

INSIGNIA SERIES LEG CURL

SS-LC-H

Parts Manual

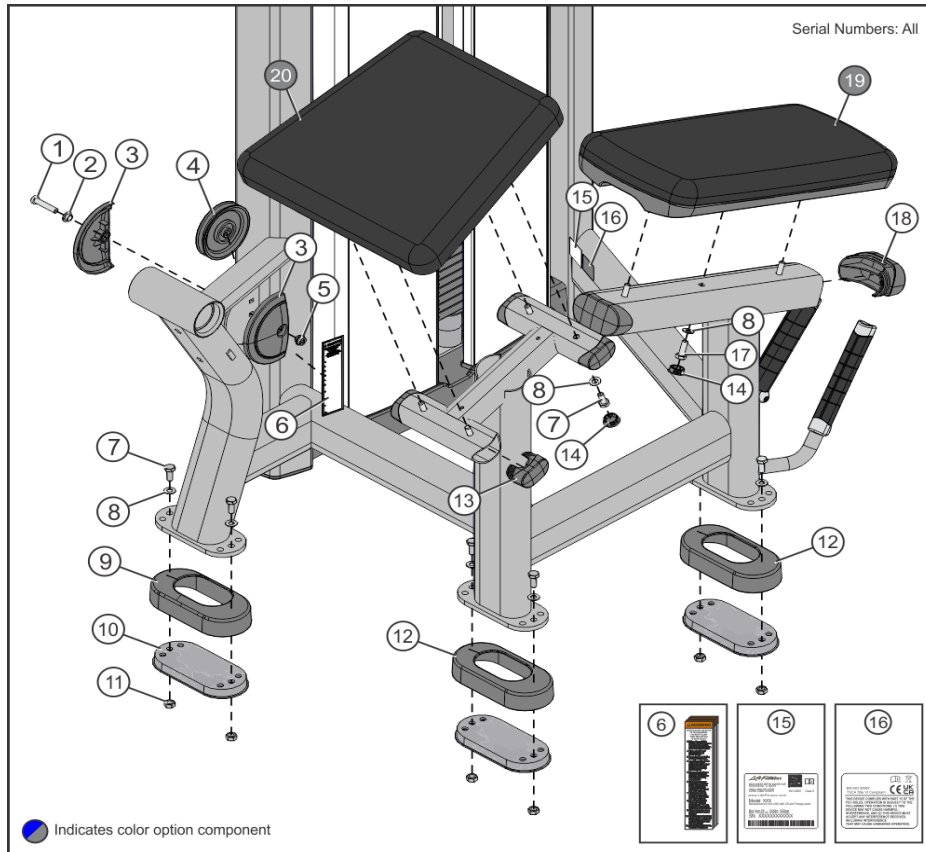
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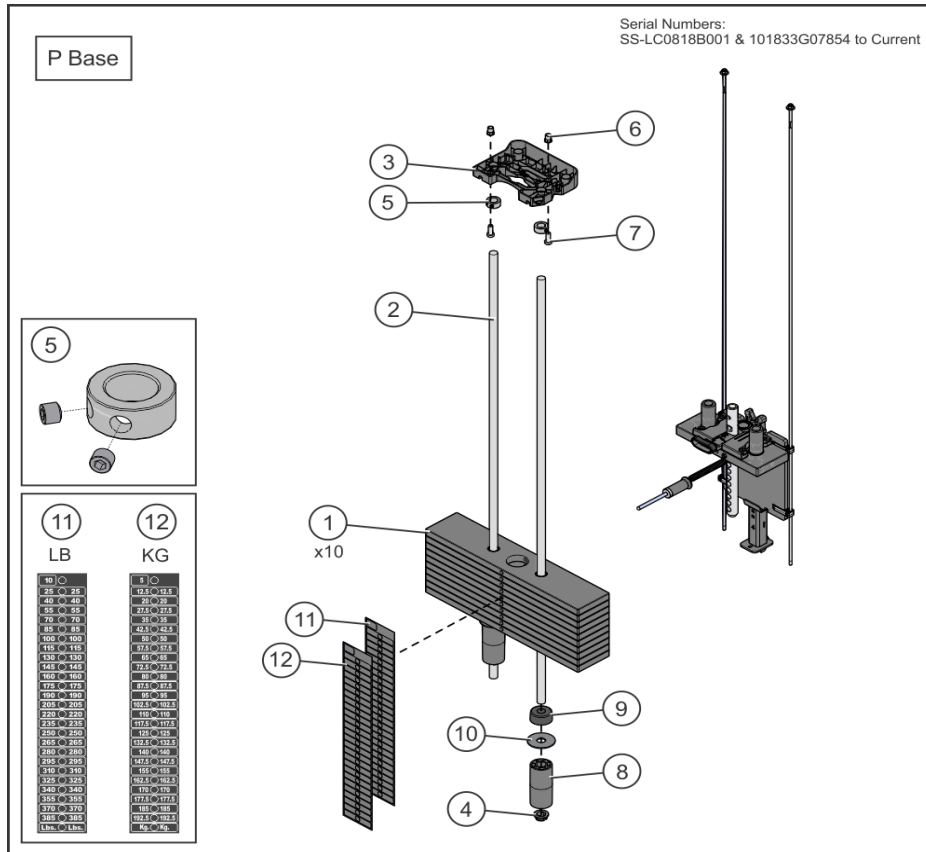
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Base Frame

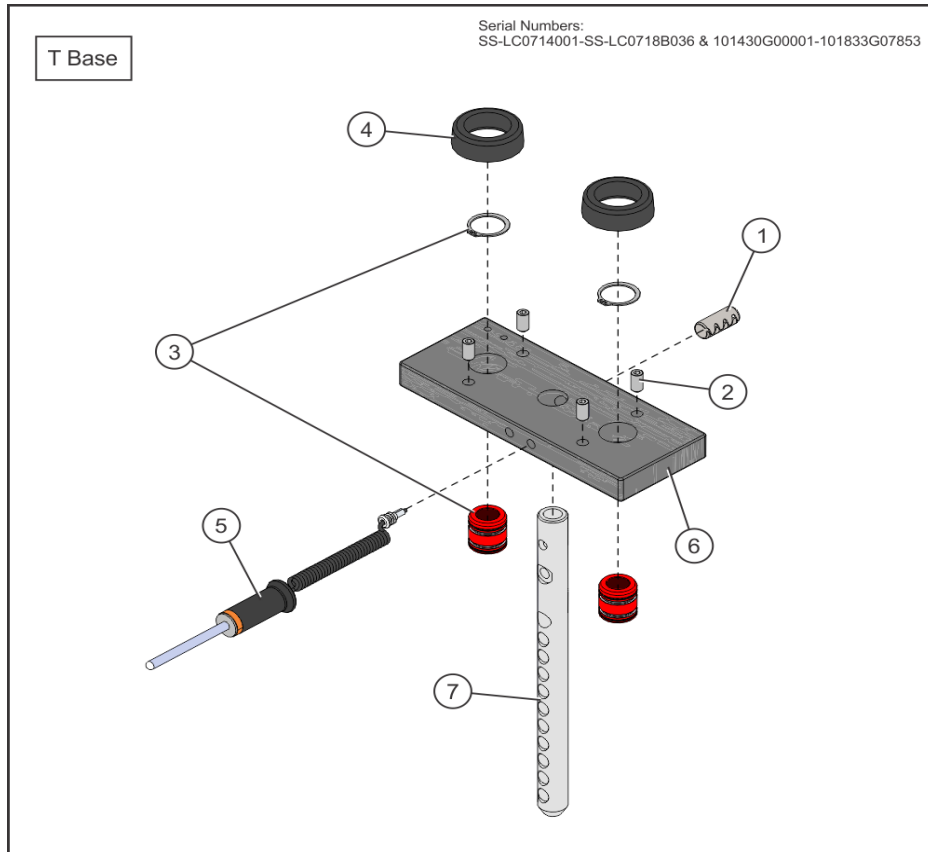


Ref #	Part Number	Qty	Description
1	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
2	7630101	1	RETAINER, CM/MJ, PULLEY
3	8094102	2	COVER, PULLEY -BOLTED PARTIAL -CHGR
4	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
5	7335401	1	NUT, M10 X 1.5 SOCKET HEAD
6	8220000	1	LABEL, ASTM WARNING FW SELECT
7	3251202	10	M10 X 1.5 X 25MM UNS HEX CS ST ZN
8	3236601	13	WASHER, 3/8 SAE STAINLESS STEEL
9	9461401	1	COVER, FOOT -20 deg
10	9319301	3	FOOT, 2.5 X 4.49 FLOV
11	3254703	6	NUT, M10 X 1.5 HEX ZINC
12	9319401	2	COVER, FOOT -STRT
13	7333802	4	CAP, SMALL FLOV-END
14	3237407	7	PLUG, 1 IN HOLE
15	7571301	1	LABEL, SERIAL NUMBER
16	9488901	1	LABEL, INSIGNIA, FCC
17	3251203	3	M10 X 1.5 X 30MM UNS HEX CS ST ZN
18	7333902	2	CAP, LARGE FLOV-END; CHGR
19	1000014-0199	1	PAD, 24 X 11 FLAT CUS, DBL STITCH-- Custom
19	1000014-0099	1	PAD, 24 X 11 FLAT CUS, SNGL STITCH- Custom
20	1000003-0199	1	PAD, SEAT 17 X 18-5/8 CUS, DBL STITCH- Custom
20	1000003-0099	1	PAD, SEAT 17 X 18-5/8 CUS, SNGL STITCH- Custom

