

**PLANET FITNESS INT UPRIGHT BIKE SL FRN  
1BOX**

INC-SL-FRN-11PF

**Parts Manual**

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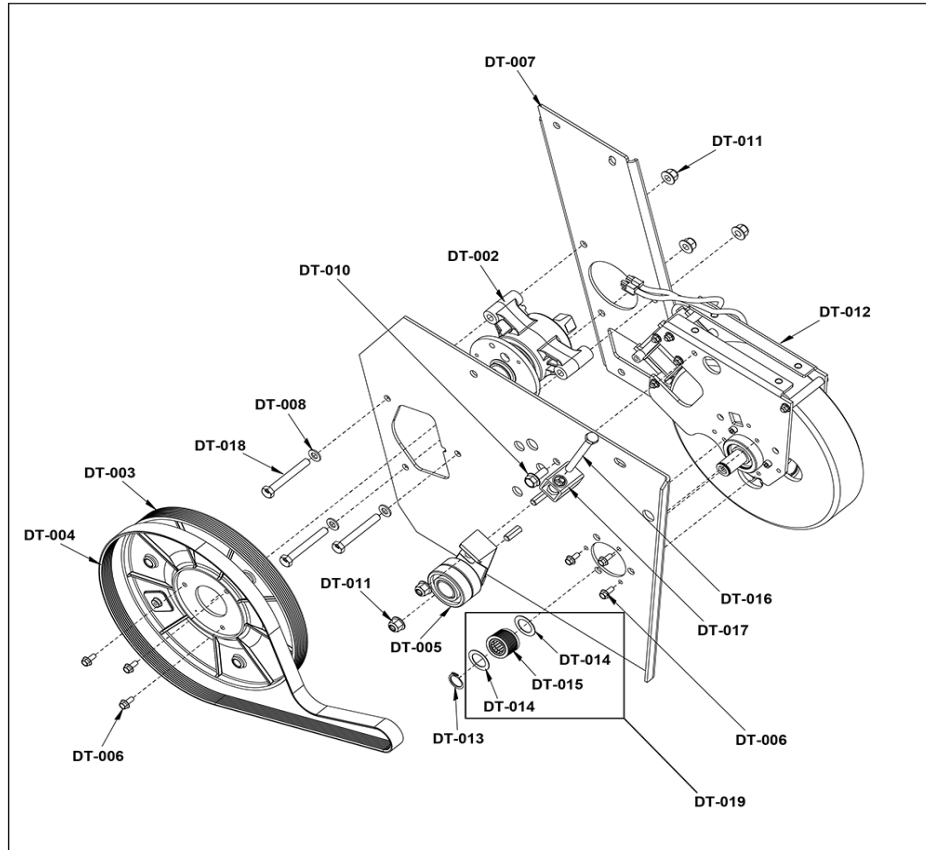
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# A Legend Description

