

OPTIMA SERIES LEG PRESS

OP-LP

Parts Manual

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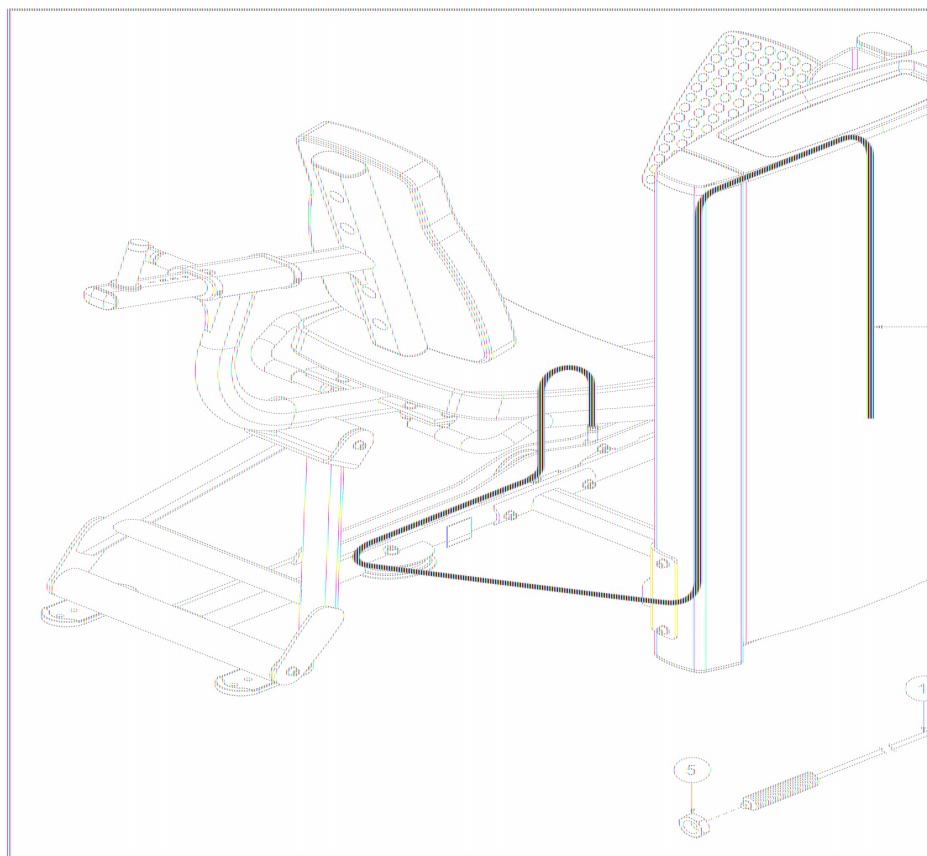


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** Upholstery & Frame Colors are listed at the end of the Parts Manual **

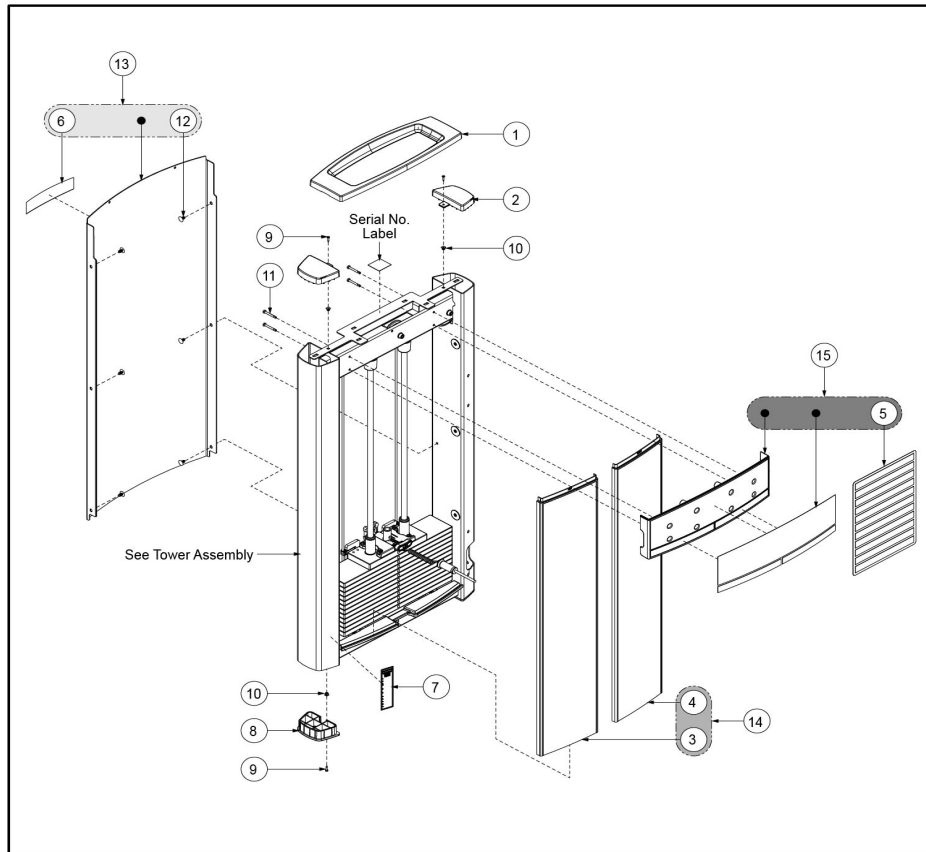
OP-LP Cable Assembly



Ref #	Part Number	Qty	Description
1	1012382-0007	1	CABLE ASSY: OPLP, TOWER
2	3237901	1	ROD END, METRIC FEMALE
3	7489402	2	BSHNG,.500 OD X .402 ID X .235
4	3236901	1	NUT, HEX JAM M10 X 1.5 SS
5	3236902	1	NUT, HEX JAM M16 X 2 SS

