

INSIGNIA ARC LEG PRESS

SS-LP

Parts Manual

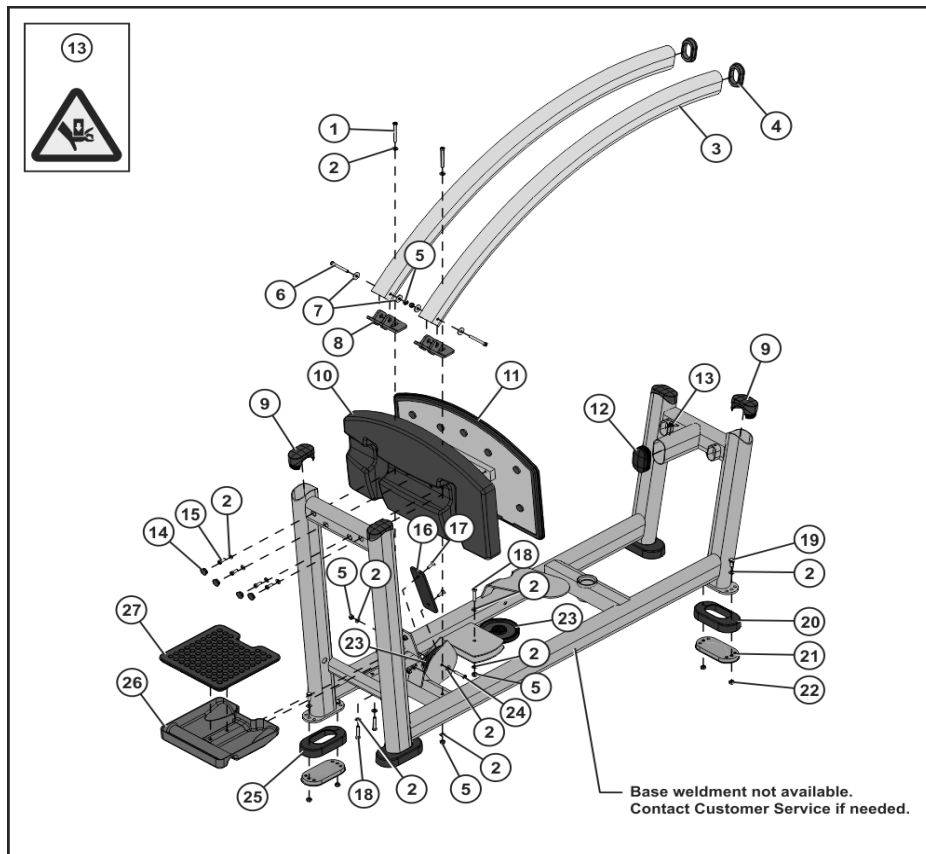
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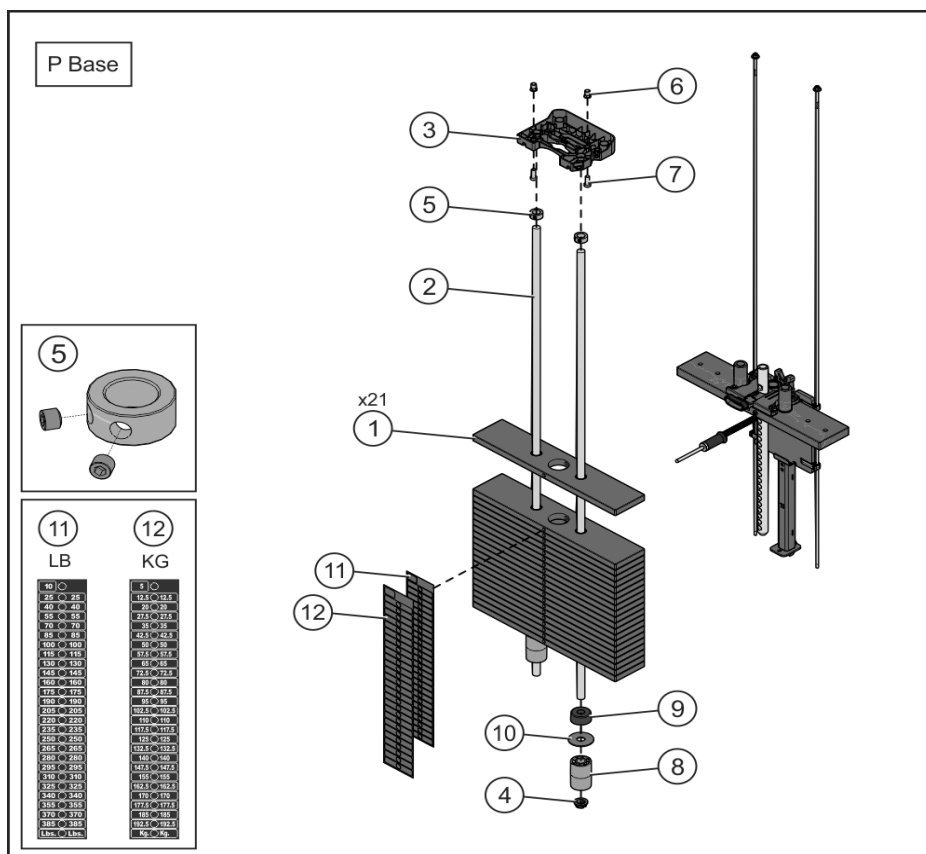
Base



Ref #	Part Number	Qty	Description
1	3236215	2	M10 X 1.5 X 90 SHCS, LOW HEAD
2	3236601	18	WASHER, 3/8 SAE STAINLESS STEEL
3	1023049-0001	2	RAIL: ARC, 4.49 X 2.50 FLOV, PLTD
4	1022959-0001	2	CAP: ARC RAIL, LFLOV, HDPE 3/4IN
5	3236801	5	NUT, NYLOCK M10 X 1.5 SS
6	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
7	3236602	2	WASHER, 3/8 ID X 1.25 OD SS
8	1021931-2801	2	WELDMENT: BRACKET, RAIL -CHR
9	7333902	4	CAP, LARGE FLOV-END; CHGR
10	7429502	1	COVER, FZSLP-FT. PLATE
11	7429602	1	FOOT PLATE, OVERMOLDED
12	1022454-0001	1	ENDCAP: FLOV : INJ MOLDED
13	8039501	1	LABEL, WARNING TRIANGLE
14	3237407	4	PLUG, 1 IN HOLE
15	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
16	9108901	1	GUARD, PAINT, HDE, 254.0 X 69.3 2-HOLE
17	3238303	2	SCREW, M10 FLTHD X 30MM
18	3236208	2	M10 X 1.5 X 55 SHCS, LOW HEAD
19	3251203	8	M10 X 1.5 X 30MM UNS HEX CS ST ZN
20	9461301	2	COVER, FOOT -10 deg
21	9319301	4	FOOT, 2.5 X 4.49 FLOV
22	3254703	8	NUT, M10 X 1.5 HEX ZINC

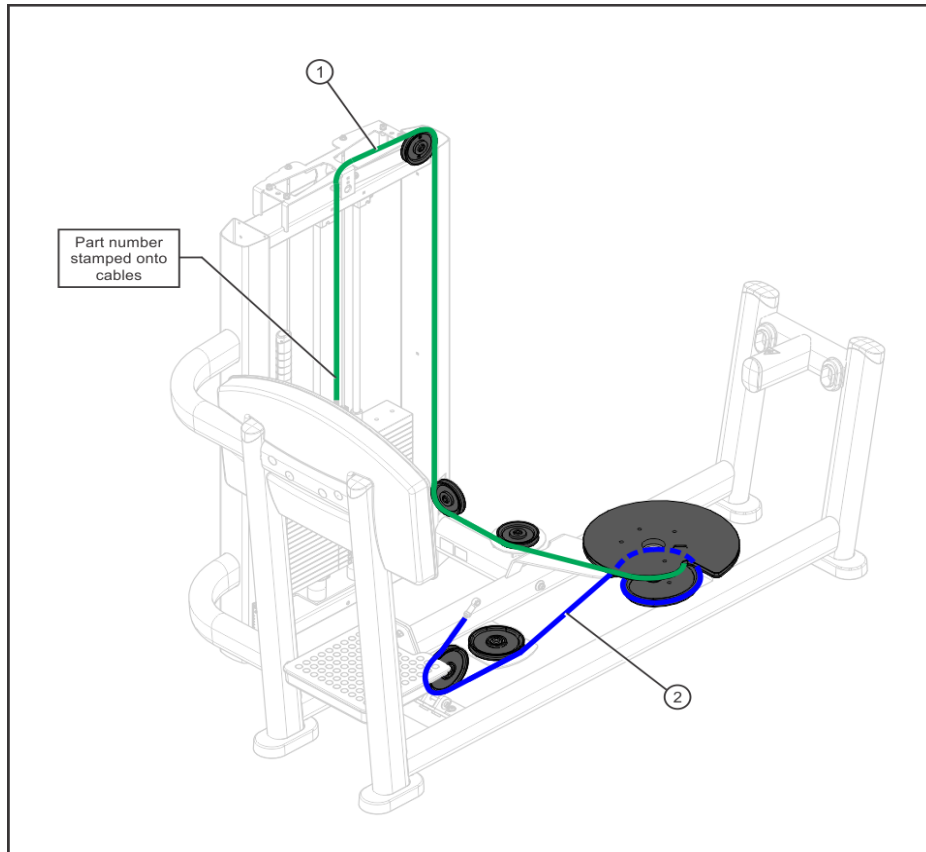
Ref #	Part Number	Qty	Description
23	1023284-0001	2	PULLEY: 6.0IN OD, 5/16IN CABLE, NYL
24	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
25	9319401	2	COVER, FOOT -STRT
26	7438202	1	COVER, FZSLLP-STEP
27	7438302	1	STEP PLATE OVERMOLDED

