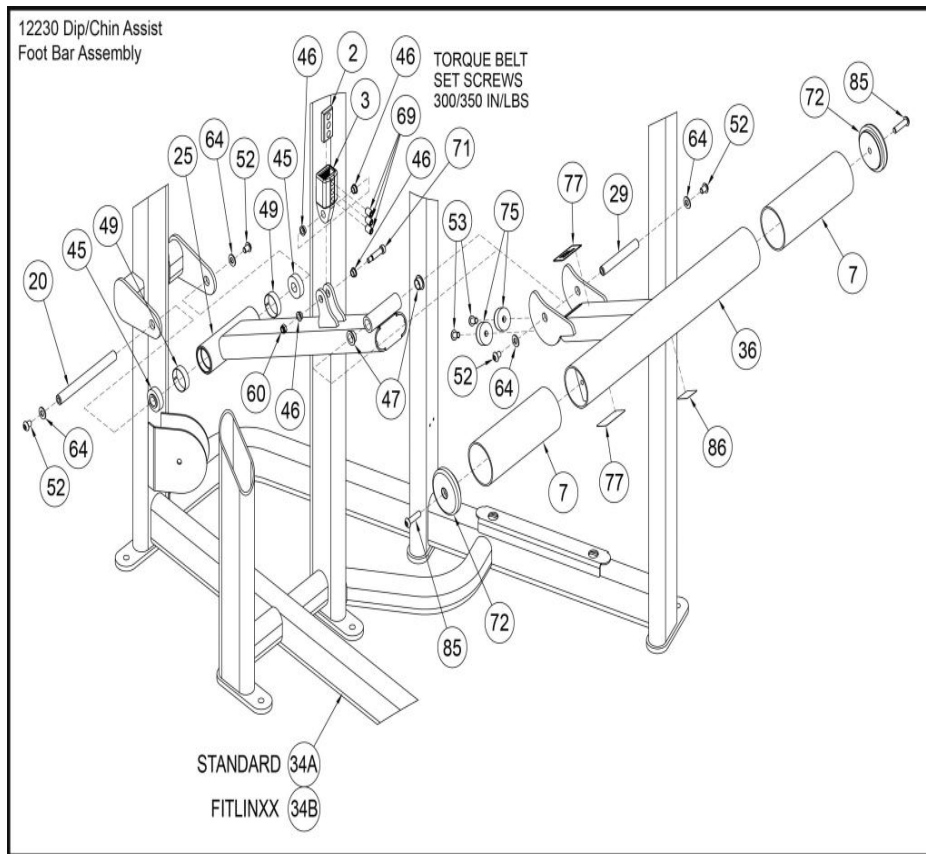
Ref #	Part Number	Qty	Description
1	12000-422	1	Decal Snap Fitness Logo 13.00
2	12000-423	1	DECAL SNAP FITNESS RUNNING MAN 3.00
3	12000-424	1	Decal Snap Fitness Rotation