Base P-Stack

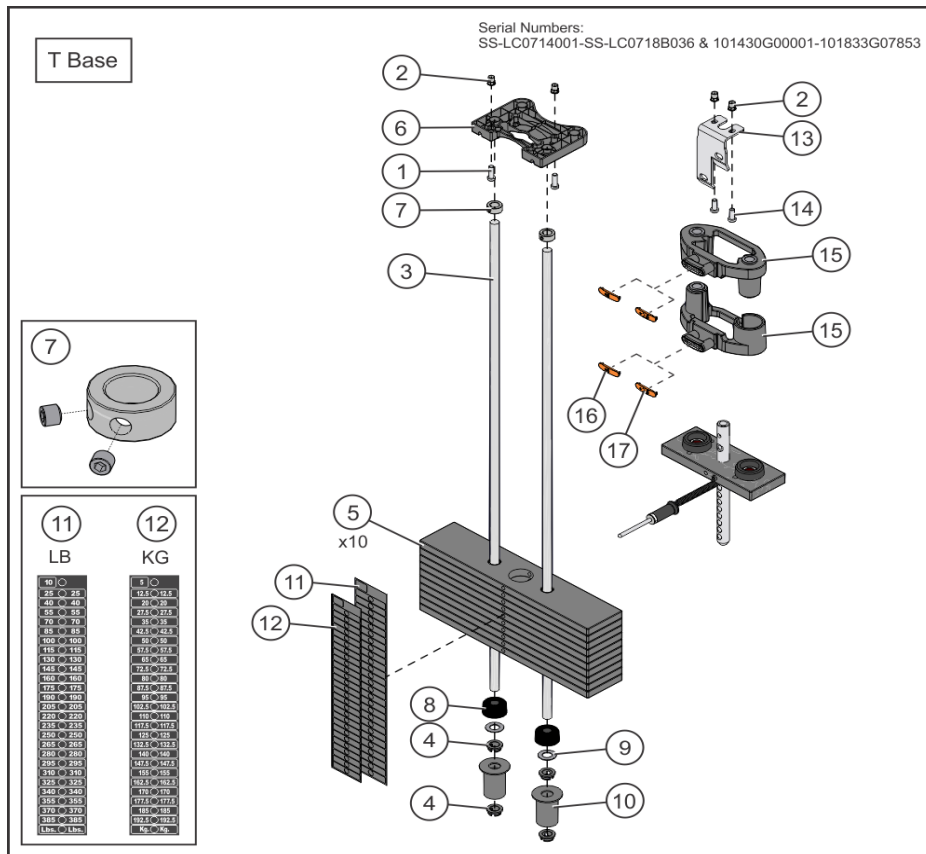


Base T-Stack Head Plate Assy (previous)

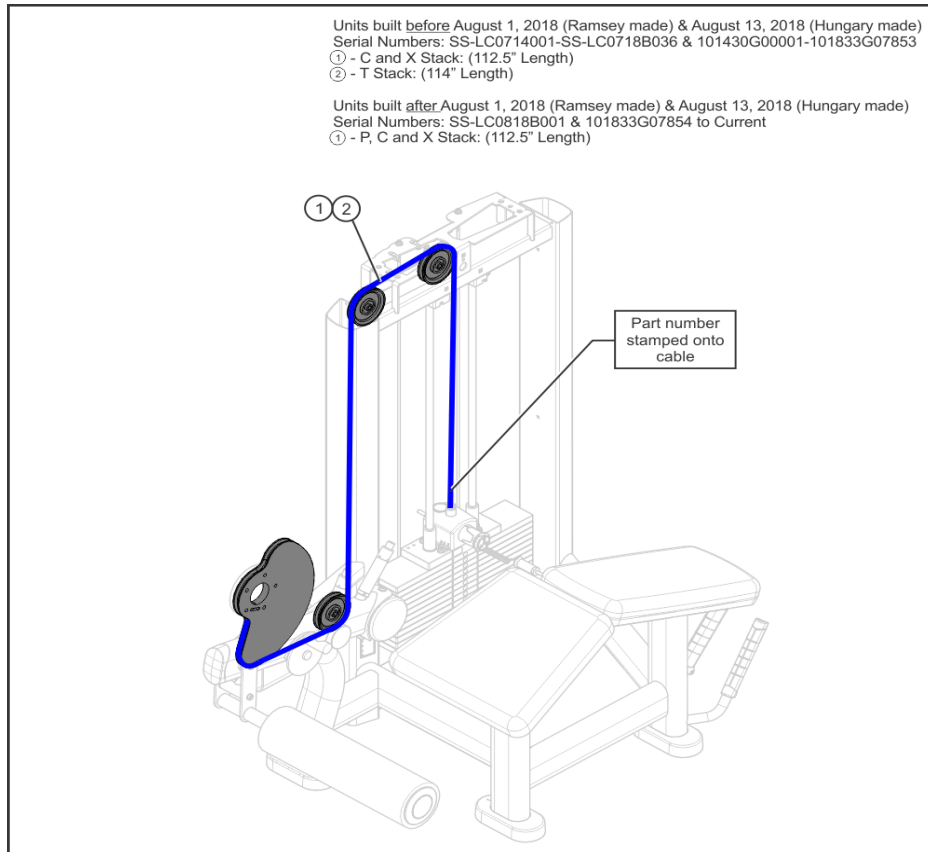


Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3240501	4	M10 X 1.5 X 20 HXS NO CUP ST BO
3	7338001	2	BUSHING, HEADPLATE
4	7767602	2	BUMPER, INCREMENT WT -BLK
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	9434201	1	BAYONET, 10 PLATE

Base T-Stack (previous)