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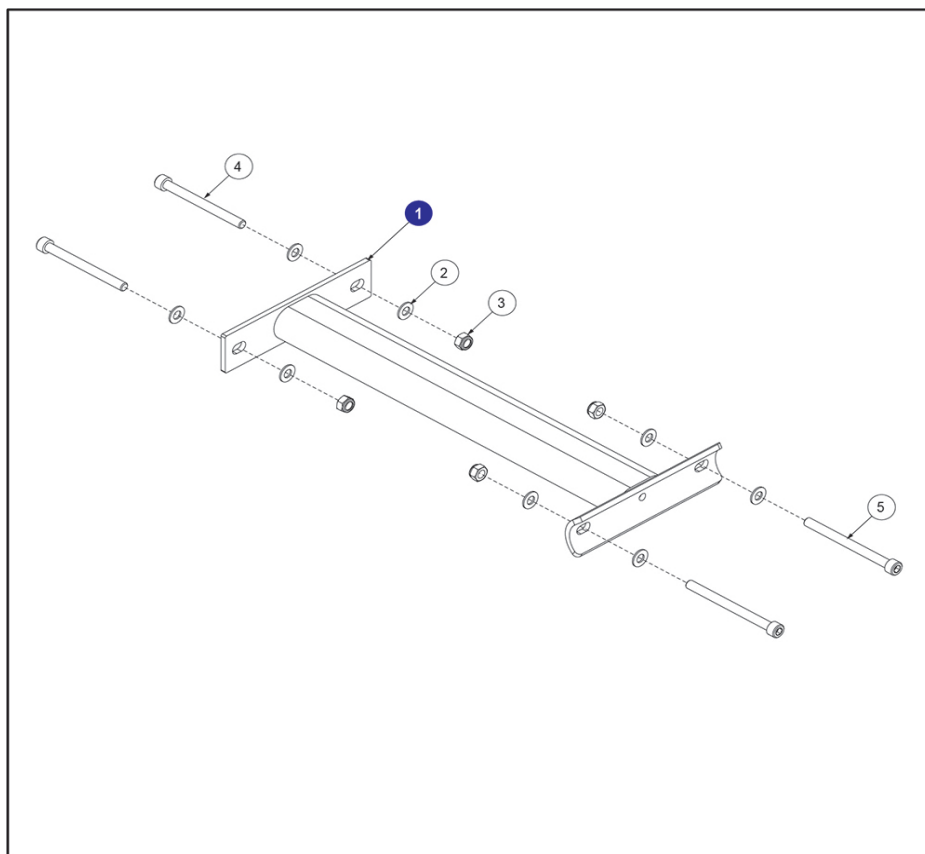
OP-LP Cap and Shroud Assembly



Ref #	Part Number	Qty	Description
1	1012165-0001	1	CAP: TOP, TWR, OP
2	1011749-0001	1	CAP: TRAP TUBE
3	1011830-0003	1	SHROUD: FRONT, TWR, OP, LH, TALL
4	1011830-0004	1	SHROUD: FRONT, TWR, OP, RH, TALL
5	1013544-0012	1	DECAL: SHEET, MULTI-LINGUAL, OP-LP
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	1014559-0001	1	KIT: SHROUD, REAR, OP, STD
13	1014559-9001	1	KIT: SHROUD, REAR, OP, PLNT
14	1012950-0001	1	KIT: SHROUD, FRONT, OP, SHORT
14	1012950-9001	1	KIT: SHROUD, FRONT, OP, SHORT, PF
15	1014549-0012	1	KIT: CAP, FRONT, OP-LP

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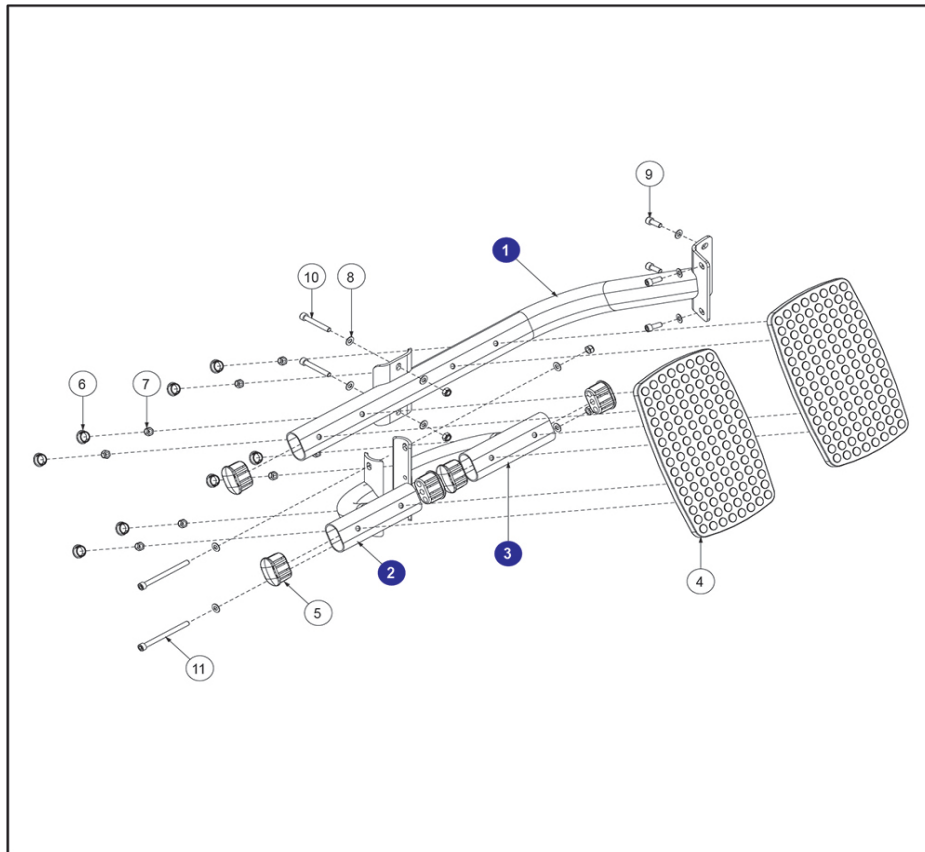
OP-LP Cross Brace