12230 Belt Routing



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

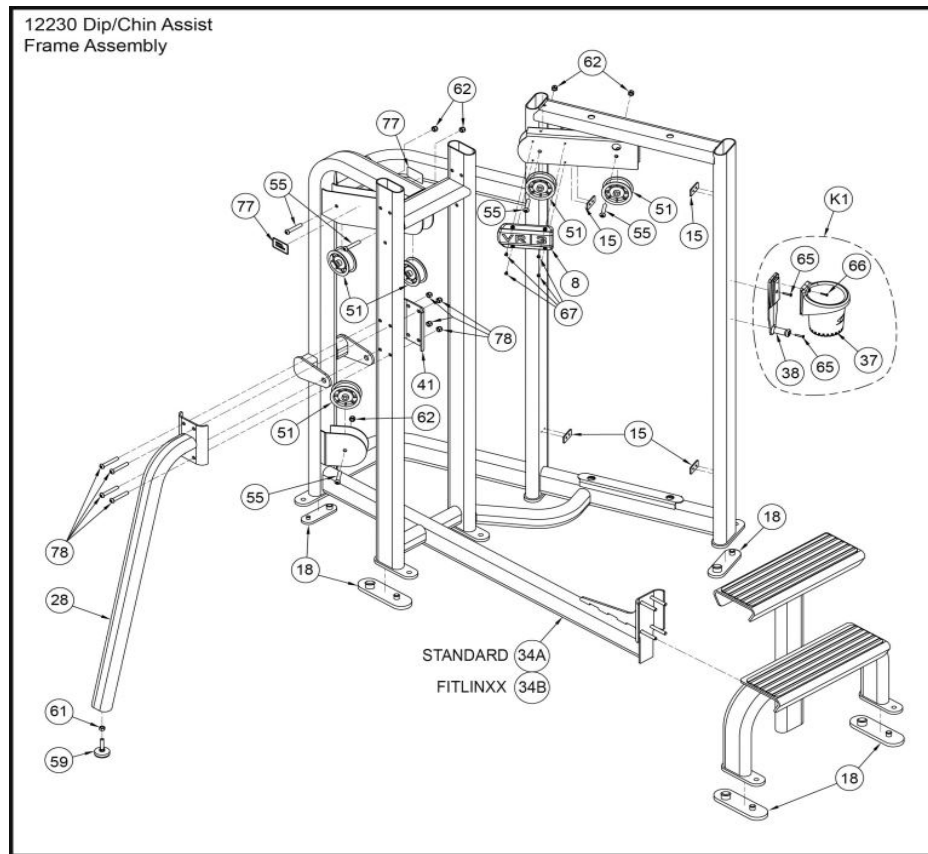
12230 Foot Bar Assembly



Ref #	Part Number	Qty	Description
2	11040-568	1	CLAMP BLOCK INSERT
3	11090-210	1	W CLAMP
7	11090-400	2	GRIP 8.75
20	12120-328	1	SHAFT PIVOT
25	12230-204	1	W INPUT BAR Custom
29	12230-335	1	PIN PIVOT
34	12230-200	1	W MAIN FRAME Custom
36	12230-206	1	W FOOT BAR Custom
45	FB030232	2	BRG RADIAL 17MM ID EXT RACE
46	FB050211	4	BRG FLG .38 X .50 .25 LG
47	FB130205	2	BRG FLG .62 X .75 .38 LG
49	FC030006	2	TOLERANCE RING 1.575 ID
52	HC700412	4	BHSCS .375-16 X .50
53	HC700414	2	BHSCS .375-16 X .62
60	HN664900	1	LOCKNUT .312-18 NYLON INSERT
64	HS347600	4	WASHER SAE .375
69	HY740000	3	SET SCREW
71	JD343320	1	S BOLT .375 X 1.25 .312-18
72	11090-398	2	END CAP
75	PR060003	2	BUMPER RECESS
77	4000Y316	2	DECAL CAUTION
85	JC700422	2	BHSCS .375-16 X 1.50

