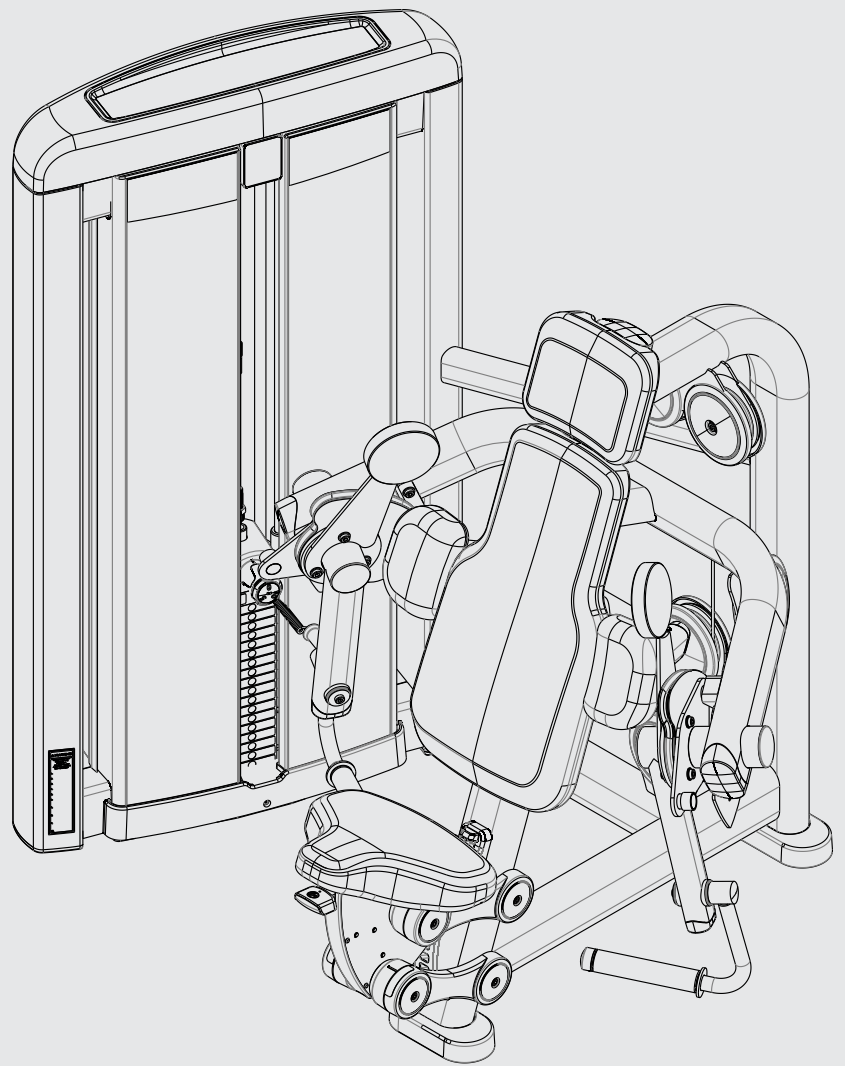


INSIGNIA SERIES  
BICEPS CURL  
SS-BC  
PARTS MANUAL



# Insignia Series Biceps Curl

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# Insignia Series Biceps Curl

## Options and Key

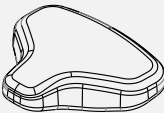
**FRAME COLOR OPTION**

SELECT POWDERCOAT COLOR

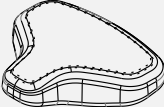
- BLACK
- BLUE
- CANDY APPLE RED
- CHARCOAL
- DIAMOND WHITE
- ELECTRIC BLUE
- ICE BLUE METALLIC
- MIDNIGHT METALLIC
- MOCHA SAND
- NICKEL
- PLATINUM
- RED
- TITANIUM
- WHITE
- YELLOW
- CUSTOM

**UPHOLSTERY OPTION**

SINGLE STITCH



DOUBLE STITCH



**UPHOLSTERY COLOR OPTION**

- AMERICAN BEAUTY RED
- AZURE
- BLACK
- BLACK CARBON FIBER
- BURGUNDY
- CANDLY APPLE RED
- CHESTNUT
- CONCORD
- CRANBERRY
- CROCUS
- DARK WALNUT
- DOVE GRAY
- EMERALD
- GRAPHITE
- GROTTTO
- GUN METAL
- HUNTER GREEN
- IMPERIAL BLUE
- JADE
- NAVY
- NORTHWOODS GREEN
- PAPRIKA
- PLUM
- PUTTY
- REGIMENTAL BLUE
- ROYAL BLUE
- SLATE
- SPACE BLUE
- SUEDE
- TERRA COTTA
- TURQUOISE
- WHEAT
- CUSTOM

**LANGUAGE OPTION**

SELECT LANGUAGE

- 01 ENGLISH
- 02 GERMAN
- 03 FRENCH
- 04 SPANISH
- 05 ITALIAN
- 06 DUTCH
- 07 JAPANESE
- 08 PORTUGUESE
- 10 RUSSIAN
- 11 TURKISH
- 12 CHINESE
- 13 ARABIC

**WEIGHT STACK OPTION**

- T - BASE STACK
- C - LIGHT STACK
- X - HEAVY STACK

POUNDS

KILOGRAMS

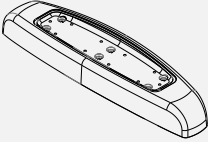

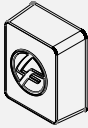
**SHROUD WRAP OPTION**

- BAMBOO
- BLACK CARBON FIBER
- BRONZE
- FULL SHROUD
- PREMIUM STAINLESS STEEL
- ROSEWOOD
- SKY
- STAINLESS STEEL
- STEM
- CUSTOM

**TRIM OPTION**

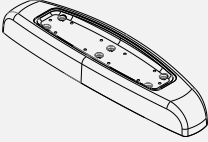

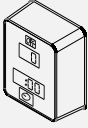
S

PLASTIC TOWER CAP  
STANDARD GRIP  
NO REP COUNTER

L

PAINTED CAST TOWER CAP  
ERGO GRIP  
REP COUNTER

### KEY

LANGUAGE 1 2 3

Items with Black call-outs require the last two digits (XX) to be replaced with language codes listed above. IE: 12345XX should be 1234501 for English.

UPHOLSTERY 1 2 3

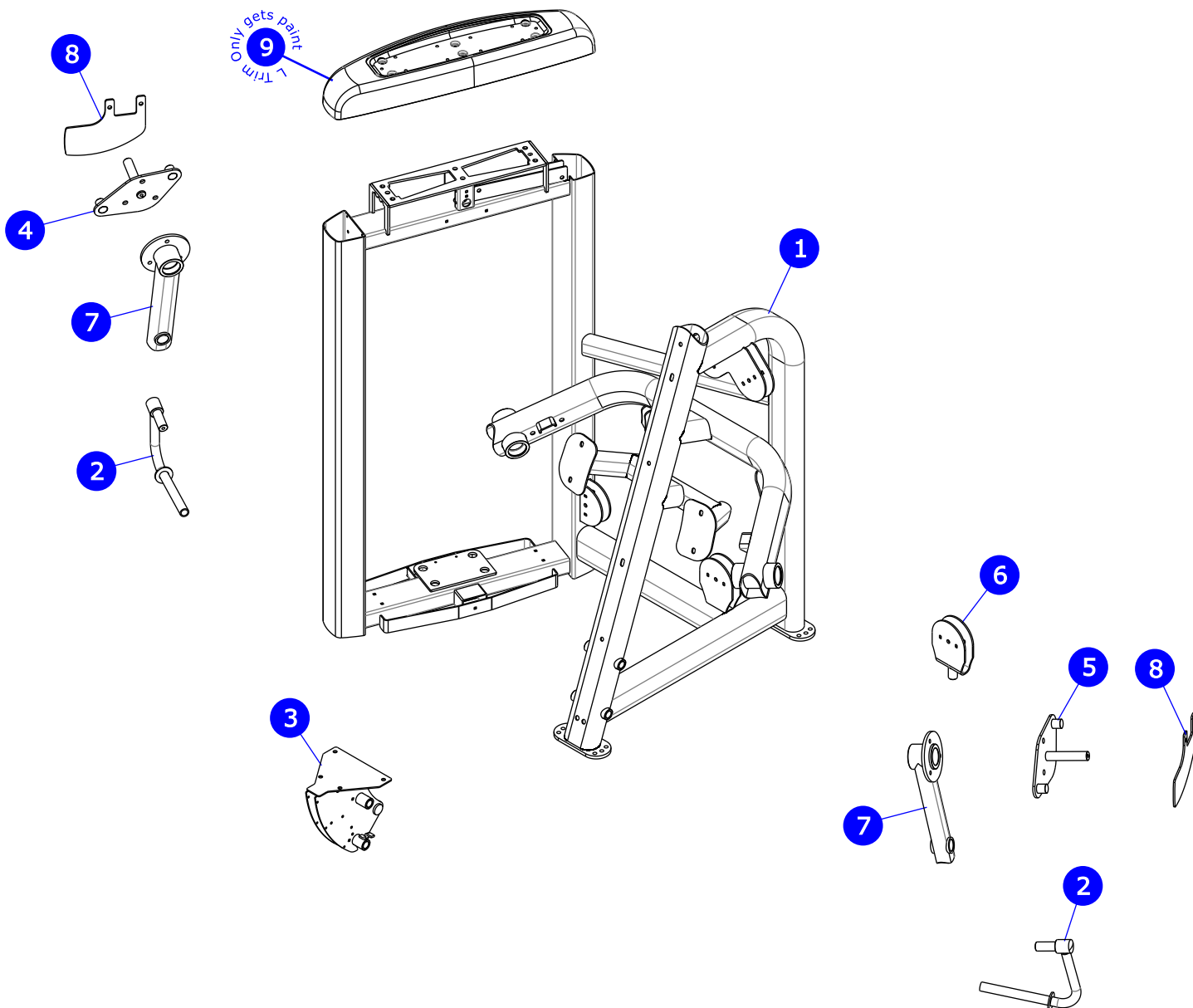
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

