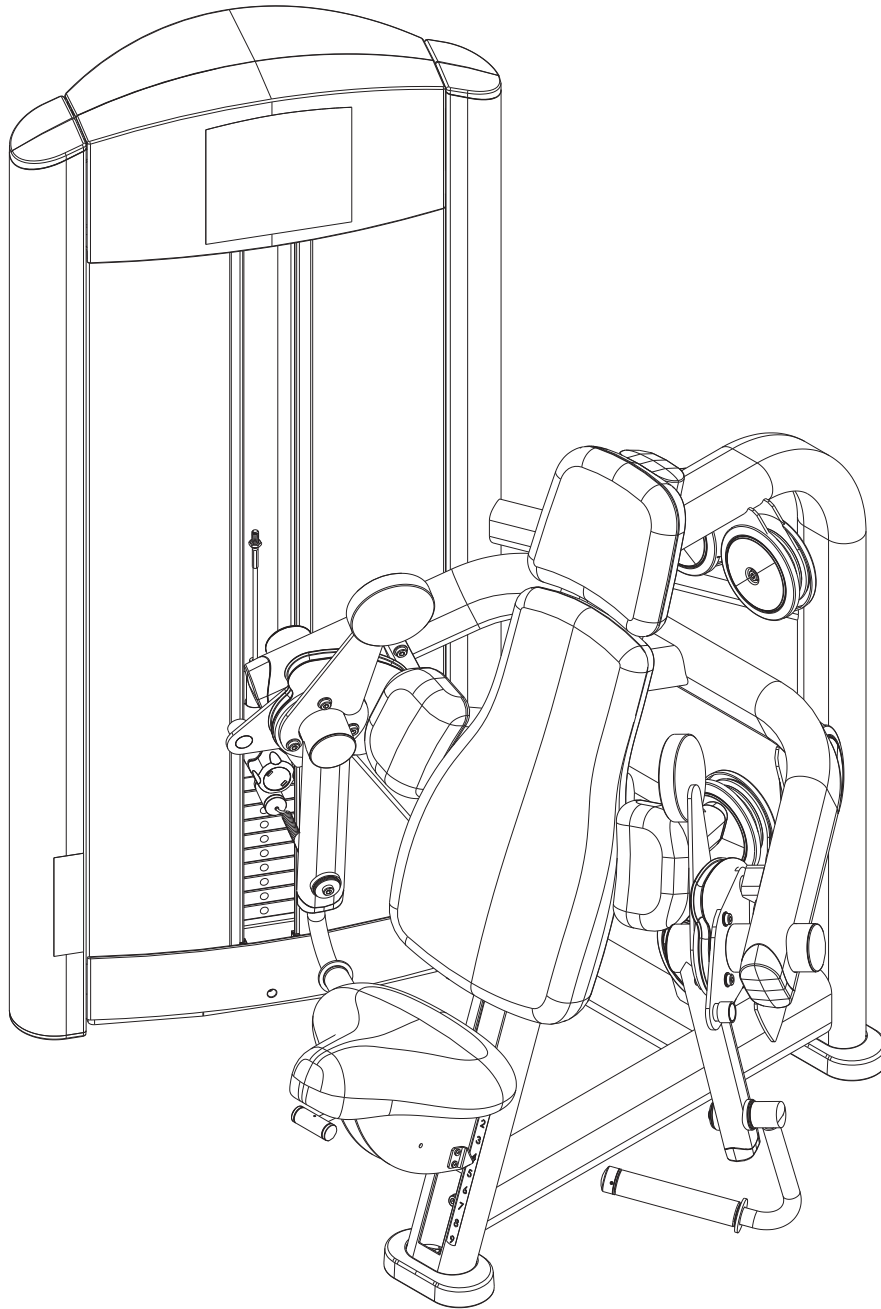




SIGNATURE SERIES
FZBC BICEPS CURL



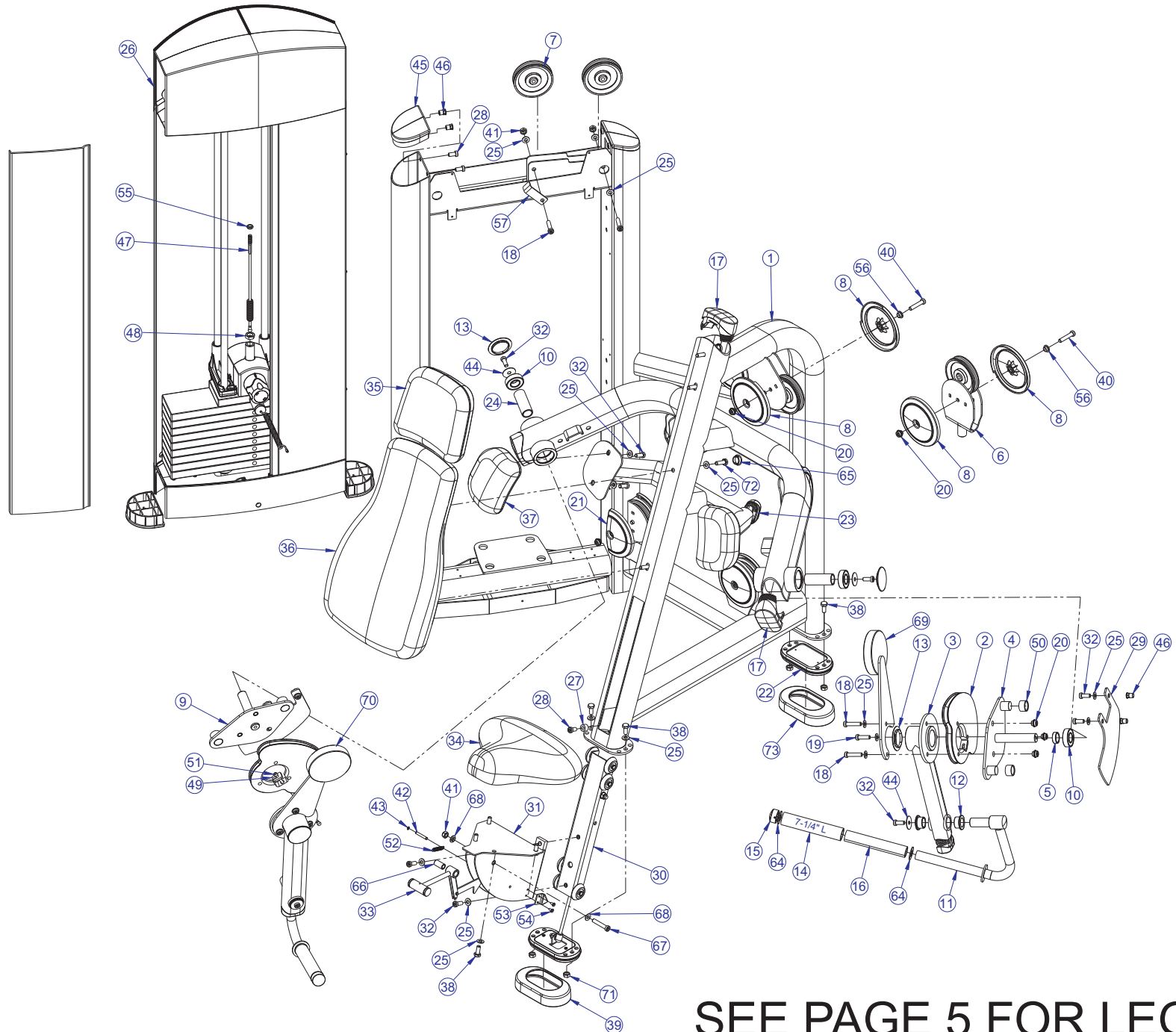
Customer Support Services
PARTS MANUAL

FZBC BICEPS CURL

CONTENTS

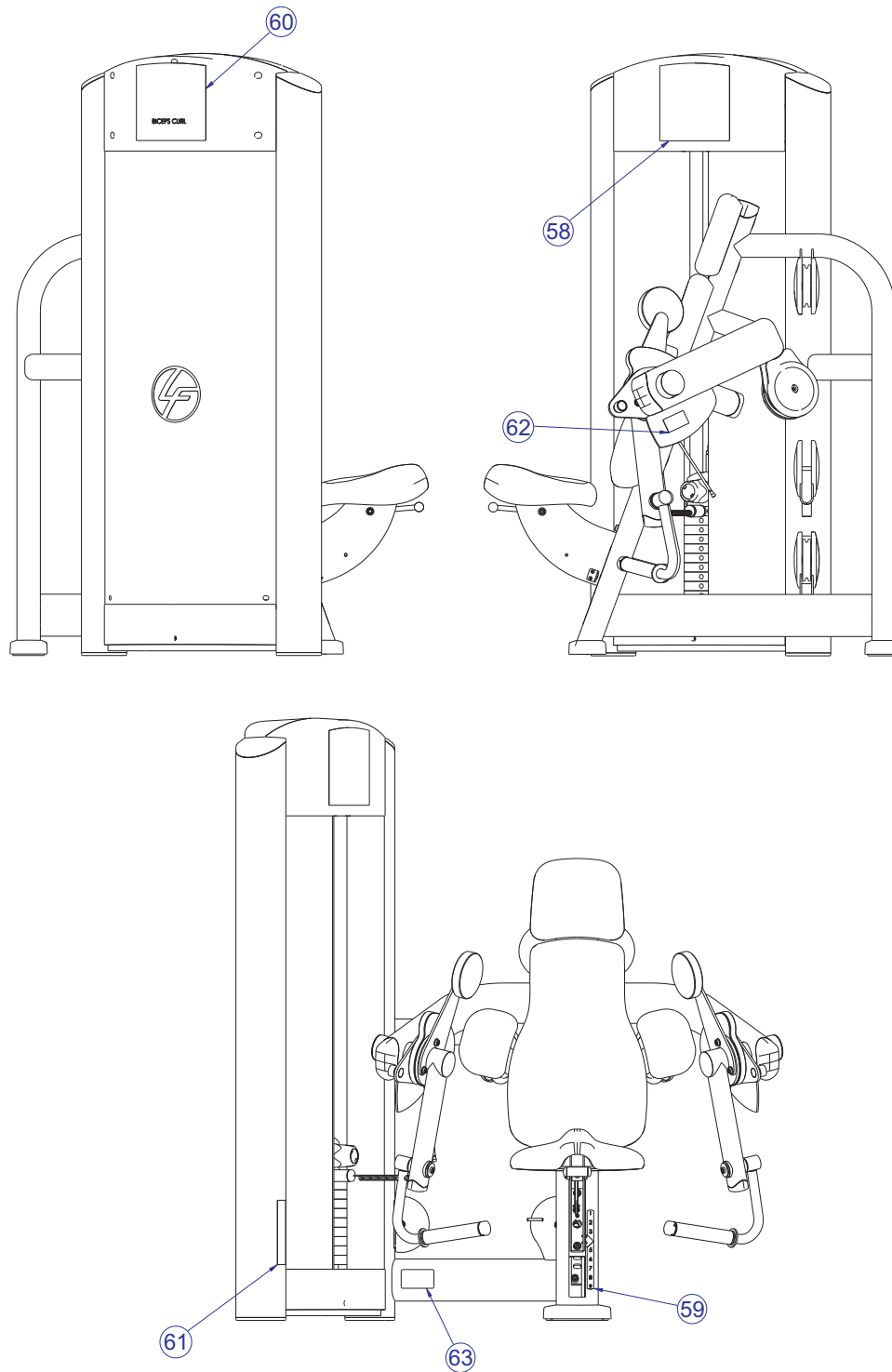
	PAGE
COMPONENT ASSEMBLY	3
COMPONENT ASSEMBLY II	4
COMPONENT ASSEMBLY LEGEND	5
FZ SEAT CARRIAGE ASSEMBLY	6
FZ SEAT CARRIAGE ASSEMBLY LEGEND	7
FZ ADJUSTER HANDLE ASSEMBLY	8
MID-9 TOWER ASSEMBLY	9
PLASTIC TOWER ASSEMBLY	10
MID-9 WEIGHT STACK ASSEMBLY	11
5 LB. INCREMENT WEIGHT ASSEMBLY	12
10 LB. INCREMENT WEIGHT ASSEMBLY	13
15 LB. INCREMENT WEIGHT ASSEMBLY	14
HEAD PLATE ASSEMBLY	15
HEAD PLATE ASSEMBLY LEGEND	16
IMAGE	17

