

DUAL ADJUSTABLE PULLEY

OP-DAP

Parts Manual

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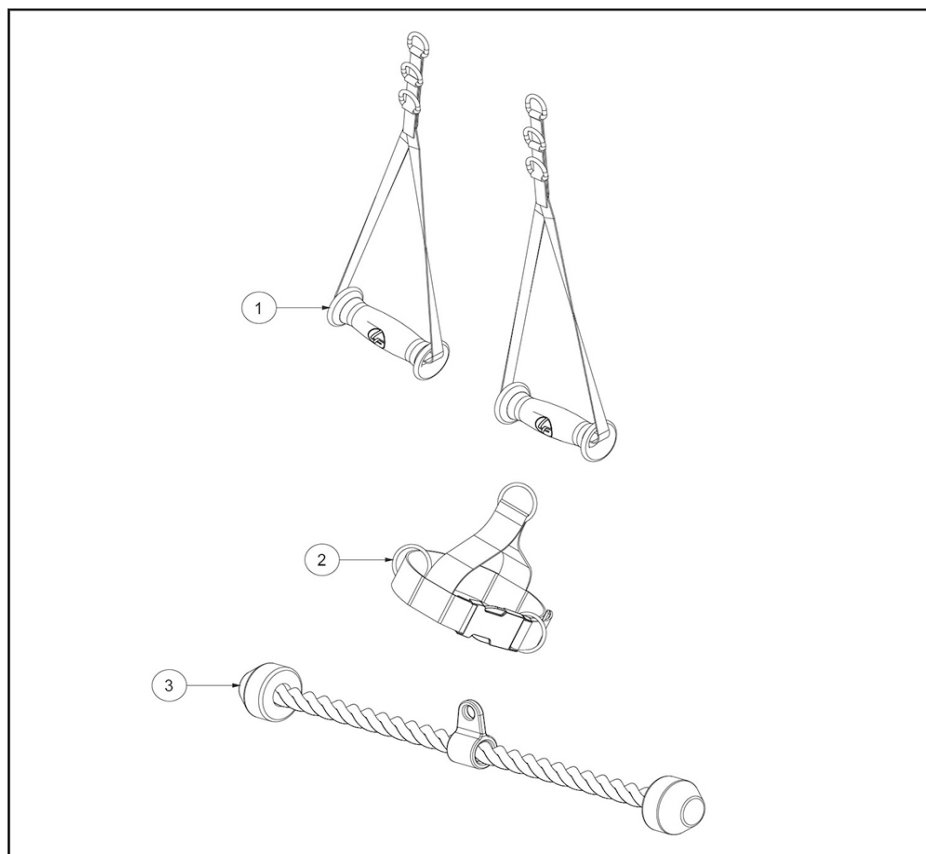


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** Upholstery & Frame Colors are listed at the end of the Parts Manual **

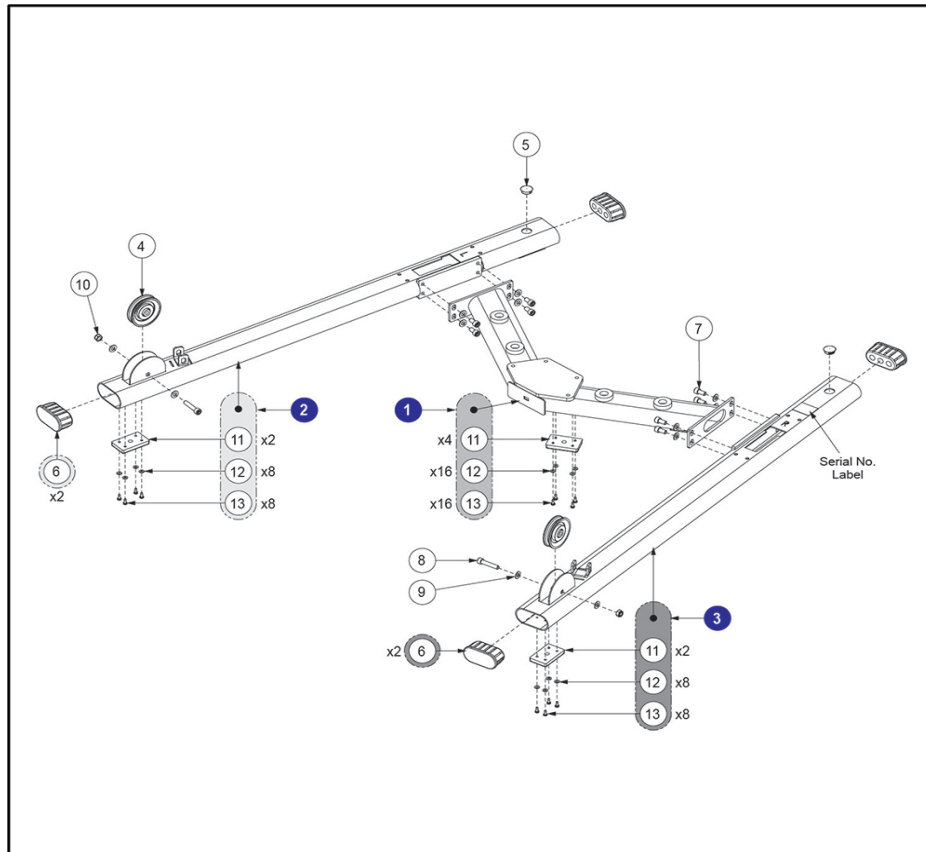
OP-DAP Attachments



Ref #	Part Number	Qty	Description
1	8219501	2	HANDLE, CMCP ADJ. STRAP
2	7734701	1	STRAP, 4-WAY ANKLE
3	1013032-0001	1	HANDLE ASSY: TRICEPS ROPE

