

ARB INT TREAD SMP SL BLK HIGH VT NEO BASE UK

ASPT-SL-CGCHN-12AR

Parts Manual

5/29/2024 9:43:19 AM



LifeFitness
WHAT WE LIVE FOR

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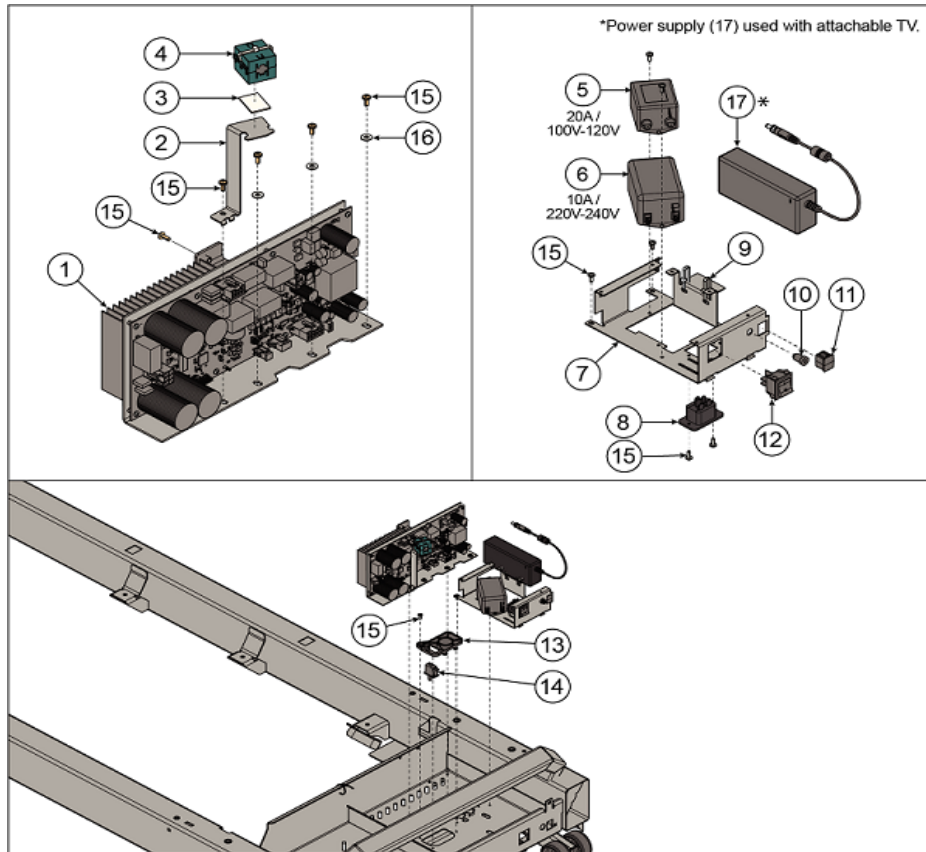
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A Legend Description

| | |
|---|--|
| <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) Reclining Bike (R) Upright Bike (C)</p> <p>CONSOLE CAPABILITY: Integrity SL (SL) 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) Reclining 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> | |

