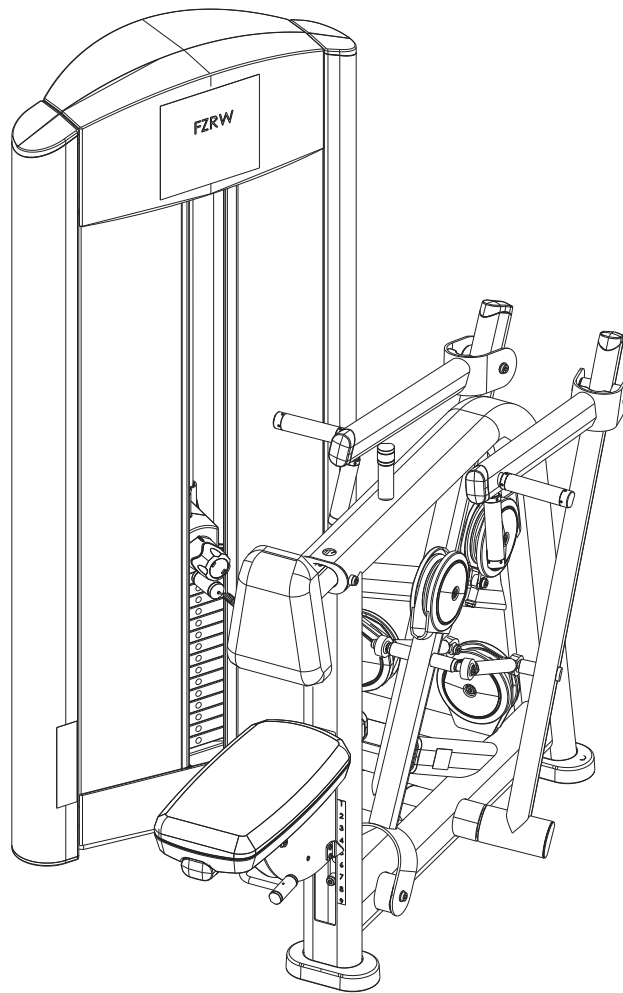


Signature Series Single Station Row; Rear Delt

FZRW

Parts List



Life Fitness
WHAT WE LIVE FOR

FZRW ROW; REAR DELT

CONTENTS

FRAME AND UPHOLSTERY COLORS..... 3

SHROUD OPTIONS..... 4

COMPONENT ASSEMBLY..... 5

COMPONENT ASSEMBLY II..... 6

COMPONENT ASSEMBLY LEGEND..... 7

SEAT CARRIAGE ASSEMBLY..... 8

SEAT CARRIAGE ASSEMBLY LEGEND..... 9

ADJUSTER HANDLE ASSEMBLY..... 10

MID-14 TOWER ASSEMBLY..... 11

PLASTIC TOWER ASSEMBLY..... 12

OPTIONAL WRAPPED SHROUDS..... 13

MID-14 WEIGHT STACK ASSEMBLY..... 14

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

10 LB. INCREMENT WEIGHT ASSEMBLY..... 16

15 LB. INCREMENT WEIGHT ASSEMBLY..... 17

OPTIONAL LIGHT MID-14 WEIGHT STACK ASSEMBLY..... 18

OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSEMBLY..... 19

OPTIONAL 5 LB. INCREMENT WEIGHT ASSEMBLY..... 20

OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSEMBLY..... 21

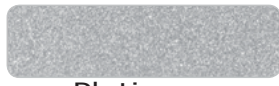
HEAD PLATE ASSEMBLY..... 22

HEAD PLATE ASSEMBLY LEGEND..... 23

IMAGE..... 24

FZRW ROW; REAR DELT FRAME AND UPHOLSTERY COLORS

Strength Frame Colors



Platinum



White



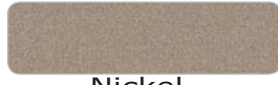
Black



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.

FZRW ROW; REAR DELT SHROUD OPTIONS

STANDARD SHROUD NO WRAP

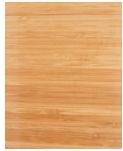


TRANSLUCENT



OPTIONAL StackWraps™ SHROUD + WRAP

BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS STEEL



STEM



CO-BRANDED StackWraps™

SHROUD + WRAP

(refer to co-branded parts list)



