

# OPTIMA SERIES LEG CURL

OP-LC

## Parts Manual

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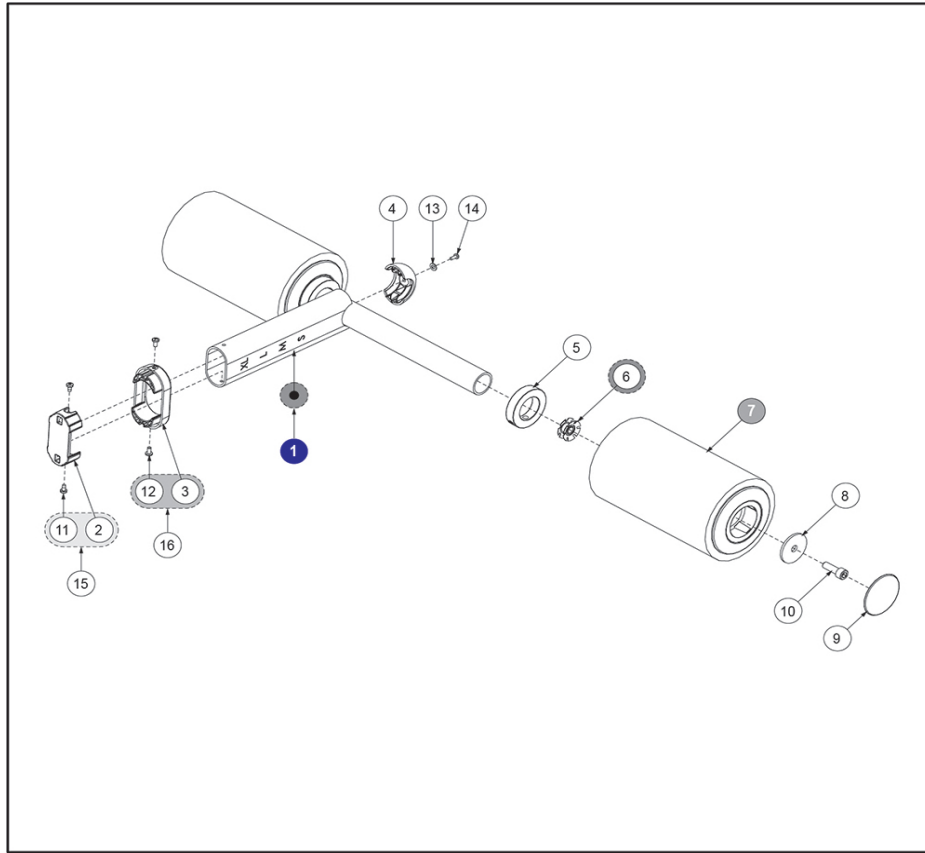
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\*\* Upholstery & Frame Colors are listed at the end of the Parts Manual \*\*

# OP-LC Adjustable Work Arm Assembly

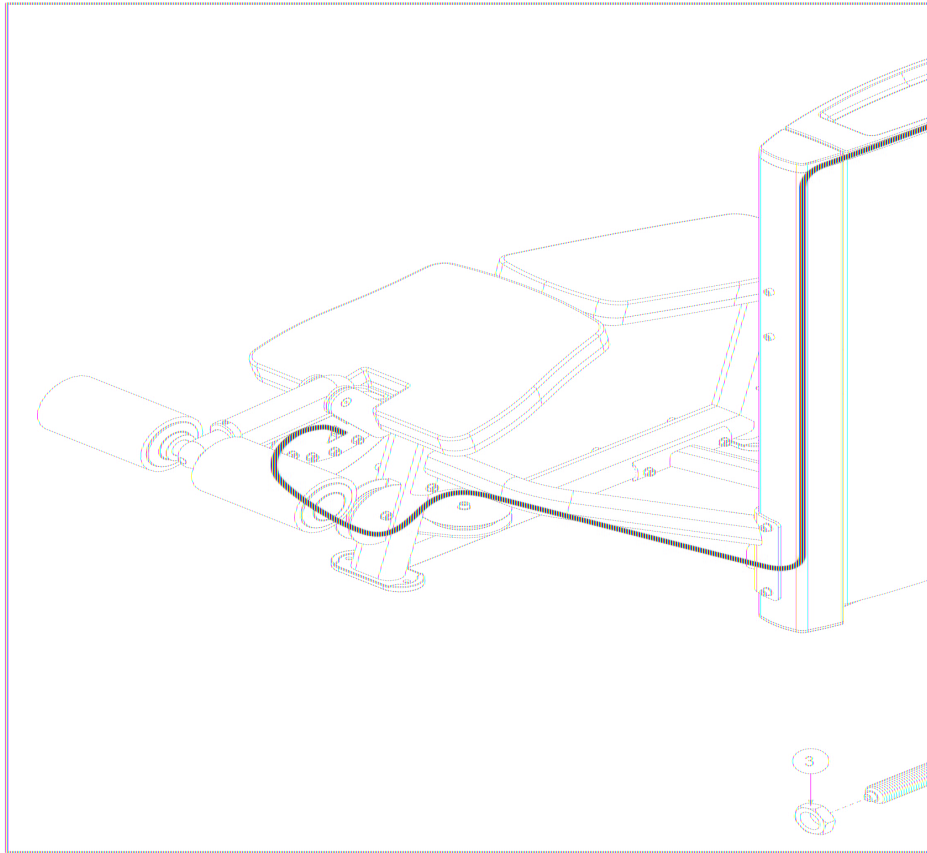


Ref #	Part Number	Qty	Description
1	1016179-0001	1	KIT: ASSEMBLY, WORK ARM, ADJUSTABLE, OP-LC
2	8624202	1	BUSHING, SEAT GLIDE INT, CG
3	8624102	1	BUSHING, SEAT GLIDE EXT.
4	8418802	1	CAP, SFLOV, END, CG
5	7357901	2	COLLAR, SHAFT 1.53 ID ALUM
6	7347301	2	NUT, SPIDER M10 X 1.5
7	1000005-0099	1	ASSY, ROLLER PAD SHORT CUS, SNGL STITCH- Custom
7	1000005-0199	1	ASSY, ROLLER PAD SHORT, DBL STITCH- Custom
8	7322301	2	PLATE, 1.97 OD X .447 ID 10GA
9	7308702	2	CAP, BEARING HOUSING
10	3251703	2	M10 X 1.5 30 HXS SOC CS ST ZN
11	3270601	2	SCREW, #10-32 X 3/8 TRX PAN ST BZ
12	3239101	2	SCREW, M5 X .8 X 10 PHL PAN TT ST BZ
13	3264101	1	WASHER, M6
14	3236503	1	M4 X 0.7 X 10MM PHL PAN MS ST ZN
15	1014564-0001	1	KIT: GLIDE BUSHING, INTERNAL, CG
16	1014563-0001	1	KIT: GLIDE BUSHING, EXTERNAL, CG