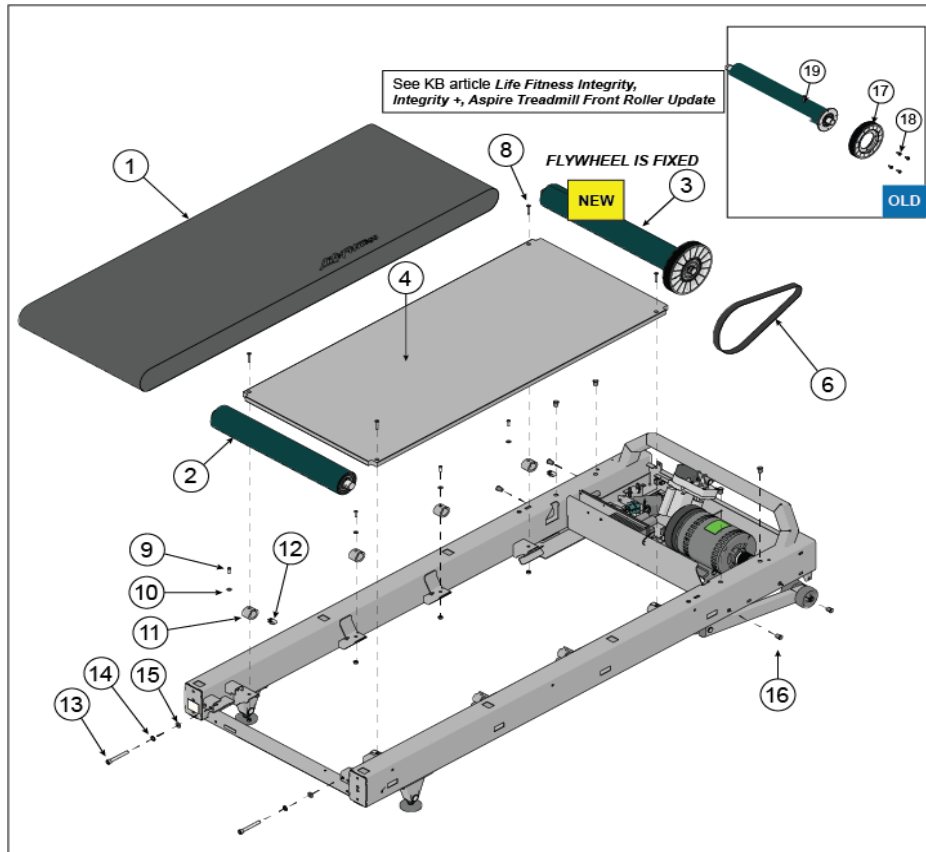
| Ref # | Part Number | Qty | Description |
|-------|--------------------|-----|--------------------|
| - | LEGEND_DESCRIPTION | 1 | LEGEND DESCRIPTION |

Base Frame Electronics



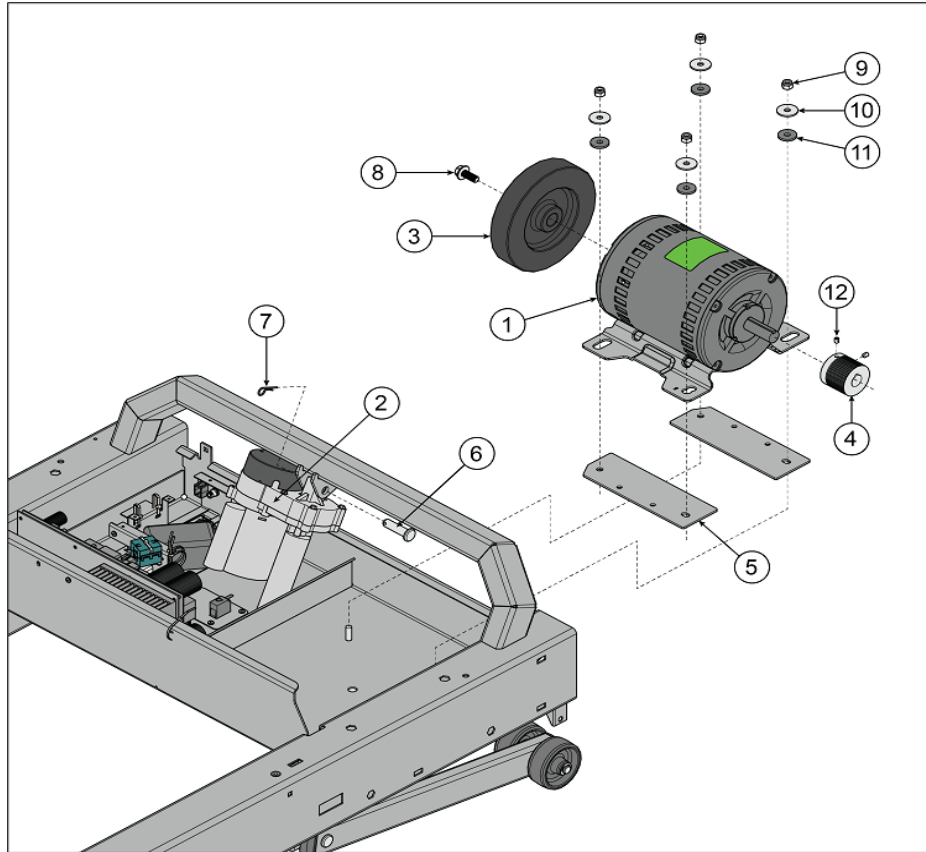
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|--|
| 1 | 1021135-0001 | 1 | ASSEMBLY: MDB, PC BOARD |
| 2 | 1021410-0001 | 1 | BRACKET: FERRITE CORE |
| 3 | 0017-00081-0346 | 1 | TAPE: ADHESIVE, DOUBLE-SIDED |
| 4 | 121E-00001-0010 | 1 | FERRITE-BEAD: SUPPRESSION B |
| 5 | 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