PLANET FITNESS

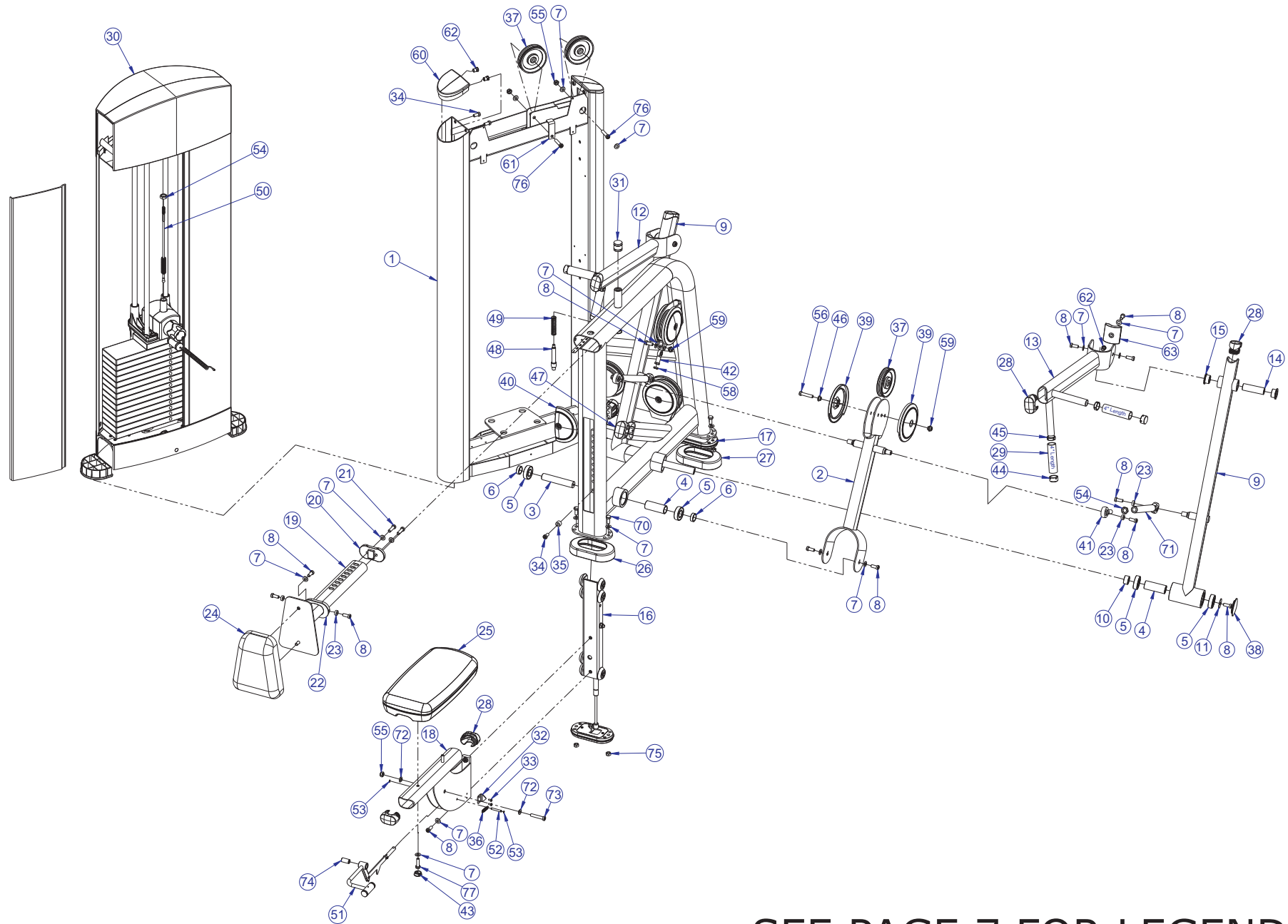


BLINK FITNESS



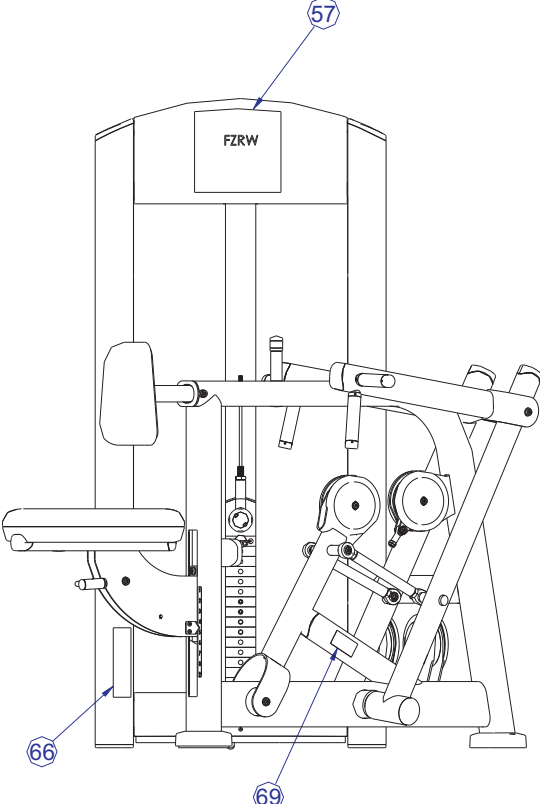
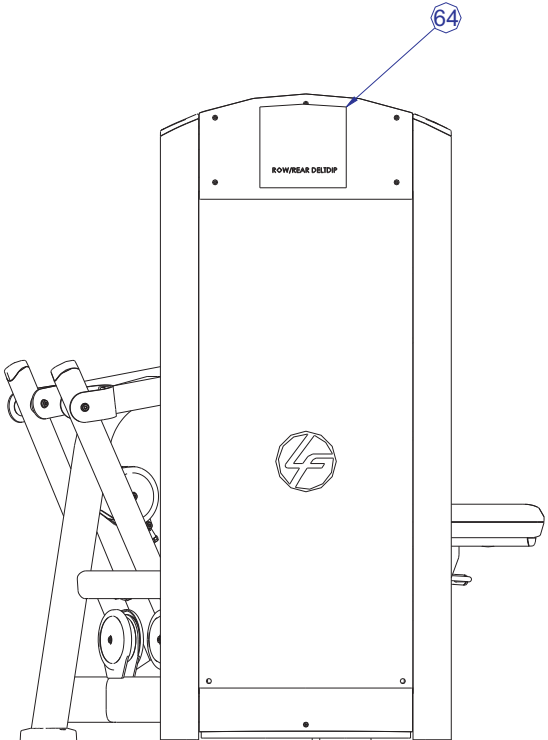
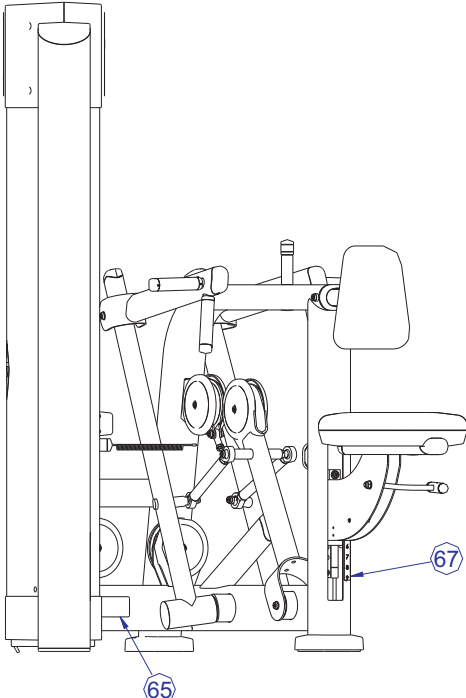
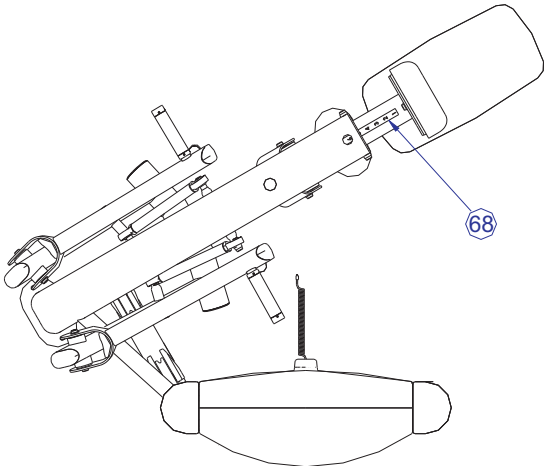
RETRO FITNESS