Base P-Stack



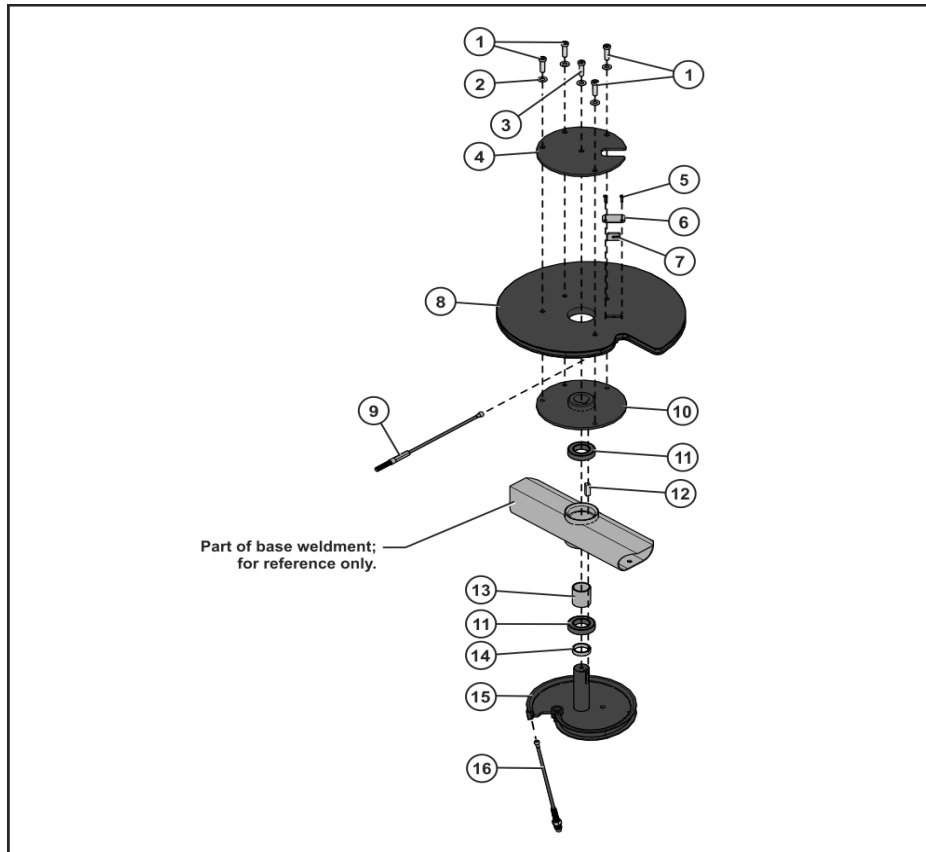
Ref #	Part Number	Qty	Description
1	9407601	21	WGT PL, 3/4IN X 4IN, 15LB
2	7328624	2	GUIDE ROD, .75 OD SOLID X 56.92
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 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

Cables



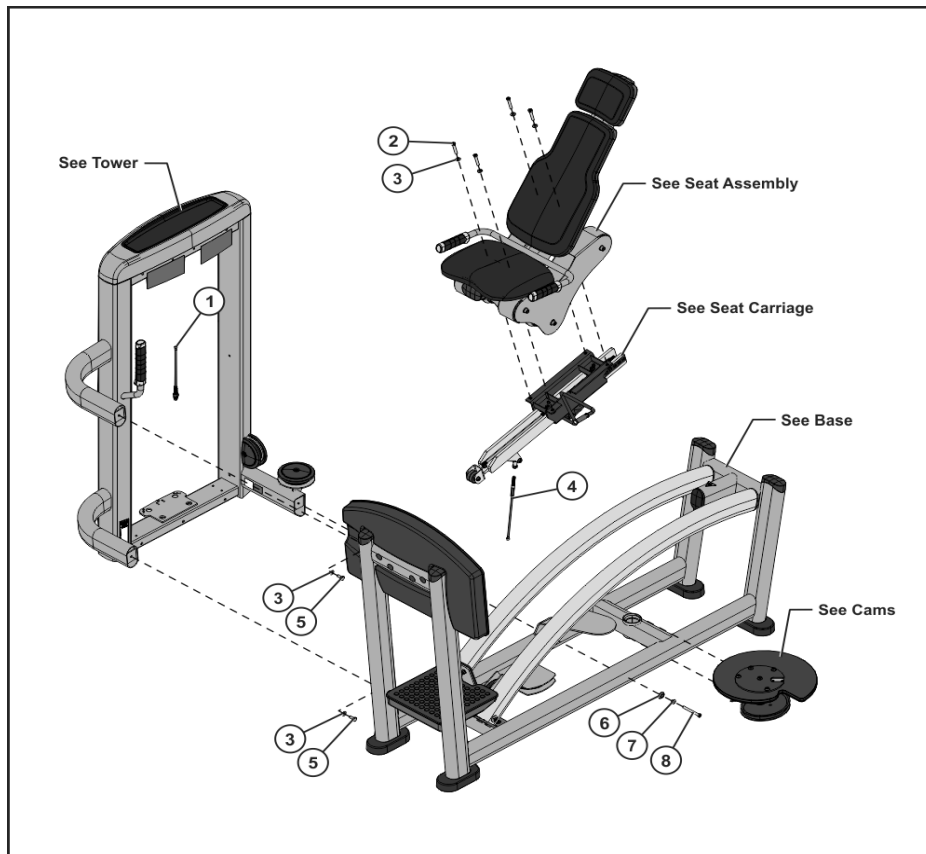
Ref #	Part Number	Qty	Description
1	9496204	1	CABLE: LEG PRESS, TOWER
2	1022313-0001	1	CABLE: LEG PRESS CARRIAGE

Cams



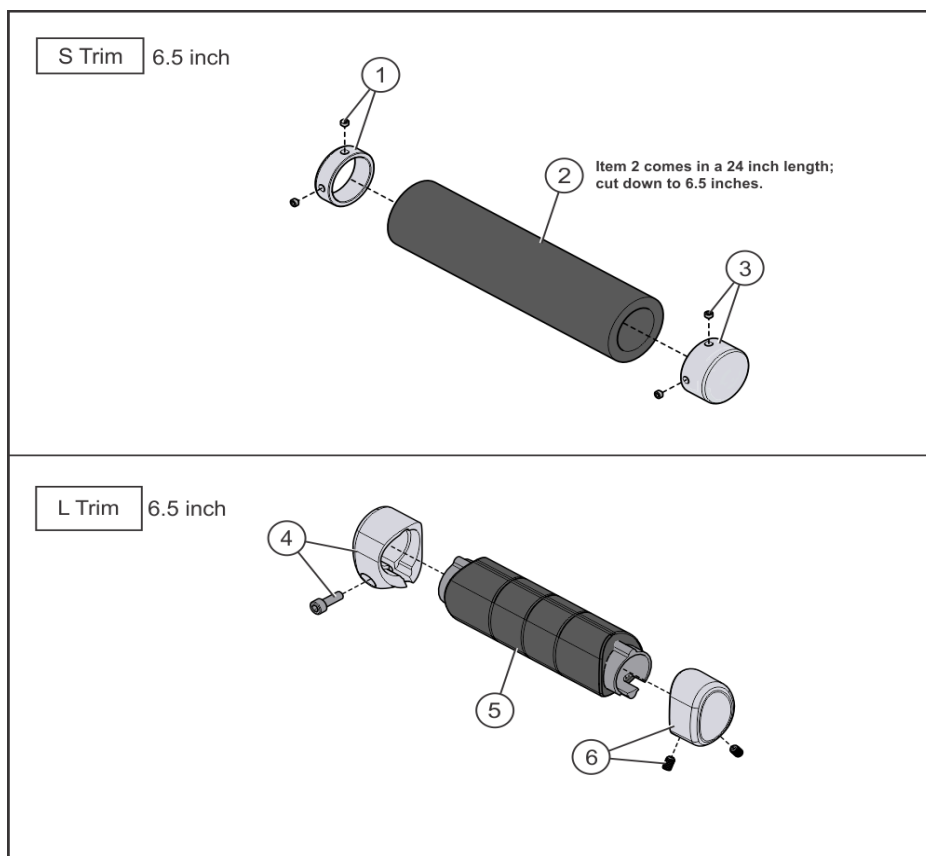
Ref #	Part Number	Qty	Description
1	3236204	4	M10 X 1.5 X 35 SHCS, LOW HEAD
2	3236601	5	WASHER, 3/8 SAE STAINLESS STEEL
3	3236202	1	M10 X 1.5 X 25 SHCS, LOW HEAD
4	1022249-2801	1	PLATE: CAM COVER, 1/4IN
5	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
6	1018414-2801	1	PLATE: COVER, CABLE RETAINER - CHR
7	7342201	1	PLATE, CABLE END
8	1022277-0001	1	CAM: OBRND LEG PRESS, HDPE 3/4IN
9	9496204	1	CABLE: LEG PRESS, TOWER
10	1024956-2801	1	WELDMENT: CAM HUB -CHR
11	3243201	2	BEARING, 6007 BALL
12	7511601	1	KEY, .375 SQUARE X 1.25
13	7511502	1	SPACER, FZ/SP INTERNAL X 1.845
14	7511501	1	SPACER, FZ/PS INTERNAL X .403
15	1022242-2801	1	WELDMENT: ROUND CAM, LEG PRESS -CHR
16	1022313-0001	1	CABLE: LEG PRESS CARRIAGE