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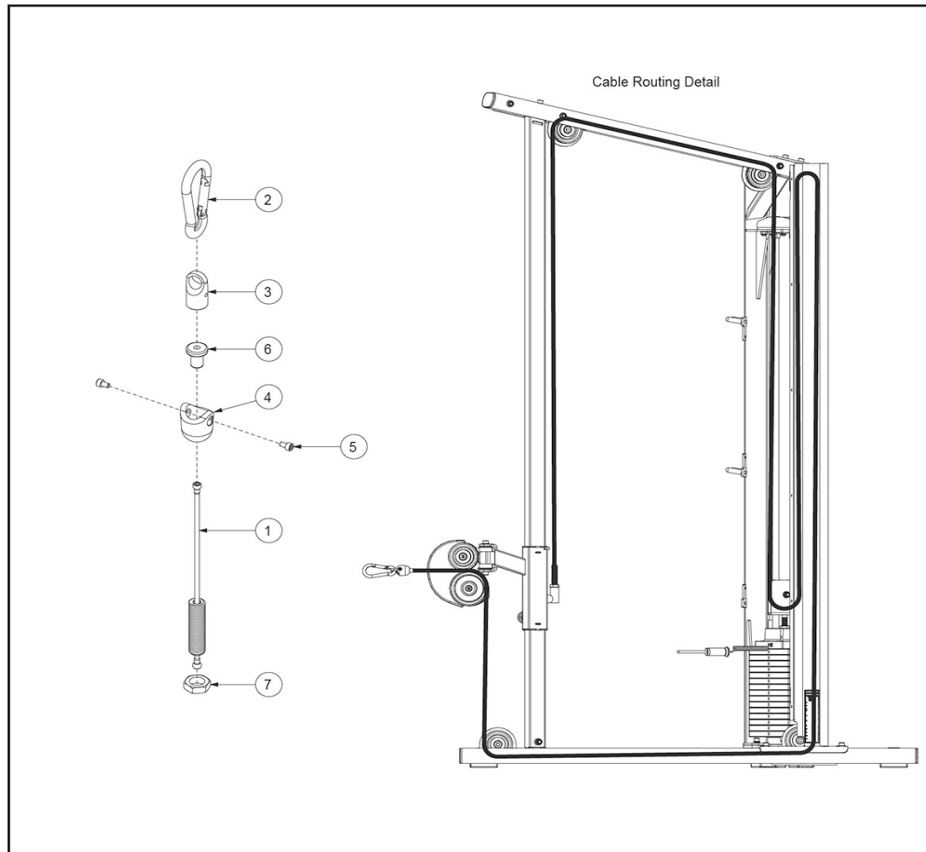
OP-DAP Base and Legs Assemblies



Ref #	Part Number	Qty	Description
1	1012681-0099	1	ASSEMBLY: BASE, Custom
2	1012672-0099	1	ASSEMBLY: LEG, LEFT, Custom
3	1012673-0099	1	ASSEMBLY: LEG, RIGHT, Custom
4	3245702	2	PULLEY, 3.5IN OD, 10MM ID
5	3237407	2	PLUG, 1 IN HOLE
6	8012902	4	CAP, MFLOV END -CHR
7	3251701	8	M10 X 1.5 20 HXS SOC CS ST ZN
8	3251707	2	M10 X 1.5 X 50 HXS SOC CS ST ZN
9	3102514	12	WASHER, FLAT 3/8 IN SAE ST ZN
10	3242002	2	NUT, M10 X 1.5 HEX NYLOCK
11	7810811	8	PAD, RUBBER FOOT -CHR
12	3114407	32	WASHER, FLAT #10 SAE ST BZ
13	3270602	32	SCREW, #10-32 X .50 TRX PAN ST BZ

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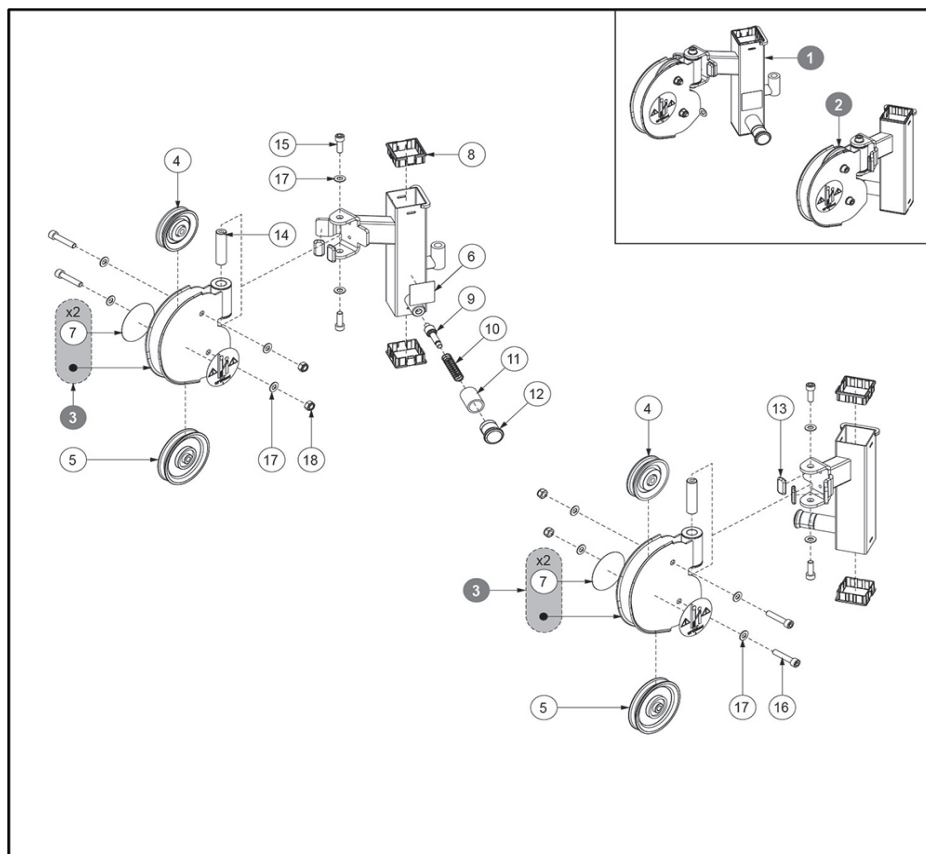
OP-DAP Cable Assembly



Ref #	Part Number	Qty	Description
1	1012050-0001	2	ASSEMBLY: CABLE
2	3250201	2	SNAP LINK, 3/8" DIA
3	8943601	2	LINK, CM/MJ, CABLE END
4	8943702	2	HSNG, CABLE END -CHR
5	3250002	4	M5 X 0.8 X 8 HXS SOC CS ST BZ
6	8943802	2	INSERT, CABLE END -CHR
7	3236902	2	NUT, HEX JAM M16 X 2 SS