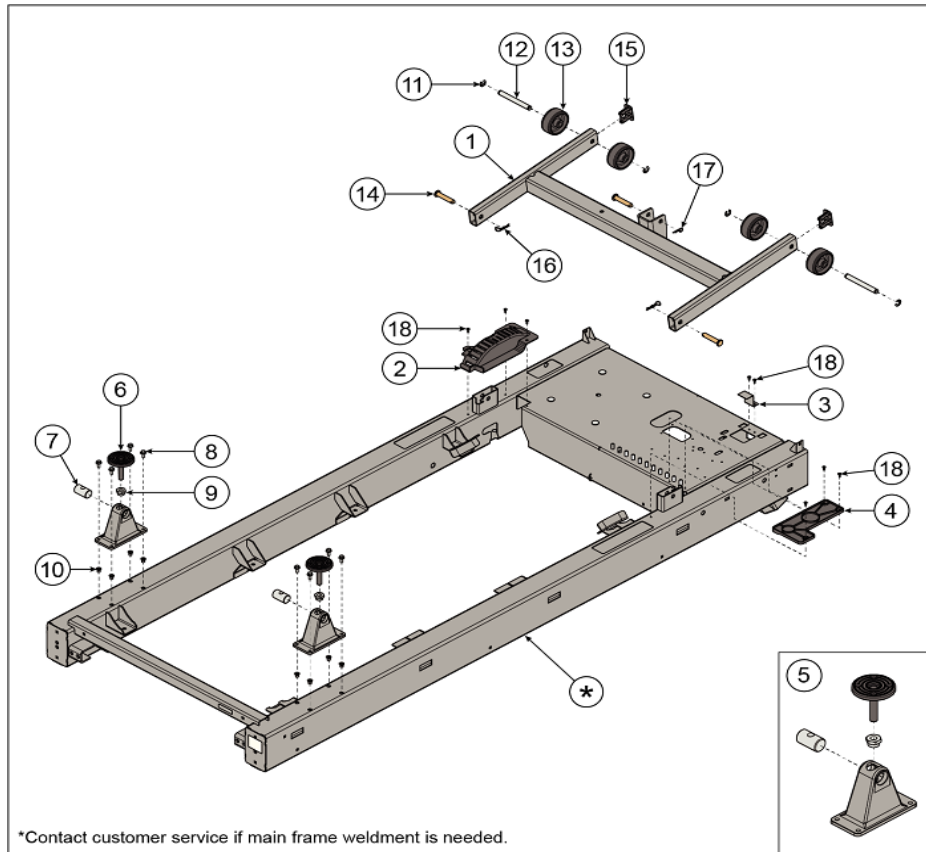
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|---|
| 1 | 1020452-0001 | 1 | BELT: WALKING, 21.5 INCH WIDE, TREAD |
| 3 | 1024784-0001 | 1 | ASSEMBLY: REAR ROLLER W/ SPACERS |
| 4 | 1003817-0002 | 1 | DECK: WALKING SURFACE, WITH WAX |
| 6 | 1004417-0001 | 1 | BELT: DRIVE |
| 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