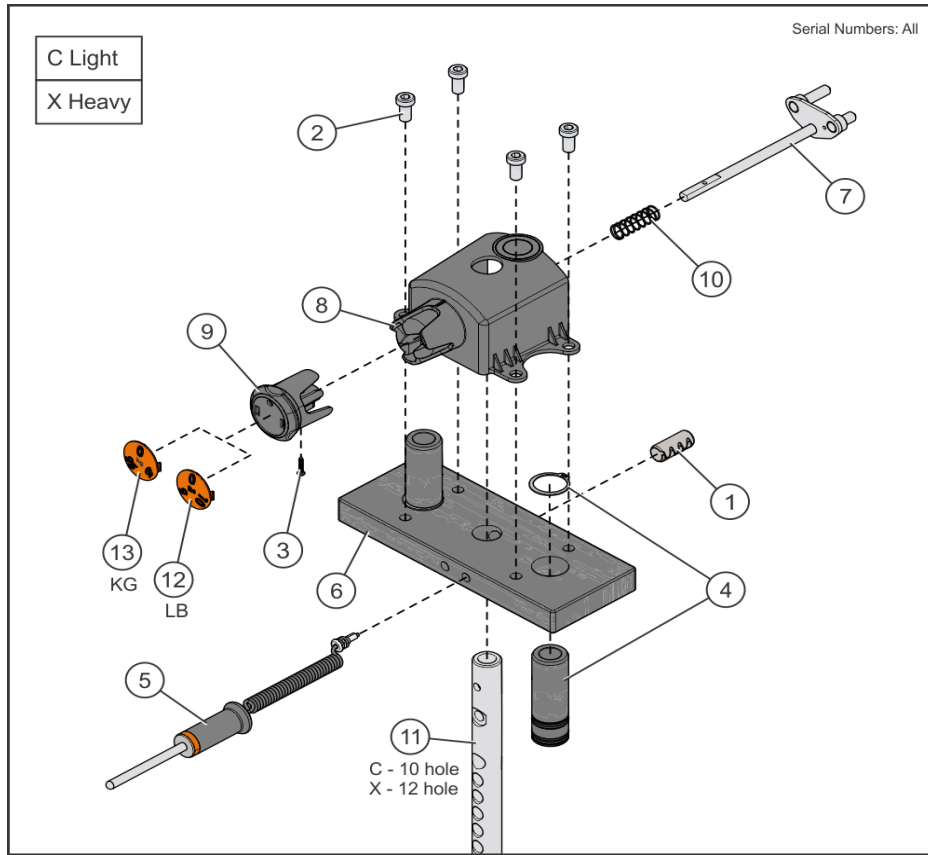


Cable



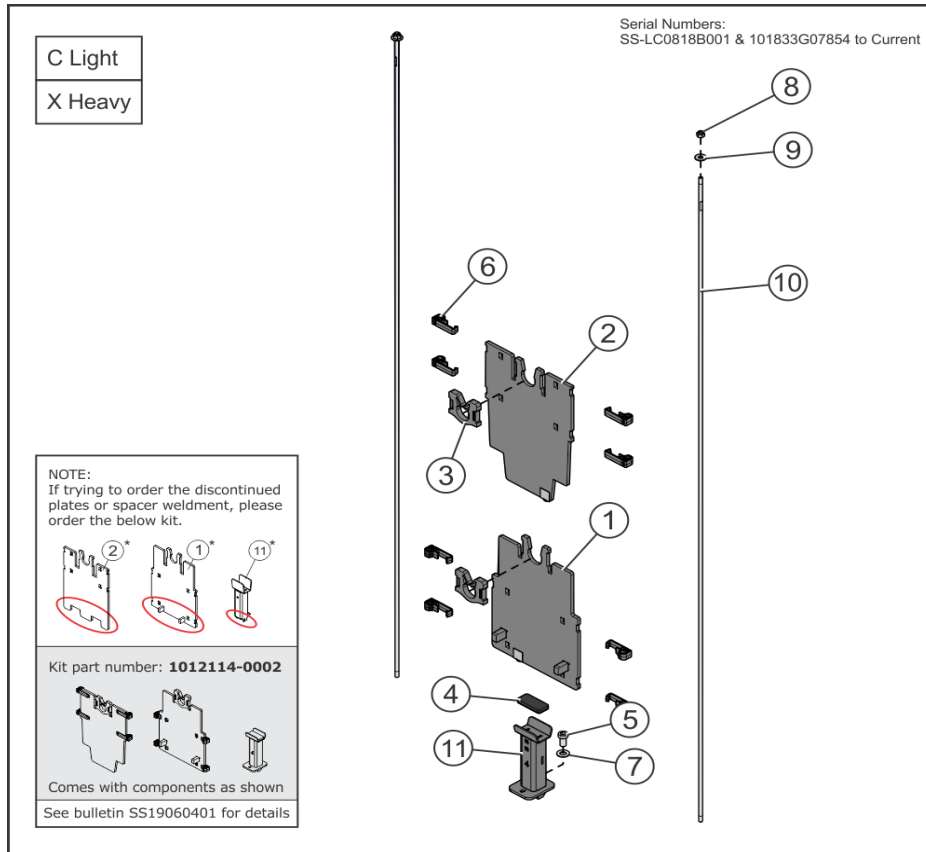
Ref #	Part Number	Qty	Description
1	9423918	1	CABLE, SS-LC-DIAL
2	9423917	1	CABLE, SS-LC-DROP

C and X Head Plate



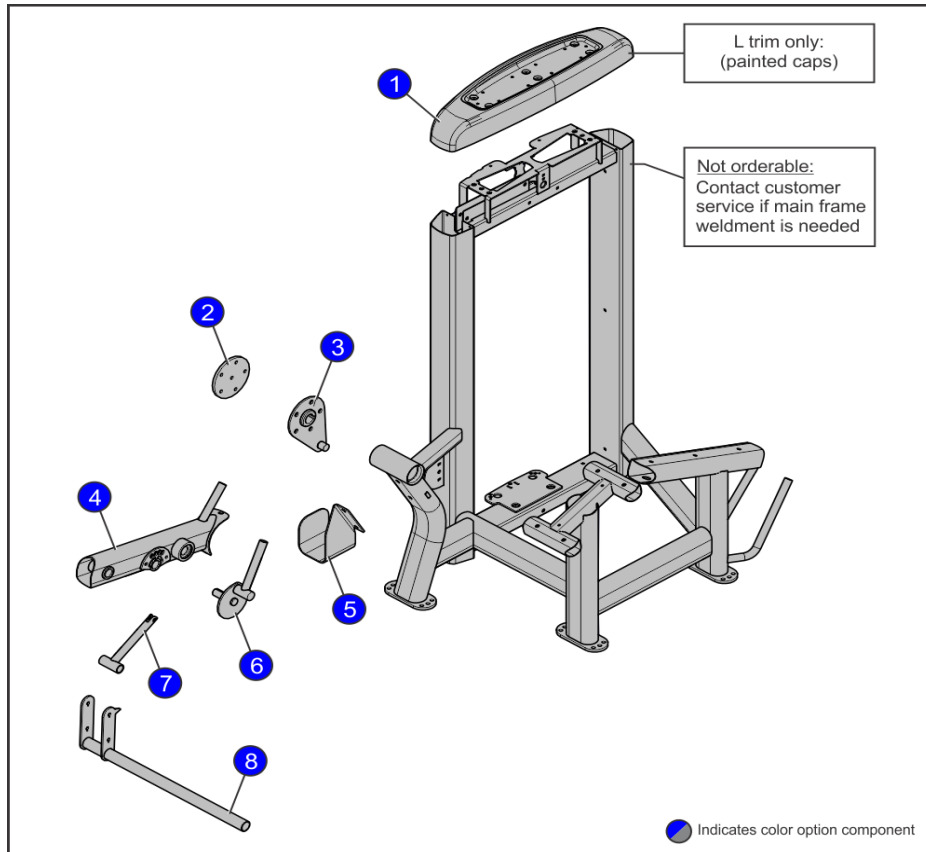
Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	1010800-0001	1	WLDMT, INC 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
11	9434201	1	BAYONET, 10 PLATE
12	9431403	1	CAP, SELECTOR KNOB -LBS
13	9450103	1	CAP, SELECTOR KNOB -KGS

C and X Increment Weights



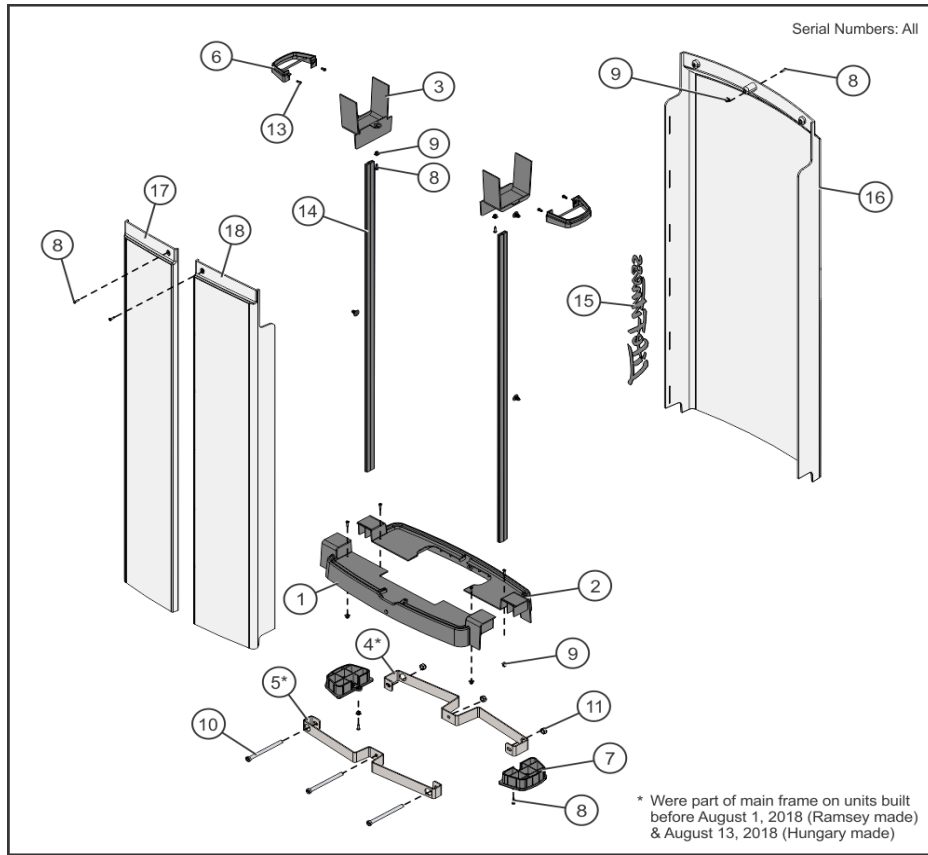
Ref #	Part Number	Qty	Description
1	1010971-2801	1	WLDMT: INC WEIGHT, 5LB, REAR -CHR
2	1010970-2801	1	PLATE: INC WEIGHT, 5LB, FRONT, 1/4" -CHR
3	1008920-0001	2	GUARD: INCREMENT WEIGHT, 0.25
4	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	1010803-0001	8	GUIDE ROD ASSY: INCR WT, 1/4", CHARCOAL GRAY
7	3236601	1	WASHER, 3/8 SAE STAINLESS STEEL
8	3102806	2	NUT, NYLOCK 1/4-20
9	3102506	2	WASHER, FLAT 1/4 ID ZN
10	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
11	1018166-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 4" -CHR

