

INSIGNIA BICEPS CURL - DEPENDENT

SS-BCD

Parts Manual

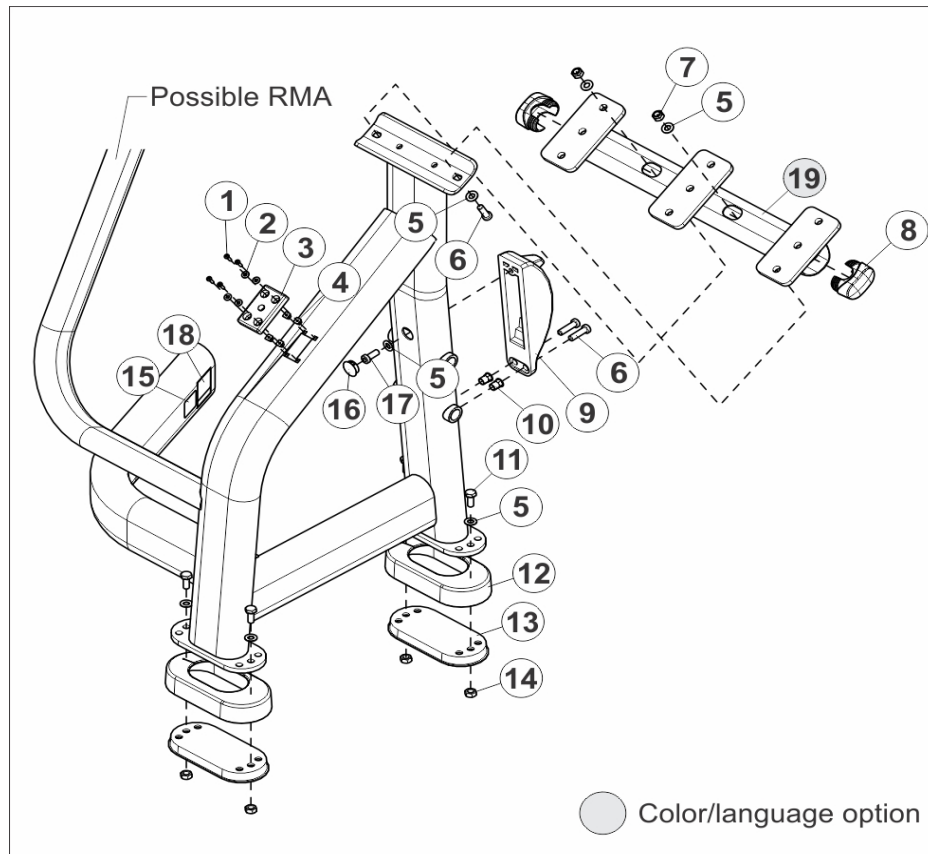
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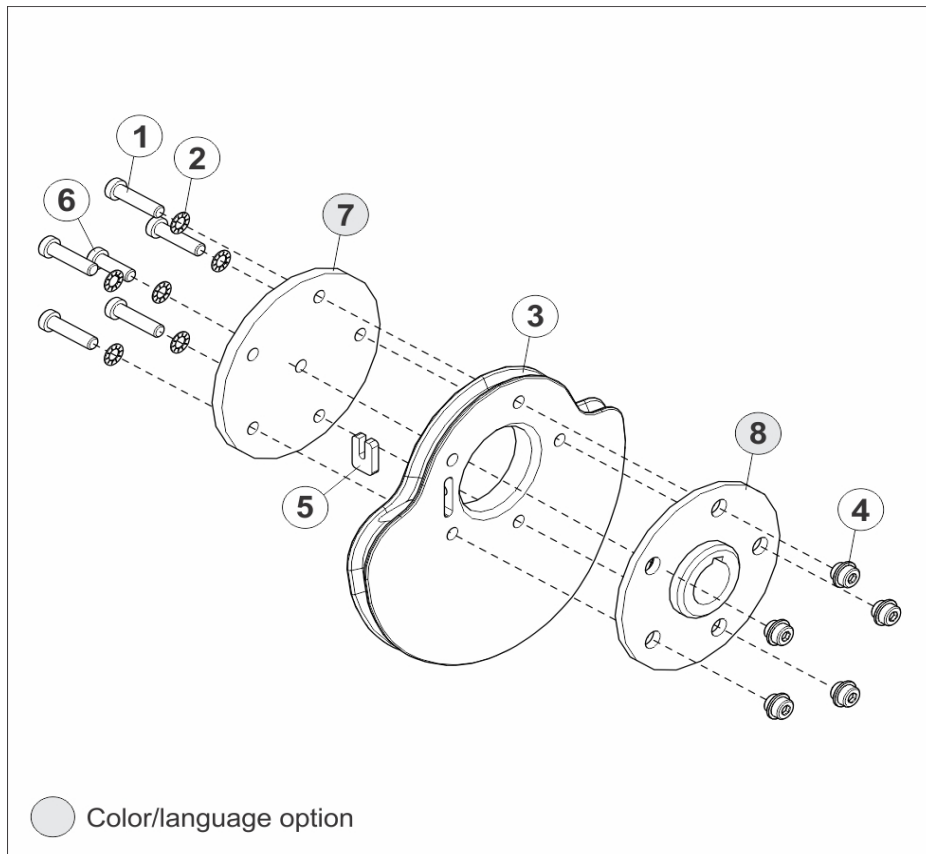
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Base



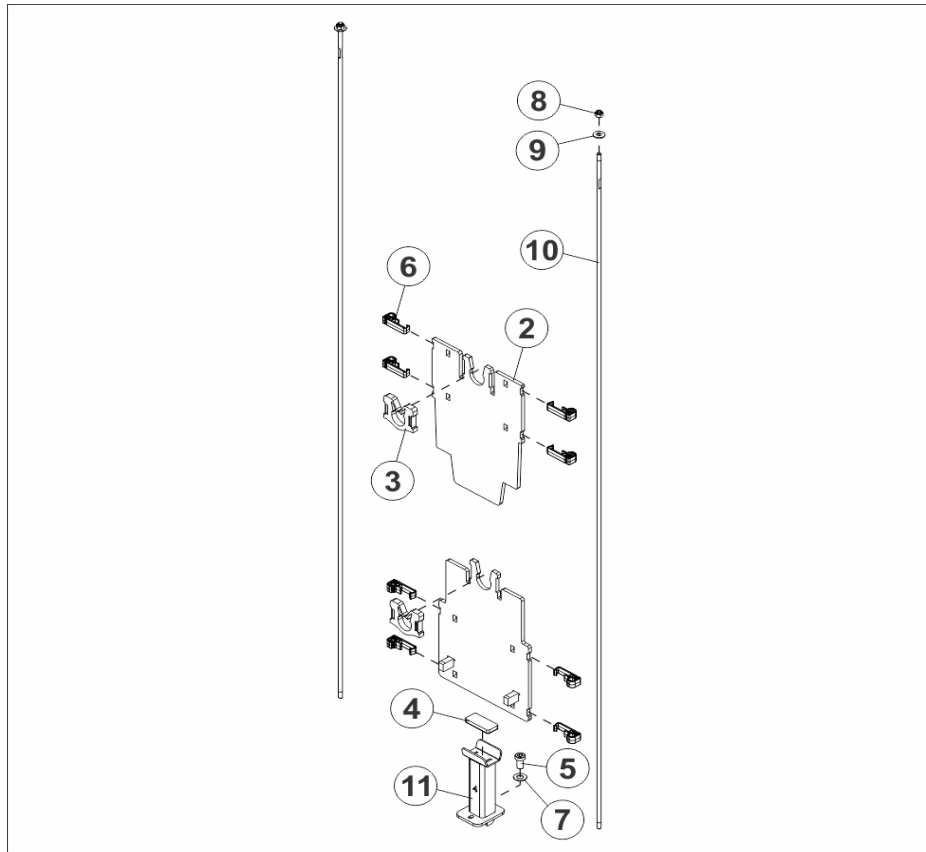
Ref #	Part Number	Qty	Description
1	3275801	4	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
2	3114407	4	WASHER, FLAT #10 SAE ST BZ
3	7810811	1	PAD, RUBBER FOOT -CHR
4	0017-00042-1147	4	GROMMET: SCREW, 8 OR 10
5	3236601	9	WASHER, 3/8 SAE STAINLESS STEEL
6	3236204	4	M10 X 1.5 X 35 SHCS, LOW HEAD
7	3236801	2	NUT, NYLOCK M10 X 1.5 SS
8	7333802	2	CAP, SMALL FLOV-END
9	1000144-0001	1	ADJUST BRKT, SS RF SEAT
10	3275401	2	M10X1.5 BLIND THREADED INSERT (HEX) -HVY
11	3251202	4	M10 X 1.5 X 25MM UNS HEX CS ST ZN
12	9319401	2	COVER, FOOT -STRT
13	9319301	2	FOOT, 2.5 X 4.49 FLOV
14	3254703	4	NUT, M10 X 1.5 HEX ZINC
15	9488901	1	LABEL, INSIGNIA, FCC
16	3237407	1	PLUG, 1 IN HOLE
17	3236202	1	M10 X 1.5 X 25 SHCS, LOW HEAD
18	7571301	1	LABEL, SERIAL NUMBER
19	1006594-0000	1	WLDMT: PAD MOUNT Custom