<b>Integrity Base Finished Good Example: INT-SSL-ASLHM-SW11AR</b>											
<b>IN</b>	<b>T</b>	<b>S</b>	<b>SL</b>	<b>ASL</b>	<b>H</b>	<b>M</b>	<b>SW</b>	<b>11</b>	<b>AR</b>		
PRODUCT LINE: Integrity (IN) Club Series Plus (CS)	BASE TYPE: Treadmill (T) Cross-Trainer (X) Recumbent Bike (R) Upright Bike (C)	STYLE: Simple (S) Deluxe (D)	CONSOLE CAPABILITY: Integrity SL (SL) Entertainment (E) Discover ST or SE3HD	COLOR: Arctic Silver (ASL) Titanium (TTN) Black (BLK) Diamond White (DWT)	VOLTAGE: High (H) Low (L)	GENERATION: McFly (M) Legacy (X)	SERVICE WHEEL	REVISION	LANGUAGE: Arabic (AR) English unless other language specified		
<b>Integrity Base Finished Good Example: INT-SST-ALLXX-11</b>					<b>LF Arc Base Finished Good Example: INTLS-ALLXX-7101</b>						
<b>IN</b>	<b>T</b>	<b>S</b>	<b>ST</b>	<b>ALL</b>	<b>X</b>	<b>11</b>	<b>IN</b>	<b>TLS</b>	<b>ALL</b>	<b>XX</b>	<b>7101</b>
PRODUCT LINE: Integrity (IN) Club Series Plus (CS)	BASE TYPE: Treadmill (T) Cross-Trainer (X) Upright Bike (C) Recumbent Bike (R)	STYLE: Simple (S) Deluxe (D)	CONSOLE CAPABILITY: Discover ST (ST) Integrity SL (SL)	LANGUAGE: All Languages (ALL)	VERSION: McFly (M) Legacy (X)	REVISION	PRODUCT LINE: Integrity (IN)	BASE TYPE: Advanced Base (AT) Basic Base (T) Total Body (TS) Lower Body (LS)	STANDARD: No High or low voltage	CONSOLE CAPABILITY: Integrity C/A (CX) Discover SE3HD/ST (XX) Integrity SL (XM)	COLOR: Diamond White (7101) Titanium Storm (7201) Arctic Silver (5101) Black Onyx (7301) PF Purple (5801)
<b>Integrity Item Description Example: ARB INT TREAD SIMPLE SL ARC SIL HIGH VT SW BASE UK</b>											
<b>ARB</b>	<b>INT</b>	<b>TREAD</b>	<b>SIMPLE</b>	<b>SL</b>	<b>ARC SIL</b>	<b>HIGH VT</b>	<b>SW</b>	<b>BASE</b>	<b>UK</b>		
LANGUAGE: Arabic (ARB) English unless other language specified	PRODUCT LINE: Integrity (INT) Club Series Plus (CS)	BASE TYPE: Treadmill (TREAD) Cross-Trainer (X / TT) Recumbent Bike (R / RB) Upright Bike (C / UB)	STYLE: Simple (S) Deluxe (DLX)	CONSOLE CAPABILITY: Integrity SL (SL) Discover ST or Discover SE3HD (DSC)	COLOR: Arctic Silver (ARC SIL) Titanium (TTN) Black (BLK) Diamond White (DIA WHT)	VOLTAGE: High (High VT) Low (Low VT)	SERVICE WHEEL	PRODUCT TYPE: Base	LINE CORD: UK High Voltage (UK) Argentina (ARG) Domestic Low Voltage (DLV)		
<b>Aspire Base Finished Good Example: ASPT-ASLLN-12</b>					<b>SL Console Finished Good Example: SLA-CNSL-ENG-01</b>						
<b>ASP</b>	<b>T</b>	<b>ASL</b>	<b>L</b>	<b>N</b>	<b>12</b>	<b>SL</b>	<b>A</b>	<b>CNSL</b>	<b>ENG</b>	<b>01</b>	
PRODUCT LINE: Aspire (ASP)	BASE TYPE: Treadmill (T) Cross-Trainer (X) Upright Bike (C) Recumbent Bike (R)	COLOR: Arctic Silver (ASL) Charcoal (CGC)	VOLTAGE: Low (L) High (H)	VERSION: Neo (N)	REVISION	CONSOLE TYPE: Integrity SL (SL)	BASE TYPE: Arc (A) Tread (T) PowerBall (P) Cross-Trainer / Bikes (XB)	Console (CNSL)	LANGUAGE: Three character language abbreviation	REVISION	
<b>SE4 Console Finished Good Example: SE424T-EWXXP-01</b>											
<b>SE4</b>	<b>24</b>	<b>T</b>	<b>E</b>	<b>W</b>	<b>X</b>	<b>X</b>	<b>P</b>	<b>01</b>			
CONSOLE TYPE: Discover SE4 (SE4)	CONSOLE SIZE: 24 16	BASE TYPE: Tread (T) Non Tread (N)	LANGUAGE (Warning Label) English (E) All (A)	WIFI ENABLED: Wifi Enabled (W)	NFC or RFD: NFC (X) RFD (R)	PLACEHOLDER	TUNER TYPE: PROIDIOM/DAM (P) DVBT2/DVB/C/DVBS/PAL/SECAM (D) ISDBT/ATSC (S) STB/SYNC (I) ATSC/DAM/NTSC (A) (on SE4/SE3HD/ST only) PROIDIOM OVER ETHERNET (E) (on SE4 only)	REVISION			

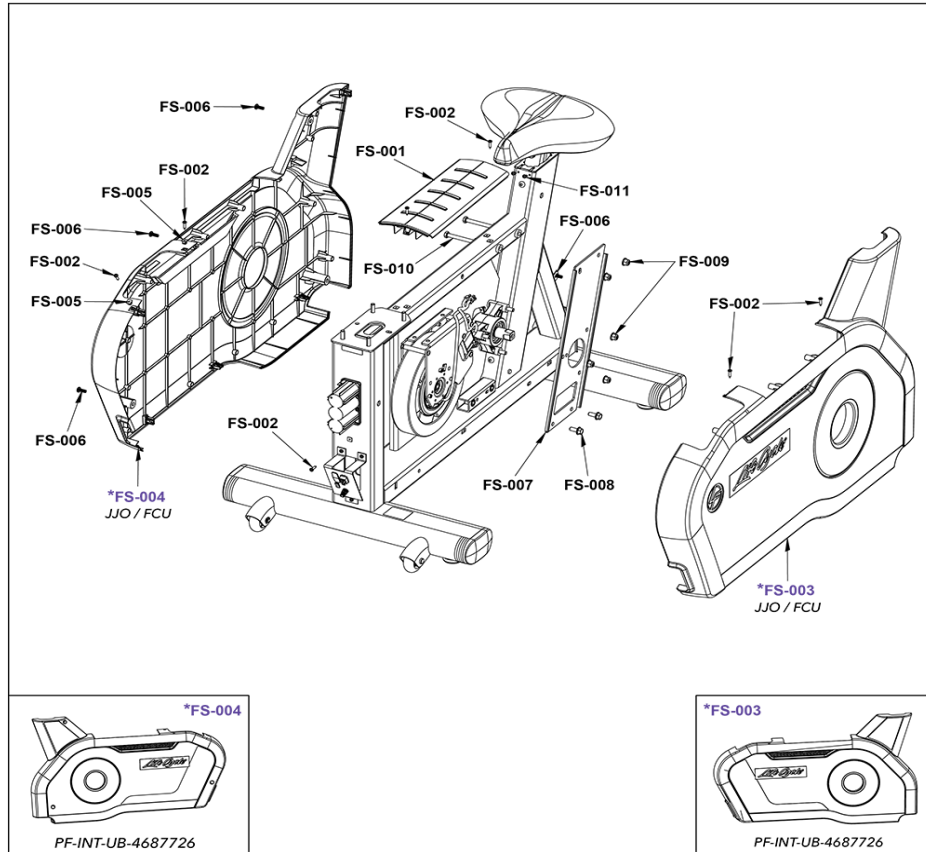
Ref #	Part Number	Qty	Description
-	LEGEND_DESCRIP TION	1	LEGEND DESCRIPTION