Ref #	Part Number	Qty	Description
1	1012364-0099	1	WELDMENT: CONNECTOR, FRAME, LOWER, OP-LP, Custom
2	3102514	8	WASHER, FLAT 3/8 IN SAE ST ZN
3	LEA3242002	4	Hardware: Hex Nut 10MM D
4	3251718	2	M10 X 1.5 X 110 HXS SOC CS ST ZN
5	3251719	2	M10 X 1.5 X 120 HXS SOC CS ST ZN

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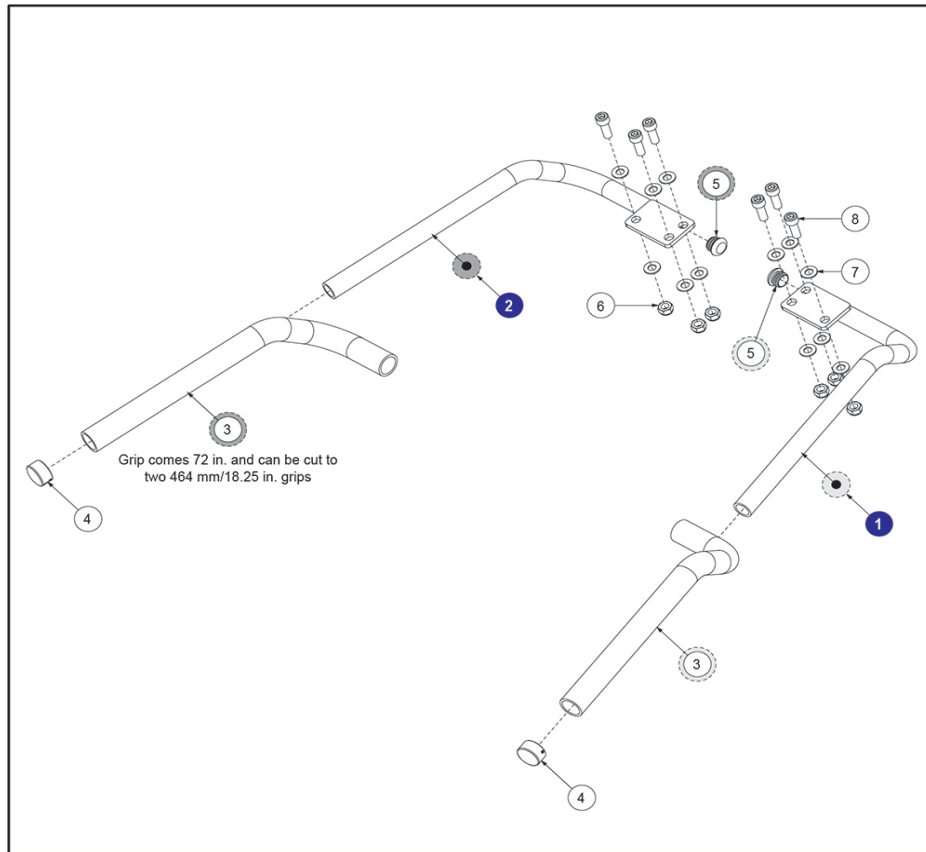
OP-LP Foot Plate Assembly



Ref #	Part Number	Qty	Description
1	1012352-0099	1	WELDMENT: CONNECTOR, FRAME, OP-LP, Custom
2	1012355-0099	1	WELDMENT: SUPPORT, FOOTPLATE, LEFT, OP-LP, Custom
3	1012357-0099	1	WELDMENT: SUPPORT, FOOTPLATE, RIGHT, OP-LP, Custom
4	1013352-0001	2	FOOTPLATE: OVERMOLD, OP-LP
5	7800502	5	CAP, SML FLOV END -CHR
6	3237407	8	PLUG, 1 IN HOLE
7	LEA3242002	12	Hardware: Hex Nut 10MM D
8	3102514	12	WASHER, FLAT 3/8 IN SAE ST ZN
9	LEA3251702	4	SCREW; M10 X1.5 25MM
10	3251711	2	M10 X 1.5 X 70 HXS SOC CS ST ZN
11	3251720	2	SCREW, M10 X1.5 130MM