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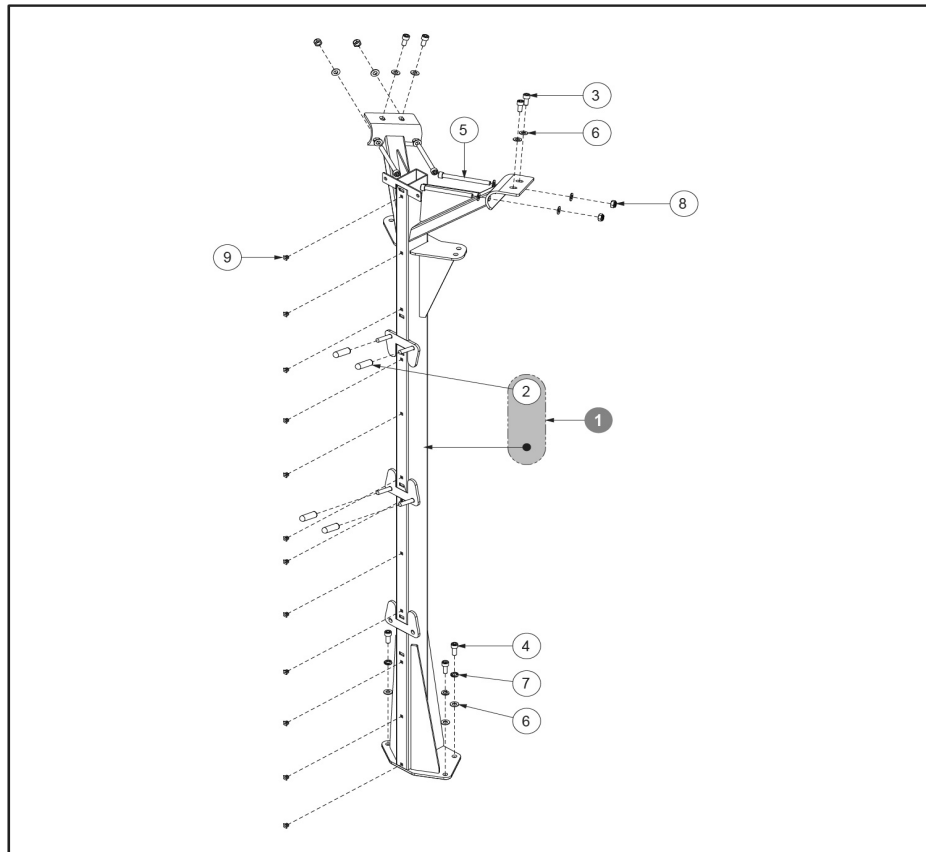
OP-DAP Carriage Assemblies



Ref #	Part Number	Qty	Description
1	1012670-0001	1	ASSEMBLY: SWIVEL CARRIAGE, LEFT
2	1012671-0001	1	ASSEMBLY: SWIVEL CARRIAGE, RIGHT
3	1013890-0001	2	KIT: SWIVEL ASSEMBLY, OP-DAP
4	3245702	2	PULLEY, 3.5IN OD, 10MM ID
5	9319901	2	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
6	1013751-0001	2	LABEL: WARNING, ADJ. CARRIAGE, SELECT
7	1011299-0001	4	LABEL: WARNING, ADJ CARRIAGE
8	1011304-0001	4	BUSHING: CARRIAGE INSERT
9	1012317-0001	2	ASSEMBLY: PULL PIN, BEVEL NOSE
10	7351502	2	SPRING, PULL PIN LARGE, SHORT
11	3235806	2	GRIP, 1.25 OD X .125 WALL OPEN END
12	9454703	2	KNOB, ADJ
13	7570802	4	GUARD, PAINT, 1.25 x .75 x .25, BLK
14	8452606	2	SHAFT, 19MM DIA X 76.375MM
15	3251703	4	M10 X 1.5 30 HXS SOC CS ST ZN
16	3251707	4	M10 X 1.5 X 50 HXS SOC CS ST ZN
17	3102514	12	WASHER, FLAT 3/8 IN SAE ST ZN
18	3242002	4	NUT, M10 X 1.5 HEX NYLOCK

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

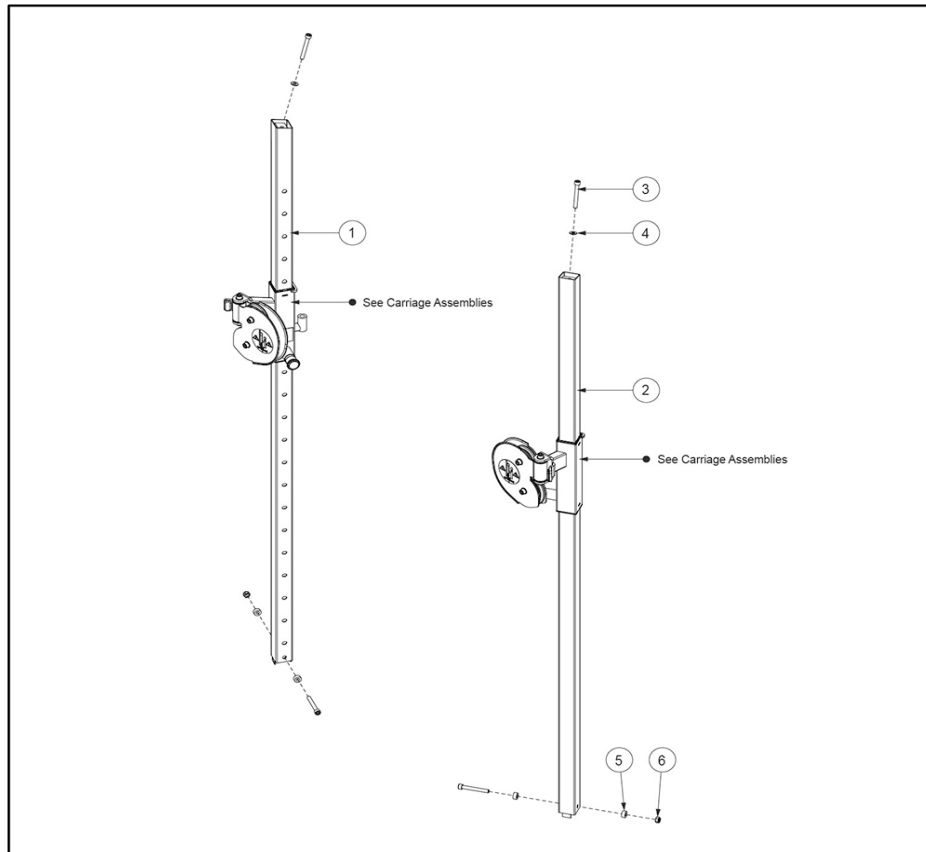
OP-DAP Center Column



Ref #	Part Number	Qty	Description
1	1012677-0001	1	ASSEMBLY: CENTER COLUMN
2	9507101	4	CAP, CM ACC. RACK
3	3251701	4	M10 X 1.5 20 HXS SOC CS ST ZN
4	LEA3251702	4	SCREW; M10 X1.5 25MM
5	3251719	4	M10 X 1.5 X 120 HXS SOC CS ST ZN
6	3102514	16	WASHER, FLAT 3/8 IN SAE ST ZN
7	1006589-0001	4	WASHER: M10 ZINC-PLATED STEEL SPLIT LOCK
8	3242002	4	NUT, M10 X 1.5 HEX NYLOCK
9	0017-00042-1147	12	GROMMET: SCREW, 8 OR 10