FRAME COLOR 1 2 3

Items with Blue call-outs require the powder coat frame color to be within the order notes.

# Insignia Series Biceps Curl

## Powder Coat Painted Frame Weldments

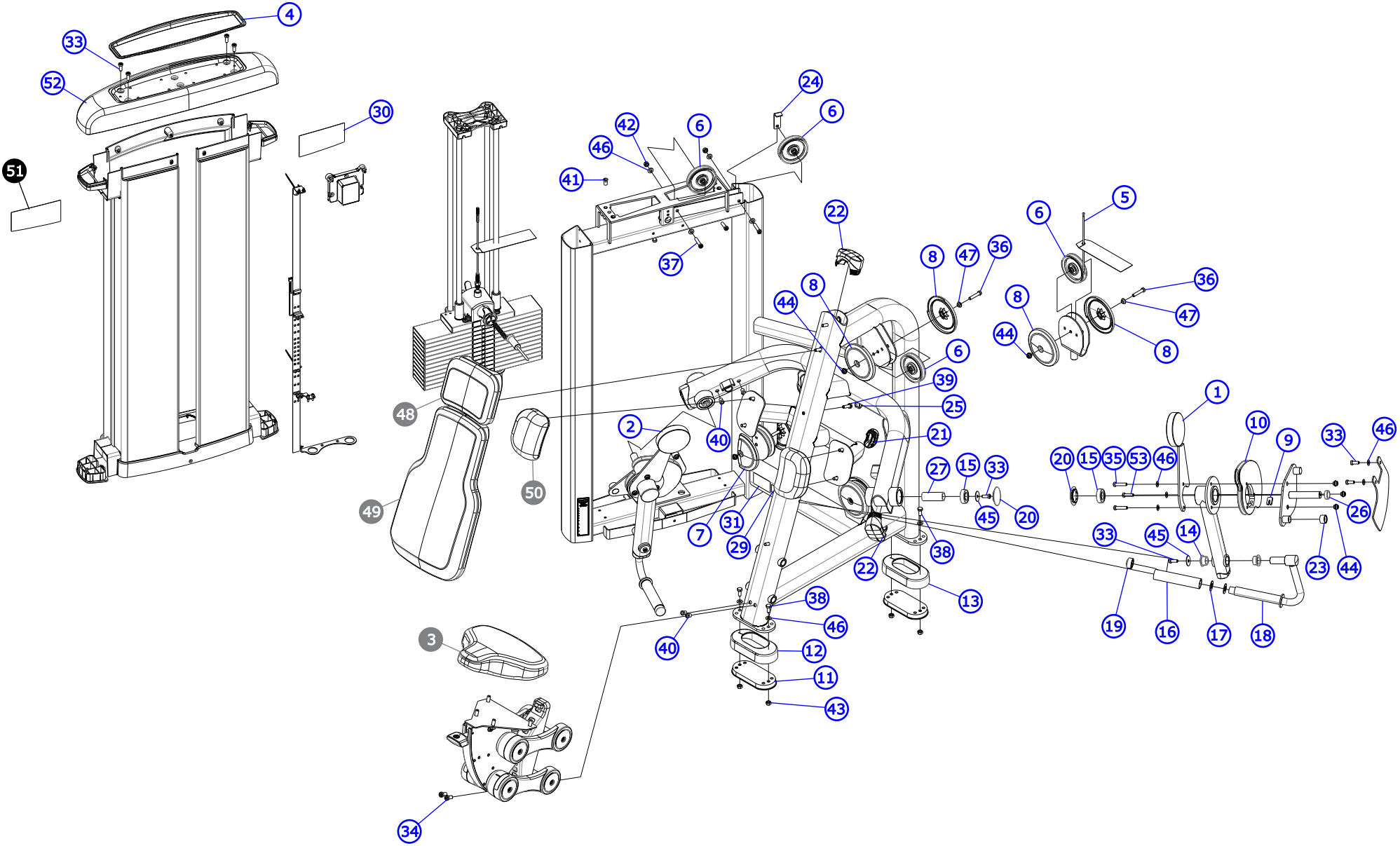


ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	1	POSSIBLE RMA	WLDMT, SS-BC FRAME	S	L
2	2	9450499	WLDMT, SS-BC HANDLE	S	L
3	1	9401299	WLDMT, SS-FRONT SEAT SUPPORT	S	L
4	1	7590499	WLDMT, FZBC PIVOT STOP - RH	S	L
5	1	7590599	WLDMT, FZBC PIVOT STOP - LH	S	L
6	1	7399699	WLDMT, FZ FLOATING PULLEY	S	L
7	2	7361399	WLDMT, FZBC PIVOT ARM	S	L
8	2	7560199	GUARD, FZBC CAM	S	L
9	1	9412699	CAP, TOWER -TOP	-	L

**ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 3 FOR ORDERING INSTRUCTIONS.**

# Insignia Series Biceps Curl

## Component Assembly

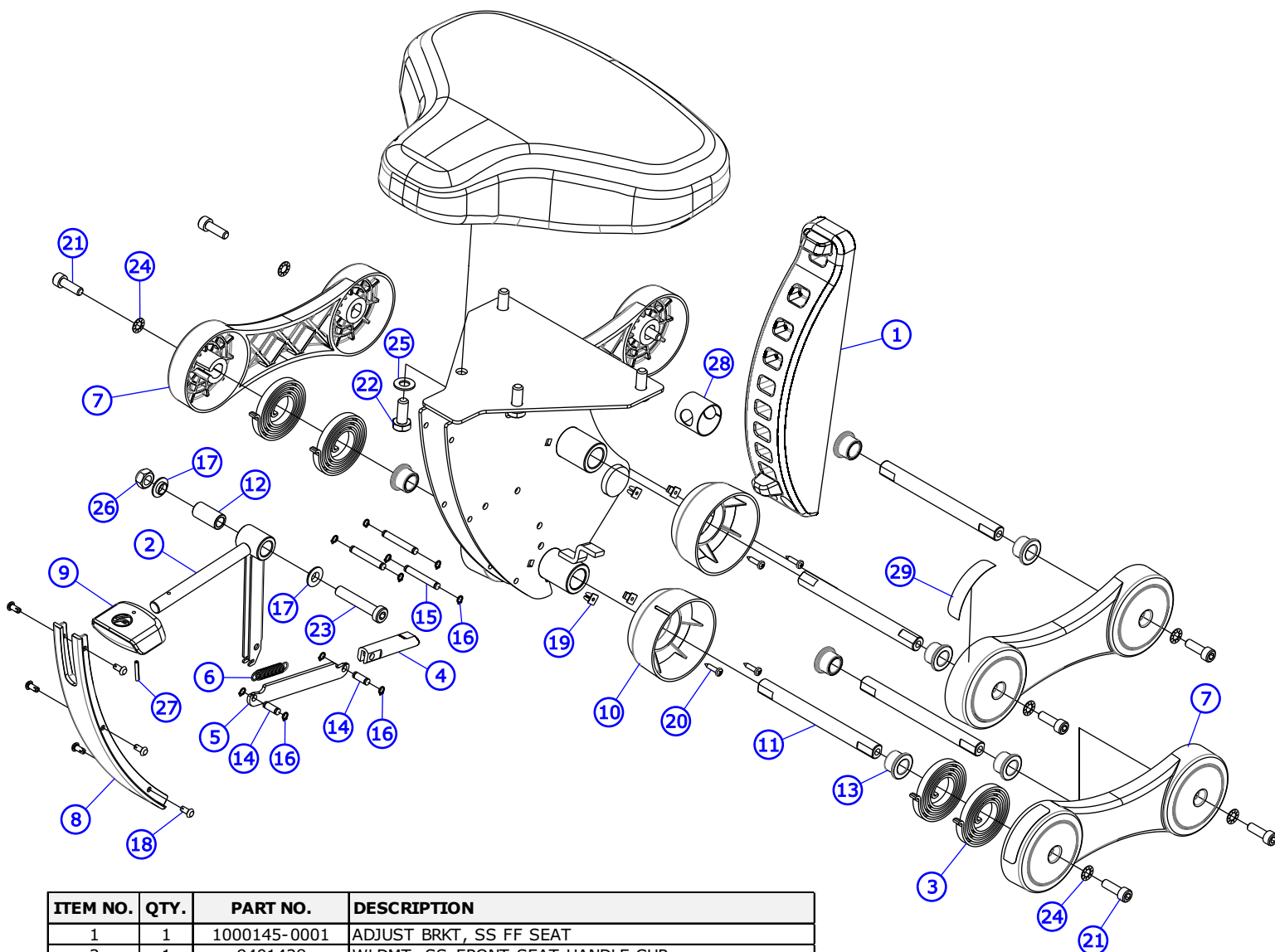


See page 6 for table

# Insignia Series Biceps Curl Table

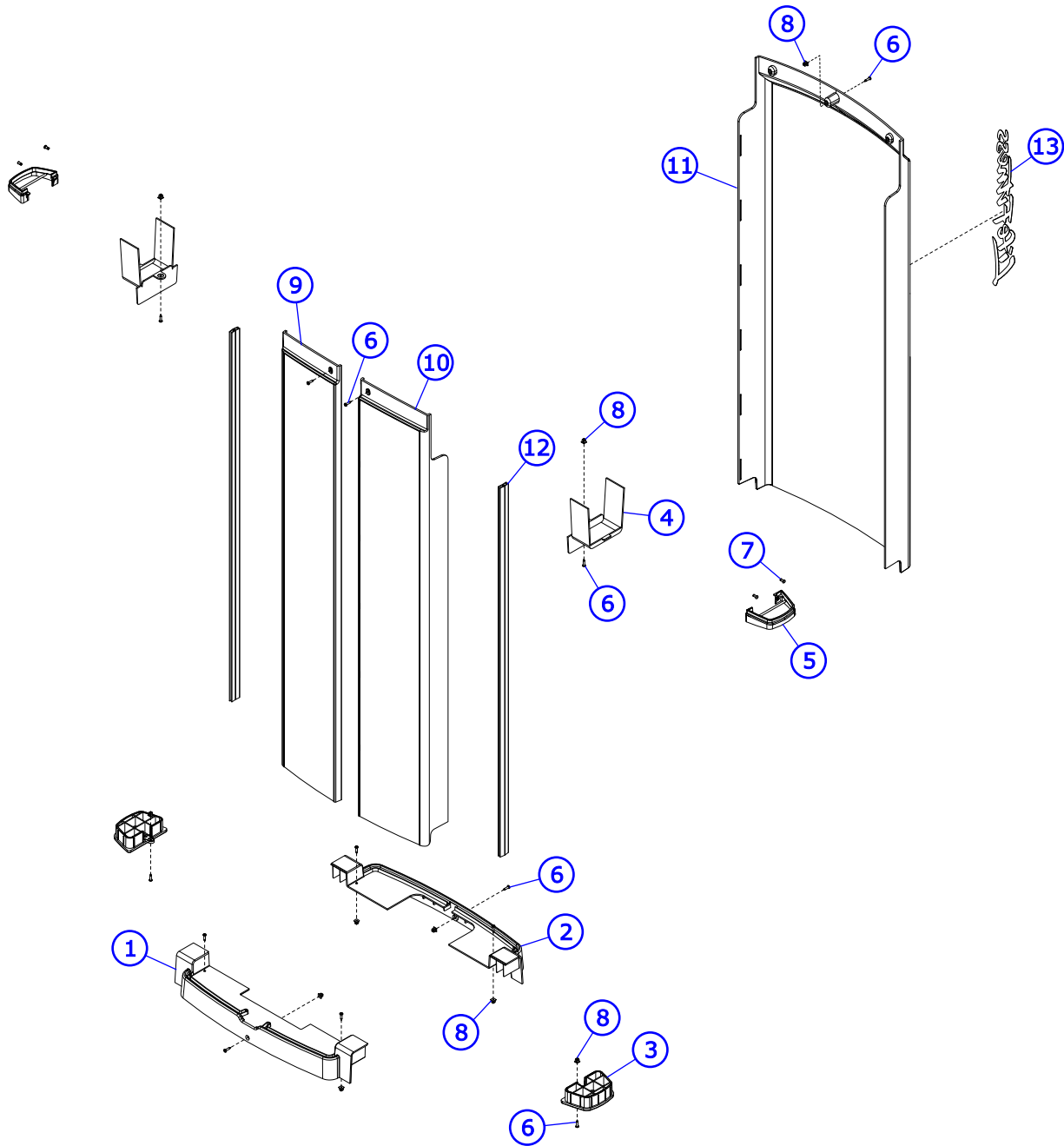
ITEM NO.	QTY.	PART NO.	DESCRIPTION	TRIM	
1	1	9514328	WLDMT, SS-BC CTR WT, LH	S	L
2	1	9514228	WLDMT, SS-BC CTR WT, RH	S	L
3	1	1000016-0001	PAD, SEAT SADDLE BLK, SNGL STITCH	S	L
		1000016-0099	PAD, SEAT SADDLE CUS, SNGL STITCH	S	L
		1000016-0101	PAD, SEAT SADDLE BLK, DBL STITCH	S	L
		1000016-0199	PAD, SEAT SADDLE CUS, DBL STITCH	S	L
4	1	9411201	TRAY, TOWER TOP CAP	S	L
5	1	9424806	CABLE, SS-BC	S	L
6	9	9319901	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD	S	L
7	2	8094102	COVER, PULLEY-BOLTED PARTIAL -CHGR	S	L
8	12	8104502	COVER, PULLEY-BOLTED NOTCHED	S	L
9	2	9454901	PLATE, CABLE END, T2	S	L
10	2	9458901	CAM, SS-BC	S	L
11	2	9319301	FOOT, 2.50 X 4.49 FLOV	S	L
12	1	9461401	COVER, FOOT - 20 deg	S	L
13	1	9319401	COVER, FOOT - STRAIGHT	S	L
14	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING	S	L
15	4	3235601	BEARING, 6205 BALL	S	L
16	2	3235808	GRIP, 1.50 OD X .14 WALL OPEN END	S	L
17	4	3249501	WASHER, NYLON FLAT - BLK 1.015 X	S	L
18	2	7560501	LINER, FZBC HAND GRIP	S	L
19	2	7662902	CAP, GRIP 1.50 OD	S	L
20	4	7308702	CAP, BEARING HOUSING	S	L
21	4	7333802	CAP, SMALL FLOV- END	S	L
22	3	7333902	CAP, LARGE FLOV- END	S	L
23	4	7690103	BUMPER, SLEEVE - 1 INCH DIA	S	L
24	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1	S	L
25	5	3237407	PLUG, 1" HOLE	S	L
26	2	7330001	SPACER, INTERNAL X .403	S	L
27	2	7330003	SPACER, INTERNAL X 3.265	S	L
29	1	9488901	LABEL, INSIGNIA, FCC	S	L
30	1	9476201	LABEL, SS-BC PLACARD, RH	S	L
31	1	-	LABEL, SERIAL NUMBER, BLANK	S	L
33	17	3236202	SCREW, M10 X1.5 25MM	S	L
34	7	3236204	SCREW, M10 X1.5 35MM	S	L
35	4	3236206	SCREW, M10 X1.5 45MM	S	L
36	7	3236207	SCREW, M10 X1.5 50MM	S	L
37	2	3275507	SCREW, M10 X 1.5 X 50 SHCS, LOW HEAD -NO PATCH	S	L
38	4	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN	S	L
39	4	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN	S	L
40	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)	S	L
41	4	3275401	M10X1.5 BLIND THREADED INSERT (HEX) -HVY	S	L
42	2	3236801	NUT, M10 HEX NYLOCK SS	S	L
43	4	3254703	NUT, M10 X 1.5 HEX ZINC	S	L
44	13	7335401	NUT, M10 X 1.5 SOCKET HEAD	S	L
45	4	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS	S	L
46	27	3236601	WASHER, 3/8 SAE SS	S	L
47	7	7630101	RETAINER, CM/MJ, PULLEY	S	L
48	1	1000017-0001	PAD, HEAD REST BLK, SNGL STITCH	S	L
		1000017-0099	PAD, HEAD REST CUS, SNGL STITCH	S	L
		1000017-0101	PAD, HEAD REST BLK, DBL STITCH	S	L
		1000017-0199	PAD, HEAD REST CUS, DBL STITCH	S	L
49	1	1000018-0001	PAD, LARGE BACK BLK, SNGL STITCH	S	L
		1000018-0099	PAD, LARGE BACK CUS, SNGL STITCH	S	L
		1000018-0101	PAD, LARGE BACK BLK, DBL STITCH	S	L
		1000018-0199	PAD, LARGE BACK CUS, DBL STITCH	S	L
50	1	7393301	PAD, ARM REST BLK, SNGL STITCH	S	L
		1000002-0099	PAD, ARM REST CUS, SNGL STITCH	S	L
		1000002-0101	PAD, ARM REST BLK, DBL STITCH	S	L
		1000002-0199	PAD, ARM REST CUS, DBL STITCH	S	L
51	1	9464699	LABEL, SS-BC PLACARD, LH	S	L
52	1	9436701	CAP, TOWER, TOP, PLASTIC	S	-
53	2	3236205	M10 X 1.5 X 40 SHCS, LOW HEAD	S	L