FZBC BICEPS CURL COMPONENT ASSEMBLY



SEE PAGE 5 FOR LEGEND

FZBC BICEPS CURL COMPONENT ASSEMBLY II

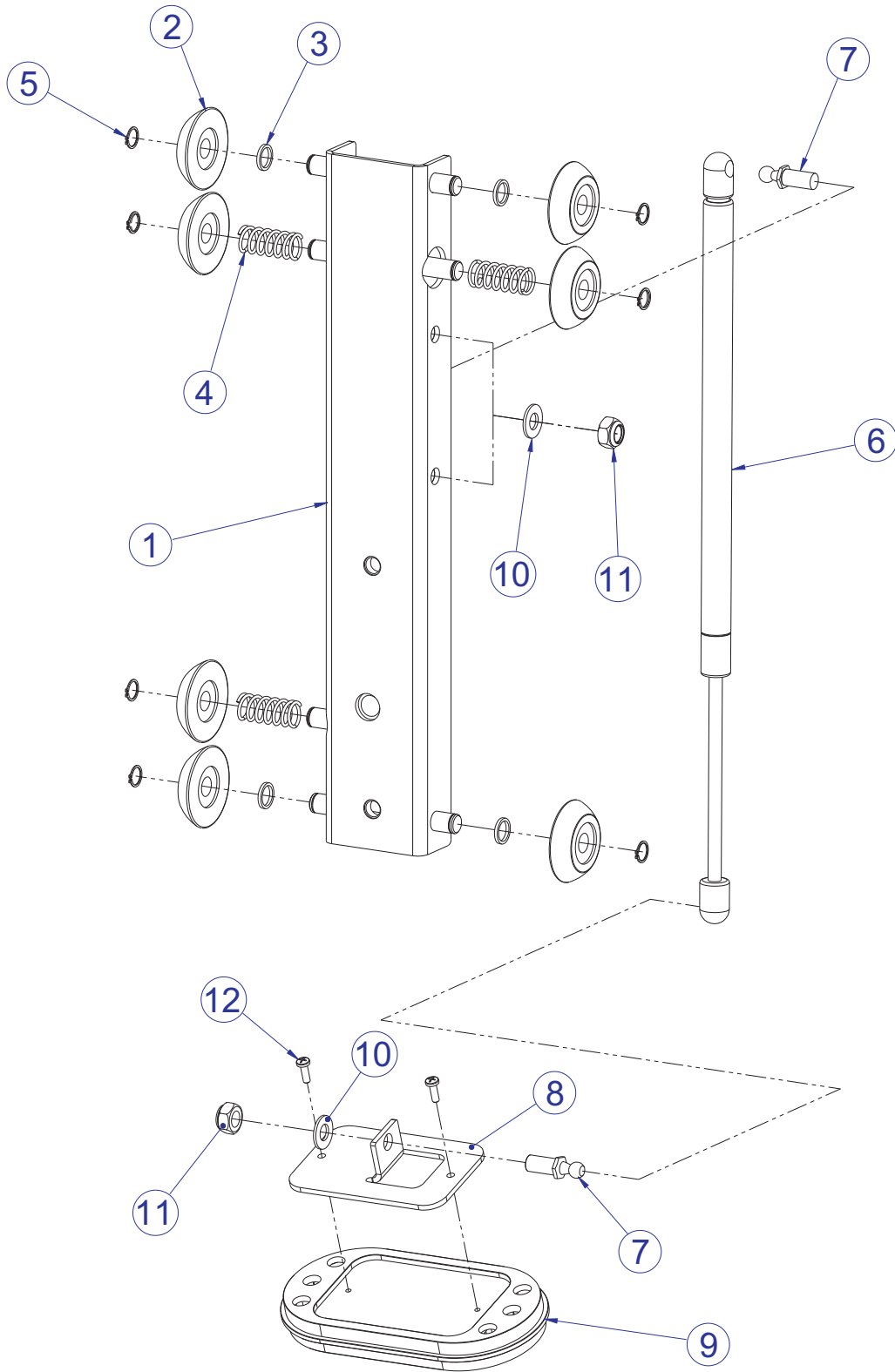


SEE PAGE 5 FOR LEGEND

FZBC BICEPS CURL COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION	37	2	73933XX	PAD, ARM REST
1	1	7400301	WLDMT, FZBC FRAME	38	8	3251202	SCREW, M10 X1.5 X 25MM HEX ZN
2	2	7398101	CAM, FZBC	39	1	7419601	COVER, FOOT-20 DEG.
3	2	7361301	WLDMT, FZBC PIVOT ARM	40	7	3236207	SCREW, M10 X1.5 50MM
4	1	7590501	WLDMT, FZBC PIVOT STOP - LH	41	3	3236801	NUT, M10 HEX NYLOCK SS
5	2	7330001	SPACER, INTERNAL X .403	42	1	7407502	PIN, LINK
6	1	7399601	WLDMT, FZ FLOATING PULLEY	43	2	3232401	RING, RETAINING, EXTERNAL
7	9	3237801	PULLEY, 4.5" OD	44	4	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
8	12	8104501	COVER, PULLEY-BOLTED NOTCHED	45	2	7326201	CAP, D-TUBE - TOP
9	1	7590401	WLDMT, FZBC PIVOT STOP - RH	46	8	3238601	M10X1.5 THREADED INSERT (HEX)
10	4	3235601	BEARING, 6205 BALL	47	1	7423606	CABLE, FZBC-1
11	2	7761201	WLDMT, FZBC HANDLE	48	1	3236902	NUT, M16 X 2 HEX JAM SS
12	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING	49	2	7342201	PLATE, CABLE END
13	4	7308701	CAP, BEARING HOUSING	50	4	7690101	BUMPER, SLEEVE - 1 INCH DIA
14	2	3235803	GRIP, 1.25 X .14 X 7.00	51	1	7423804	CABLE, FZBC-2
15	2	7662902	CAP, GRIP 1.50 OD	52	1	3239201	SPRING, EXT, .375 X .049 X 2.00
16	2	7560501	LINER, FZBC HAND GRIP	53	1	7425295	BRKT, SEAT INDICATOR
17	3	7333901	CAP, LARGE FLOV- END	54	2	3239101	SCREW, M5X10 PHL PAN TT ST
18	6	3236206	SCREW, M10 X1.5 45MM	55	1	3236901	NUT, M10 X 1.5 JAM
19	2	3236204	SCREW, M10 X1.5 35MM	56	7	7630101	RETAINER, CM/MJ, PULLEY
20	13	7335401	NUT, M10 X 1.5 SOCKET HEAD	57	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
21	2	8094101	COVER, PULLEY-BOLTED PARTIAL	58	1	7507701	LABEL, FZBC PLACARD
22	1	7334001	FOOT, 2.50 X 4.49 FLOV	59	1	7524501	LABEL, 1-9 STRAIGHT
23	4	7333801	CAP, SMALL FLOV- END	60	1	7507801	LABEL, FZBC LOGO
24	2	7330003	SPACER, INTERNAL X 3.265	61	1	7422004	LABEL, 2" ASTM WARN
25	31	3236601	WASHER, 3/8 SAE SS	62	1	7422003	LABEL, MOVING PARTS
26	1	7420301	ASSY, MID TOWER-9	63	1	7571301	LABEL, SERIAL NUMBER
27	1	7385203	SPACER, .406 X .750 X .500	64	4	3249501	WASHER, NYLON FLAT - BLK 1.015 X
28	5	3236201	SCREW, M10 X1.5 20MM	65	4	3237403	PLUG, 1" HOLE
29	2	7560101	GUARD, FZBC CAM	66	1	7776501	SHAFT, .625 X .406 X 1.200
30	1	7911101	ASSY, SEAT CARRIAGE	67	1	3236208	SCREW, M10 X1.5 55MM
31	1	7330501	WLDMT, FZ SEAT SUPPORT	68	2	7776401	SPACER, FLANGE .406 X .495 X .81
32	14	3236202	SCREW, M10 X1.5 25MM	69	1	7805301	WLDMT, FZBC CTR WT - L
33	1	7778001	ASSY, FZ ADJUSTER HANDLE	70	1	7805401	WLDMT, FZBC CTR WT - R
34	1	72971XX	PAD, SEAT SADDLE	71	4	3254703	NUT, M10 X 1.5 HEX ZINC
35	1	74743XX	PAD, HEAD REST	72	4	3251204	SCREW, M10 X1.5 X 35MM HEX ZN
36	1	74741XX	PAD, LARGE BACK	73	1	7340201	COVER, FOOT - STRAIGHT

