

Cable Motion - Dual Adjustable Pulley

CMDAP-LAF

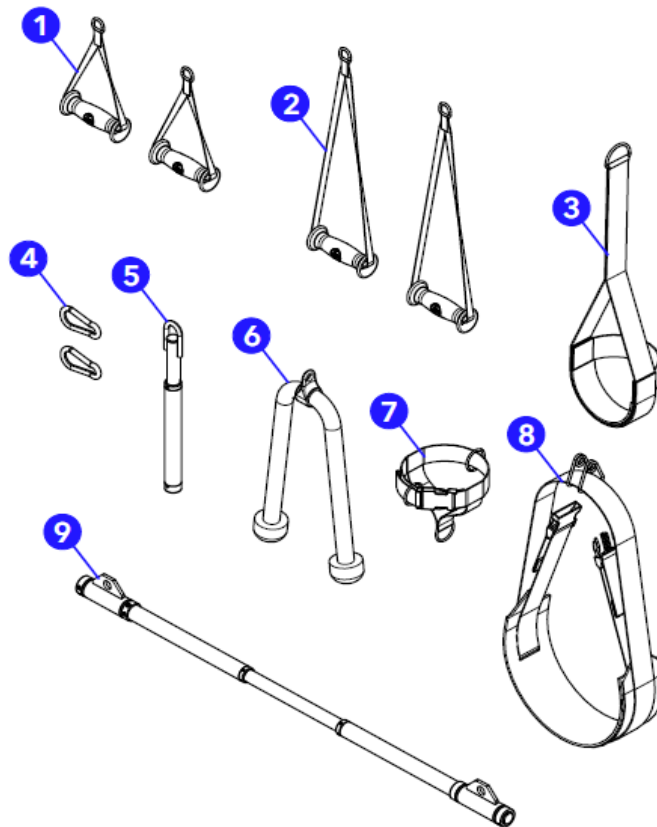
Parts Manual

9/6/2024 13:09:48 PM

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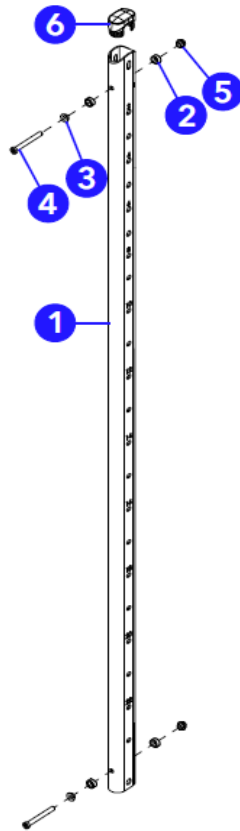
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Accessories



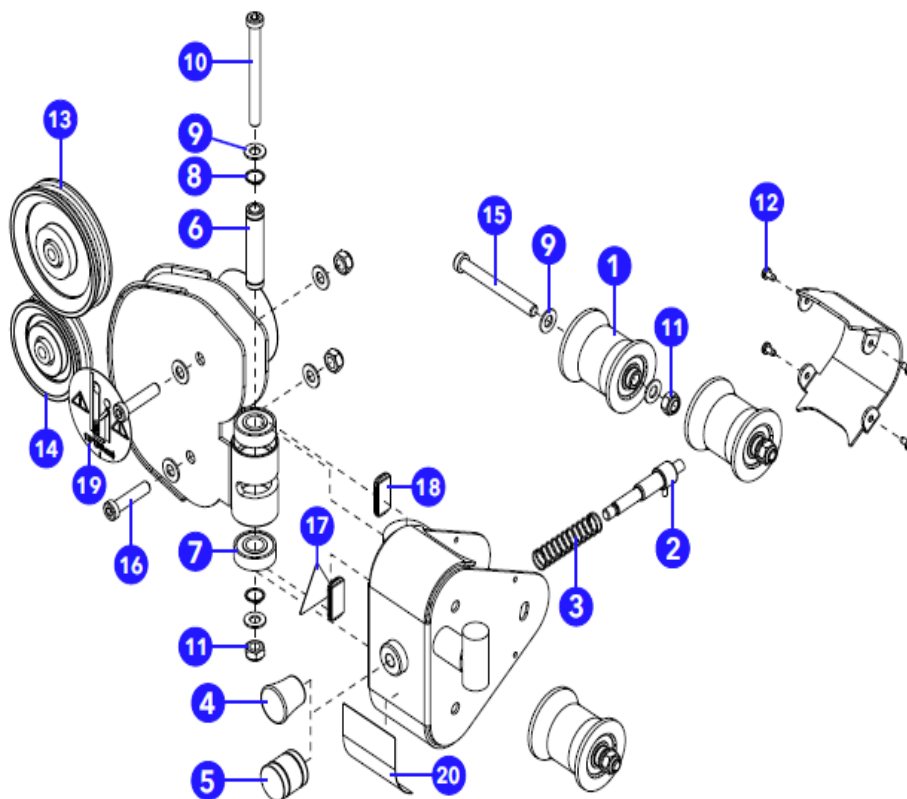
Ref #	Part Number	Qty	Description
1	8219601	2	HANDLE, CM/MJ/OSDAP, SHORT STRAP
2	8219701	2	HANDLE, CM/MJ, LONG STRAP
3	7753001	1	LE/LC STRAP
4	3250201	2	SNAP LINK, 3/8" DIA
5	7753201	1	ASSY, SPORT BAR
6	6851501	1	ROPE, TRICEP
7	7734701	1	STRAP, 4-WAY ANKLE
8	8929101	1	BELT, CMDAP
9	7753101	1	ASSY, LONG BAR

Adjustable Pulley Column Assembly



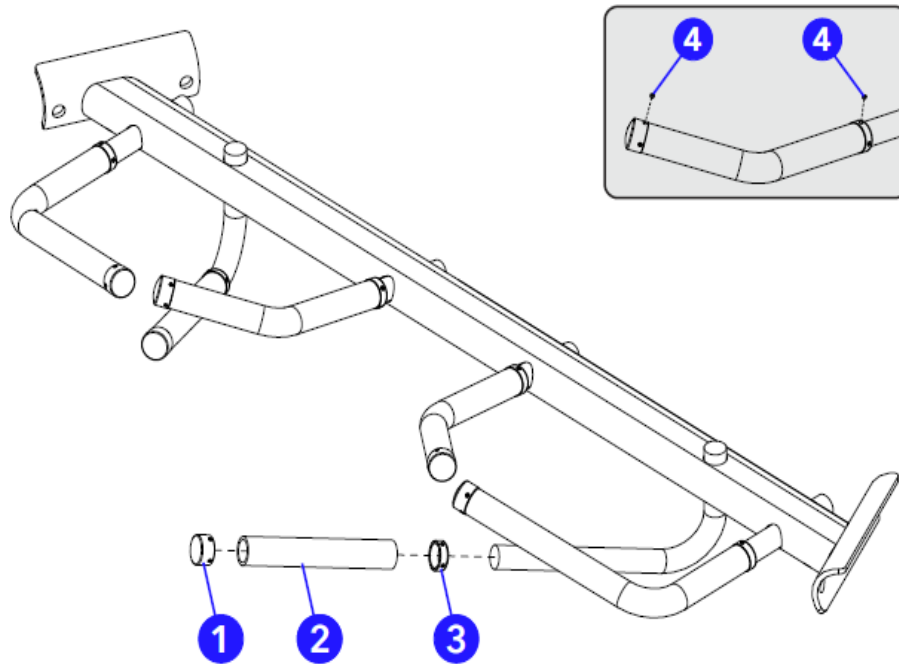
Ref #	Part Number	Qty	Description
1	8264101	1	TUBE, CM/MJ ADJ COLUMN
2	7645501	4	SPACER, CM/MJ, SM FLOV CONCAVE
3	7630101	2	RETAINER, CM/MJ, PULLEY
4	3236215	2	M10 X 1.5 X 90 SHCS, LOW HEAD
5	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
6	7333801	1	CAP, SMALL FLOV-END