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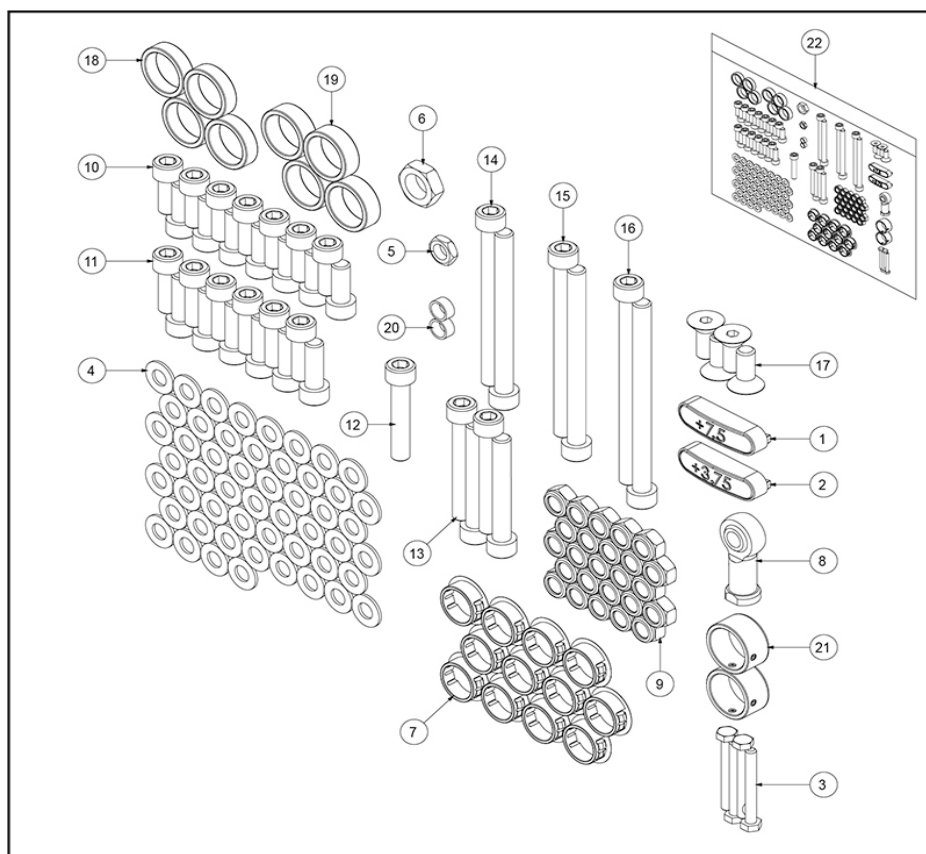
OP-LP Handle Assemblies



Ref #	Part Number	Qty	Description
1	1013270-0099	1	ASSEMBLY: SEAT HANDLE, LH, PAINTED, OP-LP Custom
2	1013276-0099	1	ASSEMBLY: SEAT HANDLE, RH, PAINTED, OP-LP Custom
3	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
4	7662901	2	CAP; GRIP 1.25 OD
5	3119304	2	CAP, END 1 DIA RD 10-12GA
6	LEA3242002	6	Hardware: Hex Nut 10MM D
7	3102514	12	WASHER, FLAT 3/8 IN SAE ST ZN
8	3251703	6	M10 X 1.5 30 HXS SOC CS ST ZN

