

OPTIMA SERIES BICEP CURL

OP-BC

Parts Manual

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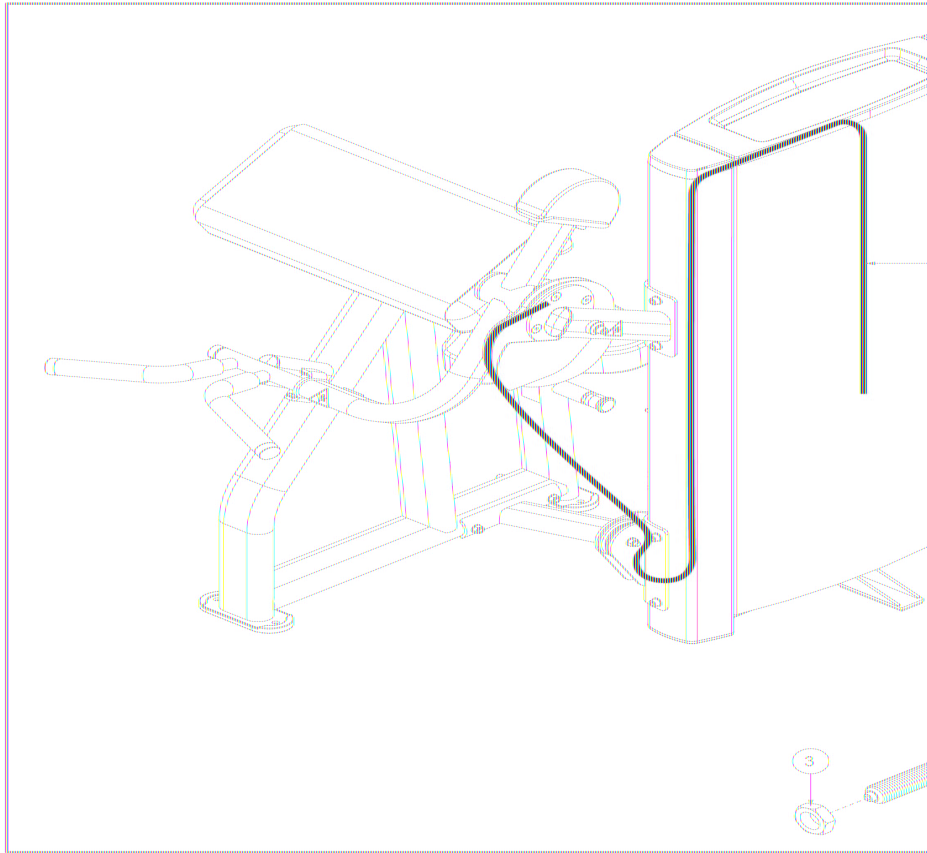


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** Upholstery & Frame Colors are listed at the end of the Parts Manual **

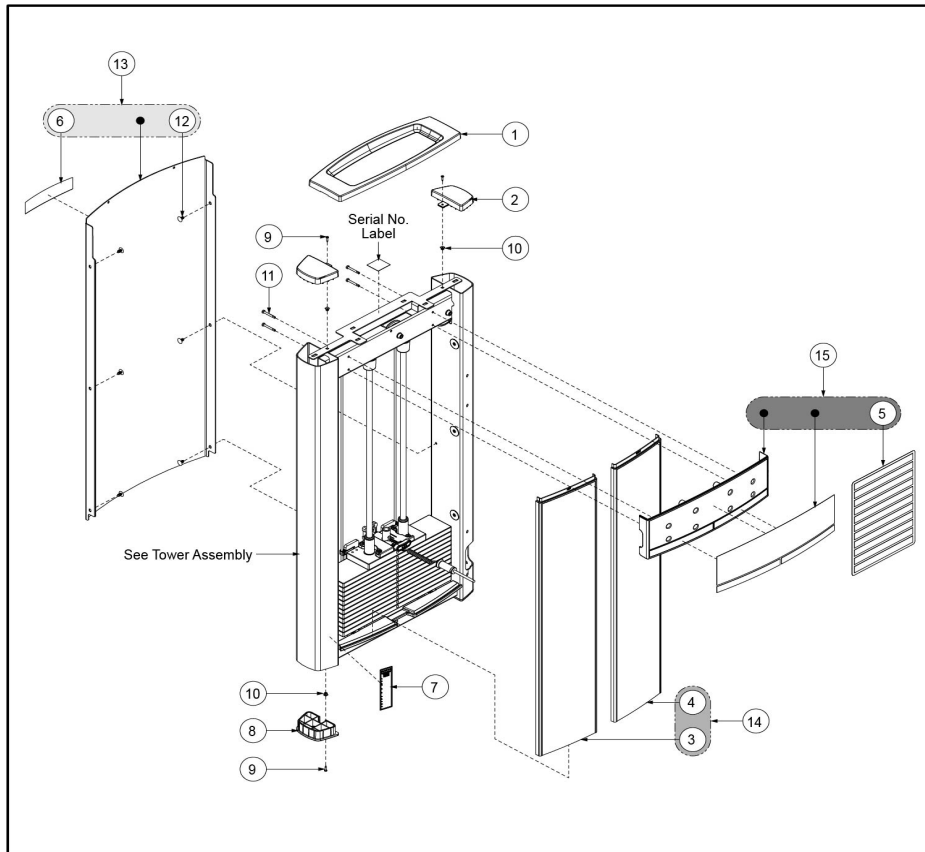
OP-BC Cable Assembly



Ref #	Part Number	Qty	Description
1	1013002-0002	1	CABLE ASSY: BALL END, OP-TE, TOWER
2	1012800-0001	1	PLATE, CABLE RETAINER
3	3236902	1	NUT, HEX JAM M16 X 2 SS

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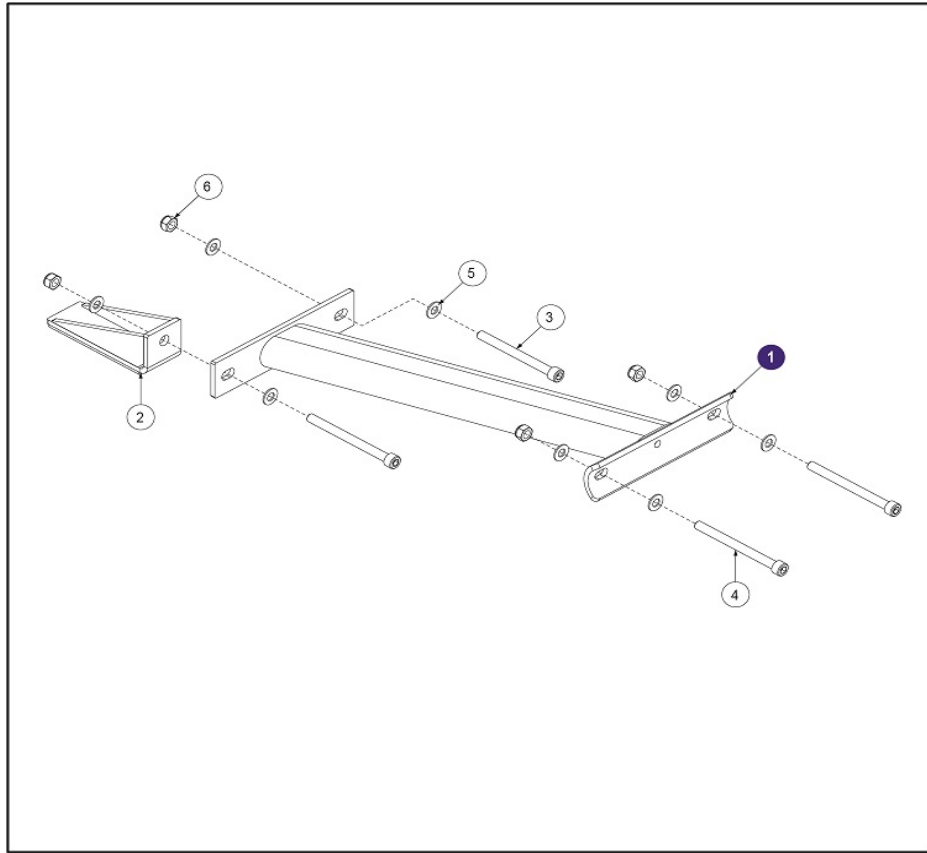
OP-BC Cap and Shroud Assembly