Carriage Assembly



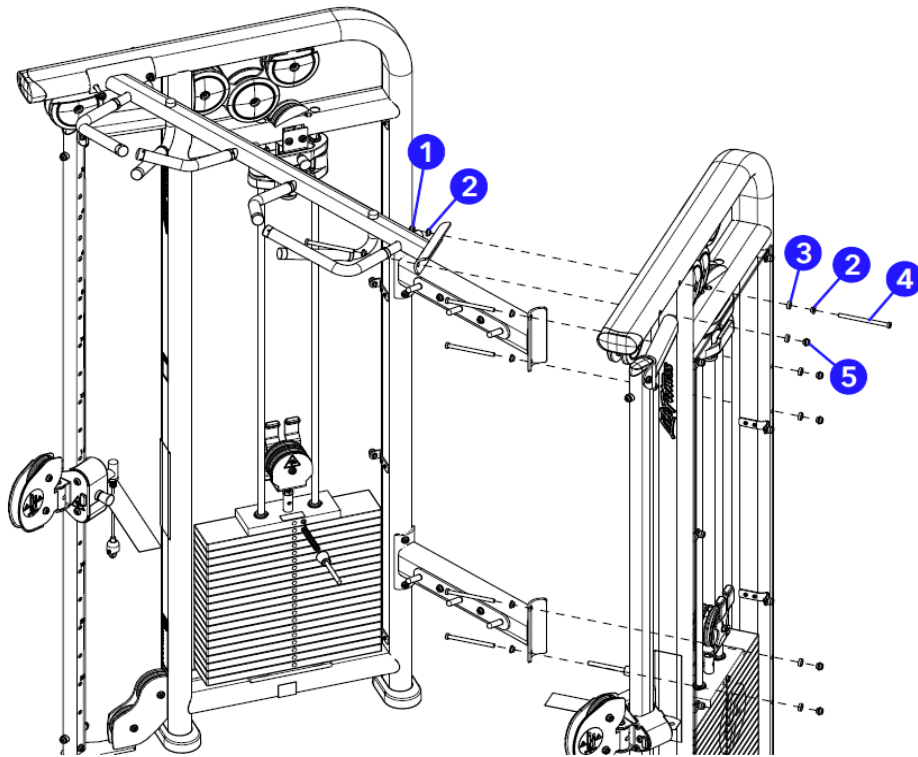
Ref #	Part Number	Qty	Description
1	7637901	3	ASSY, ROLLER-CONCAVE
2	1002880-0001	1	ASSY, CM/MJ PIN-PULL, BEVEL NOSE
3	7351501	1	SPRING; PULL PIN LARGE
4	7351401	1	KNOB, TULIP STYLE
5	7424803	1	KNOB, POP PIN, YELLOW
6	7645401	1	SHAFT, CM/MJ, 6203 BRNG
7	3245901	2	BEARING, 6203
8	3232413	2	RNG, BRE .631,5100-66,ST,PP,B
9	3236601	12	WASHER,3/8 SAE STAINLESS STEEL
10	3236217	1	M10 X 1.5 X 100 SHCS, LOW HEAD
11	3236801	6	NUT, NYLOCK M10 X 1.5 SS
12	3270601	4	SCREW, #10-32 X 3/8 TRX PAN ST BZ
13	3237801	1	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
14	3245701	1	PULLEY, 3.5 IN OD, 10MM ID SG
15	3236216	3	SCREW, M10 X1.5 95MM
16	3236206	2	M10 X 1.5 X 45 SHCS, LOW HEAD
17	8039501	2	LABEL, WARNING TRIANGLE
18	7570801	2	GUARD, PAINT 1.25 X .75 X .25
19	1011299-0001	1	LABEL: WARNING, ADJ CARRIAGE
20	8849701	1	LABEL, WARNING ADJ CARRIAGE-ENG

Chin Support Assembly



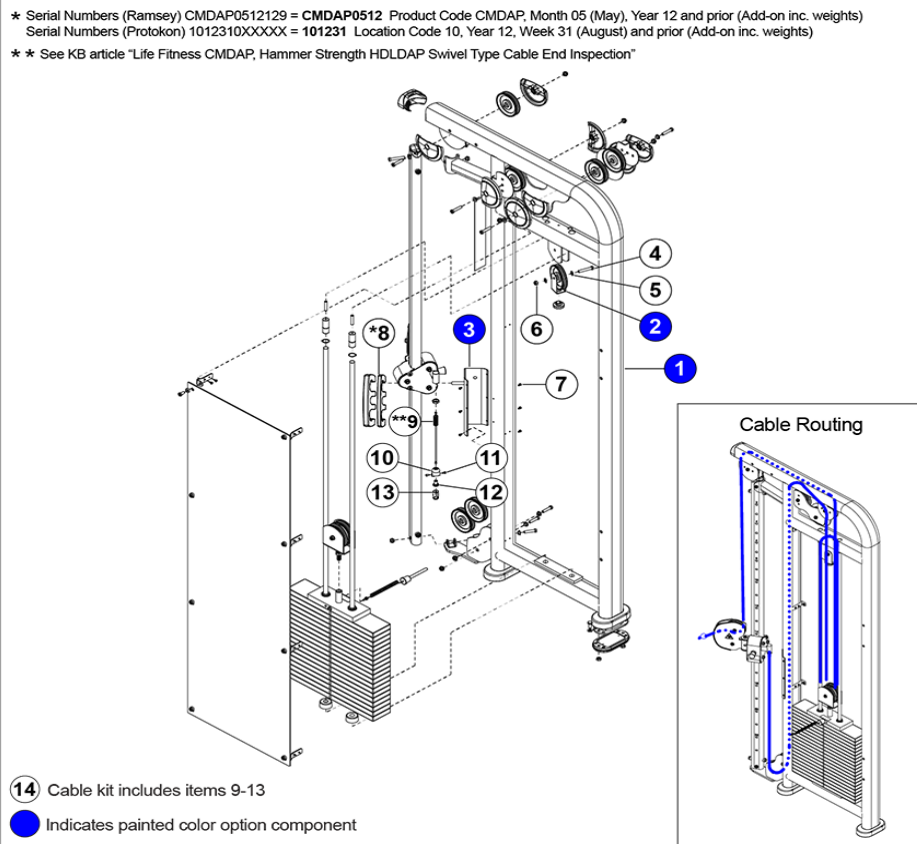
Ref #	Part Number	Qty	Description
1	7662901	6	CAP; GRIP 1.25 OD
2	3235801	6	GRIP, 1.25 OD X .125 WALL OPEN END
3	7662801	6	RING, GRIP 1.25 OD
4	3247701	24	M4 X 0.7 X 3 HZS NO CUP ST BO