Components



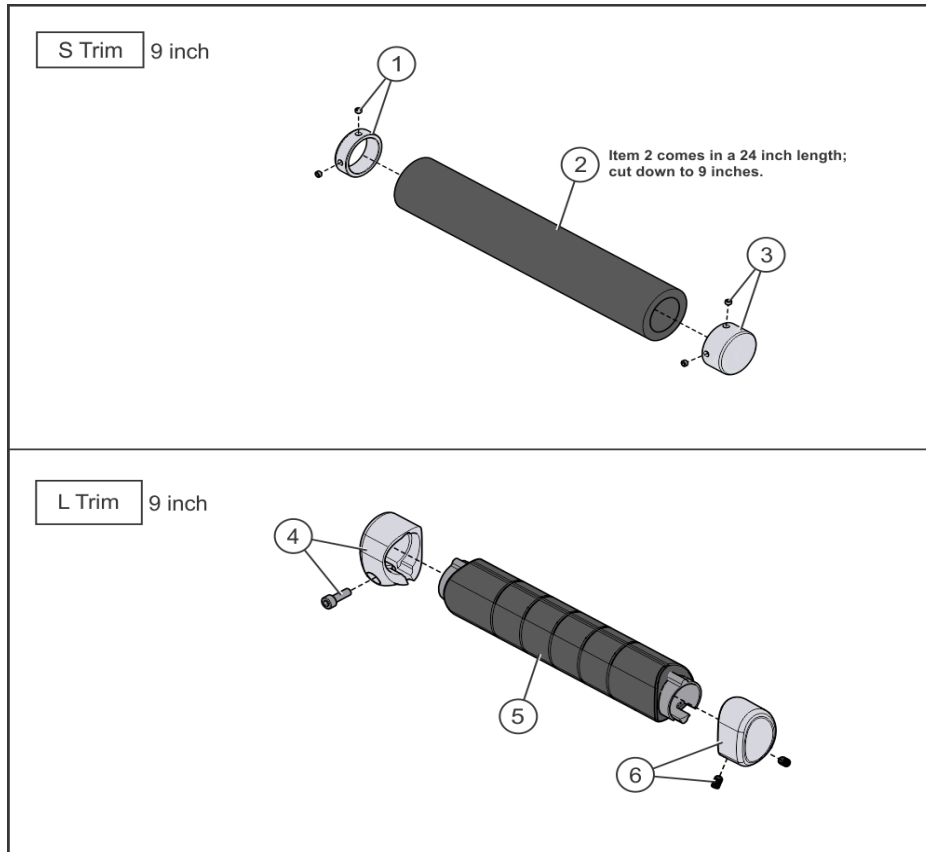
Ref #	Part Number	Qty	Description
1	9496204	1	CABLE: LEG PRESS, TOWER
2	3236209	4	M10 X 1.5 X 60 SHCS, LOW HEAD
3	3236601	6	WASHER, 3/8 SAE STAINLESS STEEL
4	1022313-0001	1	CABLE: LEG PRESS CARRIAGE
5	3251202	2	M10 X 1.5 X 25MM UNS HEX CS ST ZN
6	1012186-0001	1	SPACER: 1-1/4 OD X 1/4
7	7630101	1	RETAINER, CM/MJ, PULLEY
8	3236215	1	M10 X 1.5 X 90 SHCS, LOW HEAD

Grips - 6.5 inch



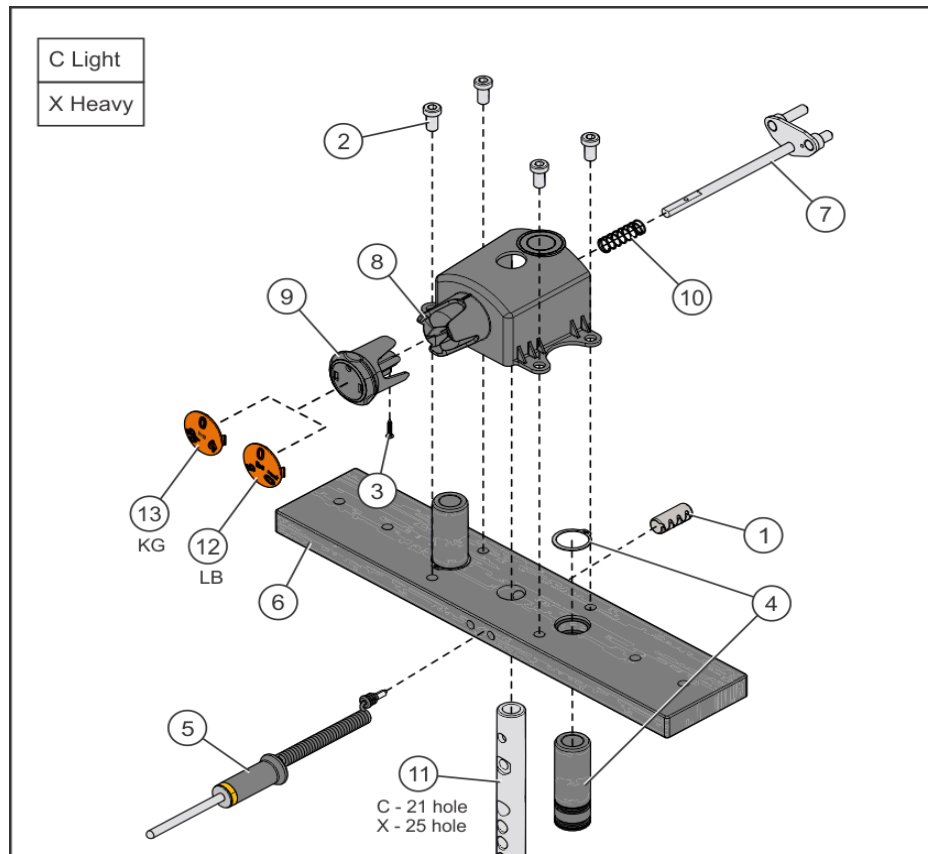
Ref #	Part Number	Qty	Description
1	7662801	1	RING, GRIP 1.25 OD
2	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
3	7662901	1	CAP; GRIP 1.25 OD
4	1001760-0001	1	ASSY, COLLAR, ERGO GRIP
5	9453001	1	GRIP, ERGO, OVERMOLD, 6.5
6	1001761-0001	1	ASSY, CAP, GRIP

Grips - 9 inch



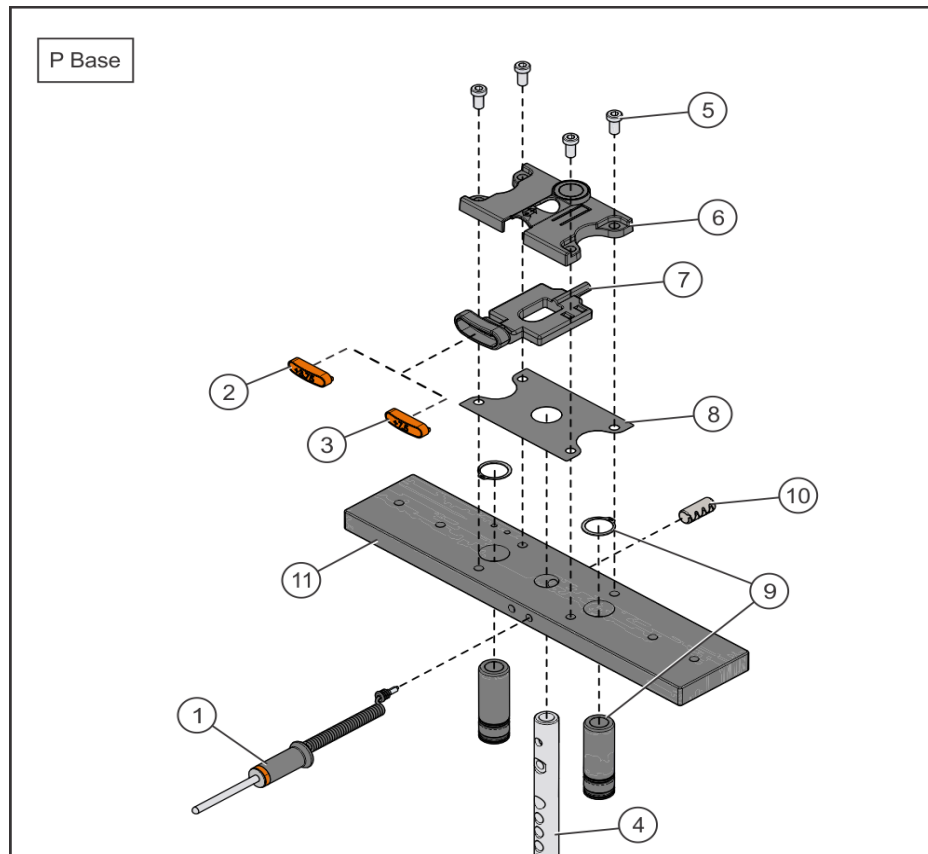
Ref #	Part Number	Qty	Description
1	7662801	1	RING, GRIP 1.25 OD
2	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
3	7662901	1	CAP; GRIP 1.25 OD
4	1001760-0001	1	ASSY, COLLAR, ERGO GRIP
5	9453002	1	GRIP, ERGO, OVERMOLD, 9.0
6	1001761-0001	1	ASSY, CAP, GRIP