Ref #	Part Number	Qty	Description
1	1012165-0001	1	CAP: TOP, TWR, OP
2	1011749-0001	1	CAP: TRAP TUBE
3	1011830-0001	1	SHROUD: FRONT, TWR, OP, LH, SHORT
4	1011830-0002	1	SHROUD: FRONT, TWR, OP, RH, SHORT
5	1013544-0003	1	DECAL: SHEET, MULTI-LINGUAL, OP-BC
6	1008491-0001	1	LABEL, LIFE FITNESS, 16IN
7	8630801	1	LABEL, ASTM, SELECT VERT-SHEET
8	9412701	2	ASSY, TRAP TUBE, CAP -BTM
9	3275801	4	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
10	0017-00042-1147	4	GROMMET: SCREW, 8 OR 10
11	1012381-0006	4	SCREW: M6-1, HCS, 55MM
12	1006620-0001	8	RETAINER: PANEL, 9/32 X 1/2 NYL
13	1014559-9001	1	KIT: SHROUD, REAR, OP, PLNT
13	1014559-0001	1	KIT: SHROUD, REAR, OP, STD
14	1012950-9001	1	KIT: SHROUD, FRONT, OP, SHORT, PF
14	1012950-0001	1	KIT: SHROUD, FRONT, OP, SHORT
15	1014549-0003	1	KIT: CAP, FRONT, OP-BC

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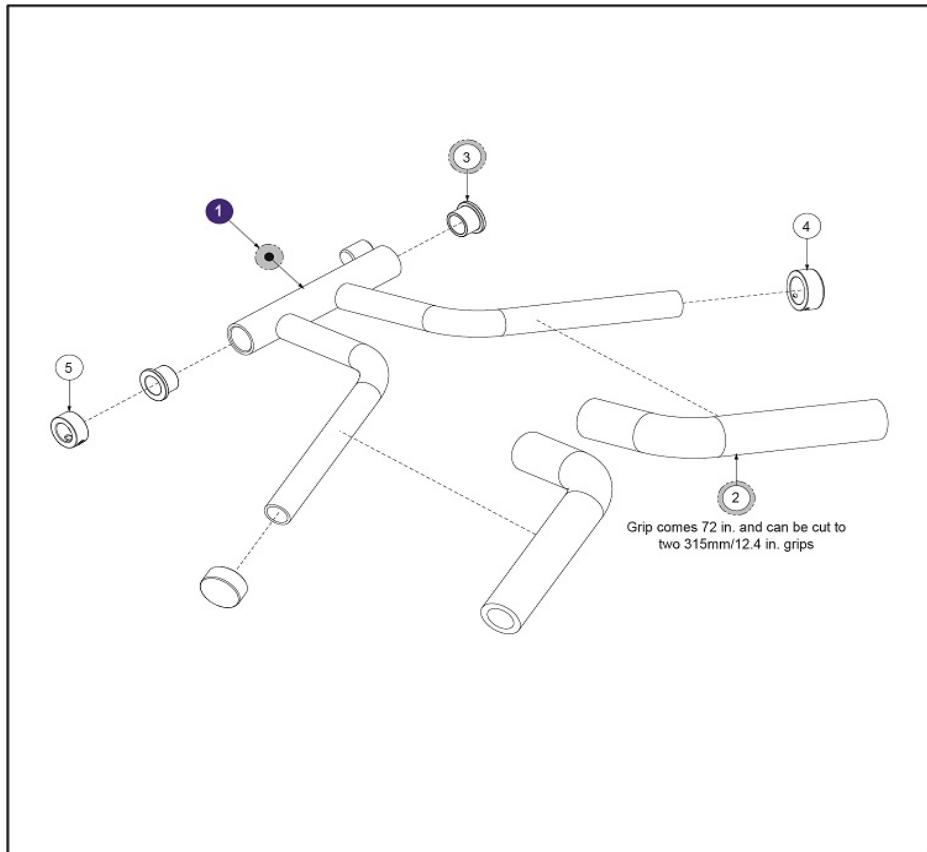
OP-BC Cross Brace



Ref #	Part Number	Qty	Description
1	1011525-0099	1	WELDMENT: BRACE, CROSS, Custom
2	1013519-0099	1	ASSEMBLY: OP, STABILITY BRKT, Custom
3	3251719	3	M10 X 1.5 X 120 HXS SOC CS ST ZN
4	3251718	1	M10 X 1.5 X 110 HXS SOC CS ST ZN
5	3102514	8	WASHER, FLAT 3/8 IN SAE ST ZN
6	LEA3242002	4	Hardware: Hex Nut 10MM D

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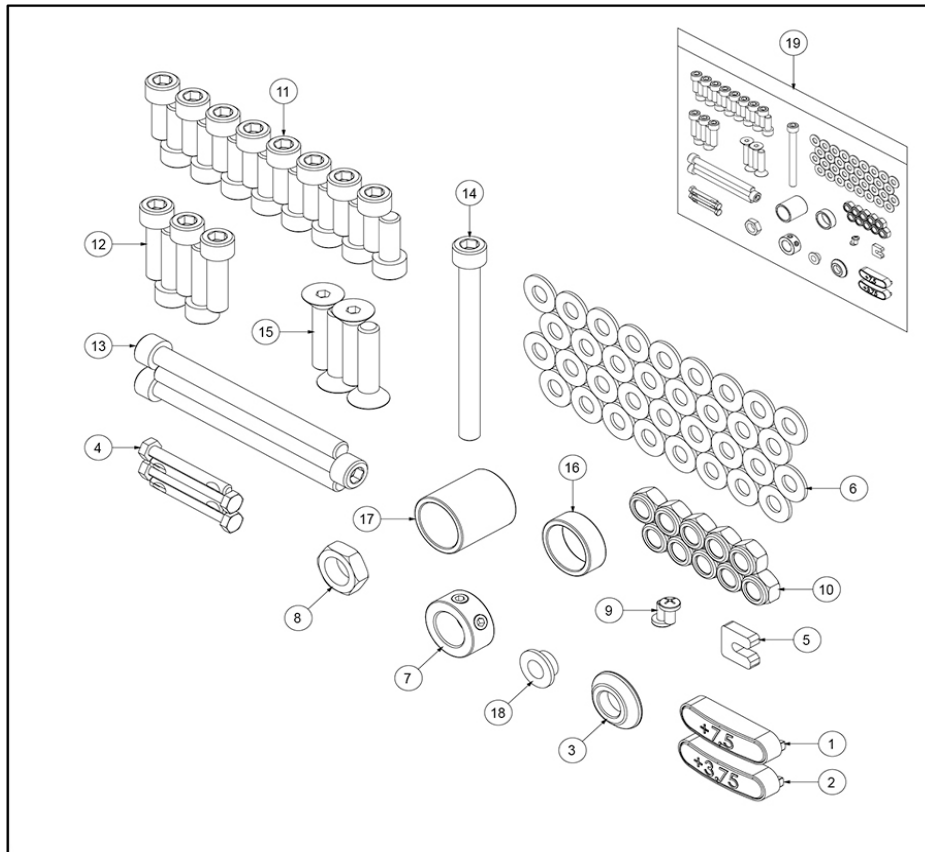
OP-BC Handle Assembly