Connecting Hardware



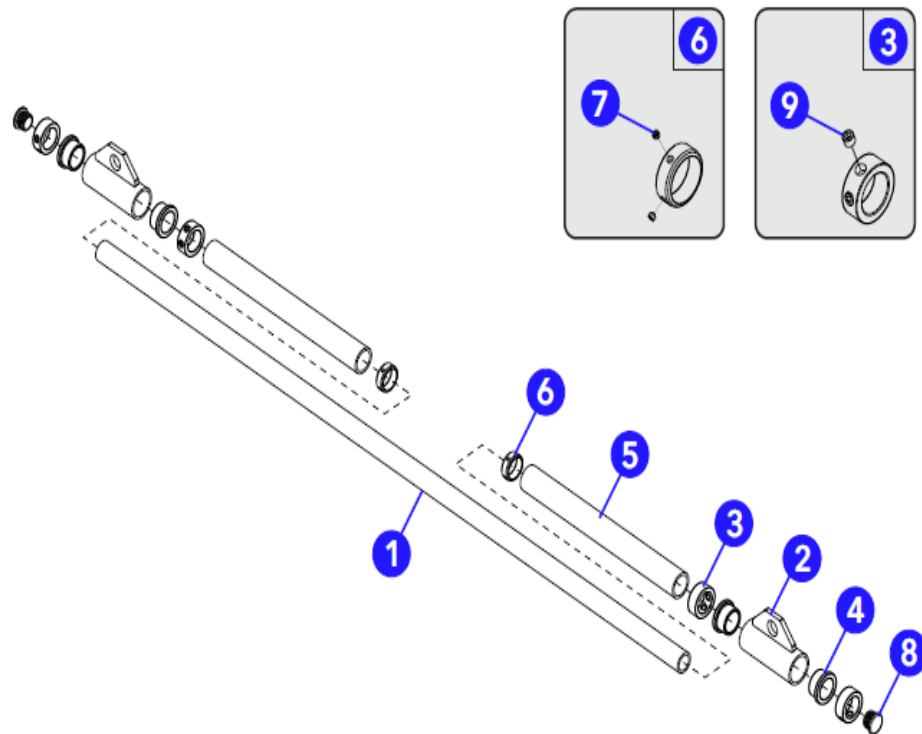
Ref #	Part Number	Qty	Description
1	3236801	2	NUT, NYLOCK M10 X 1.5 SS
2	7630101	14	RETAINER, CM/MJ, PULLEY
3	7634701	12	SPACER, CM/MJ, .565 X .815
4	3236220	12	M10 X 1.5 X 130 SHCS, LOW HEAD
5	7335401	10	NUT, M10 X 1.5 SOCKET HEAD

Left Tower Add-On Inc. Weight Components



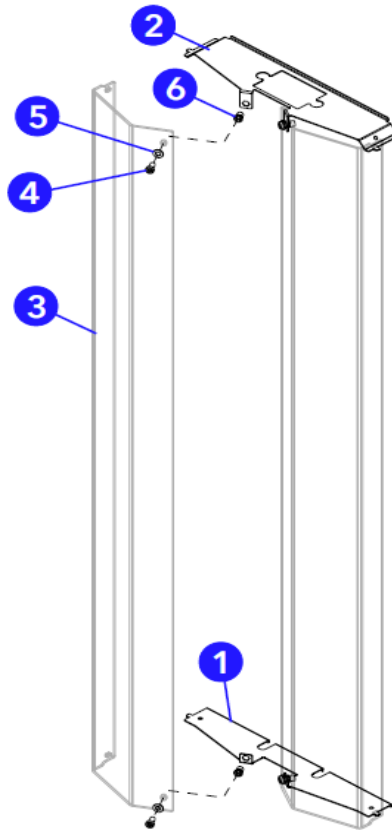
Ref #	Part Number	Qty	Description
1	7642401	1	WLDMT, CMDAP RH TOWER
2	7732401	1	BRKT, STACK BUMPER MOUNT
3	7749301	1	WLDMT, CM/MJ, PLACARD BRKT-2
4	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
5	3236601	2	WASHER, 3/8 SAE STAINLESS STEEL
6	3236801	1	NUT, NYLOCK M10 X 1.5 SS
7	3270601	6	SCREW, #10-32 X 3/8 TRX PAN ST BZ
8	7711501	2	WEIGHT, 5 LB. ADD-ON
9	8946902	1	CABLE, CMDAP
10	8943701	1	HSNG, CM/MJ, CABLE END
11	3250002	2	M5 X 0.8 X 8 HXS SOC CS ST BZ
12	8943801	1	INSERT, CM/MJ, CABLE END
13	8943601	1	LINK, CM/MJ, CABLE END
14	8989202	1	KIT, CMDAP, CABLE

Long Bar Assembly



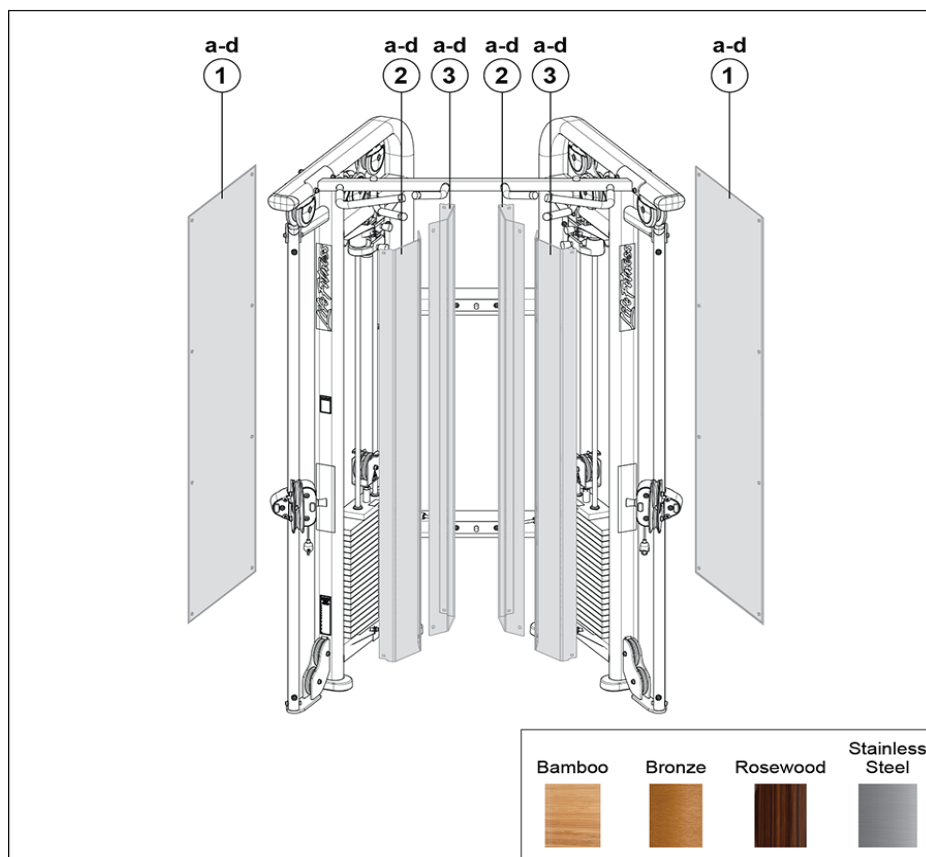
Ref #	Part Number	Qty	Description
1	7760995	1	TUBE, 1.00 OD 10GA X 44 SHADOW GRAY
2	7760695	2	WLDMT, LONG BAR SWIVEL SHADOW GRAY
3	7435301	4	COLLAR, SHAFT 1.020 ID
4	3104906	4	BEARING, FLG 1.00 ID X 1.25 OD
5	3235801	2	GRIP, 1.25 OD X .125 WALL OPEN END
6	7662801	2	RING, GRIP 1.25 OD
7	3247701	4	M4 X 0.7 X 3 HZS NO CUP ST BO
8	3119304	2	CAP, END 1 DIA RD 10-12GA
9	3242901	8	SET SCREW, 5/16-18 X 1/4