Head Plate Assy - C and X



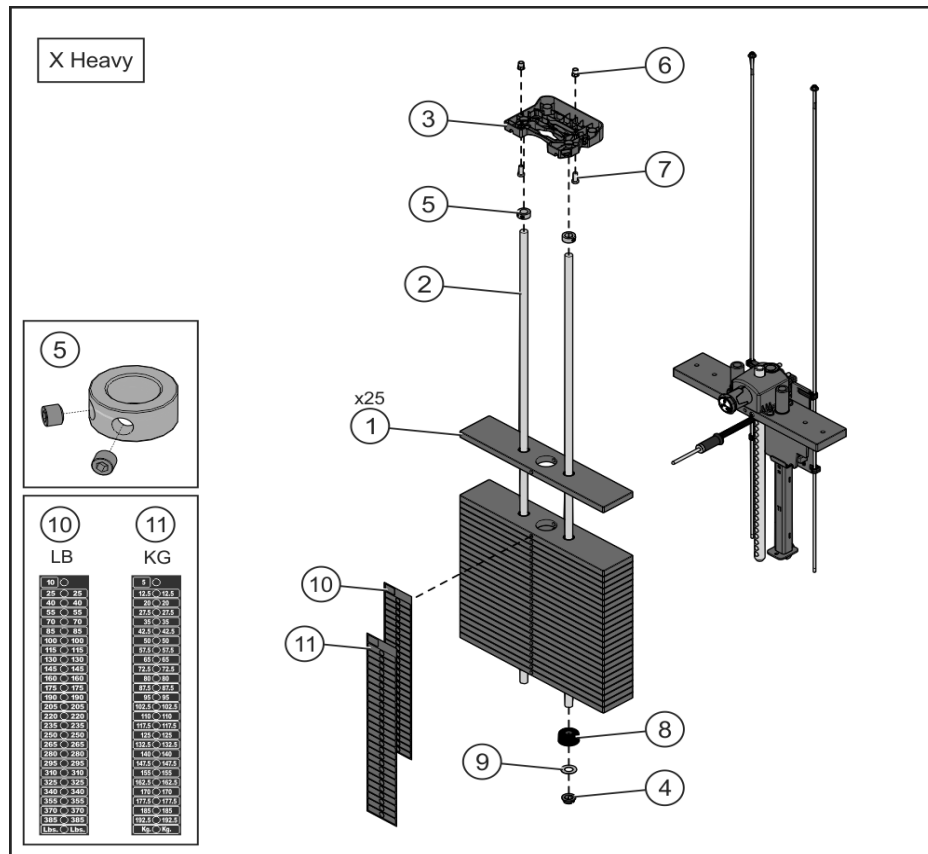
Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9431101	1	HEADPLATE, WT. STACK, 20LB
7	1010800-0001	1	WLDMT, INC WGT PIN
8	1017209-0001	1	HOUSING: INC WEIGHT
9	9443201	1	KNOB, INC WEIGHT
10	9443301	1	SPRING, INC WGT PIN
11	9426003	1	BAYONET, 25 PLATE
11	9434203	1	BAYONET, 21 PLATE
12	9431403	1	CAP, SELECTOR KNOB -LBS
13	9450103	1	CAP, SELECTOR KNOB -KGS

Head Plate Assy - P



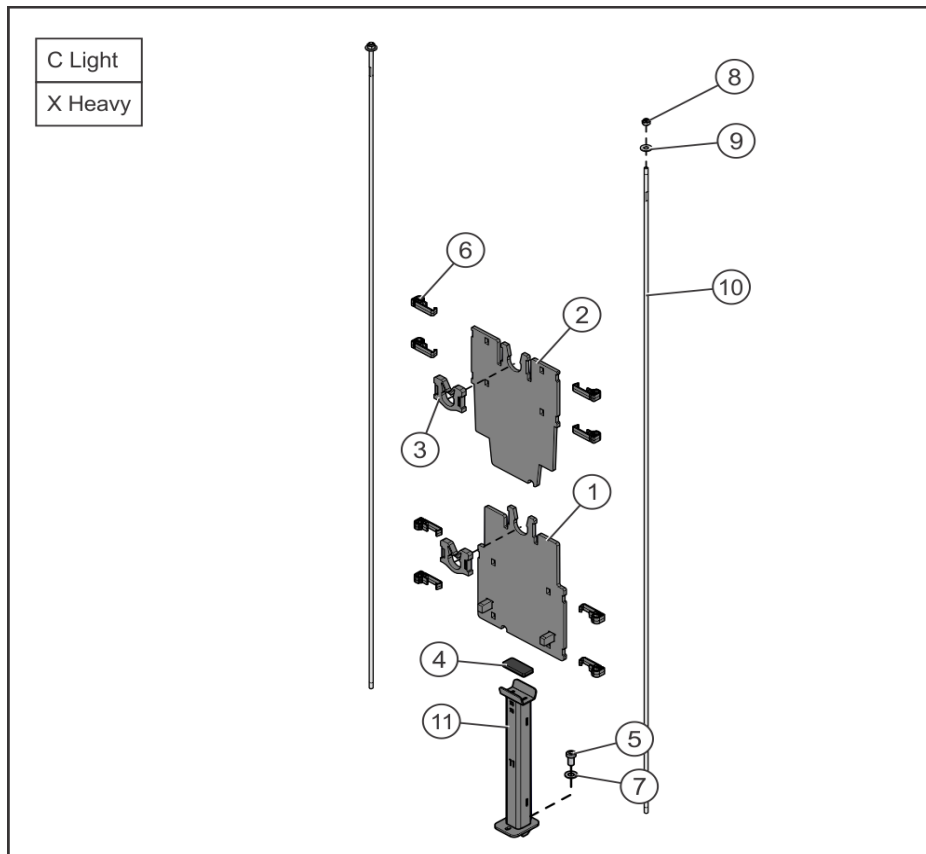
Ref #	Part Number	Qty	Description
1	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
4	9434203	1	BAYONET, 21 PLATE
5	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
6	1017210-0001	1	HOUSHING: 7.5LB INC WEIGHT
7	1008675-0001	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	9431101	1	HEADPLATE, WT. STACK, 20LB

Heavy X-Stack



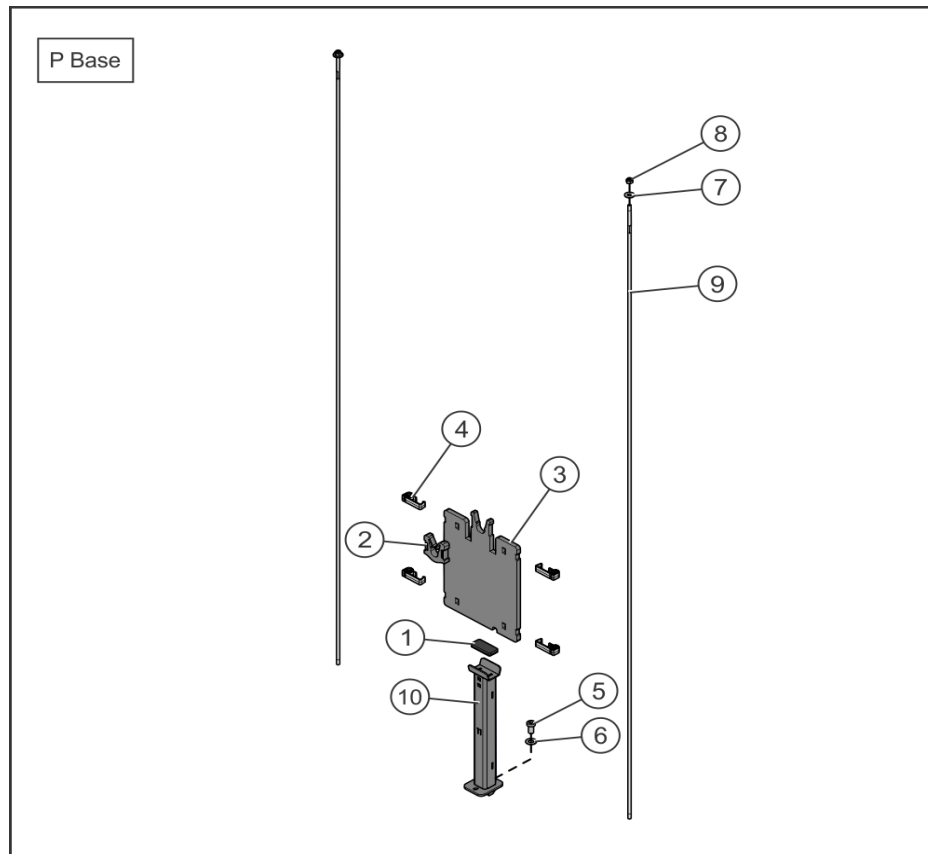
Ref #	Part Number	Qty	Description
1	9407601	25	WGT PL, 3/4IN X 4IN, 15LB
2	7328624	2	GUIDE ROD, .75 OD SOLID X 56.92
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	7352101	2	CUSHION, WEIGHT STACK
9	7351001	2	SPACER, INC WT STACK
10	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
11	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