Ref #	Part Number	Qty	Description
1	1014685-0099	1	KIT: ASSEMBLY, PTD, HANDLE, OPBC Custom
2	3235807	1	GRIP, 1.50 OD X .25 WALL OPEN END
3	3266602	2	BEARING, FLANGE, 19MM ID
4	7662902	2	CAP, GRIP 1.50 OD, 10-0133-026, BNR
5	3103301	1	SHAFT COLLAR, 3/4" ID ZINC

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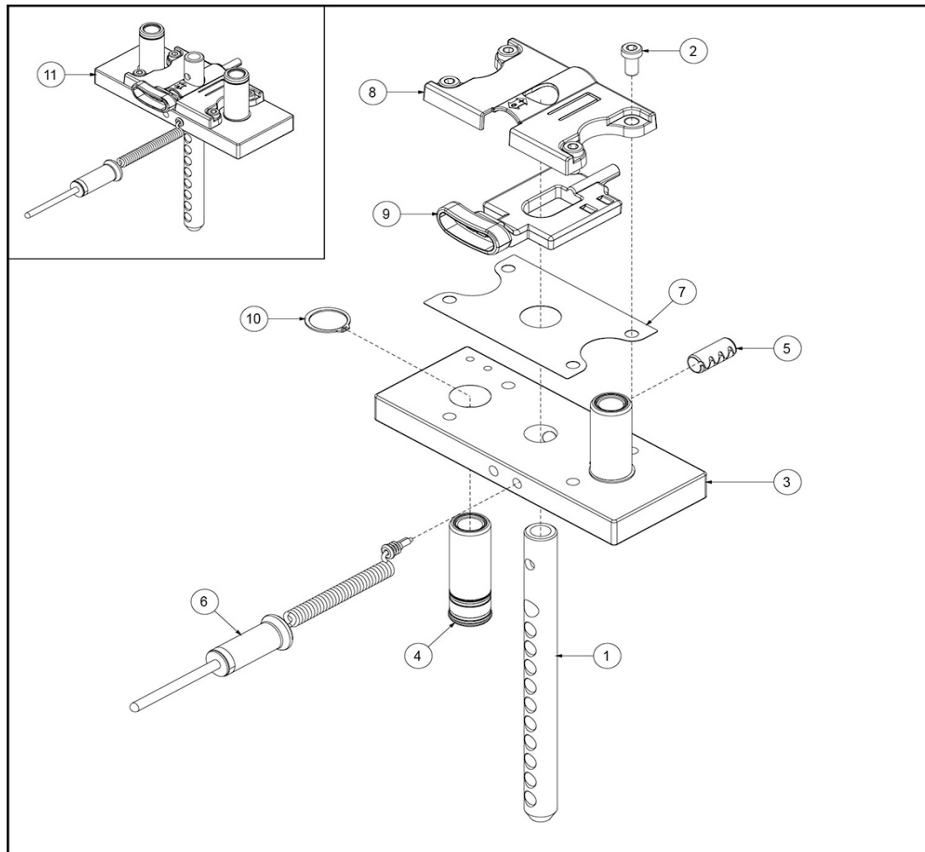
OP-BC Hardware Pack



Ref #	Part Number	Qty	Description
1	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1012186-0001	1	SPACER: 1-1/4 OD X 1/4
4	1012381-0006	4	SCREW: M6-1, HCS, 55MM
5	1012800-0001	1	PLATE, CABLE RETAINER
6	3102514	36	WASHER, FLAT 3/8 IN SAE ST ZN
7	3103301	1	SHAFT COLLAR, 3/4" ID ZINC
8	3236902	1	NUT, HEX JAM M16 X 2 SS
9	3239101	2	SCREW, M5 X .8 X 10 PHL PAN TT ST BZ
10	LEA3242002	12	Hardware: Hex Nut 10MM D
11	LEA3251702	16	SCREW; M10 X1.5 25MM
12	3251704	5	M10 X 1.5 X 35 HXS SOC CS ST ZN
13	3251719	3	M10 X 1.5 X 120 HXS SOC CS ST ZN
14	3251718	1	M10 X 1.5 X 110 HXS SOC CS ST ZN
15	3257209	4	M10 X 1.5 45MM FLT HD
16	7330011	1	SPACER, INTERNAL X .425
17	7330013	1	SPACER, INTERNAL X 1.406
18	7630101	1	RETAINER, CM/MJ, PULLEY
19	1013228-0001	1	ASSEMBLY: HARDWARE PACKAGE, OP-BC/TE

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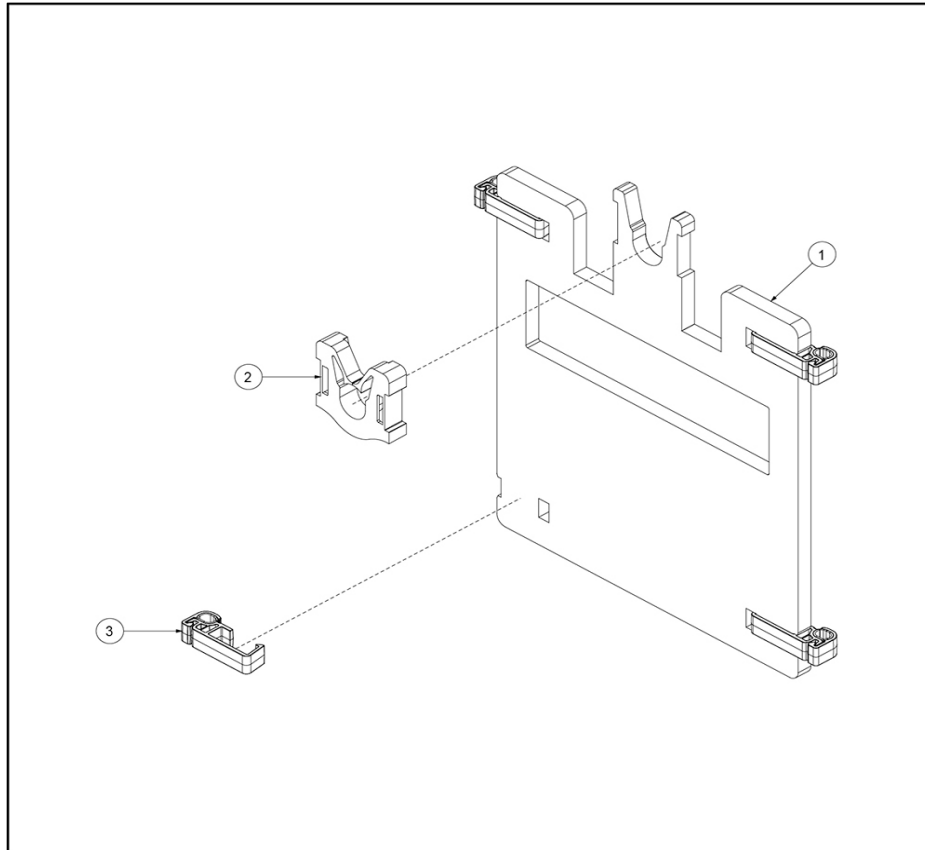
OP-BC Headplate Assembly - 10 Plate