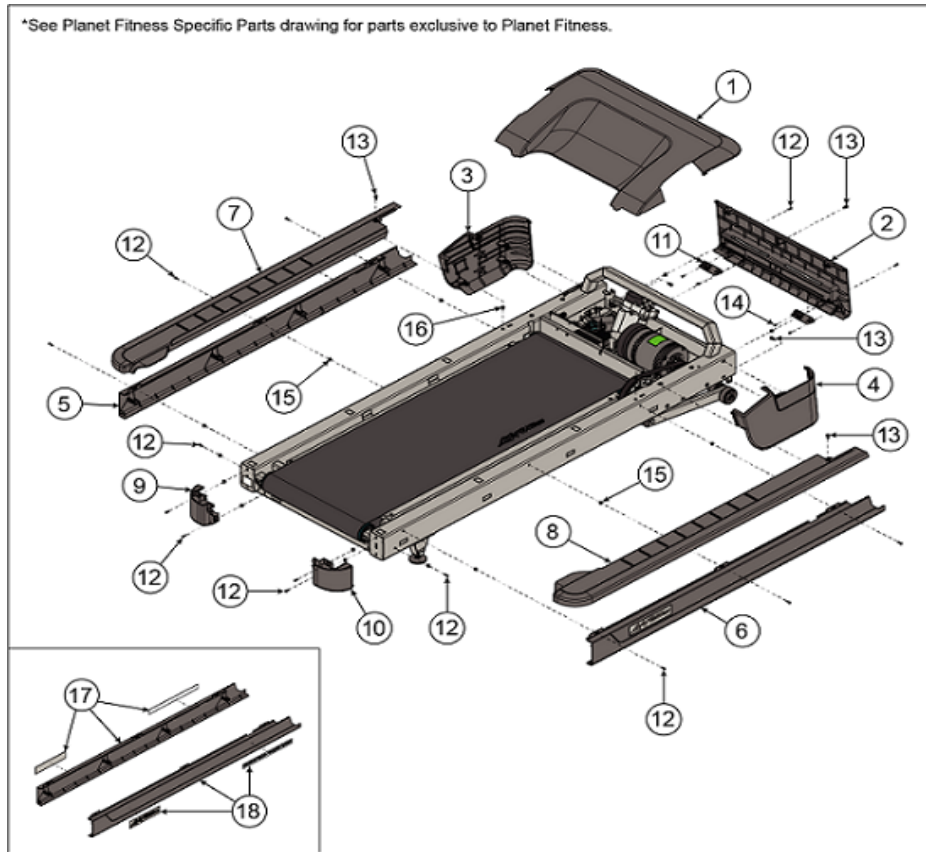
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|--|
| 1 | 1002167-0000 | 1 | MOTOR: AC, 4HP, INDUCTION |
| 2 | 1001013-0001 | 1 | ACTUATOR: LINEAR, 115V |
| 3 | 1001013-0002 | 1 | ACTUATOR: LINEAR, 230V |
| 4 | 0K65-01221-0000 | 1 | FLYWHEEL:CAST IRON; WITH INTEGRAL FAN |
| 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 |