Increment Weights - C and X



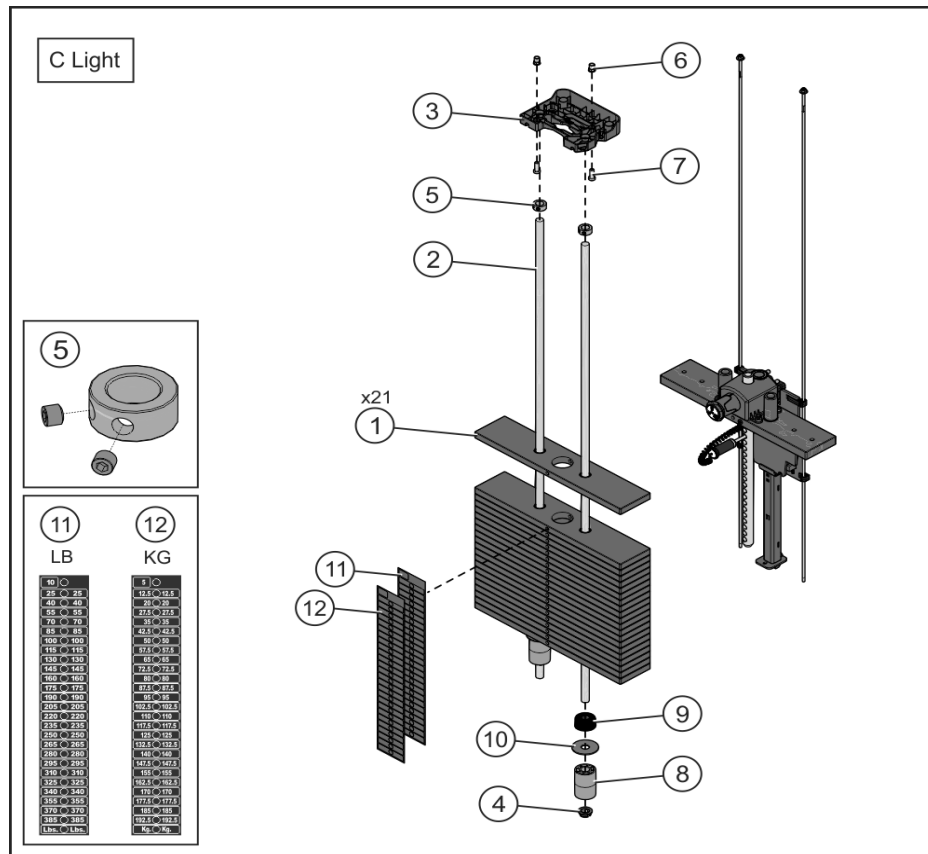
Ref #	Part Number	Qty	Description
1	1010971-2801	1	WLDMT: INC WEIGHT, 5LB, REAR -CHR
2	1010970-2801	1	PLATE: INC WEIGHT, 5LB, FRONT, 1/4" -CHR
3	1008920-0001	2	GUARD: INCREMENT WEIGHT, 0.25
4	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	1010803-0001	8	GUIDE ROD 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	1018163-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 11" -CHR

Increment Weights - P



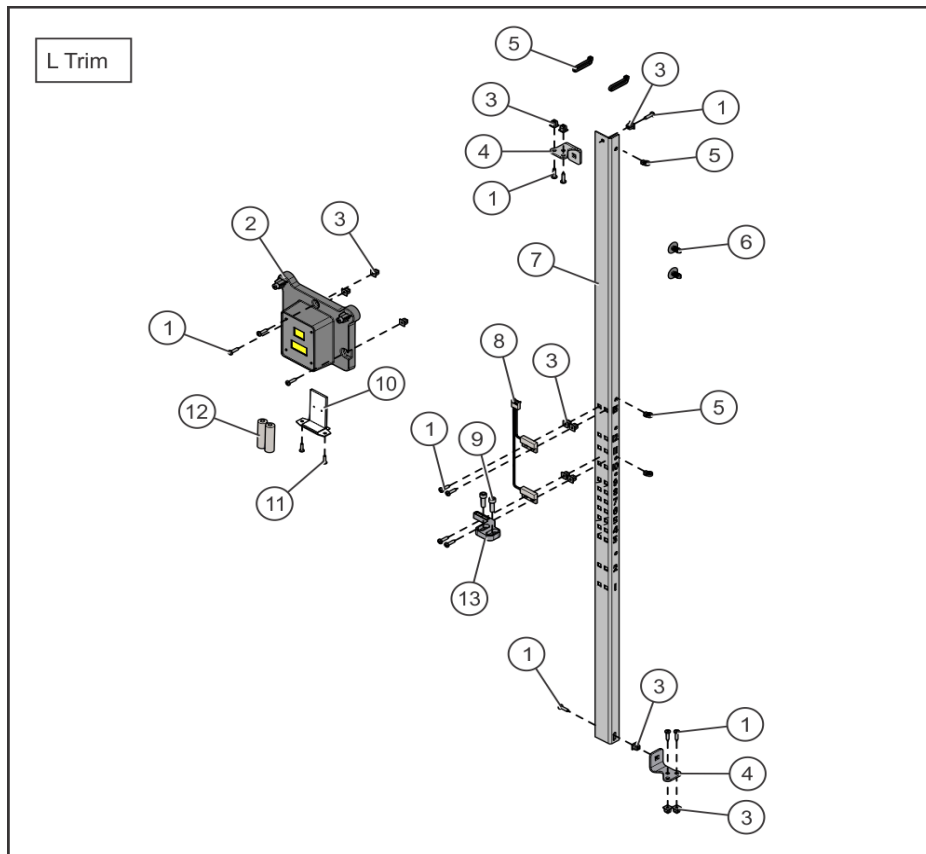
Ref #	Part Number	Qty	Description
1	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1008366-0028	1	PLATE: INCREMENT WEIGHT, 7.5LB - CHR
4	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	3236601	1	WASHER, 3/8 SAE STAINLESS STEEL
7	3102506	2	WASHER, FLAT 1/4 ID ZN
8	3102806	2	NUT, NYLOCK 1/4-20
9	1008192-0003	2	GUIDE ROD: 0.25 OD SOLID, 61.308"
10	1018163-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 11" -CHR

Light C-Stack



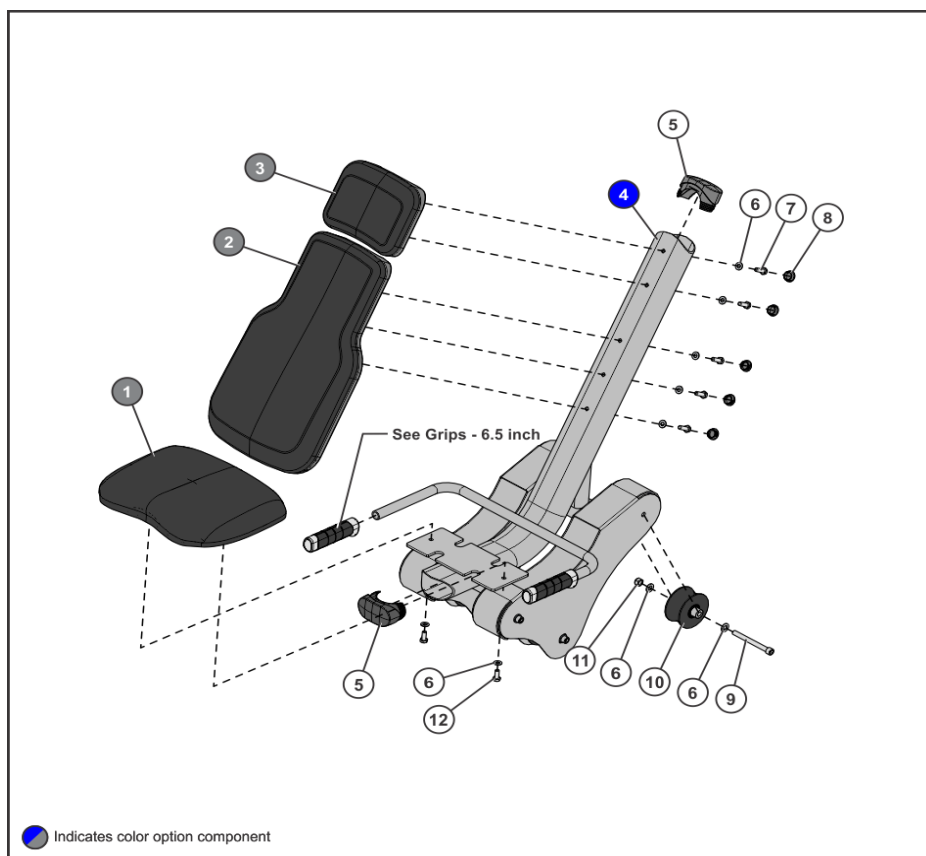
Ref #	Part Number	Qty	Description
1	9407601	21	WGT PL, 3/4IN X 4IN, 15LB
2	7328624	2	GUIDE ROD, .75 OD SOLID X 56.92
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 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