Ref #	Part Number	Qty	Description
1	1011243-0002	1	SHAFT: SELECTOR, 10 PLATE
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	9427401	1	HEADPLATE, WT. STACK, 10LB
4	1011240-0001	2	BUSHING ASSY: HEADPLATE, LONG, 3/4"
5	3236001	1	BUSHING, SPRING PIN
6	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
7	1006707-0001	1	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
8	1007806-0001	1	HSNG, 7.5LB INC WEIGHT
9	1008675-0001	1	HANDLE: 7.5LB INC WT, PLASTIC
10	1011242-0001	2	RETAINING RING: EXTERNAL, TYPE NA1, 1-1/4"
11	1012947-0002	1	ASSEMBLY: HEADPLATE, OP, 10

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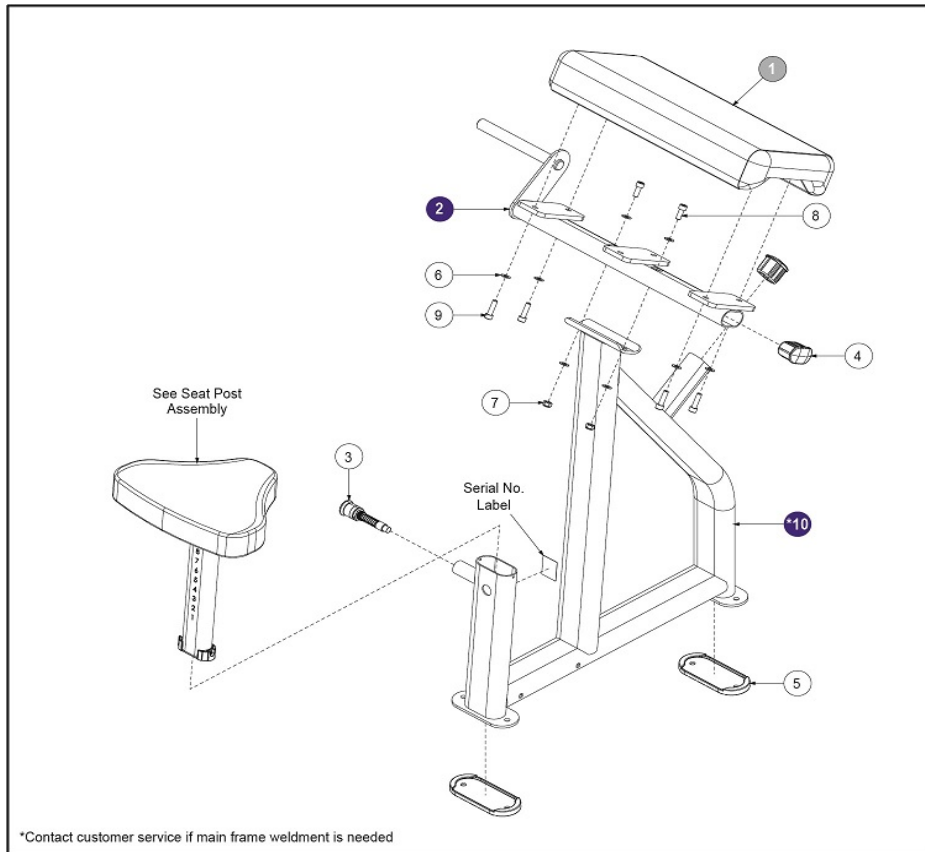
OP-BC Increment Weight Assembly - 10 Plate



Ref #	Part Number	Qty	Description
1	1012315-2028	1	PLATE: INCR. WEIGHT, 7.5LBS, 10 PLATE - CHR
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY

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OP-BC Main Frame Assembly

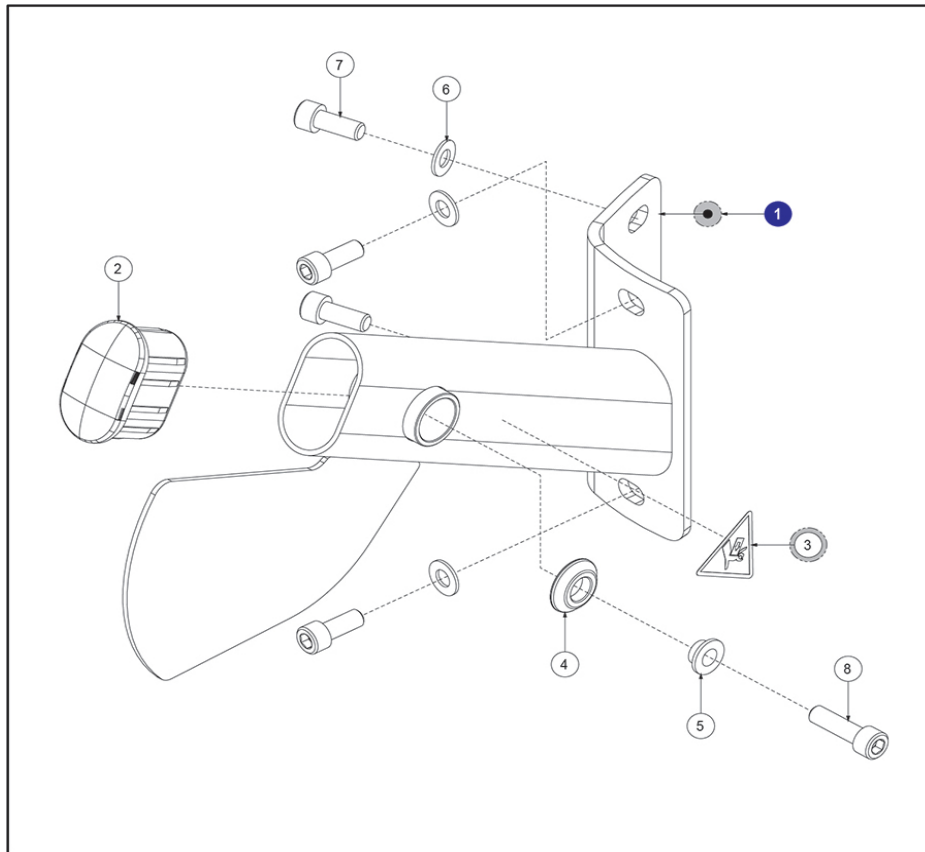


*Contact customer service if main frame weldment is needed

Ref #	Part Number	Qty	Description
1	1013372-0199	1	PAD, ELBOW 24 X 11 DBL STITCH- Custom
1	1013372-0099	1	PAD: ELBOW 24 X 11, SNG STITCH- Custom
2	1011619-0099	1	WELDMENT: ELBOW PAD, BC- Custom
3	1012642-0001	1	ASSY, OP, SPRING PIN
4	7800502	2	CAP, SML FLOV END -CHR
5	8474502	2	FOOT, OPTIMA -BLK
6	3102514	8	WASHER, FLAT 3/8 IN SAE ST ZN
7	LEA3242002	2	Hardware: Hex Nut 10MM D
8	LEA3251702	2	SCREW; M10 X1.5 25MM
9	3251704	4	M10 X 1.5 X 35 HXS SOC CS ST ZN
10	8566799	1	WLDMT, MAIN FRAME, OSBC Custom