# Insignia Series Biceps Curl Seat Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1000145-0001	ADJUST BRKT, SS FF SEAT
2	1	9401428	WLDMT, SS-FRONT SEAT HANDLE CHR
3	4	9365401	SPRING, SPIRAL TORSION
4	1	9401101	PULLPIN, SS-SEAT
5	1	9401001	PLATE, SS-SEAT HANDLE CONNECT
6	1	3239201	SPRING, EXT, .375 X .049 X 2.00
7	4	9365228	SEAT LINK, CAST, CHR
8	1	9402201	GUARD, SS-SEAT
9	1	9402503	HANDLE, SS-SEAT
10	4	9402801	RING, SS-SEAT
11	4	9448401	SHAFT, SS-SEAT, 15MM
12	1	7776501	SHAFT, .625 X .406 X 1.200
13	8	3275004	BEARING, FLANGE, METRIC 15MM
14	2	7407501	PIN, LINK
15	3	7407502	PIN, LINK
16	10	3232401	RING, RETAINING, EXTERNAL
17	2	7776401	SPACER, FLANGE .406 X .495 X .81
18	6	0017-00101-1587	RVT 201X0413X.354 T NY NO
19	8	0017-00042-1147	GROMMET: SCREW; 8 OR 10
20	8	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
21	8	3276202	SCREW, M8 X1.25 X 25MM
22	4	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN
23	1	3275508	SCREW, M10 X 1.5 X 55 SHCS, LOW HEAD -NO PATCH
24	8	3239502	WSH, .312 IN-D ST ZN
25	4	3236601	WASHER, 3/8 SAE SS
26	1	3236801	NUT, M10 HEX NYLOCK SS
27	1	3110010	ROLL PIN, 1/8 X 7/8
28	1	9485701	PAINT GUARD, PIN HOUSING
29	1	9480601	LABEL; SEAT POSITION, LARGE

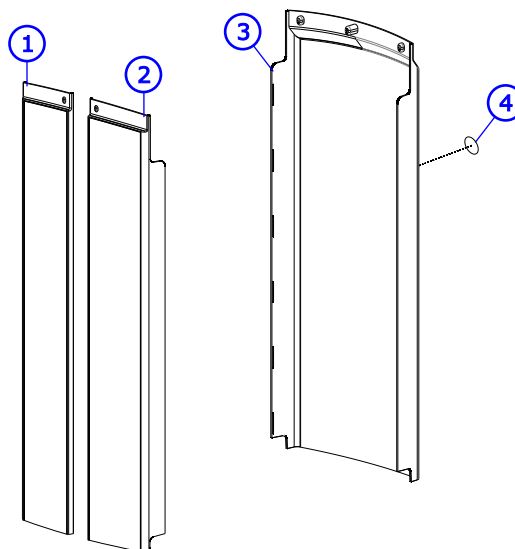
# Insignia Series Biceps Curl Tower Plastics



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9410801	COVER, TOWER BOTTOM -FRONT
2	1	9411001	COVER, TOWER BOTTOM -REAR
3	2	9412701	ASSY, TRAP TUBE, CAP, BOTTOM
4	2	9415701	COVER, UPPER CROSS MEMBER
5	2	9415801	GASKET, TRAP TUBE
6	13	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
7	4	0017-00101-1587	RVT 201X0413X.354 T NY NO
8	11	0017-00042-1147	GROMMET: SCREW; 8 OR 10
9	1	9410601	SHROUD, TOWER FRONT, LT - SHORT
10	1	9410701	SHROUD, TOWER FRONT, RT - SHORT
11	1	9411101	SHROUD, TOWER REAR - SHORT
12	2	9414601	SHROUD EXTRUSION - SHORT
13	1	9489101	LABEL, LIFE FITNESS



# Insignia Series Biceps Curl Shroud Wraps



BAMBOO	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511802	SHROUD, SS, FNT, LT, SRT-BAM
			2	1	9511702	SHROUD, SS, FNT, RT, SRT-BAM
			3	1	9511902	SHROUD, SS, REAR, SRT-BAM
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0002	SHROUD, SS, FNT, LT, SRT, ABS-BAM
			2	1	1003203-0002	SHROUD, SS, FNT, RT, SRT, ABS-BAM
			3	1	1003205-0002	SHROUD, SS, REAR, SRT, ABS-BAM

SKY	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511803	SHROUD, SS, FNT, LT, SRT-SKY
			2	1	9511703	SHROUD, SS, FNT, RT, SRT-SKY
			3	1	9511903	SHROUD, SS, REAR, SRT-SKY
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0003	SHROUD, SS, FNT, LT, SRT, ABS-SKY
			2	1	1003203-0003	SHROUD, SS, FNT, RT, SRT, ABS-SKY
			3	1	1003205-0003	SHROUD, SS, REAR, SRT, ABS-SKY

BRONZE	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511804	SHROUD, SS, FNT, LT, SRT-BRZ
			2	1	9511704	SHROUD, SS, FNT, RT, SRT-BRZ
			3	1	9511904	SHROUD, SS, REAR, SRT-BRZ
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0004	SHROUD, SS, FNT, LT, SRT, ABS-BRZ
			2	1	1003203-0004	SHROUD, SS, FNT, RT, SRT, ABS-BRZ
			3	1	1003205-0004	SHROUD, SS, REAR, SRT, ABS-BRZ

STEM	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511805	SHROUD, SS, FNT, LT, SRT-STM
			2	1	9511705	SHROUD, SS, FNT, RT, SRT-STM
			3	1	9511905	SHROUD, SS, REAR, SRT-STM
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0005	SHROUD, SS, FNT, LT, SRT, ABS-STM
			2	1	1003203-0005	SHROUD, SS, FNT, RT, SRT, ABS-STM
			3	1	1003205-0005	SHROUD, SS, REAR, SRT, ABS-STM

ROSEWOOD	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511806	SHROUD, SS, FNT, LT, SRT-RSW
			2	1	9511706	SHROUD, SS, FNT, RT, SRT-RSW
			3	1	9511906	SHROUD, SS, REAR, SRT-RSW
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0006	SHROUD, SS, FNT, LT, SRT, ABS-RSW
			2	1	1003203-0006	SHROUD, SS, FNT, RT, SRT, ABS-RSW
			3	1	1003205-0006	SHROUD, SS, REAR, SRT, ABS-RSW

STAINLESS STEEL	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	1/1/2015 - 3/31/2016	PRIOR TO SS-XX0416001	1	1	9511807	SHROUD, SS, FNT, LT, SRT-SS
			2	1	9511707	SHROUD, SS, FNT, RT, SRT-SS
			3	1	9511907	SHROUD, SS, REAR, SRT-SS
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0007	SHROUD, SS, FNT, LT, SRT, ABS-SS
			2	1	1003203-0007	SHROUD, SS, FNT, RT, SRT, ABS-SS
			3	1	1003205-0007	SHROUD, SS, REAR, SRT, ABS-SS