Cam



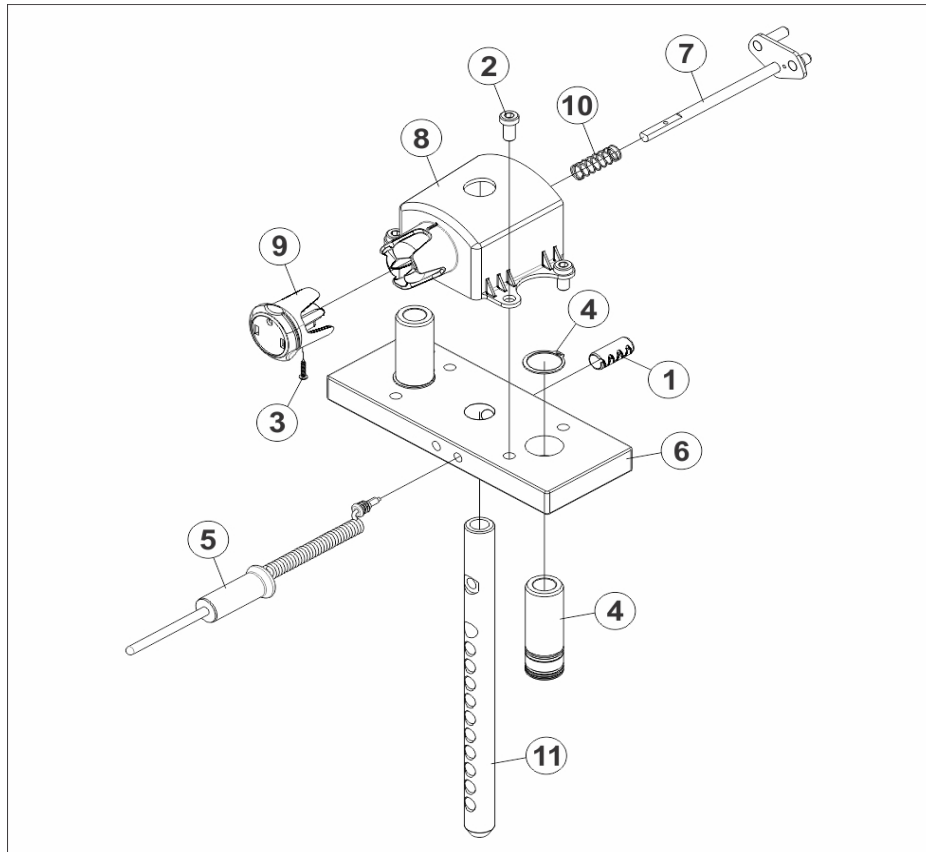
Ref #	Part Number	Qty	Description
1	3236205	5	M10 X 1.5 X 40 SHCS, LOW HEAD
2	3239502	6	WSH, 326-.602-031 IN-D ST ZN
3	1013067-0001	1	CAM: SS-BCD, CHARCOAL GRAY
4	7335401	5	NUT, M10 X 1.5 SOCKET HEAD
5	9454901	1	PLATE, CABLE END, T2
6	3236203	1	M10 X 1.5 X 30 SHCS, LOW HEAD
7	7329199	1	PLATE, FZ, CAM COVER Custom
8	1006602-0000	1	WLDMT: CAM HUB Custom

C and X Stack Increment Weight



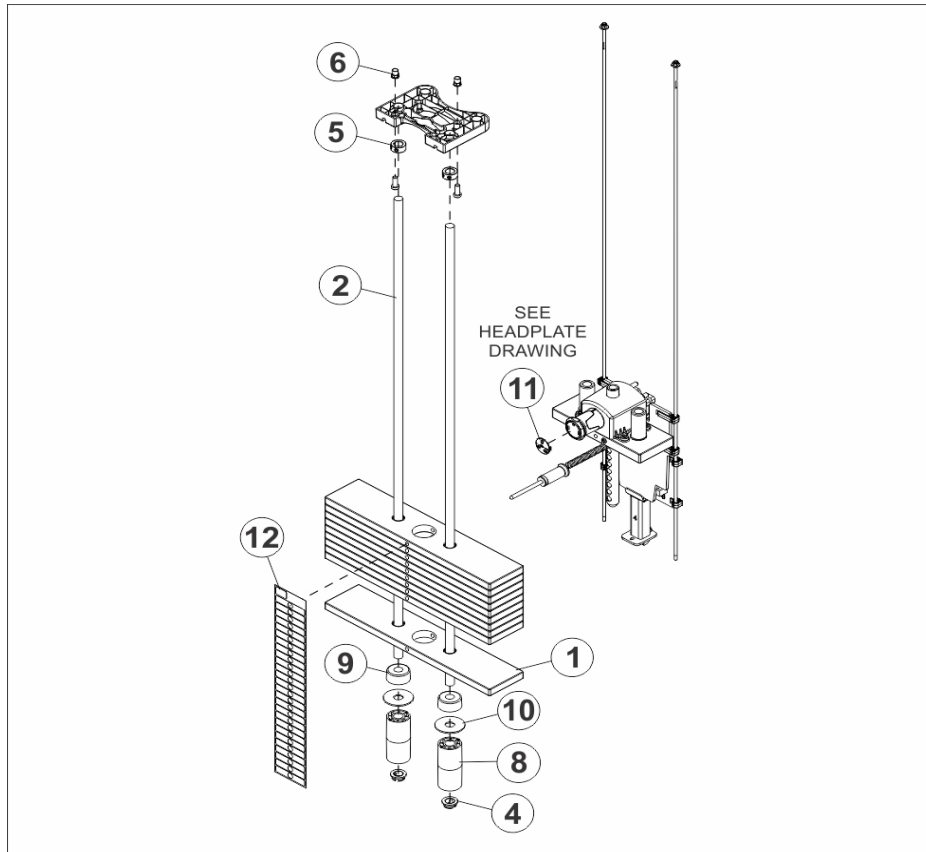
Ref #	Part Number	Qty	Description
1	1010971-2801	1	WLDMT: INC WEIGHT, 5LB, REAR -CHR
2	1010970-2801	1	PLATE: INC WEIGHT, 5LB, FRONT, 1/4" -CHR
3	1008920-0001	2	GUARD: INCREMENT WEIGHT, 0.25
4	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	1010803-0001	8	GUIDE ROD ASSY: INCR WT, 1/4", CHARCOAL GRAY
7,8	3236601	3	WASHER, 3/8 SAE STAINLESS STEEL
9	3102506	2	WASHER, FLAT 1/4 ID ZN
10	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
11	1010713-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 4" -CHR