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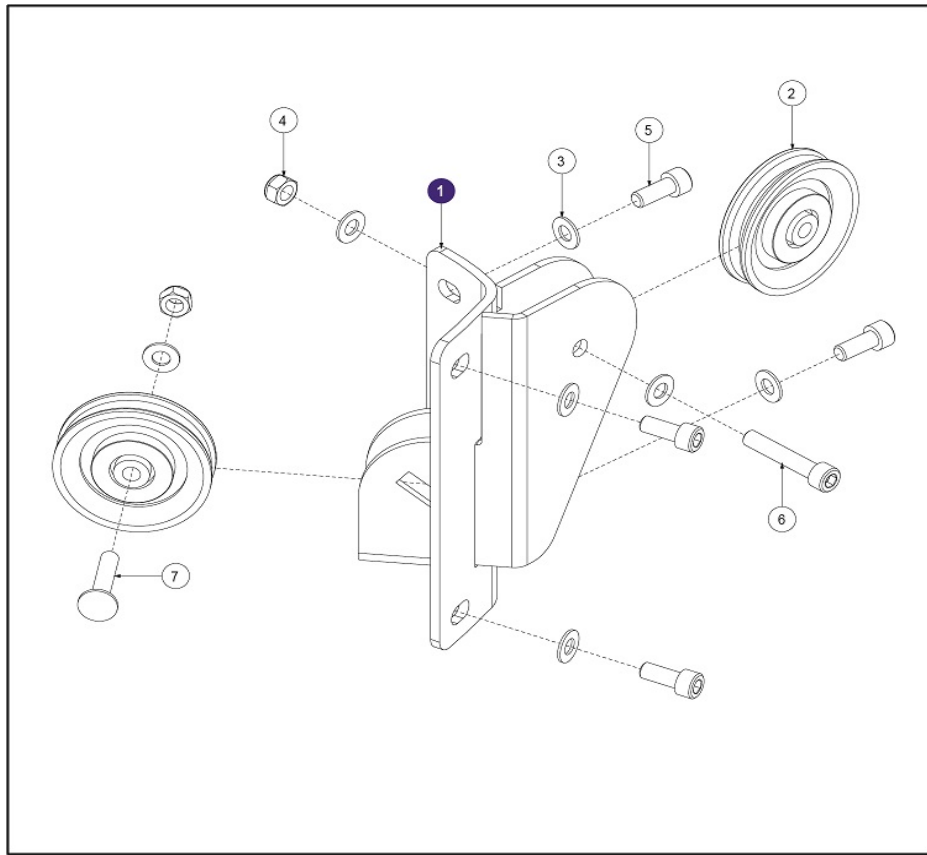
OP-BC Pivot Support Assembly



Ref #	Part Number	Qty	Description
1	1017360-0099	1	ASSEMBLY: PTD, PIVOT SUPPORT, DECAL - Custom
2	7800502	1	CAP, SML FLOV END -CHR
3	8039501	1	LABEL, WARNING TRIANGLE
4	1012186-0001	1	SPACER: 1-1/4 OD X 1/4
5	7630101	1	RETAINER, CM/MJ, PULLEY
6	3102514	4	WASHER, FLAT 3/8 IN SAE ST ZN
7	LEA3251702	4	SCREW; M10 X1.5 25MM
8	3251704	1	M10 X 1.5 X 35 HXS SOC CS ST ZN

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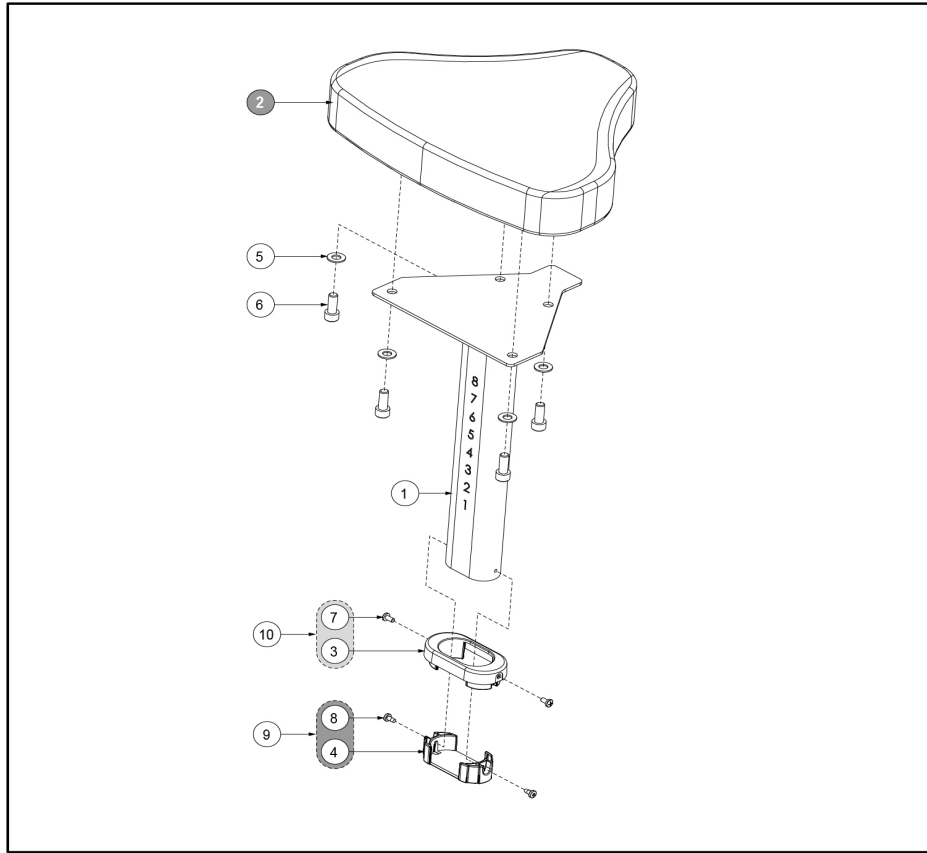
OP-BC Pulley Bracket Assembly



Ref #	Part Number	Qty	Description
1	1011620-0099	1	WELDMENT: PULLEY, TOWER, BCTE, Custom
2	3245702	2	PULLEY, 3.5IN OD, 10MM ID
3	3102514	7	WASHER, FLAT 3/8 IN SAE ST ZN
4	LEA3242002	2	Hardware: Hex Nut 10MM D
5	LEA3251702	4	SCREW; M10 X1.5 25MM
6	3251708	1	M10 X 1.5 X 55 HXS SOC CS ST ZN
7	1011498-0006	1	BOLT: SQR NECK, M10 X 1.5, 50MM