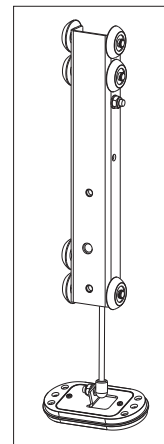
FZBC BICEPS CURL FZ SEAT CARRIAGE ASSEMBLY - 7911101



SEE PAGE 7 FOR LEGEND

FZBC BICEPS CURL

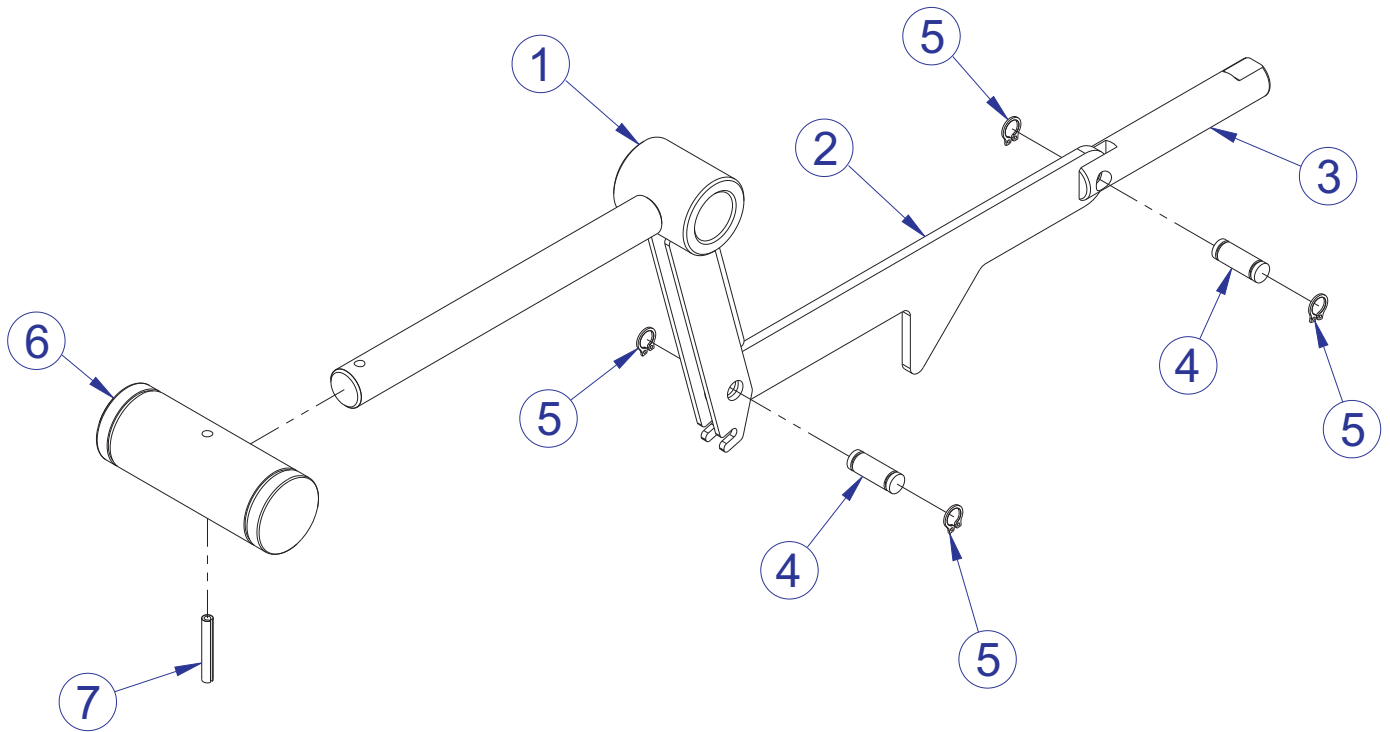
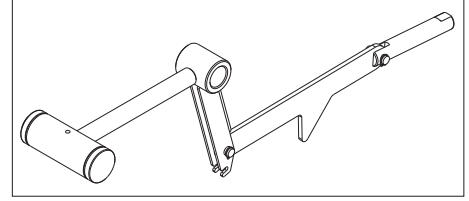
FZ SEAT CARRIAGE ASSEMBLY LEGEND



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	3235700	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