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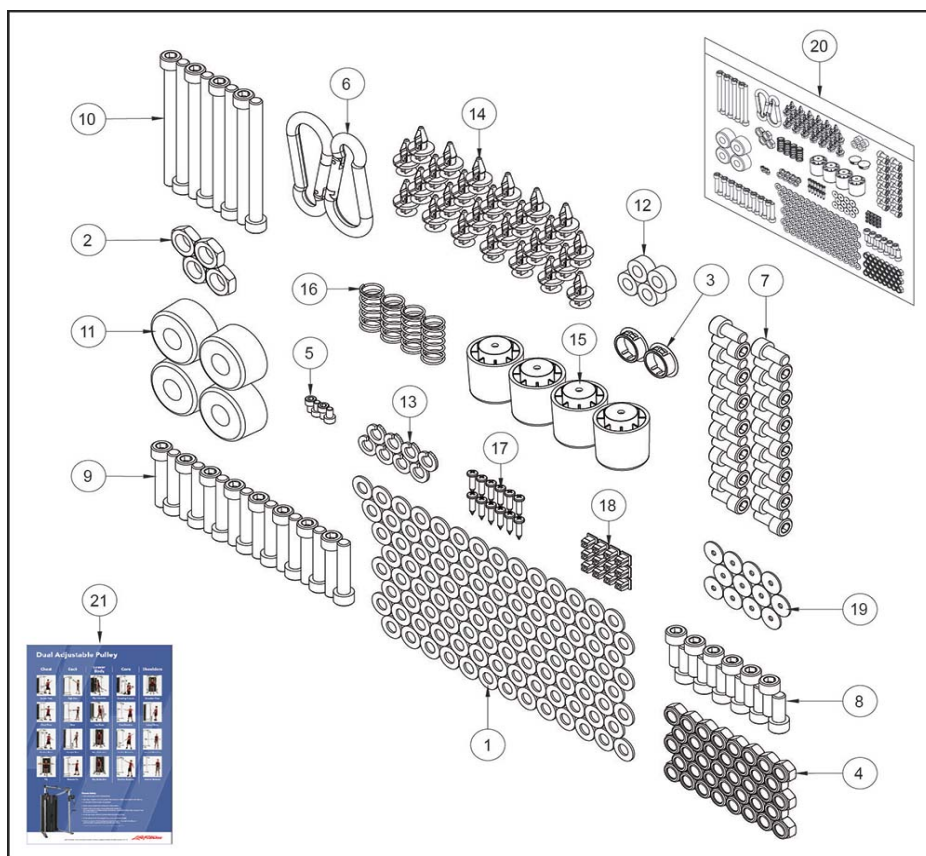
OP-DAP Guide Rails Assembly



Ref #	Part Number	Qty	Description
1	1011580-0001	1	WELDMENT: GUIDE COLUMN, LEFT
2	1011581-0001	1	WELDMENT: GUIDE COLUMN, RIGHT
3	3251713	4	M10 X 1.5 X 80 HXS SOC CS ST ZN
4	3102514	2	WASHER, FLAT 3/8 IN SAE ST ZN
5	8862701	4	SPACER, NYLON
6	3242002	2	NUT, M10 X 1.5 HEX NYLOCK

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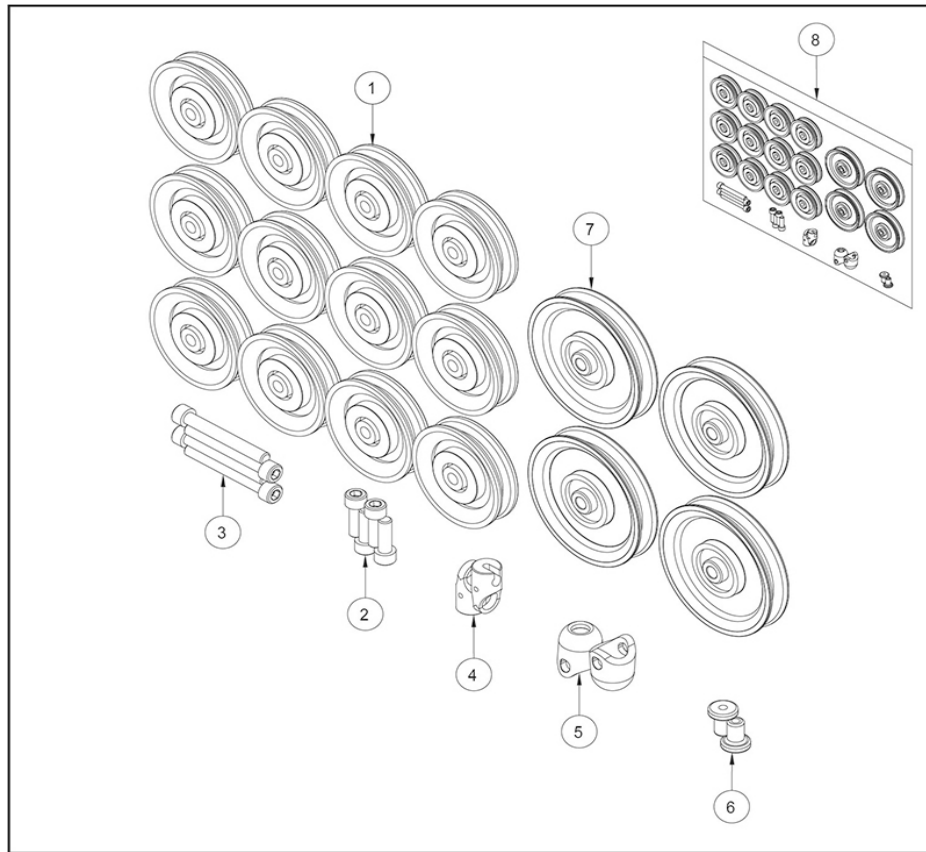
OP-DAP Hardware Pack 1



Ref #	Part Number	Qty	Description
1	3102514	106	WASHER, FLAT 3/8 IN SAE ST ZN
2	3236902	4	NUT, HEX JAM M16 X 2 SS
3	3237407	2	PLUG, 1 IN HOLE
4	3242002	38	NUT, M10 X 1.5 HEX NYLOCK
5	3250002	4	M5 X 0.8 X 8 HXS SOC CS ST BZ
6	3250201	2	SNAP LINK, 3/8" DIA
7	3251701	28	M10 X 1.5 20 HXS SOC CS ST ZN
8	LEA3251702	12	SCREW; M10 X1.5 25MM
9	3251707	16	M10 X 1.5 X 50 HXS SOC CS ST ZN
10	3251719	8	M10 X 1.5 X 120 HXS SOC CS ST ZN
11	7352101	4	CUSHION, WEIGHT STACK
12	8862701	4	SPACER, NYLON
13	1006589-0001	8	WASHER: M10 ZINC-PLATED STEEL SPLIT LOCK
14	1014306-0001	26	RETAINER: 8.5MM HOLE X 20 DIA X 22 LG, PUSH TYPE, BLACK
15	1011495-0001	4	HOUSING: GUIDE ROD, OP
16	1011496-0001	4	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
17	3275801	12	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
18	0017-00042-1147	12	GROMMET: SCREW, 8 OR 10
19	1014305-0001	12	WASHER: 4.3 X 20 X 1.25, SS, GRADE C
20	1012704-0001	1	ASSEMBLY: OP-DAP HARDWARE KIT 1
21	1013362-0001	1	POSTER: OP-DAP EXERCISES