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OP-LP Hardware Pack

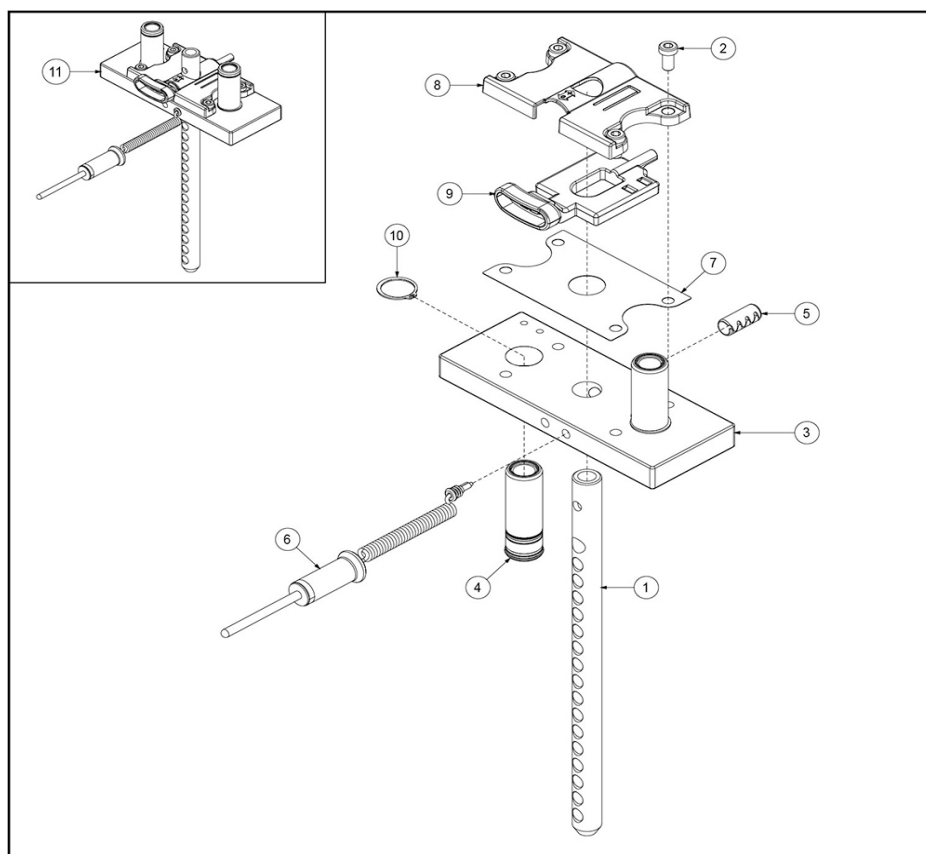


Ref #	Part Number	Qty	Description
1	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1012381-0006	4	SCREW: M6-1, HCS, 55MM
4	3102514	54	WASHER, FLAT 3/8 IN SAE ST ZN
5	3236901	1	NUT, HEX JAM M10 X 1.5 SS
6	3236902	1	NUT, HEX JAM M16 X 2 SS
7	3237407	14	PLUG, 1 IN HOLE
8	3237901	1	ROD END, METRIC FEMALE
9	LEA3242002	27	Hardware: Hex Nut 10MM D
10	LEA3251702	14	SCREW; M10 X1.5 25MM
11	3251703	12	M10 X 1.5 30 HXS SOC CS ST ZN
12	3251708	1	M10 X 1.5 X 55 HXS SOC CS ST ZN
13	3251711	4	M10 X 1.5 X 70 HXS SOC CS ST ZN
14	3251718	2	M10 X 1.5 X 110 HXS SOC CS ST ZN
15	3251719	2	M10 X 1.5 X 120 HXS SOC CS ST ZN
16	3251720	2	SCREW, M10 X1.5 130MM
17	3257205	4	M10 X 1.5 25MM FLT HD
18	7330010	4	SPACER, INTERNAL X .344
19	7330011	4	SPACER, INTERNAL X .425
20	7489402	2	BSHNG,.500 OD X .402 ID X .235
21	7662901	2	CAP; GRIP 1.25 OD
22	1013171-0001	1	ASSEMBLY: HARDWARE PACKAGE, FRAME BOX, OP-

Ref #	Part Number	Qty	Description
			LP

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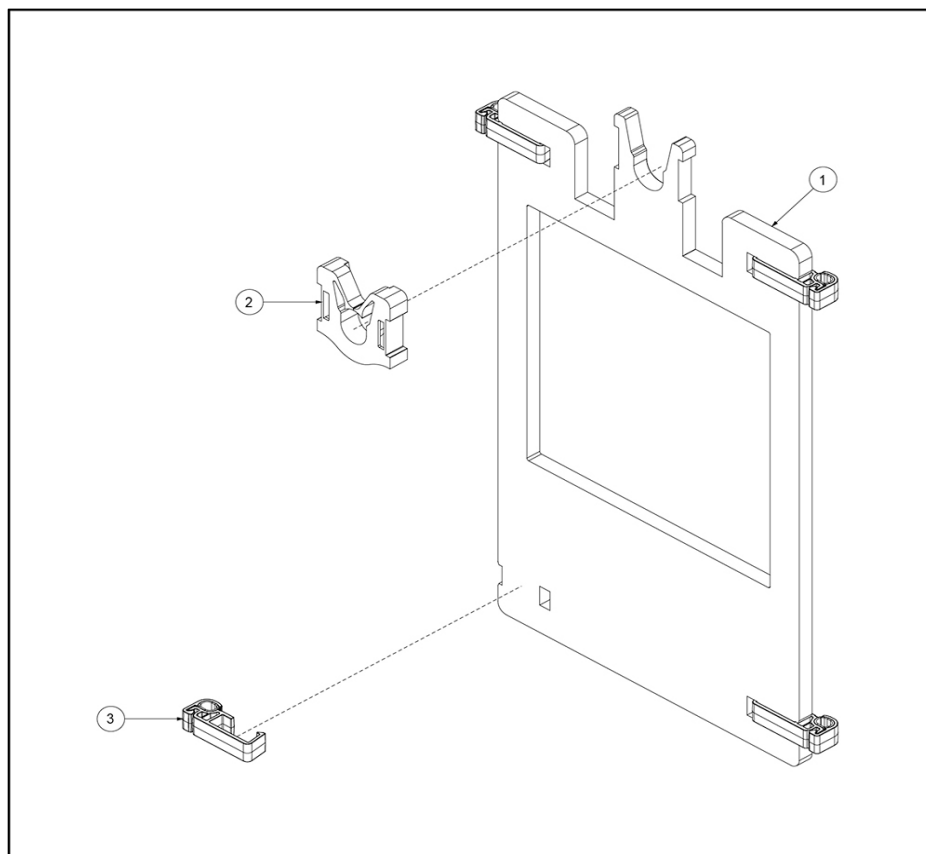
OP-LP Headplate Assembly - 16 Plate



Ref #	Part Number	Qty	Description
1	1011243-0004	1	SHAFT: SELECTOR, 16 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	1012947-0004	1	ASSEMBLY: HEADPLATE, OP, 16

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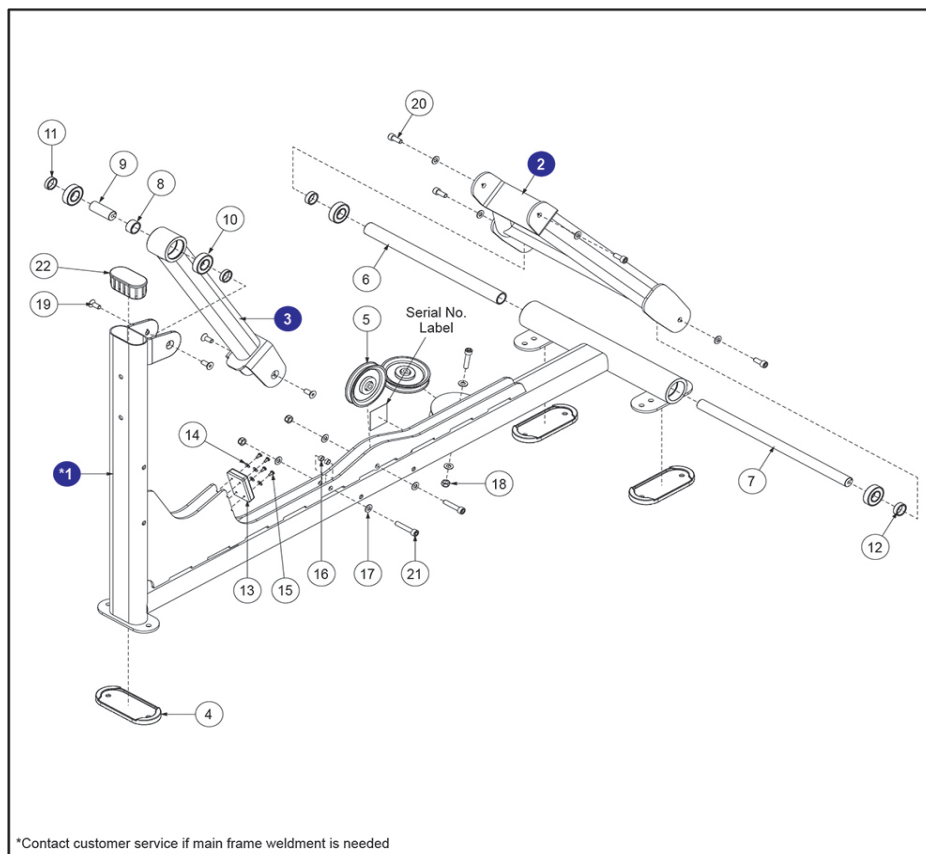
OP-LP Increment Weight Assembly - 16 Plate