FZRW ROW; REAR DELT COMPONENT ASSEMBLY



SEE PAGE 7 FOR LEGEND

FZRW ROW; REAR DELT COMPONENT ASSEMBLY II



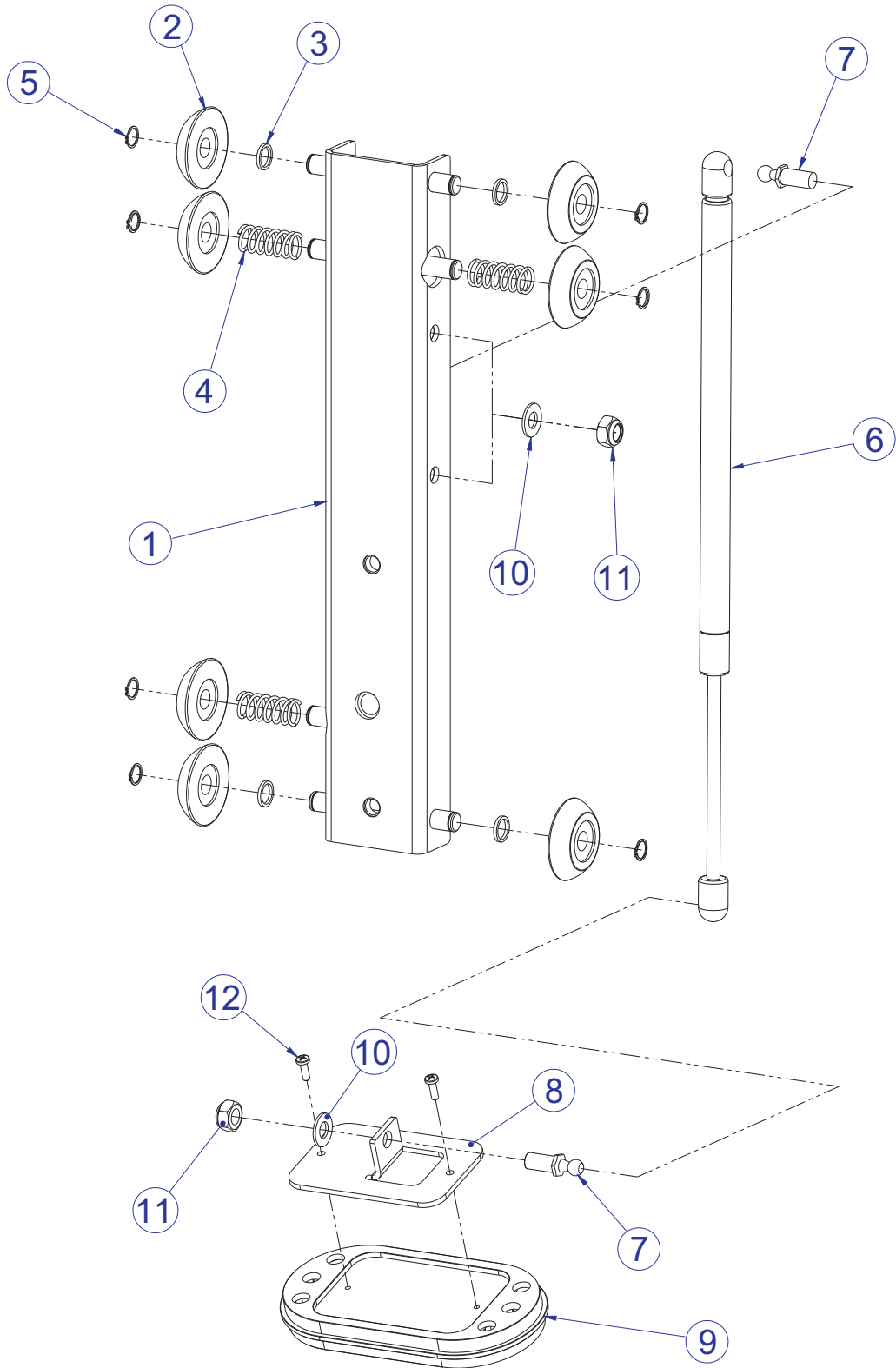
SEE PAGE 7 FOR LEGEND

FZRW ROW; REAR DELT COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1		WLDMT, FZRW FRAME
2	1	7440701	WLDMT, FZRW PIVOT ARM
3	1	7316502	SHAFT, 25MM X 5.250
4	3	7330003	SPACER, INTERNAL X 3.265
5	6	3235601	BEARING, 6205 BALL
6	2	7330001	SPACER, INTERNAL X .403
7	24	3236601	WASHER, 3/8 SAE SS
8	21	3236202	SCREW, M10 X1.5 25MM
9	2	7440101	WLDMT, FZRW WORK ARM
10	2	7330002	SPACER, INTERNAL X .653
11	2	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
12	1	7440901	WLDMT, FZRW HANDLE LH
13	1	7441301	WLDMT, FZRW HANDLE RH
14	2	7324901	SHAFT, TAPPED 1 DIA X 3.330
15	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING
16	1	7911101	ASSY, SEAT CARRIAGE
17	1	7334001	FOOT, 2.50 X 4.49 FLOV
18	1	7443901	WLDMT, FZRW SEAT
19	1	7441501	WLDMT, FZRW CHEST PAD SUPP
20	1	7561101	GLIDE, 2.50 X 4.49 FLOV INT
21	2	3236204	SCREW, M10 X1.5 35MM
22	1	7561001	GLIDE, 2.50 X 4.49 FLOV EXT
23	6	7385201	SPACER, .406 X .750 X .250
24	1	73994XX	PAD, CHEST 10 X 7-5/8
25	1	74689XX	PAD 18 X 9 CONVEX
26	1	7340201	COVER, FOOT - STRAIGHT
27	1	7419701	COVER, FOOT 10 DEG
28	6	7333801	CAP, SMALL FLOV- END
29	4	3235801	GRIP, TBC
30	1	7420401	ASSY, MID TOWER-14
31	1	7424801	KNOB, POP PIN, SHADOW GRAY
		7424803	KNOB, POP PIN, YELLOW
32	1	7425295	BRKT, SEAT INDICATOR
33	2	3239101	SCREW, M5X10 PHL PAN TT ST
34	5	3236201	SCREW, M10 X1.5 20MM
35	1	7385203	SPACER, .406 X .750 X .500
36	1	3239201	SPRING, EXT, .375 X .049 X 2.00
37	6	3237801	PULLEY, 4.5" OD
38	2	7308701	CAP, BEARING HOUSING

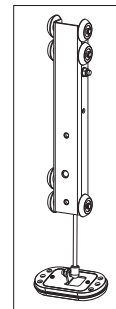
ITEM NO.	QTY.	PART NO.	DESCRIPTION
39	6	8104501	COVER, PULLEY-BOLTED NOTCHED
40	2	8094101	COVER, PULLEY-BOLTED PARTIAL
41	4	3238701	ROD END, METRIC MALE
42	1	3237901	ROD END, METRIC FEMALE
43	3	3237403	PLUG, 1" HOLE
44	4	7662901	CAP, GRIP 1.25 OD
45	4	7662801	RING, GRIP 1.25 OD
46	4	7630101	RETAINER, CM/MJ, PULLEY
47	2	7317901	STOP, BUMPER
48	1	7351301	PIN, PULL X 4.375
49	1	7351501	SPRING; PULL PIN LARGE
50	1	7423607	CABLE, FZRW
51	1	77782XX	ASSY, FZRW ADJUSTER HANDLE
52	1	7407502	PIN, LINK
53	2	3232401	RING, RETAINING, EXTERNAL
54	5	3236902	NUT, M16 X 2 HEX JAM SS
55	3	3236801	NUT, M10 HEX NYLOCK SS
56	4	3236207	SCREW, M10 X1.5 50MM
57	1	7508101	LABEL, FZRW PLACARD
58	1	3236901	NUT, M10 X 1.5 JAM
59	5	7335401	NUT, M10 X 1.5 SOCKET HEAD
60	2	7326201	CAP, D-TUBE - TOP
61	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
62	6	3238601	M10X1.5 THREADED INSERT (HEX)
63	2	7470001	BUMPER, ARM STOP
64	1	7508201	LABEL, FZRW LOGO
65	1	7571301	LABEL, SERIAL NUMBER
66	1	7422004	LABEL, 2" ASTM WARN
67	1	7524501	LABEL, 1-9 STRAIGHT
68	1	7524601	LABEL, 9-1 STRAIGHT
69	1	7422003	LABEL, MOVING PARTS
70	4	3251202	SCREW, M10 X1.5 X 25MM HEX ST ZN
71	2	7318001	TIE ROD, 1 X 8
72	2	7776401	SPACER, FLANGE .406 X .495 X .81
73	1	3236208	SCREW, M10 X1.5 55MM
74	1	7776501	SHAFT, .625 X .406 X 1.200
75	4	3254703	NUT, M10 X 1.5 HEX ZINC
76	2	3236206	SCREW, M10 X1.5 45MM
77	2	3251204	SCREW, M10 X1.5 X 35MM HEX ST ZN