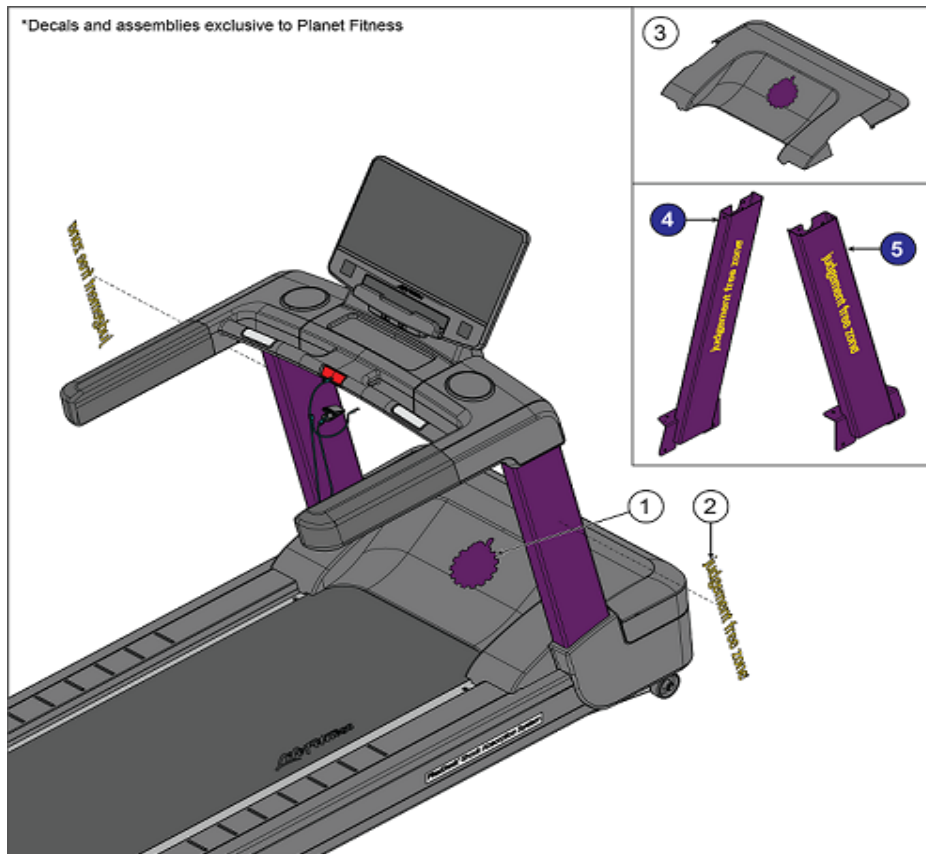
Lower Shrouds



| 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



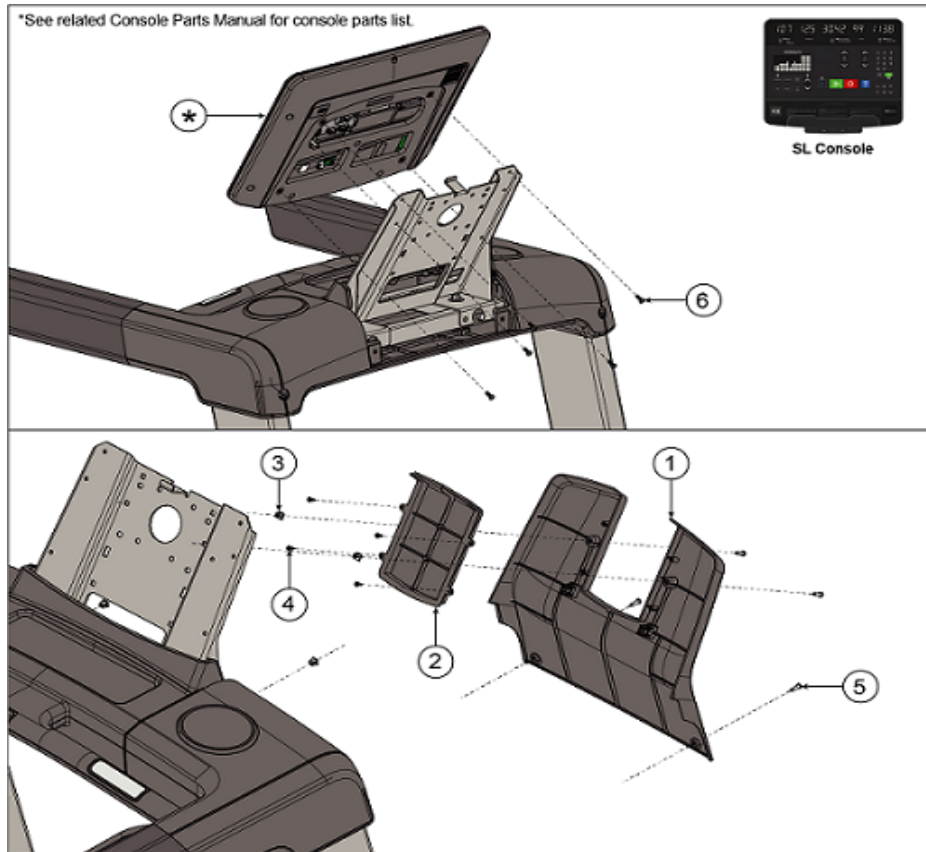
| Ref # | Part Number | Qty | Description |
|-------|--------------|-----|---|
| 1 | 1006644-0001 | 1 | LABEL: PF, TREADMILL, LOGO, MOTOR COVER |
| 2 | 1007171-0001 | 2 | DECAL: JFZ TAGLINE, 18 INCH |
| 3 | 1022133-0001 | 1 | ASSEMBLY: MOTOR COVER W/ DECAL, TREADMILL |
| 4 | 1022135-0001 | 1 | ASSEMBLY: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