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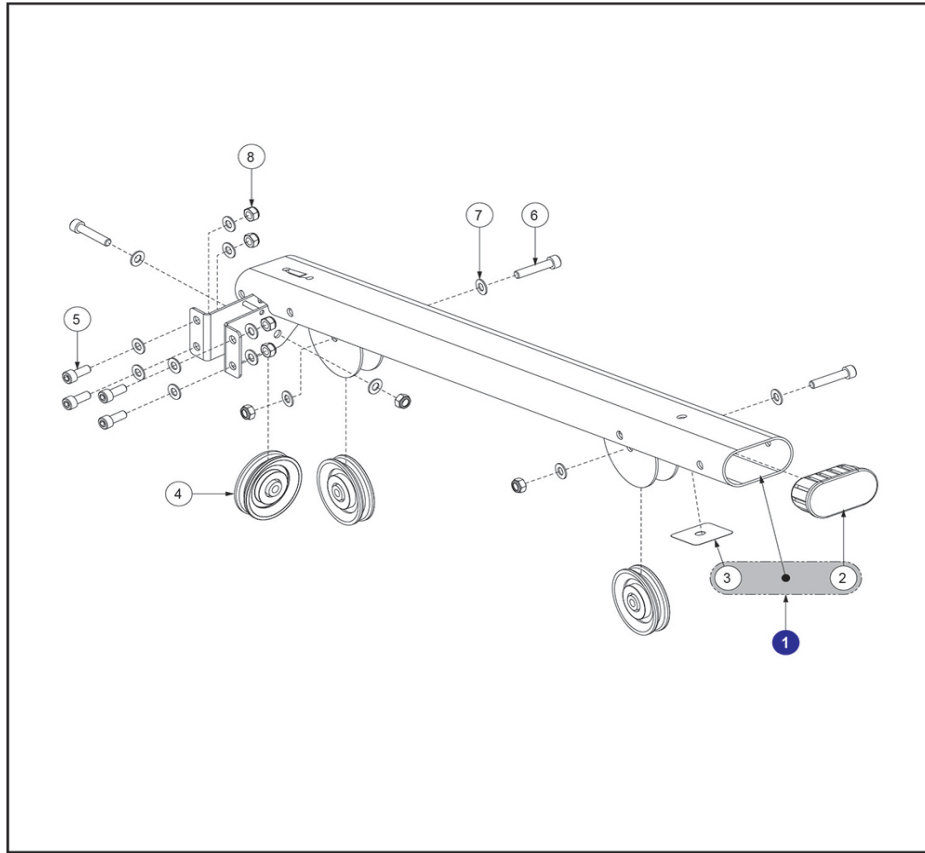
OP-DAP Hardware Pack 2



Ref #	Part Number	Qty	Description
1	3245702	12	PULLEY, 3.5IN OD, 10MM ID
2	3251703	4	M10 X 1.5 30 HXS SOC CS ST ZN
3	3251713	4	M10 X 1.5 X 80 HXS SOC CS ST ZN
4	8943601	2	LINK, CM/MJ, CABLE END
5	8943702	2	HSNG, CABLE END -CHR
6	8943802	2	INSERT, CABLE END -CHR
7	9319901	4	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
8	1013066-0001	1	ASSEMBLY: OP-DAP HARDWARE KIT 2

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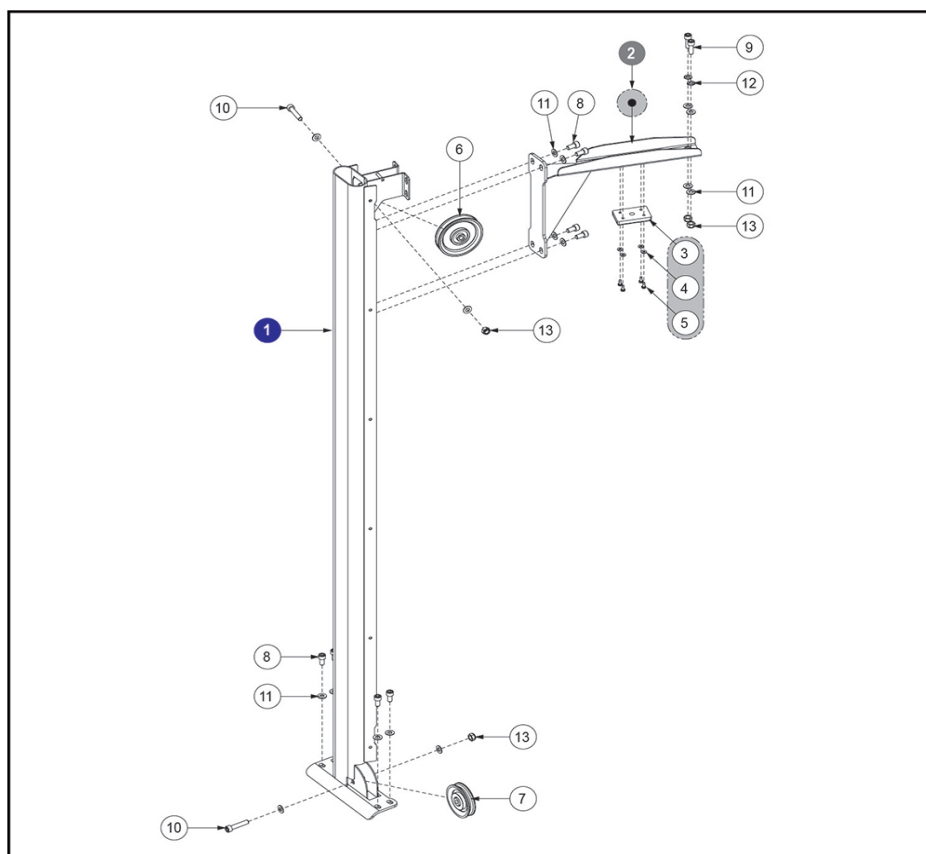
OP-DAP Left Arm Assembly