C-Headplate



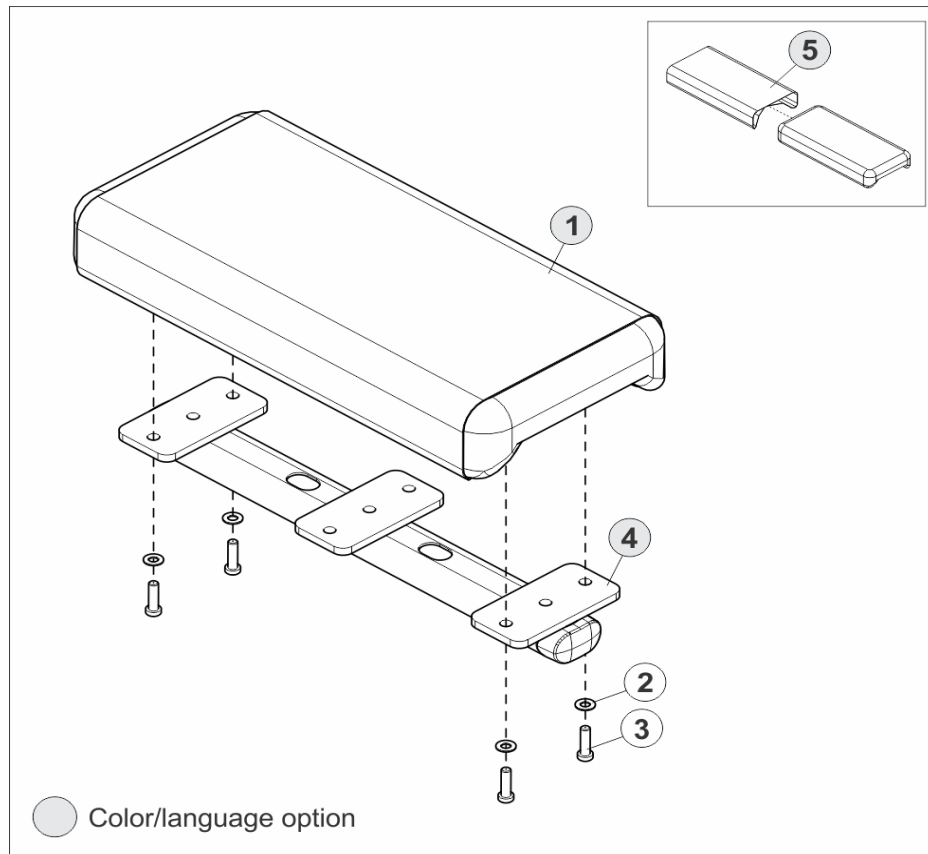
Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	1010800-0001	1	WLDMT, INC WGT PIN
8	1017209-0001	1	HOUSING: INC WEIGHT
9	9443201	1	KNOB, INC WEIGHT
10	9443301	1	SPRING, INC WGT PIN
11	9434201	1	BAYONET, 10 PLATE

C-Stack



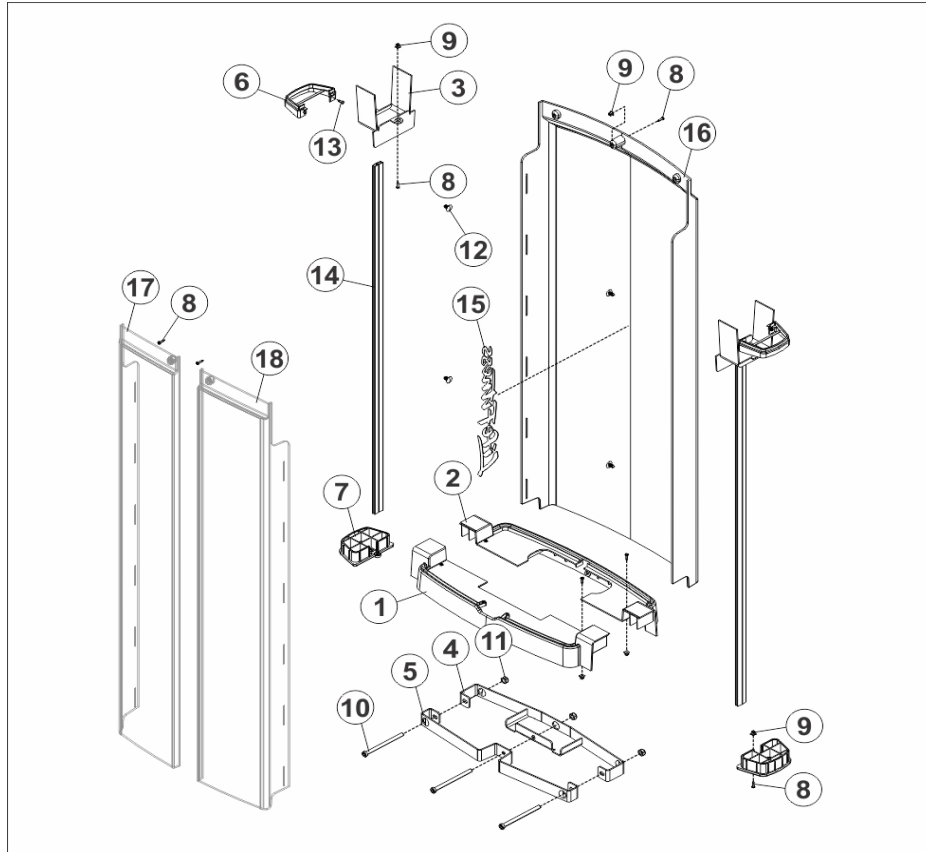
Ref #	Part Number	Qty	Description
1	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1004349-0004	2	SPACER, WGT STK, 2 PL8 ELV
9	7352101	2	CUSHION, WEIGHT STACK
10	1010765-0001	2	WASHER: 0.80 OD, 11GA
11	9431403	1	CAP, SELECTOR KNOB -LBS
11	9450103	1	CAP, SELECTOR KNOB -KGS
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

Elbow Pad



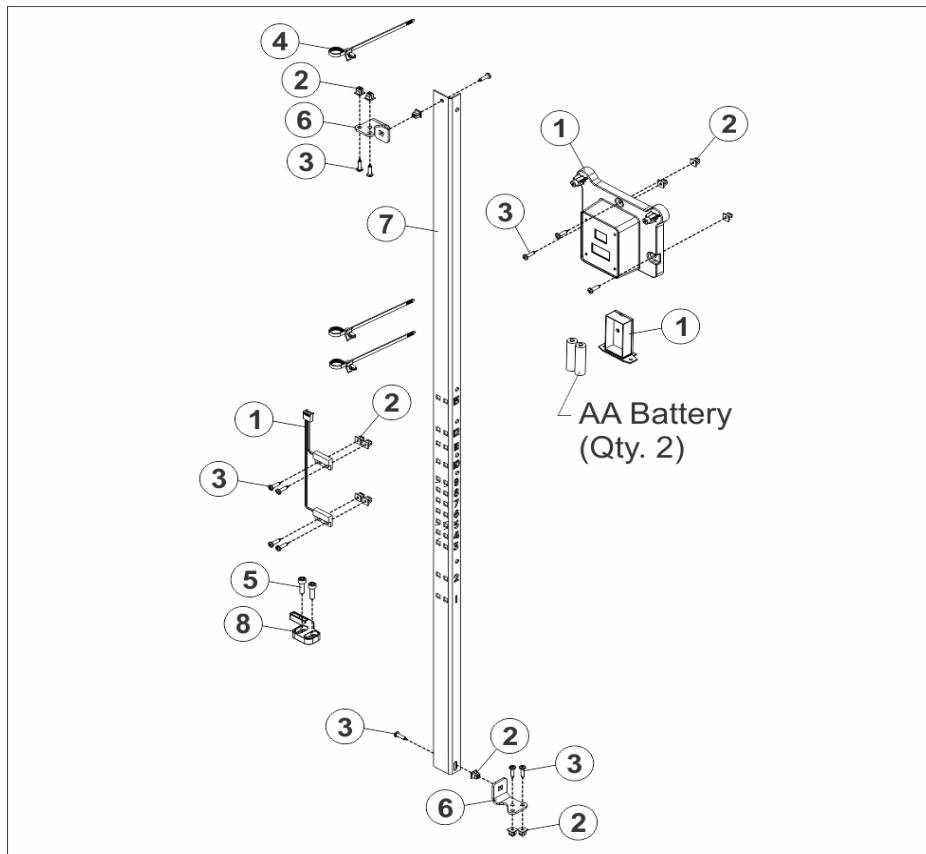
Ref #	Part Number	Qty	Description
1	8007099	1	PAD, ELBOW 24 X 11 Custom
1	1013372-0101	1	PAD, ELBOW 24 X 11 DBL STITCH- BLACK
1	1013372-0199	1	PAD, ELBOW 24 X 11 DBL STITCH- Custom
1	8007001	1	PAD, ELBOW 24 X 11 Black
2	3236601	4	WASHER, 3/8 SAE STAINLESS STEEL
3	3236204	4	M10 X 1.5 X 35 SHCS, LOW HEAD
4	1006594-0099	1	WLDMT: PAD MOUNT Custom
5	8027999	1	WEAR COVER, ELBOW PAD 24 X 11- Custom
5	1013382-0299	1	COVER: WEAR, ELBOW PAD, 24 X 11, DBL STITCH, CUS Custom
5	1013382-0201	1	COVER: WEAR, ELBOW PAD, 24 X 11, DBL STITCH, CUS BLACK
5	8027901	1	WEAR COVER, ELBOW PAD 24 X 11- Black