L Trim Rep Counter



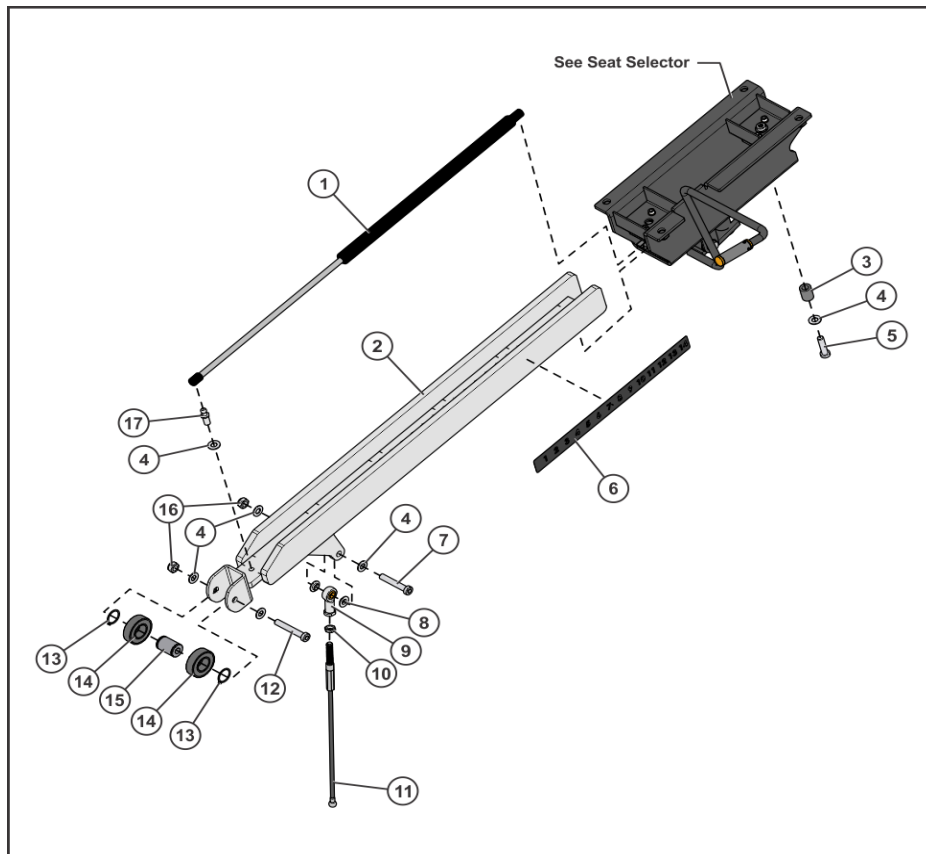
Ref #	Part Number	Qty	Description
1	3275801	13	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
2,8	1008199-0001	2	ASSY: REP COUNTER/SWITCH/MAGNET
3	0017-00042-1147	13	GROMMET: SCREW, 8 OR 10
4,7	1007269-0028	3	BRACKET: RAIL MOUNT, REP CNTR -CHR
5	3276501	5	CABLE TIE 11 IN.
6	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
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

Seat Assembly



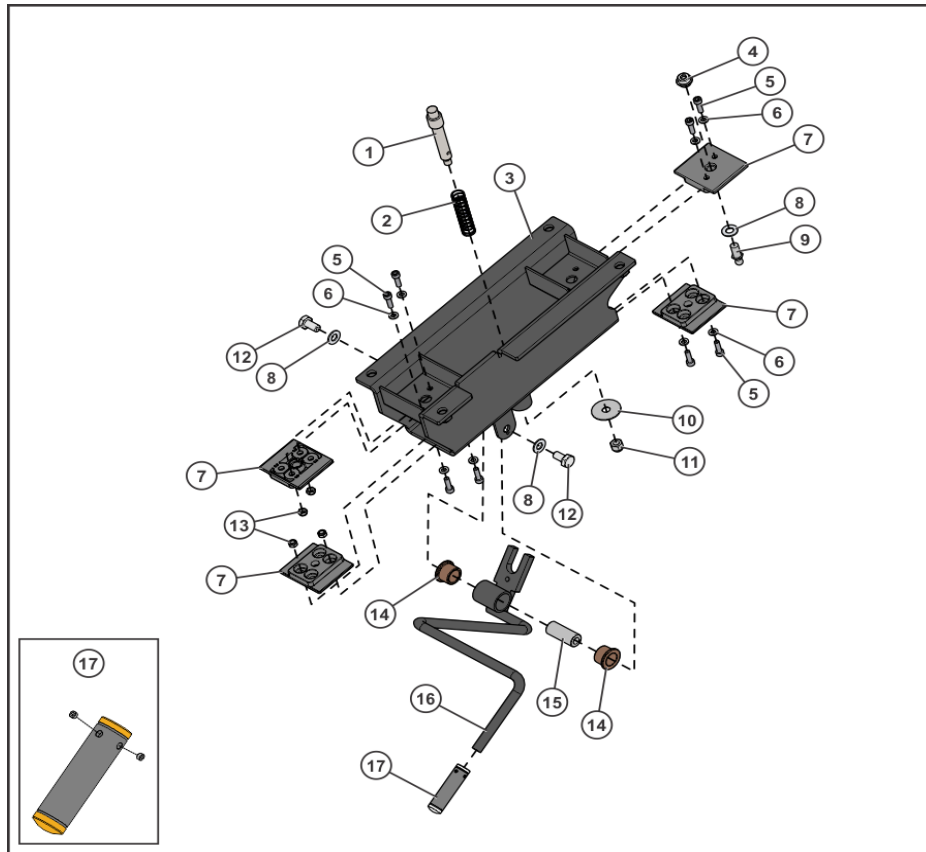
Ref #	Part Number	Qty	Description
1	1000000-0099	1	PAD, LARGE CHAIR CUS, SNGL STITCH- Custom
1	1000000-0101	1	PAD, LARGE CHAIR CUS, DBL STITCH- BLACK
1	7297201	1	PAD, LARGE CHAIR, SNGL STITCH BLACK
1	1000000-0199	1	PAD, LARGE CHAIR CUS, DBL STITCH- Custom
2	1000018-0001	1	PAD, LARGE BACK CUS, SNGL STITCH- BLACK
2	1000018-0101	1	PAD, LARGE BACK CUS, DBL STITCH- BLACK
2	1000018-0099	1	PAD, LARGE BACK CUS, SNGL STITCH- Custom
2	1000018-0199	1	PAD, LARGE BACK CUS, DBL STITCH- Custom
3	1000017-0199	1	PAD, HEAD REST CUS, DBL STITCH- Custom
3	1000017-0101	1	PAD, HEAD REST CUS, DBL STITCH- BLACK
3	1000017-0001	1	PAD, HEAD REST CUS, SNGL STITCH- BLACK
3	1000017-0099	1	PAD, HEAD REST CUS, SNGL STITCH- Custom
4	1022144-0000	1	WELDMENT: SEAT, LEG PRESS Custom
5	7333902	2	CAP, LARGE FLOV-END; CHGR
6	3236601	15	WASHER, 3/8 SAE STAINLESS STEEL
7	3251203	5	M10 X 1.5 X 30MM UNS HEX CS ST ZN
8	3237407	5	PLUG, 1 IN HOLE
9	3236220	6	M10 X 1.5 X 130 SHCS, LOW HEAD
10	3251502	6	ROLLER ASSY
11	3236803	6	NUT, M12 X 1.75 HEX NYLOCK SS
12	3251202	2	M10 X 1.5 X 25MM UNS HEX CS ST ZN

