

ARB INT TREAD SMP SL ARC SIL HIGH VT NEO BASE UK

ASPT-SL-ASLHN-12AR

Parts Manual

5/29/2024 9:43:07 AM



LifeFitness
WHAT WE LIVE FOR

Table of Contents

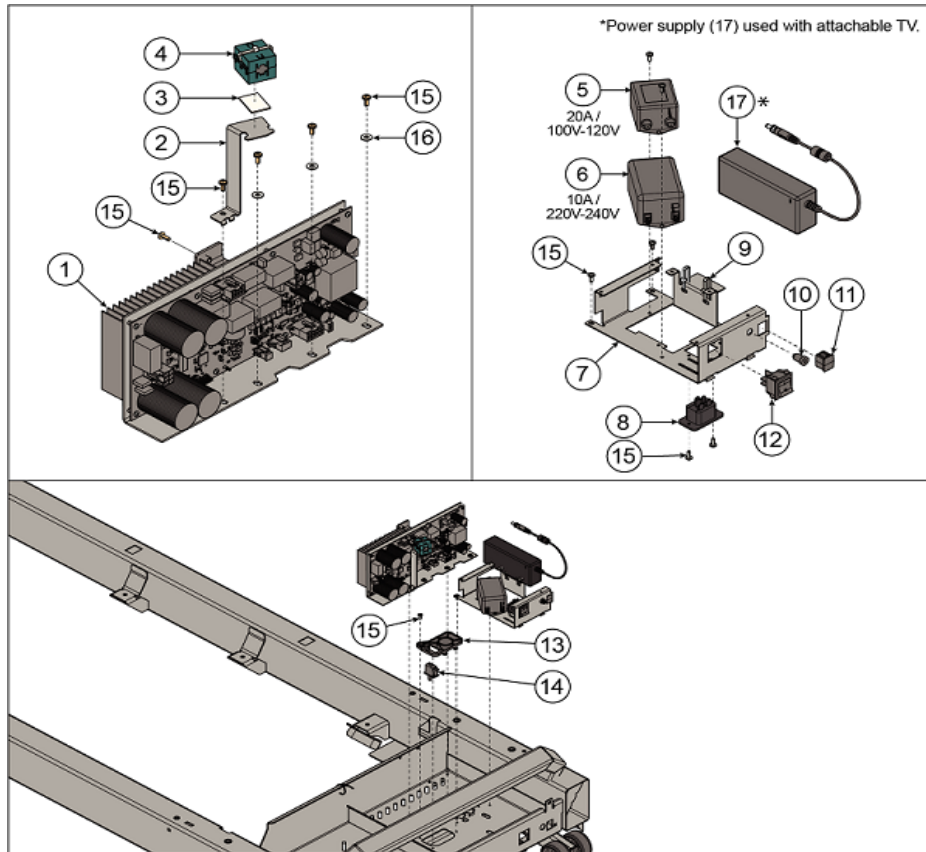
[A Legend Description.....](#)3
[Base Frame Electronics.....](#)4
[Belt, Deck, and Rollers.....](#)5
[Drive and Lift Motors.....](#)6
[Lift Frame.....](#)7
[Lower Shrouds.....](#)8
[Planet Fitness Specific Parts.....](#)10
[Power Cords.....](#)11
[Rear Console Shroud.....](#)12
[Treadmill TV.....](#)13
[Upper Shrouds.....](#)14
[Uprights and Bridge Weldment.....](#)15
[Wiring Diagram - Lower Base.....](#)16
[Wiring Diagram - Upper Base.....](#)17

A Legend Description

<p>Integrity + Base Finished Good Example: INT-SL-ASLHF-SW13</p> <p>I N T S L H F S W 13</p> <p>PRODUCT LINE: Integrity (INT) Club Series Plus (CS)</p> <p>BASE TYPE: Treadmill (T) Cross-Trainer (X) Reclumbent Bike (R) Upright Bike (C)</p> <p>CONSOLE CAPABILITY: Integrity SL (SE4) Discover SE4 (SE4)</p> <p>COLOR: Arctic Silver (ASL) Titanium (TTN) Black Onyx (BLK) Diamond White (DWT) Charcoal (CGC)</p> <p>High Voltage (H) Low Voltage (L) Placeholder (X)</p> <p>VERSION: Falco (F)</p> <p>SERVICE WHEEL</p> <p>REVISION</p>	
<p>Arc Trainer Base Finished Good Example: INA-LSL-TTNXF-13</p> <p>I N A L S L T T N X F 13</p> <p>PRODUCT LINE: Integrity (IN)</p> <p>BASE TYPE: Arc (A)</p> <p>STYLE: Lower Body (L) Total Body (T)</p> <p>CONSOLE CAPABILITY: Integrity SL (SL) Discover SE4 (SE4)</p> <p>COLOR: Titanium (TTN) Arctic Silver (ASL) Black Onyx (BLK) Diamond White (DWT) Charcoal (CGC)</p> <p>PLACEHOLDER</p> <p>VERSION: Falco (F)</p> <p>REVISION</p>	
<p>Aspire Base Finished Good Example: ASPT-ASLLN-12</p> <p>A S P T A S L L N 12</p> <p>PRODUCT LINE: Aspire (ASP)</p> <p>BASE TYPE: Treadmill (T) Cross-Trainer (X) Upright Bike (C) Reclumbent Bike (R)</p> <p>COLOR: Arctic Silver (ASL) Charcoal (CGC)</p> <p>VOLTAGE: Low (L) High (H)</p> <p>VERSION: Neo (N)</p> <p>REVISION</p>	<p>SL Console Finished Good Example: SLA-CNSL-ENG-01</p> <p>S L A C N S L E N G 01</p> <p>CONSOLE TYPE: Integrity SL (SL)</p> <p>BASE TYPE: Arc (A) Tread (T) PowerMill (P) Cross-Trainer / Bikes (XB)</p> <p>Console (CNSL)</p> <p>LANGUAGE: Three character language abbreviation</p> <p>REVISION</p>
<p>SE4 Console Finished Good Example: SE424T-EWXXP-01</p> <p>S E 4 24 T E W X X P 01</p> <p>CONSOLE TYPE: Discover SE4 (SE4)</p> <p>CONSOLE SIZE: 24 16</p> <p>BASE TYPE: Tread (T) Non Tread (N)</p> <p>LANGUAGE (Warning Label): English (E) All (A)</p> <p>WIFI ENABLED: Wifi Enabled (W)</p> <p>NFC or RFD: NFC (X) RFD (R)</p> <p>PLACEHOLDER</p> <p>TUNER TYPE: PROIDIOM/GAM (P) DVBT2/DVBC/DVBSPAL/SECAM (D) ISDBT/HTSC (S) STB SYNC (I) ATSC/QAM/NTSC (A) (on SE3/SE3HD/ST only) PROIDIOM OVER ETHERNET (E) (on SE4 only)</p> <p>REVISION</p>	
<p>PowerMill Climber Finished Good Example: 95PS-ALLXF-XX06</p> <p>95 P S A L L X F X X 06</p> <p>PRODUCT LINE</p> <p>BASE TYPE: Powermill (PS)</p> <p>VOLTAGE: All</p> <p>PLACEHOLDER</p> <p>VERSION: Falco (F)</p> <p>PLACEHOLDER</p> <p>REVISION</p>	