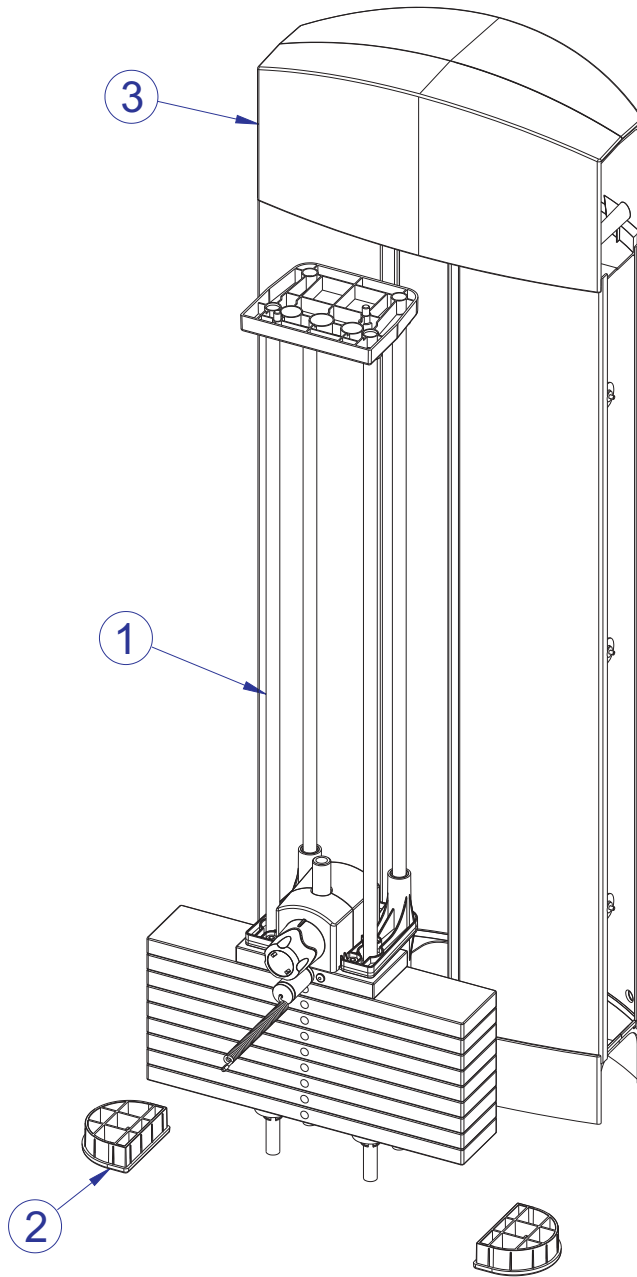
FZBC BICEPS CURL

FZ ADJUSTER HANDLE ASSEMBLY - 7778001



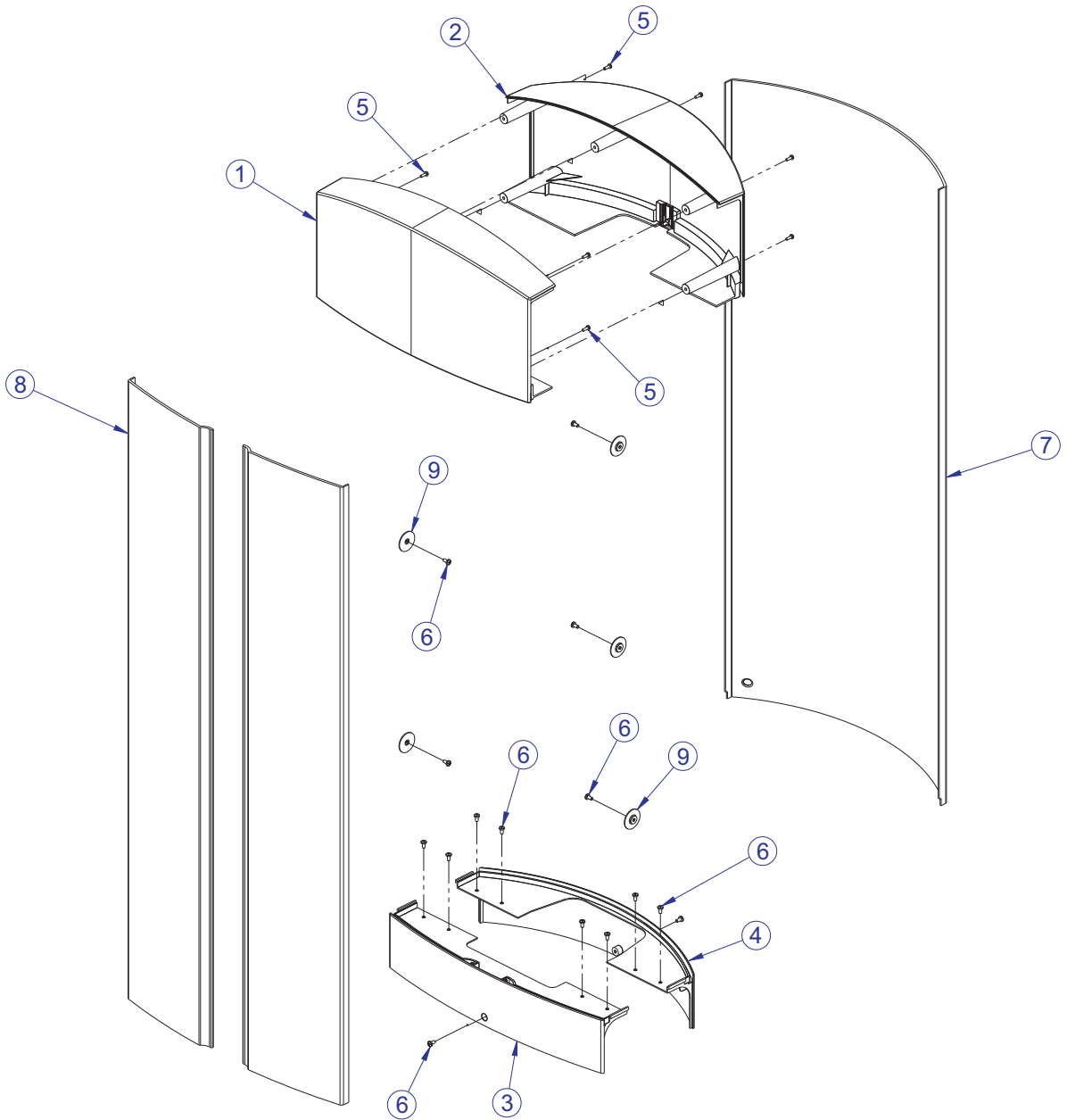
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7777595	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY
2	1	7331801	LINK, ADJUSTER
3	1	7331601	PIN, INDEX
4	2	7407501	PIN, LINK
5	4	3232401	RING, RETAINING, EXTERNAL
6	1	7287901	HANDLE, ADJUSTER
7	1	3110010	ROLL PIN, 1/8 X 7/8