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## OP-LC Cable Assembly

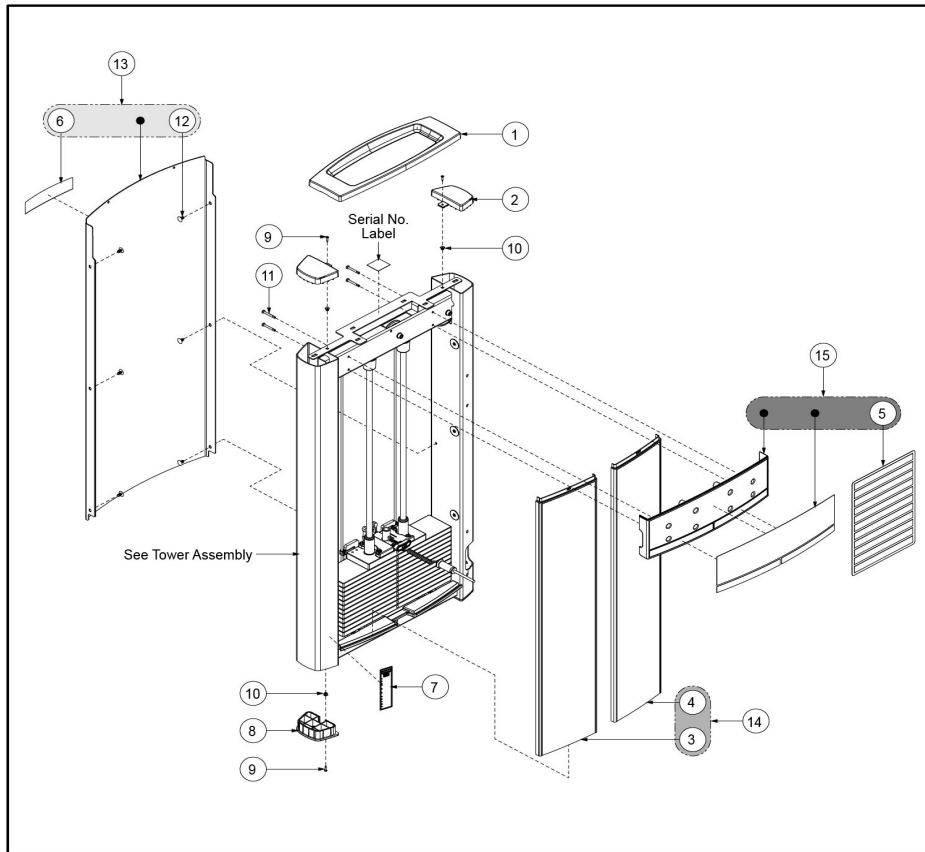
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Ref #	Part Number	Qty	Description
1	1013002-0003	1	CABLE ASSY: BALL END, OP-LC, TOWER
2	1012800-0001	1	PLATE, CABLE RETAINER
3	3236902	1	NUT, HEX JAM M16 X 2 SS

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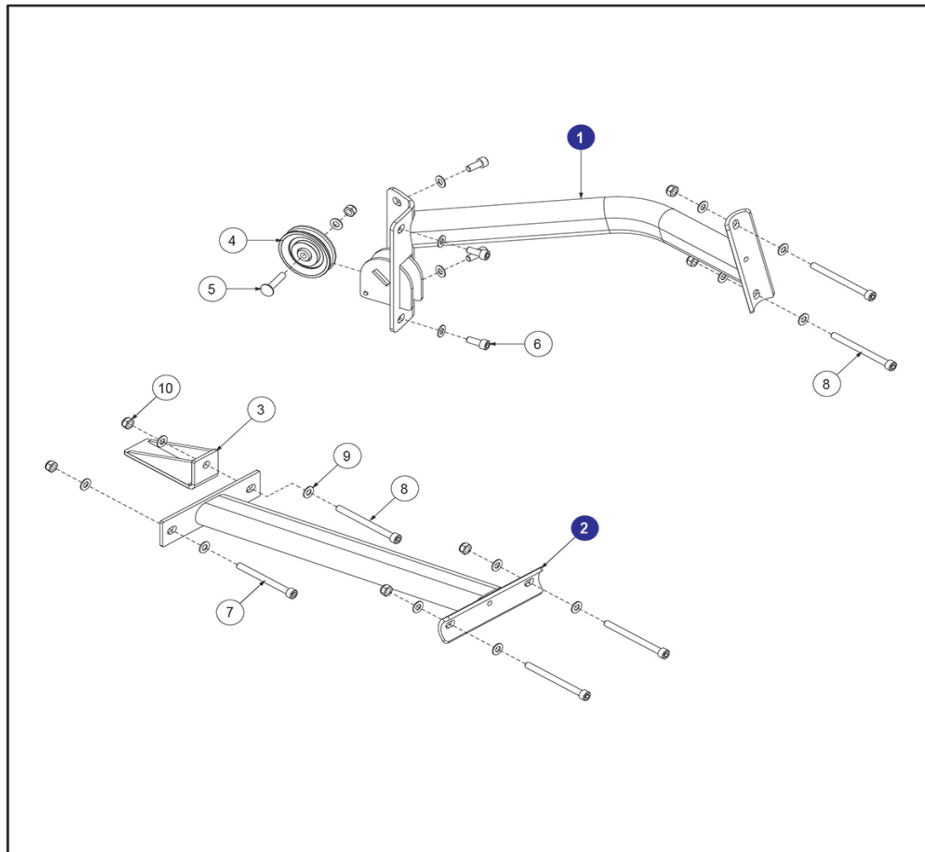
# OP-LC Cap and Shroud Assembly