Ref #	Part Number	Qty	Description
1	1012675-0099	1	ASSEMBLY: ARM, LEFT, Custom
2	8012902	1	CAP, MFLOV END -CHR
3	1012847-0001	1	DECAL: GUIDE RAIL MOUNT
4	3245702	3	PULLEY, 3.5IN OD, 10MM ID
5	LEA3251702	4	SCREW; M10 X1.5 25MM
6	3251707	3	M10 X 1.5 X 50 HXS SOC CS ST ZN
7	3102514	14	WASHER, FLAT 3/8 IN SAE ST ZN
8	3242002	7	NUT, M10 X 1.5 HEX NYLOCK

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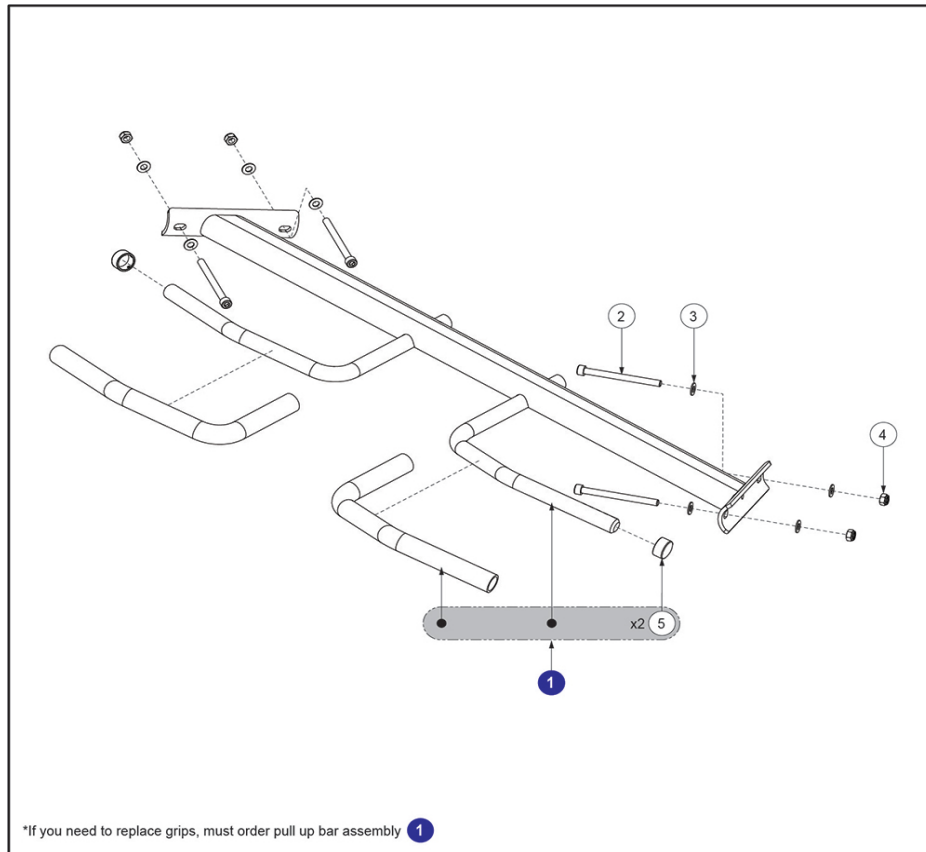
OP-DAP Left Upright Assembly



Ref #	Part Number	Qty	Description
1	1011441-0099	1	WELDMENT: UPRIGHT, LEFT, Custom
2	1012679-0001	1	ASSEMBLY: UPPER SUPPORT, LEFT
3	7810811	1	PAD, RUBBER FOOT -CHR
4	3114407	4	WASHER, FLAT #10 SAE ST BZ
5	3270602	4	SCREW, #10-32 X .50 TRX PAN ST BZ
6	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
7	3245702	1	PULLEY, 3.5IN OD, 10MM ID
8	3251701	8	M10 X 1.5 20 HXS SOC CS ST ZN
9	3251703	2	M10 X 1.5 30 HXS SOC CS ST ZN
10	3251707	2	M10 X 1.5 X 50 HXS SOC CS ST ZN
11	3102514	16	WASHER, FLAT 3/8 IN SAE ST ZN
12	1006589-0001	2	WASHER: M10 ZINC-PLATED STEEL SPLIT LOCK
13	3242002	4	NUT, M10 X 1.5 HEX NYLOCK

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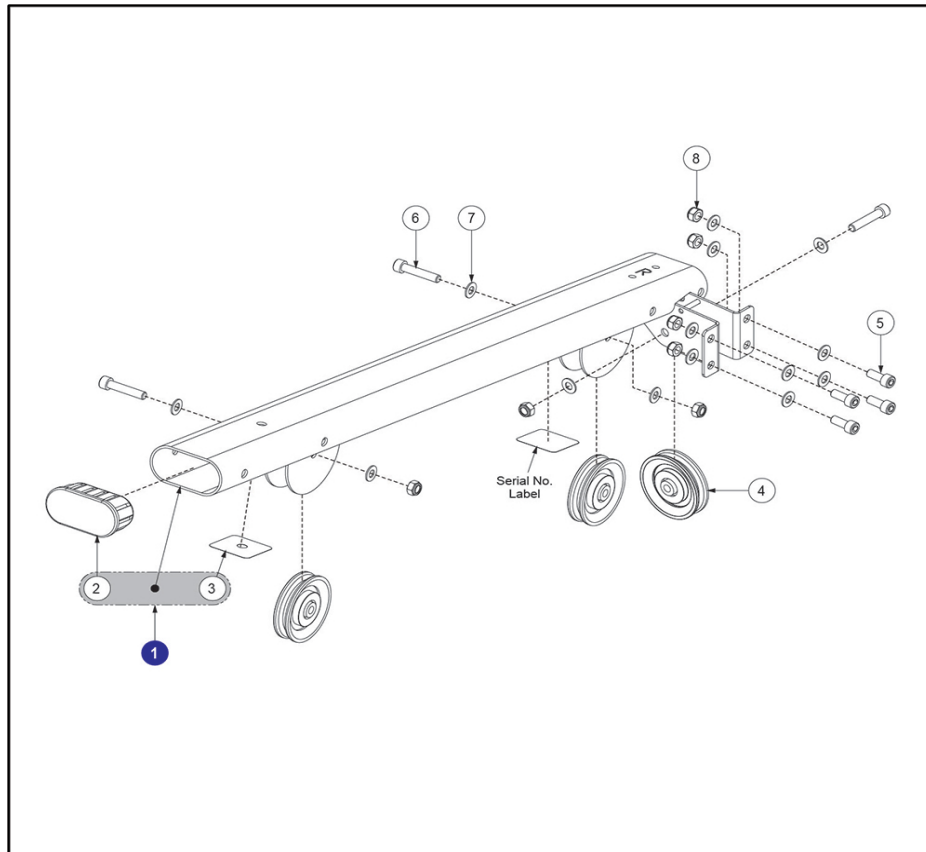
OP-DAP Pull Up Bar Assembly