Frame Painted Items



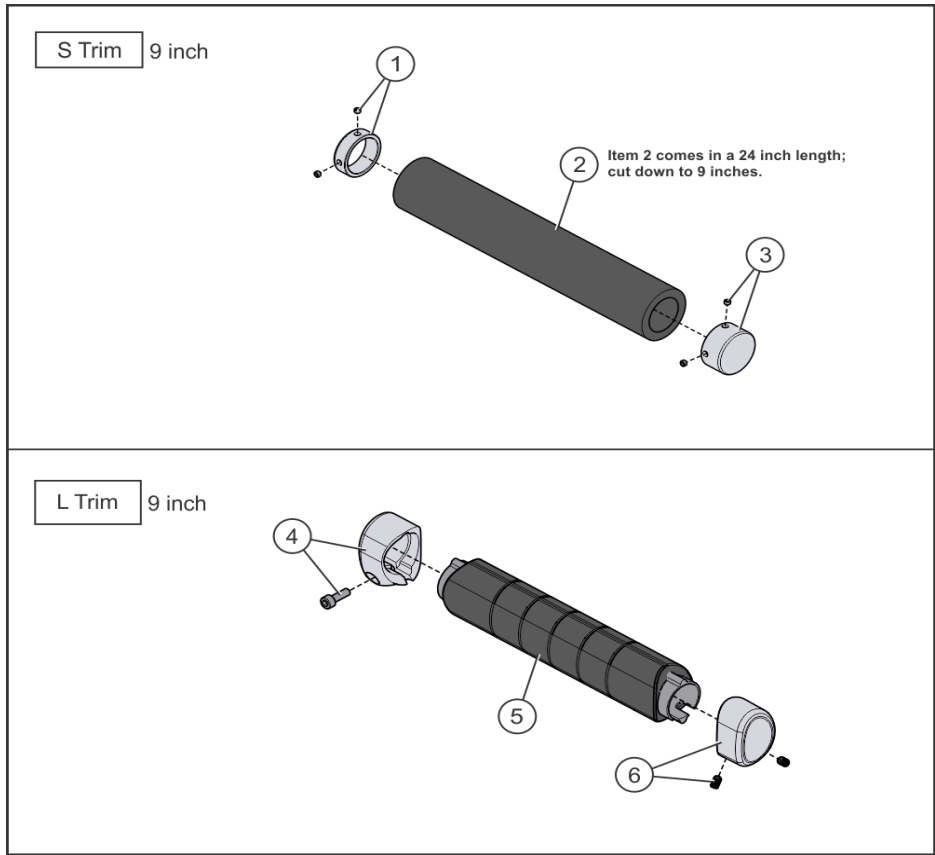
Ref #	Part Number	Qty	Description
1	9412600	1	CAP, SS, CAST Custom
2	7329101	1	PLATE, FZ, CAM COVER WHITE
3	8899200	1	WLDMT, FZLC, CAM SPPRT Custom
4	1001844-0000	1	WLDMT, SS-LE/LC, PIVOT ARM Custom
5	8899101	1	Cam Guard Bracket FZLC
6	8902000	1	WLDMT, FZLC, TIBIA ADJ HANDLE Custom
7	7324599	1	WLDMT, FZLE, TIBIA ADJ LINK- Custom
8	8902100	1	WLDMT, FZLC, ROLLER PAD SPPRT Custom

Full Shroud



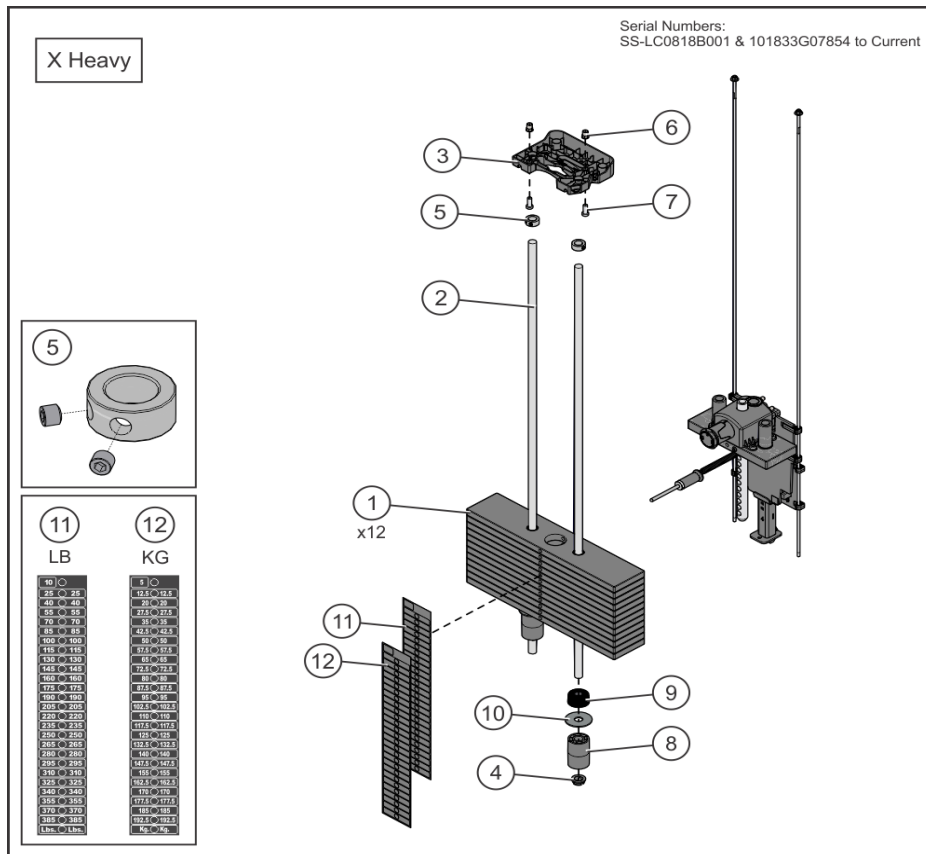
Ref #	Part Number	Qty	Description
1	9410801	1	COVER, TOWER BOTTOM -FRONT
2	1007064-0001	1	COVER: TOWER BOTTOM, REAR
3	9415701	2	COVER, SS, TWR
4	1007623-0001	1	BRACKET: TOWER GUARD, REAR
5	1007622-0001	1	BRACKET: TOWER GUARD, FRONT
6	9415801	2	GASKET, TRAP TUBE
7	9412701	2	ASSY, TRAP TUBE, CAP -BTM
8	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

Grips - 9 inch



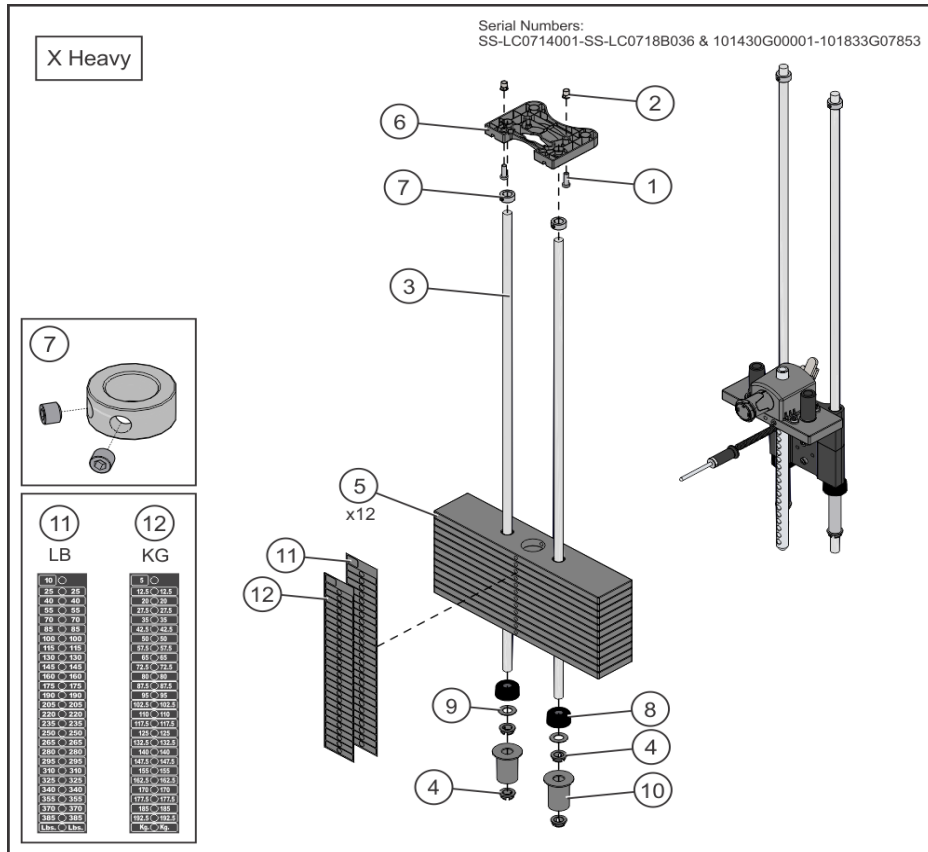
Ref #	Part Number	Qty	Description
1	7662801	1	RING, GRIP 1.25 OD
2	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
3	7662901	1	CAP; GRIP 1.25 OD
4	1001760-0001	1	ASSY, COLLAR, ERGO GRIP
5	9453002	1	GRIP, ERGO, OVERMOLD, 9.0
6	1001761-0001	1	ASSY, CAP, GRIP

Heavy X-Stack



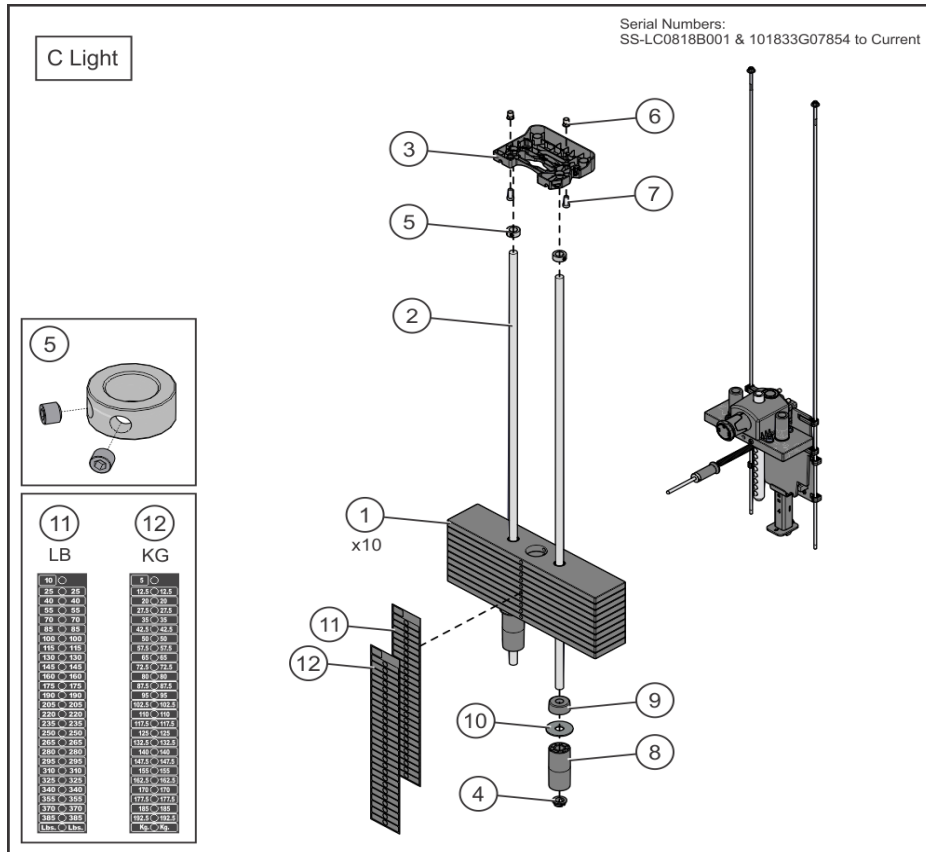
Ref #	Part Number	Qty	Description
1	9407601	12	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 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	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