Ref #	Part Number	Qty	Description
1	1012315-4028	1	PLATE: INCR. WEIGHT, 7.5LBS, 16 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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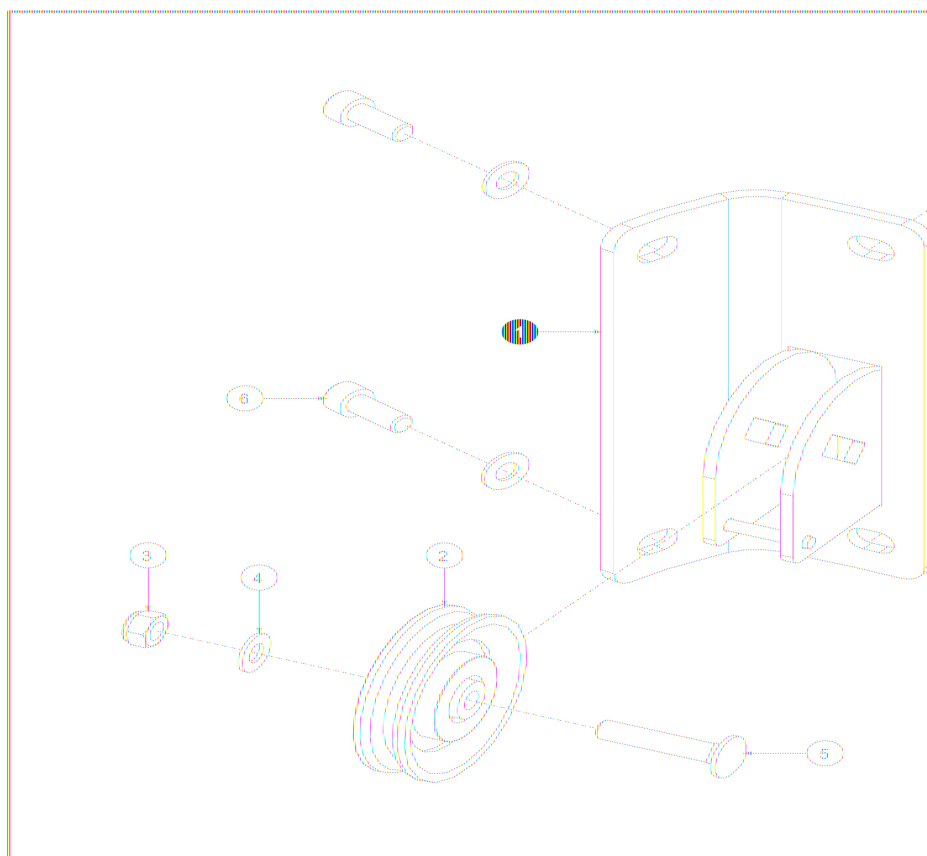
OP-LP Main Frame Assembly



Ref #	Part Number	Qty	Description
1	1012336-0099	1	WELDMENT: MAIN FRAME, OP-LP Custom
2	1012346-0099	1	WELDMENT: LINKAGE, SEAT, REAR, OP-LP Custom
3	1012350-0099	1	WELDMENT: LINKAGE, SEAT, FRONT, OP-LP Custom
4	8474502	3	FOOT, OPTIMA -BLK
5	3237802	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
6	7330015	1	SPACER, INTERNAL X 16.904
7	7316512	1	SHAFT, 25MM X 18.889
8	7330002	1	SPACER, INTERNAL X .653
9	7316510	1	SHAFT, 25MM X 2.500
10	3235601	4	BEARING, 6205 BALL
11	7330010	2	SPACER, INTERNAL X .344
12	7330011	2	SPACER, INTERNAL X .425
13	7810811	1	PAD, RUBBER FOOT -CHR
14	3114407	4	WASHER, FLAT #10 SAE ST BZ
15	3270601	4	SCREW, #10-32 X 3/8 TRX PAN ST BZ
16	7489402	2	BSHNG,.500 OD X .402 ID X .235
17	3102514	10	WASHER, FLAT 3/8 IN SAE ST ZN
18	LEA3242002	3	Hardware: Hex Nut 10MM D
19	3257205	4	M10 X 1.5 25MM FLT HD
20	LEA3251702	4	SCREW; M10 X1.5 25MM
21	3251707	3	M10 X 1.5 X 50 HXS SOC CS ST ZN
22	8012902	1	CAP, MFLOV END -CHR