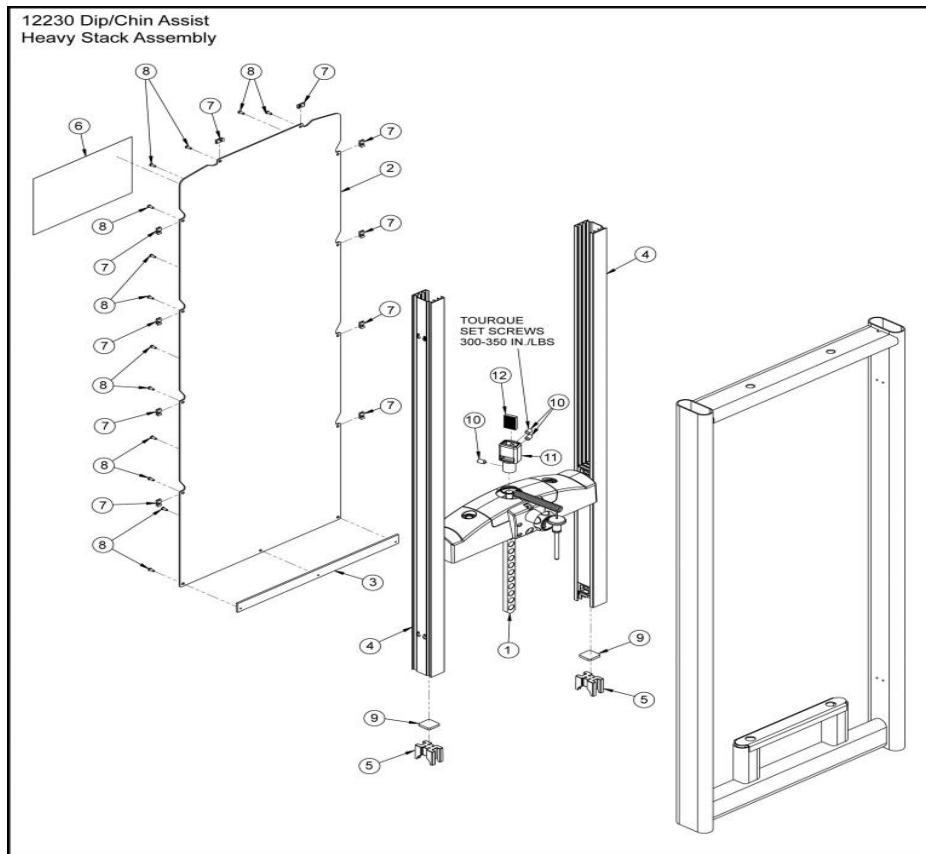
Ref #	Part Number	Qty	Description
86	11040-409	1	BUMPER

12230 Frame Assembly



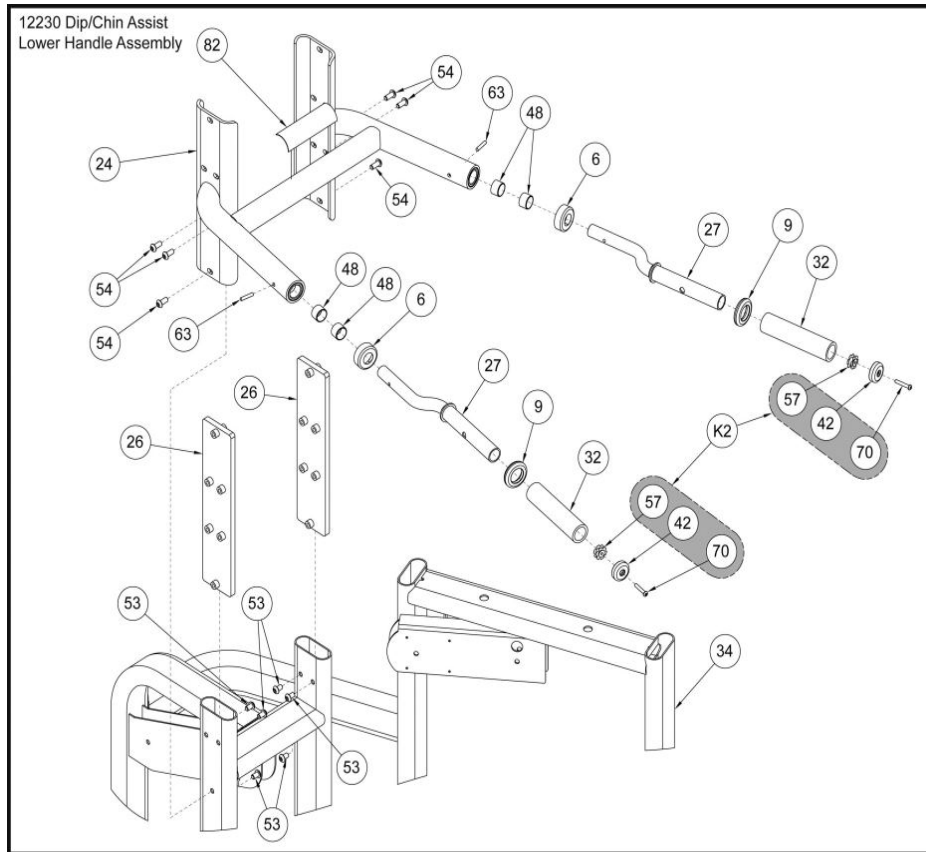
Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
8	12000-366	1	PULLEY COVER
15	12000-398	4	SPACER
18	12090-322	5	PAD FOOT
28	12230-208	1	W SUPPORT LEG Custom
34A	12230-200	1	W MAIN FRAME Custom
34B	12238-200	1	W MAIN FRAME Custom
37	13000-400	1	Holder Water Bottle
38	13000-402	1	Mount Water Bottle Holder
41	610A-329	1	BRACKET DISPLAY MOUNT LOWER
51	GP000209	5	PULLEY ASSEMBLY-3.50
55	HC700428	5	BHSCS .375-16 X 2.25
59	HG700022	1	LEVELING GLIDE 3-8-16
61	HN704000	1	HEX NUT .375-16
62	HN704901	5	LOCKNUT .375-16 NYLON
65	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
66	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
67	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
77	4000Y316	2	DECAL CAUTION
78	12230-005	8	KIT HARDWARE