Heavy X-Stack (previous)

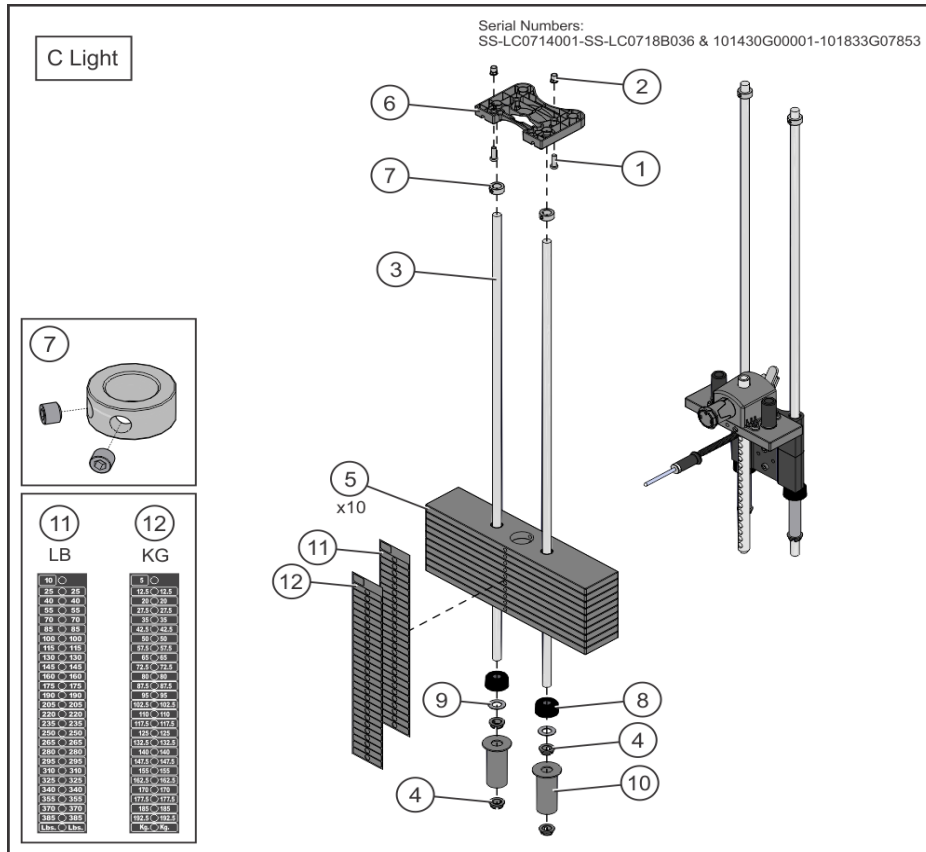


Ref #	Part Number	Qty	Description
1	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
2	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
3	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
4	7337901	4	BUSHING, GUIDE ROD
5	9407601	12	WGT PL, 3/4IN X 4IN, 15LB
6	1015452-0001	1	RETAINER: GUIDE ROD, NYL
7	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
8	7352101	2	CUSHION, WEIGHT STACK
9	7351001	2	SPACER, INC WT STACK
10	9495913	2	WLDMT, WGT STK SPACER X 3.00 -CHR
11	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

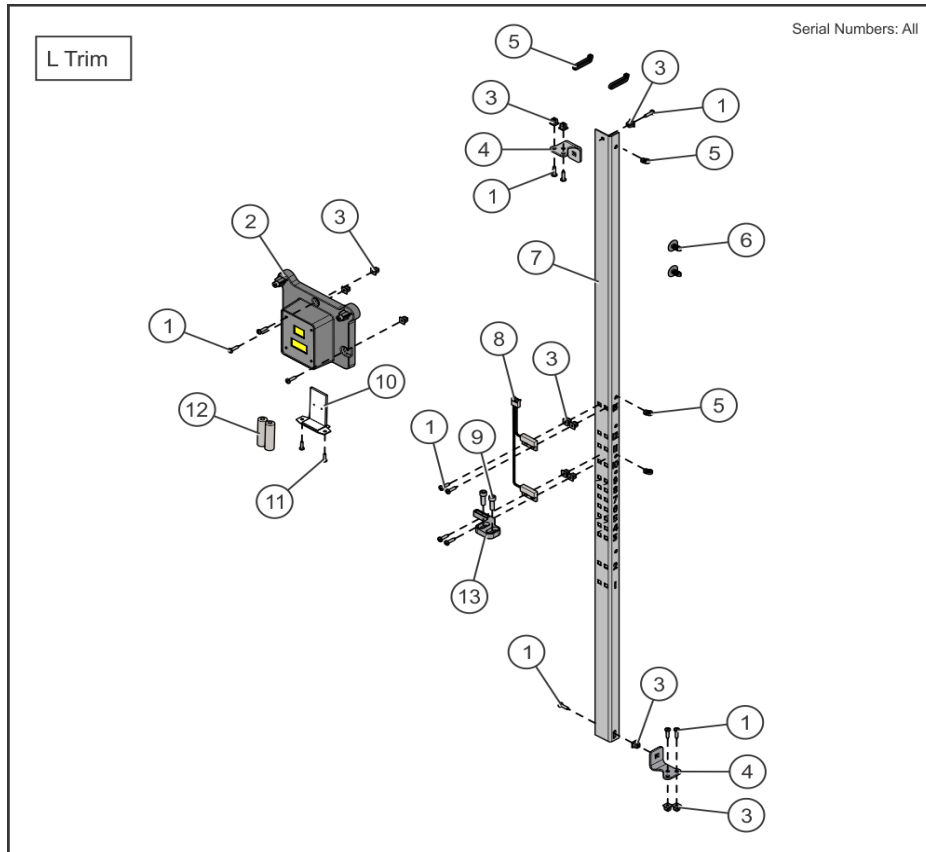
Light C-Stack



Light C-Stack (previous)