Optional Front Shroud Kit



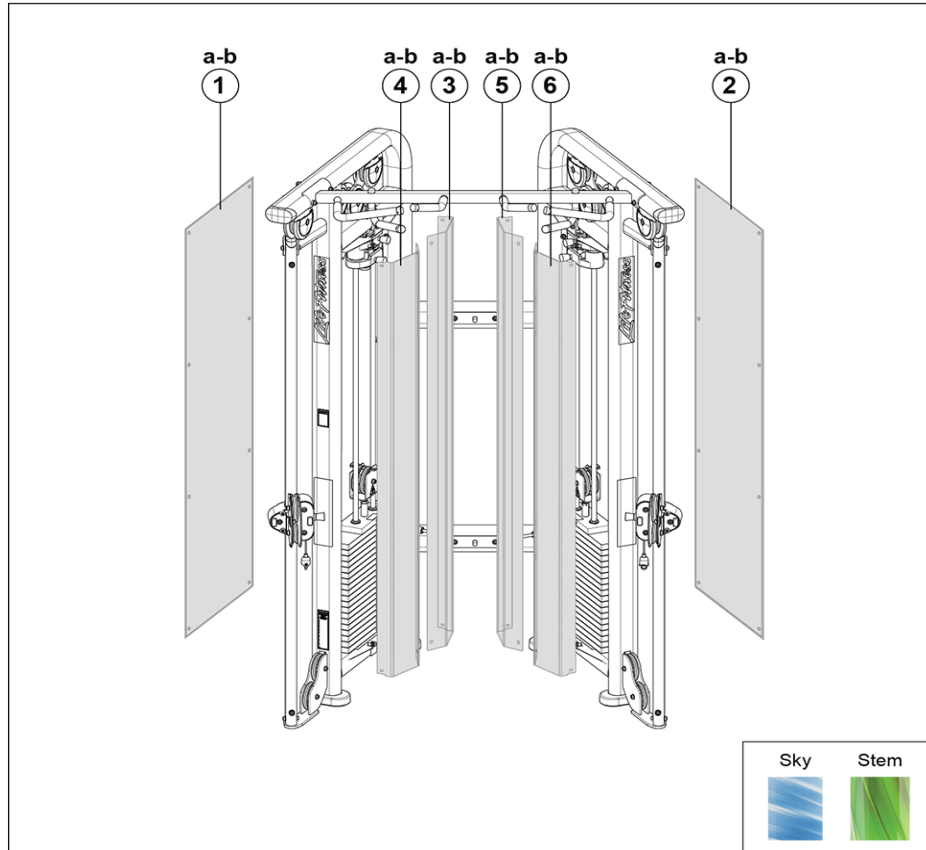
Ref #	Part Number	Qty	Description
1	9035995	1	BRKT, SHROUD, CMDAP, BOTTOM, SG
2	9035795	1	BRKT, SHROUD, CMDAP, TOP, SG
3	9035801	2	SHROUD, CM/MJ FRONT
4	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
5	3236601	4	WASHER, 3/8 SAE STAINLESS STEEL
6	3238601	4	M10X1.5 BLIND THREADED INSERT (HEX)

Optional Shroud Stack Wraps - Bamboo, Bronze, Rosewood, & Stainless Steel



Ref #	Part Number	Qty	Description
1d	8952401	2	SHROUD, CM/MJ, REAR -STAINLESS STEEL
1a	8951401	2	SHROUD, CM/MJ, REAR -BAMBOO
1b	8951801	2	SHROUD, CM/MJ, REAR -BRONZE
1c	8952201	2	SHROUD, CM/MJ, REAR -ROSEWOOD
2d	9149901	2	SHROUD, FNT, LT -STAINLESS STEEL
2b	9148701	2	SHROUD, FNT, LT -BRONZE
2c	9149601	2	SHROUD, FNT, LT -ROSEWOOD
2a	9147801	2	SHROUD, FNT, LT -BAMBOO
3c	9149501	2	SHROUD, FNT, RT -ROSEWOOD
3d	9149801	2	SHROUD, FNT, RT -STAINLESS STEEL
3b	9148601	2	SHROUD, FNT, RT -BRONZE
3a	9147701	2	SHROUD, FNT, RT -BAMBOO

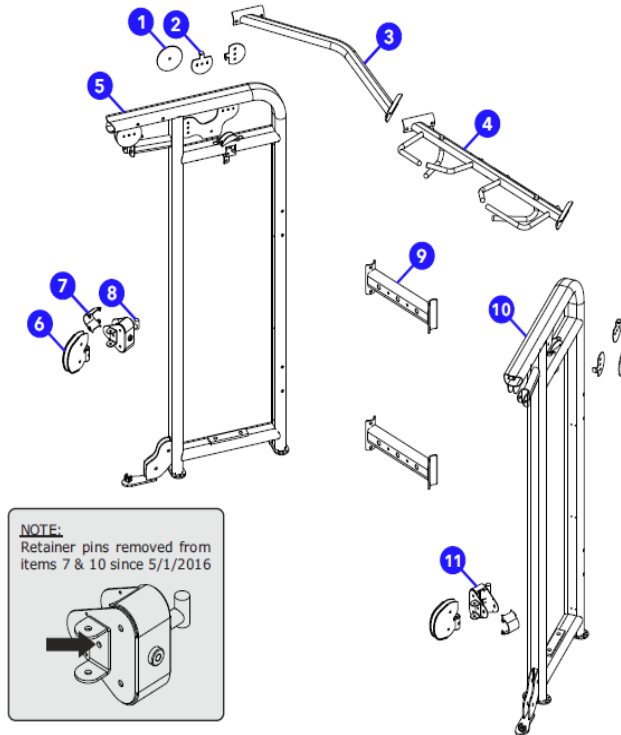
Optional Shroud Stack Wraps - Sky & Stem



Ref #	Part Number	Qty	Description
1a	8951602	1	SHROUD, CM/MJ, RT TOWER, REAR -SKY
1b	8952001	1	SHROUD, CM/MJ, RT TOWER, REAR -STEM
2a	8951601	1	SHROUD, CM/MJ, LT TOWER, REAR -SKY
2b	8952002	1	SHROUD, CM/MJ, LT TOWER, REAR -STEM
3b	9149302	1	SHROUD, RT TOWER, FNT, LT-STEM
3a	9148101	1	SHROUD, RT TOWER, FNT, LT -SKY
4b	9149202	1	SHROUD, RT TOWER, FNT, RT-STEM
4a	9148001	1	SHROUD, RT TOWER, FNT, RT -SKY
5b	9149301	1	SHROUD, LT TOWER, FNT, LT -STEM
5a	9148102	1	SHROUD, LT TOWER, FNT, LT-SKY
6b	9149201	1	SHROUD, LT TOWER, FNT, RT -STEM
6a	9148002	1	SHROUD, LT TOWER, FNT, RT-SKY

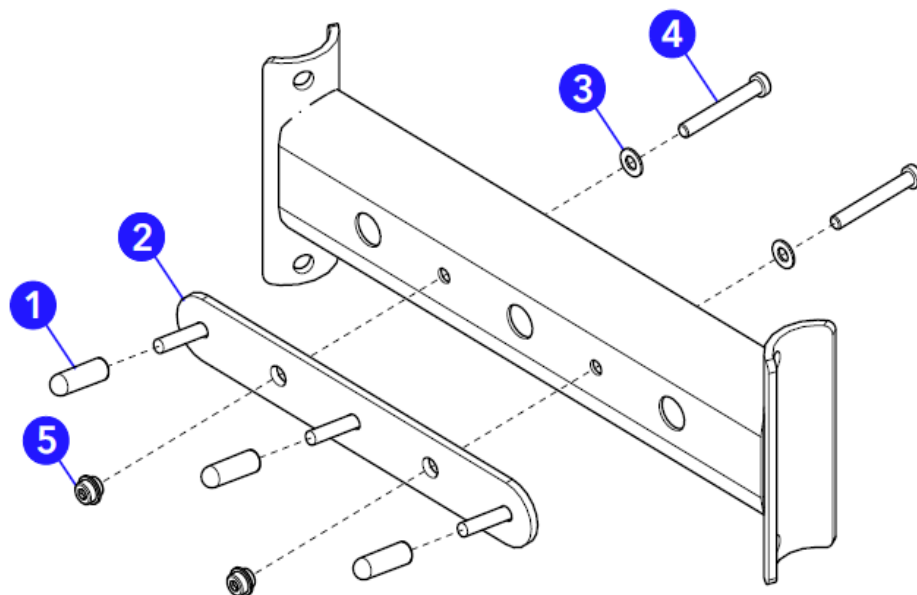
Painted Weldments

Serial Numbers (Ramsey) CMDAP0612001 = **CMDAP0612** Product Code CMDAP, Month 06 (June), Year 12 and after (Add-on inc. weights)
Serial Numbers (Protokon) 1012320XXXX = **101232** Location Code 10, Year 12, Week 32 (August) and after (Add-on inc. weights)