Ref #	Part Number	Qty	Description
1	1012165-0001	1	CAP: TOP, TWR, OP
2	1011749-0001	1	CAP: TRAP TUBE
3	1011830-0001	1	SHROUD: FRONT, TWR, OP, LH, SHORT
4	1011830-0002	1	SHROUD: FRONT, TWR, OP, RH, SHORT
5	1013544-0008	1	DECAL: SHEET, MULTI-LINGUAL, OP-LC
6	1008491-0001	1	LABEL, LIFE FITNESS, 16IN
7	8630801	1	LABEL, ASTM, SELECT VERT-SHEET
8	9412701	2	ASSY, TRAP TUBE, CAP -BTM
9	3275801	4	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
10	0017-00042-1147	4	GROMMET: SCREW, 8 OR 10
11	1012381-0006	4	SCREW: M6-1, HCS, 55MM
12	1006620-0001	8	RETAINER: PANEL, 9/32 X 1/2 NYL
13	1014559-9001	1	KIT: SHROUD, REAR, OP, PLNT
13	1014559-0001	1	KIT: SHROUD, REAR, OP, STD
14	1012950-9001	1	KIT: SHROUD, FRONT, OP, SHORT, PF
14	1012950-0001	1	KIT: SHROUD, FRONT, OP, SHORT
15	1014549-0008	1	KIT: CAP, FRONT, OP-LC

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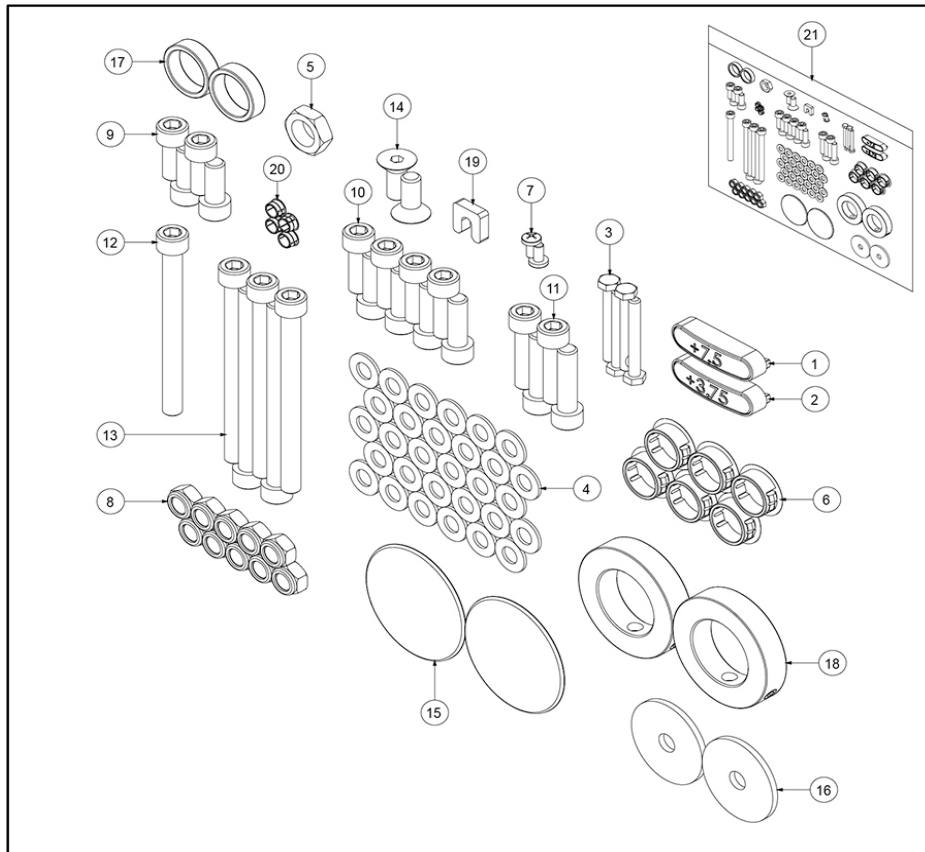
**OP-LC Cross Braces**



Ref #	Part Number	Qty	Description
1	1012532-0099	1	WELDMENT: CONNECTOR, PULLEY, OP-LC- Custom
2	1012530-0099	1	WELDMENT: CONNECTOR, LOWER, OP-LC- Custom
3	1013519-0099	1	ASSEMBLY: OP, STABILITY BRKT, Custom
4	3245702	1	PULLEY, 3.5IN OD, 10MM ID
5	1011498-0006	1	BOLT: SQR NECK, M10 X 1.5, 50MM
6	LEA3251702	4	SCREW; M10 X1.5 25MM
7	3251718	1	M10 X 1.5 X 110 HXS SOC CS ST ZN
8	3251719	5	M10 X 1.5 X 120 HXS SOC CS ST ZN
9	3102514	17	WASHER, FLAT 3/8 IN SAE ST ZN
10	LEA3242002	7	Hardware: Hex Nut 10MM D