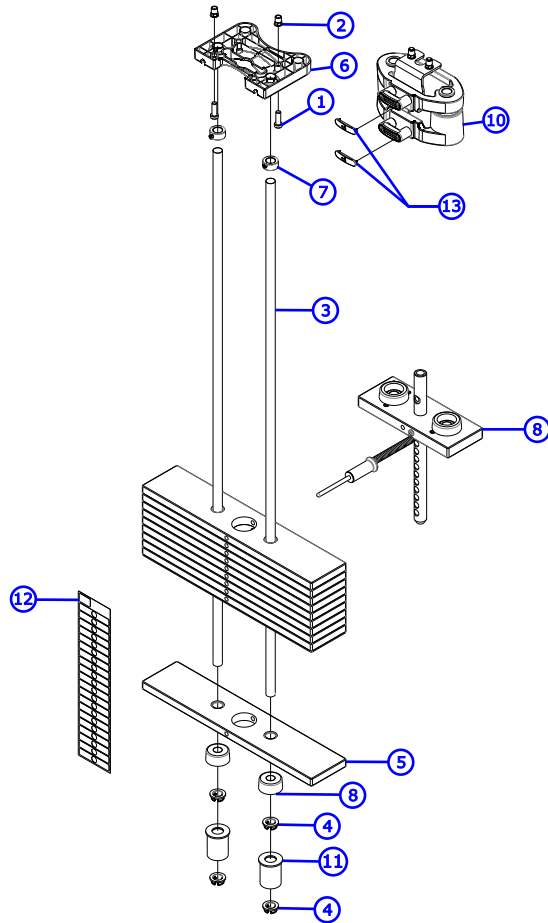
PREMIUM STAINLESS STEEL	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0008	SHROUD, SS, FNT, LT, SRT, ABS-PSS
			2	1	1003203-0008	SHROUD, SS, FNT, RT, SRT, ABS-PSS
			3	1	1003205-0008	SHROUD, SS, REAR, SRT, ABS-PSS

PREMIUM BLACK CARBON FIBER	DATE MADE	SERIAL #	ITEM	QTY.	PART NO.	DESCRIPTION
	4/01/2016 - PRESENT	ON OR AFTER SS-XX0416001	1	1	1003204-0009	SHROUD, SS, FNT, LT, SRT, ABS-PBCF
			2	1	1003203-0009	SHROUD, SS, FNT, RT, SRT, ABS-PBCF
			3	1	1003205-0009	SHROUD, SS, REAR, SRT, ABS-PBCF

4	1	AK58-00245-2401	MEDALLION-ASSY;LF-BUG B
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# Insignia Series Biceps Curl Weight Stack Assemblies

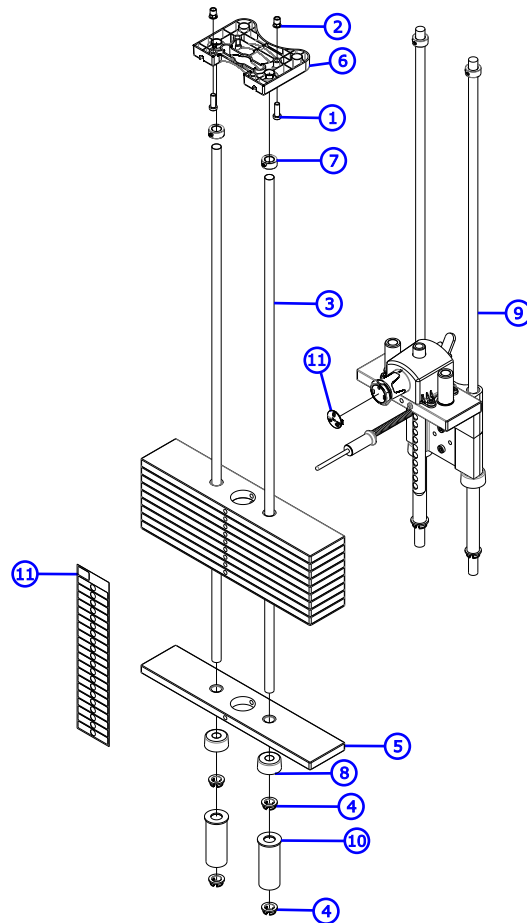
## T - Base



Uses 9423511 Cable (127.0")

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236203	M10 X 1.5 X 30 SHCS, LOW HEAD
2	2	3238601	M10X1.5 BLIND THRD INSERT (HEX)
3	2	7328612	GUIDE ROD, .75 OD SOLID X 50.36
4	4	7337901	BUSHING, GUIDE ROD
5	10	9407601	WGT PL, 3/4IN X 4IN, 15LB
6	2	9412801	RETAINER, GUIDE ROD -TOP
7	2	3103301	SHAFT COLLAR, 3/4 IN ID
8	2	7352101	CUSHION, WEIGHT STACK
9	1	SEE PAGE 11	ASSY, SS, HEAD PLATE, STD -10
10	1	SEE PAGE 11	ASSY, DD INC WEIGHT W/ STRIKER -YEL
11	2	9495913	WLDMT, WGT STK SPACER X 3.00 -CHR
12	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
		9462303	CAP, DD INC WGT, YEL -LBS
13	1	9462403	CAP, DD INC WGT, YEL -KG

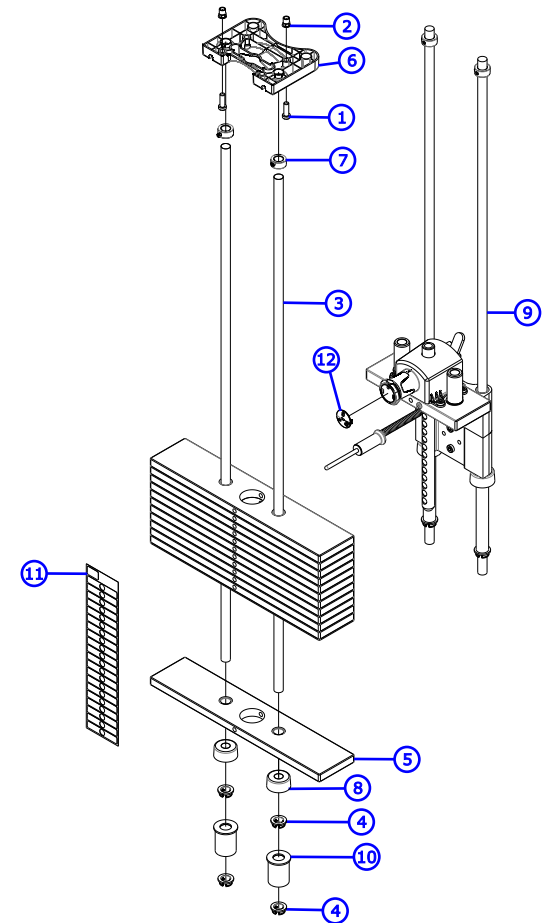
## C - Light



Uses 9423512 Cable (125.5")

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236203	M10 X 1.5 X 30 SHCS, LOW HEAD
2	2	3238601	M10X1.5 BLIND THRD INSERT (HEX)
3	2	7328612	GUIDE ROD, .75 OD SOLID X 50.36
4	4	7337901	BUSHING, GUIDE ROD
5	10	9407601	WGT PL, 3/4IN X 4IN, 15LB
6	2	9412801	RETAINER, GUIDE ROD -TOP
7	2	3103301	SHAFT COLLAR, 3/4 IN ID
8	2	7352101	CUSHION, WEIGHT STACK
9	1	SEE PAGE 12	ASSY, SS, INC WGT, DIAL, STD -10 ELV
10	2	9495914	WLDMT, WGT STK SPACER X 4.50 -CHR
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
12	1	9431403	CAP, SELECTOR KNOB -LBS
		9450103	CAP, SELECTOR KNOB -KGS

## X - Heavy



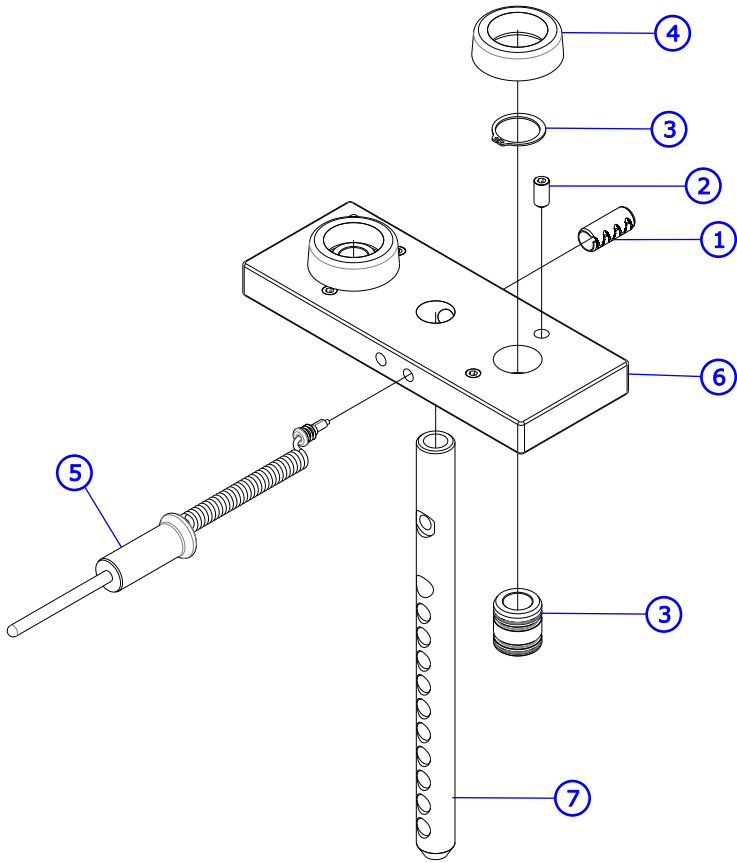
Uses 9423512 Cable (125.5")

