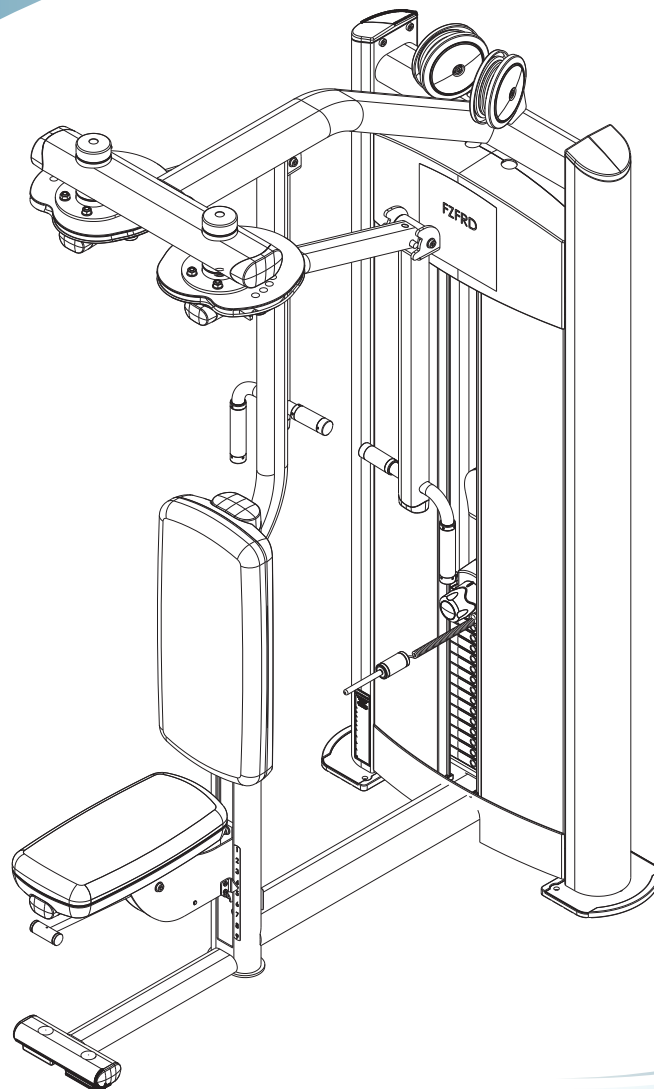


Signature Series Single Station Fly/Rear Deltoid

FZFRD

Parts List



FZFRD FLY/REAR DELTOID CONTENTS

FRAME AND UPHOLSTERY COLORS..... 3

OPTIONAL SHROUDS..... 4

PAINTED FRAME COMPONENTS..... 5

COMPONENT ASSEMBLY..... 6

COMPONENT ASSEMBLY LEGEND..... 7

SEAT CARRIAGE ASSEMBLY..... 8

ADJUSTER HANDLE ASSEMBLY..... 9

STANDARD PLASTIC TOWER ASSEMBLY..... 10

OPTIONAL WRAPPED SHROUDS..... 11

FZFRD MID-14 WEIGHT STACK ASSEMBLY..... 12

5 LB. INCREMENT WEIGHT ASSEMBLY..... 13

10 LB. INCREMENT WEIGHT ASSEMBLY..... 14

15 LB. INCREMENT WEIGHT ASSEMBLY..... 15

OPTIONAL LIGHT MID-14 TOWER ASSEMBLY..... 16

OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSEMBLY..... 17

OPTIONAL 5 LB. INCREMENT WEIGHT ASSEMBLY..... 18

OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSEMBLY..... 19

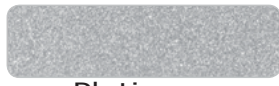
HEAD PLATE ASSEMBLY..... 20

HEAD PLATE ASSEMBLY LEGEND..... 21

IMAGE..... 22

FZFRD FLY/REAR DELTOID FRAME AND UPHOLSTERY COLORS

Strength Frame Colors



Platinum



White



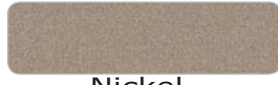
Black



Ice Blue Metallic



Midnight Metallic



Nickel



Blue



Red



Yellow



Candy Apple Red

Note: Include frame color in pick-slip notes when ordering frame assemblies or weldments.

Strength Upholstery Colors



American Beauty Red 07



Azure 20



Black 01



Cranberry 04



Graphite 22



Hunter Green 13



Regimental Blue 14



Royal Blue 02



Slate 03



Wheat 21



Burgundy 29



Candy Apple Red 28



Chestnut 34



Concord 16



Crocus 19



Dove Gray 37



Emerald 27



Grotto 25



Gun Metal 39



Imperial Blue 33



Jade 26



Navy 32



Northwoods Green 05



Paprika 35



Plum 30



Putty 38



Space Blue 06



Suede 08



Terra Cotta 36



Turquoise 17

Note: Replace XX with above color suffix when ordering pads (ie. 74123XX = 7412301 Black)
Use 99 suffix for custom upholstery.

FZFRD FLY/REAR DELTOID SHROUD OPTIONS

STANDARD SHROUD NO WRAP

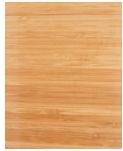


TRANSLUCENT



OPTIONAL StackWraps™ SHROUD + WRAP

BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS
STEEL



STEM



CO-BRANDED StackWraps™

SHROUD + WRAP

(refer to co-branded parts list)