Seat Carriage



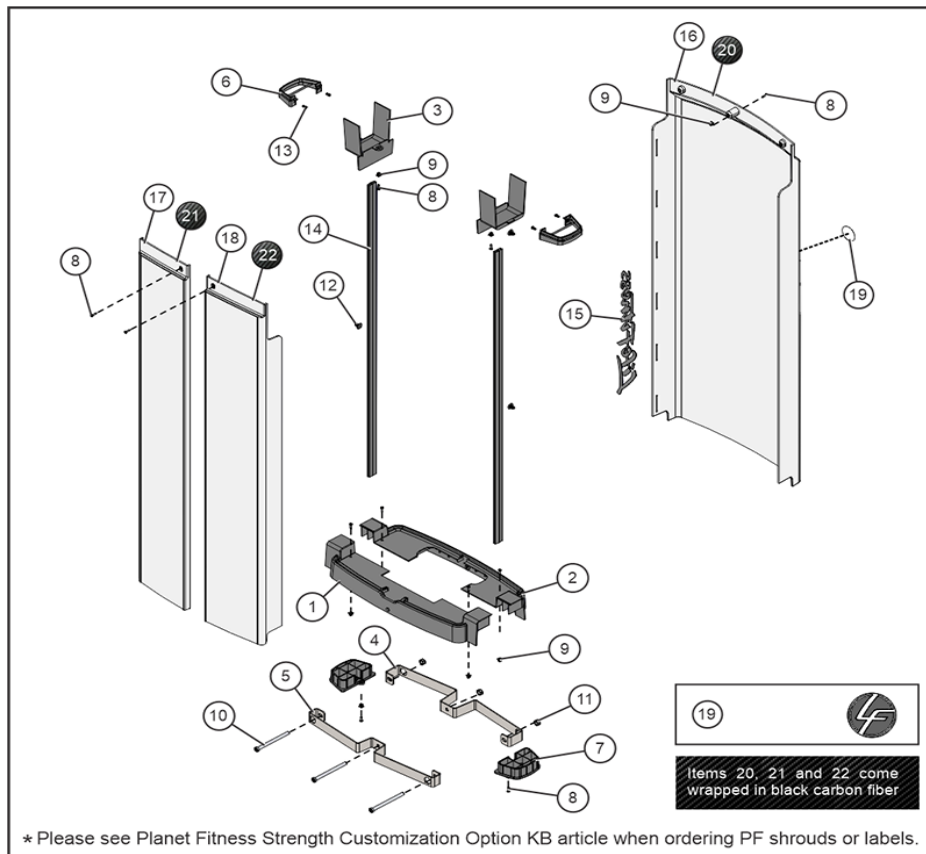
Ref #	Part Number	Qty	Description
1	3272302	1	SPRING: GAS, 180N X 350MM
2	1023366-2801	1	WELDMENT: SEL PLATE, SEAT ADJ -CHR
3	7354301	1	SPACER, 7/16 ID X 1 OD X 1
4	3236601	6	WASHER, 3/8 SAE STAINLESS STEEL
5	3236205	1	M10 X 1.5 X 40 SHCS, LOW HEAD
6	1023398-0001	1	LABEL: SEAT ADJUST, LEG PRESS
7	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
8	7776401	2	SPACER, FLANGE .406 X .495 X .81
9	3237901	1	ROD END, METRIC FEMALE
10	3236901	1	NUT, HEX JAM M10 X 1.5 SS
11	1022313-0001	1	CABLE: LEG PRESS CARRIAGE
12	3236210	1	M10 X 1.5 X 65 SHCS, LOW HEAD
13	3232420	2	RING: BRE 0.926 5100-98 ST PP B
14	3235601	2	BEARING, 6205 BALL
15	7686901	1	SHAFT, BEARING
16	3236801	2	NUT, NYLOCK M10 X 1.5 SS
17	7414301	1	STUD, M10 BALL END M10 X 1.5

Seat Selector



Ref #	Part Number	Qty	Description
1	7351301	1	PIN, PULL X 4.375
2	7351501	1	SPRING; PULL PIN LARGE
3	1023374-2801	1	WELDMENT: SEAT ADJ HSG, LEG PRESS -CHR
4	7335401	1	NUT, M10 X 1.5 SOCKET HEAD
5	3241701	8	M6 X 1 X 20MM SHCS, STD HEAD
6	3241801	8	WASHER, FLAT 6MM SS
7	1023378-0001	4	GUIDE: SEL PLATE, LEG PRESS
8	3236601	3	WASHER, 3/8 SAE STAINLESS STEEL
9	7414301	1	STUD, M10 BALL END M10 X 1.5
10	3236701	1	WSHR, FENDER 3/8 ID X 1.5 OD SS
11	3102802	1	NUT, NYLOCK 3/8-16
12	3251201	2	M10 X 1.5 X 20MM UNS HEX CS ST ZN
13	3236802	8	NUT, M6 X 1 HEX NYLOCK SS
14	3104901	2	BEARING, FLG .75 ID X 1.00 OD
15	7324802	1	SHAFT, TAPPED 0.75 DIA X 1.80
16	1025185-2801	1	WELDMENT: ADJ LEVER, LEG PRESS -CHR
17	9461503	1	HANDLE, REMOTE, YELLOW

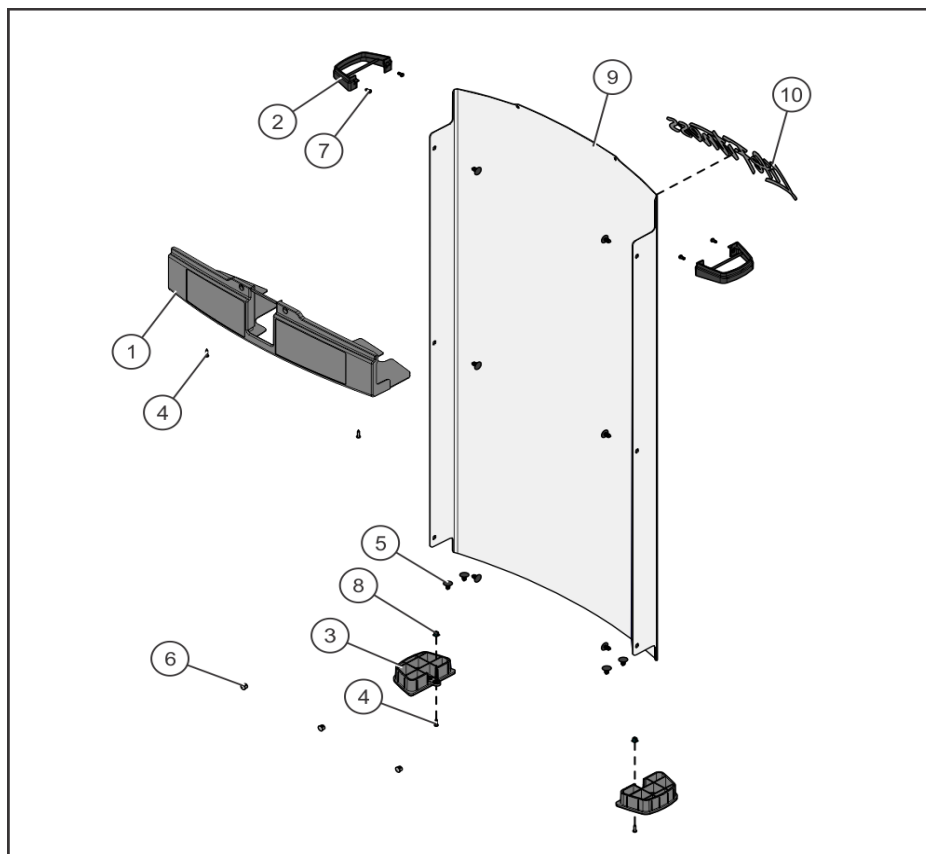
Shrouds - Full



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	9414602	2	SHROUD EXTRUSION - LONG
15	9489101	1	LABEL, LIFE FITNESS, 20IN.
16	9489002	1	SHROUD, SS, REAR, TLL
17	9410602	1	SHROUD, TOWER FRONT, LT - LONG
18	9410702	1	SHROUD, TOWER FRONT, RT - LONG
19	AK58-00245-2401	1	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY
20	1003205-0061	1	SHROUD, SS, REAR, TLL, ABS-PF
21	1003204-0061	1	SHROUD, SS, FNT, LT, TLL, ABS-PF