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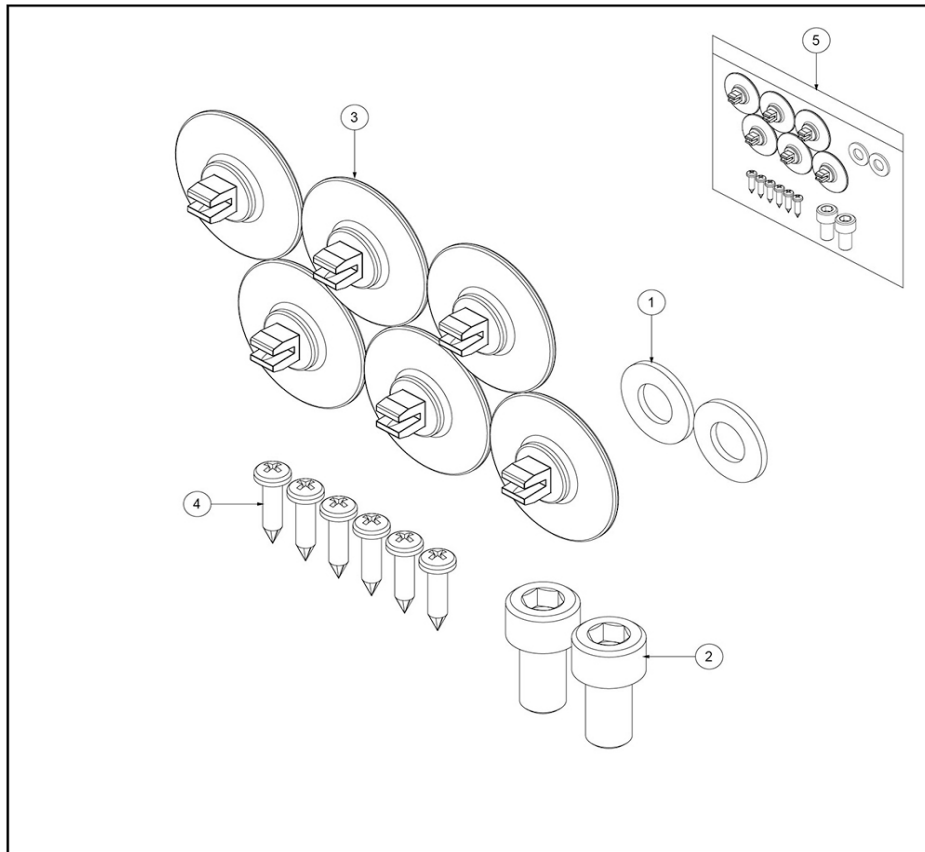
OP-BC Seat Post Assembly



Ref #	Part Number	Qty	Description
1	8580901	1	WLDMT, SEAT POST
2	1013400-0099	1	PAD: SADDLE, FLAT - SINGLE STITCH Custom
2	1013400-0199	1	PAD: SADDLE, FLAT - DOUBLE STITCH Custom
3	8624102	1	BUSHING, SEAT GLIDE EXT.
4	8624202	1	BUSHING, SEAT GLIDE INT, CG
5	3102514	4	WASHER, FLAT 3/8 IN SAE ST ZN
6	LEA3251702	4	SCREW; M10 X1.5 25MM
7	3239101	2	SCREW, M5 X .8 X 10 PHL PAN TT ST BZ
8	3270601	2	SCREW, #10-32 X 3/8 TRX PAN ST BZ
9	1014564-0001	1	KIT: GLIDE BUSHING, INTERNAL, CG
10	1014563-0001	1	KIT: GLIDE BUSHING, EXTERNAL, CG

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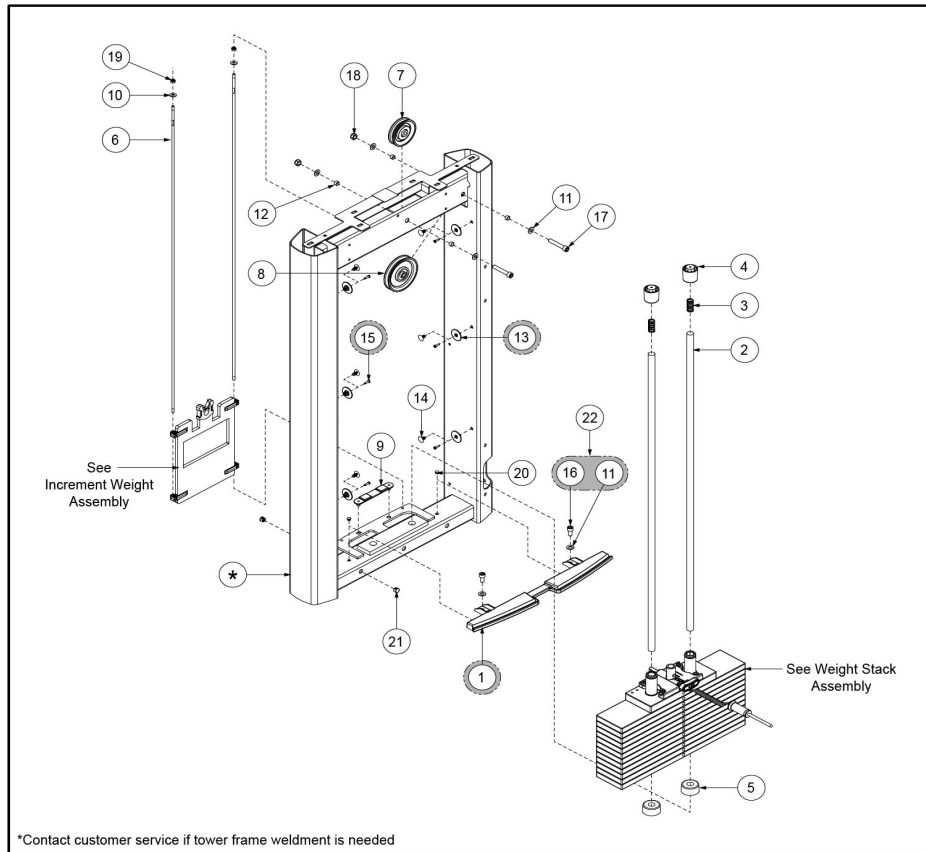
OP-BC Shroud Hardware Pack



Ref #	Part Number	Qty	Description
1	3102514	2	WASHER, FLAT 3/8 IN SAE ST ZN
2	3251701	2	M10 X 1.5 20 HXS SOC CS ST ZN
3	1012251-0001	6	GROMMET: RETAINER, SHROUD
4	3275801	6	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	1012951-0001	1	ASSEMBLY: HARDWARE, KIT, SHROUD, OP