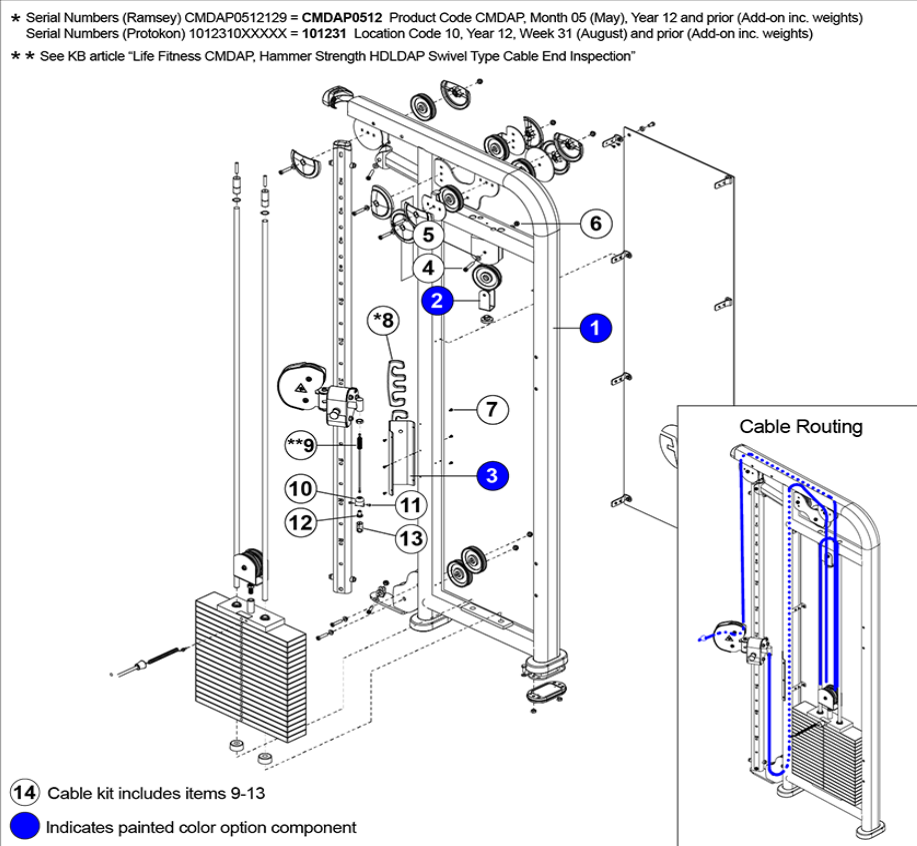
Ref #	Part Number	Qty	Description
1	7301199	2	Plate, Pulley Custom
2	7730999	4	BRKT, COVER/CABLE RETAINER Custom
3	8539101	1	ASSY, CMDAP BOOM - NOHANDLES
4	7642701	1	WLDMT, CMDAP CHIN SUPPORT
5	9131000	1	WLDMT, CMDAP TOWER, RH
6	7633301	1	WLDMT, CM/MJ, SWIVEL PULLEY
7	7631801	1	BRKT, CM/MJ, CARRIAGE SHROUD
8	8346901	1	WLDMT, CMDAP RH CARRIAGE- White
9	7642601	2	WLDMT, CMDAP REAR SUPPORT
10	9131100	1	WLDMT, CMDAP TOWER, LH
11	8346701	1	WLDMT, CMDAP LH CARRIAGE, White

Rear Support Assembly



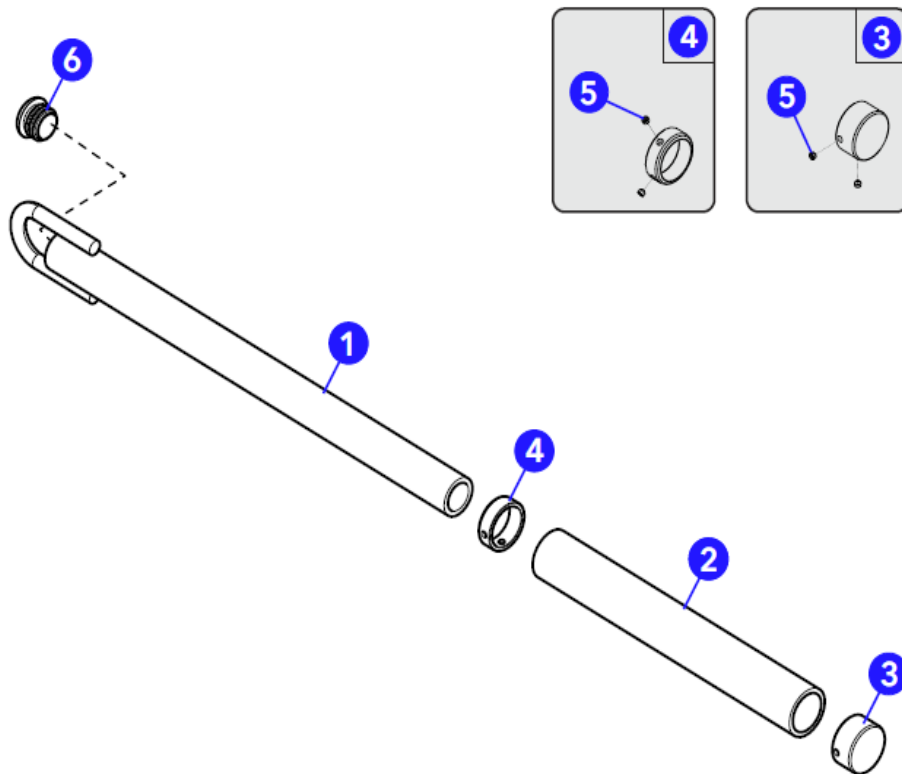
Ref #	Part Number	Qty	Description
1	9507101	3	CAP, CM ACC. RACK
2	9509801	1	WLDMT, CM ACC. RACK
3	3236601	2	WASHER, 3/8 SAE STAINLESS STEEL
4	3236212	2	M10 X 1.5 X 75 SHCS, LOW HEAD
5	7335401	2	NUT, M10 X 1.5 SOCKET HEAD