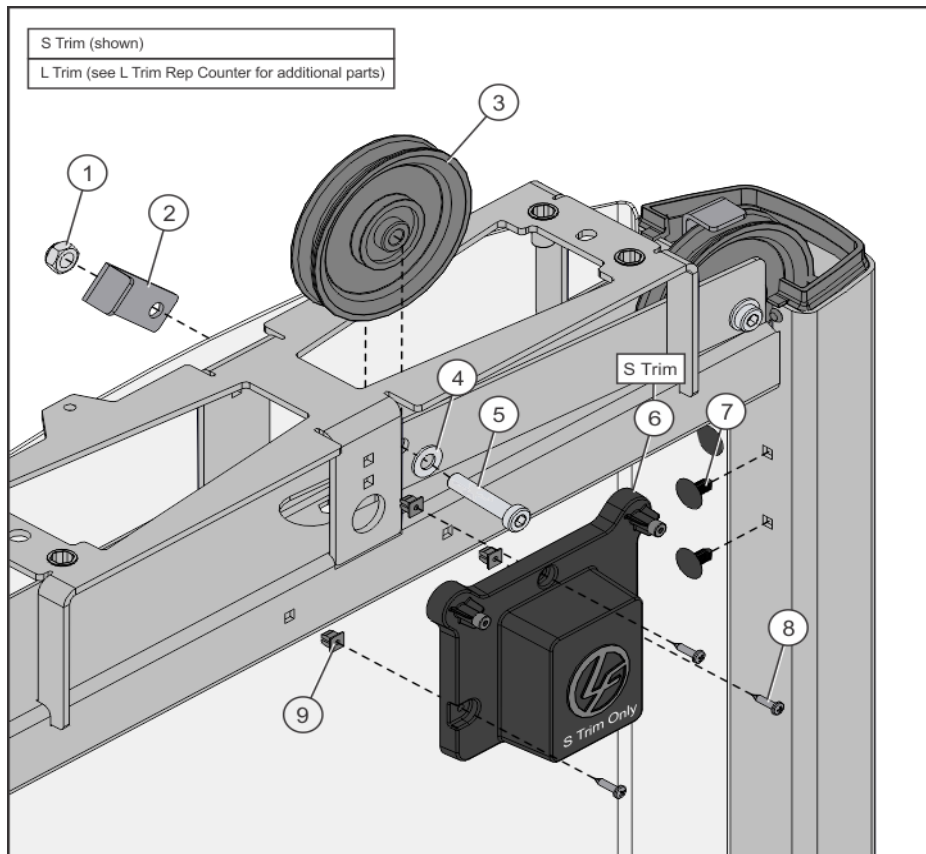
Ref #	Part Number	Qty	Description
22	1003203-0061	1	SHROUD, SS, FNT, RT, TLL, ABS-PF

Shrouds - Rear



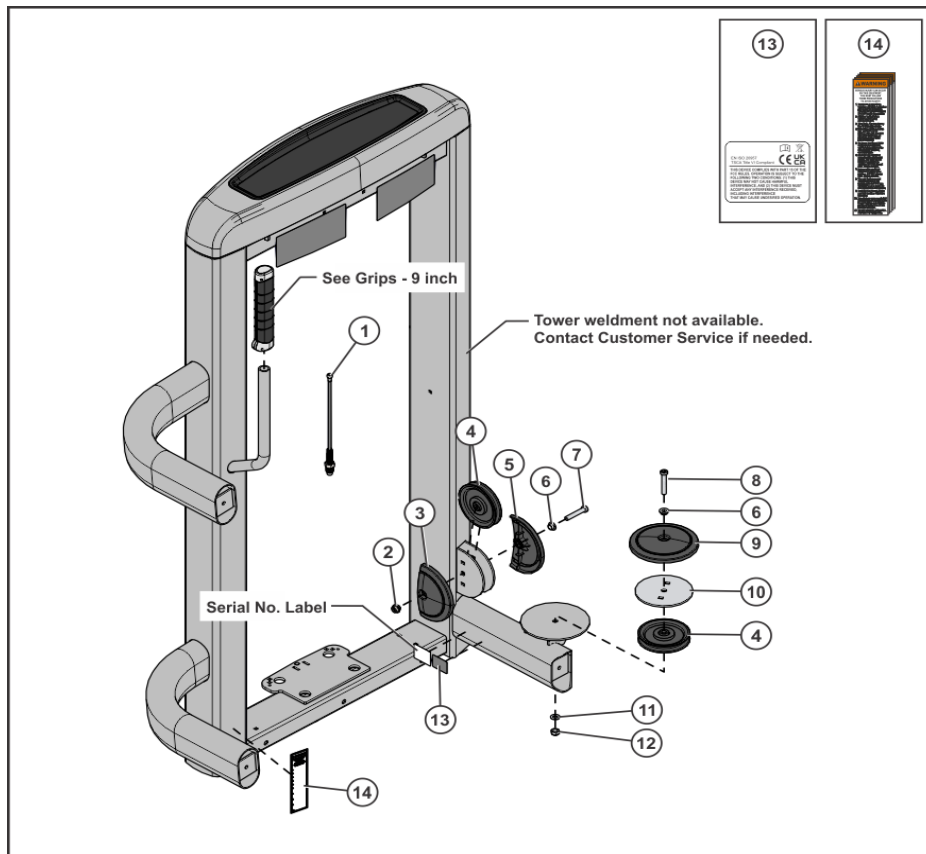
Ref #	Part Number	Qty	Description
1	1018509-0001	1	ASSY: TOP TRIM, PLACARD MNT
2	9415801	2	GASKET, TRAP TUBE
3	9412701	2	ASSY, TRAP TUBE, CAP -BTM
4	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	1006620-0001	10	RETAINER: PANEL, 9/32 X 1/2 NYL
6	3237405	3	PLUG, 7/16 IN HOLE
7	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
8	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
9	1009335-0002	1	SHROUD: REAR, W/LOGO, TLL
10	1008491-0001	1	LABEL, LIFE FITNESS, 16IN

S and L Trim Tower Top



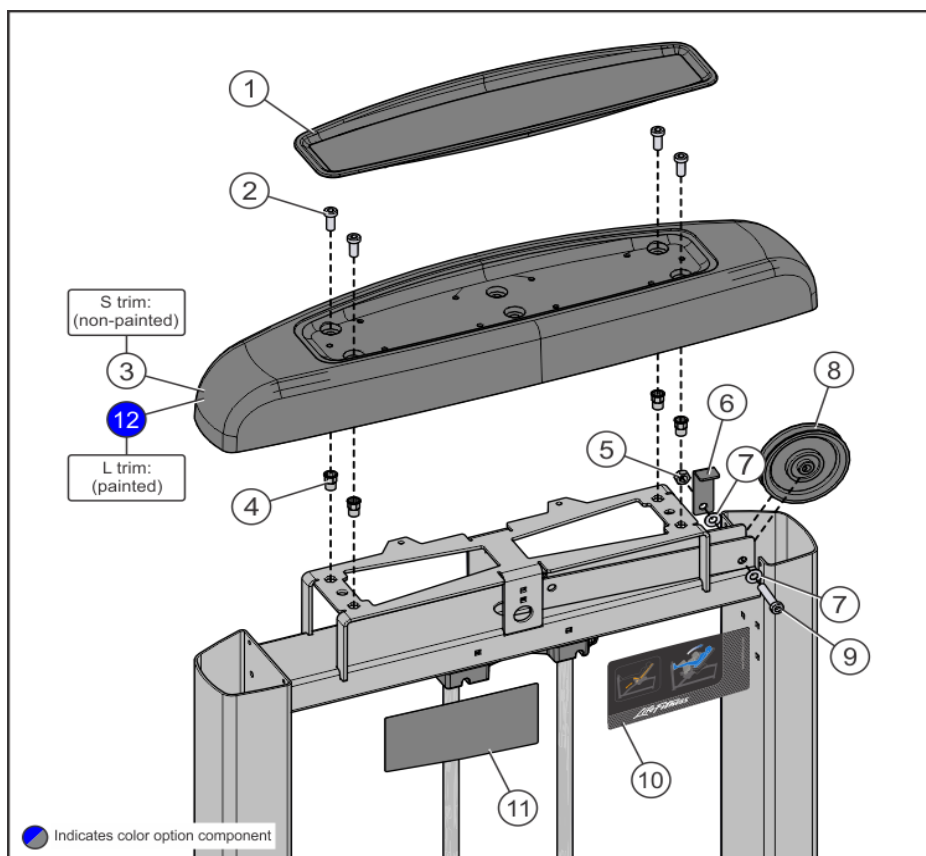
Ref #	Part Number	Qty	Description
1	3236801	1	NUT, NYLOCK M10 X 1.5 SS
2	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
3	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
4	3236601	1	WASHER, 3/8 SAE STAINLESS STEEL
5	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
6	1006334-0001	1	ASSY, DUMMY HOUSING
7	1006620-0001	2	RETAINER: 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



Ref #	Part Number	Qty	Description
1	9496204	1	CABLE: LEG PRESS, TOWER
2	7335401	1	NUT, M10 X 1.5 SOCKET HEAD
3	8094102	1	COVER, PULLEY -BOLTED PARTIAL -CHGR
4	3237802	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
5	9450002	1	COVER, PULLEY -BOLTED PARTIAL -CHGR
6	7630101	2	RETAINER, CM/MJ, PULLEY
7	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
8	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
9	8102902	1	COVER, PULLEY-BOLTED FULL
10	7318201	1	PLATE, PULLEY
11	3236601	1	WASHER, 3/8 SAE STAINLESS STEEL
12	3236801	1	NUT, NYLOCK M10 X 1.5 SS
13	9488901	1	LABEL, INSIGNIA, FCC
14	8220000	1	LABEL, ASTM WARNING FW SELECT

Tower Top - Cap and Placards



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	1022819-0001	1	LABEL: SS-LP PLACARD, RH
11	1022818-0004	1	LABEL: SS-LP PLACARD, LH - SPN
11	1022818-0010	1	LABEL: SS-LP PLACARD, LH - RUS
11	1022818-0012	1	LABEL: SS-LP PLACARD, LH - CHI
11	1022818-0001	1	LABEL: SS-LP PLACARD, LH - ENG
11	1022818-0007	1	LABEL: SS-LP PLACARD, LH - JAP
11	1022818-0008	1	LABEL: SS-LP PLACARD, LH - POR
12	9412600	1	CAP, SS, CAST Custom