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236203	M10 X 1.5 X 30 SHCS, LOW HEAD
2	2	3238601	M10X1.5 BLIND THRD INSERT (HEX)
3	2	7328612	GUIDE ROD, .75 OD SOLID X 50.36
4	4	7337901	BUSHING, GUIDE ROD
5	12	9407601	WGT PL, 3/4IN X 4IN, 15LB
6	2	9412801	RETAINER, GUIDE ROD -TOP
7	2	3103301	SHAFT COLLAR, 3/4 IN ID
8	2	7352101	CUSHION, WEIGHT STACK
9	1	SEE PAGE 12	ASSY, SS, INC WGT, DIAL, HVY -12 ELV
10	2	9495913	WLDMT, WGT STK SPACER X 3.00 -CHR
11	1	9475301	LABEL, 3/4 IN WGT STACK, 295 LB
		9475201	LABEL, 3/4 IN WGT STACK, 147.5 KG
12	1	9431403	CAP, SELECTOR KNOB -LBS
		9450103	CAP, SELECTOR KNOB -KGS

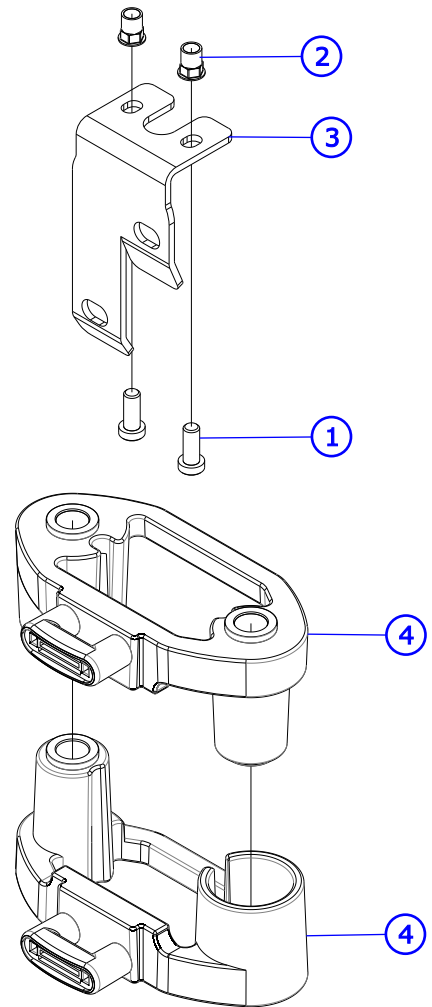
# Insignia Series Biceps Curl

## T Trim Head Plate and Drop Down Increment Weights

**T Trim**



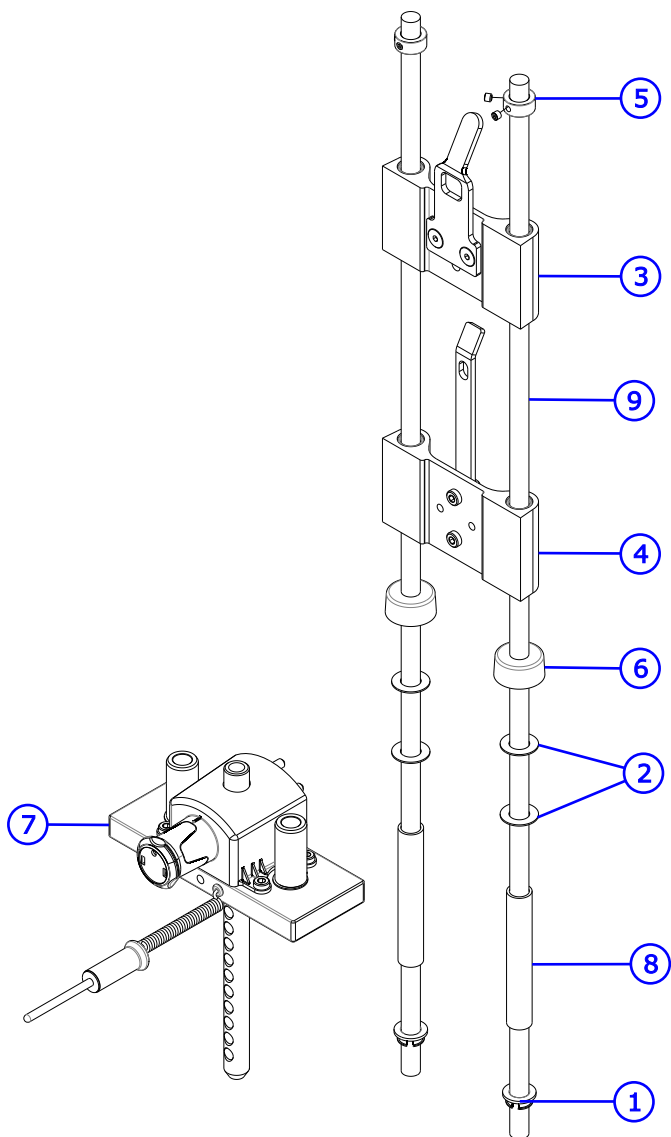
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3240501	M10 X 1.5 X 20 HXS NO CUP ST BO
3	2	7338001	BUSHING, HEADPLATE
4	2	7767602	BUMPER, INCREMENT WT -BLK
5	1	1003679-0003	ASSY, WGT STK SELECT PIN -YELLOW
6	1	9427401	HEADPLATE, WT. STACK, 10LB
7	1	9434201	BAYONET, 10 PLATE



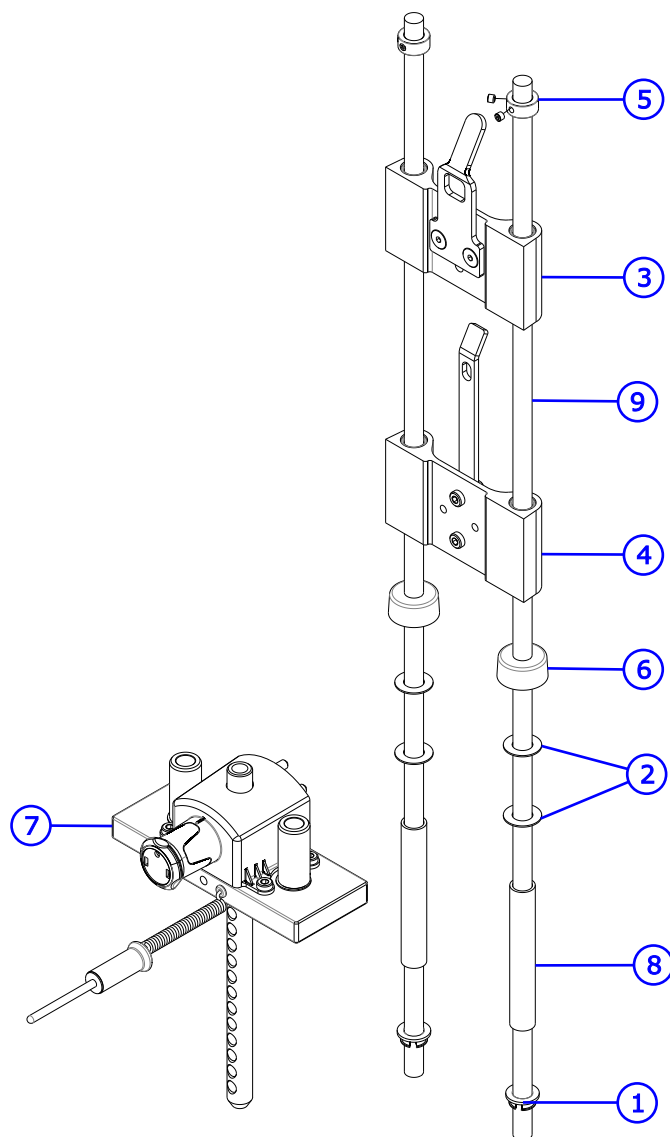
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236202	SCREW, M10 X1.5 25MM
2	2	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
3	1	9430801	BRKT, INC WGT STRIKER
4	2	9455403	ASSY, DD INC WGT -YEL