Right Tower Add-On Inc. Weight Components



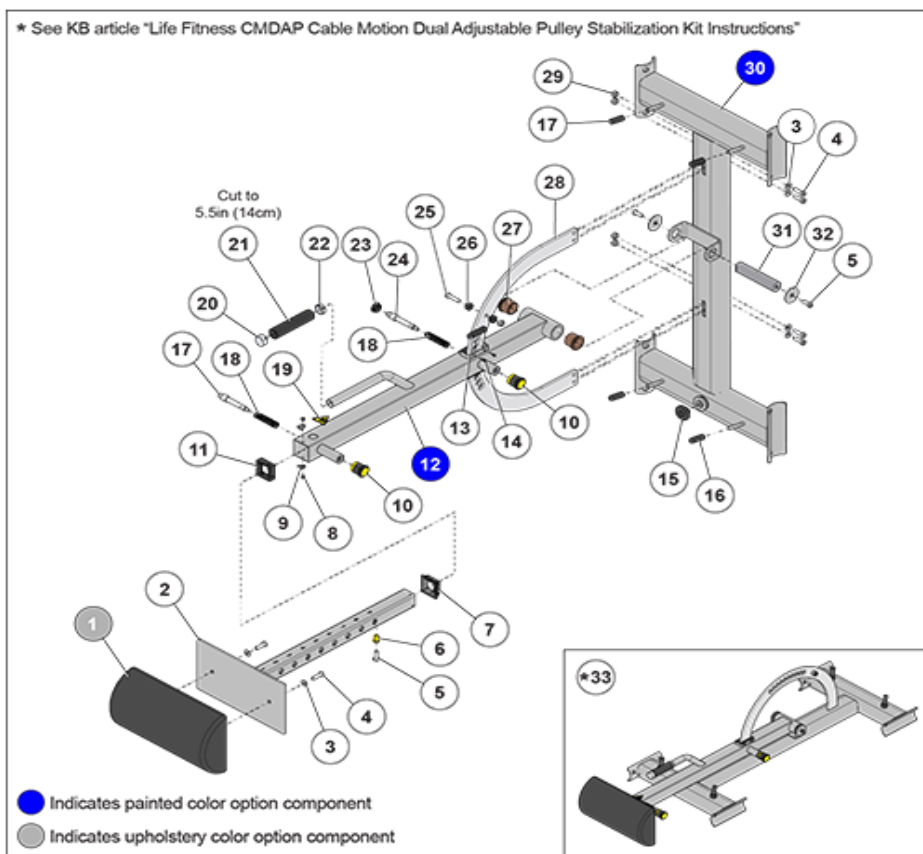
Ref #	Part Number	Qty	Description
1	7642401	1	WLDMT, CMDAP RH TOWER
2	7732401	1	BRKT, STACK BUMPER MOUNT
3	7749301	1	WLDMT, CM/MJ, PLACARD BRKT-2
4	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
5	3236601	2	WASHER, 3/8 SAE STAINLESS STEEL
6	3236801	1	NUT, NYLOCK M10 X 1.5 SS
7	3270601	6	SCREW, #10-32 X 3/8 TRX PAN ST BZ
8	7711501	2	WEIGHT, 5 LB. ADD-ON
9	8946902	1	CABLE, CMDAP
10	8943701	1	HSNG, CM/MJ, CABLE END
11	3250002	2	M5 X 0.8 X 8 HXS SOC CS ST BZ
12	8943801	1	INSERT, CM/MJ, CABLE END
13	8943601	1	LINK, CM/MJ, CABLE END
14	8989202	1	KIT, CMDAP, CABLE

Sport Bar Assembly



Ref #	Part Number	Qty	Description
1	7760395	1	WLDMT, SPORT BAR SHADOW GRAY
2	3235801	1	GRIP, 1.25 OD X .125 WALL OPEN END
3	7662801	1	RING, GRIP 1.25 OD
4	7662901	1	CAP; GRIP 1.25 OD
5	3247701	4	M4 X 0.7 X 3 HZS NO CUP ST BO
6	3119304	1	CAP, END 1 DIA RD 10-12GA

Stability Pad Assembly Retrofit Kit

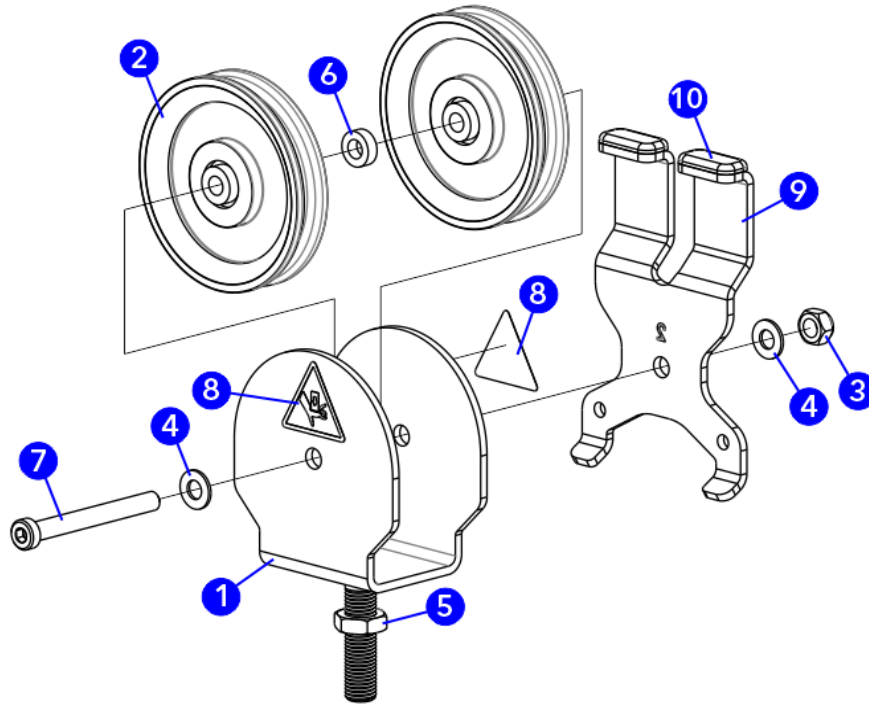


Ref #	Part Number	Qty	Description
1	1000010-0099	1	PAD, LUMBAR, NO BACKER CUS, SNGL STITCH- Custom
1	7544501	1	PAD, LUMBAR 14 X 8 Black
1	1000010-0199	1	PAD, LUMBAR, NO BACKER CUS, DBL STITCH- Custom
1	1000010-0101	1	PAD, LUMBAR, NO BACKER CUS, DBL STITCH- BLACK
2	1023838-0001	1	WLDMT: INNER WORKARM - PLTD
3	3236601	6	WASHER, 3/8 SAE STAINLESS STEEL
4	3236203	6	M10 X 1.5 X 30 SHCS, LOW HEAD
5	3236202	3	M10 X 1.5 X 25 SHCS, LOW HEAD
6	3238601	1	M10X1.5 BLIND THREADED INSERT (HEX)
7	7660101	1	INSERT: FWMAB PLASTIC SEAT 2 X 2
8	3270601	2	SCREW, #10-32 X 3/8 TRX PAN ST BZ
9	1000450-0001	2	BRKT, BUSHING RETAINER
10	9454703	2	KNOB, ADJ
11	7662301	1	BUSHING, FWMAB SS SLIDE
12	1023840-0000	1	WLDMT: OUTER WORKARM
13	1023265-0001	4	SPACER: 3/8" INDEX PLATE GUIDE
14	3226006	8	6-20 X 5 PHL PAN PLT ST BZ
15	7642302	1	PLUG, CM/MJ, PLUG -CHR
16	9507101	4	CAP, CM ACC. RACK
17	7351301	1	PIN, PULL X 4.375
18	7351501	2	SPRING; PULL PIN LARGE

Ref #	Part Number	Qty	Description
19	8039501	1	LABEL, WARNING TRIANGLE
20	7662901	1	CAP; GRIP 1.25 OD
21	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
22	7662801	1	RING, GRIP 1.25 OD
23	3237407	1	PLUG, 1 IN HOLE
24	1022977-0001	1	PIN: PULL, WITH DETENT
25	3236205	1	M10 X 1.5 X 40 SHCS, LOW HEAD
26	8862701	2	SPACER, NYLON
27	3104907	2	BEARING, FLG, 1.25 I.D X 1.50 O.D
28	1023809-0001	1	PLATE: INDEX, 3/8, 1-10 - PLATED
29	3236801	5	NUT, NYLOCK M10 X 1.5 SS
30	1023845-0000	1	WLDMT: STABILITY PAD WORKARM MOUNT
31	1023850-0001	1	SHAFT: 1.25 IN CRS, D-SHAFT, TAPPED
32	7322301	2	PLATE, 1.97 OD X .447 ID 10GA
33	1024955-0000	1	KIT: CMDAS, RETRO FIT Custom