12230 Heavy Stack Assembly



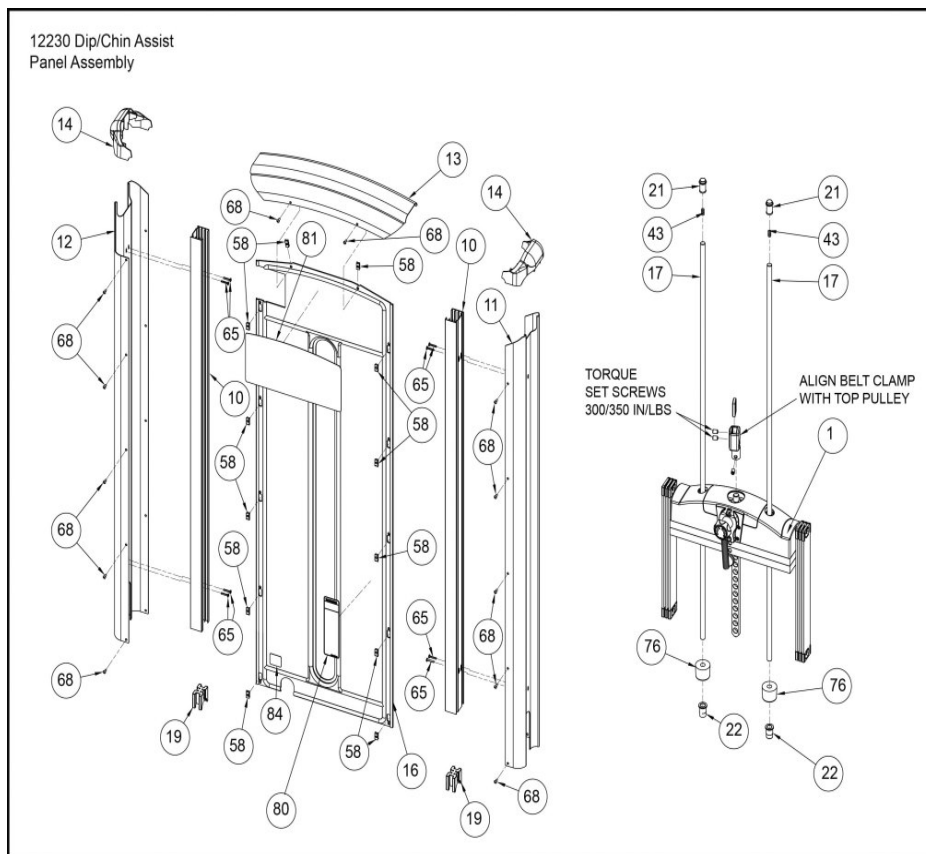
Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 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