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**OP-LC Hardware Pack**



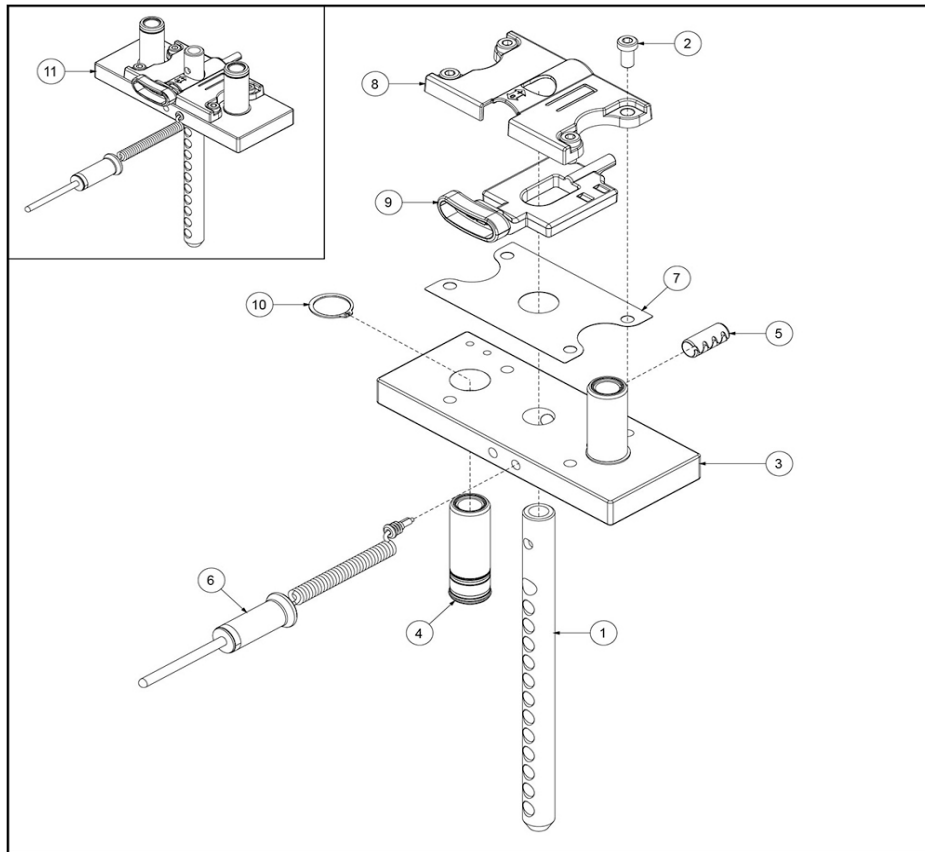
Ref #	Part Number	Qty	Description
1	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1012381-0006	4	SCREW: M6-1, HCS, 55MM
4	3102514	32	WASHER, FLAT 3/8 IN SAE ST ZN
5	3236902	1	NUT, HEX JAM M16 X 2 SS
6	3237407	8	PLUG, 1 IN HOLE
7	3239101	2	SCREW, M5 X .8 X 10 PHL PAN TT ST BZ
8	LEA3242002	12	Hardware: Hex Nut 10MM D
9	LEA3251702	4	SCREW; M10 X1.5 25MM
10	3251703	8	M10 X 1.5 30 HXS SOC CS ST ZN
11	3251705	4	M10 X 1.5 X 40 HXS SOC CS ST ZN McMaster 95263A767
12	3251718	1	M10 X 1.5 X 110 HXS SOC CS ST ZN
13	3251719	5	M10 X 1.5 X 120 HXS SOC CS ST ZN
14	3257205	2	M10 X 1.5 25MM FLT HD
15	7308702	2	CAP, BEARING HOUSING
16	7322301	2	PLATE, 1.97 OD X .447 ID 10GA
17	7330010	2	SPACER, INTERNAL X .344
18	7357901	2	COLLAR, SHAFT 1.53 ID ALUM
19	8592601	1	PLATE, CABLE RETAINER
20	1012319-0001	4	PLUG: 8.7MM OD, BLK
21	1013214-0001	1	ASSEMBLY: HARDWARE PACKAGE, FRAME BOX, OP-

Ref #	Part Number	Qty	Description
			LC

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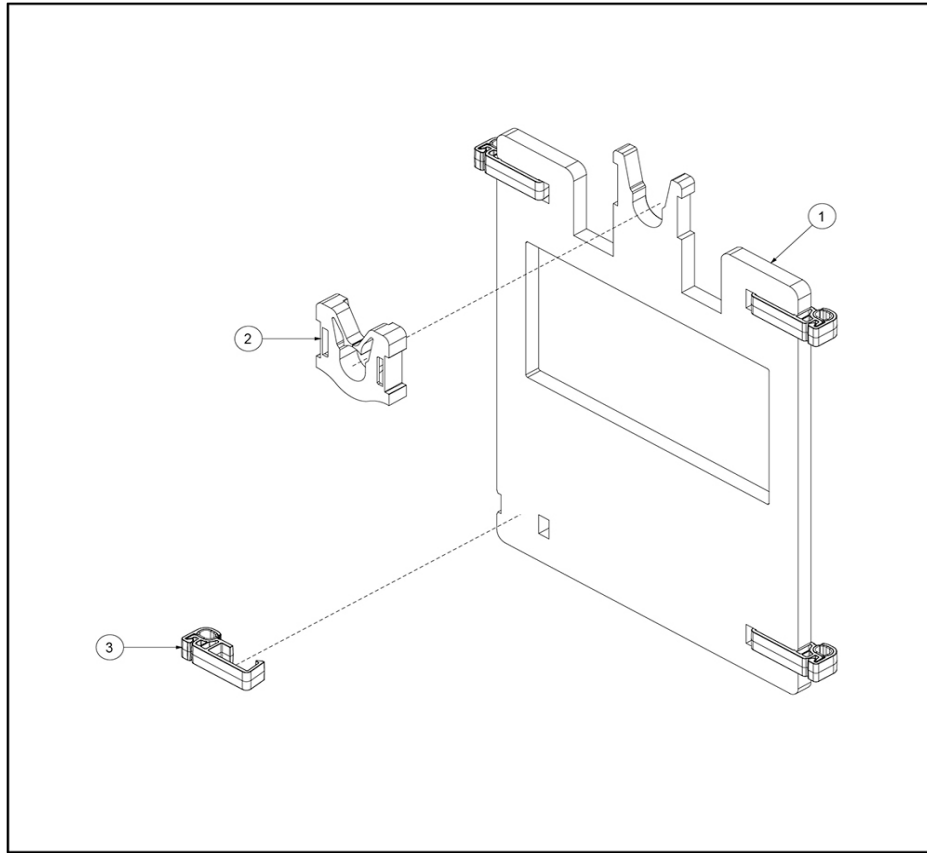
# OP-LC Headplate Assembly - 12 Plate



Ref #	Part Number	Qty	Description
1	1011243-0003	1	SHAFT: SELECTOR, 12 PLATE
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	9427401	1	HEADPLATE, WT. STACK, 10LB
4	1011240-0001	2	BUSHING ASSY: HEADPLATE, LONG, 3/4"
5	3236001	1	BUSHING, SPRING PIN
6	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
7	1006707-0001	1	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
8	1007806-0001	1	HSNG, 7.5LB INC WEIGHT
9	1008675-0001	1	HANDLE: 7.5LB INC WT, PLASTIC
10	1011242-0001	2	RETAINING RING: EXTERNAL, TYPE NA1, 1-1/4"
11	1012947-0003	1	ASSEMBLY: HEADPLATE, OP, 12