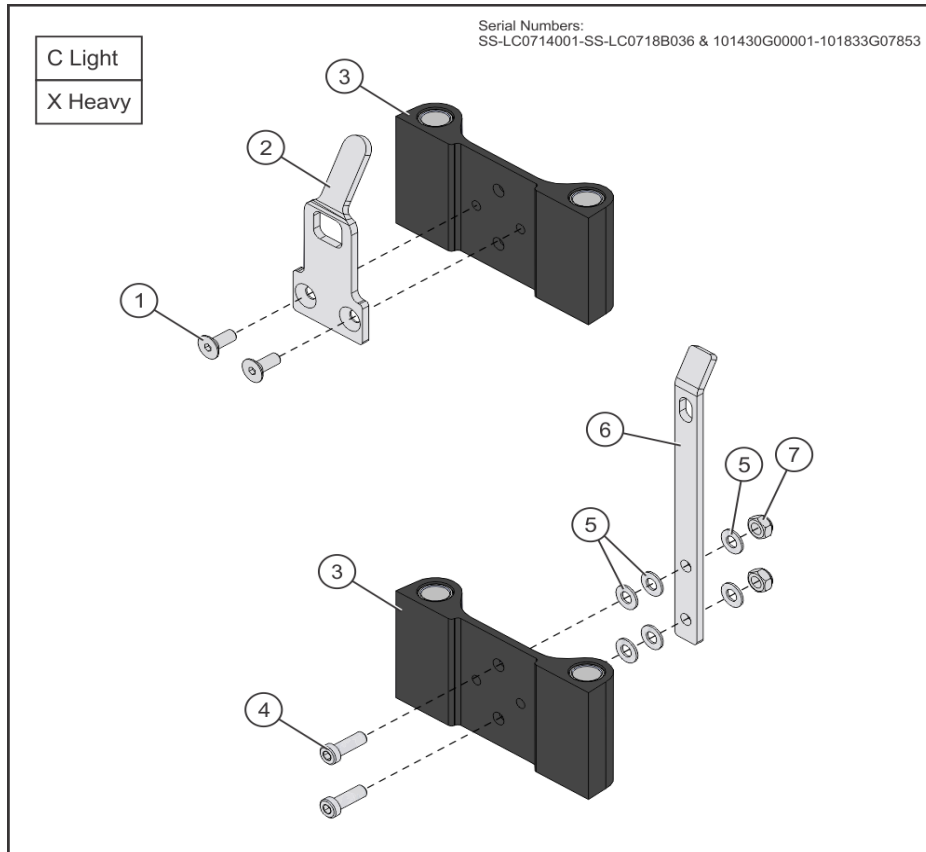


L Trim Rep Counter



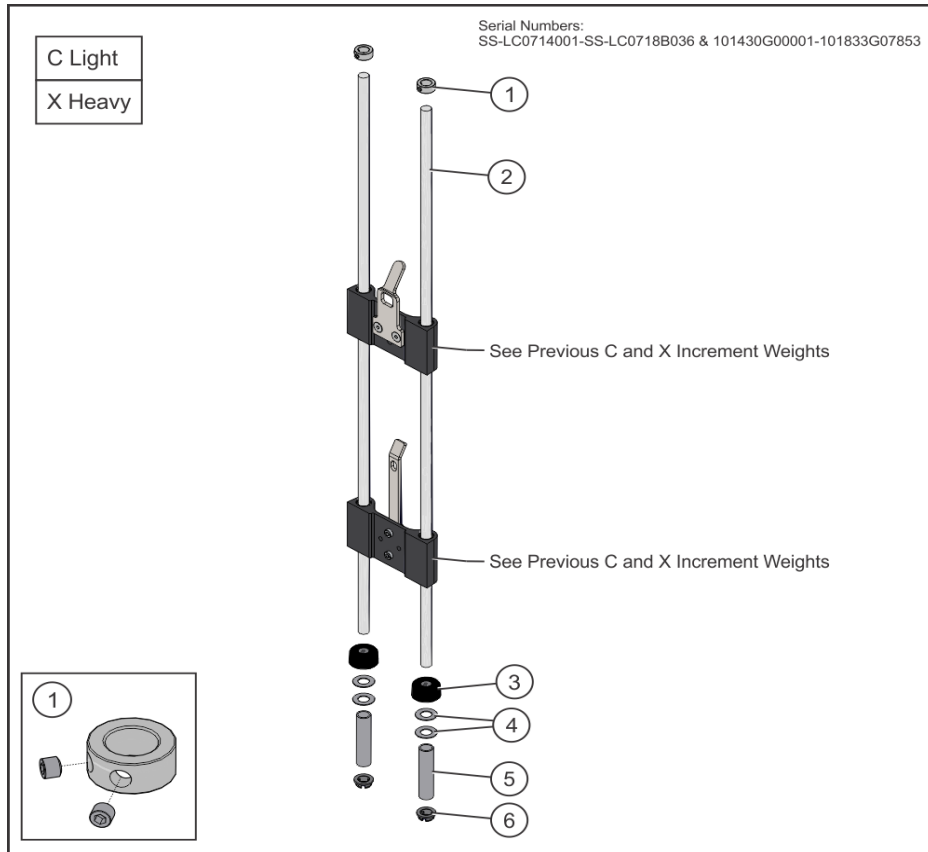
Ref #	Part Number	Qty	Description
1	3275801	13	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
2,8	1008199-0001	2	ASSY: REP COUNTER/SWITCH/MAGNET
3	0017-00042-1147	13	GROMMET: SCREW, 8 OR 10
4	1007269-0028	2	BRACKET: RAIL MOUNT, REP CNTR -CHR
5	3276501	5	CABLE TIE 11 IN.
6	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
7	1008003-0028	1	BRACKET: SWITCH MNT, STD -CHR
9	3241701	2	M6 X 1 X 20MM SHCS, STD HEAD
10	9436401	1	DOOR, BATTERY PACK MOUNT
11	3226003	2	6-20 X 8 PHL PAN PLT ST BZ
12	3276401	2	BATTERY, AA
13	1007177-0001	1	ASSY: MAGNET, REP CNTR DCI

Previous C and X Increment Weights



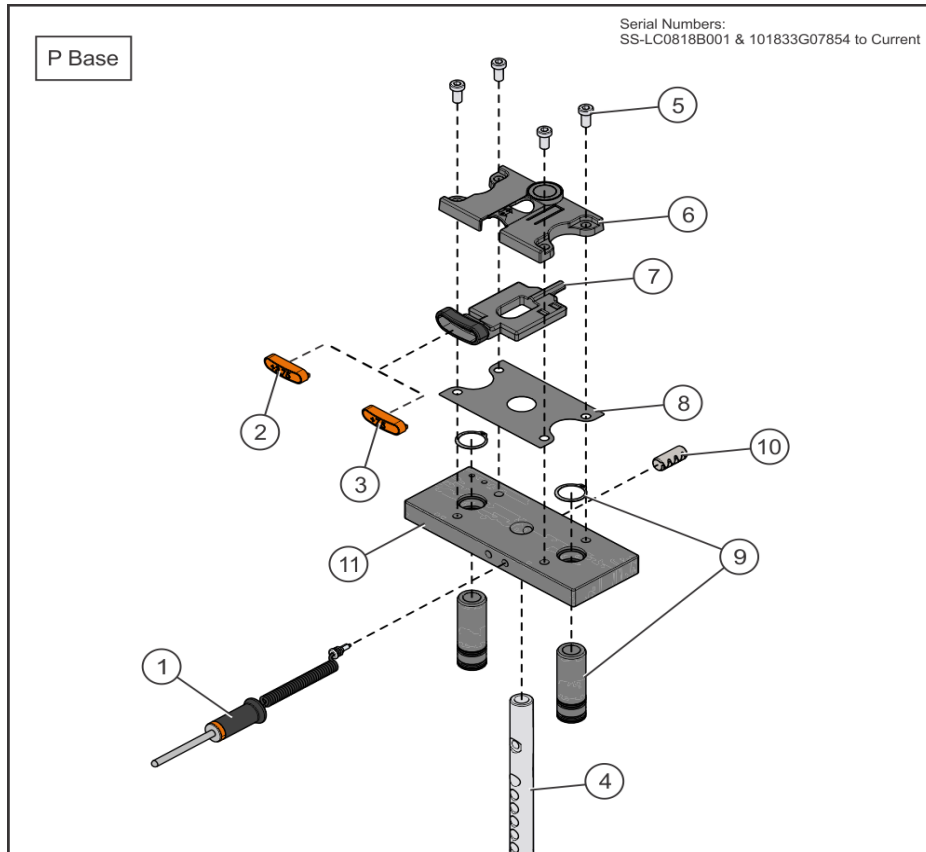
Ref #	Part Number	Qty	Description
1	3238302	2	SCREW, M10 FLTHD X 25MM
2	9428201	1	BRKT, INC WGT -5LB
3	9439701	2	ASSY, INC WGT, SUB
4	3275503	2	SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH
5	3236601	4	WASHER, 3/8 SAE STAINLESS STEEL
6	1001007-0001	1	BRKT, INC WGT -10LB
7	3236801	2	NUT, NYLOCK M10 X 1.5 SS

Previous C and X Increment Weight Assembly



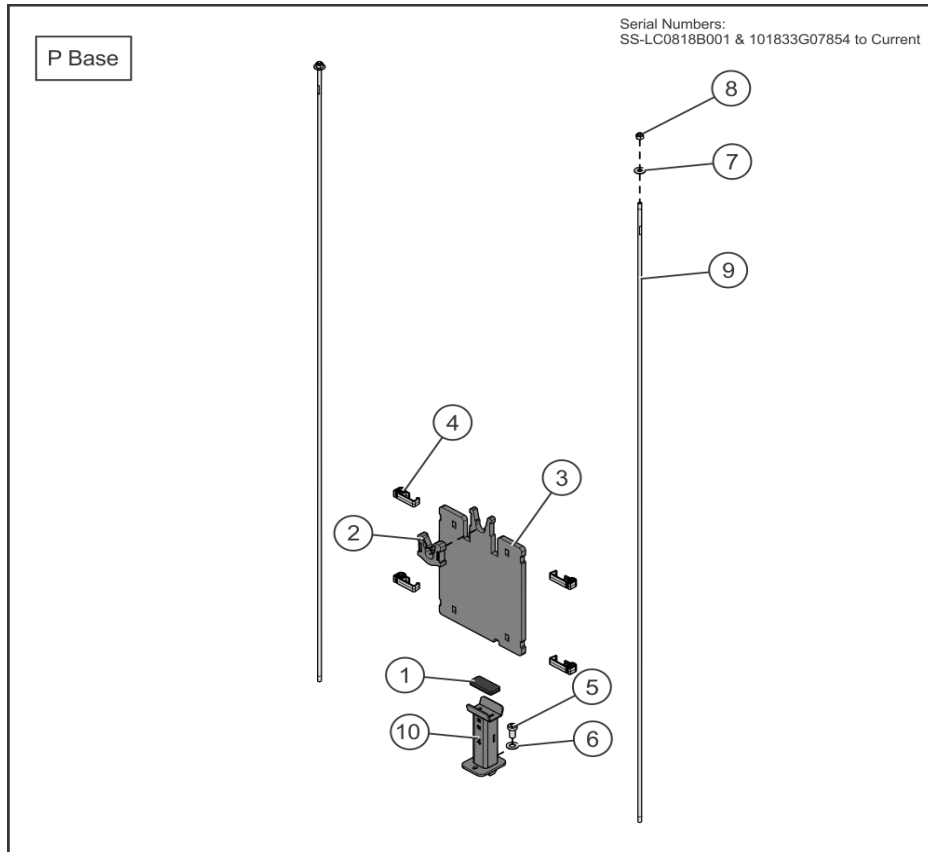
Ref #	Part Number	Qty	Description
1	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	7352101	2	CUSHION, WEIGHT STACK
4	7351001	4	SPACER, INC WT STACK
5	7328706	2	SPACER, INC WT STACK -4.38
6	7337901	2	BUSHING, GUIDE ROD