12230 Lower Handle Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	2	KIT HANDLE TRIM RING
6	11100-360	2	END CAP
9	12000-369	2	RING HANDLE GRIP
24		1	W DIP HANDLES Custom
26	12230-205	2	W CONNECTION PLATE
27		2	W HANDLE Custom
32	12230-353	2	GRIP 7.00
34	12231-200	1	W Main Frame Custom
42	610A-350	2	END CAP
48	FB130214	4	BRG SLV 1.00 X 1.12 .75 LG
53	HC700414	6	BHSCS .375-16 X .62
54	HC700416	6	BHSCS .375-16 X .875
57	HF449064	2	INSERT 1.12 X .250-20 UNC
63	HP306820	2	PIN .25 X 1.25
70	JC620422	2	BHSCS .250-20 X 1.50
82	12230-352	1	Decal Warning Custom

12230 Panel Assembly



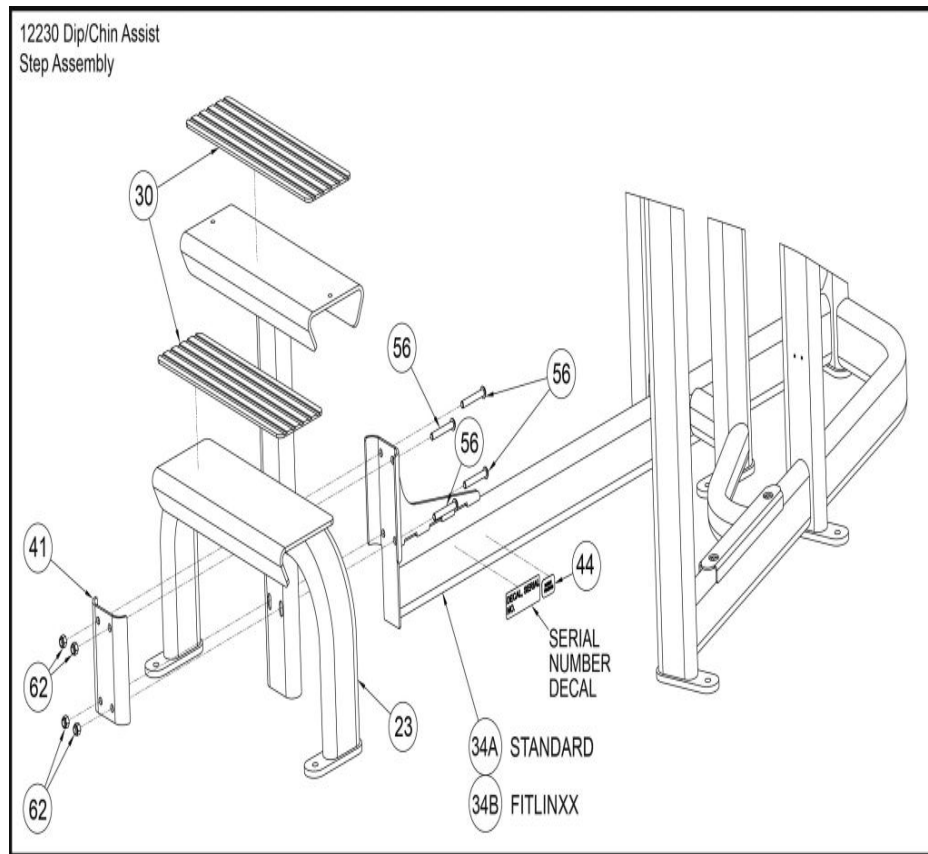
Ref #	Part Number	Qty	Description
1	11040-028	1	TOP WEIGHT ASSEMBLY
10	12000-387	2	EXTRUSION INC WT CHANNEL
11	12000-392	1	CHANNEL INCREMENT WEIGHT
12	12000-394	1	CHANNEL INCREMENT WEIGHT
13	12000-395	1	CAP TOP
14	12000-396	2	END CAP
16	12000-418	1	PANEL INSERT
17	12060-350	2	WT ROD .625 DIA X 54.63
19	12102-330	2	INSERT INCREMENT WEIGHT
21	12210-347	2	CAP GUIDE ROD
22	12210-348	2	CAP GUIDE ROD
43	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
58	HF579000	11	PANEL FASTENER 10-24 U TYPE
65	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
68	HX570412	12	BHSCS 10-24 X .50 SS
76	PR060005	2	BUMPER WEIGHT
80	4605-381	1	DECAL WARNING
81	12231-598	1	Placard VR3 Assisted Dip
84	11040-790	1	NLA: DECAL, MADE IN THE USA