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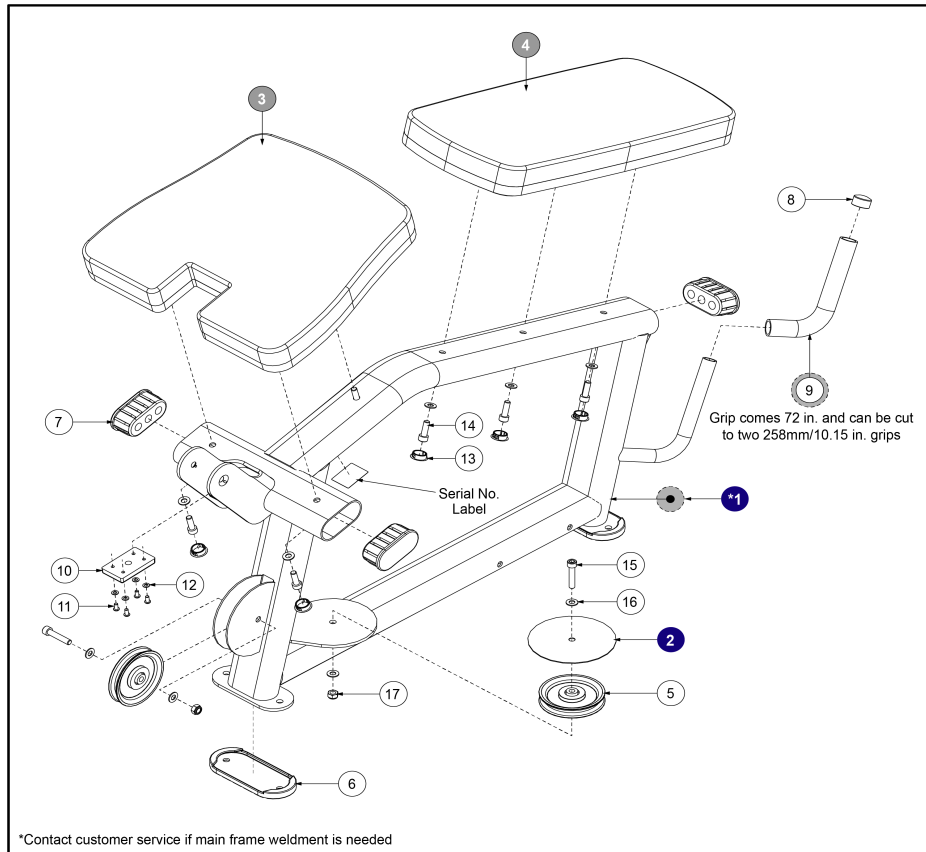
# OP-LC Increment Weight Assembly - 12 Plate



Ref #	Part Number	Qty	Description
1	1012315-3028	1	PLATE: INCR. WEIGHT, 7.5LBS, 12 PLATE - CHR
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY

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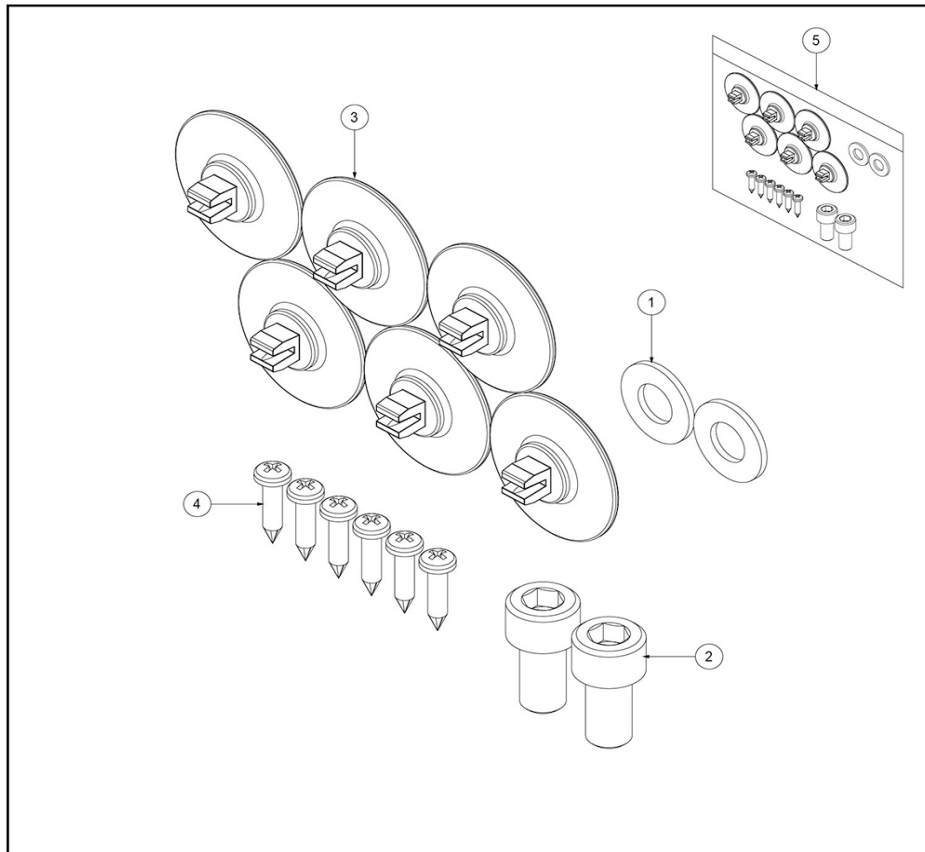
**OP-LC Main Frame Assembly**