P-Stack Head Plate Assy



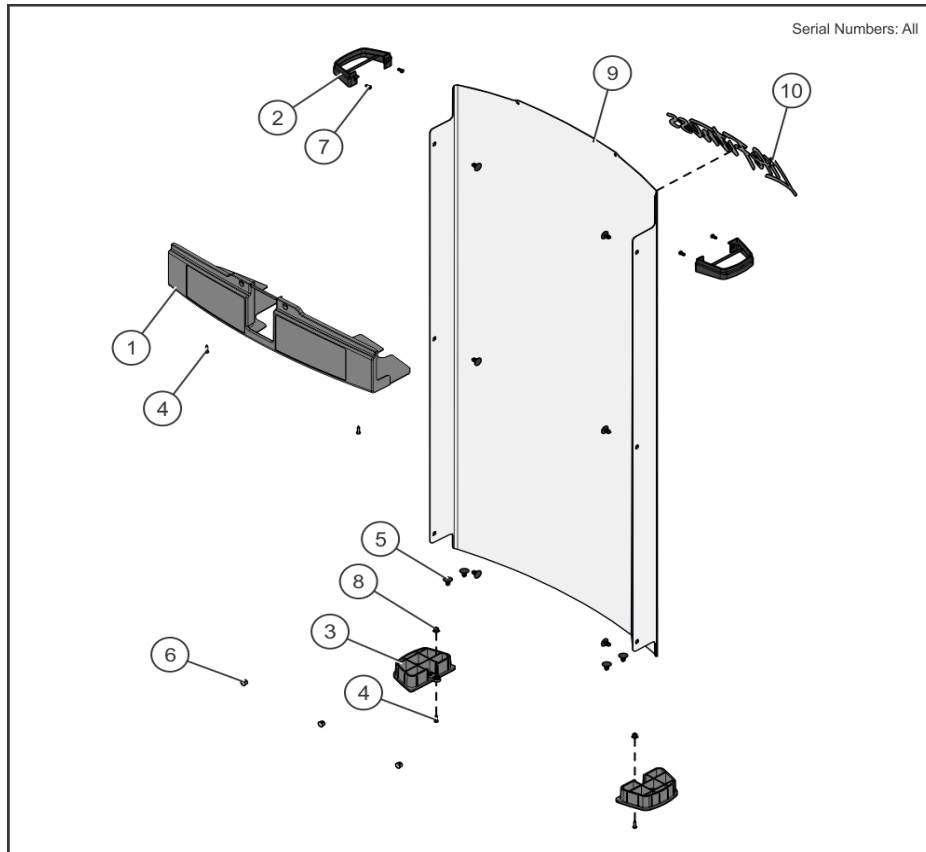
Ref #	Part Number	Qty	Description
1	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
4	9434201	1	BAYONET, 10 PLATE
5	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
6	1017210-0001	1	HOUSHING: 7.5LB INC WEIGHT
7	1008675-0001	1	HANDLE: 7.5LB INC WT, PLASTIC
8	1006707-0001	1	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
9	9296001	2	BUSHING, HEADPLATE, LONG
10	3236001	1	BUSHING, SPRING PIN
11	9427401	1	HEADPLATE, WT. STACK, 10LB

P-Stack Increment Weight



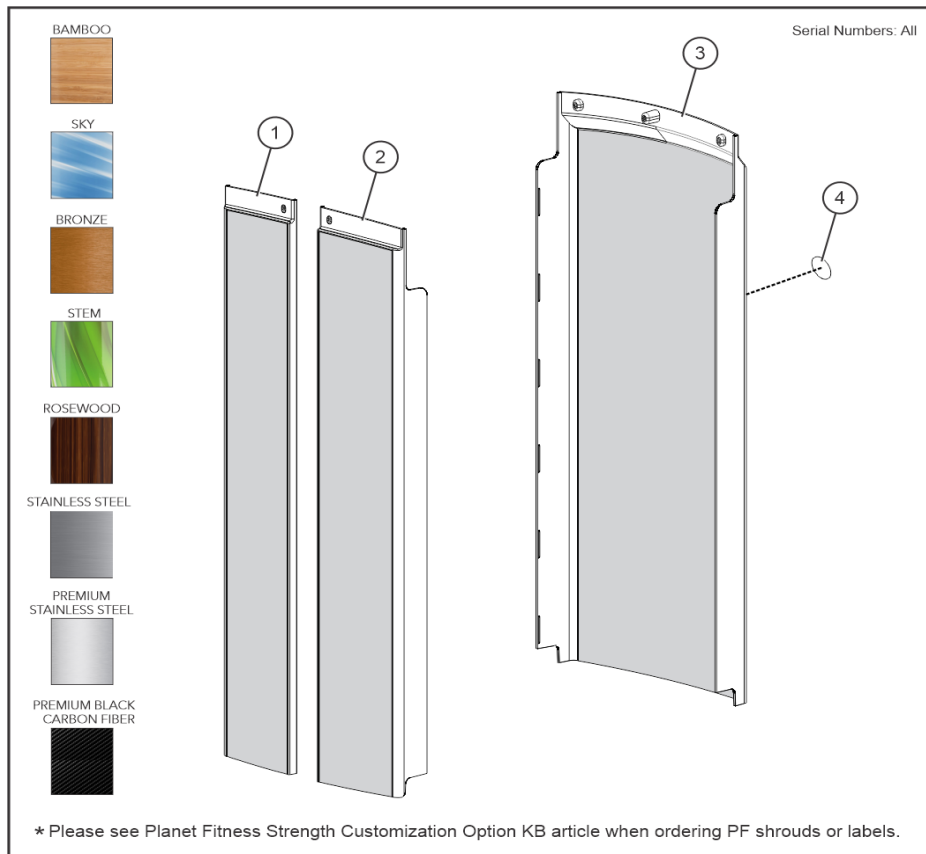
Ref #	Part Number	Qty	Description
1	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1008366-0028	1	PLATE: INCREMENT WEIGHT, 7.5LB - CHR
4	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	3236601	1	WASHER, 3/8 SAE STAINLESS STEEL
7	3102506	2	WASHER, FLAT 1/4 ID ZN
8	3102806	2	NUT, NYLOCK 1/4-20
9	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
10	1018166-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 4" -CHR

Rear Shroud



Ref #	Part Number	Qty	Description
1	1018509-0001	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