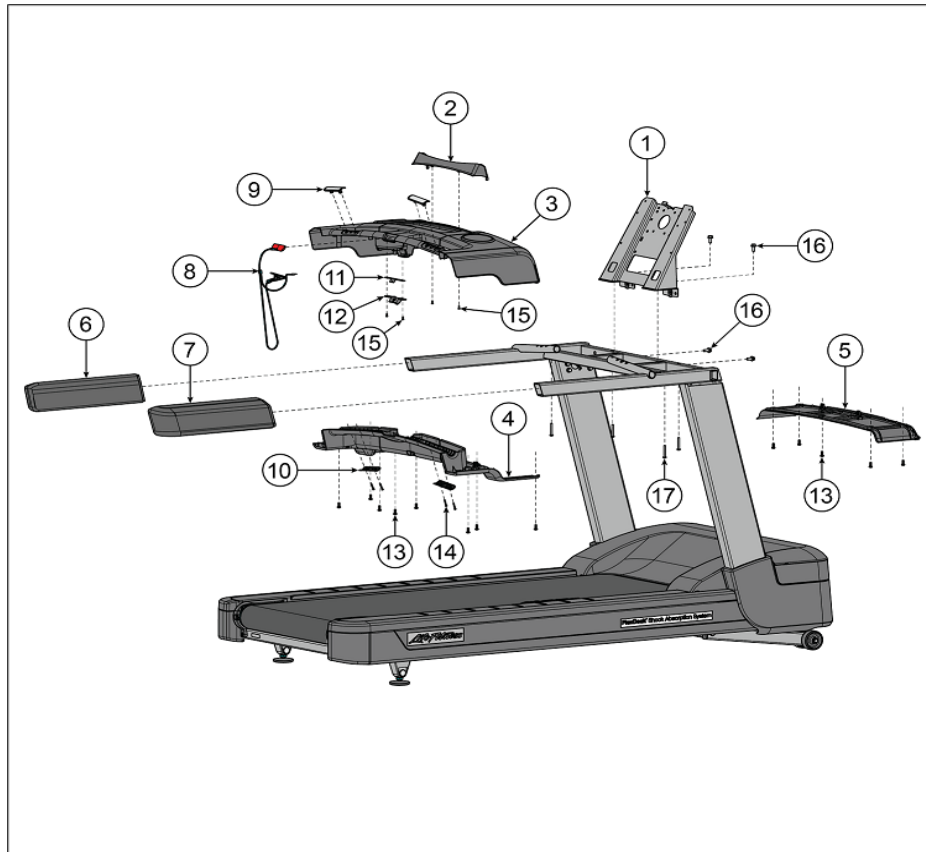
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|--|
| 1 | 0017-00003-0978 | 1 | LINE-CORD: R/A; NEMA 5-20 96" S/C-C |
| 2 | 0017-00003-0980 | 1 | LINE-CORD: R/A; NEMA 5-20 144 IN. S/C-C |
| 3 | 0017-00003-0974 | 1 | LINE-CORD: 96"; W/RECP S/C-C |
| 4 | 0017-00003-0781 | 1 | 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