## Drivetrain



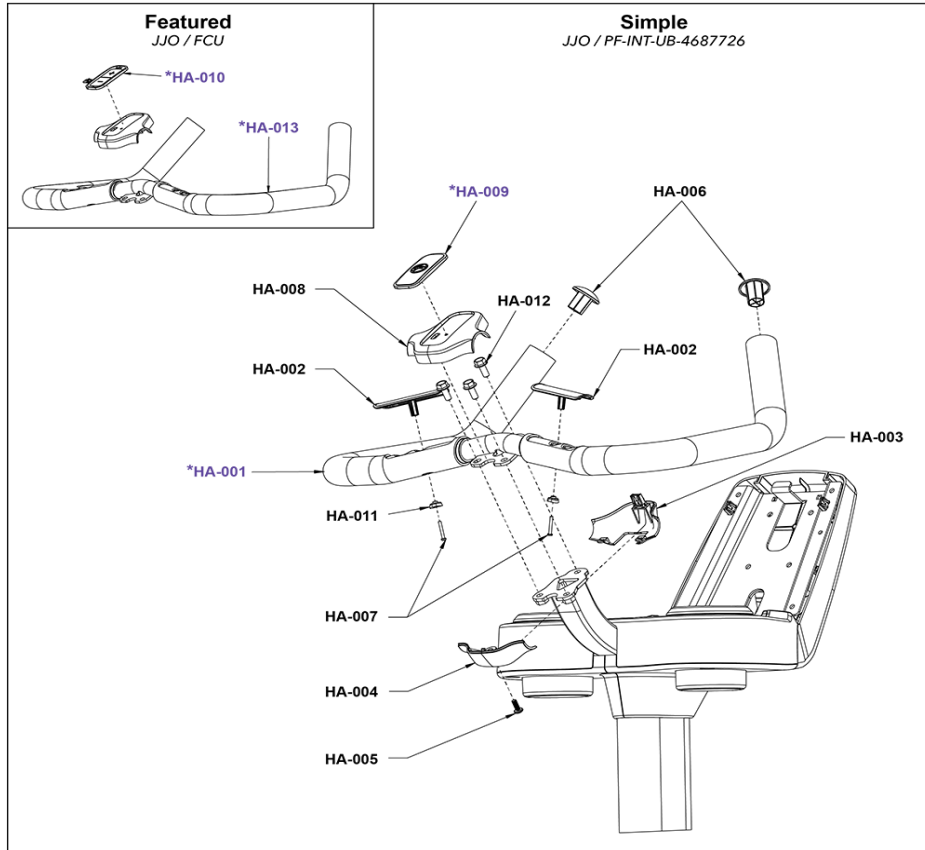
Ref #	Part Number	Qty	Description
DT-002	AK66-00151-0000	1	HUB ASSY: CRANKSHAFT, UNIPLATE
DT-003	1004280-0001	1	PULLEY: POLYV,J SECTION, 276MM PD
DT-004	1004288-0001	1	BELT: POLY V 460J8
DT-005	1017347-0001	1	ASSEMBLY: TENSIONER, IDLER
DT-006	0017-00101-2151	6	SCREW: M5 X 0.8 6G6G X 12, FLANGE, HEAD, CS, G5, CD
DT-007	1012903-0001	1	SHEET METAL: HUB SUPPORT
DT-008	0017-00104-0469	3	WASHER: M8.4 X 16.0 X 1.6, DIN, FLAT, ST, ZB
DT-010	0017-00101-2150	1	SCREW: M8 X 1.25 6G6H X 20, UHS, HXW, CS, ST, ZB
DT-011	1003388-0001	5	NUT: M8 X 1.25-6H, DIN, UNF, HEX, LOCKNUT
DT-012	1014174-0001	1	GENERATOR: BRAKE W/20MM EXT. CLUTCH
DT-013	0017-00100-0242	1	RING: M19.84, RETAINING, ST, 5101-98
DT-016	0017-00101-1944	1	M8.0X1.25- 6G6GX80MM DIN UNS HEX CS G5 CD
DT-017	0017-00009-1191	1	INSERT: M8 X 6.6, THREADED, HEX
DT-018	1013510-0001	3	SCREW: M8 X 1.25 - 6g X 65, HEX, ZN, CLASS 10.9
DT-019	1015424-0001	1	KIT: CLUTCH & SHEAVE, 20MM