PLANET FITNESS

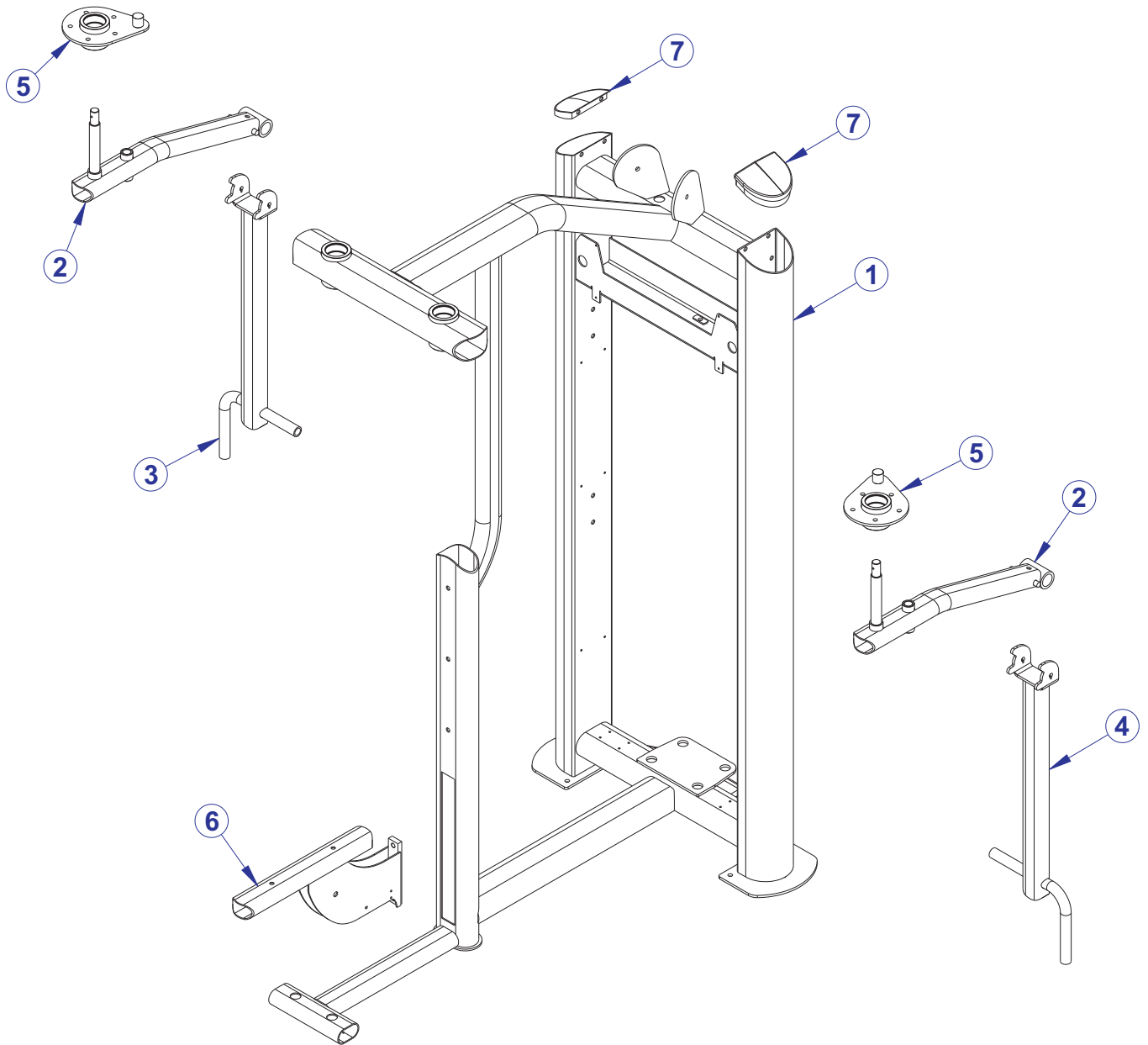


BLINK FITNESS



RETRO FITNESS

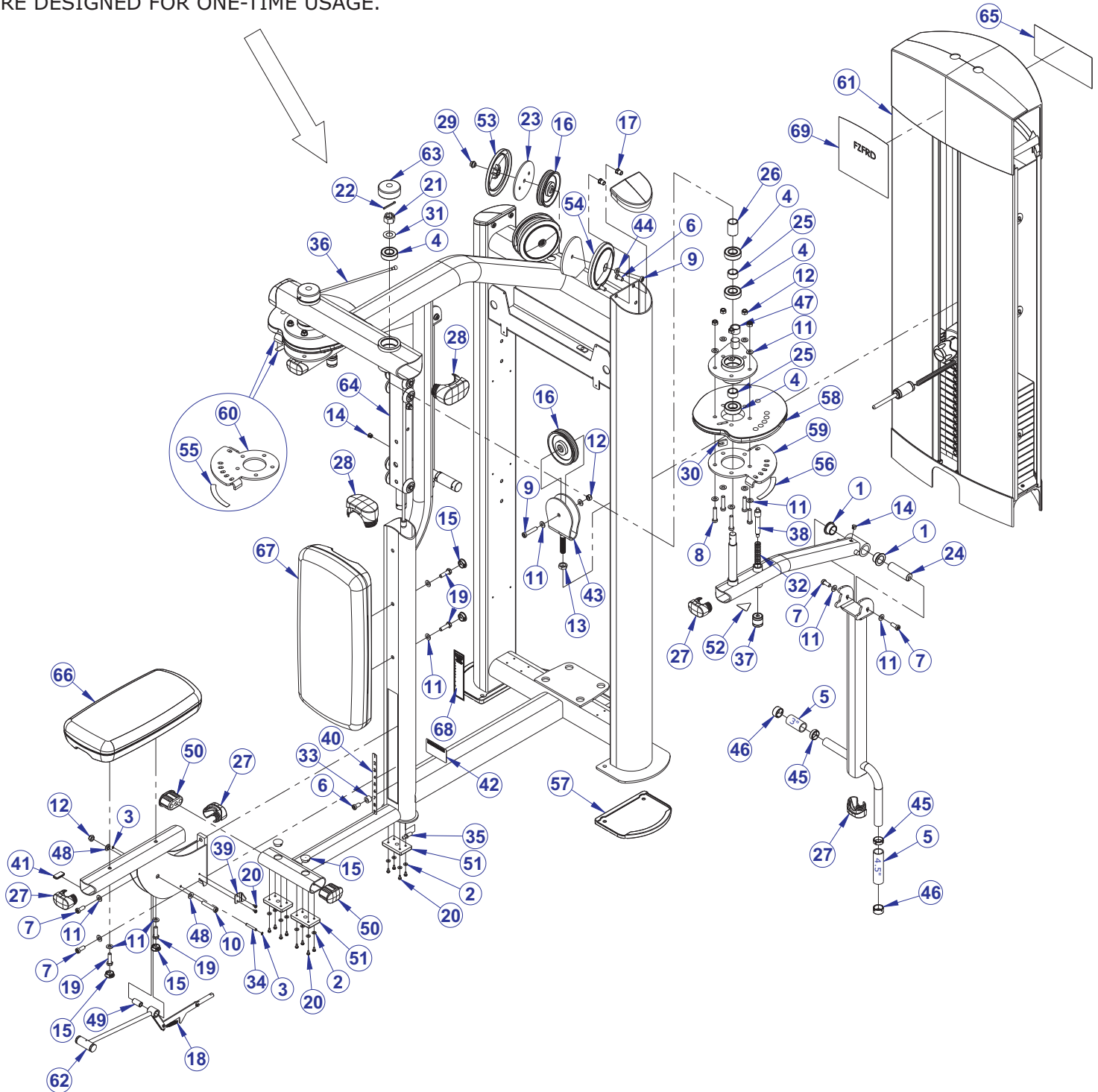
FZFRD FLY/REAR DELTOID PAINTED FRAME COMPONENTS



ITEM NO.	PART NO.	QTY.	DESCRIPTION	FRAME COLOR
1	POSSIBLE RMA	1	WLDMT, FZFRD MAIN FRAME	ANY
2	8893700	2	WLDMT, FZFRD UPPER WORK ARM	ANY
3	8894000	1	WLDMT, FZFRD LOWER WORK ARM, RIGHT	ANY
4	8894100	1	WLDMT, FZFRD LOWER WORK ARM, LEFT	ANY
5	8894200	2	WLDMT, FZFRD, PIVOT HSNG	ANY
6	8947200	1	WLDMT, FZFRD SEAT	ANY
7	7326201	2	CAP, D-TUBE-TOP	ANY

FZFRD FLY/REAR DELTOID COMPONENT ASSEMBLY

COTTER PINS (ITEM #22, PART NO. 3271201) MUST BE REPLACED ONCE REMOVED FROM MACHINE AS THEY ARE DESIGNED FOR ONE-TIME USAGE.