FZRW ROW; REAR DELT SEAT CARRIAGE ASSEMBLY - 7911101



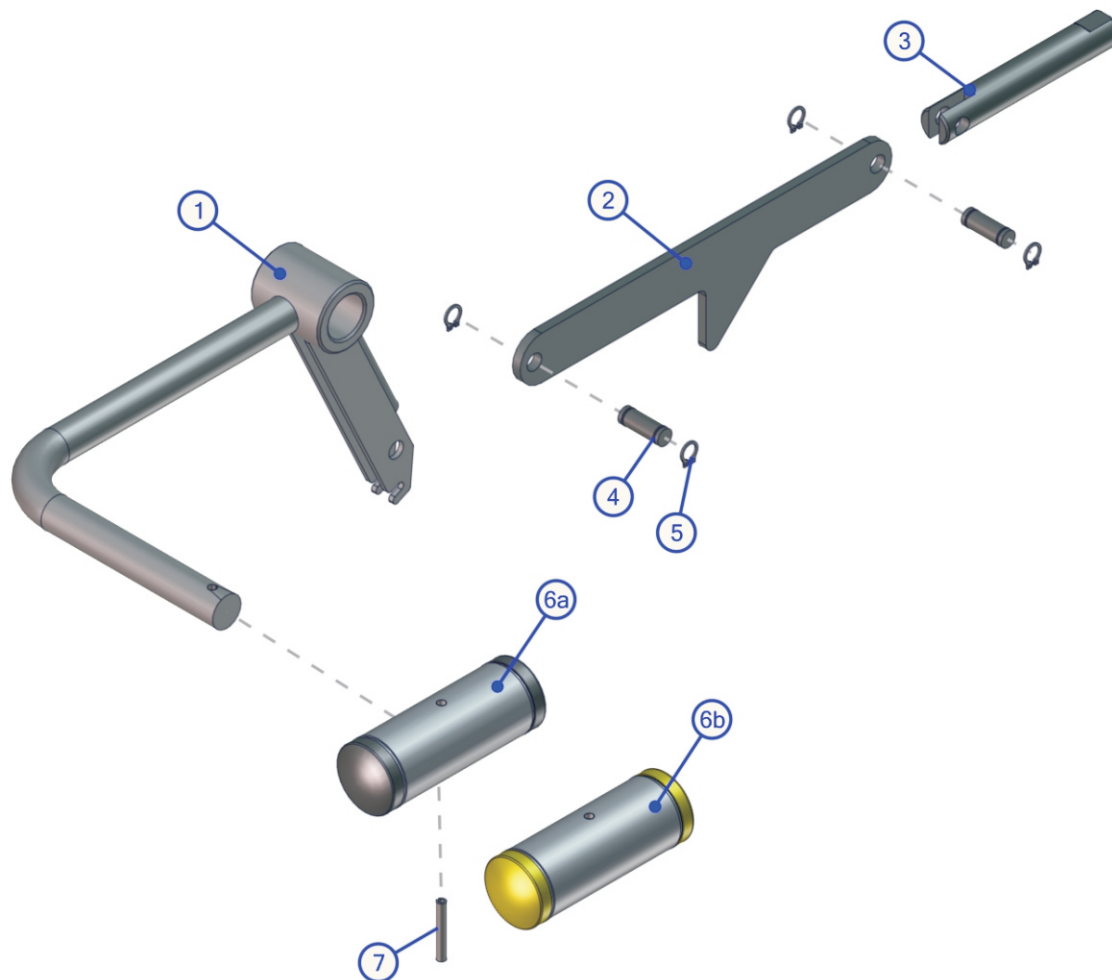
SEE PAGE 9 FOR LEGEND

FZRW ROW; REAR DELT SEAT CARRIAGE ASSEMBLY LEGEND



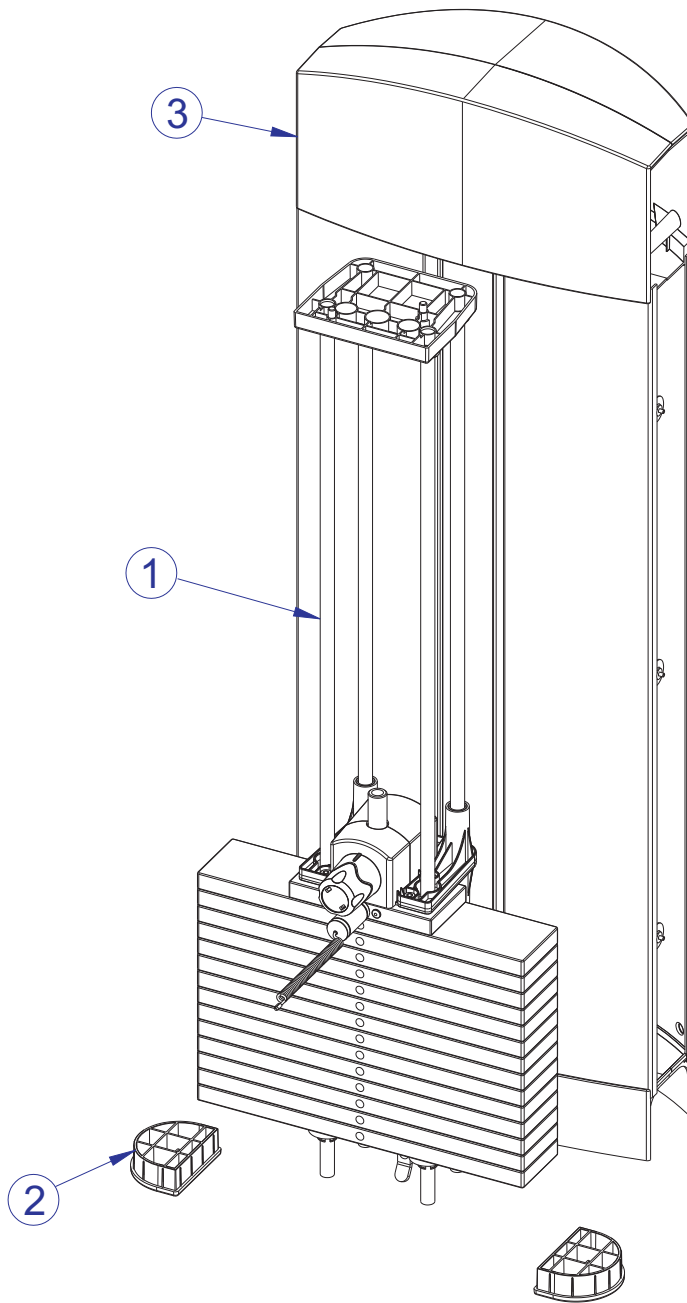
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7911295	WLDMT, SEAT CARRIAGE SHDW GRAY
2	7	7889701	ROLLER, SEAT CARRIAGE
3	4	7911901	SPACER, .625 DIA X 16 GA.
4	3	7912001	SPRING, SEAT CARRIAGE
5	7	3232408	RING, BRE .443, 5100-46, ST,PP,B
6	1	3235703	SPRING, GAS 80N
7	2	7414301	STUD, M10 BALL END M10 X 1.5
8	1	7339401	BRACKET, GAS SPRING
9	1	7334001	FOOT, 2.50 X 4.49 FLOV
10	2	3236601	WASHER, 3/8 SAE SS
11	2	3236801	NUT, M10 HEX NYLOCK SS
12	2	3241201	M4 PHL PAN F ST ZN

FZRW ROW; REAR DELT ADJUSTER HANDLE ASSEMBLY - 77782XX



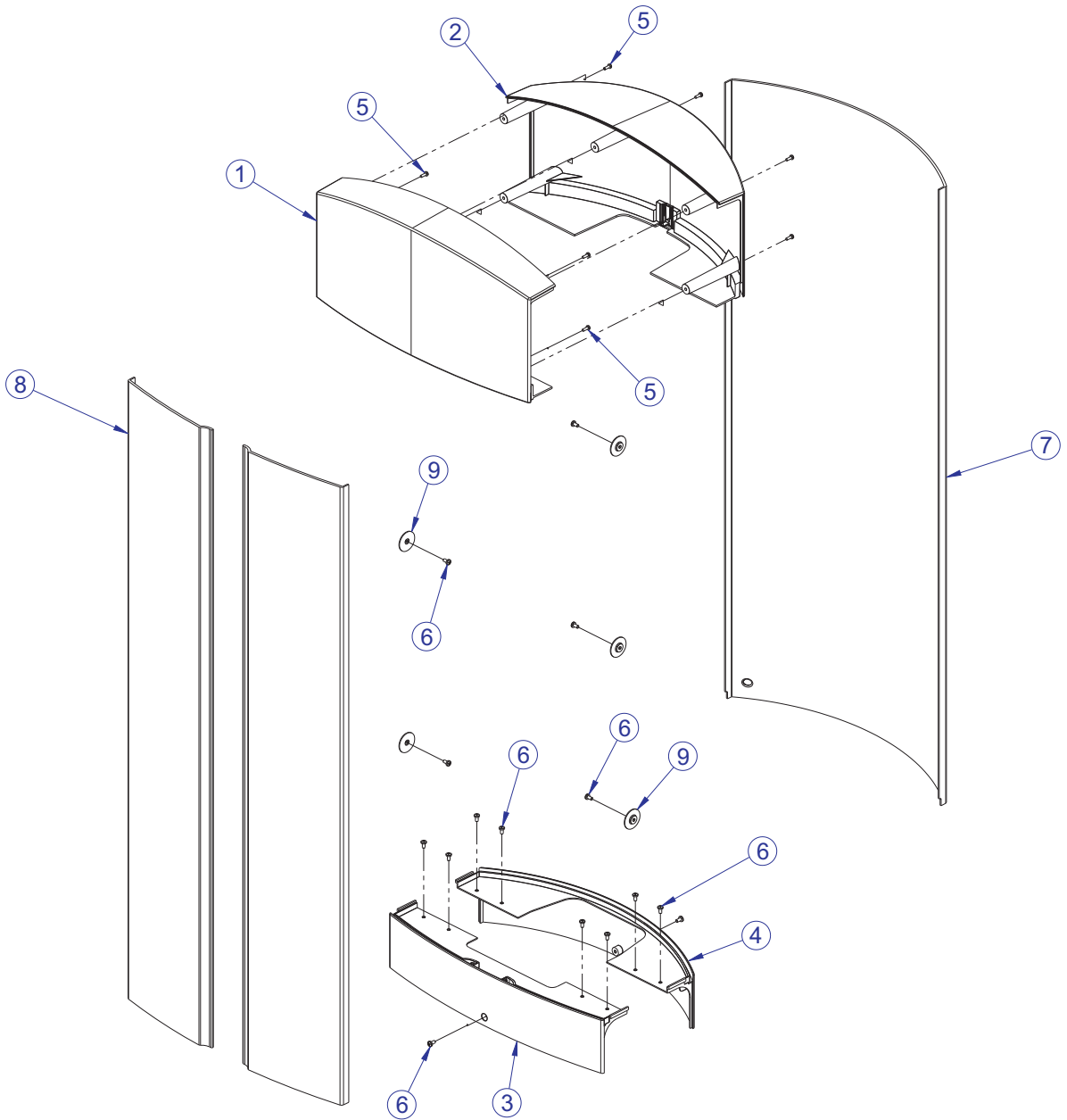
ITEM NO.	QTY.	PART NO.	DESCRIPTION	
1	1	7469295	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY	
2	1	7331801	LINK, ADJUSTER	
3	1	7331601	PIN, INDEX	
4	2	7407501	PIN, LINK	
5	4	3232401	RING, RETAINING, EXTERNAL	
6	a	1	7287901	HANDLE, ADJUSTER, SHADOW GRAY
	b		7287903	HANDLE, ADJUSTER, YELLOW
7	1	3110010	ROLL PIN, 1/8 X 7/8	