## Frame Shrouds (Left, Right, and Top Cover)



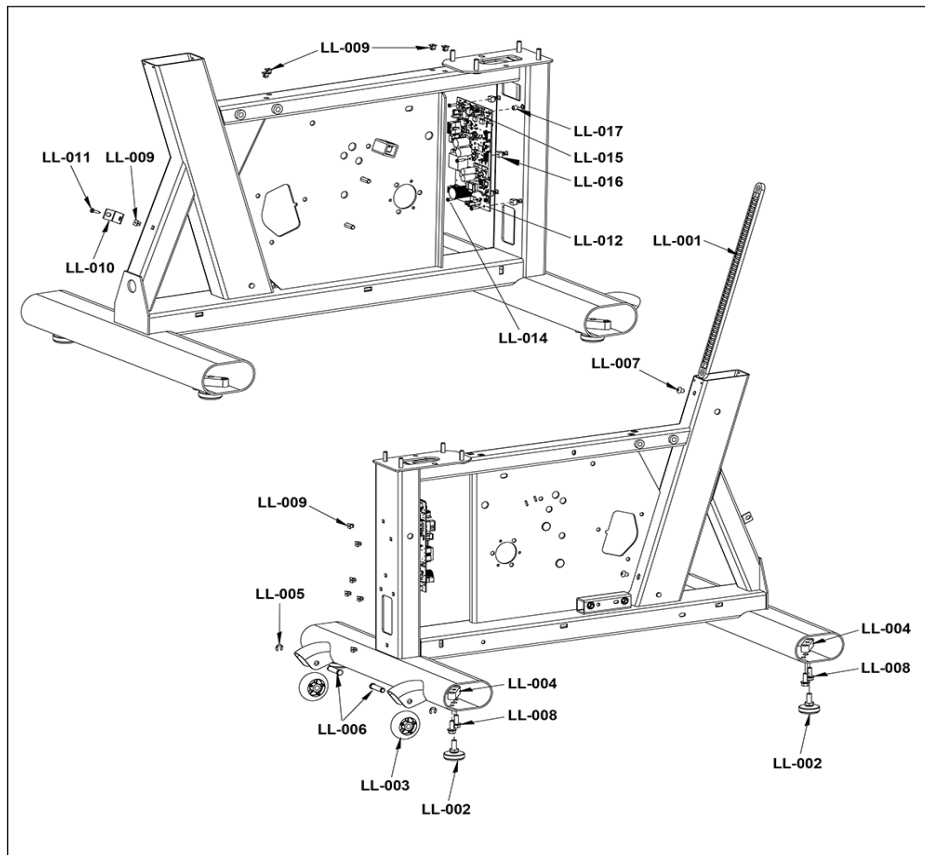
Ref #	Part Number	Qty	Description
FS-001	1001595-0700	1	SHROUD: TOP COVER, BLACK
FS-002	0017-00101-1796	7	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
FS-003	1012964-0001	1	ASSEMBLY: SHROUD W/DECAL, MAIN, LEFT, CHGR, UPRIGHT, PLANET
FS-003	1012960-0001	1	ASSEMBLY: SHROUD W/DECAL, MAIN, LEFT, CHGR
FS-004	1012961-0001	1	ASSEMBLY: SHROUD W/DECAL, MAIN, RIGHT, CHGR
FS-004	1012965-0001	1	ASSEMBLY: SHROUD W/DECAL, MAIN, RIGHT, CHGR, UPRIGHT, PLANET
FS-005	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
FS-006	0017-00101-2138	4	SCREW: M6 X 1.0 X 16, DIN, PHL, PAN, MS, ST, ZB
FS-007	1012903-0001	1	SHEET METAL: HUB SUPPORT
FS-008	0017-00101-2150	2	SCREW: M8 X 1.25 6G6H X 20, UHS, HXW, CS, ST, ZB
FS-009	1003388-0001	5	NUT: M8 X 1.25-6H, DIN, UNF, HEX, LOCKNUT
FS-010	0017-00101-1944	2	M8.0X1.25- 6G6GX80MM DIN UNS HEX CS G5 CD
FS-011	0017-00101-1968	4	SCREW: M4 X 0.7 X 10, PHL, PAN, TT, ST, ZS

## Handlebars and Activity Zone



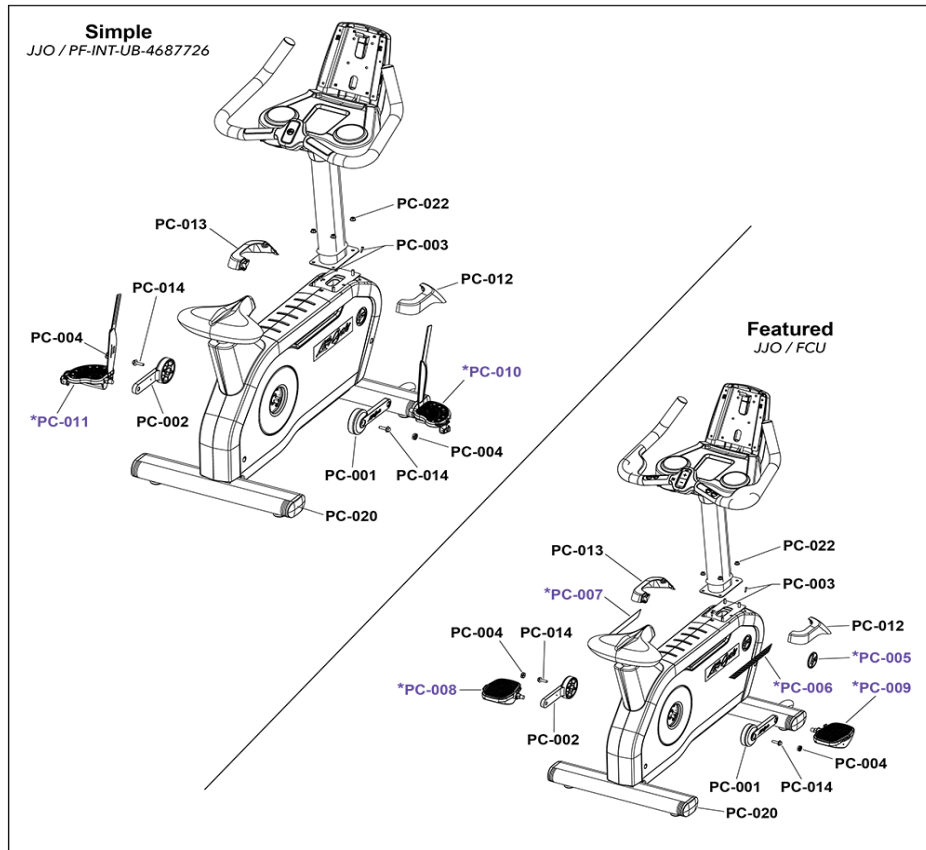
Ref #	Part Number	Qty	Description
HA-001	1001562-0700	1	HANDLEBAR: UPRIGHT, SIMPLE, BLACK
HA-002	AK63-00014-2404	2	ELECTRODE: INSERT MOLDED; CHGR
HA-003	1001631-2400	1	SHROUD: ACTIVITY ZONE, BOTTOM FRONT, CHARCOAL GREY
HA-004	1001630-2400	1	SHROUD: ACTIVITY ZONE, BOTTOM REAR, CHARCOAL GREY
HA-005	0017-00101-2138	1	SCREW: M6 X 1.0 X 16, DIN, PHL, PAN, MS, ST, ZB
HA-006	0K63-01114-0000	2	HANDLEBAR: ENDCAP
HA-007	0017-00101-1720	2	SCREW: 6-19 X 16, PHL, PAN, HLS, ST, ZN
HA-008	1001629-2400	1	SHROUD: ACTIVITY ZONE, TOP FEATURED, CHARCOAL GREY
HA-009	1001632-0700	1	SHROUD: ACTIVITY ZONE, SIMPLE FILLER, BLACK
HA-010	1001633-0000	1	KEYPAD: UP, DOWN
HA-011	0K66-01141-0001	2	PLUG: INSULATOR, BLACK
HA-012	0017-00101-2150	3	SCREW: M8 X 1.25 6G6H X 20, UHS, HXW, CS, ST, ZB
HA-013	1001563-0700	1	HANDLEBAR: UPRIGHT, FEATURED, BLACK