Ref #	Part Number	Qty	Description
1	1012685-0099	1	ASSEMBLY: PULL UP, Custom
2	3251719	4	M10 X 1.5 X 120 HXS SOC CS ST ZN
3	3102514	8	WASHER, FLAT 3/8 IN SAE ST ZN
4	3242002	4	NUT, M10 X 1.5 HEX NYLOCK
5	7662901	2	CAP; GRIP 1.25 OD

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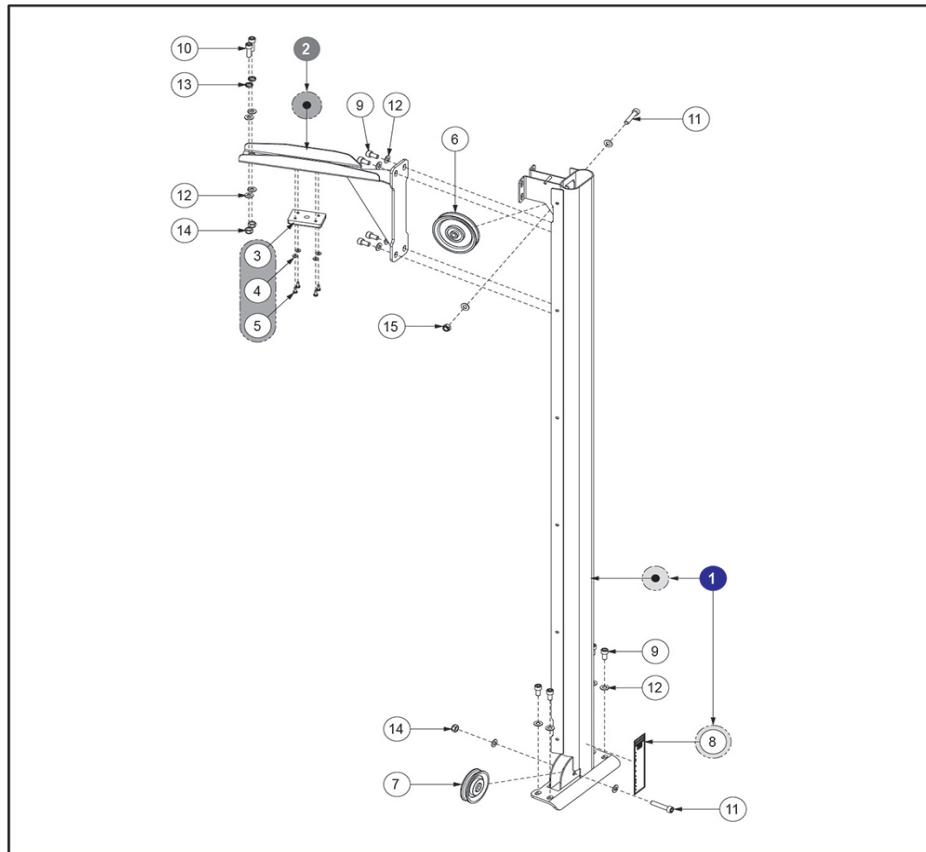
OP-DAP Right Arm Assembly



Ref #	Part Number	Qty	Description
1	1012676-0099	1	ASSEMBLY: ARM, RIGHT, Custom
2	8012902	1	CAP, MFLOV END -CHR
3	1012847-0001	1	DECAL: GUIDE RAIL MOUNT
4	3245702	3	PULLEY, 3.5IN OD, 10MM ID
5	LEA3251702	4	SCREW; M10 X1.5 25MM
6	3251707	3	M10 X 1.5 X 50 HXS SOC CS ST ZN
7	3102514	14	WASHER, FLAT 3/8 IN SAE ST ZN
8	3242002	7	NUT, M10 X 1.5 HEX NYLOCK

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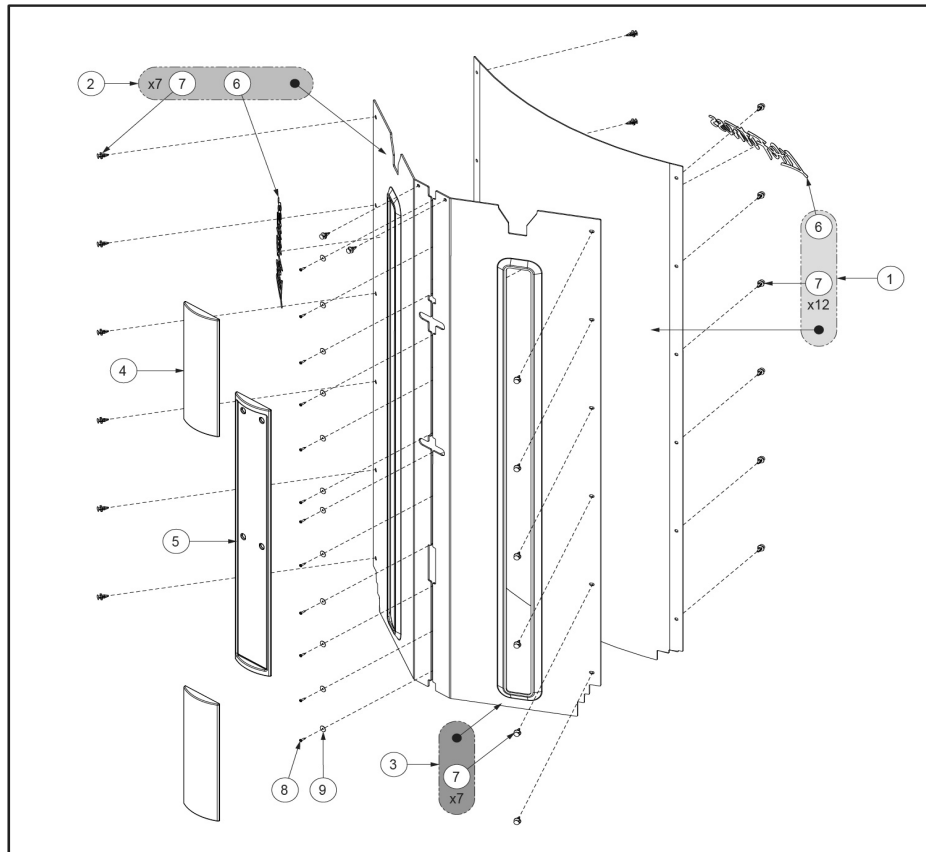
OP-DAP Right Upright Assembly