FZRW ROW; REAR DELT MID-14 TOWER ASSEMBLY - 7420401



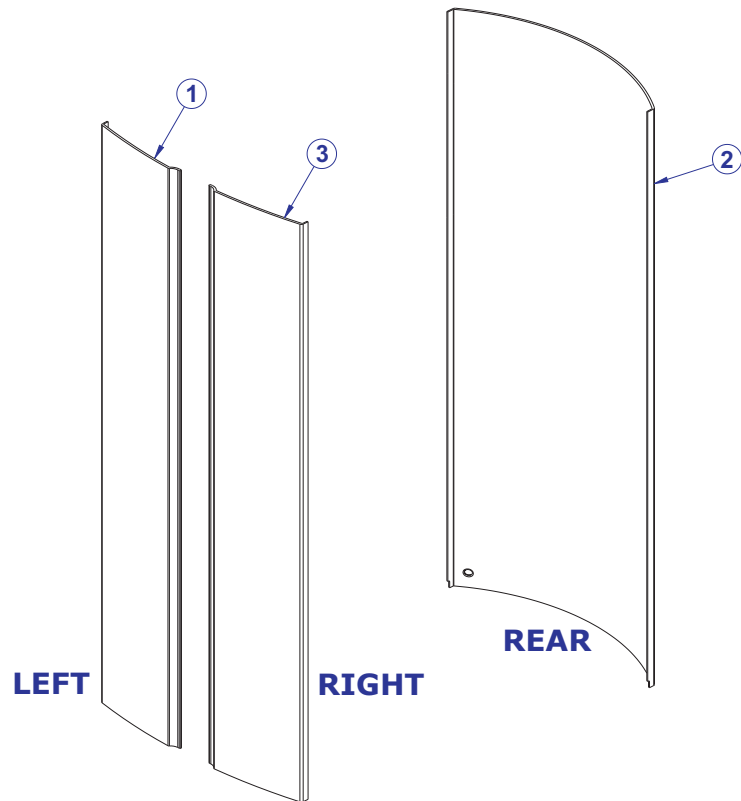
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420101	ASSY, WEIGHT STACK MID-14
2	2	7326301	CAP, D-TUBE-BTM
3	1	7419801	ASSY, TOWER PLASTICS-MID


FZRW ROW; REAR DELT STANDARD PLASTIC TOWER ASSEMBLY - 7419801





ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7765701	SHROUD, TOWER- REAR SHORT
8	2	7765601	SHROUD, TOWER- FRT SHORT RH
9	6	7583501	RETAINER, FZ SHROUD


FZRW ROW; REAR DELT 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

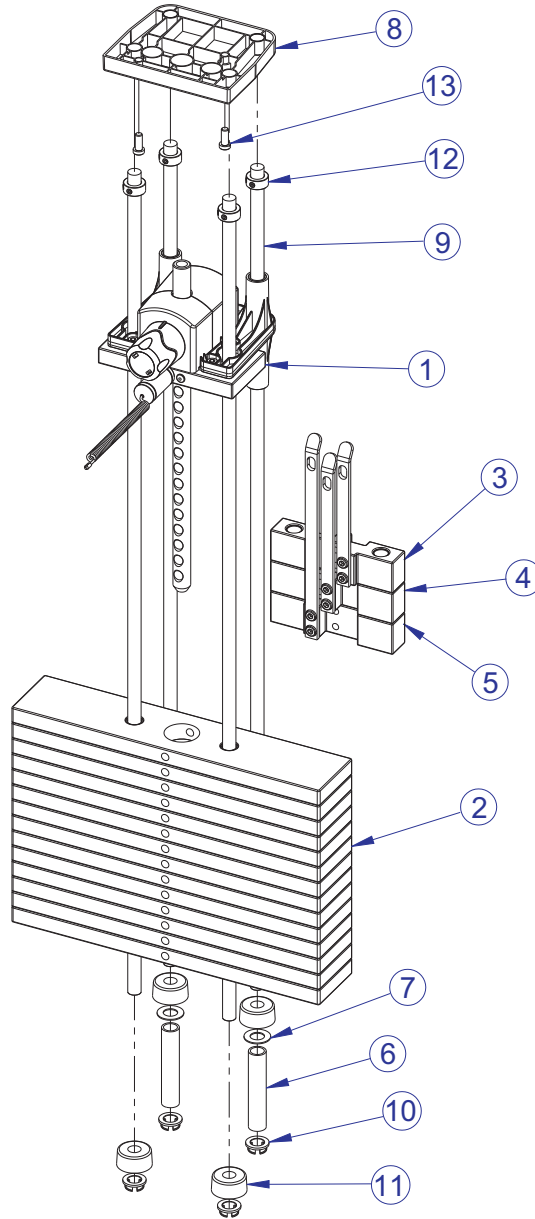
ROSEWOOD		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954601	SHROUD, FZ, FNT, SRT, LT -ROSEWOOD
		2	1	8949901	SHROUD, FZ, REAR, SRT -ROSEWOOD
		3	1	8949801	SHROUD, FZ, FNT, SRT, RT -ROSEWOOD

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

FZRW ROW; REAR DELT MID-14 WEIGHT STACK ASSEMBLY - 7420101

WEIGHT STACK LABELS

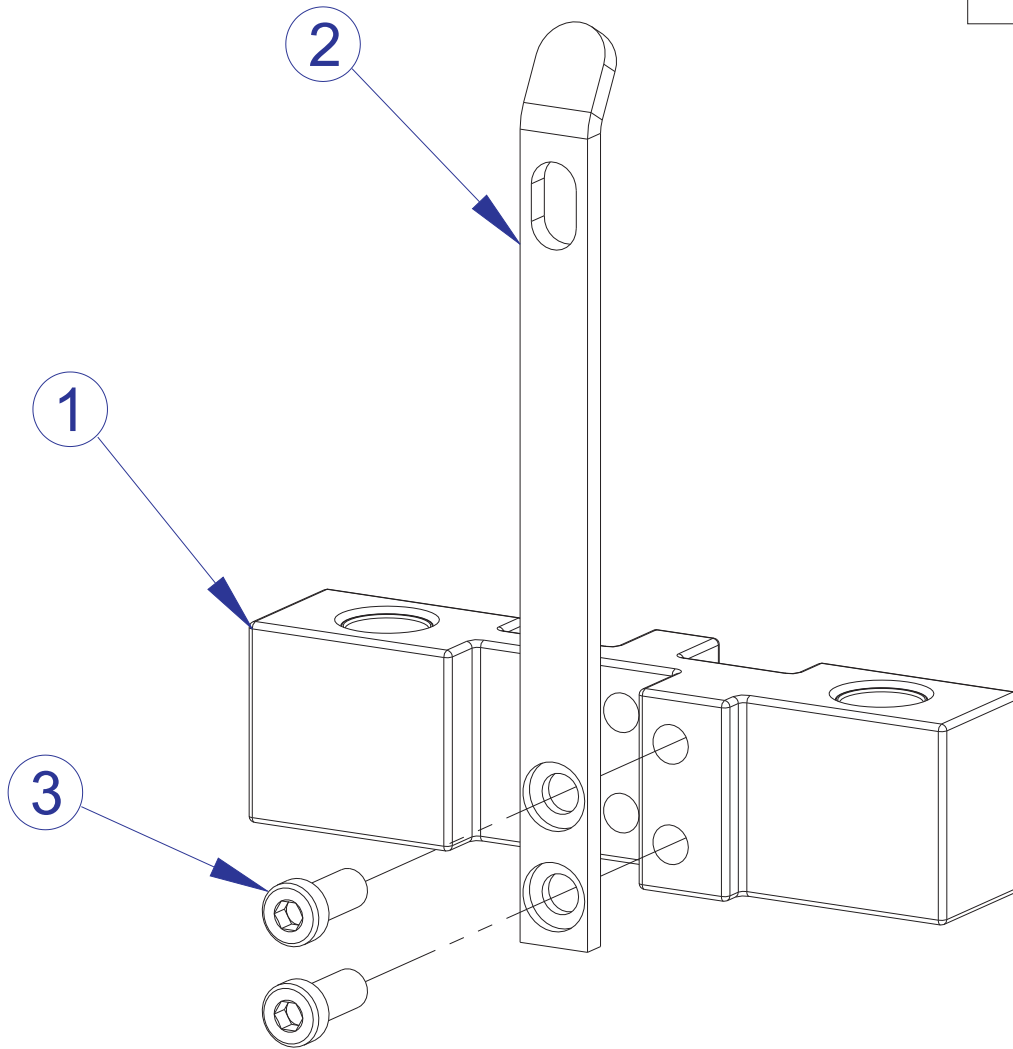
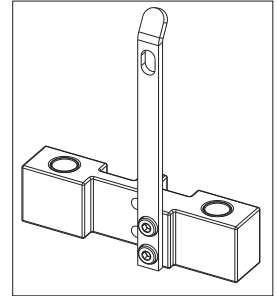
7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