# Leg Levelers, Front Roller, and PCB Resistance Control



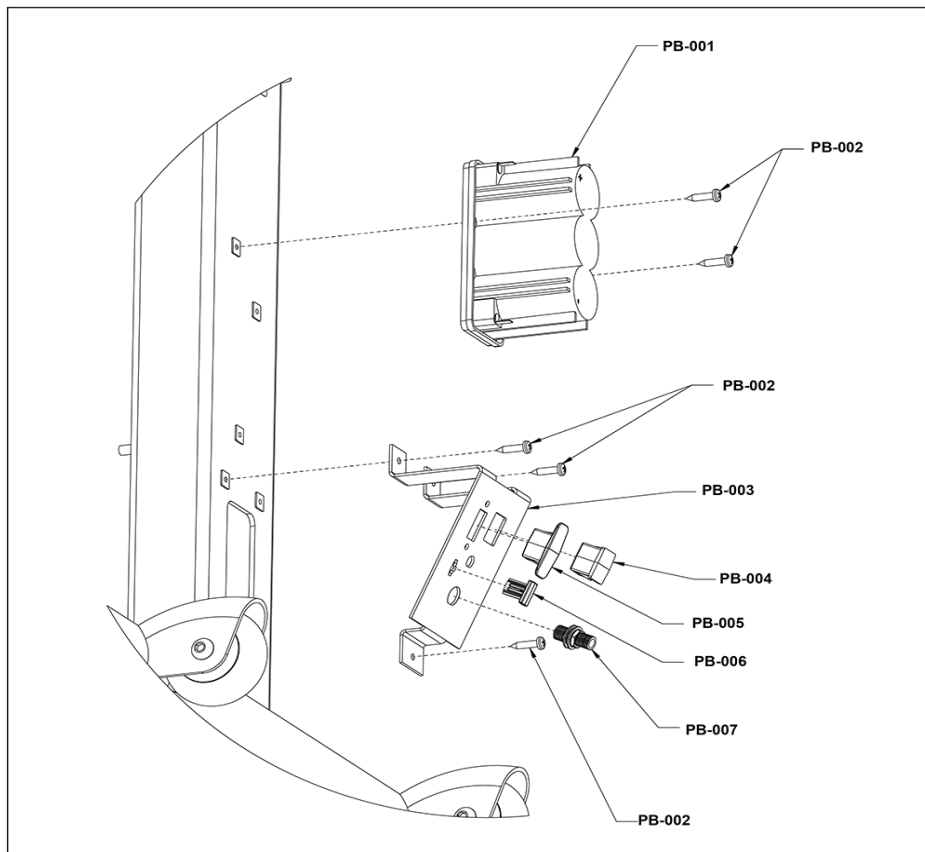
Ref #	Part Number	Qty	Description
LL-001	1022354-0001	1	RACK ASSY: UP-DOWN
LL-002	AK62-00124-0000	4	LEVELER: LEG, ASSEMBLY
LL-003	1010977-0001	2	WHEEL: NON-TREAD
LL-004	1001040-0001	4	BLOCK: LEVELER
LL-005	1011049-0001	2	RING: M10, E-RING, ST
LL-006	1011048-0001	1	CLEVIS PIN: 10mm O.D.
LL-007	0017-00103-0338	2	VMI NUT M8X1.25-6H6H DIN L THIN ST ZB B
LL-008	0017-00101-2150	8	SCREW: M8 X 1.25 6G6H X 20, UHS, HXW, CS, ST, ZB
LL-009	0017-00042-1147	11	GROMMET: SCREW, 8 OR 10
LL-010	1002971-0001	1	BRACKET: SHROUD CLIP
LL-011	0017-00101-1796	1	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
LL-012	1015538-0011	1	PCB ASSY: RCB MCFLY
LL-014	0017-00101-1838	4	SCREW: M3.5 X 1.3 6G6G X 19, PHL, PAN, AB, ST, ZN
LL-015	0017-00101-1874	1	SCREW: M4 X 0.70-6G6G X 16, ISO, PHL, PAN, MS, ST, ZN
LL-016	0017-00042-0821	4	GROMMET: SCREW, #6
LL-017	1013169-0001	1	SPACER: M5.3 X 8 X 7, ALUMINUM
LL-018	1020846-0001	4	INSERT: M10 X 1.5 X 19.75, INTERNAL, ST