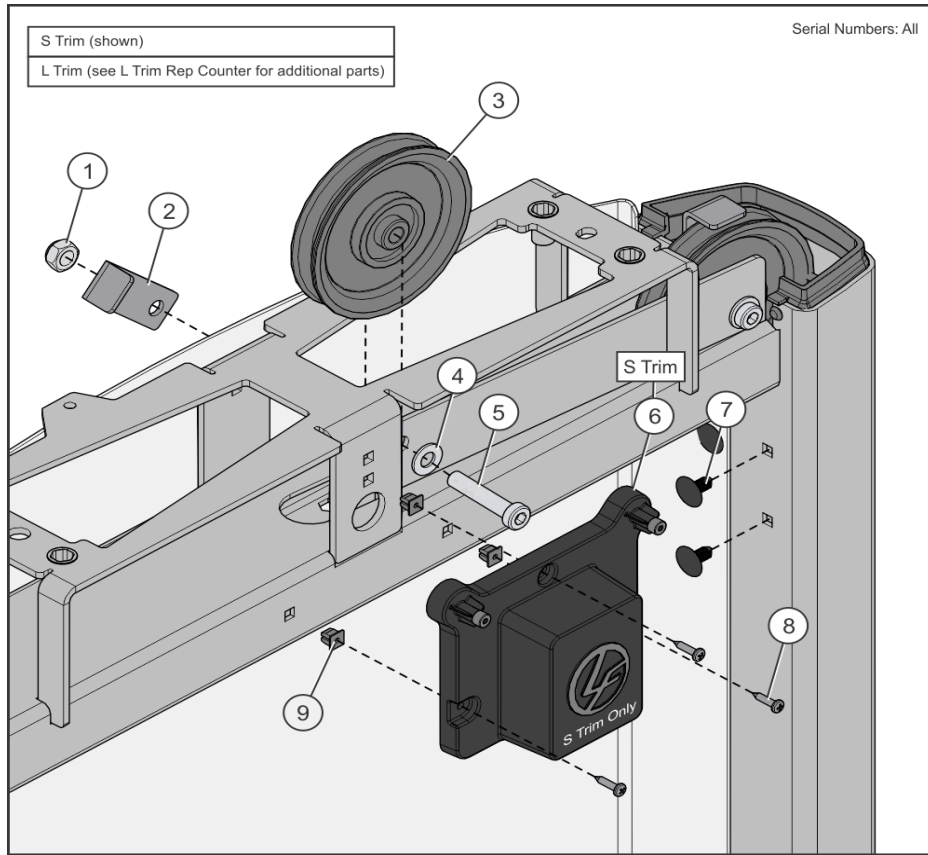
Shroud Wraps



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

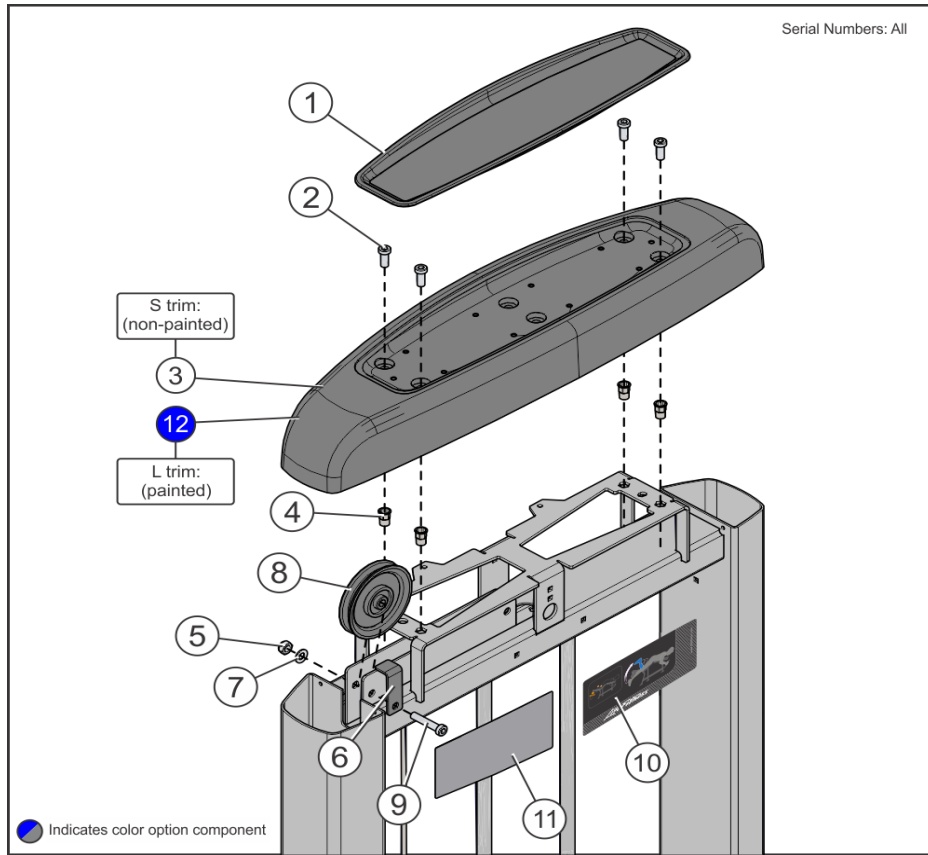
Ref #	Part Number	Qty	Description
3	1003205-0003	1	SHROUD, SS, REAR, SRT, ABS-SKY
3	1003205-0002	1	SHROUD, SS, REAR, SRT, ABS-BAM
4	AK58-00245-2401	1	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY

S and L Trim Tower Top



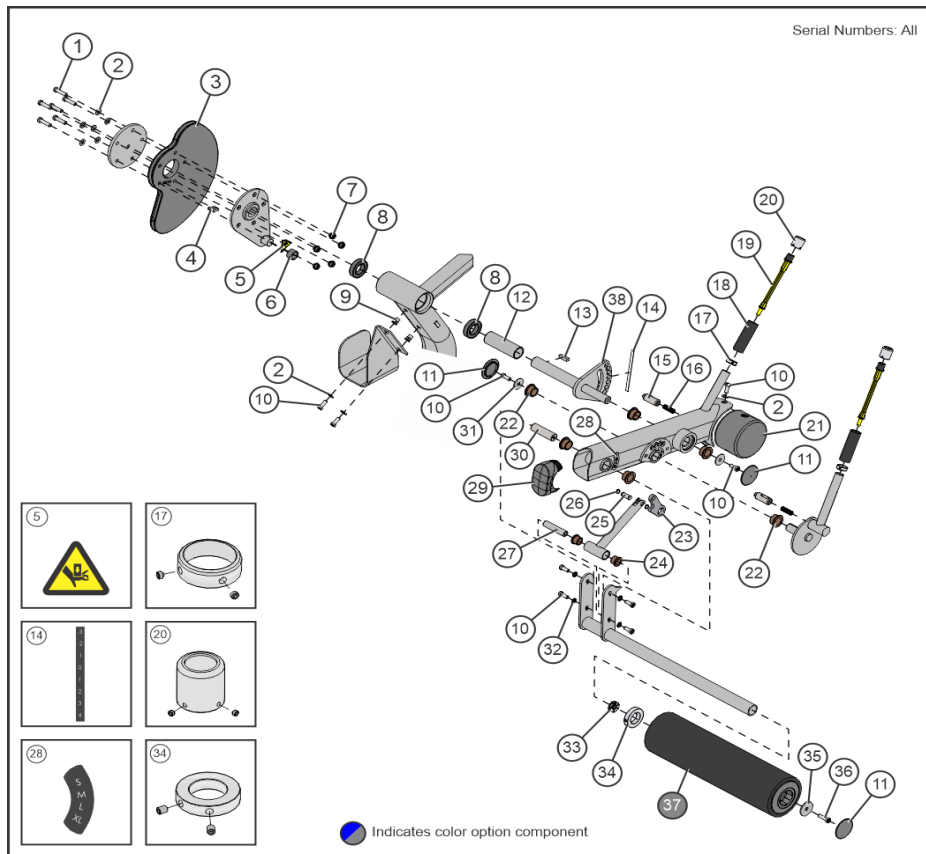
Ref #	Part Number	Qty	Description
1	3236801	1	NUT, NYLOCK M10 X 1.5 SS
2	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
3	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
4	3236601	1	WASHER, 3/8 SAE STAINLESS STEEL
5	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
6	1006334-0001	1	ASSY, DUMMY HOUSING
7	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
8	3275801	3	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	0017-00042-1147	3	GROMMET: SCREW, 8 OR 10

Tower Top



Ref #	Part Number	Qty	Description
1	9411201	1	TRAY, TOWER TOP CAP
2	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
3	9436701	1	CAP, TOWER, TOP, PLASTIC
4	3238601	4	M10X1.5 BLIND THREADED INSERT (HEX)
5	3236801	1	NUT, NYLOCK M10 X 1.5 SS
6	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
7	3236601	2	WASHER, 3/8 SAE STAINLESS STEEL
8	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
9	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
10	9477001	1	LABEL, SS-LC PLACARD, RH
11	9465401	1	LABEL, SS-LC PLACARD, LH - ENG
11	9465404	1	LABEL, SS-LC PLACARD, LH - SPN
11	9465407	1	LABEL, SS-LC PLACARD, LH - JAP
11	9465408	1	LABEL, SS-LC PLACARD, LH - POR
11	9465410	1	LABEL, SS-LC PLACARD, LH - RUS
12	9412600	1	CAP, SS, CAST Custom

Work Arm



Ref #	Part Number	Qty	Description
1	3236205	5	M10 X 1.5 X 40 SHCS, LOW HEAD
2	3236601	9	WASHER, 3/8 SAE STAINLESS STEEL
3	9352201	1	CAM, SS-LC
4	9454901	1	PLATE, CABLE END, T2
5	8039501	1	LABEL, WARNING TRIANGLE
6	7690103	1	BUMPER, SLEEVE - 1 INCH DIA
7	7335401	5	NUT, M10 X 1.5 SOCKET HEAD
8	3243201	2	BEARING, 6007 BALL
9	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
10	3236202	10	M10 X 1.5 X 25 SHCS, LOW HEAD
11	7308702	2	CAP, BEARING HOUSING
12	7511504	1	SPACER, FZ/PS INTERNAL X 4.845
13	7511601	1	KEY, .375 SQUARE X 1.25
14	8944702	1	LABEL, -3 - 4 STRAIGHT - CHR
15	8032401	2	PIN, PUSH
16	8024501	2	SPRING, 1/2 OD X 1-1/2
17	7662801	2	RING, GRIP 1.25 OD
18	3235806	2	GRIP, 1.25 OD X .125 WALL OPEN END
19	9455303	2	ROD, PUSH PIN -YEL
20	9452901	2	ASSY, SELECTOR CAP
21	7801902	1	COUNTER WEIGHT, SMALL-COATED
22	3104903	6	BRNG, FLANGE 1.00 ID X 1.25 OD

Ref #	Part Number	Qty	Description
23	7329601	1	PLATE, TIBIA LINK
24	3104901	2	BEARING, FLG .75 ID X 1.00 OD
25	7331702	1	SHAFT, PIVOT X 1.040
26	3232409	2	RNG, BRE .468,5100-50,ST,PP,B
27	7324801	1	SHAFT, TAPPED 0.75 DIA X 3.330
28	7524202	1	LABEL, S-XL CURVED -CHR
29	7333902	1	CAP, LARGE FLOV-END; CHGR
30	7324901	1	SHAFT, TAPPED 1 DIA X 3.330
31	3236701	2	WSHR,FENDER 3/8 ID X 1.5 OD SS
32	3239503	4	WSH, 391-.682-036 IN-D ST ZN
33	7347301	1	NUT, SPIDER M10 X 1.5
34	7357901	1	COLLAR, SHAFT 1.53 ID ALUM
35	7322301	1	PLATE, 1.97 OD X .447 ID 10GA
36	3236204	1	M10 X 1.5 X 35 SHCS, LOW HEAD
37	1000001-0099	1	ASSY, ROLLER PAD LONG CUS, SNGL STITCH- Custom
38	8899001	1	WLDMT, FZLC ADJ START