Ref #	Part Number	Qty	Description
1	1012674-0099	1	ASSEMBLY: UPRIGHT, RIGHT, Custom
2	1012680-0001	1	ASSEMBLY: UPPER SUPPORT, RIGHT
3	7810811	1	PAD, RUBBER FOOT -CHR
4	3114407	4	WASHER, FLAT #10 SAE ST BZ
5	3270602	4	SCREW, #10-32 X .50 TRX PAN ST BZ
6	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
7	3245702	1	PULLEY, 3.5IN OD, 10MM ID
8	8630801	1	LABEL, ASTM, SELECT VERT-SHEET
9	3251701	8	M10 X 1.5 20 HXS SOC CS ST ZN
10	3251703	2	M10 X 1.5 30 HXS SOC CS ST ZN
11	3251707	2	M10 X 1.5 X 50 HXS SOC CS ST ZN
12	3102514	16	WASHER, FLAT 3/8 IN SAE ST ZN
13	1006589-0001	2	WASHER: M10 ZINC-PLATED STEEL SPLIT LOCK
14	3242002	4	NUT, M10 X 1.5 HEX NYLOCK

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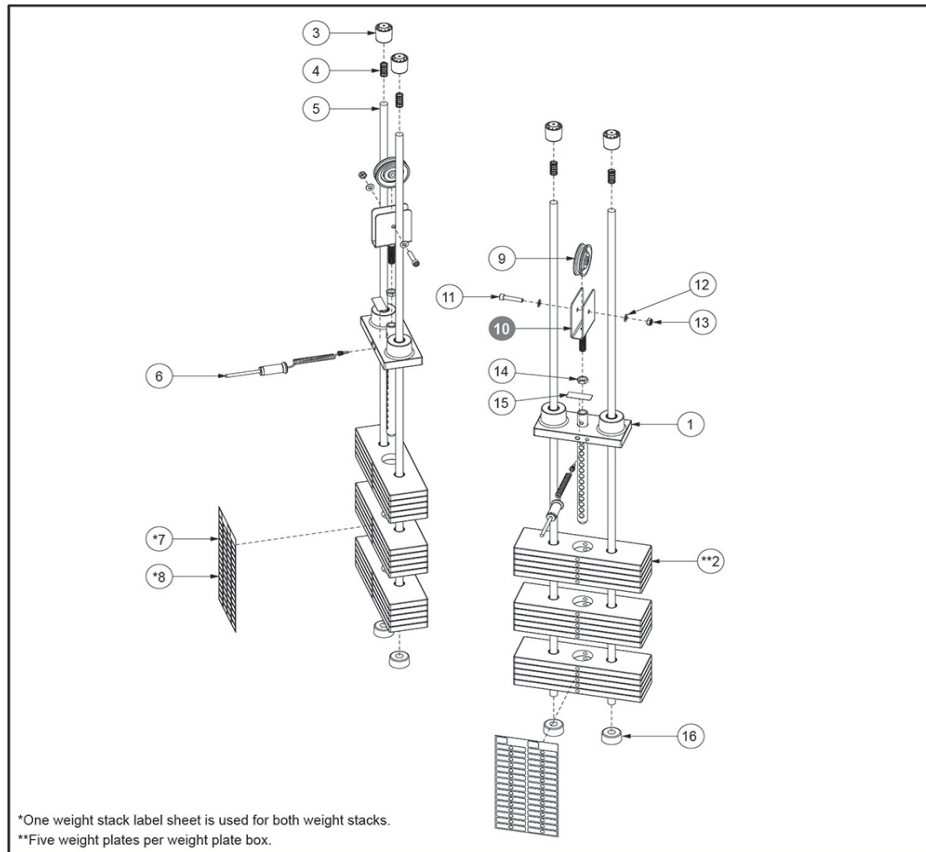
OP-DAP Shroud Assemblies



Ref #	Part Number	Qty	Description
1	1013840-0001	1	KIT: SHROUD, REAR, OP-DAP
2	1013838-0001	1	KIT: SHROUD, FRONT, LH, OP-DAP
3	1013839-0001	1	KIT: SHROUD, FRONT, RH, OP-DAP
4	1012288-0001	2	ASSEMBLY: FRONT SHROUD CONTOUR
5	1012289-0001	1	ASSEMBLY: FRONT SHROUD DETAIL
6	1008491-0001	2	LABEL, LIFE FITNESS, 16IN
7	1014306-0001	26	RETAINER: 8.5MM HOLE X 20 DIA X 22 LG, PUSH TYPE, BLACK
8	3275801	12	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	1014305-0001	12	WASHER: 4.3 X 20 X 1.25, SS, GRADE C

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OP-DAP Weight Stack Assemblies



Ref #	Part Number	Qty	Description
1	1012522-0001	2	ASSEMBLY: HEAD PLATE COMPLETE
2	1011315-0001	6	ASSEMBLY: WEIGHT PLATE BOX
3	1011495-0001	4	HOUSING: GUIDE ROD, OP
4	1011496-0001	4	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
5	7328629	4	GUIDE ROD, .75 OD SOLID X 65.84
6	1003679-0003	2	ASSY, WGT STK SEL PIN -YEL
7	1012860-0001	1	DECAL: WEIGHT STACK LABEL, LBS
8	1012860-0002	1	DECAL: WEIGHT STACK LABEL, KG
9	3245702	2	PULLEY, 3.5IN OD, 10MM ID
10	8861728	2	WLDMT, OSDAP, HEAD PLATE PULLEY -CHR
11	3251707	2	M10 X 1.5 X 50 HXS SOC CS ST ZN
12	3102514	4	WASHER, FLAT 3/8 IN SAE ST ZN
13	3242002	2	NUT, M10 X 1.5 HEX NYLOCK
14	3236902	2	NUT, HEX JAM M16 X 2 SS
15	8971101	2	LABEL, WEIGHT AT HANDLE, SELECT
16	7352101	4	CUSHION, WEIGHT STACK

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

Frame and Upholstery Color Chart

FRAME COLOR OPTION

SELECT POWDERCOAT COLOR

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

UPHOLSTERY COLOR OPTION

SELECT UPHOLSTERY COLOR

- ☐ AMERICAN BEAUTY RED
- ☐ AZURE
- ☐ BLACK
- ☐ BLACK CARBON FIBER
- ☐ BURGUNDY
- ☐ CANDY APPLE RED
- ☐ CHESTNUT
- ☐ CONCORD
- ☐ CRANBERRY
- ☐ DARK WALNUT
- ☐ DOVE GRAY
- ☐ EMERALD
- ☐ GRAPHITE
- ☐ GROTTA
- ☐ HUNTER GREEN
- ☐ IMPERIAL BLUE
- ☐ NAVY
- ☐ REGIMENTAL BLUE
- ☐ ROYAL BLUE
- ☐ SLATE
- ☐ SUEDE
- ☐ TERRA COTTA
- ☐ WHEAT

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.