FZBC BICEPS CURL MID-9 TOWER ASSEMBLY - 7420301



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420001	ASSY, WEIGHT STACK MID-9
2	2	7326301	CAP, D-TUBE-BTM
3	1	7419801	ASSY, TOWER PLASTICS-MID

FZBC BICEPS CURL PLASTIC TOWER ASSEMBLY - 7419801

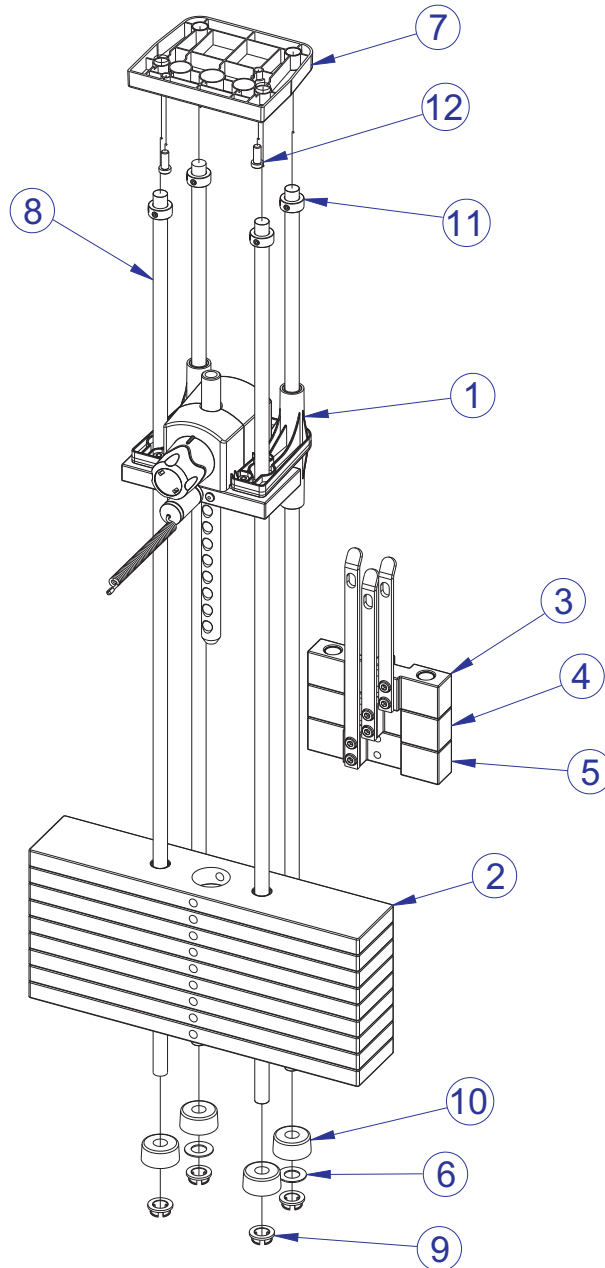


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7765701	SHROUD, TOWER- REAR SHORT
8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

FZBC BICEPS CURL MID-9 WEIGHT STACK ASSEMBLY - 7420001

WEIGHT STACK LABELS

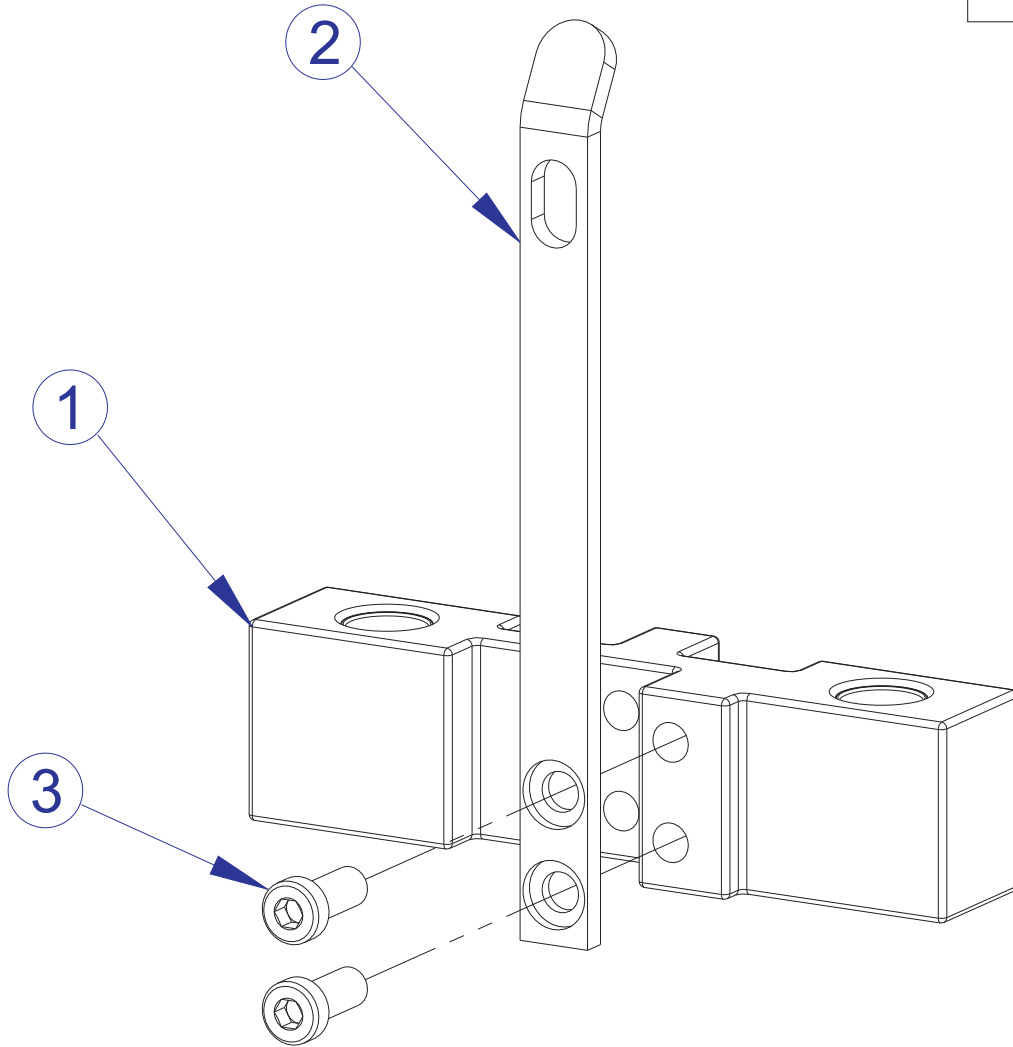
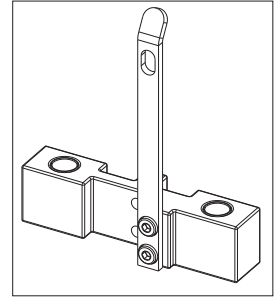
7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350601	ASSY, HEAD PLATE (9)
2	9	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	7351001	SPACER, INC WT STACK
7	1	7621101	RETAINER, GUIDE ROD-TOP
8	4	7328602	GUIDE ROD, .75 OD SOLID X 53.50
9	4	7337901	BUSHING, GUIDE ROD
10	4	7352101	CUSHION, WEIGHT STACK
11	4	3103301	SHAFT COLLAR, 3/4" ID ZINC
12	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS