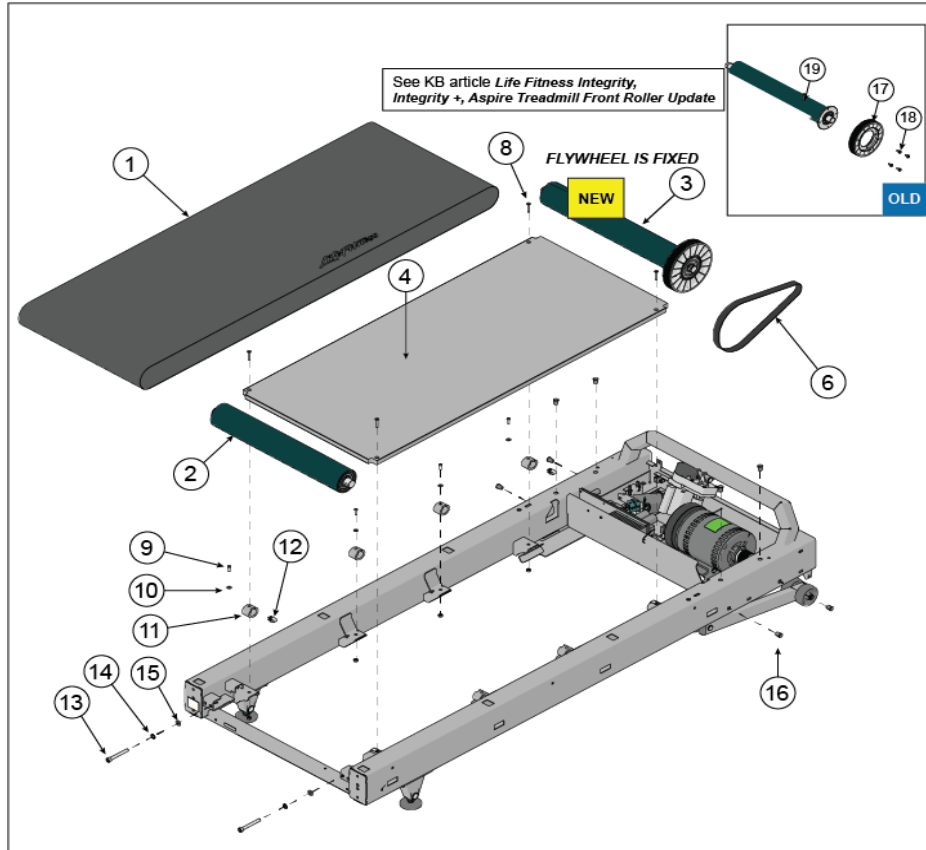
Ref #	Part Number	Qty	Description
-	LEGEND_DESCRIPTION	1	LEGEND DESCRIPTION

Base Frame Electronics



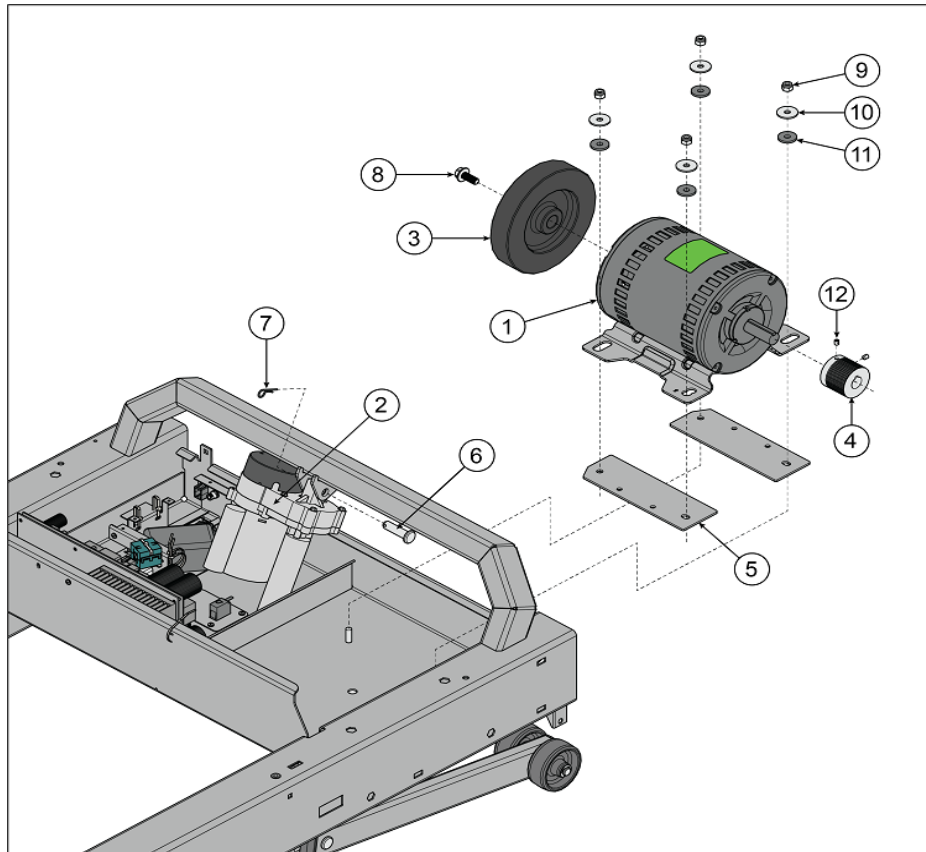
Ref #	Part Number	Qty	Description
1	1021135-0001	1	ASSEMBLY: MDB, PC BOARD
2	1021410-0001	1	BRACKET: FERRITE CORE
3	0017-00081-0346	1	TAPE: ADHESIVE, DOUBLE-SIDED
4	121E-00001-0010	1	FERRITE-BEAD: SUPPRESSION B
5	0017-00003-1015	1	FILTER: LINE, 20A, 250VAC
6	0017-00003-0898	1	FILTER: LINE, 10A
7	1003724-0001	1	BRACKET: ELECTRICAL MTG.
8	0017-00003-0949	1	RECEPTACLE: IEC, SIDE, FLANGE
9	0017-00042-1082	2	CABLE-TIE: L=15-5/16 IN. S/C#09-B
10	1008900-0001	1	PLUG: COAX
11	1004601-0001	1	PLUG: RJ45 RECEPTACLE
12	0017-00032-0198	1	SWITCH: POWER, DPST ROCKER
13	1022140-0001	1	COVER: SWITCH
14	0017-00032-0195	1	SWITCH: MOMENTARY ACTION
15	0017-00101-1968	12	SCREW: M4 X 0.7 X 10, PHL, PAN, TT, ST, ZS
16	1005472-0001	3	WASHER: M4.4 X 11 X 1, ST, ZN
17	1015327-0001	1	POWER SUPPLY: 24VDC, 3.75A