## Pedals and Crank Arms



Ref #	Part Number	Qty	Description
PC-001	0K76-01054-0000	1	CRANK ARM: RIGHT
PC-002	0K76-01053-0000	1	CRANK ARM: LEFT
PC-003	0017-00101-1796	2	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
PC-004	0K66-01121-2400	2	CAP: CRANK, CHARCOAL GRAY
PC-005	AK58-00245-2401	2	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY
PC-006	1003706-0001	1	VENT: INSERT, RIGHT
PC-007	1003705-0001	1	VENT: INSERT, LEFT
PC-008	AK66-00048-0701	1	PEDAL ASSY: W/STRAP, STANDARD, LEFT, BLACK
PC-009	AK66-00047-0701	1	PEDAL ASSY: W/STRAP, STANDARD, RIGHT, BLACK
PC-010	1006921-0001	1	ASSEMBLY: PEDAL, LIFECYCLE, RIGHT
PC-011	1006920-0001	1	ASSEMBLY: PEDAL, LIFECYCLE, LEFT
PC-012	1001593-2400	1	SHROUD ASSEMBLY: MONOCOLUMN, RIGHT, CHARCOAL GREY
PC-013	1001594-2400	1	SHROUD: MONOCOLUMN, LEFT, CHARCOAL GREY
PC-014	0017-00101-2077	2	SCREW: M8 X 1.0 6G6H X 30, UNS, HXW, CS, ST, ZS
PC-020	1022454-0001	4	ENDCAP: FLOV : INJ MOLDED
PC-022	1013499-0001	4	NUT: M8 X 1.25-6H, HEX, LOCK, ZINC, CLASS 10

## Plugs and Battery



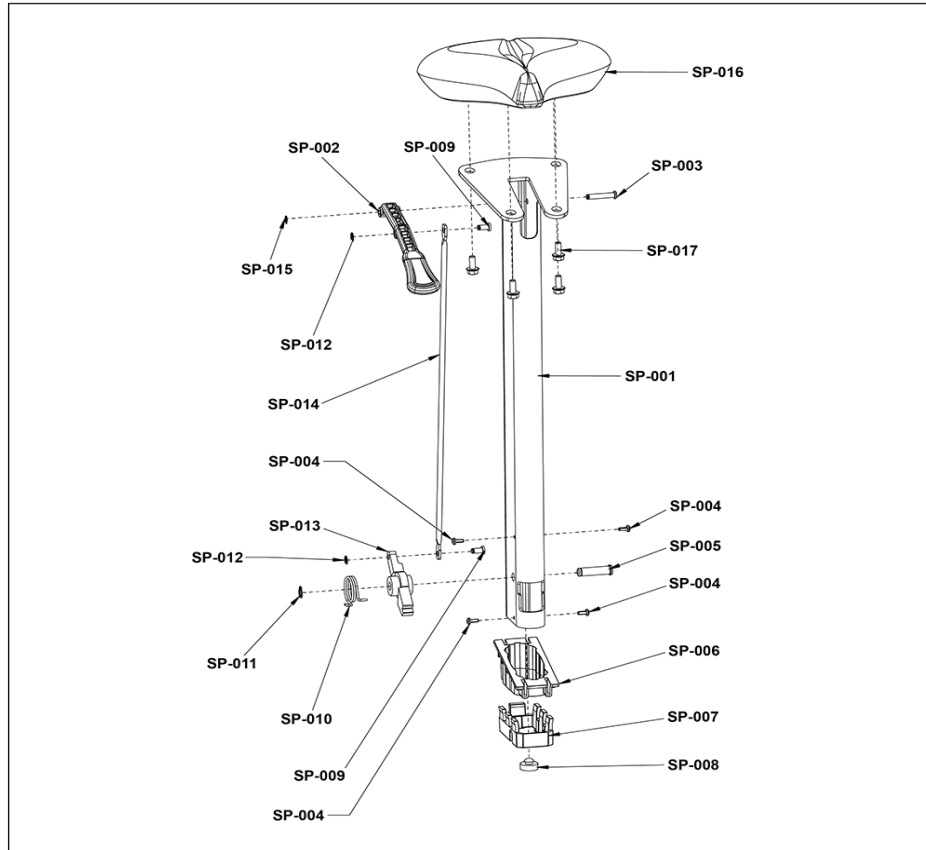
Ref #	Part Number	Qty	Description
PB-001	0017-00003-0685	1	BATTERY: 6 VOLT, 2.5AH C (0819-1006)
PB-002	0017-00101-1796	5	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
PB-003	1001537-0001	1	SHEET METAL: BRACKET, COM PORT
PB-004	1004601-0001	1	PLUG: RJ45 RECEPTACLE
PB-005	1005393-0700	1	PLUG: HDMI, BLACK
PB-006	1005470-0700	1	PLUG: IR PORT, BLACK
PB-007	0017-00021-2846	1	CONNECTOR: COAX, PANEL MOUNT