12230 Parts Not Shown

Other Parts Not Shown

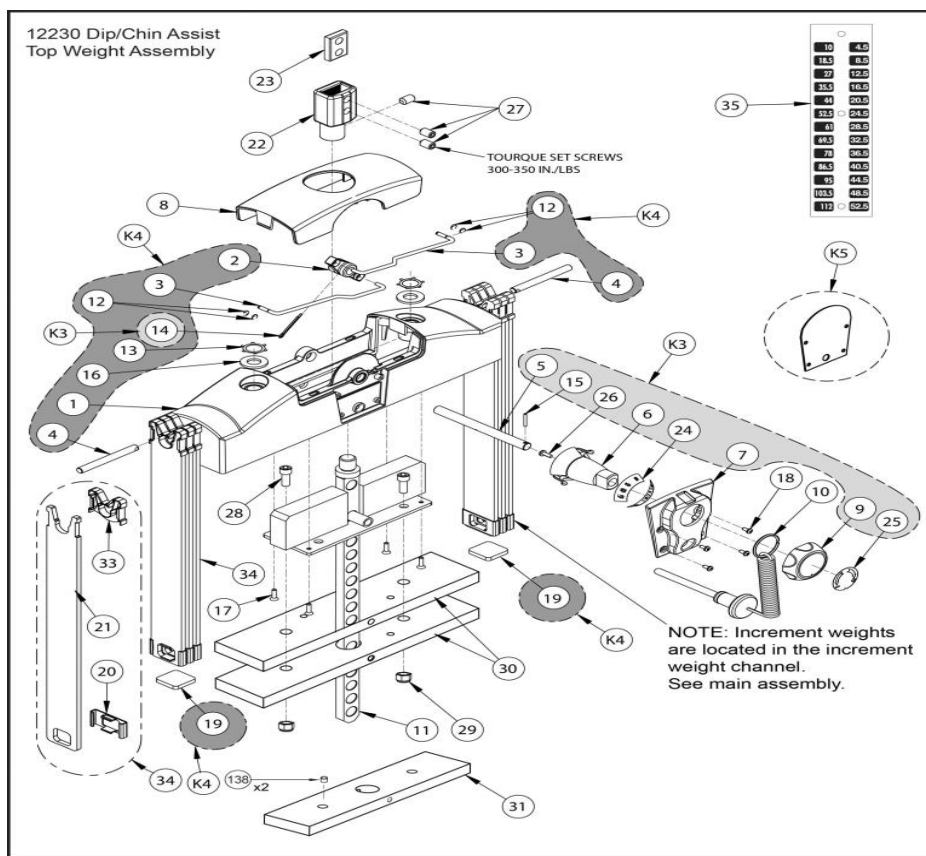
Ref #	Part Number	Qty	Description
K6	12000K019	1	Kit Hardware VR3

12230 Step Assembly



Ref #	Part Number	Qty	Description
23	12230-202	1	W STEP FRAME Custom
30	12230-337	2	NON-SLIP
34B	12238-200	1	W MAIN FRAME Custom
34A	12230-200	1	W MAIN FRAME Custom
41	610A-329	1	BRACKET DISPLAY MOUNT LOWER
44	CM000211	1	DECAL PATENT
56	HC700430	4	BHSCS .375-16 X 2.50
62	HN704901	4	LOCKNUT .375-16 NYLON