Belt, Deck, and Rollers



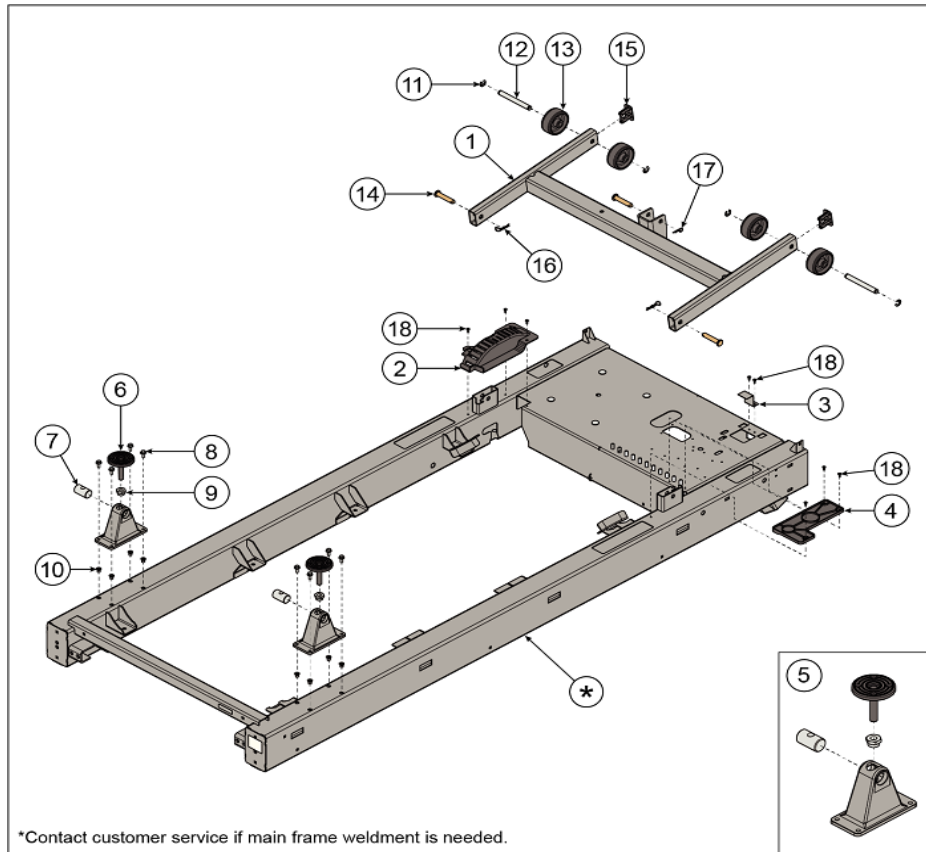
Ref #	Part Number	Qty	Description
1	1020452-0001	1	BELT: WALKING, 21.5 INCH WIDE, TREAD
3	1024784-0001	1	ASSEMBLY: REAR ROLLER W/ SPACERS
4	1003817-0002	1	DECK: WALKING SURFACE, WITH WAX
6	1004417-0001	1	BELT: DRIVE
8	1000722-0001	4	SCREW: M6 X 1.0 X 35, FSHCS
9	1005212-0001	8	SCREW: M6 X 1 X 20, HEX, BUT, CS, ST, ZB
10	0017-00104-0072	8	WASHER: 0.255 X 0.562 X 0.046, FLAT, ST, ZN
11	0K40-01026-0002	8	SPRING: TECSPAK, BLACK S/C-B
12	1001124-0001	4	NUT: U-CLIP, M6
13	1009113-0001	2	SCREW: M10 X 1.5 X 80, SHCS
14	0017-00104-0470	2	WASHER: M10.5 X 20 X 2, DIN, DFLAT, ST, ZB
15	1022273-0001	2	WASHER: M10 X 18 X 0.8, EX, SS
16	0017-00009-1191	8	INSERT: M8 X 6.6, THREADED, HEX
17	1002171-0001	1	PULLEY: ROLLER
18	1005249-0001	4	SCREW: M6 X 1 X 16, DIN, UNS, HXW, SERRATED, CS, ST, ZB
19,2	1022198-0001	2	ASSEMBLY: TREAD ROLLER, FRONT