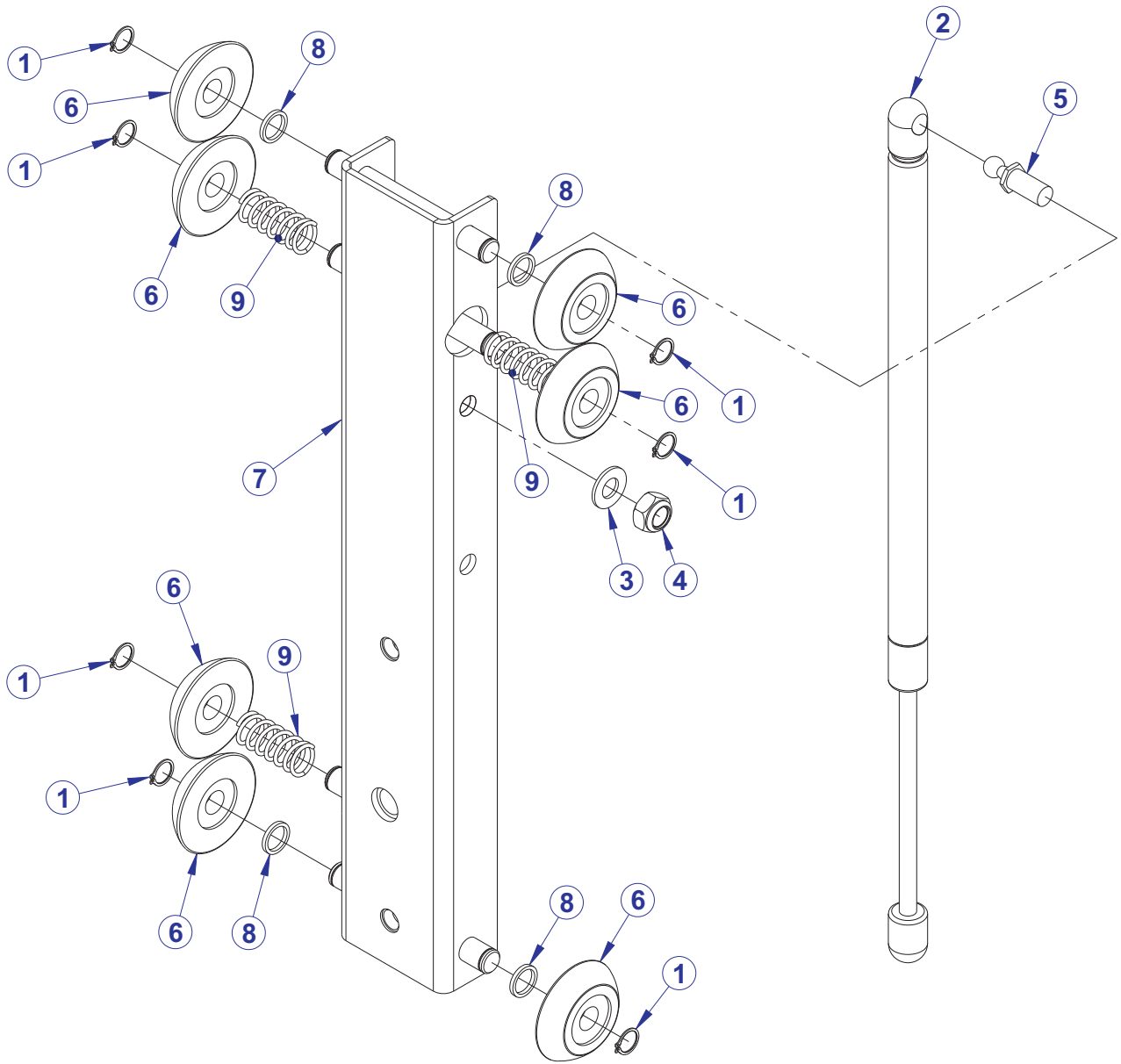


SEE PAGE 7 FOR LEGEND

FZFRD FLY/REAR DELTOID COMPONENT ASSEMBLY LEGEND

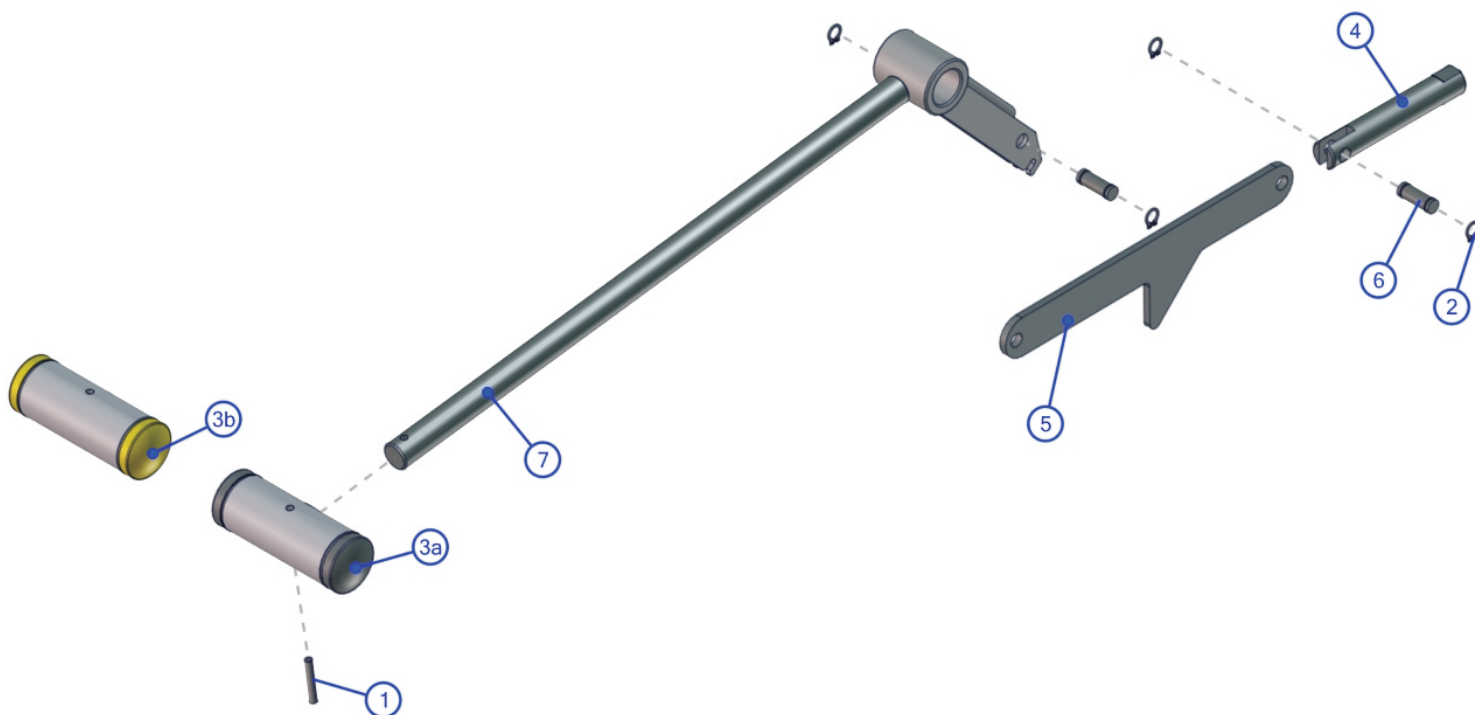
ITEM NO.	PART NO.	DESCRIPTION	QTY.
1	3104903	1.00" ID 1.25" OD BRONZ BUSHING	4
2	3114407	WASHER, SAF #10	12
3	3232401	RING, RETAINING, EXTERNAL	2
4	3235601	BEARING, 6205 BALL	8
5	3235801	GRIP, 1.25 OD X 1.25 WALL, OPEN END	4
6	3236201	SCREW, M10 X1.5 20MM	5
7	3236202	SCREW, M10 X1.5 25MM	6
8	3236206	SCREW, M10 X1.5 45MM	10
9	3236207	SCREW, M10 X1.5 50MM	3
10	3236208	SCREW, M10 X1.5 55MM	1
11	3236601	WASHER, 3/8 SAE SS	32
12	3236801	NUT, M10 HEX NYLOCK SS	12
13	3236902	NUT, HEX 1AM M16 X 2 SS	1
14	3237401	PLUG, 7/16" HOLE	3
15	3237403	PLUG, 1" HOLE	6
16	3237801	PULLEY, 4.5" OD	3
17	3238601	M10X1.5 BLIND THREADED INSERT (HEX)	4
18	3239201	SPRING, EXT, .375 X .049 X 2.00	1
19	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST 7N	4
20	3270601	SCREW, #10-32 TRX PAN ST B7	14
21	3271101	CASTLE NUT, M20	2
22	3271201	COTTERPIN, 5/32 X 2 HAMMERLOCK ZP	2
23	7318295	PLATE, PULLEY	2
24	7324901	SHAFT, TAPPED 1 DIA X 3.330	2
25	7330002	SPACER, INTERNAL X .653	4
26	7330006	SPACER, INTERNAL X 1.765	2
27	7333801	CAP, SMALL FLOW- END	6
28	7333901	CAP, LARGE FLOW- END	3
29	7335401	NUT, M10 X 1.5 SOCKET HEAD	2
30	7342201	PLATE, CABLE END	2
31	7351001	SPACER, INC WT STACK	2
32	7351501	SPRING, PULL PIN LARGE	2
33	7385203	SPACER, .406 X .750 X .500	1
34	7407502	PIN, LINK	1
35	7414301	STUD, M10 BALL END M10 X 1.5	1
36	7423811	CABLE, FZFRD 183-1/4	1
37	7424801	KNOB, POP PIN, SHADOW GRAY	2
	7424803	KNOB, POP PIN, YELLOW	
38	7425103	PIN, PULL X 4.25	2
39	7425295	BRKT, SEAT INDICATOR	1
40	7524501	LABEL, 1-9 STRAIGHT	1
41	7570801	GUARD, PAINT 1.25"x.75"x.25"	1
42	7571301	LABEL, SERIAL NUMBER, BLANK	1
43	7625095	WIDMT, FZ WT STK PULLEY BRKT	1
44	7630101	RETAINER, CM/M1, PULLEY	2
45	7662801	RING, GRIP 1.25 OD	4
46	7662901	CAP, GRIP 1.25 OD	4
47	7690101	BUMPER, SLEEVE - 1 INCH DIA	2
48	7776401	SPACER, FLANGE .406 X .495 X .81	2
49	7776501	SHAFT, .625 X .406 X 1.200	1
50	7800501	CAP, SML FLOW END	2
51	7810801	PAD, RUBBER FOOT	3
52	8039501	LABEL, WARNING, TRIANGLE	2
53	8102901	COVER, PULLEY-BOLTED FULL	2
54	8104501	COVER, PULLEY-BOLTED NOTCHED	2
55	8171301	LABEL, FZPEC 1-5 CURVED RT	1
56	8171401	LABEL, FZPEC 1-5 CURVED LH	1
57	8708801	FOOT, SPL D-TUBE SLIPPER	2
58	8894301	CAM, FZFRD	2
59	8894601	BRKT, FZFRD, CAM ADJ -LH	1
60	8894701	BRKT, FZFRD, CAM ADJ -RH	1
61	-	ASSY, FZFRD MID TOWER-14	1
62	88959XX	ASSY, FZFRD ADJUSTER HANDLE	1
63	8896001	CAP, FZFRD THREADED	2
64	8897301	ASSY, SEAT CARRIAGE	1
65	8901901	LABEL, FZFRD LOGO	1
66	74689XX	ASSY, PAD 18 X 9 CONVEX	1
67	78140XX	ASSY, 24 X 11 FIAT PAD	1
	8220001	LABEL, ASTM, SELECT VERT-ENGLISH	
	8220002	LABEL, ASTM, SELECT VERT-GERMAN	
	8220003	LABEL, ASTM, SELECT VERT-FRENCH	
	8220004	LABEL, ASTM, SELECT VERT-SPANISH	
68	8220005	LABEL, ASTM, SELECT VERT-ITALIAN	1
	8220006	LABEL, ASTM, SELECT VERT-DUTCH	
	8220007	LABEL, ASTM, SELECT VERT-JAPANESE	
	8220008	LABEL, ASTM, SELECT VERT-PORTUGUESE	
	8220010	LABEL, ASTM, SELECT VERT-RUSSIAN	
	8220011	LABEL, ASTM, SELECT VERT-TURKISH	
	8901501	LABEL, FZFRD PLACARD - ENGLISH	
	8901502	LABEL, FZFRD PLACARD - GERMAN	
	8901503	LABEL, FZFRD PLACARD - FRENCH	
	8901504	LABEL, FZFRD PLACARD - SPANISH	
69	8901505	LABEL, FZFRD PLACARD - ITALIAN	1
	8901506	LABEL, FZFRD PLACARD - DUTCH	
	8901507	LABEL, FZFRD PLACARD - JAPANESE	
	8901508	LABEL, FZFRD PLACARD - PORTUGUESE	
	8901510	LABEL, FZFRD PLACARD - RUSSIAN	
	8901511	LABEL, FZFRD PLACARD - TURKISH	