Stack Pulley Assembly - New

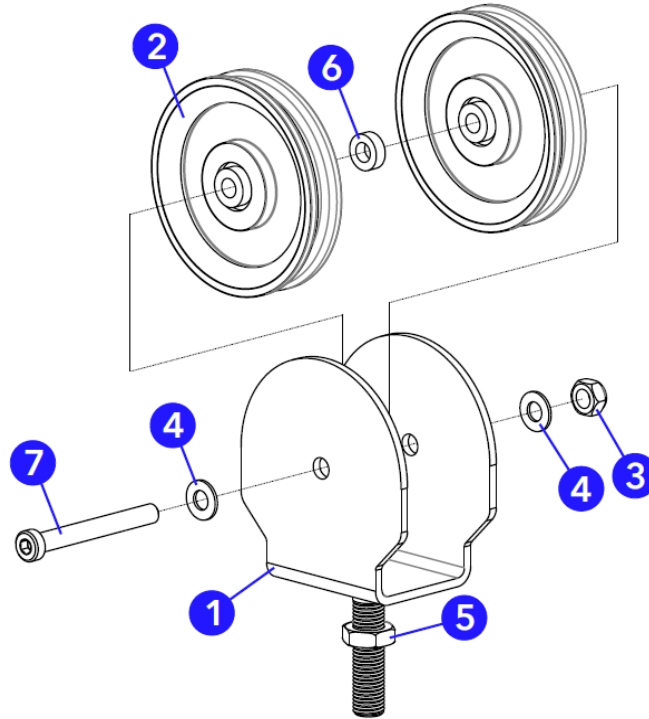
SERIAL NUMBERS 1012311XXXXX AND AFTER



Ref #	Part Number	Qty	Description
1	1012796-9301	1	WELDMENT: FLOATING DOUBLE PULLEY -HWG
2	3237801	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
3	3236801	1	NUT, NYLOCK M10 X 1.5 SS
4	3236601	2	WASHER,3/8 SAE STAINLESS STEEL
5	3236902	1	NUT, HEX JAM M16 X 2 SS
6	7385201	1	SPACER, .406 X .750 X .250 SS
7	3236215	1	M10 X 1.5 X 90 SHCS, LOW HEAD
8	8039501	2	LABEL, WARNING TRIANGLE
9	1013924-9301	1	BRACKET: INC WEIGHT, DBL PULLEY, 7 GA -HWG
10	7570801	2	GUARD, PAINT 1.25 X .75 X .25

Stack Pulley Assembly - Old

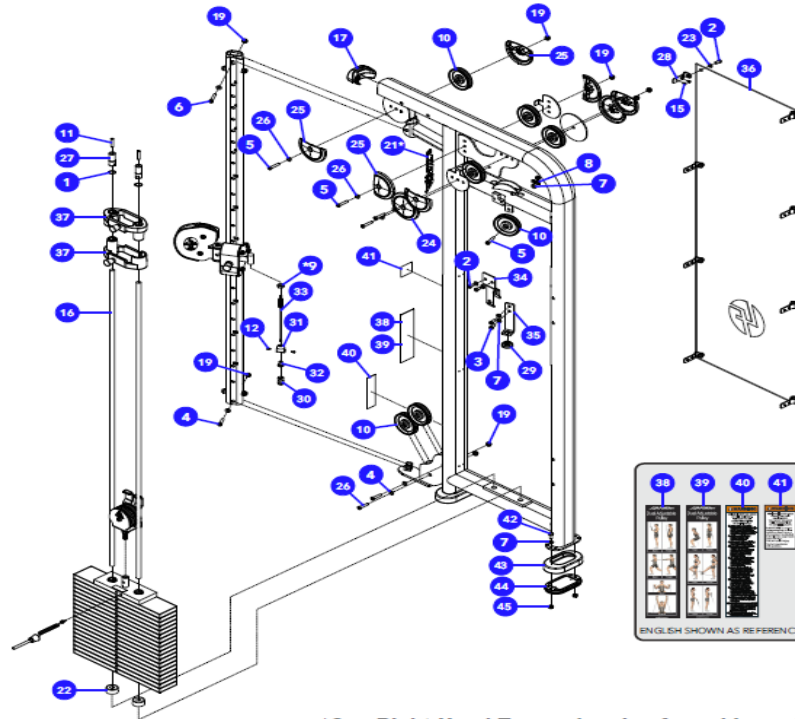
Serial Numbers (Ramsey) CMDAP0512129 = **CMDAP0512** Product Code CMDAP, Month 05 (May), Year 12 and prior (Add-on inc. weights)
Serial Numbers (Protokon) 1012310XXXXX = **101231** Location Code 10, Year 12, Week 31 (August) and prior (Add-on inc. weights)



Ref #	Part Number	Qty	Description
1	1012796-9301	1	WELDMENT: FLOATING DOUBLE PULLEY -HWG
2	3237801	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
3	3236801	1	NUT, NYLOCK M10 X 1.5 SS
4	3236601	2	WASHER, 3/8 SAE STAINLESS STEEL
5	3236902	1	NUT, HEX JAM M16 X 2 SS
6	7385201	1	SPACER, .406 X .750 X .250 SS
7	3236214	1	M10 X 1.5 X 85 SHCS, LOW HEAD

Tower Assembly

Serial Numbers (Ramsey) CMDAP0612001 = **CMDAP0612** Product Code CMDAP, Month 06 (June), Year 12 and after (Add-on inc. weights)
Serial Numbers (Protokon) 1012320XXXXX = **101232** Location Code 10, Year 12, Week 32 (August) and after (Add-on inc. weights)



*See Right Hand Tower drawing for cable routing

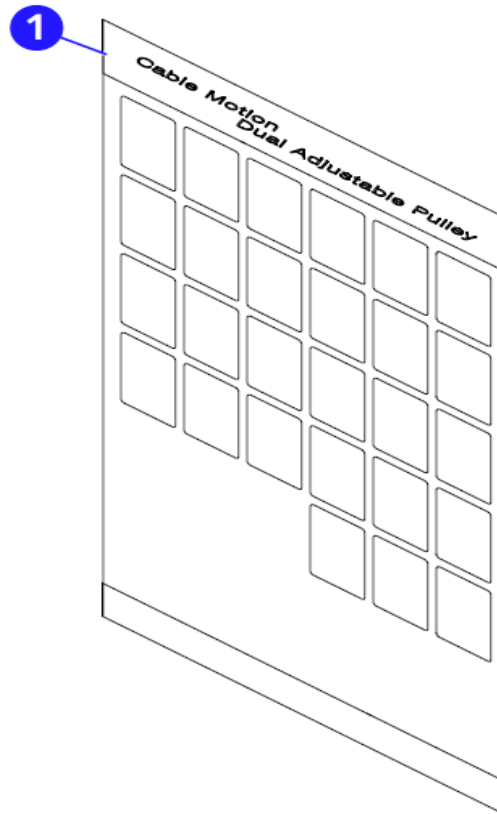
Please see the following KB article Life Fitness CMDAP, Hammer Strength HDLDAP Swivel Type Cable End Inspection

*NOTE: Item 21 has been changed to Part# 8866901. When ordering, please order a quantity of 2 and replace both labels.