Drive and Lift Motors



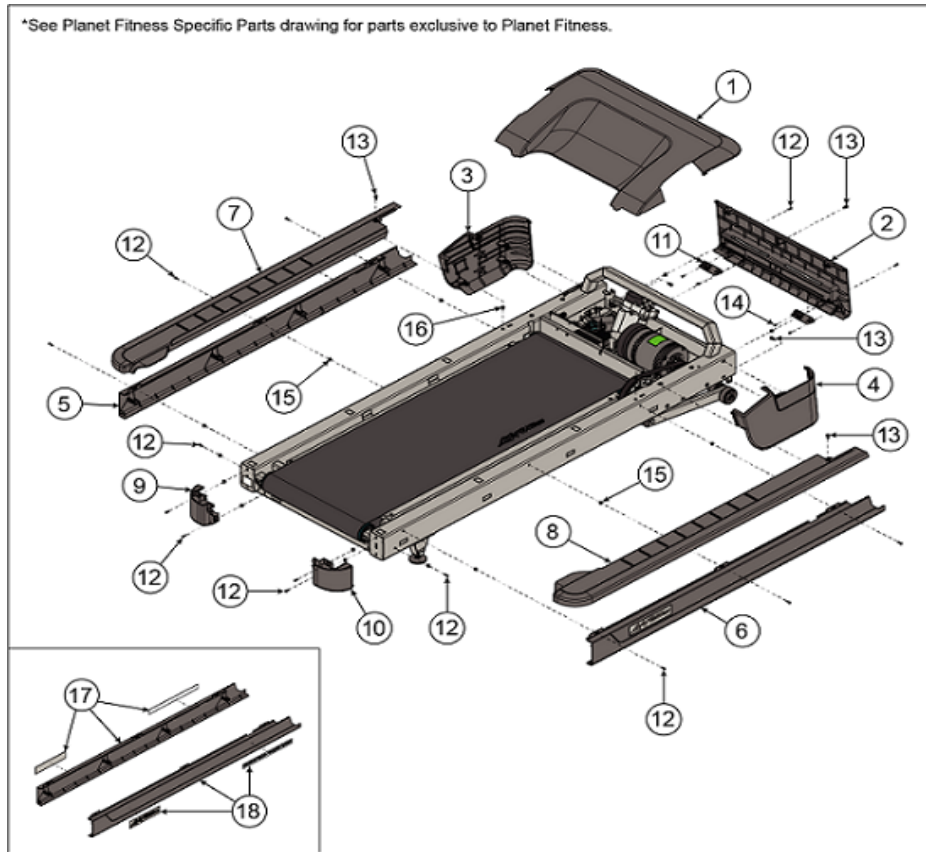
Ref #	Part Number	Qty	Description
1	1002167-0000	1	MOTOR: AC, 4HP, INDUCTION
2	1001013-0001	1	ACTUATOR: LINEAR, 115V
3	1001013-0002	1	ACTUATOR: LINEAR, 230V
4	0K65-01221-0000	1	FLYWHEEL:CAST IRON; WITH INTEGRAL FAN
5	1021771-0001	1	PULLEY: DRIVE
6	0K58-01256-0001	2	PAD: INSULATING
7	1012811-0001	1	PIN: M12, CLEVIS
8	1016699-0001	1	PIN: M2 X 39, CLOCKED COTTER, ST
9	1005547-0001	1	SCREW: M10 X 1.50 6G6H X 25, UNS, FLG, CS, ST, ZB, W/PATCH
10	0017-00103-0333	4	NUT: M8 X 1.25-6H6H, DIN, LOCKING, ST, ZN
11	0017-00104-0409	4	WASHER: 0.327 X 1.125 X 0.090, FL, D, ST, BZ
12	0K58-01255-0000	4	WASHER: INSULATING
13	1009209-0001	2	SCREW: M6 X 1 X 8, CUP POINT, SET SCREW

Lift Frame



Ref #	Part Number	Qty	Description
1	1020753-0701	1	FRAME: LIFT, NEO, PAINTED
2	1021000-0001	1	COVER: PULLEY, ROLLER
3	1004354-0001	1	BRACKET: CABLE SUPPORT
4	1022261-0001	1	PLATE: GUARD, PLASTIC
5	1021342-0001	2	ASSEMBLY: LEG, LEVELER
6	1019656-0001	2	FOOT: LEVELING, 1/2"-13 THREAD
7	0K58-01098-0000	2	Hardware: Pivot Pin
8	1005249-0001	8	SCREW: M6 X 1 X 16, DIN, UNS, HXW, SERRATED, CS, ST, ZB
9	0K58-01099-0000	2	Hardware: Stop Nut
10	0017-00009-1259	8	INSERT: M6 X 5, THREADED, HEX
11	1021320-0001	4	RETAINING RING: RADIAL MOUNT, 1/2 IN
12	1020815-0001	2	PIN: CLEVIS 1/2 x 4 IN
13	0K60-01020-0000	4	WHEEL: LIFT-ARM
14	1002162-0001	3	PIN: M12 X 60, CLEVIS, ST
15	1020996-0001	2	CAP: TUBE END, 1 X 2 X 11 GA
16	1016699-0001	2	PIN: M2 X 39, CLOCKED COTTER, ST
17	1022726-0001	1	PIN: 0.072 X 1.09, COTTER, ST
18	0017-00101-1968	8	SCREW: M4 X 0.7 X 10, PHL, PAN, TT, ST, ZS