Ref #	Part Number	Qty	Description
1	1014557-0099	1	KIT: ASSEMBLY, MAIN FRAME, PAINTED, OP-LC , Custom
2	8514599	1	PLATE, OS PULLEY COVER, Custom
3	1013398-0099	1	PAD: SEAT, NOTCHED, FLAT - SINGLE STITCH- Custom
3	1013398-0199	1	PAD: SEAT, NOTCHED, FLAT - DOUBLE STITCH- Custom
4	1013393-0099	1	PAD: BACK, FLAT - SINGLE STITCH- Custom
4	1013393-0199	1	PAD: BACK, FLAT - DOUBLE STITCH- Custom
5	3237802	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
6	8474502	2	FOOT, OPTIMA -BLK
7	8012902	3	CAP, MFLOV END -CHR
8	7662901	2	CAP; GRIP 1.25 OD
9	3235806	2	GRIP, 1.25 OD X .125 WALL OPEN END
10	7810811	1	PAD, RUBBER FOOT -CHR
11	3264101	4	WASHER, M6
12	3252803	4	M6-1.0 X 12 HXS BUT CS ST ZN
13	3237407	6	PLUG, 1 IN HOLE
14	3251703	6	M10 X 1.5 30 HXS SOC CS ST ZN
15	3251707	2	M10 X 1.5 X 50 HXS SOC CS ST ZN
16	3102514	10	WASHER, FLAT 3/8 IN SAE ST ZN
17	LEA3242002	2	Hardware: Hex Nut 10MM D

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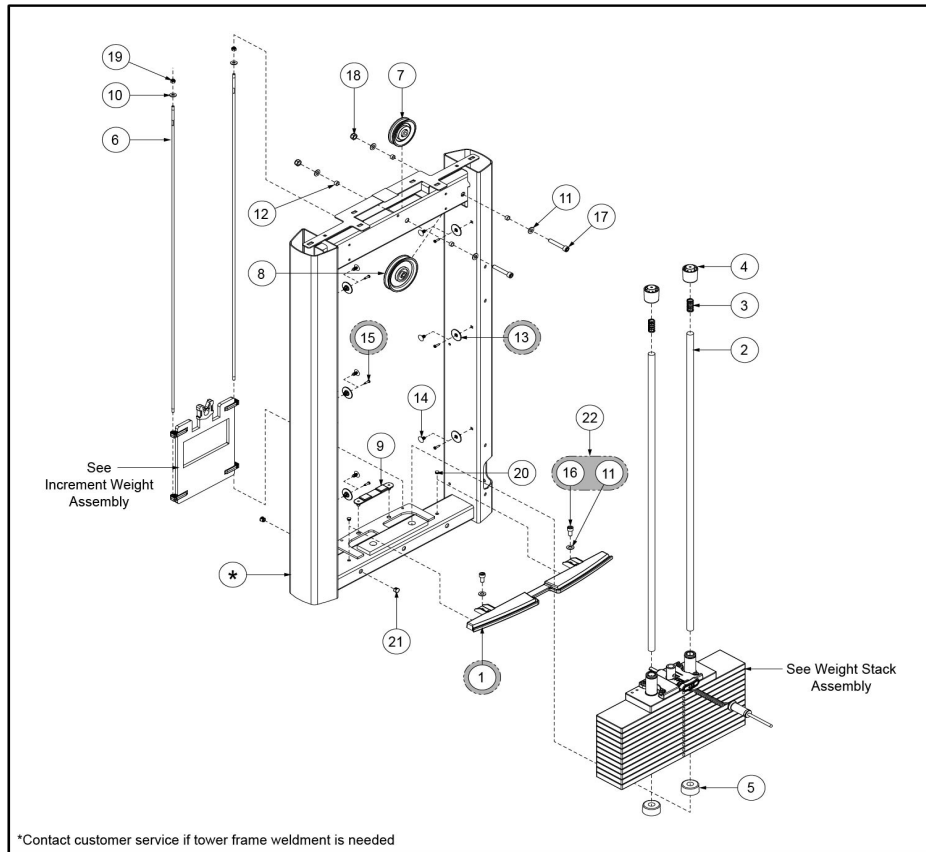
**OP-LC Shroud Hardware Pack**



Ref #	Part Number	Qty	Description
1	3102514	2	WASHER, FLAT 3/8 IN SAE ST ZN
2	3251701	2	M10 X 1.5 20 HXS SOC CS ST ZN
3	1012251-0001	6	GROMMET: RETAINER, SHROUD
4	3275801	6	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	1012951-0001	1	ASSEMBLY: HARDWARE, KIT, SHROUD, OP