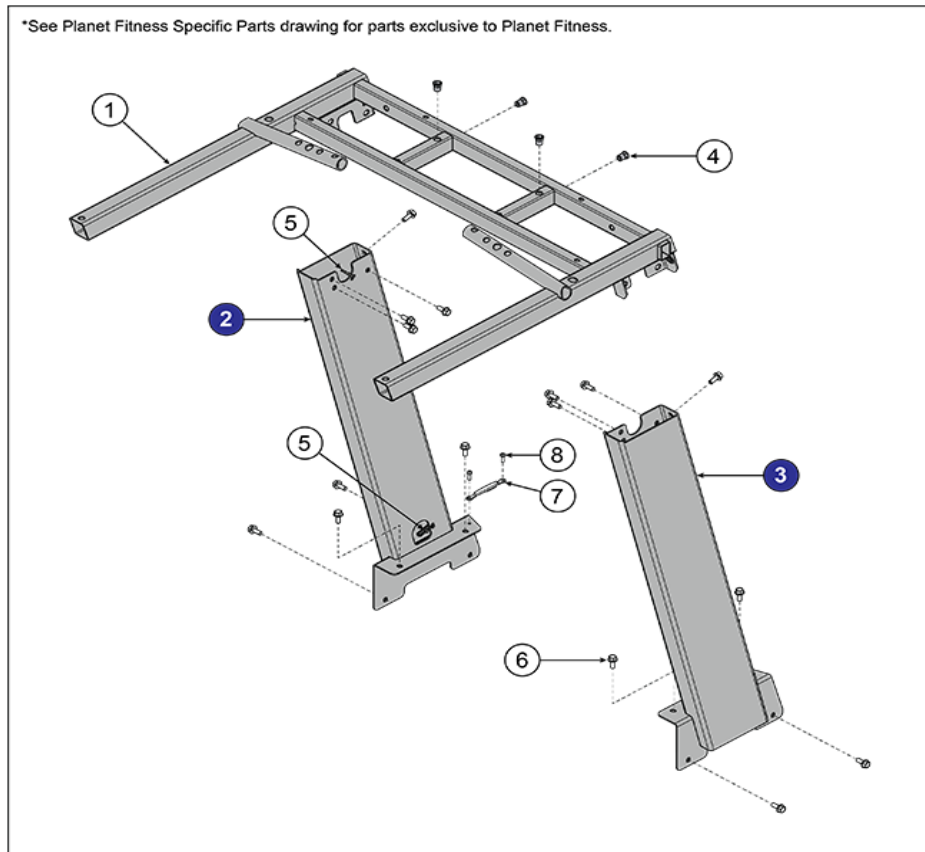
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|--|
| 1 | 1020894-0001 | 1 | SHROUD: CONSOLE, REAR |
| 2 | 1012986-0001 | 1 | ASSEMBLY: SHROUD BACK W/DECAL |
| 3 | 0017-00042-1147 | 4 | GROMMET: SCREW, 8 OR 10 |
| 4 | 0017-00101-1650 | 4 | SCREW: 6-19 X 6, PHL, PAN, PLT, 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



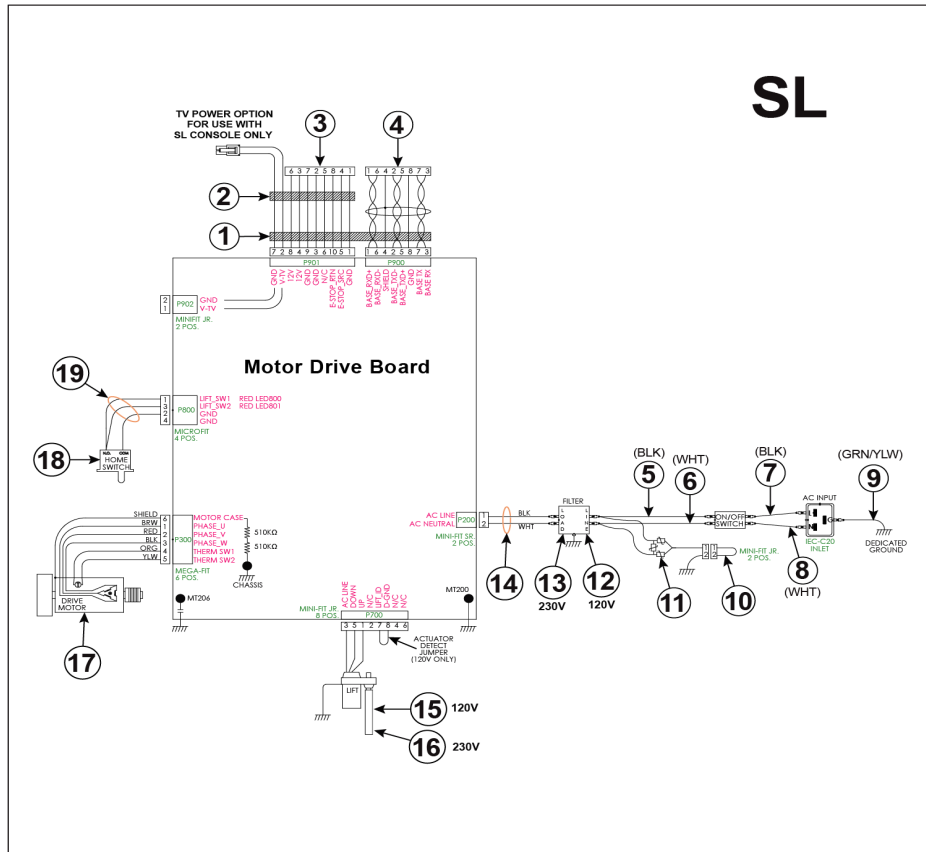
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|--|
| 1 | 1021165-0701 | 1 | WELDMENT: CONSOLE MOUNT, TREAD, PAINTED |
| 2 | 1020895-0001 | 1 | SHROUD: CONSOLE MOUNT, FRONT |
| 3 | 1023190-0001 | 1 | SHROUD: BRIDGE, TOP |
| 4 | 1020893-0001 | 1 | SHROUD: BRIDGE, BOTTOM, AFT |
| 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