FZFRD FLY/REAR DELTOID SEAT CARRIAGE ASSEMBLY - 8897301



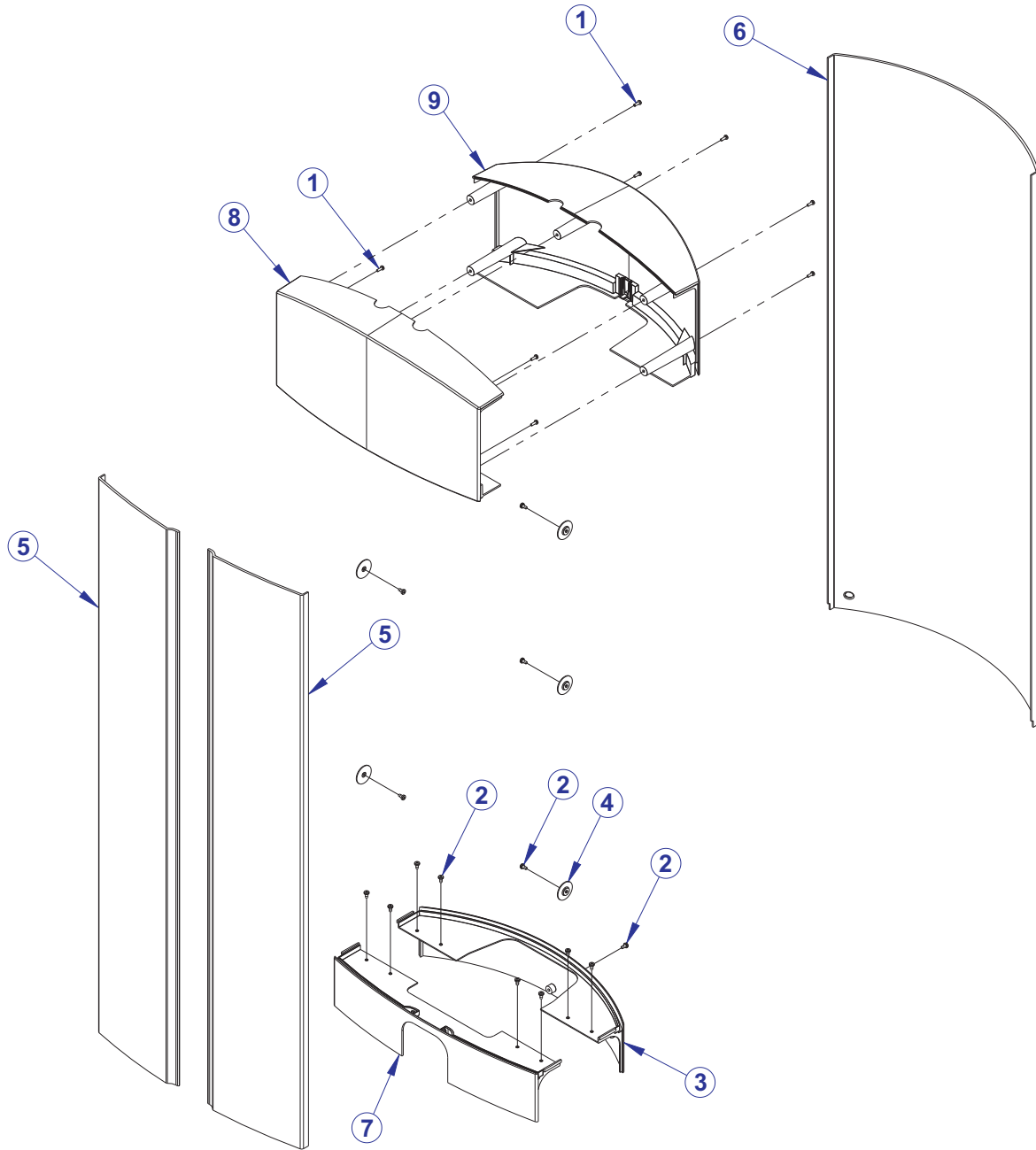
ITEM NO.	PART NO.	DESCRIPTION	QTY.
1	3232408	RING, BRE .443, 5100-46, ST,PP,B	7
2	3235703	SPRING, GAS 80N	1
3	3236601	WASHER, 3/8 SAE SS	1
4	3236801	NUT, M10 HEX NYLOCK SS	1
5	7414301	STUD, M10 BALL END M10 X 1.5	1
6	7889701	ROLLER, SEAT CARRIAGE	7
7	7911295	WLDMT, SEAT CARRIAGE SHDW GRAY	1
8	7911901	SPACER, .625 DIA X 16 GA.	4
9	7912001	SPRING, SEAT CARRIAGE	3

FZFRD FLY/REAR DELTOID ADJUSTER HANDLE ASSEMBLY - 88959XX



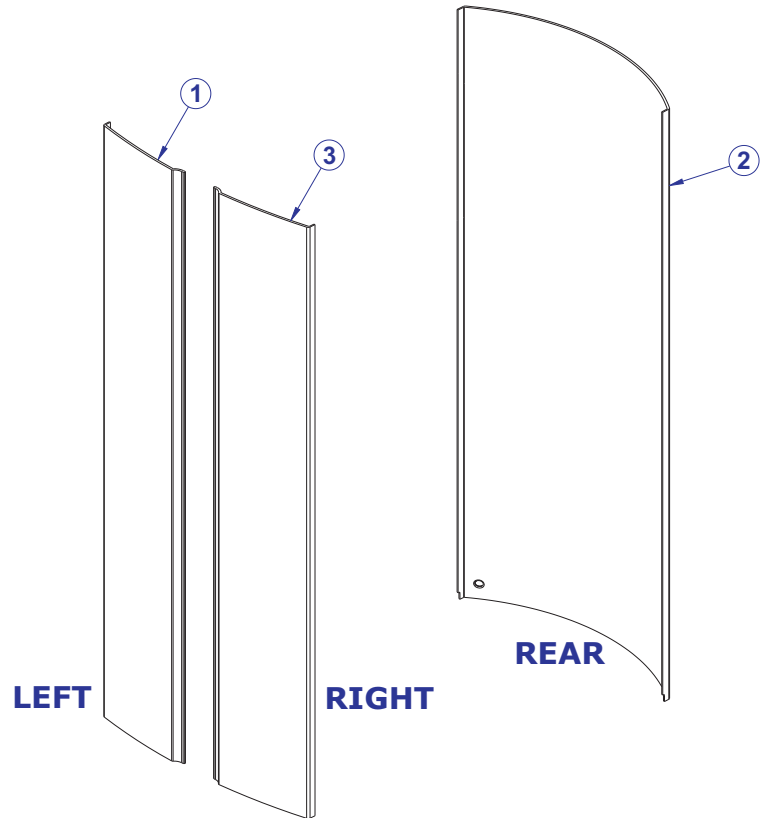
ITEM NO.	PART NO.	DESCRIPTION	QTY.	
1	3110010	ROLL PIN, 1/8 X 7/8	1	
2	3232401	RING, RETAINING, EXTERNAL	4	
3	a	7287901	HANDLE, ADJUSTER, SHADOW GRAY	1
	b	7287903	HANDLE, ADJUSTER, YELLOW	
4	7331601	PIN, INDEX	1	
5	7331801	LINK, ADJUSTER	1	
6	7407501	PIN, LINK	2	
7	8895895	WLDMT, FZ SEAT ADJ HANDLE, SG	1	


FZFRD FLY/REAR DELTOID STANDARD PLASTIC TOWER ASSEMBLY





ITEM NO.	PART NO.	DESCRIPTION	QTY.
1	3236501	M4 X 0.7 PHL PAN MS ST ZN	9
2	3270601	SCREW, #10-32 TRX PAN ST BZ	15
3	7318901	COVER, TOWER- BOTTOM REAR	1
4	7583501	RETAINER, FZ SHROUD	6
5	7765601	SHROUD, TOWER- FRT SHORT	2
6	7765701	SHROUD, TOWER- REAR SHORT	1
7	8170301	COVER, FZPEC, TOWER-BOTTOM FRONT	1
8	8894801	COVER, TOWER- TOP FRONT	1
9	8894901	COVER, TOWER- TOP REAR	1


FZFRD FLY/REAR DELTOID OPTIONAL WRAPPED SHROUDS





BAMBOO		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954201	SHROUD, FZ, FNT, SRT, LT -BAMBOO
		2	1	8949101	SHROUD, FZ, REAR, SRT -BAMBOO
		3	1	8949001	SHROUD, FZ, FNT, SRT, RT -BAMBOO

SKY		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954301	SHROUD, FZ, FNT, SRT, LT -SKY
		2	1	8949301	SHROUD, FZ, REAR, SRT -SKY
		3	1	8949201	SHROUD, FZ, FNT, SRT, RT -SKY