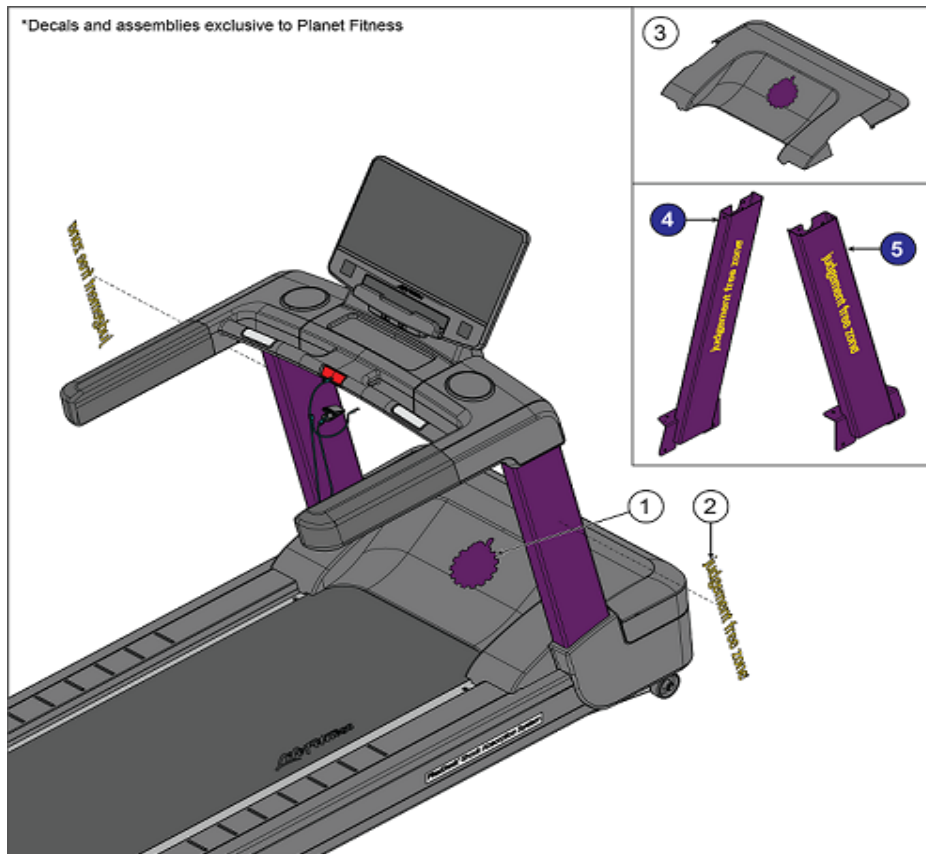
Lower Shrouds



Ref #	Part Number	Qty	Description
1	1021022-0001	1	SHROUD: MOTOR COVER, TOP
2	1021023-0001	1	SHROUD: MOTOR COVER, FORE
3	1021024-0001	1	SHROUD: MOTOR COVER, USER LEFT
4	1021025-0001	1	SHROUD: MOTOR COVER, USER RIGHT
5	1023253-0001	1	ASSEMBLY: PLASTIC SIDE RAIL W/DECAL, LEFT, SIMPLE
6	1023253-0002	1	ASSEMBLY: PLASTIC SIDE RAIL W/DECAL, RIGHT, SIMPLE
7	1001923-2400	1	RAIL: TOP, USER, LEFT, CHARCOAL GREY
8	1001924-2400	1	RAIL: TOP, USER, RIGHT, CHARCOAL GRAY
9	1001925-2400	1	ENDCAP: USER, LEFT, SIMPLE, CHARCOAL GRAY
10	1001927-2400	1	ENDCAP: USER, RIGHT, SIMPLE, CHARCOAL GRAY
11	1021194-0001	2	BLOCK: FRONT SHROUD
12	0017-00101-1796	14	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
13	0017-00101-2138	3	SCREW: M6 X 1.0 X 16, DIN, PHL, PAN, MS, ST, ZB
14	0017-00101-1650	4	SCREW: 6-19 X 6, PHL, PAN, PLT, ST, ZB, VMI
15	0017-00042-1147	14	GROMMET: SCREW, 8 OR 10
16	0017-00009-1259	2	INSERT: M6 X 5, THREADED, HEX
17	1022104-0001	1	ASSEMBLY: PLASTIC SIDE RAIL W/DECALS, LEFT, SIMPLE
18	1022103-0001	1	ASSEMBLY: PLASTIC SIDE RAIL W/DECALS, RIGHT,

Ref #	Part Number	Qty	Description
			SIMPLE

Planet Fitness Specific Parts



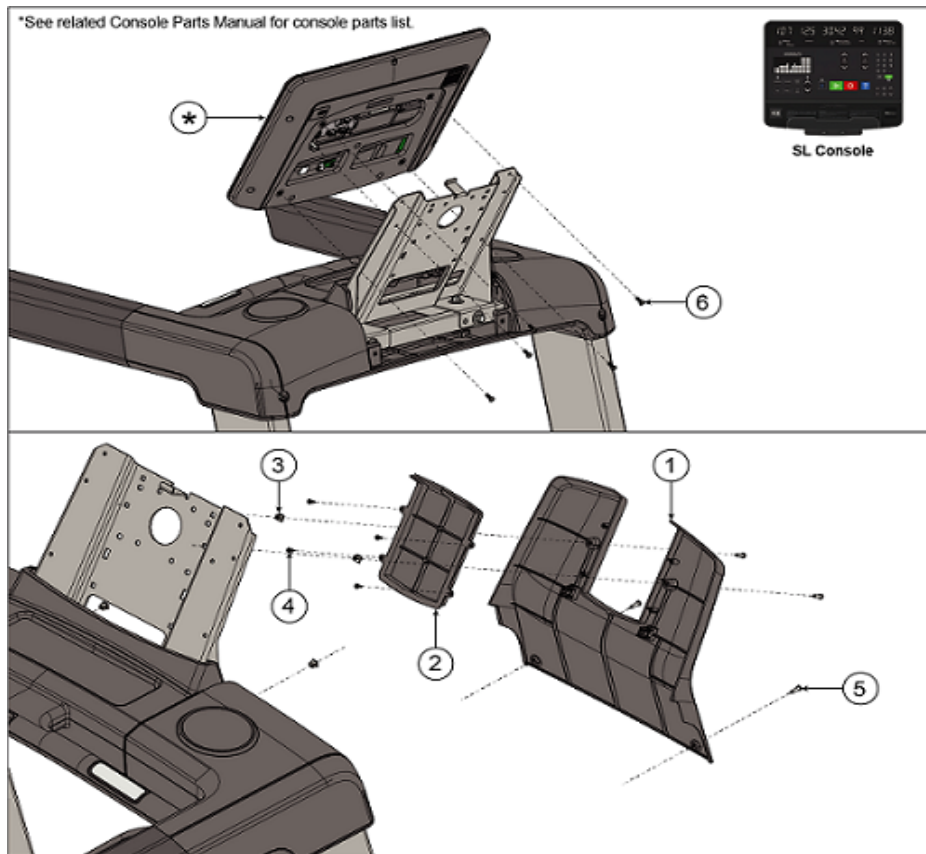
Ref #	Part Number	Qty	Description
1	1006644-0001	1	LABEL: PF, TREADMILL, LOGO, MOTOR COVER
2	1007171-0001	2	DECAL: JFZ TAGLINE, 18 INCH
3	1022133-0001	1	ASSEMBLY: MOTOR COVER W/ DECAL, TREADMILL
4	1022135-0001	1	ASSEMBLY: WELDMENT W/ DECAL, UPRIGHT, TREADMILL, LH
5	1022136-0001	1	ASSEMBLY: WELDMENT W/ DECAL, UPRIGHT, TREADMILL, RH