Full Shroud



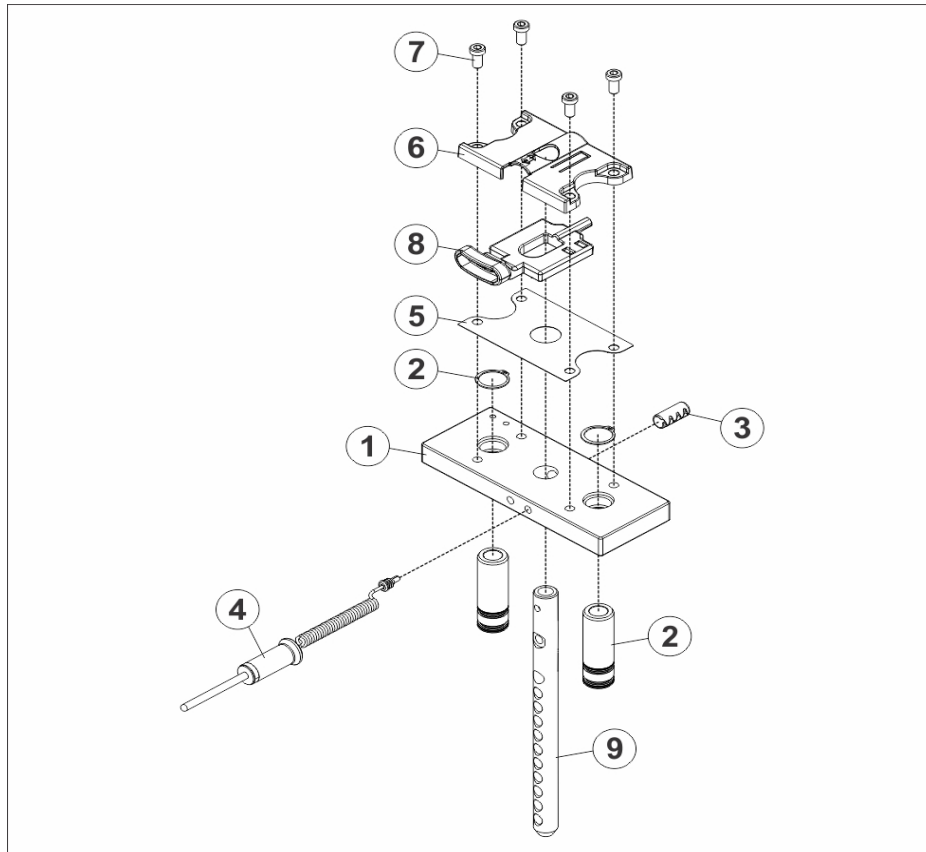
Ref #	Part Number	Qty	Description
1	9410801	1	COVER, TOWER BOTTOM -FRONT
2	1007064-0001	1	COVER: TOWER BOTTOM, REAR
3	9415701	2	COVER, SS, TWR
4	1007151-0001	1	WLDMT: TOWER GUARD BRACKET, REAR PLTD
5	1007622-0001	1	BRACKET: TOWER GUARD, FRONT
6	9415801	2	GASKET, TRAP TUBE
7	9412701	2	ASSY, TRAP TUBE, CAP -BTM
8	3275801	11	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	0017-00042-1147	9	GROMMET: SCREW, 8 OR 10
10	3236220	3	M10 X 1.5 X 130 SHCS, LOW HEAD
11	3236801	3	NUT, NYLOCK M10 X 1.5 SS
12	1006620-0001	4	RETAINER: PANEL, 9/32 X 1/2 NYL
13	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
14	9414601	2	SHROUD EXTRUSION - SHORT
15	9489101	1	LABEL, LIFE FITNESS, 20IN.
16	9489001	1	SHROUD, SS, REAR, SRT
17	9410601	1	SHROUD, TOWER FRONT, LT - SHORT
18	9410701	1	SHROUD, TOWER FRONT, RT - SHORT

L-Trim Sensor



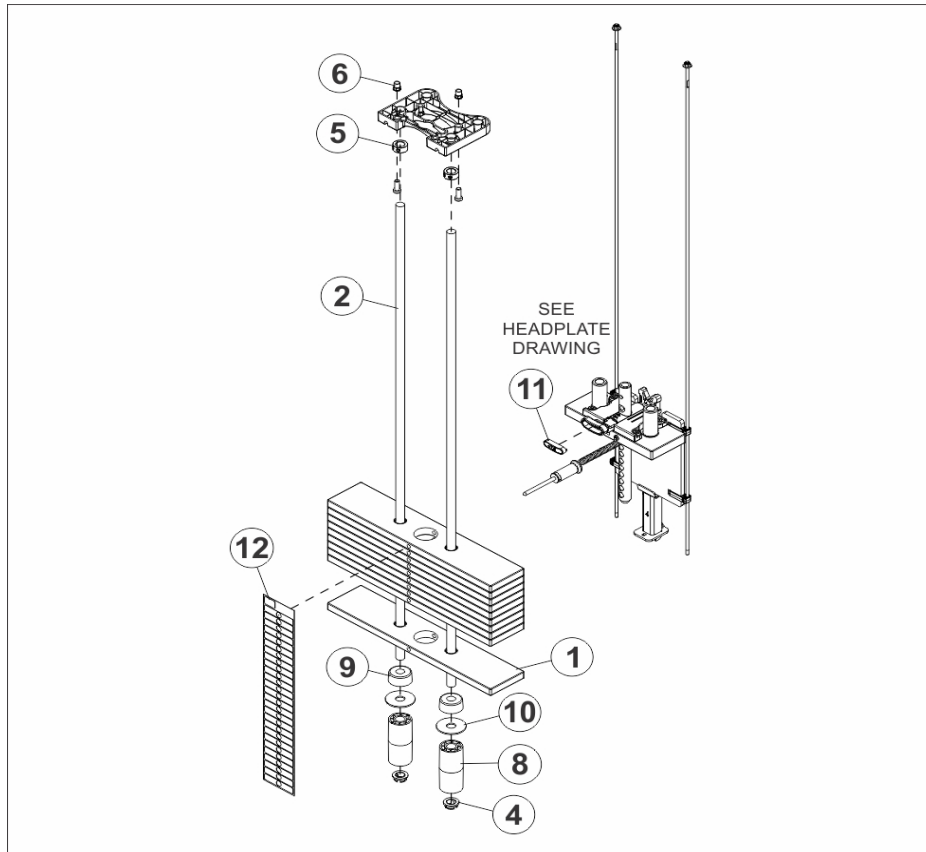
Ref #	Part Number	Qty	Description
1	1008199-0001	1	ASSY: REP COUNTER/SWITCH/MAGNET
2	0017-00042-1147	13	GROMMET: SCREW, 8 OR 10
3	3275801	13	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
4	3276501	3	CABLE TIE 11 IN.
5	3241701	2	M6 X 1 X 20MM SHCS, STD HEAD
6	1007269-0028	2	BRACKET: RAIL MOUNT, REP CNTR -CHR
7	1008003-0028	1	BRACKET: SWITCH MNT, STD -CHR
8	1007177-0001	1	ASSY: MAGNET, REP CNTR DCI