BRONZE		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954401	SHROUD, FZ, FNT, LT - BRONZE
		2	1	8949501	SHROUD, FZ, REAR -BRONZE
		3	1	8949401	SHROUD, FZ, FNT, SRT, RT -BRONZE

STEM		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954501	SHROUD, FZ, FNT, SRT, LT -STEM
		2	1	8949701	SHROUD, FZ, REAR, SRT -STEM
		3	1	8949601	SHROUD, FZ, FNT, SRT, RT -STEM

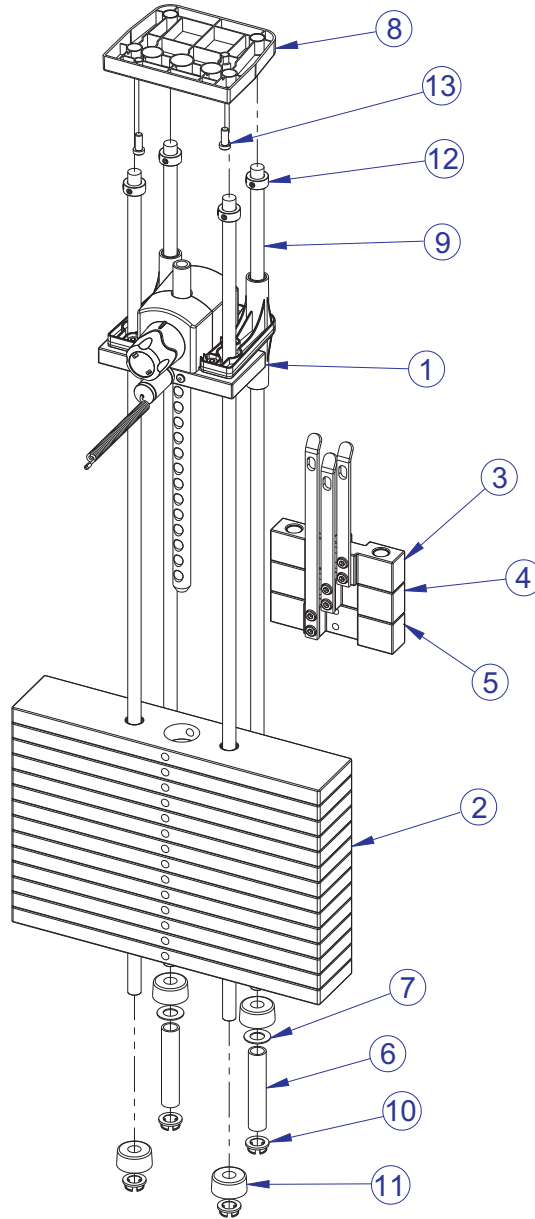
ROSEWOOD		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954601	SHROUD, FZ, FNT, SRT, LT -ROSEWOOD
		2	1	8949901	SHROUD, FZ, REAR, SRT -ROSEWOOD
		3	1	8949801	SHROUD, FZ, FNT, SRT, RT -ROSEWOOD

STAINLESS STEEL		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954701	SHROUD, FZ, FNT, SRT, LT -STAINLESS STEEL
		2	1	8950101	SHROUD, FZ, REAR, SRT -STAINLESS STEEL
		3	1	8950001	SHROUD, FZ, FNT, SRT, RT-STAINLESS STEEL

FZFRD FLY/REAR DELTOID MID-14 WEIGHT STACK ASSEMBLY - 7420101

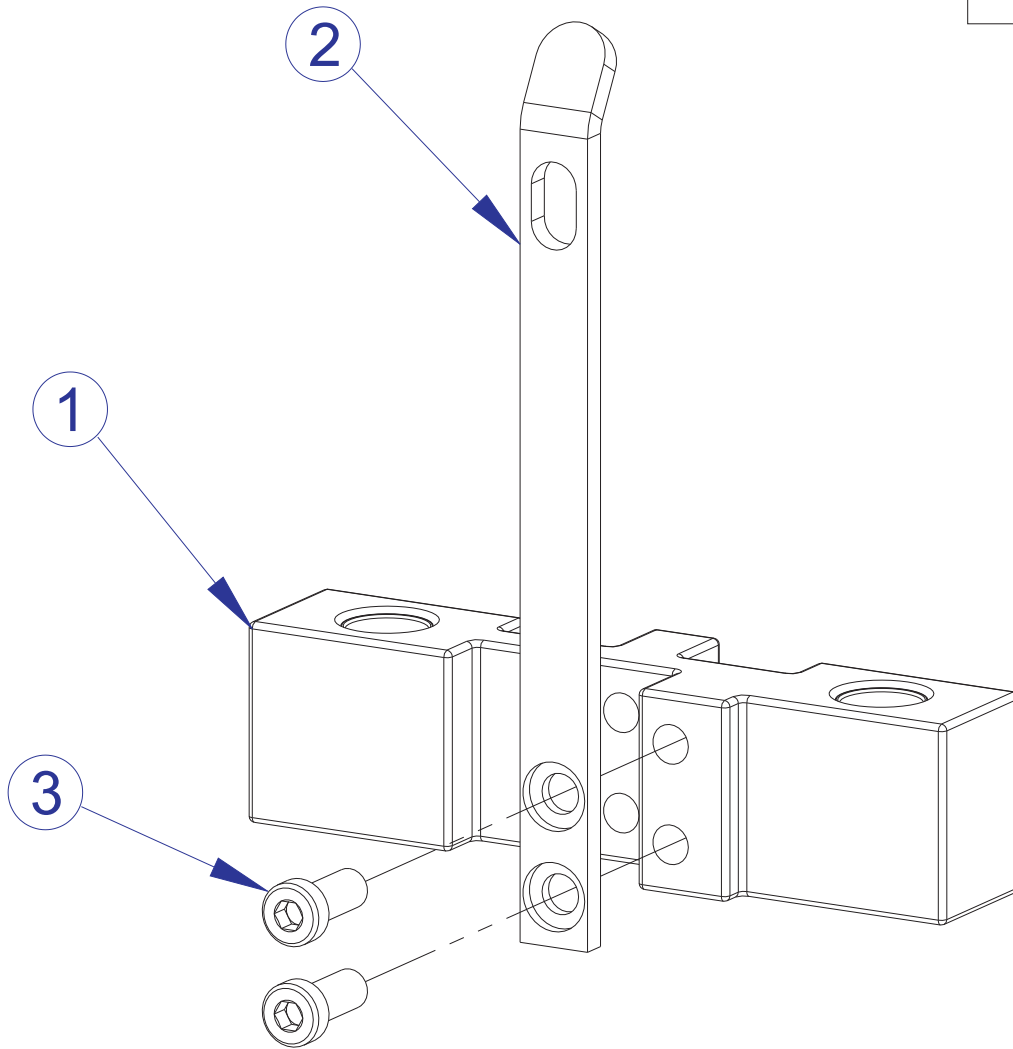
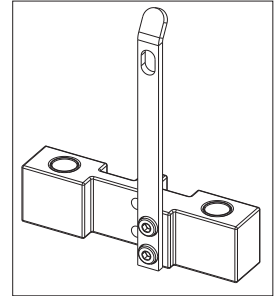
WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