Power Cords

①			96", 244 cm
②			144", 366 cm
③			96", 244 cm
④			102", 260 cm
⑤			144", 366 cm
⑥			144", 366 cm
⑦			144", 366 cm
⑧			144", 366 cm
⑨			144", 366 cm

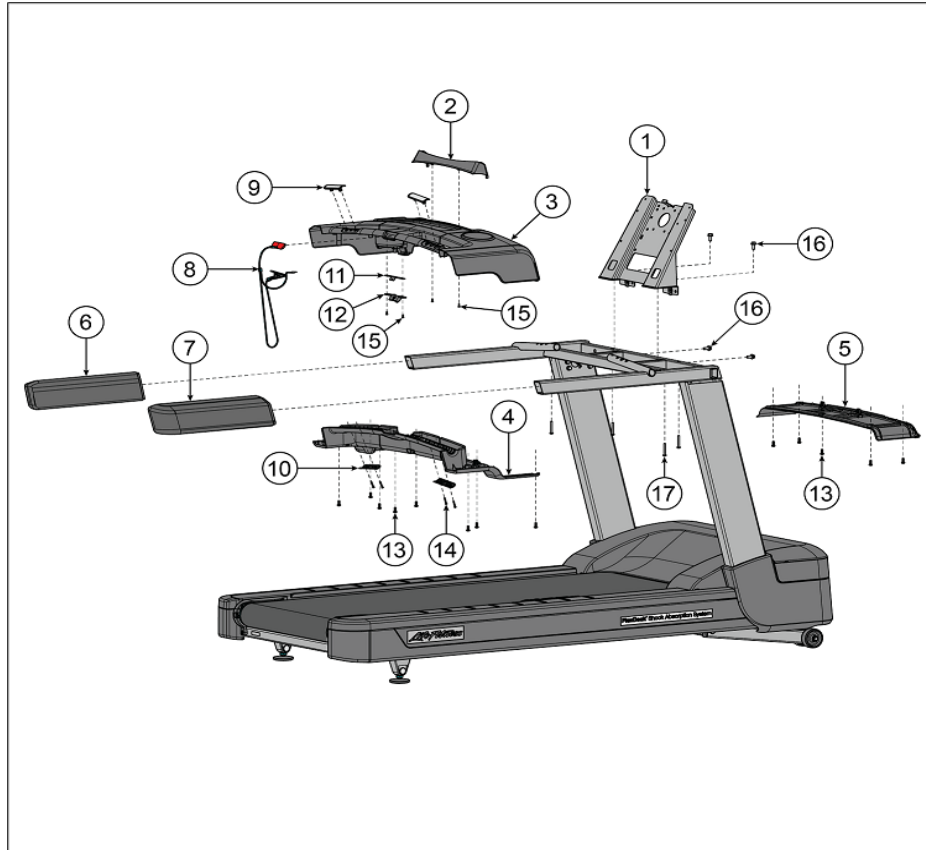
Ref #	Part Number	Qty	Description
1	0017-00003-0978	1	LINE-CORD: R/A; NEMA 5-20 96" S/C-C
2	0017-00003-0980	1	LINE-CORD: R/A; NEMA 5-20 144 IN. S/C-C
3	0017-00003-0974	1	LINE-CORD: 96"; W/RECP S/C-C
4	0017-00003-0781	1	LINE-CORD: R/A; 220V; USA D
5	0017-00003-0696	1	LINE-CORD: R/A; CEE7; 103" 10A 250V D
6	0017-00003-0890	1	LINE-CORD: U.K; R/A D
7	0017-00003-0996	1	LINE-CORD: IEC; AUSTRALIAN; 230/50 C
8	0017-00003-1054	1	LINE-CORD: BRAZIL, IEC-C19
9	0017-00003-1068	1	LINE-CORD: ARGENTINA, IRAM 2073, IEC-C19