P-Headplate



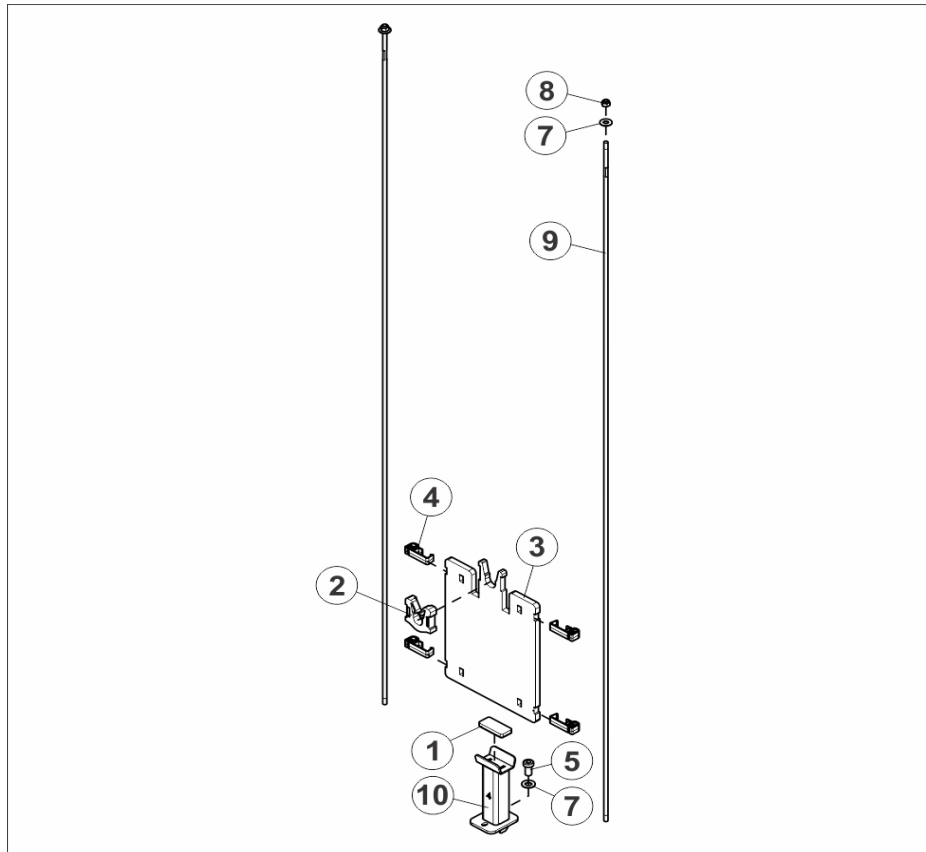
Ref #	Part Number	Qty	Description
1	9427401	1	HEADPLATE, WT. STACK, 10LB
2	9296001	2	BUSHING, HEADPLATE, LONG
3	3236001	1	BUSHING, SPRING PIN
4	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
5	1006707-0001	1	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
6	1007806-0001	1	HSNG, 7.5LB INC WEIGHT
7	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1008675-0001	1	HANDLE: 7.5LB INC WT, PLASTIC
9	9434201	1	BAYONET, 10 PLATE

P-Stack



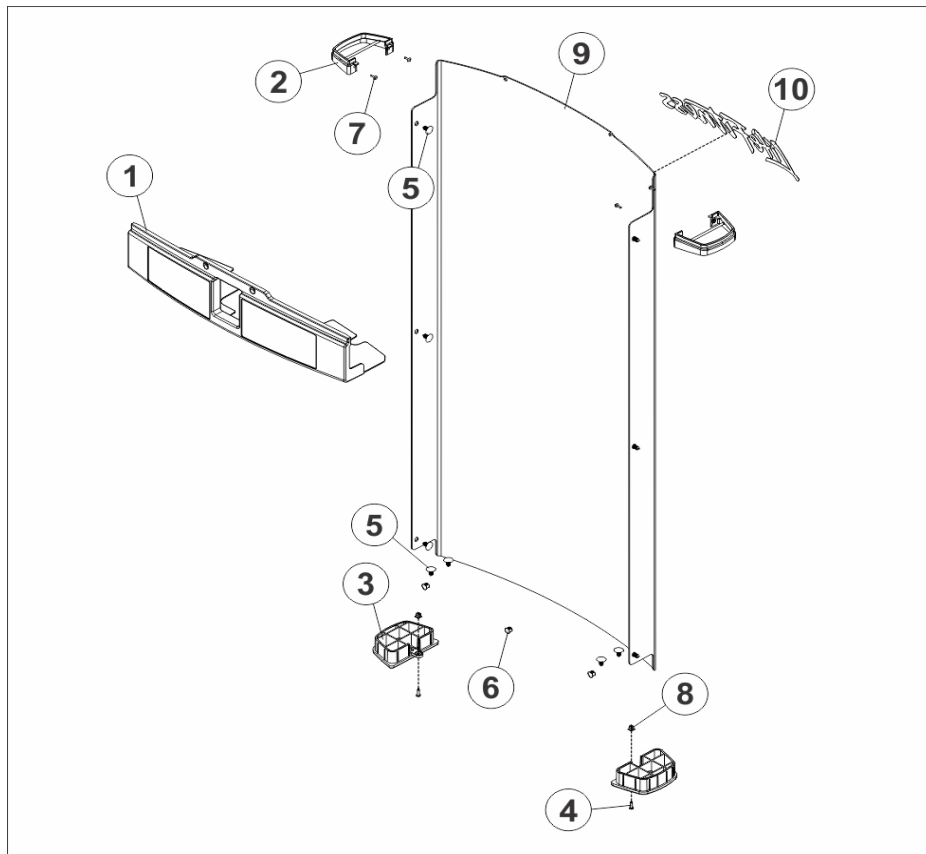
Ref #	Part Number	Qty	Description
1	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1004349-0004	2	SPACER, WGT STK, 2 PL8 ELV
9	7352101	2	CUSHION, WEIGHT STACK
10	1010765-0001	2	WASHER: 0.80 OD, 11GA
11	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
11	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

P-Stack Increment Weight



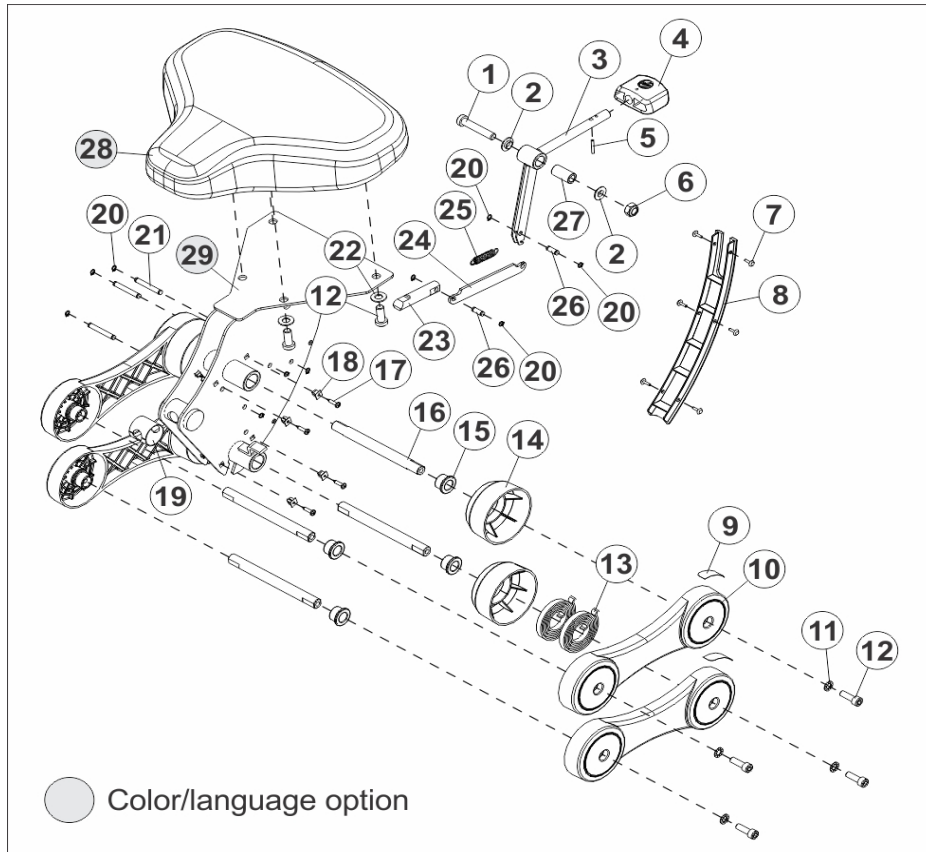
Ref #	Part Number	Qty	Description
1	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1008366-0028	1	PLATE: INCREMENT WEIGHT, 7.5LB - CHR
4	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6,8	3236601	3	WASHER,3/8 SAE STAINLESS STEEL
7	3102506	2	WASHER, FLAT 1/4 ID ZN
9	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
10	1010713-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 4" -CHR

Rear Shroud



Ref #	Part Number	Qty	Description
1	1008444-0001	1	ASSY: TOP TRIM, PLACARD MNT
2	9415801	2	GASKET, TRAP TUBE
3	9412701	2	ASSY, TRAP TUBE, CAP -BTM
4	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	1006620-0001	10	RETAINER: PANEL, 9/32 X 1/2 NYL
6	3237405	3	PLUG, 7/16 IN HOLE
7	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
8	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
9	1009335-0001	1	SHROUD: REAR, W/LOGO, STD
10	1008491-0001	1	LABEL, LIFE FITNESS, 16IN