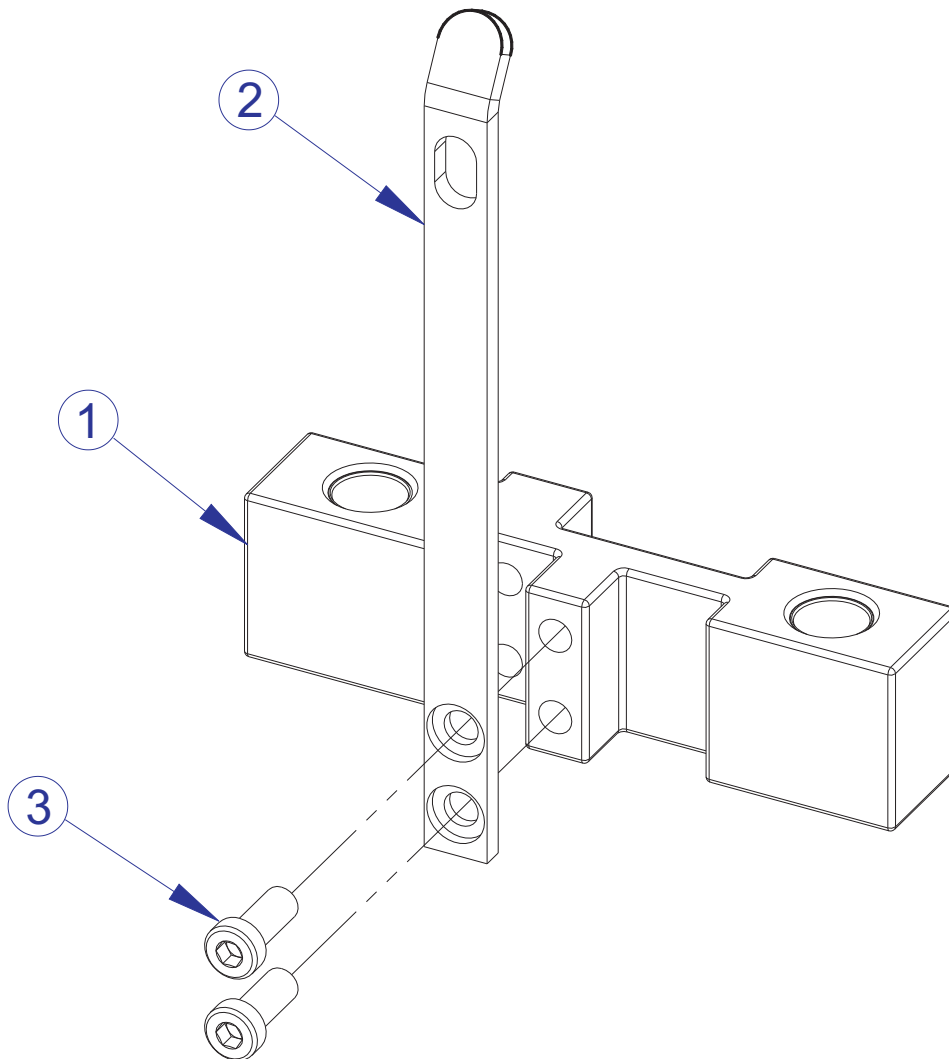
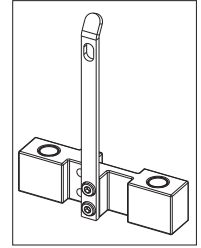
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	14	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT-5LB
4	1	7327701	ASSY, INCREMENT WT-10LB
5	1	7327801	ASSY, INCREMENT WT-15LB
6	2	7328701	SPACER, INC WT STACK 14 PLT
7	2	7351001	SPACER, INC WT STACK
8	1	7621101	RETAINER, GUIDE ROD-TOP
9	4	7328602	GUIDE ROD, .75 OD SOLID X 53.50
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4" ID ZINC
13	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS

FZFRD FLY/REAR DELTOID 5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601



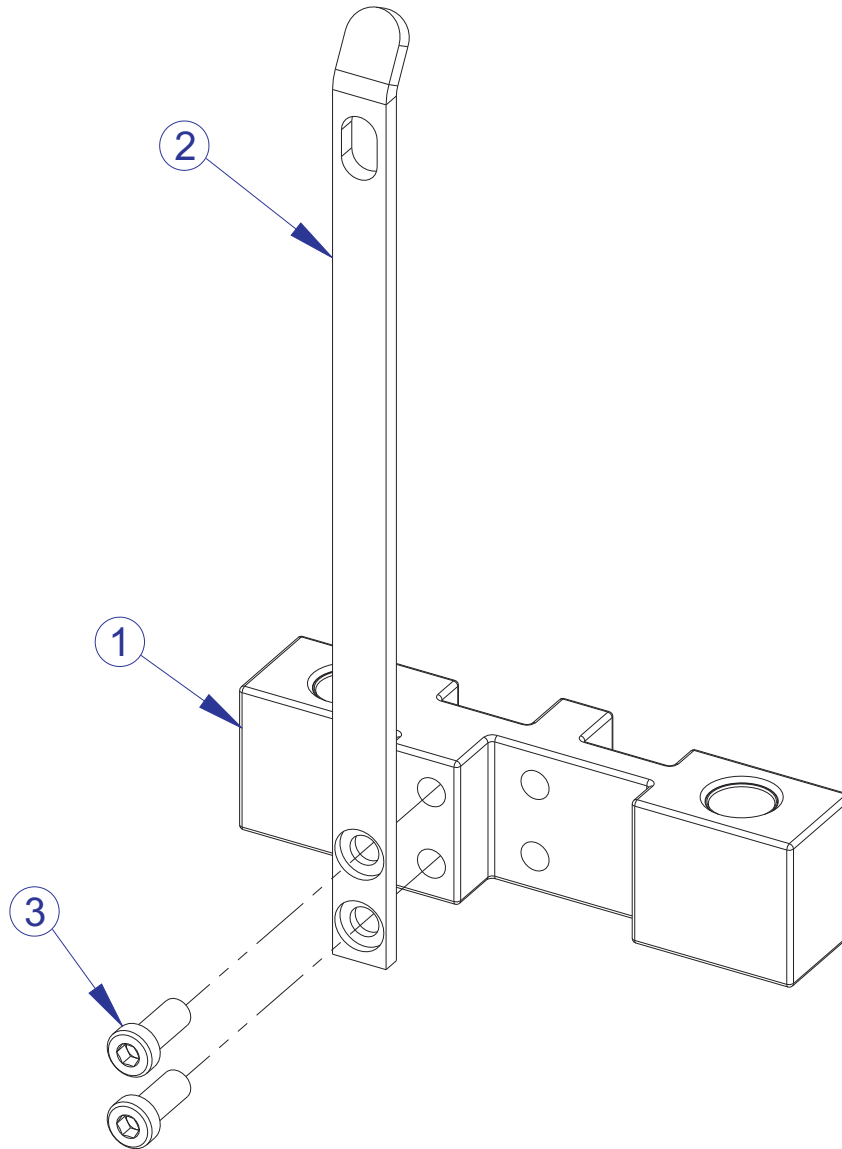
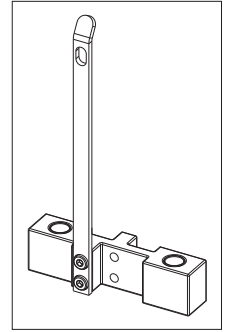
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZFRD FLY/REAR DELTOID 10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZFRD FLY/REAR DELTOID 15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801