Rear Console Shroud



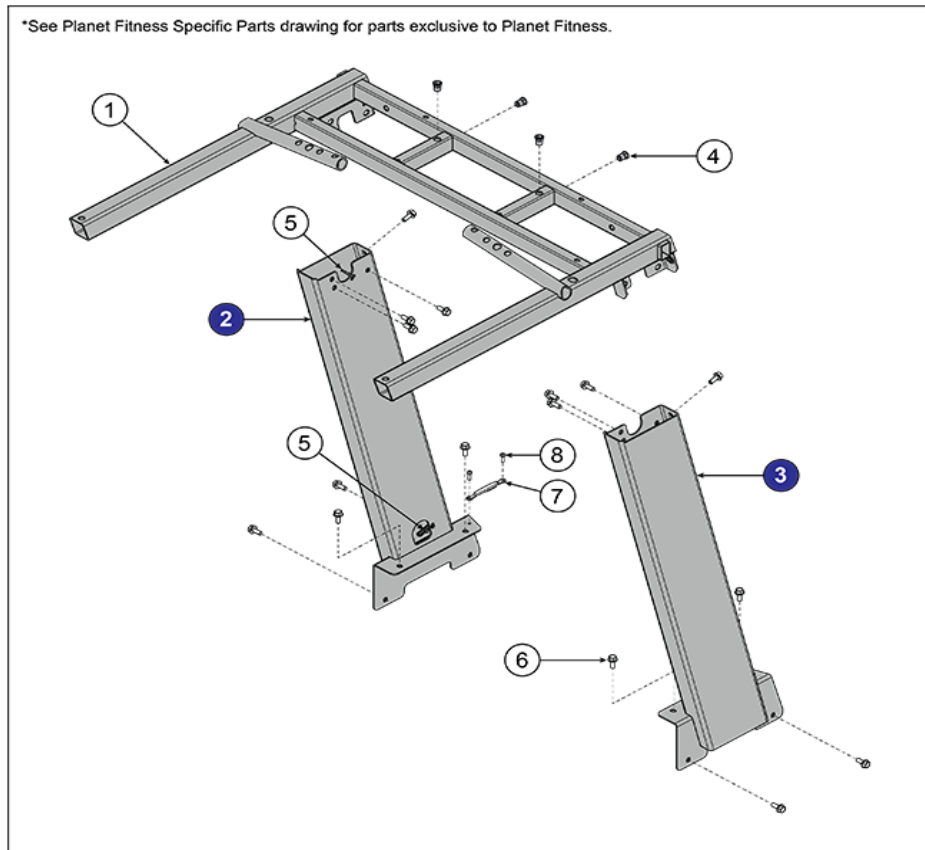
Ref #	Part Number	Qty	Description
1	1020894-0001	1	SHROUD: CONSOLE, REAR
2	1012986-0001	1	ASSEMBLY: SHROUD BACK W/DECAL
3	0017-00042-1147	4	GROMMET: SCREW, 8 OR 10
4	0017-00101-1650	4	SCREW: 6-19 X 6, PHL, PAN, PLT, ST, ZB, VMI
5	0017-00101-1796	4	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
6	0017-00101-1940	5	SCREW: M5 X 0.8 X 14, PHL, PAN, MS, ST, ZN

Upper Shrouds



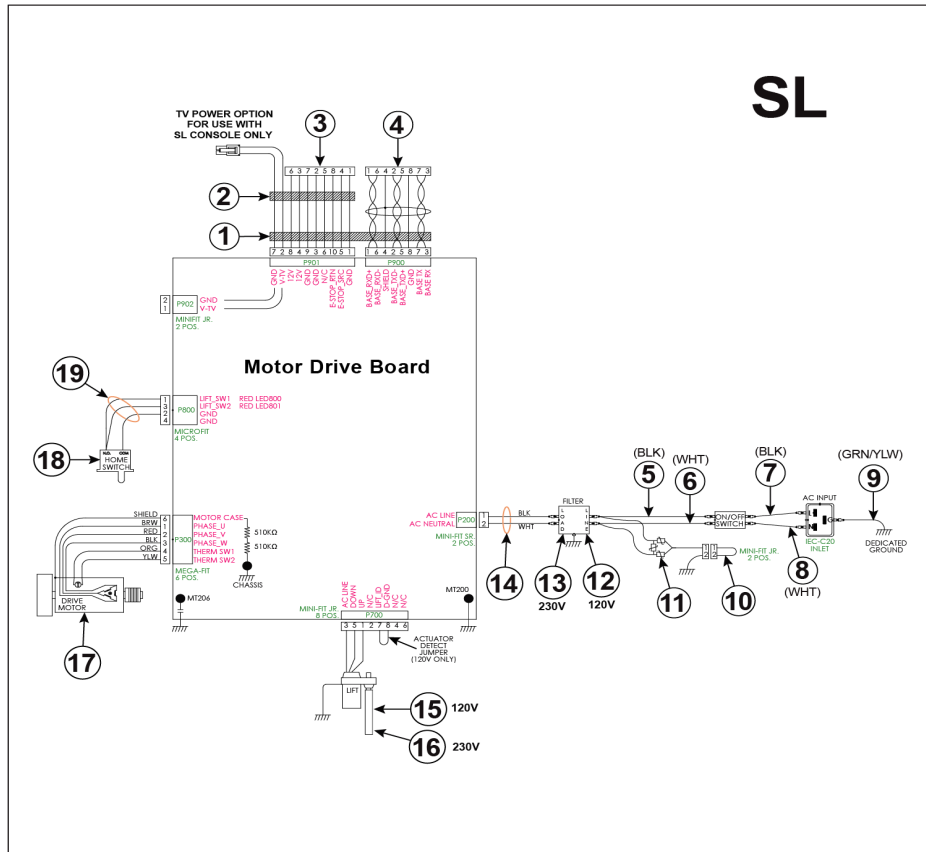
Ref #	Part Number	Qty	Description
1	1021165-0701	1	WELDMENT: CONSOLE MOUNT, TREAD, PAINTED
2	1020895-0001	1	SHROUD: CONSOLE MOUNT, FRONT
3	1023190-0001	1	SHROUD: BRIDGE, TOP
4	1020893-0001	1	SHROUD: BRIDGE, BOTTOM, AFT
5	1020892-0001	1	SHROUD: BRIDGE, BOTTOM, FORE
6	1020889-0001	1	GRIP: HANDRAIL, USER LEFT
7	1020890-0001	1	GRIP: HANDRAIL, USER RIGHT
8	1002224-0000	1	ASSEMBLY: TETHER, ASSEMBLY
9	AK69-00139-2404	2	ELECTRODE: INSERT-MOLDED ASSY, 4 INCH, TOP, CHARCOAL GARY
10	AK69-00140-2404	2	ELECTRODE: INSERT-MOLDED ASSY, 4 INCH, BOTTOM, CHARCOAL GRAY
11	1002228-0001	1	PLATE: TETHER, PLATE
12	1005621-0001	1	BRACKET: REED SWITCH MOUNTING
13	0017-00101-2138	13	SCREW: M6 X 1.0 X 16, DIN, PHL, PAN, MS, ST, ZB
14	0017-00101-2054	4	SCREW: 6-19 X 16, PHL, PAN, HLS, ST, ZN
15	0017-00101-1650	4	SCREW: 6-19 X 6, PHL, PAN, PLT, ST, ZB, VMI
16	1005191-0001	4	SCREW: M8 X 1.25 6G6H X 20, UNS, HXW, CS, ST
17	1021056-0001	4	SCREW: M6 X 1.0-6h X 45, PHL, PAN, MS, ST