# Insignia Series Biceps Curl C and X Trim Stack Components

## C Trim



## X Trim



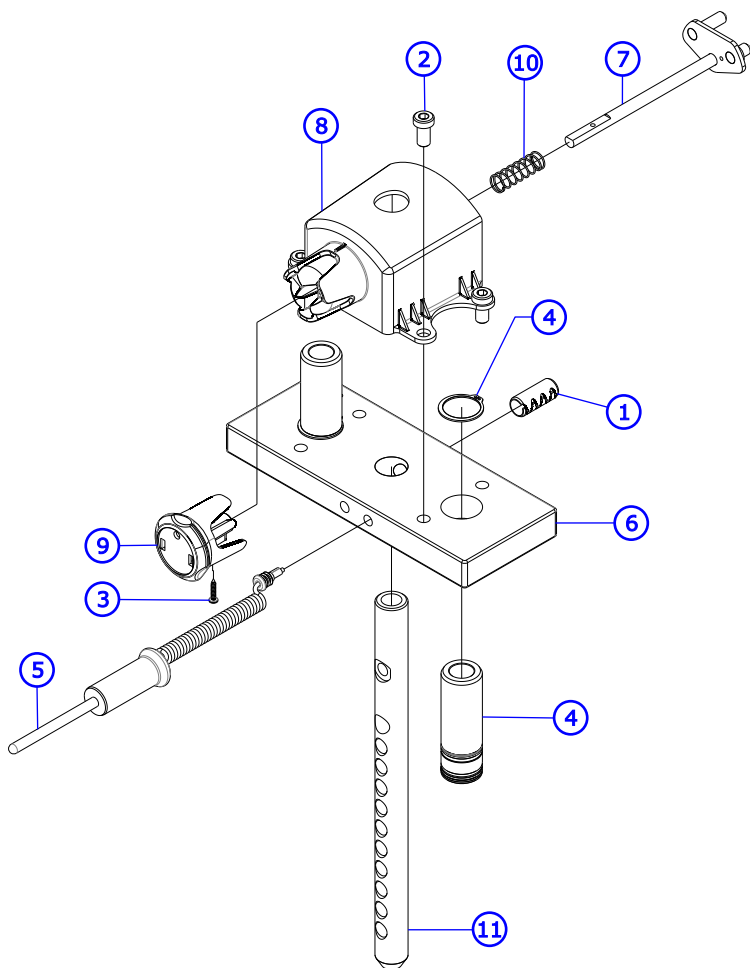
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7337901	BUSHING, GUIDE ROD
2	4	7351001	SPACER, INC WT STACK
3	1	SEE PAGE 14	ASSY, INC WGT -5LB
4	1	SEE PAGE 14	ASSY, INC WGT -10LB
5	2	3103301	SHAFT COLLAR, 3/4 IN ID
6	2	7352101	CUSHION, WEIGHT STACK
7	1	SEE PAGE 13	ASSY, SS, HEAD PLATE, DIAL, STD -10
8	2	7328706	SPACER, INC WT STACK -4.38
9	2	7328612	GUIDE ROD, .75 OD SOLID X 50.36

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7337901	BUSHING, GUIDE ROD
2	4	7351001	SPACER, INC WT STACK
3	1	SEE PAGE 14	ASSY, INC WGT -5LB
4	1	SEE PAGE 14	ASSY, INC WGT -10LB
5	2	3103301	SHAFT COLLAR, 3/4 IN ID
6	2	7352101	CUSHION, WEIGHT STACK
7	1	SEE PAGE 13	ASSY, SS, HEAD PLATE, DIAL, HVY -12
8	2	7328706	SPACER, INC WT STACK -4.38
9	2	7328612	GUIDE ROD, .75 OD SOLID X 50.36

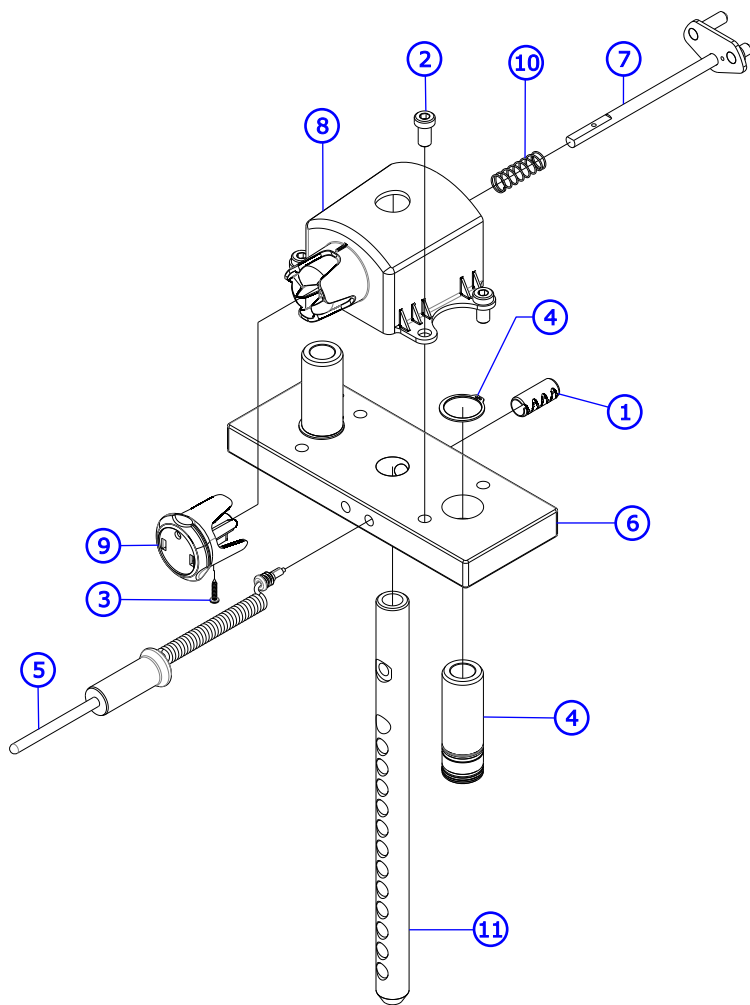
# Insignia Series Biceps Curl

## C and X Trim Head Plate Assemblies

### C Trim



### X Trim

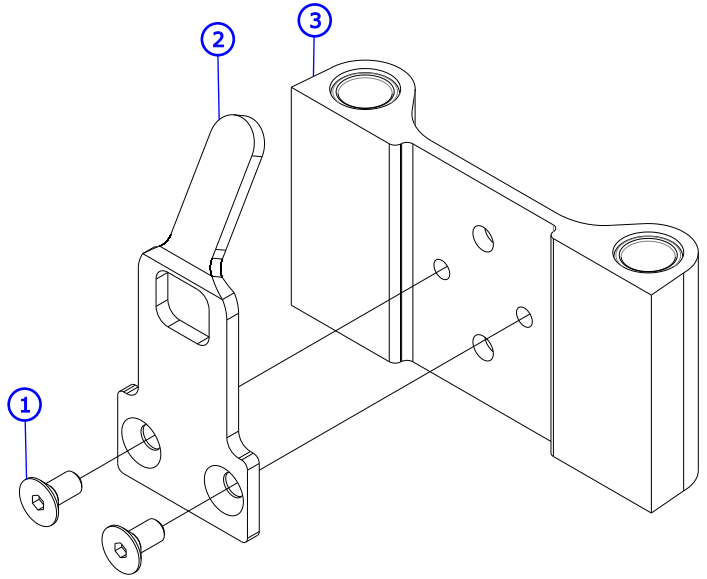


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427401	HEADPLATE, WT. STACK, 10LB
7	1	9427501	WLDMT, INC WGT PIN
8	1	9430501	HSNG, INC WEIGHT
9	1	9443201	KNOB, INC WEIGHT
10	1	9443301	SPRING, INC WGT PIN
11	1	9434201	BAYONET, 10 PLATE