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

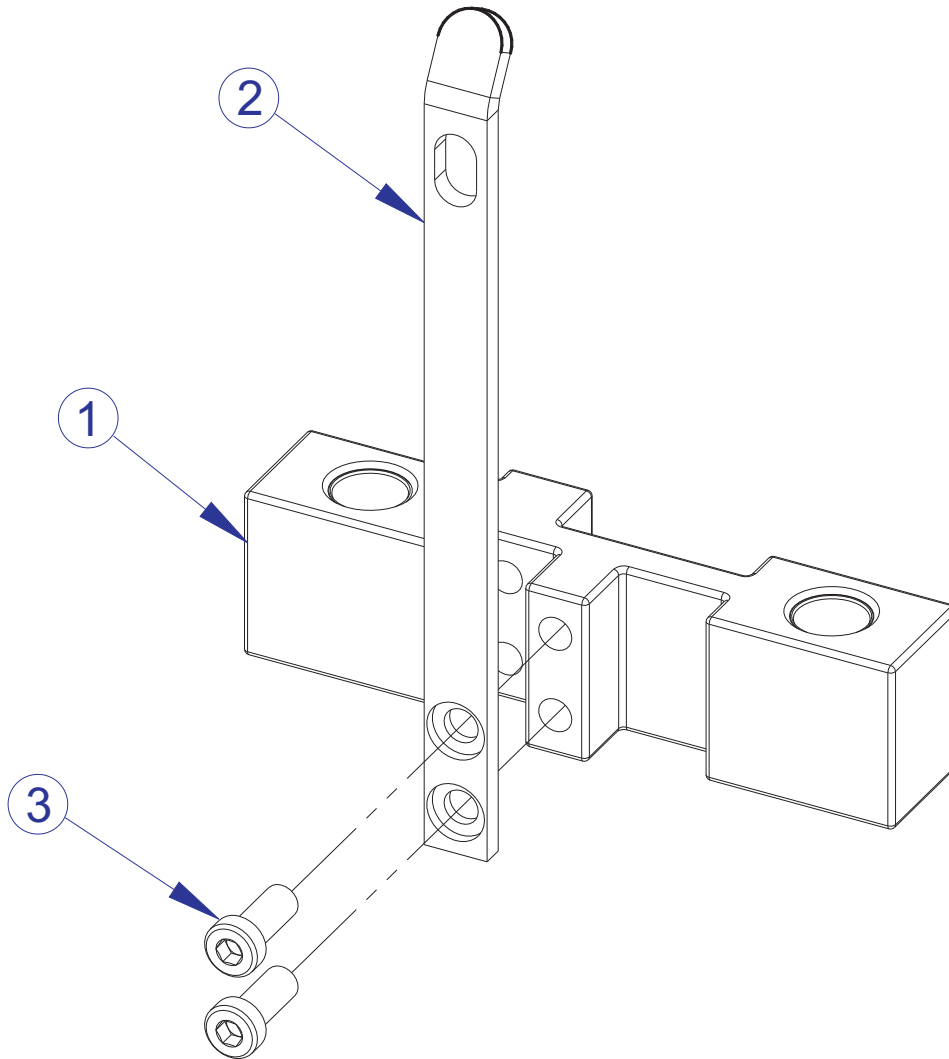
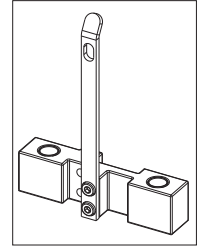
FZRW ROW; REAR DELT

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

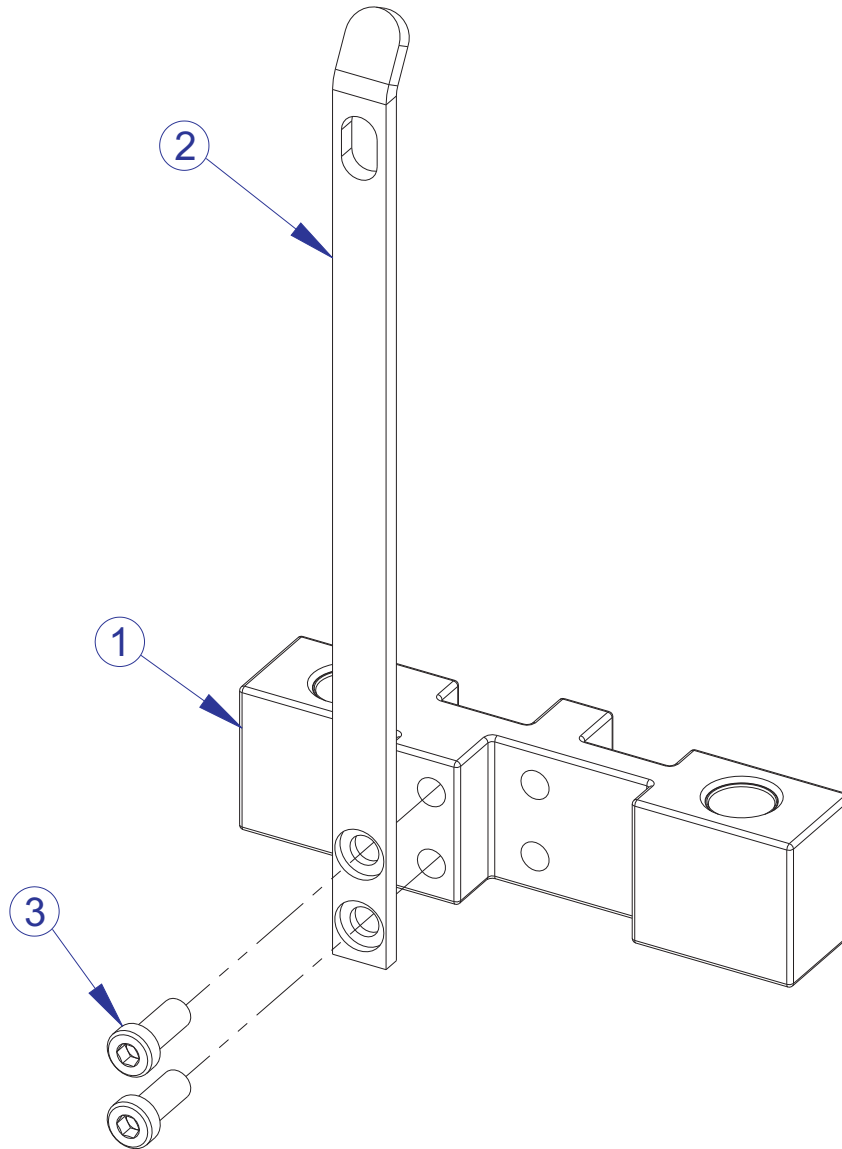
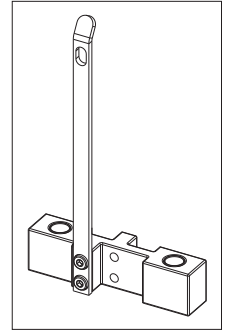
FZRW ROW; REAR DELT 10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701