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OP-BC Tower Assembly

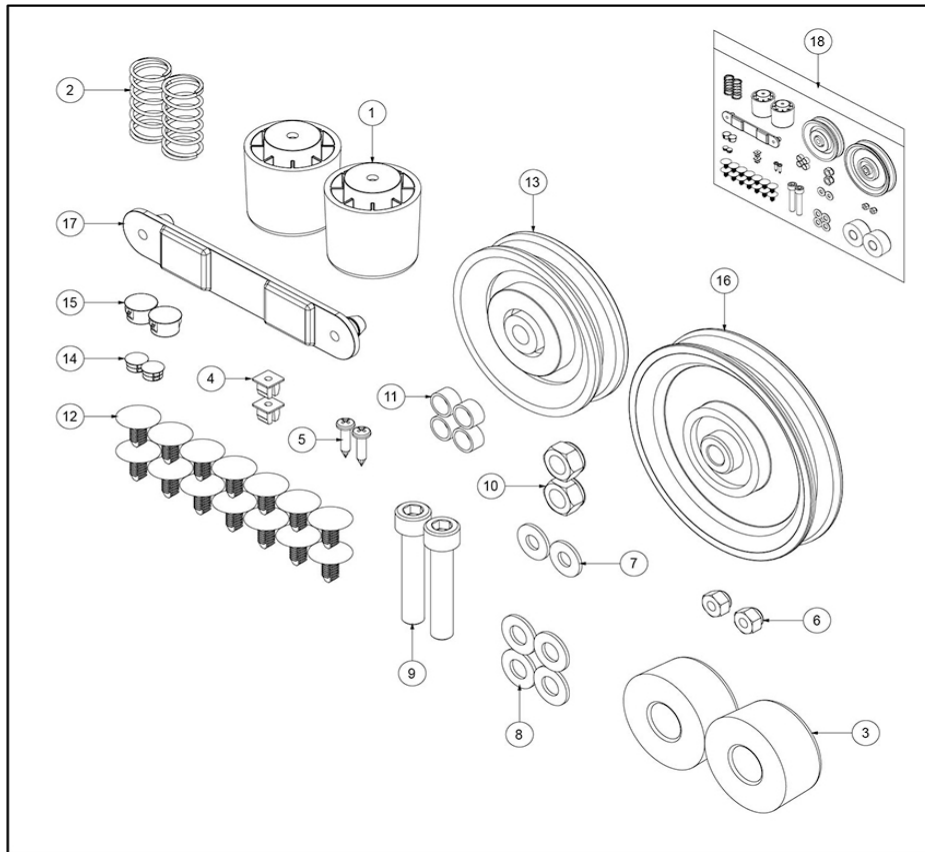


Ref #	Part Number	Qty	Description
1	1012110-0001	1	CAP: BOTTOM, TWR, OP
2	7328626	2	GUIDE ROD, .75 OD SOLID X 43.43
3	1011496-0001	2	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
4	1011495-0001	2	HOUSING: GUIDE ROD, OP
5	7352101	2	CUSHION, WEIGHT STACK
6	1008192-0004	2	GUIDE ROD: 0.25 OD SOLID, 44.84
7	3245702	1	PULLEY, 3.5IN OD, 10MM ID
8	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
9	1011601-0001	1	BUMPER: INCR. SYSTEM, OP
10	3102506	2	WASHER, FLAT 1/4 ID ZN
11	3102514	6	WASHER, FLAT 3/8 IN SAE ST ZN
12	7489403	4	BSHNG, .500 OD X .402 ID X .272
13	1012251-0001	4	GROMMET: RETAINER, SHROUD
14	1006620-0001	4	RETAINER: PANEL, 9/32 X 1/2 NYL
15	3275801	4	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
16	3251701	2	M10 X 1.5 20 HXS SOC CS ST ZN
17	3251708	2	M10 X 1.5 X 55 HXS SOC CS ST ZN
18	LEA3242002	2	Hardware: Hex Nut 10MM D
19	3102806	2	NUT, NYLOCK 1/4-20
20	1012319-0001	2	PLUG: 8.7MM OD, BLK
21	3237406	2	PLUG, 1/2 IN HOLE
22	1012950-9001	1	KIT: SHROUD, FRONT, OP, SHORT, PF

Ref #	Part Number	Qty	Description
22	1012950-0001	1	KIT: SHROUD, FRONT, OP, SHORT

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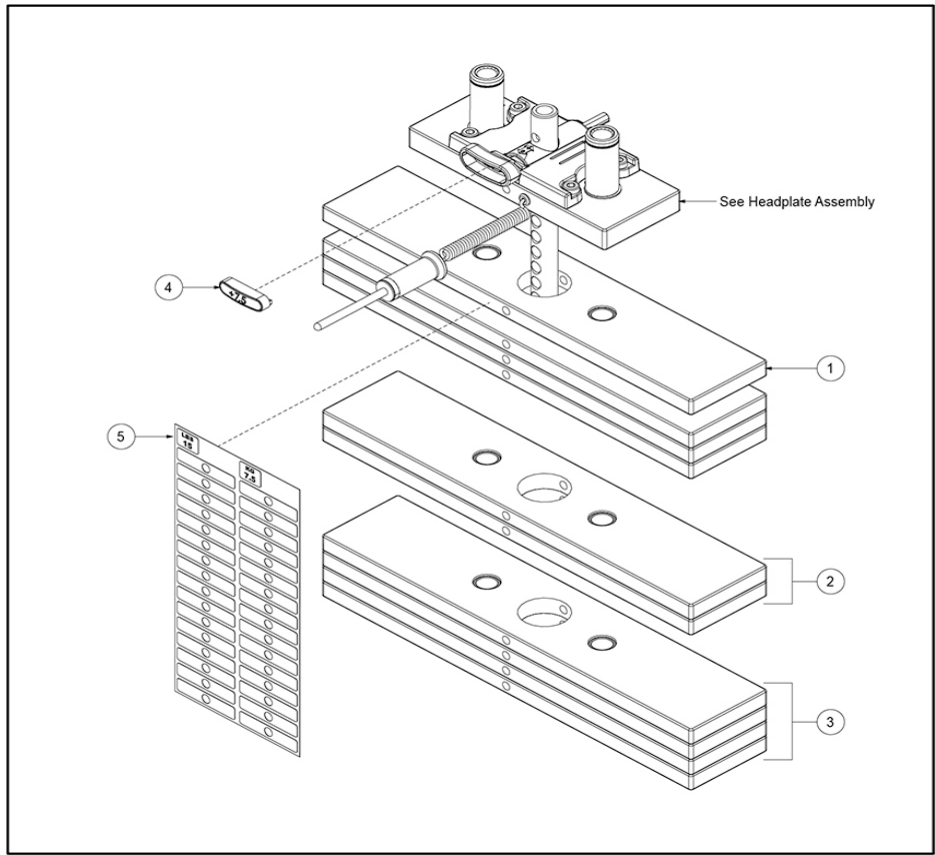
OP-BC Tower Hardware Pack