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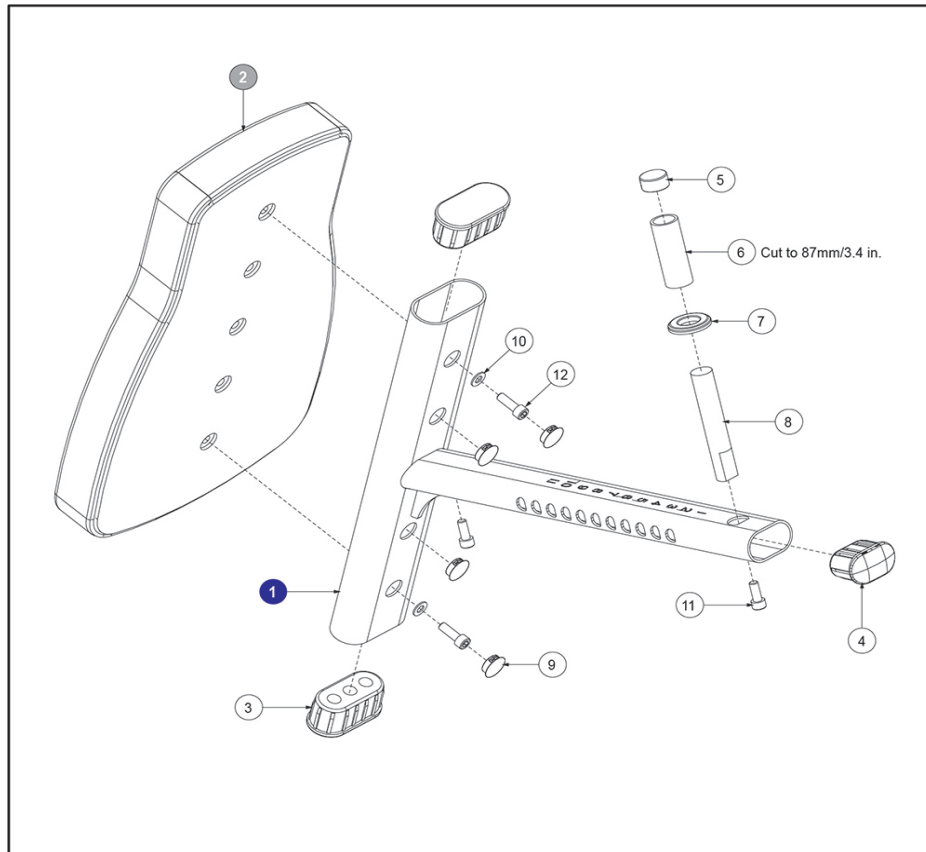
OP-LP Pulley Bracket Assembly



Ref #	Part Number	Qty	Description
1	1011979-0099	1	WELDMENT: LOWER PULLEY BRACKET, Custom
2	3245702	1	PULLEY, 3.5IN OD, 10MM ID
3	LEA3242002	1	Hardware: Hex Nut 10MM D
4	3102514	5	WASHER, FLAT 3/8 IN SAE ST ZN
5	1011498-0006	1	BOLT: SQR NECK, M10 X 1.5, 50MM
6	LEA3251702	4	SCREW; M10 X1.5 25MM

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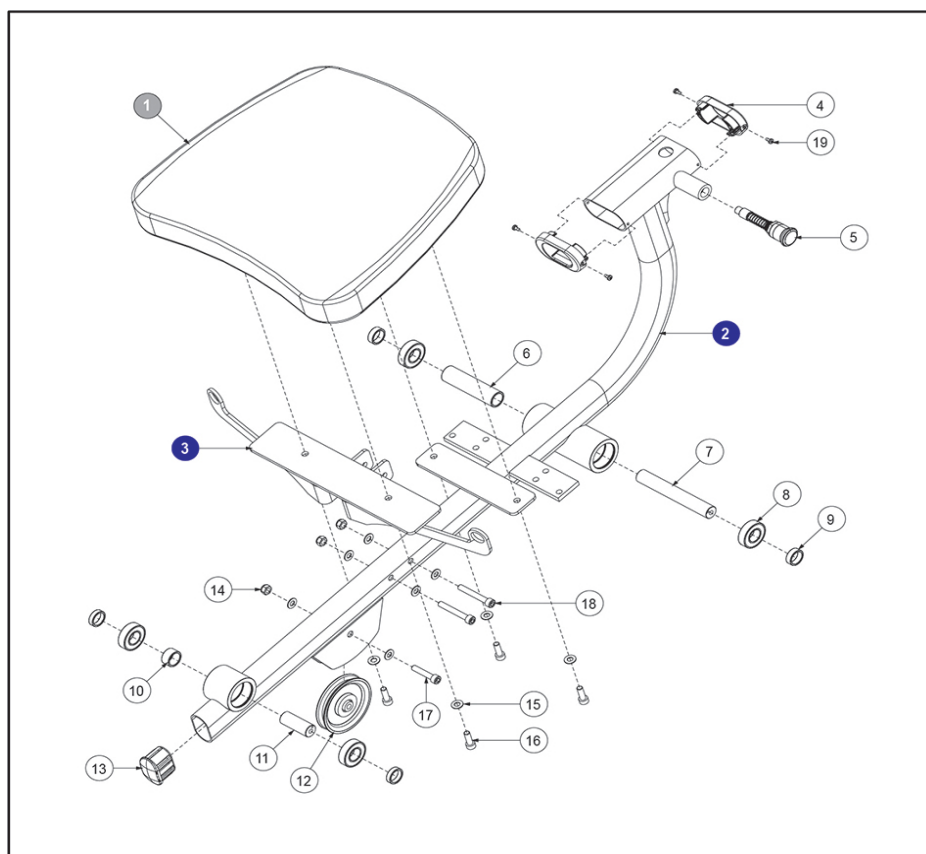
OP-LP Seat Back Assembly