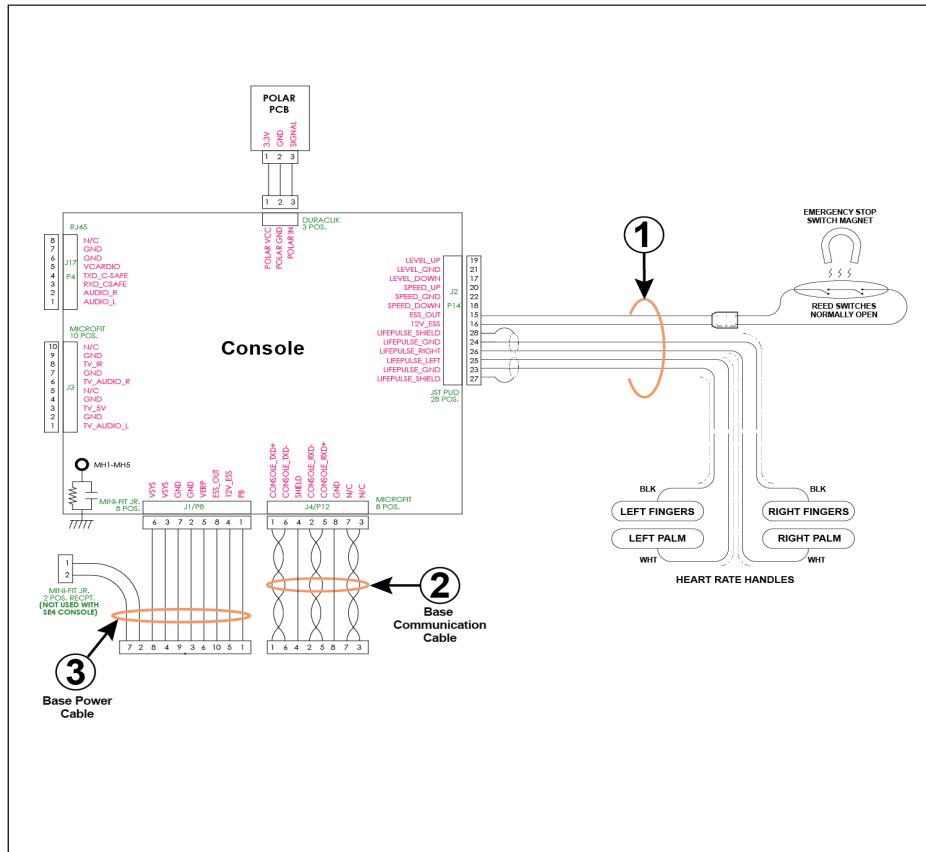
| Ref # | Part Number | Qty | Description |
|-------|-----------------|-----|---|
| 1 | 1022134-0001 | 1 | ASSEMBLY: WELDMENT W/ THREADED INSERTS, BRIDGE, TREADMILL |
| 2 | 1020557-5301 | 1 | WELDMENT: UPRIGHT, NEO, USER LEFT, CHARCOAL GRAY SMOOTH |
| 2 | 1020557-5101 | 1 | WELDMENT: UPRIGHT, NEO, USER 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 |