## Power Cords

LC-001		
LC-002		
LC-003		
LC-004		
LC-005		
LC-006		

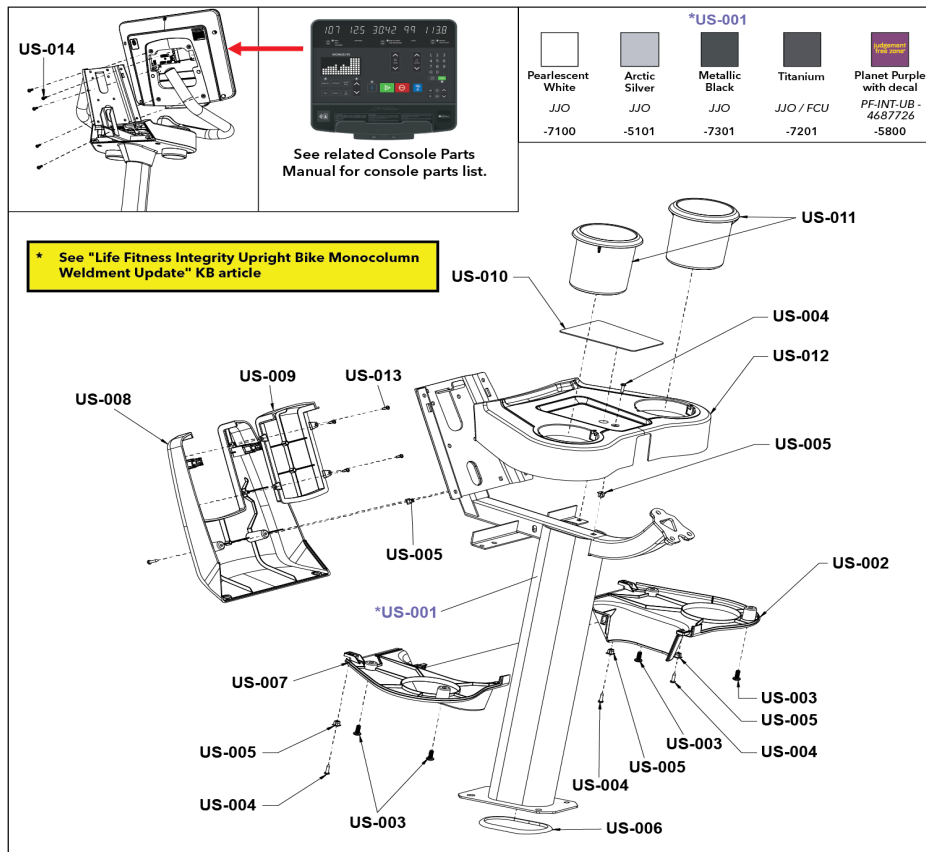
Ref #	Part Number	Qty	Description
LC-001	0017-00003-0691	1	LINE-CORD: CON 10A 250V B
LC-002	0017-00003-0704	1	LINE-CORD: DOM. 10A 125V B
LC-003	0017-00003-0889	1	LINE-CORD: 10A; U.K B
LC-004	0017-00003-0918	1	LINE-CORD: AUSTRALIA B
LC-005	0017-00003-1053	1	LINE-CORD: BRAZIL, IEC-C13
LC-006	0017-00003-1067	1	LINE-CORD: ARGENTINA, IRAM 2073, IEC-C13