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

FZRW ROW; REAR DELT

15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801

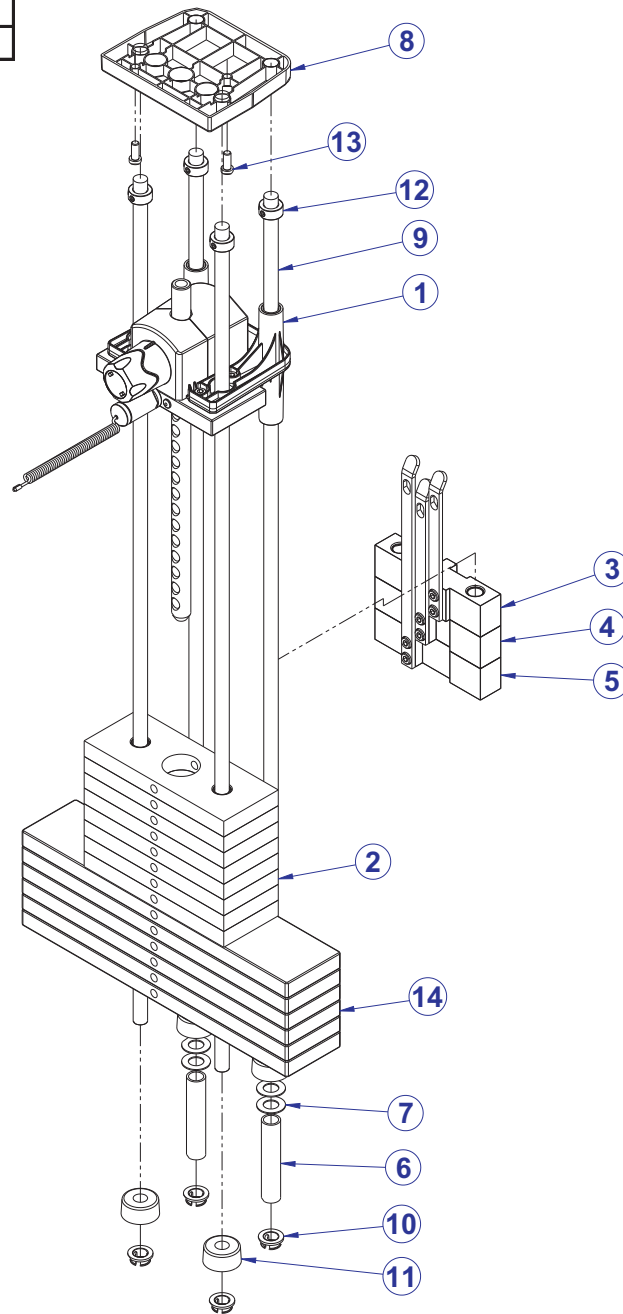


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZRW ROW; REAR DELT

OPTIONAL LIGHT MID-14 WEIGHT STACK ASSY. - 8866201

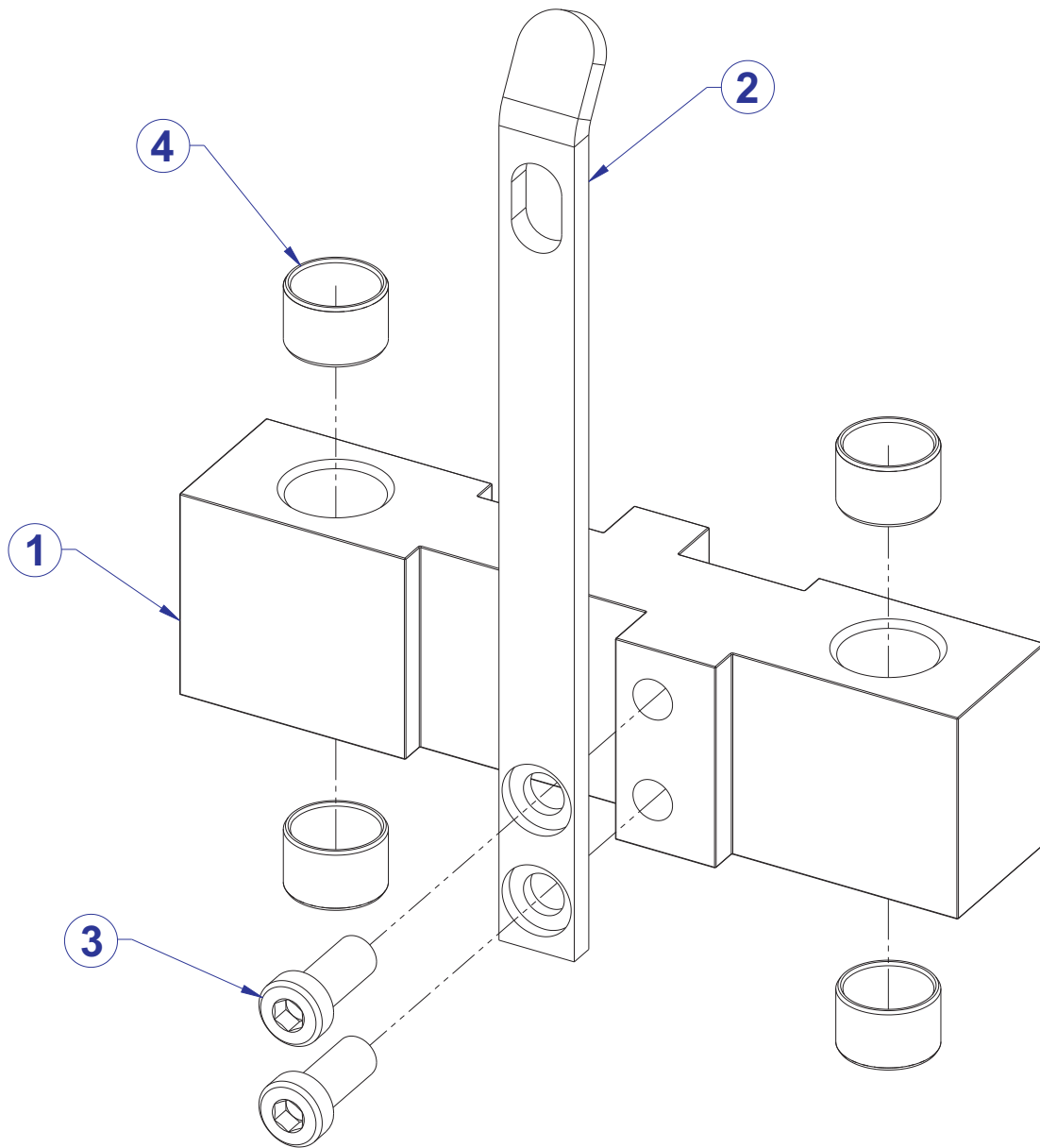
WEIGHT STACK LABELS	
8867001	LABEL, 310 LB STACK



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

FZRW ROW; REAR DELT

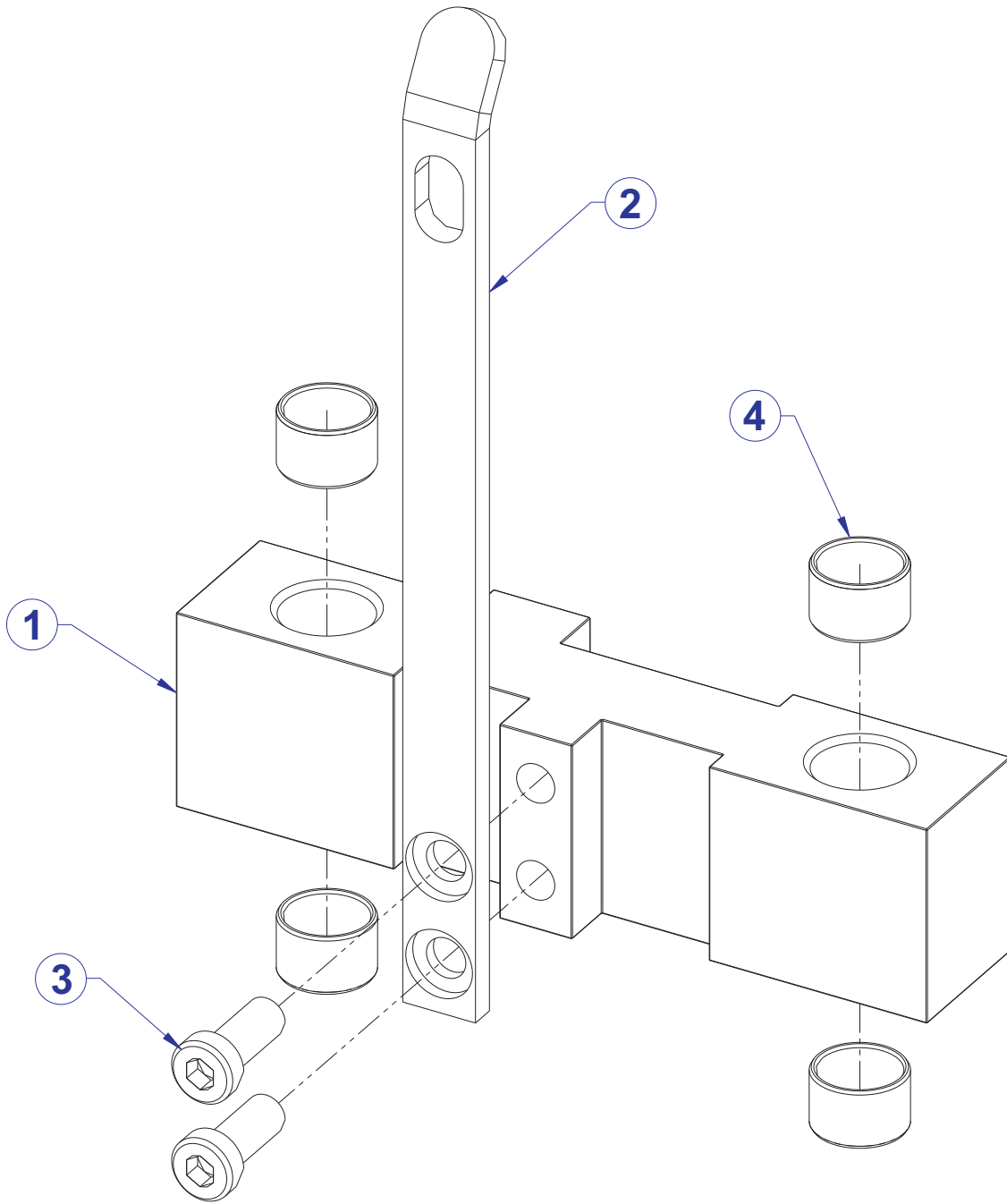
OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSY. - 8861301