Ref #	Part Number	Qty	Description
1	3232421	2	RING:BRE .940 5100-100 ST PP B
2	3236201	10	M10 X 1.5 X 20 SHCS, LOW HEAD
3	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
4	3236206	3	M10 X 1.5 X 45 SHCS, LOW HEAD
5	3236207	5	M10 X 1.5 X 50 SHCS, LOW HEAD
6	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
7	3236601	14	WASHER, 3/8 SAE STAINLESS STEEL
8	3236801	2	NUT, NYLOCK M10 X 1.5 SS
9	3236902	1	NUT, HEX JAM M16 X 2 SS
10	3237801	7	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
11	3240502	2	M10 X 1.5 X 50 HXS NO CUP ST BO
12	3250002	2	M5 X 0.8 X 8 HXS SOC CS ST BZ
13,42	3251202	8	M10 X 1.5 X 25MM UNS HEX CS ST ZN
14,45	3254703	8	NUT, M10 X 1.5 HEX ZINC
15	3270601	16	SCREW, #10-32 X 3/8 TRX PAN ST BZ
16	7328618	2	GUIDE ROD, .75 OD SOLID X 71.50
17	7333902	1	CAP, LARGE FLOV-END; CHGR
18,44	7334001	4	FOOT, 2.50 X 4.49 FLOV, 10-0074-046, BNR
19	7335401	8	NUT, M10 X 1.5 SOCKET HEAD
20,43	7340201	4	COVER, FOOT - STRAIGHT
21	8866901	2	LABEL, LF LOGO 10 IN. - FLAT
22	7352101	2	CUSHION, WEIGHT STACK

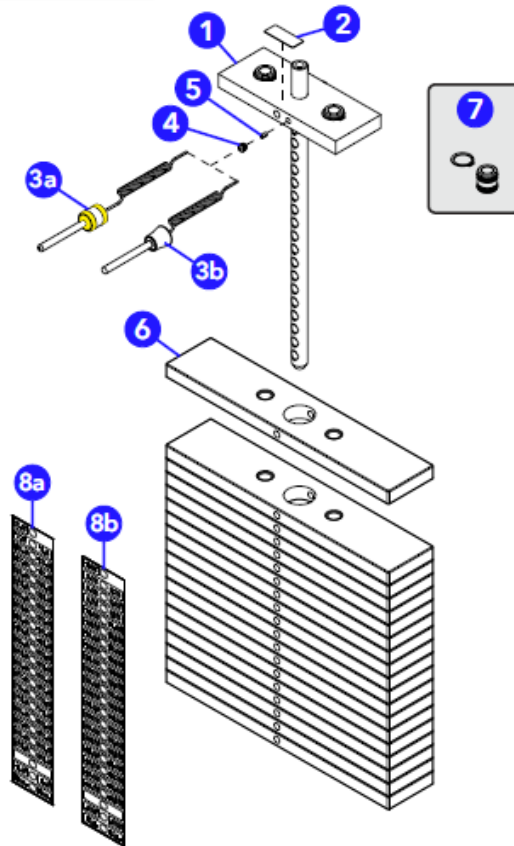
Ref #	Part Number	Qty	Description
23	7385201	8	SPACER, .406 X .750 X .250 SS
24	7629901	2	COVER, PULLEY-BOLTED FULL
25	7630001	6	COVER, PULLEY BOLTED PARTIAL
26	7630101	8	RETAINER, CM/MJ, PULLEY
27	7634401	2	RETAINER, CM/MJ, GUIDE ROD
28	7642095	8	BRKT, CM/MJ, REAR SHROUD SG
29	7642301	1	BUMPER, CM/MJ/OSDAP, PLUG
30	8943601	1	LINK, CM/MJ, CABLE END
31	8943701	1	HSNG, CM/MJ, CABLE END
32	8943801	1	INSERT, CM/MJ, CABLE END
33	8946908	1	CABLE, CMDAP, INC. WEIGHT
34	9231103	1	STRIKER PLATE, INCR WGT, HT AND PLATED
35	1013912-9301	1	BRACKET: INC WEIGHT STOP, 1/4" -HWG
36	8353201	1	SHROUD, CM/MJ REAR
37	9102601	2	ASSY, INCREMENT WGT.
38	7749403	1	LABEL, PLACARD CMDAP RH-FRN
38	7749402	1	LABEL, PLACARD CMDAP RH-GER
38	7749405	1	LABEL, PLACARD CMDAP RH-ITL
38	7749401	1	LABEL, PLACARD CMDAP RH-ENG
38	7749406	1	LABEL, PLACARD CMDAP RH-DUT
38	7749408	1	LABEL, PLACARD CMDAP RH-POR
38	7749404	1	LABEL, PLACARD CMDAP RH-SPN
38	7749407	1	LABEL, PLACARD CMDAP RH-JAP
39	7749505	1	LABEL, PLACARD CMDAP LH-ITL
39	7749507	1	LABEL, PLACARD CMDAP LH-JAP
39	7749502	1	LABEL, PLACARD CMDAP LH-GER
39	7749506	1	LABEL, PLACARD CMDAP LH-DUT
39	7749501	1	LABEL, PLACARD CMDAP LH-ENG
39	7749504	1	LABEL, PLACARD CMDAP LH-SPN
39	7749508	1	LABEL, PLACARD CMDAP LH-POR
39	7749503	1	LABEL, PLACARD CMDAP LH-FRN
40	8220001	1	Label, ASTM, Select Vertical - English
40	8220008	1	Label, ASTM, Select Vertical - Portugese
40	8220006	1	Label, ASTM, Select Vertical - Dutch
40	8220004	1	Label, ASTM, Select Vertical - Spanish
40	8220002	1	Label, ASTM, Select Vertical - German
40	8220005	1	Label, ASTM, Select Vertical - Italian
40	8220007	1	Label, ASTM, Select Vertical - Japanese
40	8220003	1	Label, ASTM, Select Vertical - French
41	9141103	1	LABEL, WARNING, STRAP TRAINING -FRN
41	9141108	1	LABEL, WARNING, STRAP TRAINING -POR
41	9141102	1	LABEL, WARNING, STRAP TRAINING -GER
41	9141101	1	LABEL, WARNING, STRAP TRAINING -ENG
41	9141105	1	LABEL, WARNING, STRAP TRAINING -ITA
41	9141106	1	LABEL, WARNING, STRAP TRAINING -DUT
41	9141107	1	LABEL, WARNING, STRAP TRAINING -JAP
41	9141104	1	LABEL, WARNING, STRAP TRAINING -SPN

Training Aides



Ref #	Part Number	Qty	Description
1	7762301	1	POSTER, CMDAP INSTRUCTIONAL

390 LB. Weight Stack Assembly



Ref #	Part Number	Qty	Description
1	8920201	1	19 HOLE HEAD PLATE/BAYONET SER. KIT ASSY
2	7744501	1	LABEL, WEIGHT AT HANDLE-ENG
2	7744504	1	LABEL, WEIGHT AT HANDLE-SPN
2	7744510	1	LABEL, WEIGHT AT HANDLE -RUS
2	7744503	1	LABEL, WEIGHT AT HANDLE-FRN
2	7744507	1	LABEL, WEIGHT AT HANDLE-JAP
2	7744512	1	LABEL, WEIGHT AT HANDLE -CHI
2	7744502	1	LABEL, WEIGHT AT HANDLE-GER
2	7744513	1	LABEL, WEIGHT AT HANDLE -ARA
2	7744506	1	LABEL, WEIGHT AT HANDLE-DUT
2	7744508	1	LABEL, WEIGHT AT HANDLE-POR
2	7744514	1	LABEL, WEIGHT AT HANDLE -SWD
2	7744511	1	LABEL, WEIGHT AT HANDLE -TUR
2	7744505	1	LABEL, WEIGHT AT HANDLE-ITL
2	7744515	1	LABEL, WEIGHT AT HANDLE -DAN
3a	8981903	1	ASSY, WT STACK SELECTOR PIN, SRT - YEL
3b	7353001	1	ASSY, SELECTOR PIN
4	7356501	1	PLUG, LANYARD ATTACHMENT
5	7523601	1	CRIMP, CABLE
6	7328401	19	WEIGHT PLATE, 20 LB -SG
7	7338001	2	BUSHING, HEADPLATE
8b	9138201	1	LABEL, WGHT STK, 48.75 KG

Ref #	Part Number	Qty	Description
8a	9138101	1	LABEL, WGHT STK, 97.5 LBS