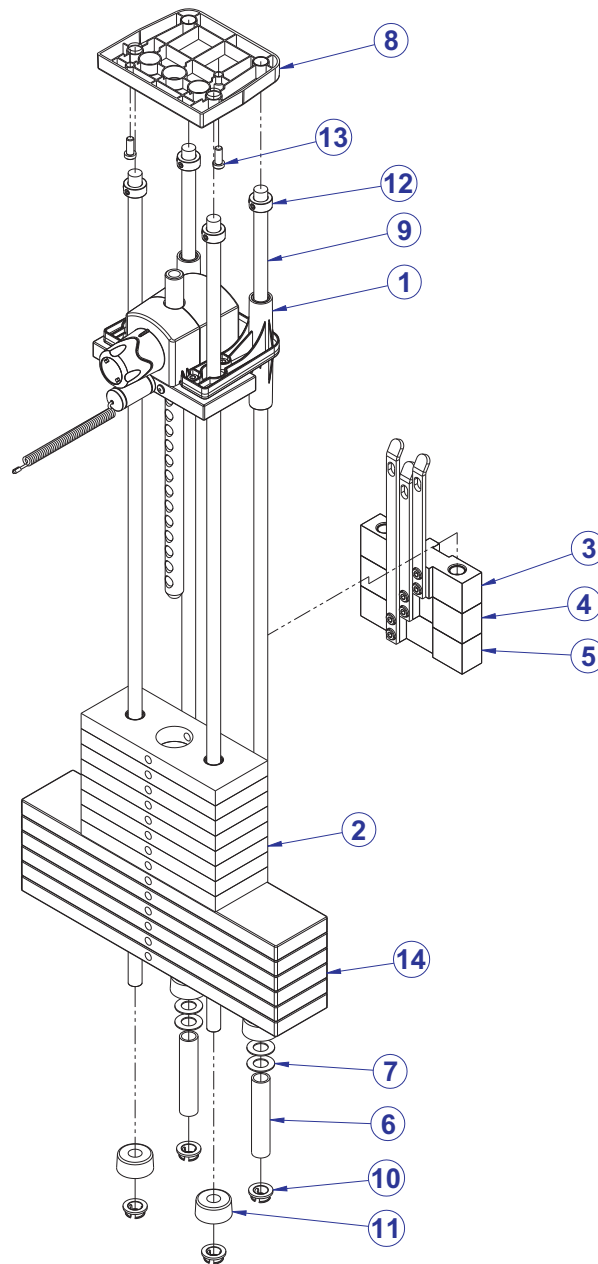


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZFRD FLY/REAR DELTOID

OPTIONAL LIGHT-14 WEIGHT STACK - 8866201

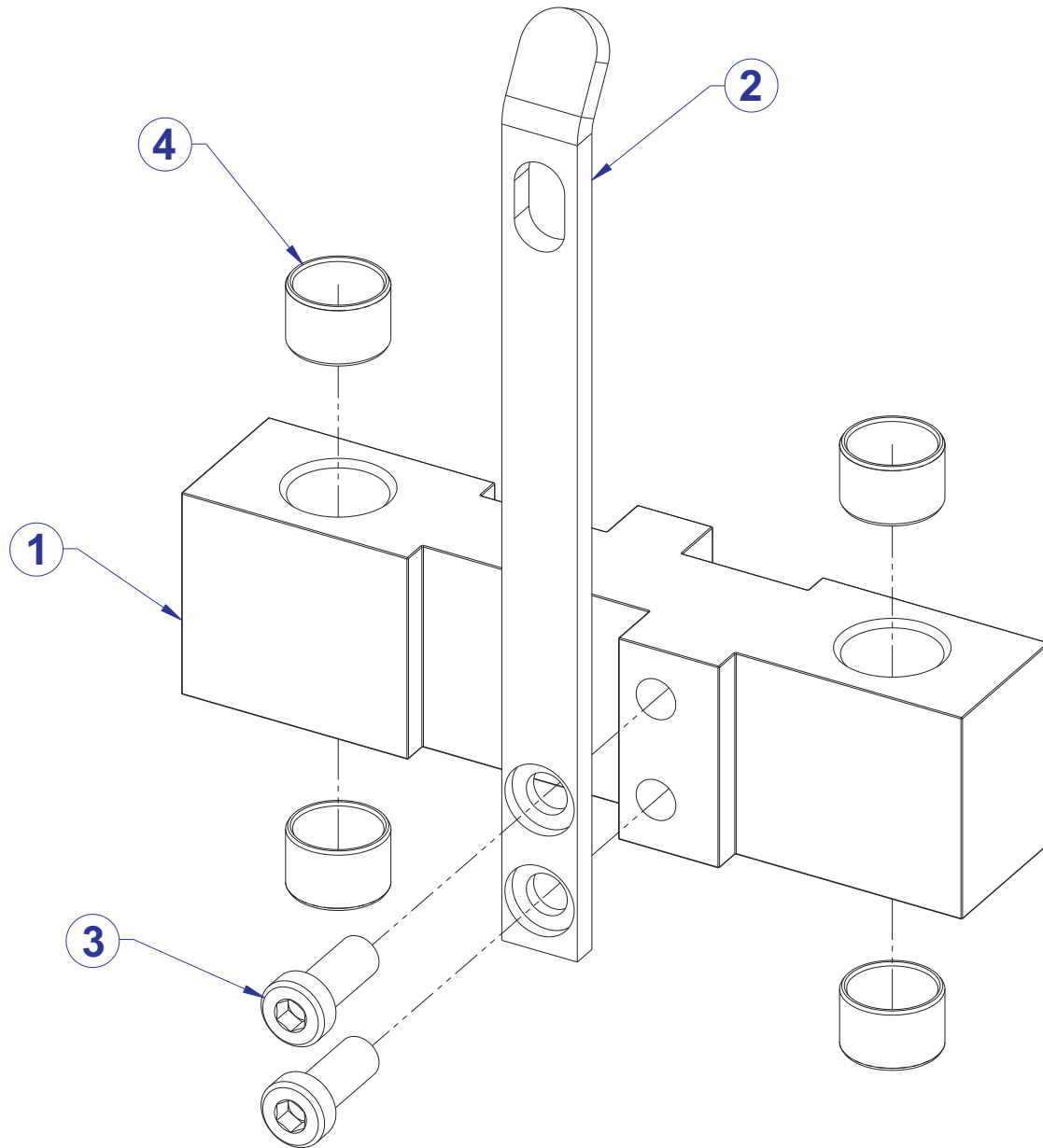
WEIGHT STACK LABELS	
8867001	LABEL, 310 LB STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	8	7353701	ASSY, 10 LB PLATE
3	1	8861301	ASSY, FZ INC WEIGHT - 2.5 LB
4	1	8861401	ASSY, FZ INC WEIGHT - 5 LB
5	1	8861501	ASSY, FZ INC WEIGHT - 7.5 LB
6	2	7328701	SPACER, INC WT STACK - 14 PLT
7	4	7351001	SPACER, INC WT STACK
8	1	7621101	RETAINER, GUIDE ROD - TOP
9	4	7328602	GUIDE ROD, .75 OD SOLID 53.50
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
13	2	3236202	SCREW, M10 X1.5 25MM
14	6	7328401	WEIGHT PLATE, 20 LB

FZFRD FLY/REAR DELTOID

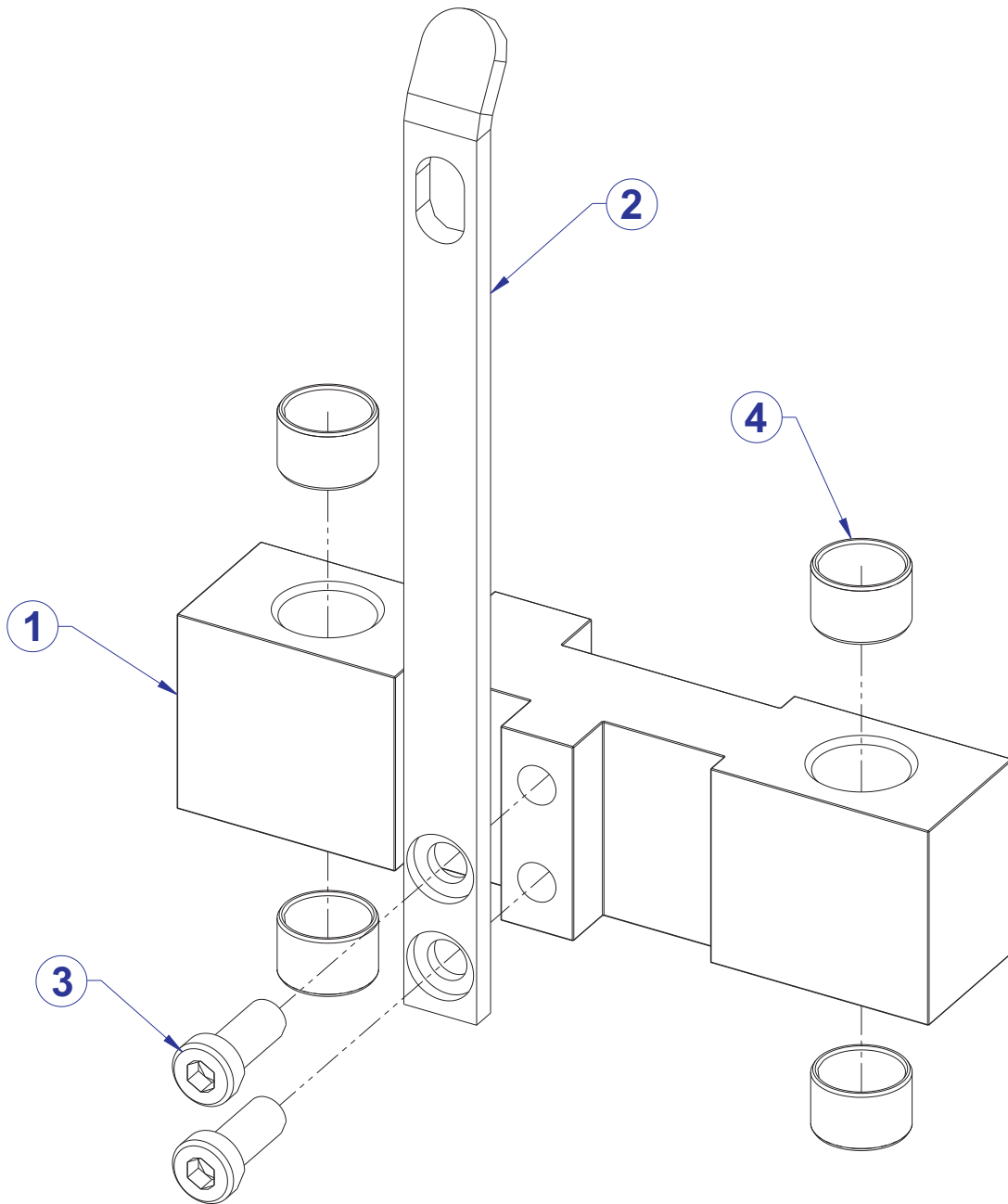
OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSY. - 8861301