FZBC BICEPS CURL

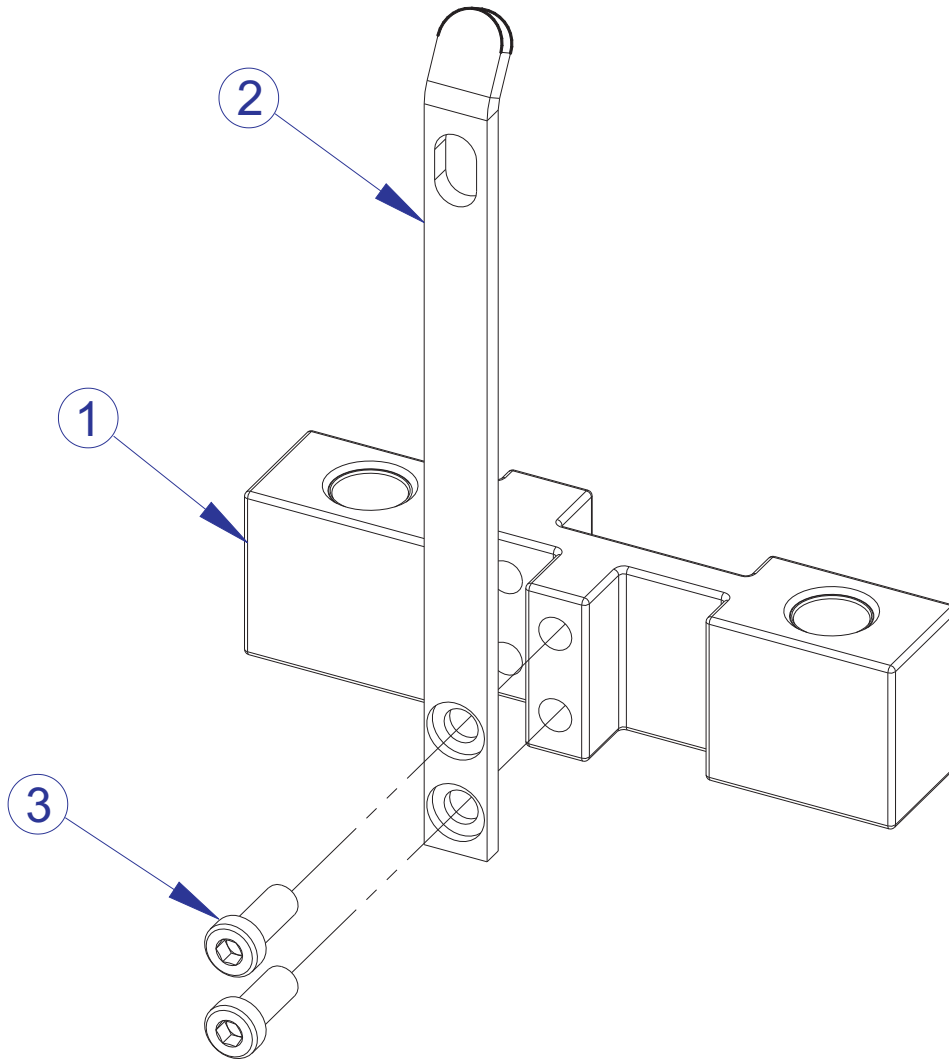
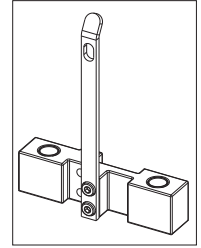
5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601



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

FZBC BICEPS CURL

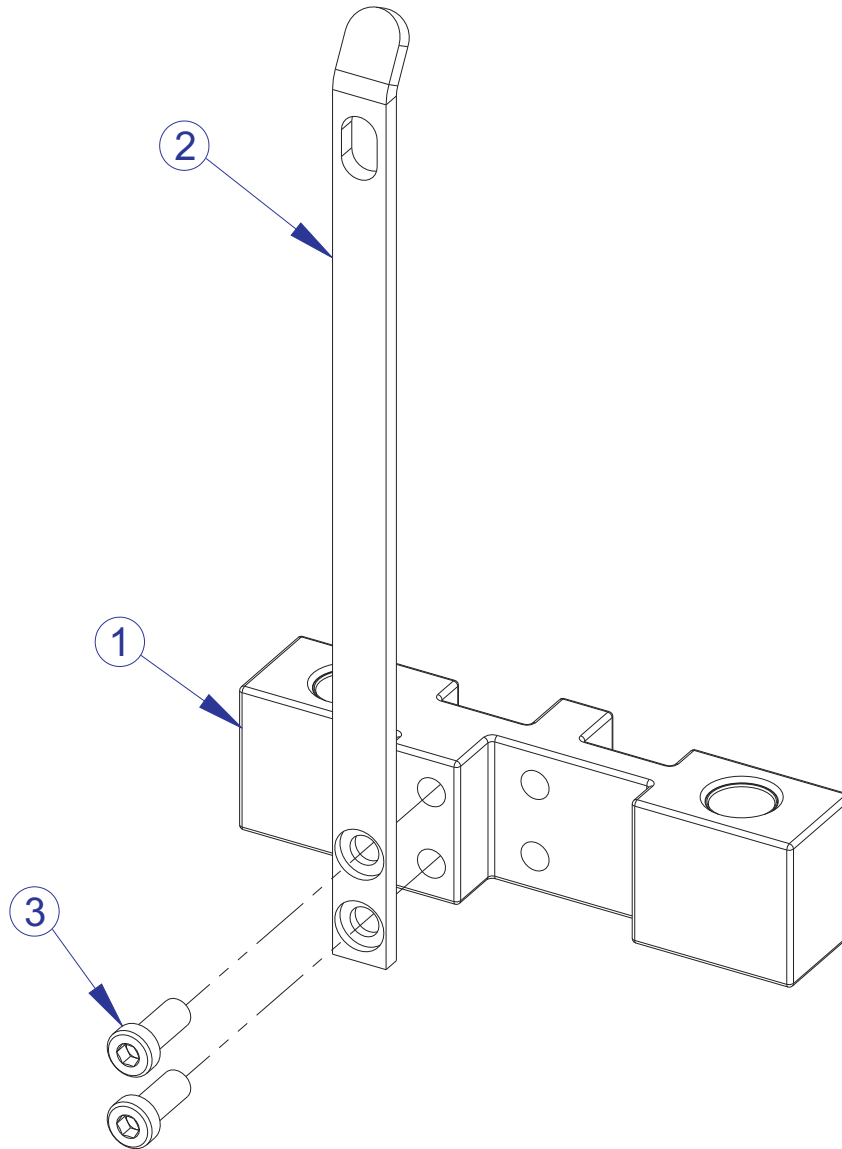
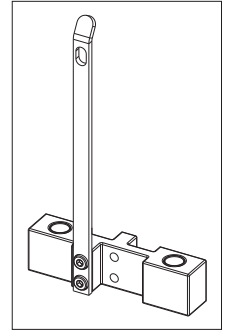
10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701