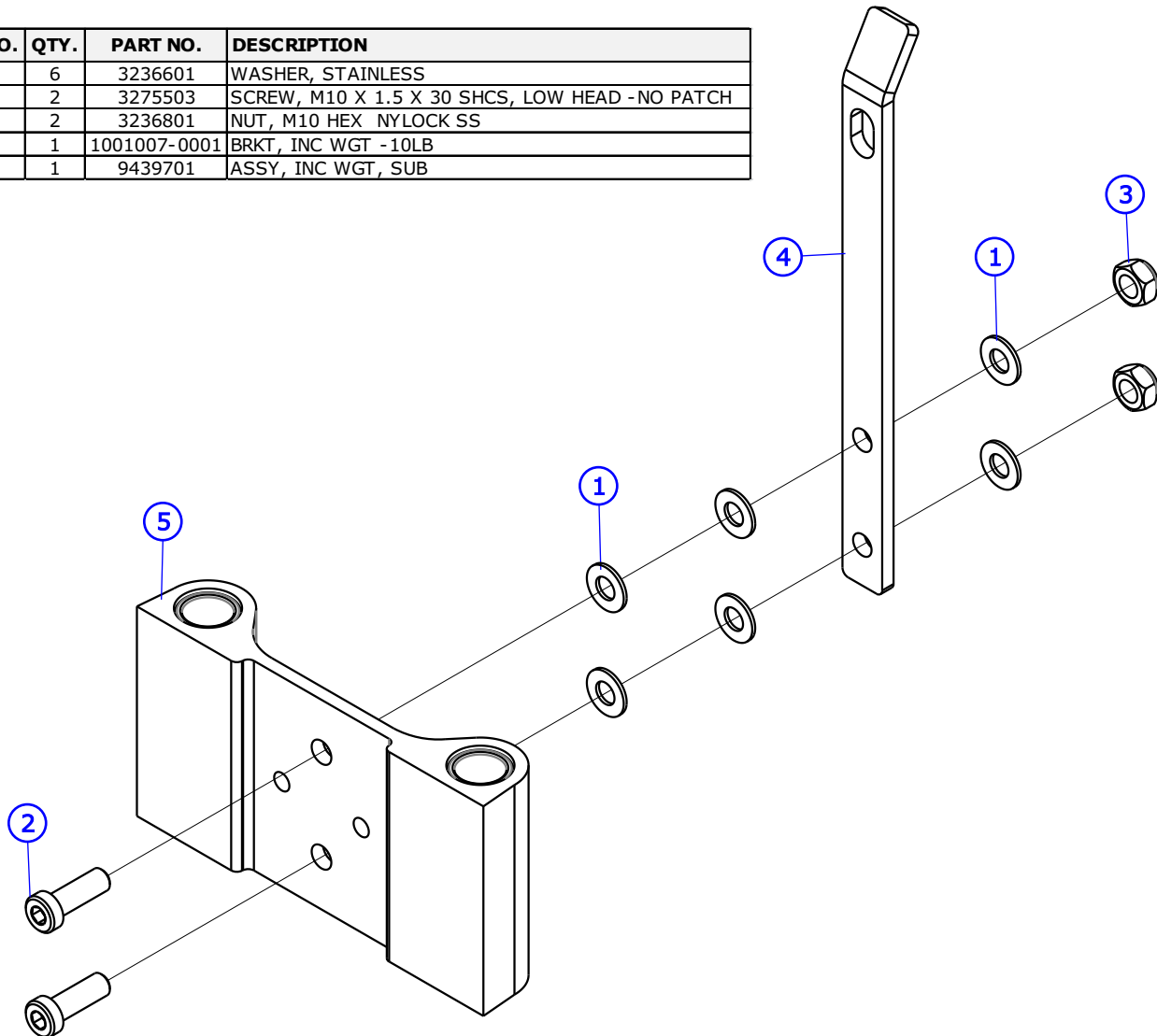
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236001	BUSHING, SPRING PIN
2	4	3236201	SCREW, M10 X1.5 20MM
3	1	3275601	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	2	9296001	BUSHING, HEADPLATE, LONG
5	1	1003679-0003	ASSY, WGT STK SELECTOR PIN -YELLOW
6	1	9427401	HEADPLATE, WT. STACK, 10LB
7	1	9427501	WLDMT, INC WGT PIN
8	1	9430501	HSNG, INC WEIGHT
9	1	9443201	KNOB, INC WEIGHT
10	1	9443301	SPRING, INC WGT PIN
11	1	9426001	BAYONET, 12 PLATE

# Insignia Series Biceps Curl C and X Trim Incremental Weights

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3238301	M10x1.5x20mm
2	1	9428201	BRKT, INC WGT -5 LB
3	1	9439701	ASSY, INC WGT, SUB

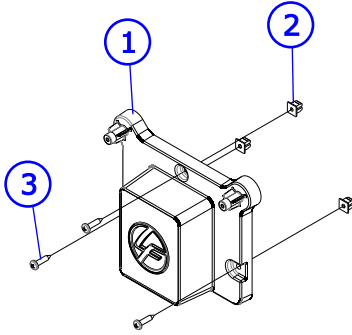


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	6	3236601	WASHER, STAINLESS
2	2	3275503	SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH
3	2	3236801	NUT, M10 HEX NYLOCK SS
4	1	1001007-0001	BRKT, INC WGT -10LB
5	1	9439701	ASSY, INC WGT, SUB



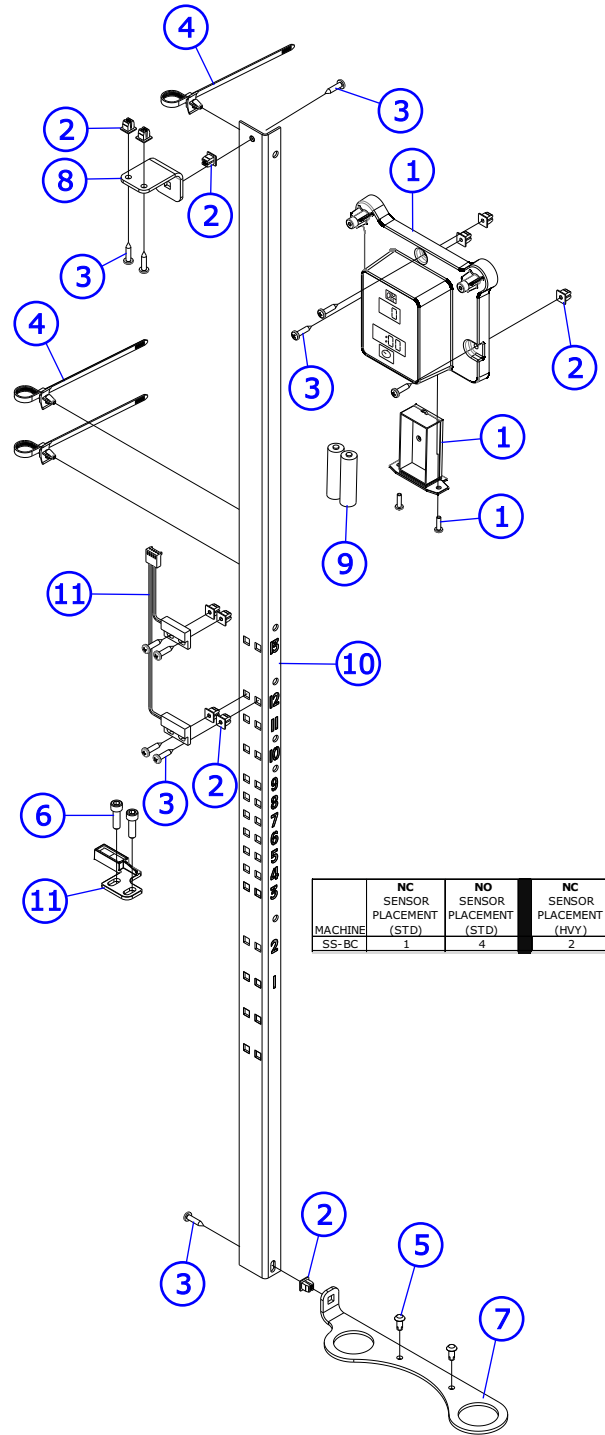
# Insignia Series Biceps Curl Sensor Assemblies

## S Trim



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9437401	SS - ASSY, DISPLAY, BASE
2	3	0017-00042-1147	GROMMET: SCREW; 8 OR 10
3	3	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB

## L Trim



	NC SENSOR PLACEMENT (STD)	NO SENSOR PLACEMENT (STD)	NC SENSOR PLACEMENT (HVY)	NO SENSOR PLACEMENT (HVY)
MACHINE SS-BC	1	4	2	6

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9417701	ASSY, DISPLAY, COUNTER
2	11	0017-00042-1147	GROMMET: SCREW; 8 OR 10
3	11	3275801	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
4	3	3276101	GROMMET, CABLE TIE
5	2	0017-00101-1587	RVT 201X0413X.354 T NY NO
6	2	3241701	SCREW, M6 X1 20MM
7	1	9432728	BRKT, SS, SWITCH MNT -CHGR
8	1	9434828	BRKT, SS, SWITCH MNT
9	2	-	BATTERY, AA
10	1	9434628	BRKT, SS, SWITCH MNT, STD -CHR
11	1	1000585-0001	ASSY, SS, PROX SWITCH/MAGNET