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

FZFRD FLY/REAR DELTOID

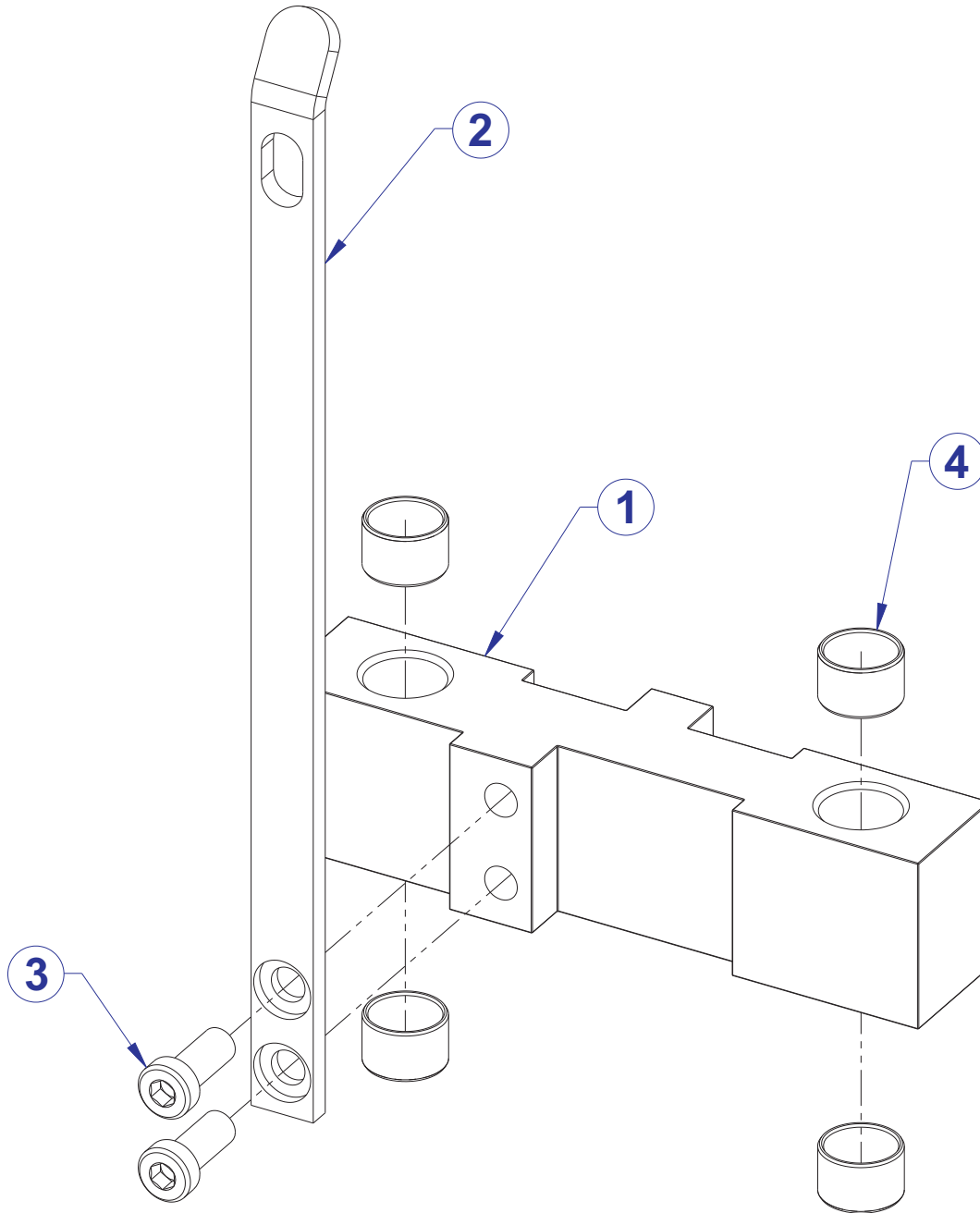
OPTIONAL 5 LB. INCREMENT WEIGHT ASSY. - 8861401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

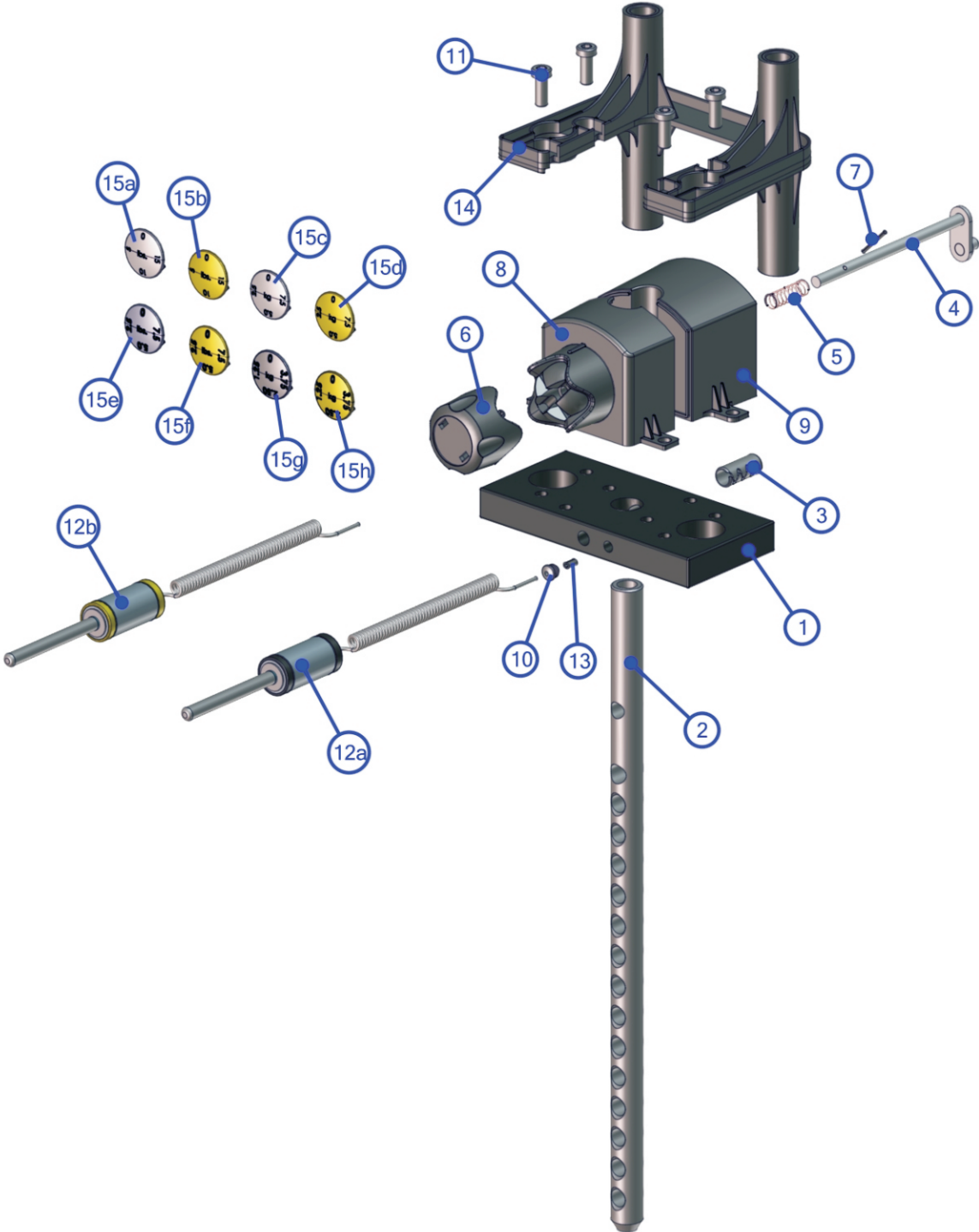
FZFRD FLY/REAR DELTOID

OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSY. - 8861501



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

FZFRD FLY/REAR DELTOID HEAD PLATE ASSEMBLY - 7350701



SEE PAGE 21 FOR LEGEND

FZFRD FLY/REAR DELTOID HEAD PLATE ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION	WHERE USED	
1	1	7326701	HEAD PLATE	-	
2	1	7328901	STEM, 14 PLATE	-	
3	1	3236001	BUSHING, SPRING PIN	-	
4	1	7327201	WLDMT, INCREMENT WT PIN	-	
5	1	8024501	SPRING, 1/2 OD X 1-1/2	-	
6	1	7326101	KNOB, INC WT SELECTOR	-	
7*	1	3110008	ROLL PIN, 1/8 X 1-1/4	-	
8*	1	7326401	HOUSING, SELECTOR - FRONT	-	
9*	1	7326501	HOUSING, SELECTOR - REAR	-	
10	1	7356501	PLUG, LANYARD ATTACHMENT	-	
11	4	3236202	SCREW, M10 X1.5 25MM	-	
12**	a	1	7338101	ASSY, WT STACK SELECTOR PIN-SILVER	-
	b		7338103	ASSY, WT STACK SELECTOR PIN-YELLOW	-
13	1	7523601	CRIMP, CABLE	-	
14	1	8867301	ASSY, FZ, STABILIZER WITH BUSHINGS	-	
15**	a	1	7398601	CAP, SELECTOR KNOB - 5 LBS, SILVER	REG. STACK / LBS.
	b		7398603	CAP, FZ SELECTOR KNOB - 5 LBS, YELLOW	REG. STACK / LBS.
	c		7398701	CAP, FZ SELECTOR KNOB - 2.5 KG, SILVER	REG. STACK / KG.
	d		7398703	CAP, FZ SELECTOR KNOB - 2.5 KG, YELLOW	REG. STACK / KG.
	e		8865801	CAP, FZ SELECTOR KNOB - 2.5 LBS, SILVER	LIGHT STACK / LBS.
	f		8865803	CAP, FZ SELECTOR KNOB - 2.5 LBS, YELLOW	LIGHT STACK / LBS.
	g		8946501	CAP, FZ SELECTOR KNOB - 1.25 KG, SILVER	LIGHT STACK / KG.
	h		8946503	CAP, FZ SELECTOR KNOB - 1.25 KG, YELLOW	LIGHT STACK / KG.

* Kit exists for component set. See bulletin FZ02012701N

** Language specific/Weight stack item. Order separately-not part of assembly.

FZFRD FLY/REAR DELTOID
IMAGE