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

FZBC BICEPS CURL

15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801

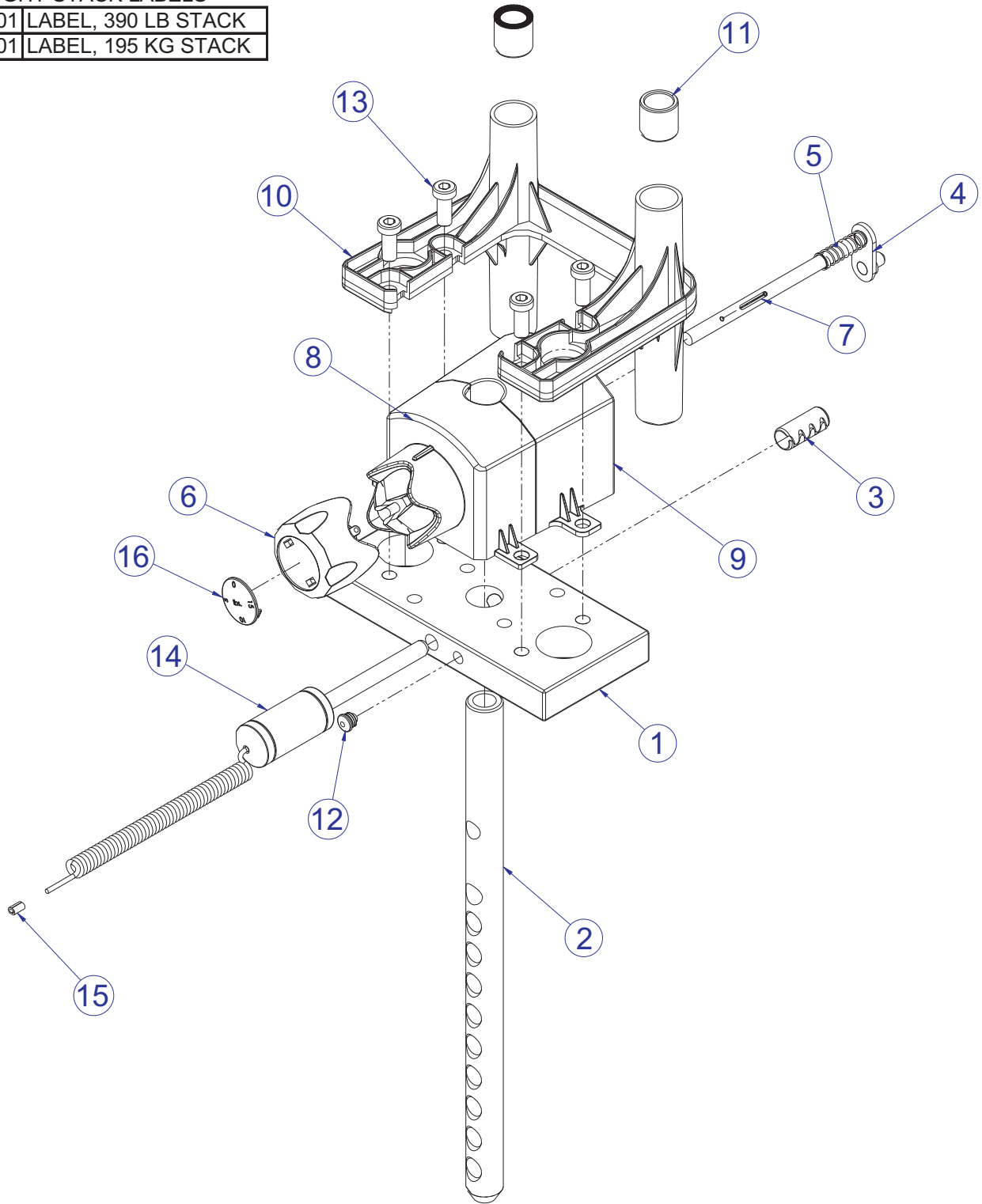


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZBC BICEPS CURL HEAD PLATE ASSEMBLY - 7350601

WEIGHT STACK LABELS

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



SEE PAGE 16 FOR LEGEND

FZBC BICEPS CURL HEAD PLATE ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7326701	HEAD PLATE
2	1	7347801	STEM, 9 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	7362101	STABILIZER, HEAD PLATE
11	4	7459601	BUSHING, HEAD PLT STABILIZER
12	1	7356501	PLUG, LANYARD ATTACHMENT
13	4	3236202	SCREW, M10 X1.5 25MM
14	1	7338101	ASSY, WT STACK SELECTOR PIN
15	1	7523601	CRIMP, CABLE
16	1	7398601	CAP, SELECTOR KNOB, LBS
	OR		
	1	7398701	CAP, SELECTOR KNOB, KG

FZBC BICEPS CURL IMAGE



Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>