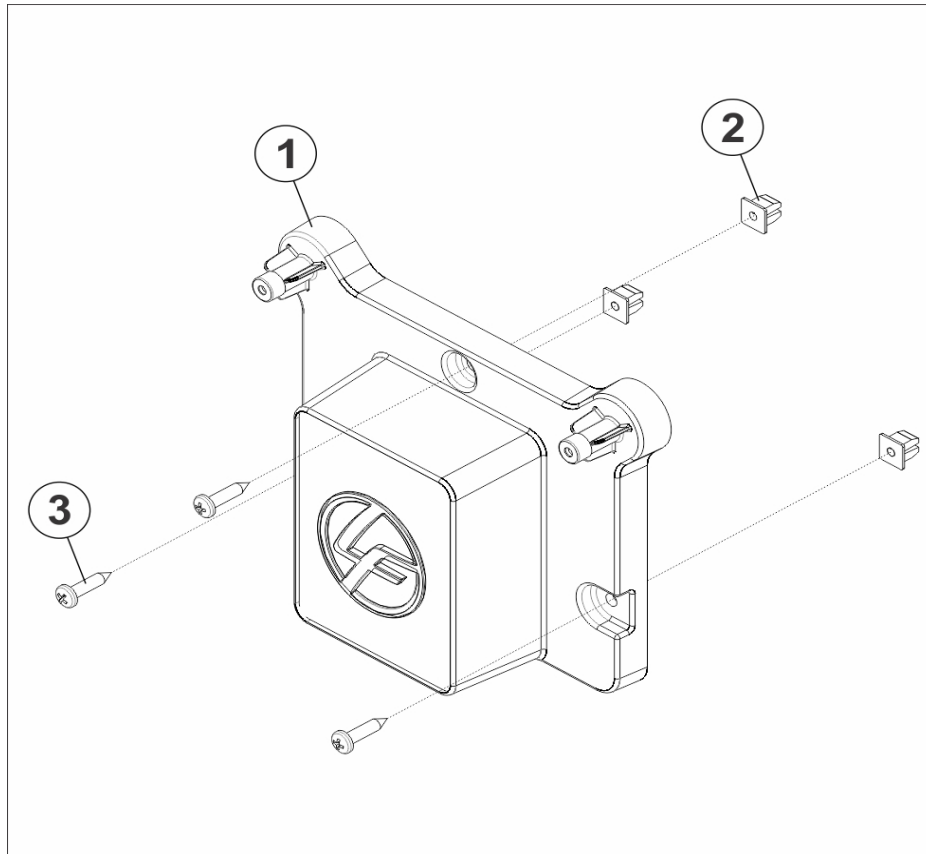
Seat



Ref #	Part Number	Qty	Description
1	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
2	7776401	2	SPACER, FLANGE .406 X .495 X .81
3	9400628	1	WLDMT, SS-PD SEAT HANDLE, CHR
4	9402503	1	HANDLE, SS-SEAT - YEL
5	3110010	1	ROLL PIN, 1/8 X DIA X 7/8
6	3236801	1	NUT, NYLOCK M10 X 1.5 SS
7	0017-00101-1587	6	RVT 201X0413X.354 T NY NO
8	9402201	1	GUARD, SS-SEAT, CHR
9	9480801	1	LABEL; SEAT POSITION, SMALL
10	9365228	4	SEAT LINK, CAST -CHR
11	3239502	8	WSH, 326-.602-031 IN-D ST ZN
12	3236202	8	M10 X 1.5 X 25 SHCS, LOW HEAD
13	9365401	4	SPRING, SPIRAL TORSION
14	9402801	4	ADJUST RING, SS-SEAT, CHR
15	3275004	8	BEARING, FLANGE, METRIC 15MM
16	9448401	4	SHAFT, SS-SEAT, 15MM
17	3275801	8	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
18	0017-00042-1147	8	GROMMET: SCREW, 8 OR 10
19	9485701	1	PAINT GUARD, PIN HOUSING
20	3232401	10	RNG, BRE .230,5100-25, ST,PP,B
21	9541701	3	PIN, LINK
22	3236601	4	WASHER,3/8 SAE STAINLESS STEEL

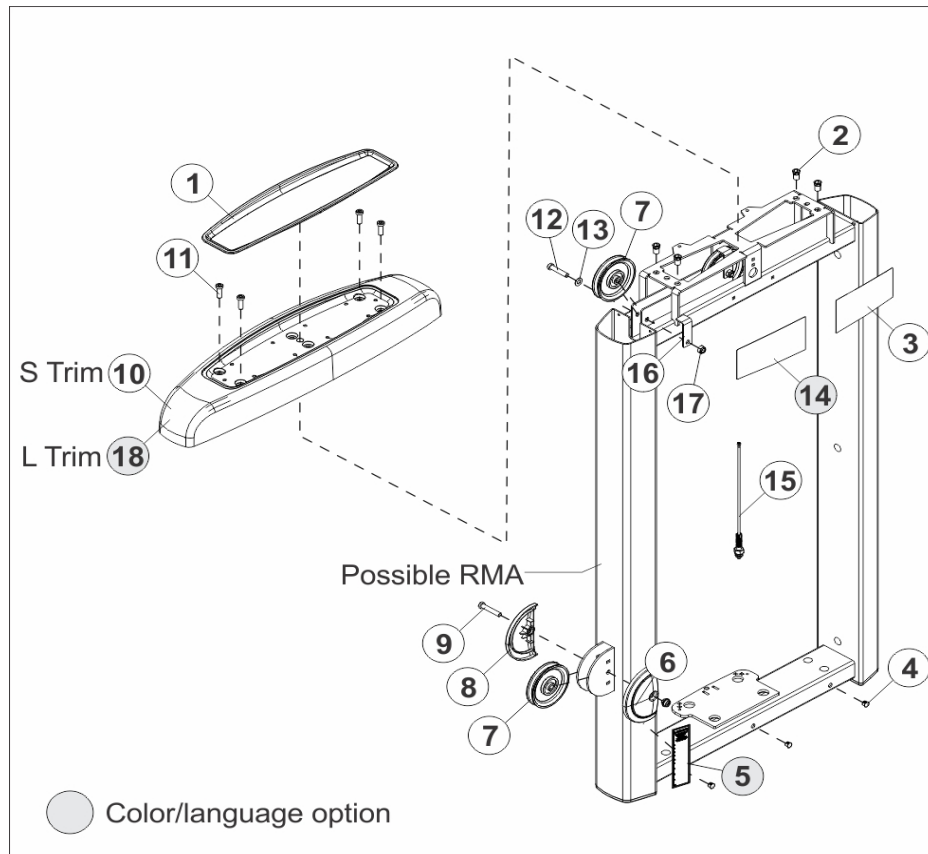
Ref #	Part Number	Qty	Description
23	9401101	1	PULLPIN, SS-SEAT
24	9401001	1	PLATE, SS-SEAT HANDLE CONNECT
25	3239201	1	SPRING, EXT, .375 X .049 X 2.0
26	7407501	2	PIN, LINK X .520
27	7776501	1	SHAFT, .625 X .406 X 1.200
28	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
29	1000016-0199	1	PAD, SEAT SADDLE CUS, DBL STITCH- Custom
29	1000016-0101	1	PAD, SEAT SADDLE CUS, DBL STITCH- BLACK
29	1000016-0001	1	PAD, SEAT SADDLE CUS, SNGL STITCH- BLACK
29	1000016-0099	1	PAD, SEAT SADDLE CUS, SNGL STITCH- Custom
30	9400299	1	WLDMT, SS- PD SEAT SUPPORT Custom

S-Trim Sensor



Ref #	Part Number	Qty	Description
1	1006334-0001	1	ASSY, DUMMY HOUSING
2	0017-00042-1147	3	GROMMET: SCREW, 8 OR 10
3	3275801	3	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB