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# OP-LC Tower Assembly

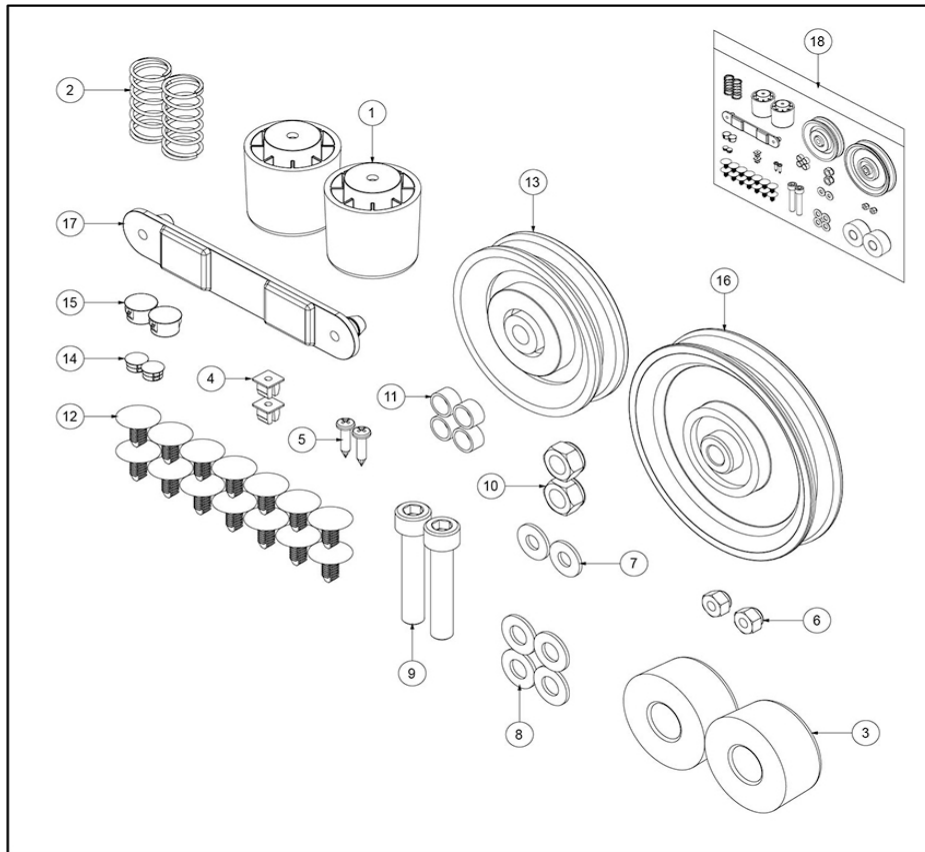


Ref #	Part Number	Qty	Description
1	1012110-0001	1	CAP: BOTTOM, TWR, OP
2	7328626	2	GUIDE ROD, .75 OD SOLID X 43.43
3	1011496-0001	2	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
4	1011495-0001	2	HOUSING: GUIDE ROD, OP
5	7352101	2	CUSHION, WEIGHT STACK
6	1008192-0004	2	GUIDE ROD: 0.25 OD SOLID, 44.84
7	3245702	1	PULLEY, 3.5IN OD, 10MM ID
8	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
9	1011601-0001	1	BUMPER: INCR. SYSTEM, OP
10	3102506	2	WASHER, FLAT 1/4 ID ZN
11	3102514	6	WASHER, FLAT 3/8 IN SAE ST ZN
12	7489403	4	BSHNG, .500 OD X .402 ID X .272
13	1012251-0001	4	GROMMET: RETAINER, SHROUD
14	1006620-0001	4	RETAINER: PANEL, 9/32 X 1/2 NYL
15	3275801	4	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
16	3251701	2	M10 X 1.5 20 HXS SOC CS ST ZN
17	3251708	2	M10 X 1.5 X 55 HXS SOC CS ST ZN
18	LEA3242002	2	Hardware: Hex Nut 10MM D
19	3102806	2	NUT, NYLOCK 1/4-20
20	1012319-0001	2	PLUG: 8.7MM OD, BLK
21	3237406	2	PLUG, 1/2 IN HOLE
22	1012950-0001	1	KIT: SHROUD, FRONT, OP, SHORT

<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
22	1012950-9001	1	KIT: SHROUD, FRONT, OP, SHORT, PF

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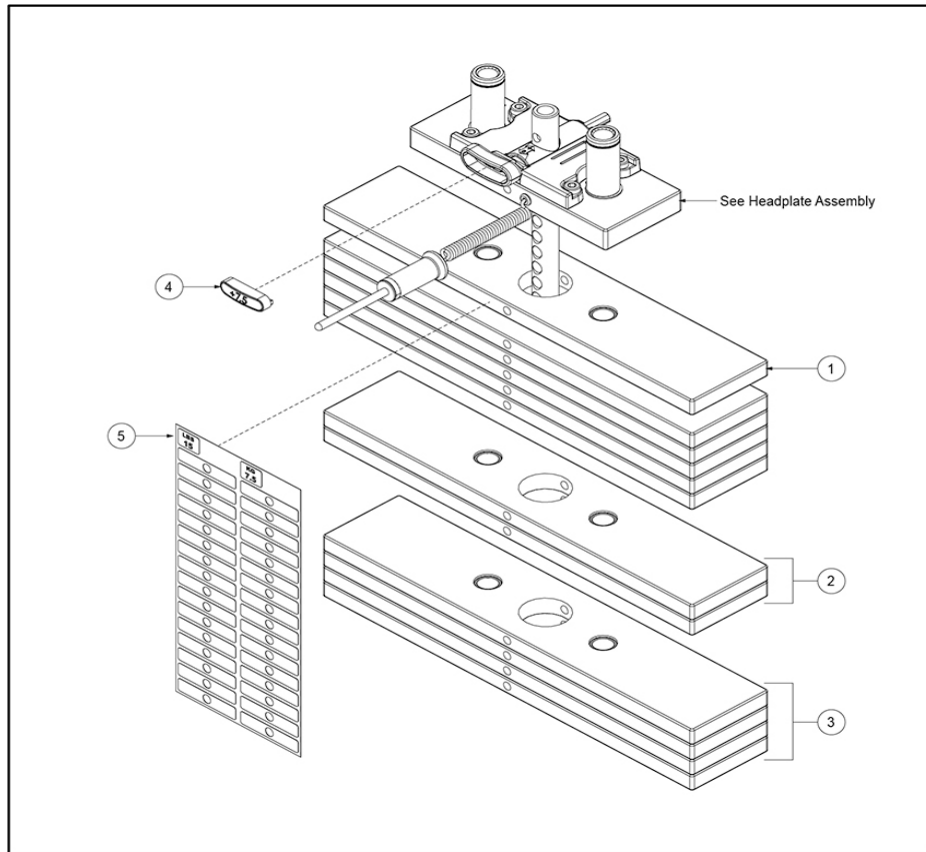
# OP-LC Tower Hardware Pack



Ref #	Part Number	Qty	Description
1	1011495-0001	2	HOUSING: GUIDE ROD, OP
2	1011496-0001	2	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
3	7352101	2	CUSHION, WEIGHT STACK
4	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
5	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
6	3102806	2	NUT, NYLOCK 1/4-20
7	3102506	2	WASHER, FLAT 1/4 ID ZN
8	3102514	4	WASHER, FLAT 3/8 IN SAE ST ZN
9	3251708	2	M10 X 1.5 X 55 HXS SOC CS ST ZN
10	LEA3242002	2	Hardware: Hex Nut 10MM D
11	7489403	4	BSHNG, .500 OD X .402 ID X .272
12	1006620-0001	14	RETAINER: PANEL, 9/32 X 1/2 NYL
13	3245702	1	PULLEY, 3.5IN OD, 10MM ID
14	1012319-0001	2	PLUG: 8.7MM OD, BLK
15	3237406	2	PLUG, 1/2 IN HOLE
16	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
17	1011601-0001	1	BUMPER: INCR. SYSTEM, OP
18	1013004-0001	1	ASSEMBLY: HARDWARE, TWR, OP

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# OP-LC Weight Stack Assembly - 12 Plate