Uprights and Bridge Weldment



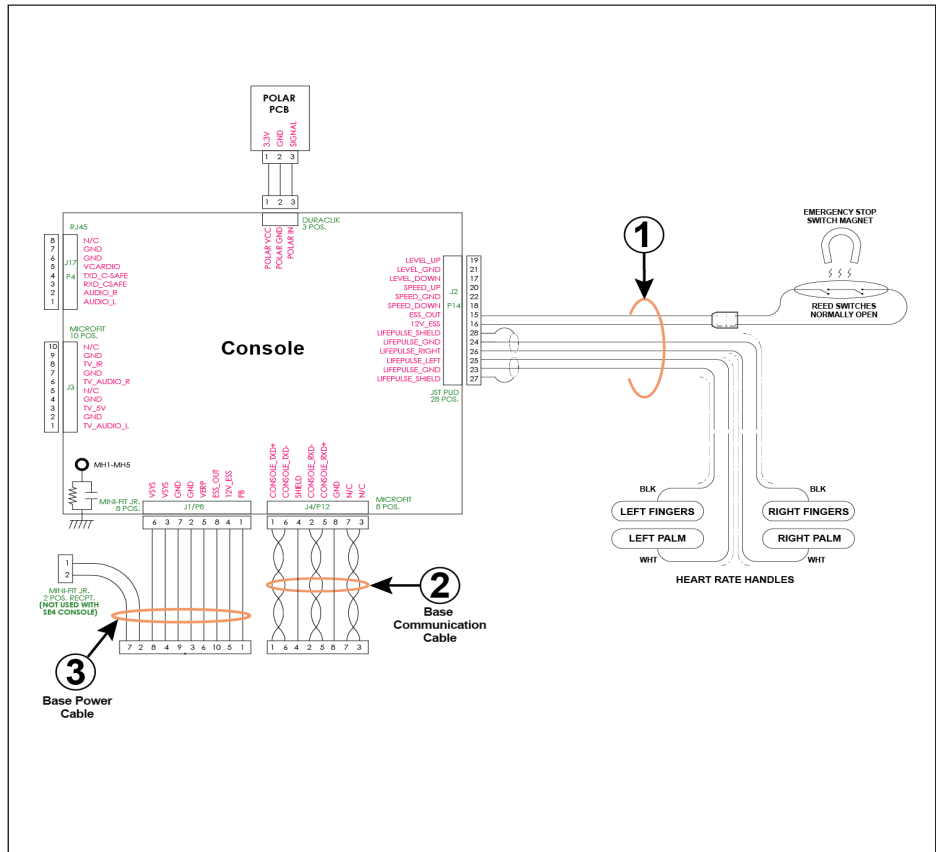
Ref #	Part Number	Qty	Description
1	1022134-0001	1	ASSEMBLY: WELDMENT W/ THREADED INSERTS, BRIDGE, TREADMILL
2	1020557-5301	1	WELDMENT: UPRIGHT, NEO, USER LEFT, CHARCOAL GRAY SMOOTH
2	1020557-5101	1	WELDMENT: UPRIGHT, NEO, USER LEFT, ARCTIC SILVER ROBUST
3	1020558-5101	1	WELDMENT: UPRIGHT, NEO, USER RIGHT, ARCTIC SILVER ROBUST
3	1020558-5301	1	WELDMENT: UPRIGHT, NEO, USER RIGHT, CHARCOAL GRAY SMOOTH
4	0017-00009-1191	4	INSERT: M8 X 6.6, THREADED, HEX
5	0017-00042-1082	4	CABLE-TIE: L=15-5/16 IN. S/C#09-B
6	1005191-0001	14	SCREW: M8 X 1.25 6G6H X 20, UNS, HXW, CS, ST
7	1006261-0001	1	CABLE: GROUNDING BRAID
8	0017-00101-1986	2	SCREW: M5 X 0.8-6G6G X 16, DIN, PAN, TT, ST, ZN

Wiring Diagram - Lower Base



Ref #	Part Number	Qty	Description
1	121E-00001-0023	1	FERRITE: SUPPRESSION, CORE-CASE
2	121E-00001-0010	1	FERRITE-BEAD: SUPPRESSION B
3	1015794-0004	1	CABLE: MCFLY TREAD, CONSOLE TO BASE, POWER
4	1002239-0004	1	CABLE: CONSOLE TO BASE, SIGNAL, 2040MM
5	1004044-0002	1	CABLE: SWITCH TO FILTER, BLACK
6	1004044-0001	1	CABLE: SWITCH TO FILTER, WHITE
7	1004046-0002	1	CABLE: POWER INPUT, BLACK, 125MM
8	1004046-0001	1	CABLE: POWER INPUT, WHITE, 125MM
9	1004201-0001	1	CABLE: GROUND
10	AK58-00263-0000	1	CABLE ASSY: HI-POT, JUMPER
11	AK58-00224-0001	1	CABLE ASSY: MOV, FILTER
12	0017-00003-1015	1	FILTER: LINE, 20A, 250VAC
13	0017-00003-0898	1	FILTER: LINE, 10A
14	1004045-0002	1	CABLE: POWER INPUT, 400 mm
15	1001013-0001	1	ACTUATOR: LINEAR, 115V
16	1001013-0002	1	ACTUATOR: LINEAR, 230V
17	1002167-0000	1	MOTOR: AC, 4HP, INDUCTION
18	0017-00032-0195	1	SWITCH: MOMENTARY ACTION
19	AK58-00027-0000	1	CABLE ASSY: ZERO HOME SWITCH

Wiring Diagram - Upper Base



Ref #	Part Number	Qty	Description
1	1022007-0001	1	CABLE: TREAD, BRIDGE INTERFACE
2	1002239-0004	1	CABLE: CONSOLE TO BASE, SIGNAL, 2040MM
3	1015794-0004	1	CABLE: MCFLY TREAD, CONSOLE TO BASE, POWER