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

FZRW ROW; REAR DELT

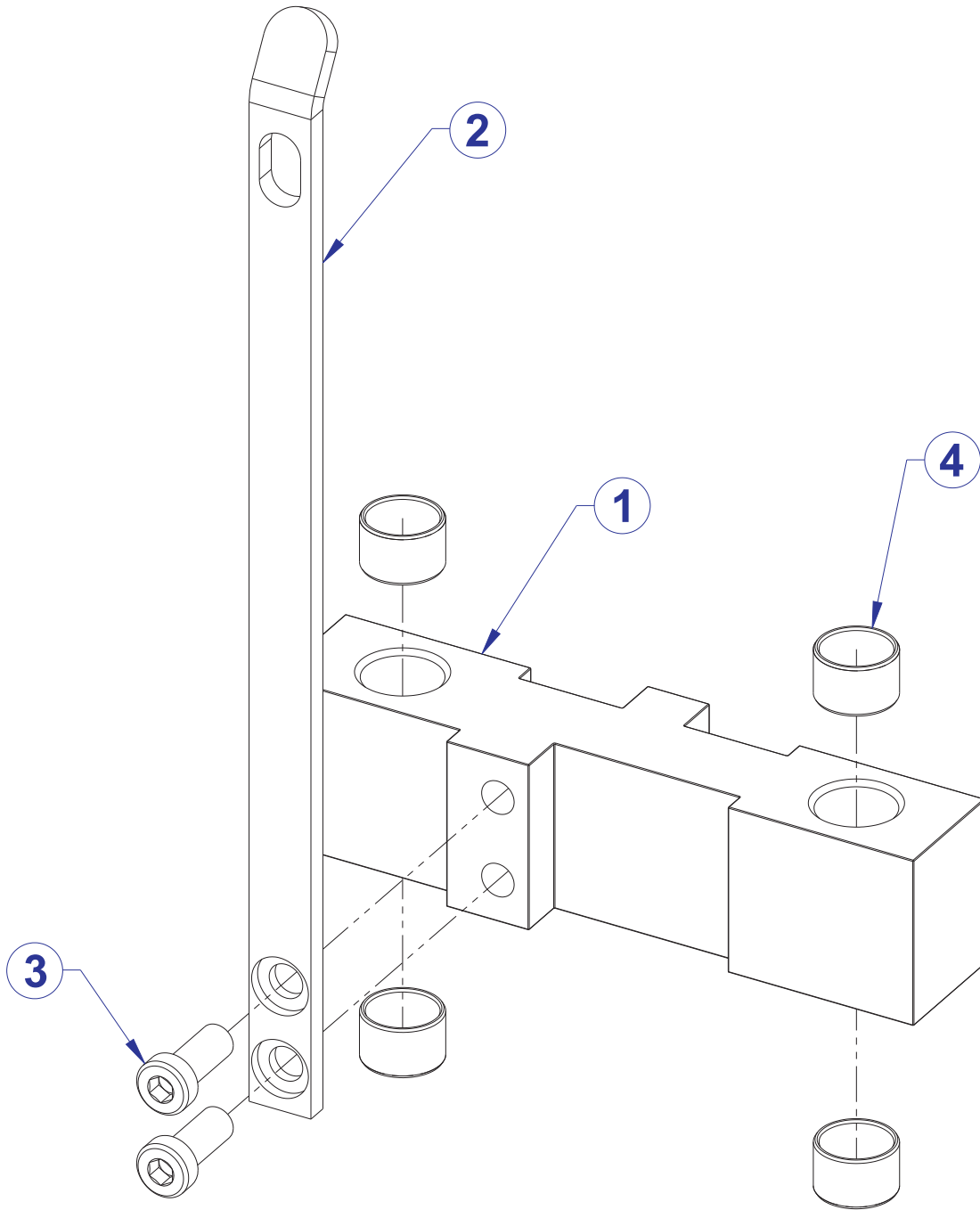
OPTIONAL 5 LB. INCREMENT WEIGHT ASSY. - 8861401



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

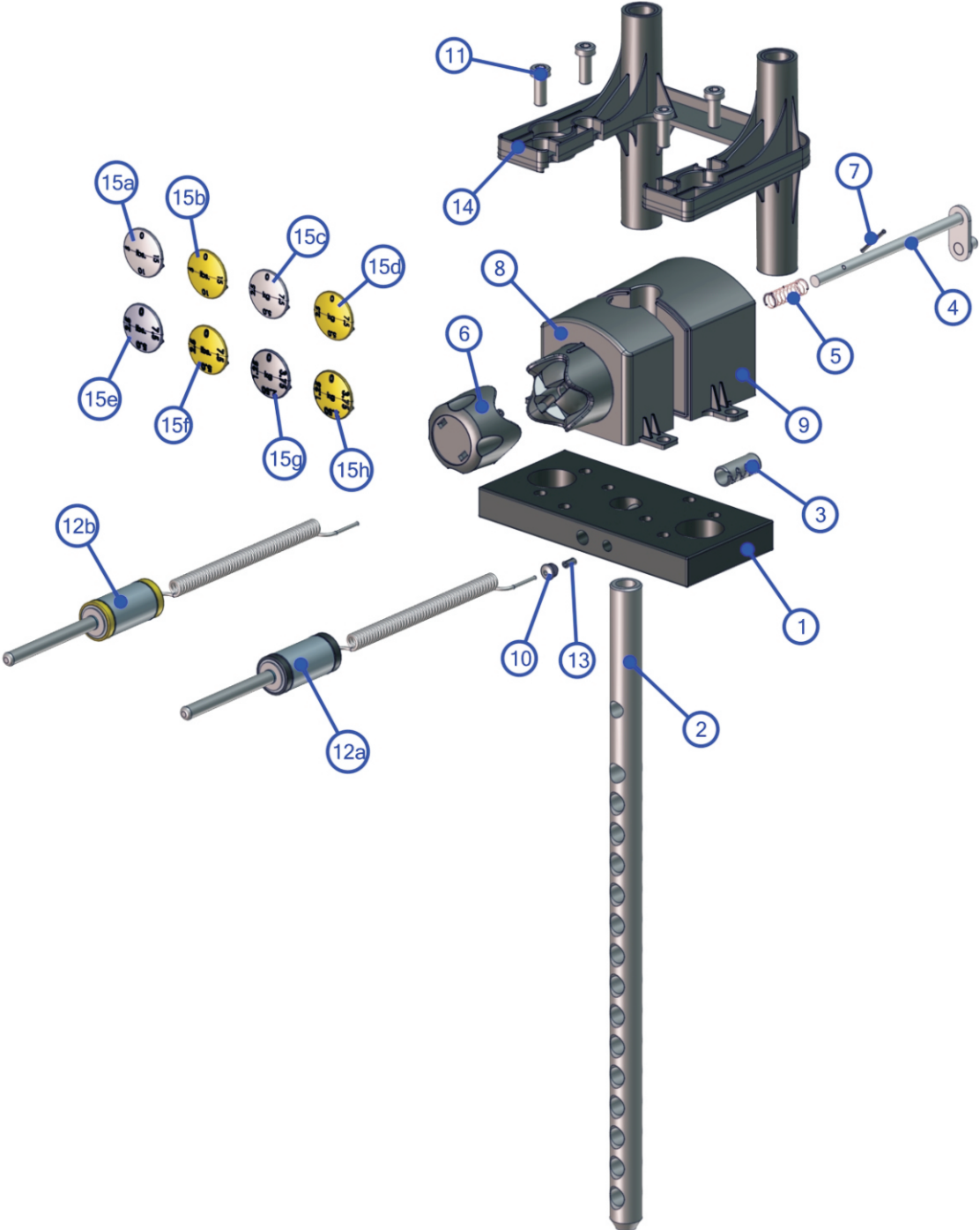
FZRW ROW; REAR DELT

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

FZRW ROW; REAR DELT HEAD PLATE ASSEMBLY - 7350701



SEE PAGE 23 FOR LEGEND

FZRW ROW; REAR DELT 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.

FZRW ROW; REAR DELT IMAGE