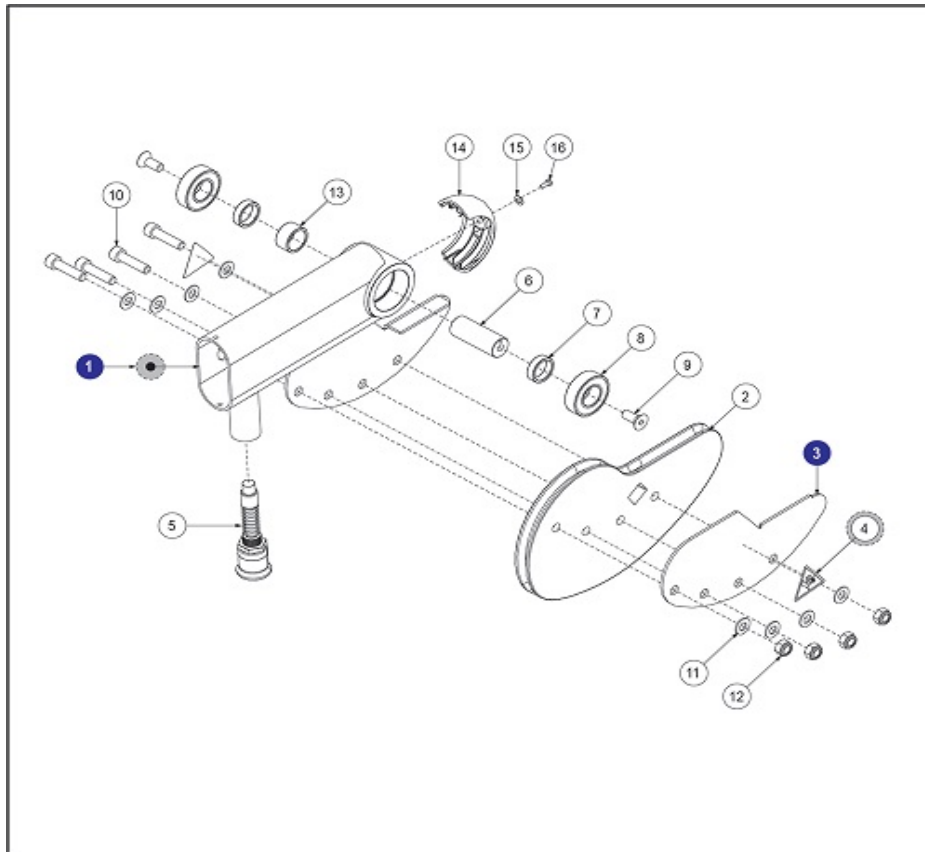


Ref #	Part Number	Qty	Description
1	1014560-0001	12	KIT: WEIGHT PLATE, OP, 1 PLATE
2	1014560-0002	6	KIT: WEIGHT PLATE, OP, 2 PLATE
3	1014560-0004	3	KIT: WEIGHT PLATE, OP, 4 PLATE
4	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
4	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
5	1013156-0001	1	DECAL: WGT STK, 255LB/127.5KG

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# OP-LC Work Arm Assembly




Ref #	Part Number	Qty	Description
1	1014556-0099	1	KIT: ASSEMBLY, WORK ARM, OP-LC - Custom
2	1012825-0001	1	CAM: CHARCOAL GRAY, OP-LC
3	8680999	1	ASSY, OSLC, WORKARM PLATE Custom
4	8039501	2	LABEL, WARNING TRIANGLE
5	1012642-0001	1	ASSY, OP, SPRING PIN
6	7316510	1	SHAFT, 25MM X 2.500
7	7330010	2	SPACER, INTERNAL X .344
8	3235601	2	BEARING, 6205 BALL
9	3257205	2	M10 X 1.5 25MM FLT HD
10	3251705	4	M10 X 1.5 X 40 HXS SOC CS ST ZN McMaster 95263A767
11	3102514	8	WASHER, FLAT 3/8 IN SAE ST ZN
12	LEA3242002	4	Hardware: Hex Nut 10MM D
13	7330002	1	SPACER, INTERNAL X .653
14	8418602	1	CAP, MFLOV, END, CG
15	3264101	1	WASHER, M6
16	3236501	1	M4 X 0.7 PHIL PAN MS ST ZN

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# Frame and Upholstery Color Chart

FRAME COLOR OPTION	UPHOLSTERY COLOR OPTION
SELECT POWDERCOAT COLOR	SELECT UPHOLSTERY COLOR
<input type="checkbox"/> BLACK	<input type="checkbox"/> AMERICAN BEAUTY RED
<input type="checkbox"/> BLUE	<input type="checkbox"/> AZURE
<input type="checkbox"/> CANDY APPLE RED	<input type="checkbox"/> BLACK
<input type="checkbox"/> CHARCOAL	<input type="checkbox"/> BLACK CARBON FIBER
<input type="checkbox"/> DIAMOND WHITE CLEAR	<input type="checkbox"/> BURGUNDY
<input type="checkbox"/> ELECTRIC BLUE	<input type="checkbox"/> CANDY APPLE RED
<input type="checkbox"/> ICE BLUE METALLIC CLEAR	<input type="checkbox"/> CHESTNUT
<input type="checkbox"/> MIDNIGHT METALLIC CLEAR	<input type="checkbox"/> CONCORD
<input type="checkbox"/> MOCHA SAND	<input type="checkbox"/> CRANBERRY
<input type="checkbox"/> PLATINUM CLEAR	<input type="checkbox"/> DARK WALNUT
<input type="checkbox"/> RED	<input type="checkbox"/> DOVE GRAY
<input type="checkbox"/> TITANIUM CLEAR	<input type="checkbox"/> EMERALD
<input type="checkbox"/> WHITE	<input type="checkbox"/> GRAPHITE
<input type="checkbox"/> YELLOW	<input type="checkbox"/> GROTTA
	<input type="checkbox"/> HUNTER GREEN
	<input type="checkbox"/> IMPERIAL BLUE
	<input type="checkbox"/> NAVY
	<input type="checkbox"/> REGIMENTAL BLUE
	<input type="checkbox"/> ROYAL BLUE
	<input type="checkbox"/> SLATE
	<input type="checkbox"/> SUEDE
	<input type="checkbox"/> TERRA COTTA
	<input type="checkbox"/> WHEAT

- Items call-outs circled by a dashed circle, , are part of an assembly.  
 - Items identified with a "•" are not available. Order the assembly if item is needed.  
 - Items that are not referenced with a bubble number and part number are not available.

**UPHOLSTERY** 1 2 3

- Items with Gray call-outs require the upholstery color within the order notes.

**FRAME COLOR** 1 2 3

- Items with Blue call-outs require the powder coat frame color to be within the order notes.