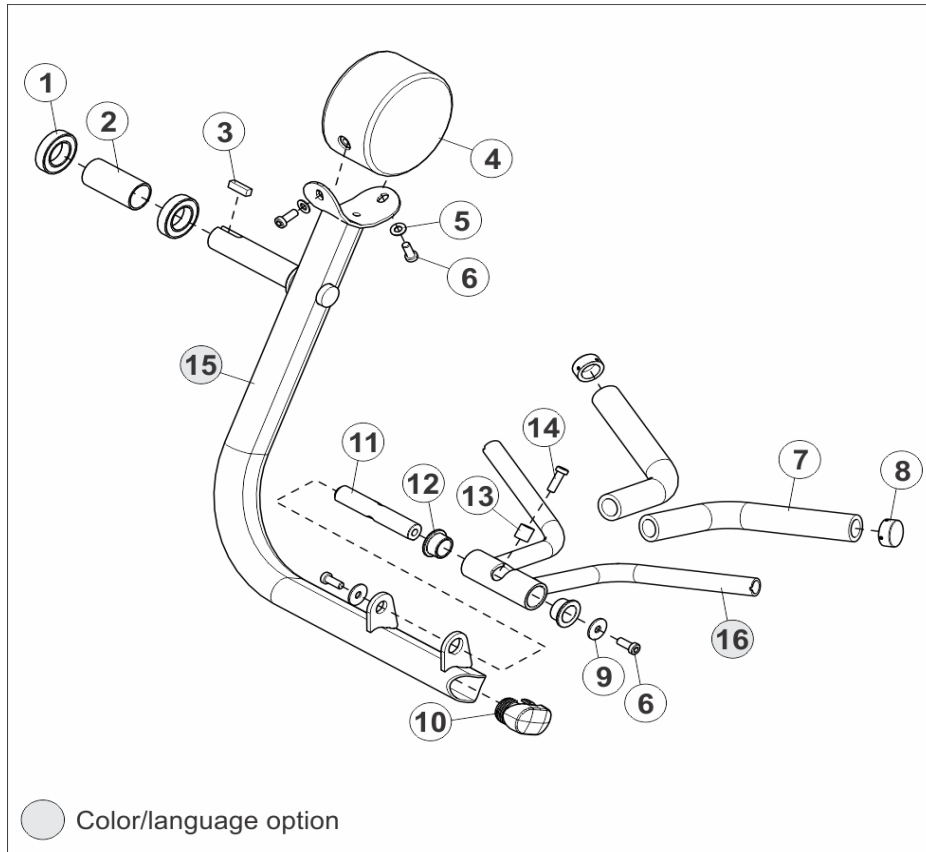
Tower



Ref #	Part Number	Qty	Description
1	9411201	1	TRAY, TOWER TOP CAP
2	3275401	4	M10X1.5 BLIND THREADED INSERT (HEX) -HVY
3	1013389-0001	1	LABEL: SS-BCD PLACARD, RH
4	3237405	3	PLUG, 7/16 IN HOLE
5	8220002	1	Label, ASTM, Select Vertical - German
5	8220003	1	Label, ASTM, Select Vertical - French
5	8220004	1	Label, ASTM, Select Vertical - Spanish
5	8220005	1	Label, ASTM, Select Vertical - Italian
5	8220006	1	Label, ASTM, Select Vertical - Dutch
5	8220007	1	Label, ASTM, Select Vertical - Japanese
5	8220008	1	Label, ASTM, Select Vertical - Portugese
5	8220001	1	Label, ASTM, Select Vertical - English
5	8220011	1	Label, ASTM, Select Vertical - Turkish
5	8220012	1	Label, ASTM, Select Vertical - English Ice Blue Metallic
5	8220010	1	Label, ASTM, Select Vertical - Russian
5	8220013	1	Label, ASTM, Select Vertical - English Red
6	7335401	1	NUT, M10 X 1.5 SOCKET HEAD
7	9319901	2	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
8	8094102	2	COVER, PULLEY -BOLTED PARTIAL -CHGR
9	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
10	9436701	1	CAP, TOWER, TOP, PLASTIC
11	3236203	4	M10 X 1.5 X 30 SHCS, LOW HEAD

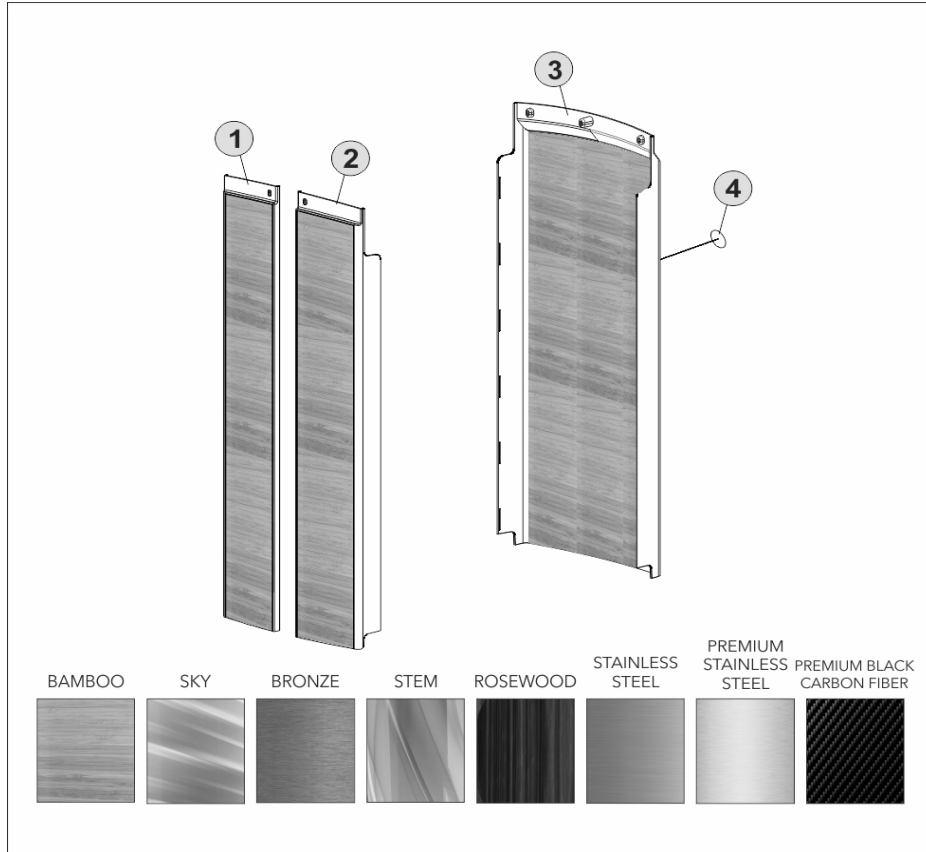
Ref #	Part Number	Qty	Description
12	3236207	2	M10 X 1.5 X 50 SHCS, LOW HEAD
13	3236601	2	WASHER,3/8 SAE STAINLESS STEEL
14	1013390-0003	1	LABEL: SS-BCD PLACARD, LH - FRN
14	1013390-0004	1	LABEL: SS-BCD PLACARD, LH - SPN
14	1013390-0007	1	LABEL: SS-BCD PLACARD, LH - JAP
14	1013390-0008	1	LABEL: SS-BCD PLACARD, LH - POR
14	1013390-0010	1	LABEL: SS-BCD PLACARD, LH - RUS
14	1013390-0001	1	LABEL: SS-BCD PLACARD, LH - ENG
14	1013390-0012	1	LABEL: SS-BCD PLACARD, LH - CHI
15	9423925	1	CABLE, SS-BCD
16	6757701	2	CLIP, CABLE 2-7/8 X 1 X 1
17	3236801	2	NUT, NYLOCK M10 X 1.5 SS
18	9412699	1	CAP, SS, CAST Custom

Work Arm



Ref #	Part Number	Qty	Description
1	3243201	2	BEARING, 6007 BALL
2	7511503	1	SPACER, FZ/PS INTERNAL X 3.345
3	7511601	1	KEY, .375 SQUARE X 1.25
4	7802002	1	COUNTER WEIGHT, LARGE-COATED
5	3236601	2	WASHER, 3/8 SAE STAINLESS STEEL
6	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
7	3235807	2	GRIP, 1.50 OD X .25 WALL OPEN END
8	7662902	2	CAP, GRIP 1.50 OD, 10-0133-026, BNR
9	3236602	2	WASHER, 3/8 ID X 1.25 OD SS
10	7333802	2	CAP, SMALL FLOV-END
11	1012121-0001	1	SHAFT: D-PROFILE, 1.0 OD X 5.5" CRS
12	3104903	2	BRNG, FLANGE 1.00 ID X 1.25 OD
13	9344401	1	SPACER, .406 X .750 X .750
14	3275503	1	SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH
15	1012139-0000	1	WLDMT: SS-BCD WORK ARM Custom
16	1012137-0000	1	WLDMT: SS-BCD HANDLE Custom