Ref #	Part Number	Qty	Description
1	1011495-0001	2	HOUSING: GUIDE ROD, OP
2	1011496-0001	2	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
3	7352101	2	CUSHION, WEIGHT STACK
4	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
5	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
6	3102806	2	NUT, NYLOCK 1/4-20
7	3102506	2	WASHER, FLAT 1/4 ID ZN
8	3102514	4	WASHER, FLAT 3/8 IN SAE ST ZN
9	3251708	2	M10 X 1.5 X 55 HXS SOC CS ST ZN
10	LEA3242002	2	Hardware: Hex Nut 10MM D
11	7489403	4	BSHNG, .500 OD X .402 ID X .272
12	1006620-0001	14	RETAINER: PANEL, 9/32 X 1/2 NYL
13	3245702	1	PULLEY, 3.5IN OD, 10MM ID
14	1012319-0001	2	PLUG: 8.7MM OD, BLK
15	3237406	2	PLUG, 1/2 IN HOLE
16	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
17	1011601-0001	1	BUMPER: INCR. SYSTEM, OP
18	1013004-0001	1	ASSEMBLY: HARDWARE, TWR, OP

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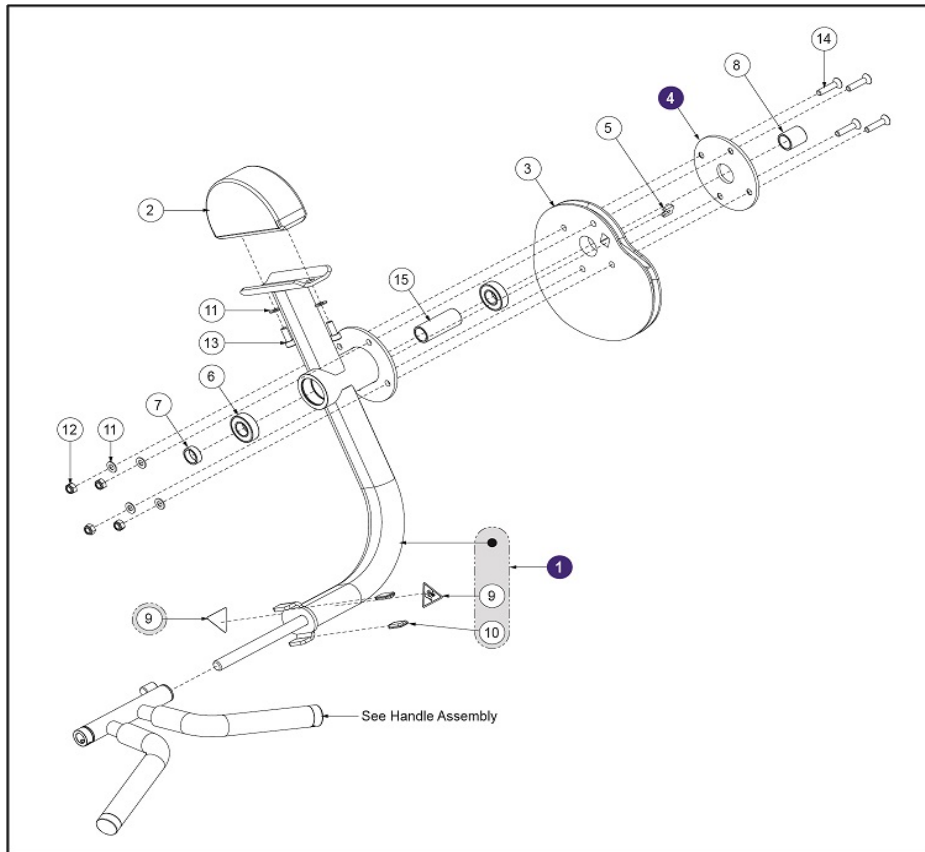
OP-BC Weight Stack Assembly - 10 Plate



Ref #	Part Number	Qty	Description
1	1014560-0001	10	KIT: WEIGHT PLATE, OP, 1 PLATE
2	1014560-0002	5	KIT: WEIGHT PLATE, OP, 2 PLATE
3	1014560-0004	2	KIT: WEIGHT PLATE, OP, 4 PLATE
4	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
4	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
5	1013156-0001	1	DECAL: WGT STK, 255LB/127.5KG

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OP-BC Work Arm Assembly




Ref #	Part Number	Qty	Description
1	1014565-0099	1	KIT: ASSEMBLY, PTD, WORKARM, Custom
2	8008802	1	COUNTER WEIGHT, SEMI ROUND, BLACK
3	1011529-0001	1	CAM: BC, 3/16IN CABLE
4	8592599	1	PLATE, CAM, Custom
5	1012800-0001	1	PLATE, CABLE RETAINER
6	3235601	2	BEARING, 6205 BALL
7	7330011	1	SPACER, INTERNAL X .425
8	7330013	1	SPACER, INTERNAL X 1.406
9	8039501	2	LABEL, WARNING TRIANGLE
10	7570801	2	GUARD, PAINT 1.25 X .75 X .25
11	3102514	6	WASHER, FLAT 3/8 IN SAE ST ZN
12	LEA3242002	4	Hardware: Hex Nut 10MM D
13	LEA3251702	2	SCREW; M10 X1.5 25MM
14	3257209	4	M10 X 1.5 45MM FLT HD
15	7330014	1	SPACER, INTERNAL X 3.143

** Upholstery and Frame Colors are list at the end of the Parts Manual **

Frame and Upholstery Color Chart

FRAME COLOR OPTION	UPHOLSTERY COLOR OPTION
SELECT POWDERCOAT COLOR	SELECT UPHOLSTERY COLOR
<input type="checkbox"/> BLACK	<input type="checkbox"/> AMERICAN BEAUTY RED
<input type="checkbox"/> BLUE	<input type="checkbox"/> AZURE
<input type="checkbox"/> CANDY APPLE RED	<input type="checkbox"/> BLACK
<input type="checkbox"/> CHARCOAL	<input type="checkbox"/> BLACK CARBON FIBER
<input type="checkbox"/> DIAMOND WHITE CLEAR	<input type="checkbox"/> BURGUNDY
<input type="checkbox"/> ELECTRIC BLUE	<input type="checkbox"/> CANDY APPLE RED
<input type="checkbox"/> ICE BLUE METALLIC CLEAR	<input type="checkbox"/> CHESTNUT
<input type="checkbox"/> MIDNIGHT METALLIC CLEAR	<input type="checkbox"/> CONCORD
<input type="checkbox"/> MOCHA SAND	<input type="checkbox"/> CRANBERRY
<input type="checkbox"/> PLATINUM CLEAR	<input type="checkbox"/> DARK WALNUT
<input type="checkbox"/> RED	<input type="checkbox"/> DOVE GRAY
<input type="checkbox"/> TITANIUM CLEAR	<input type="checkbox"/> EMERALD
<input type="checkbox"/> WHITE	<input type="checkbox"/> GRAPHITE
<input type="checkbox"/> YELLOW	<input type="checkbox"/> GROTTA
	<input type="checkbox"/> HUNTER GREEN
	<input type="checkbox"/> IMPERIAL BLUE
	<input type="checkbox"/> NAVY
	<input type="checkbox"/> REGIMENTAL BLUE
	<input type="checkbox"/> ROYAL BLUE
	<input type="checkbox"/> SLATE
	<input type="checkbox"/> SUEDE
	<input type="checkbox"/> TERRA COTTA
	<input type="checkbox"/> WHEAT

- Items call-outs circled by a dashed circle, , are part of an assembly.
 - Items identified with a "•" are not available. Order the assembly if item is needed.
 - Items that are not referenced with a bubble number and part number are not available.

UPHOLSTERY 1 2 3

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

FRAME COLOR 1 2 3

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