## Seat and Seat Post



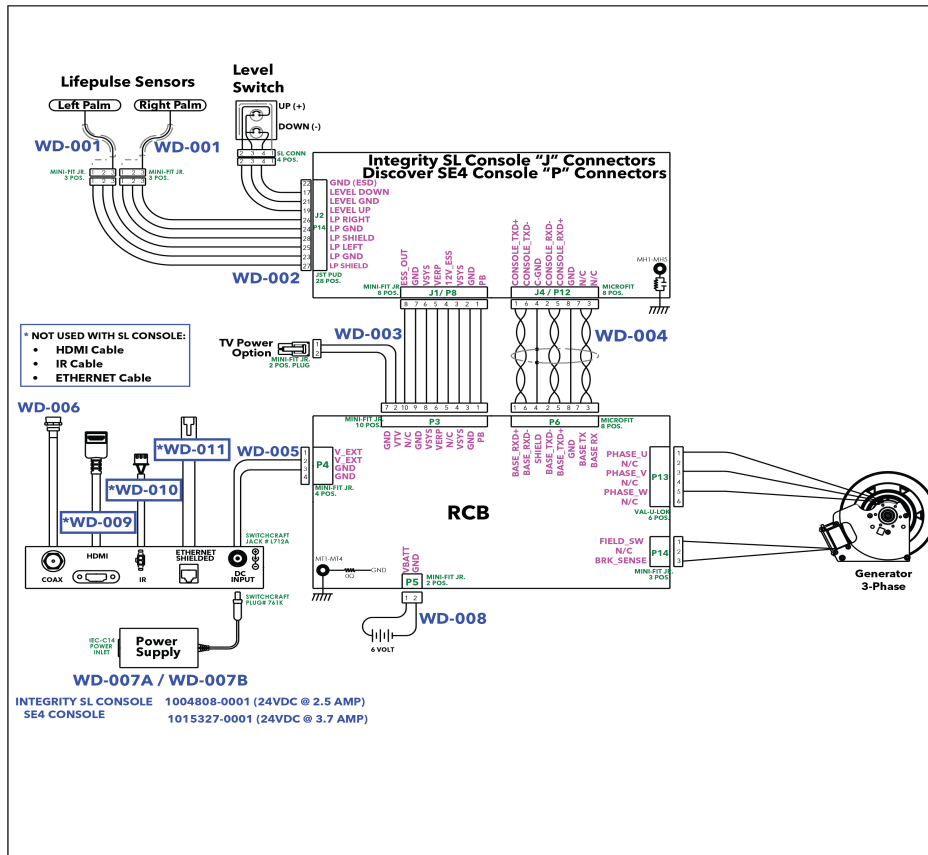
Ref #	Part Number	Qty	Description
SP-001	1012963-0001	1	ASSEMBLY: SEAT POST W/DECAL
SP-002	1001615-0500	1	HANDLE: SEAT ADJUSTMENT, UPRIGHT, RED
SP-003	1001557-0001	1	PIN: PIVOT, HANDLE
SP-004	0017-00101-1968	4	SCREW: M4 X 0.7 X 10, PHL, PAN, TT, ST, ZS
SP-005	1001558-0001	1	PIN: PIVOT, LATCH
SP-006	1001555-0001	1	BUSHING: SEAT POST, UPPER
SP-007	1001556-0001	1	BUSHING: SEAT POST, LOWER
SP-008	0K77-01066-0000	1	BUMPER: EPDM
SP-009	0K77-01028-0000	1	PIN: ROD, LOWER
SP-010	0K77-01032-0000	1	SPRING: UP/DOWN
SP-011	0017-00100-0253	1	RING: M10, RETAINING, EXT, ST
SP-012	0017-00100-0250	2	RING: M6, E-CLIP, ST
SP-013	0K77-01031-0000	1	LATCH: UP/DOWN
SP-014	0K77-01027-0000	1	ROD: UP/DOWN
SP-015	1001646-0001	1	RING: M6, RETAINING, EXT, ST
SP-016	1004863-0001	1	SEAT: UPRIGHT
SP-017	0017-00101-2150	4	SCREW: M8 X 1.25 6G6H X 20, UHS, HXW, CS, ST, ZB

## Upper Shrouds and Monocolumn



Ref #	Part Number	Qty	Description
US-001	1012966-0001	1	ASSEMBLY: MONOCOLUMN W/DECAL, UPRIGHT, PURPLE ROBUST
US-001	1022453-0000	1	WELDMENT: MONOCOLUMN, UPRIGHT
US-002	1001606-2400	1	SHROUD: BOTTOM, RIGHT, CHARCOAL GREY
US-003	0017-00101-2138	4	SCREW: M6 X 1.0 X 16, DIN, PHL, PAN, MS, ST, ZB
US-004	0017-00101-1796	5	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
US-005	0017-00042-1147	4	GROMMET: SCREW, 8 OR 10
US-006	1003232-0700	1	GASKET: MONOCOLUMN, BLACK
US-007	1001607-2400	1	SHROUD ASSEMBLY: BOTTOM, LEFT, CHARCOAL GREY
US-008	1001608-2400	1	SHROUD: REAR, CHARCOAL GREY
US-009	1012962-0001	1	ASSEMBLY: REAR SHROUD W/DECAL, FILLER, CHGR
US-010	1001610-0700	1	PAD: UPRIGHT TRAY, BLACK
US-011	1001034-2400	2	CUPHOLDER: LOCKING, CHARCOAL GRAY
US-012	1001605-2400	1	SHROUD ASSEMBLY: TOP, CHARCOAL GREY
US-013	0017-00101-1650	4	SCREW: 6-19 X 6, PHL, PAN, PLT, ST, ZB, VMI
US-014	0017-00101-1940	5	SCREW: M5 X 0.8 X 14, PHL, PAN, MS, ST, ZN

# Wiring Diagram with Integrity SL and Discover SE4 Consoles



Ref #	Part Number	Qty	Description
WD-001	1004560-0001	2	CABLE: LIFEPULSE ELECTRODES
WD-002	1014602-0000	1	CABLE: MCFLY UPRIGHT, BASE INTERFACE
WD-003	1015794-0002	1	CABLE: MCFLY UPRIGHT, RECUMB, CONSOLE TO BASE, POWER
WD-004	1002239-0002	1	CABLE: CONSOLE TO BASE, SIGNAL, 1300MM
WD-005	1003521-0001	1	CABLE: POWER, RCB TO PANEL, 5A, UPRIGHT BIKE
WD-006	AK65-00062-0000	1	CABLE ASSY: COAX, RG6
WD-007A	1015327-0001	1	POWER SUPPLY: 24VDC, 3.75A
WD-007B	1004808-0001	1	POWER SUPPLY: INPUT 100-240VAC, OUTPUT 24VDC 2.5A, 2.5MM PLUG
WD-008	AK69-00106-0000	1	CABLE ASSY: BATTERY, NON-TREADS, 26 INCH
WD-009	1001653-0003	1	CABLE ASSY: HDMI, PANEL MOUNT, RIGHT, 1700MM
WD-010	1001671-0003	1	CABLE: IR, CONSOLE TO PANEL, 1700MM
WD-011	AK70-00092-0004	1	CABLE ASSY: CAT5E, V2, 63.5 INCH