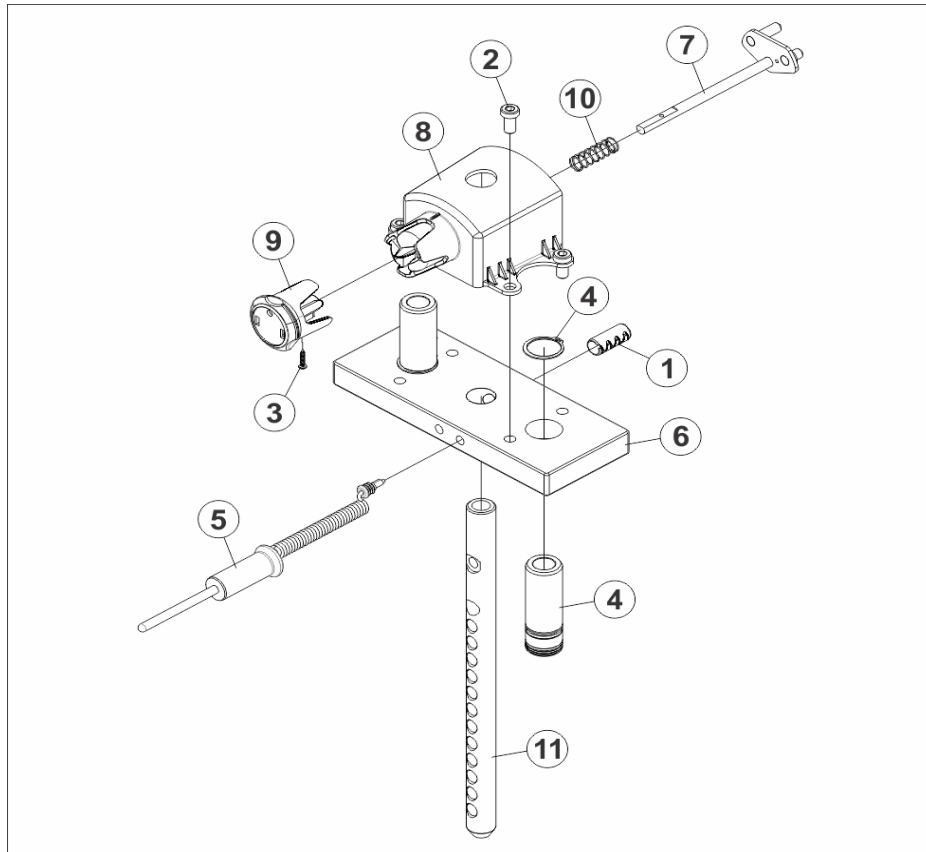
Wrapped Shroud



Ref #	Part Number	Qty	Description
1	1003204-0007	1	SHROUD, SS, FNT, LT, SRT, ABS-SS
1	1003204-0008	1	SHROUD, SS, FNT, LT, SRT, ABS-PSS
1	1003204-0006	1	SHROUD, SS, FNT, LT, SRT, ABS-RSW
1	1003204-0009	1	SHROUD, SS, FNT, LT, SRT, ABS-PBCF
1	1003204-0005	1	SHROUD, SS, FNT, LT, SRT, ABS-STM
1	1003204-0004	1	SHROUD, SS, FNT, LT, SRT, ABS-BRZ
1	1003204-0003	1	SHROUD, SS, FNT, LT, SRT, ABS-SKY
1	1003204-0002	1	SHROUD, SS, FNT, LT, SRT, ABS-BAM
2	1003203-0009	1	SHROUD, SS, FNT, RT, SRT, ABS-PBCF
2	1003203-0008	1	SHROUD, SS, FNT, RT, SRT, ABS-PSS
2	1003203-0007	1	SHROUD, SS, FNT, RT, SRT, ABS-SS
2	1003203-0006	1	SHROUD, SS, FNT, RT, SRT, ABS-RSW
2	1003203-0004	1	SHROUD, SS, FNT, RT, SRT, ABS-BRZ
2	1003203-0003	1	SHROUD, SS, FNT, RT, SRT, ABS-SKY
2	1003203-0002	1	SHROUD, SS, FNT, RT, SRT, ABS-BAM
2	1003203-0005	1	SHROUD, SS, FNT, RT, SRT, ABS-STM
3	1003205-0005	1	SHROUD, SS, REAR, SRT, ABS-STM
3	1003205-0002	1	SHROUD, SS, REAR, SRT, ABS-BAM
3	1003205-0003	1	SHROUD, SS, REAR, SRT, ABS-SKY
3	1003205-0004	1	SHROUD, SS, REAR, SRT, ABS-BRZ
3	1003205-0009	1	SHROUD, SS, REAR, SRT, ABS-PBCF
3	1003205-0006	1	SHROUD, SS, REAR, SRT, ABS-RSW

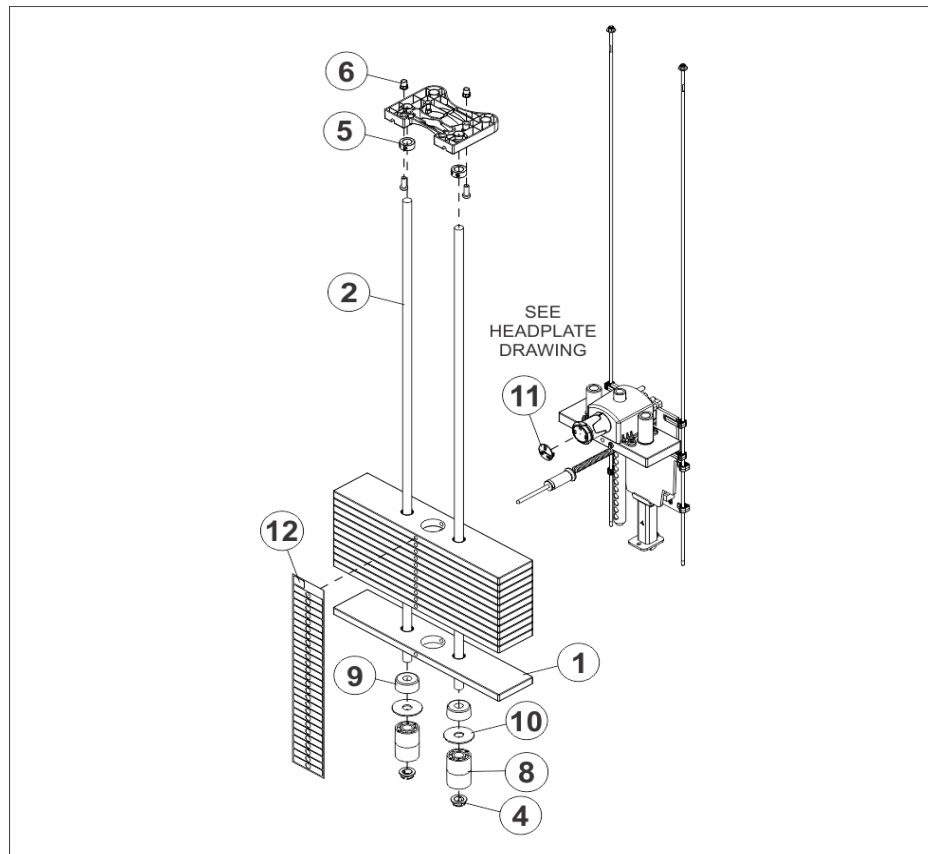
Ref #	Part Number	Qty	Description
3	1003205-0007	1	SHROUD, SS, REAR, SRT, ABS-SS
3	1003205-0008	1	SHROUD, SS, REAR, SRT, ABS-PSS
4	AK58-00245-2401	1	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY

X-Headplate



Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	1010800-0001	1	WLDMT, INC WGT PIN
8	1017209-0001	1	HOUSING: INC WEIGHT
9	9443201	1	KNOB, INC WEIGHT
10	9443301	1	SPRING, INC WGT PIN
11	9426001	1	BAYONET, 12 PLATE

X-Stack



Ref #	Part Number	Qty	Description
1	9407601	12	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1004349-0003	2	SPACER, WGT STK, 4 PL8
9	7352101	2	CUSHION, WEIGHT STACK
10	1010765-0001	2	WASHER: 0.80 OD, 11GA
11	9450103	1	CAP, SELECTOR KNOB -KGS
11	9431403	1	CAP, SELECTOR KNOB -LBS
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