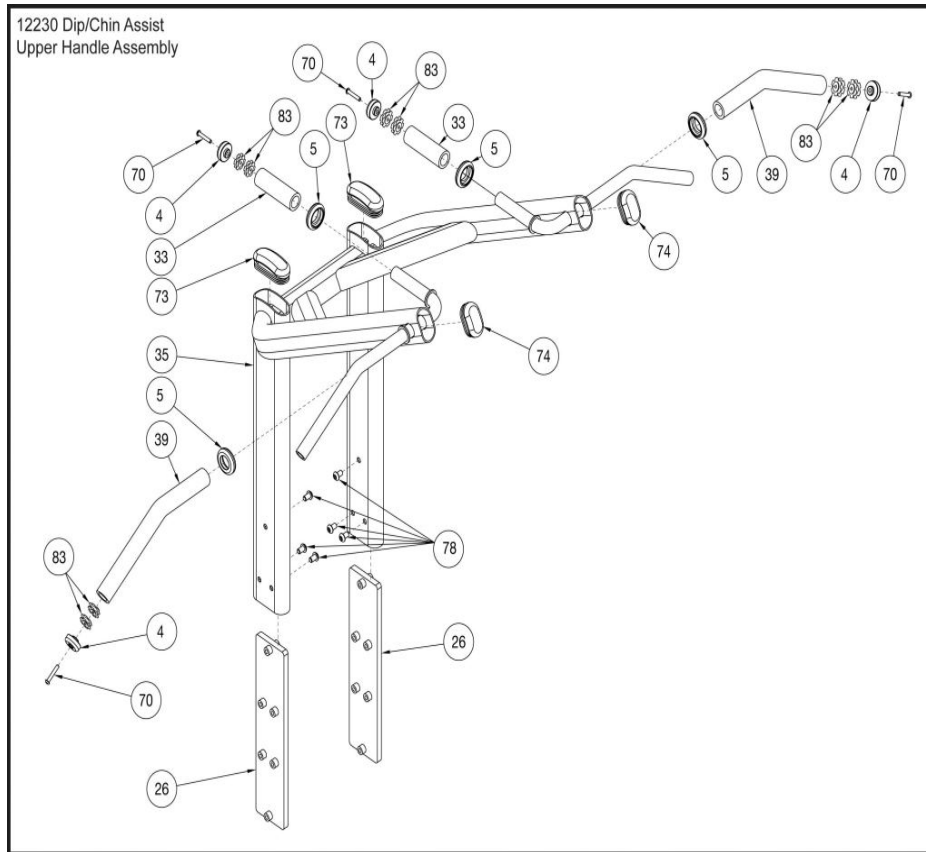
12230 Top Weight Assembly



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
K3	11040K009	2	KIT INCREMENT WEIGHT KNOB
K4	11040K010	3	Kit Top Weight Hardware
4	11040-370	2	PIN
5	11040-427	1	ROD
K5	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
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	4700-251	1	NLA: C LIFTING POST 15
12	BR030209	4	RETAINING RING .188
13	BR030220	1	RETAINING RING 1.250 INTERNAL
14	HP016820	2	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	2	BUMPER

Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,34	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	3	SET SCREW
28	HC702826	1	SHCS .375-16 X 2.00
29	HN704902	1	LOCKNUT NYLON .375-16
30	11030-348	2	C WEIGHT 4 X 18
31	4000C101	1	C STACK WT 4X18
32	12230-035	1	WT PAC (12) 4 x 18
33	11040-578	1	GUARD, INCREMENT WEIGHT
35	12230-350	1	DECAL WEIGHT PLATE 10-112
138	FB130216	2	Bushing Weight Stack

12230 Upper Handle Assembly



Ref #	Part Number	Qty	Description
4	11090-374	4	END CAP
5	11090-376	4	RING HANDLE GRIP
26	12230-205	2	W CONNECTION PLATE
33	12230-355	2	Grip 4.38
35	12231-201	1	W Chin Handles Custom
39	4605-528	2	GRIP GRAB 14.00
70	JC620422	4	BHSCS .250-20 X 1.50
73	PP130002	2	INSERT DOMED PLASTIC
74	PP130003	2	INSERT PLASTIC
78	12230-005	6	KIT HARDWARE
83	HF449063	8	INSERT 3-4X1-4-20 CONNECTOR