Ref #	Part Number	Qty	Description
1	1013048-0099	1	WELDMENT: BACK, ADJUSTABLE Custom
2	1013381-0099	1	PAD: BACK, SHORT, FLAT - SINGLE STITCH- Custom
2	1013381-0199	1	PAD: BACK, SHORT, FLAT - DOUBLE STITCH- Custom
3	8012902	2	CAP, MFLOV END -CHR
4	7800502	1	CAP, SML FLOV END -CHR
5	7662901	1	CAP; GRIP 1.25 OD
6	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
7	1013364-0001	1	SPACER: BUMPER, HANDLE, OP-LP
8	1013363-0001	1	SHAFT: TAPPED, HANDLE, OP-LP
9	3237407	4	PLUG, 1 IN HOLE
10	3102514	2	WASHER, FLAT 3/8 IN SAE ST ZN
11	LEA3251702	2	SCREW; M10 X1.5 25MM
12	3251703	2	M10 X 1.5 30 HXS SOC CS ST ZN

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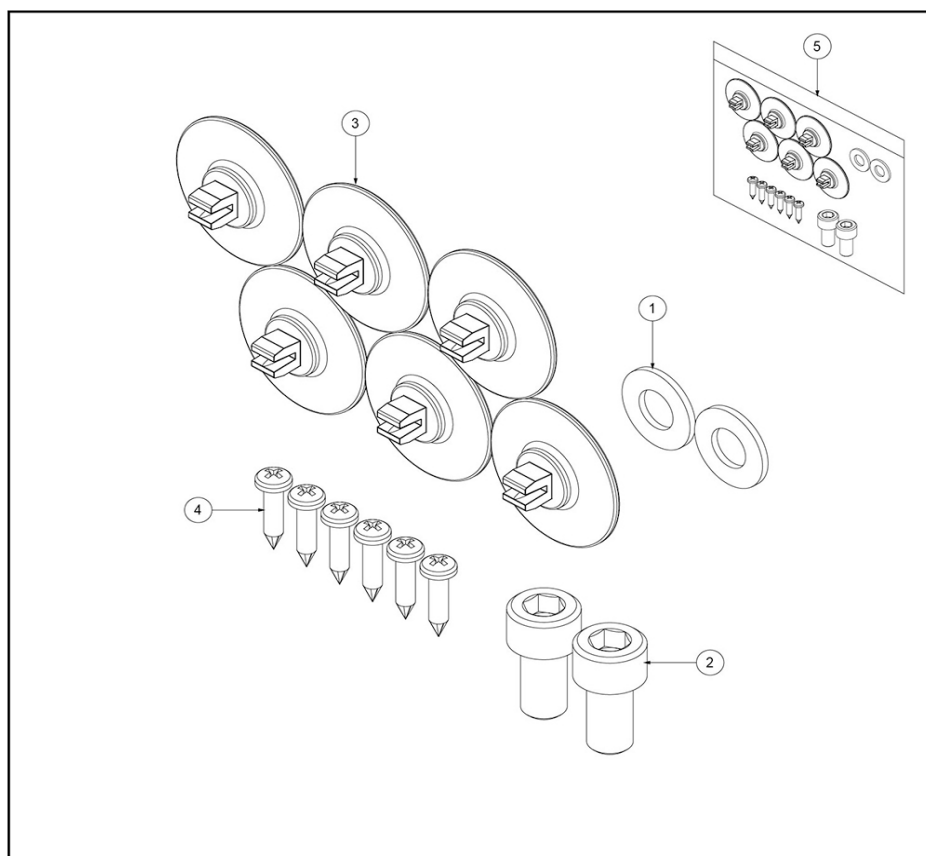
OP-LP Seat Carriage Assembly



Ref #	Part Number	Qty	Description
1	1013388-0199	1	PAD: SEAT, LARGE, FLAT - DOUBLE STITCH- Custom
1	1013388-0099	1	PAD: SEAT, LARGE, FLAT - SINGLE STITCH- Custom
2	1012341-0099	1	WELDMENT: CARRIAGE, SEAT, OP-LP Custom
3	1012361-0099	1	WELDMENT: SUPPORT, HANDLE, OP-LP Custom
4	8624101	2	BUSHING, SEAT GLIDE EXT.
5	1012642-0001	1	ASSY, OP, SPRING PIN
6	7330004	1	SPACER, INTERNAL X 4.765
7	7316503	1	SHAFT, 25MM X 6.750
8	3235601	4	BEARING, 6205 BALL
9	7330011	4	SPACER, INTERNAL X .425
10	7330002	1	SPACER, INTERNAL X .653
11	7316510	1	SHAFT, 25MM X 2.500
12	3237802	1	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
13	7800502	1	CAP, SML FLOV END -CHR
14	LEA3242002	3	Hardware: Hex Nut 10MM D
15	3102514	10	WASHER, FLAT 3/8 IN SAE ST ZN
16	3251703	4	M10 X 1.5 30 HXS SOC CS ST ZN
17	3251707	1	M10 X 1.5 X 50 HXS SOC CS ST ZN
18	3251711	2	M10 X 1.5 X 70 HXS SOC CS ST ZN
19	3270601	4	SCREW, #10-32 X 3/8 TRX PAN ST BZ

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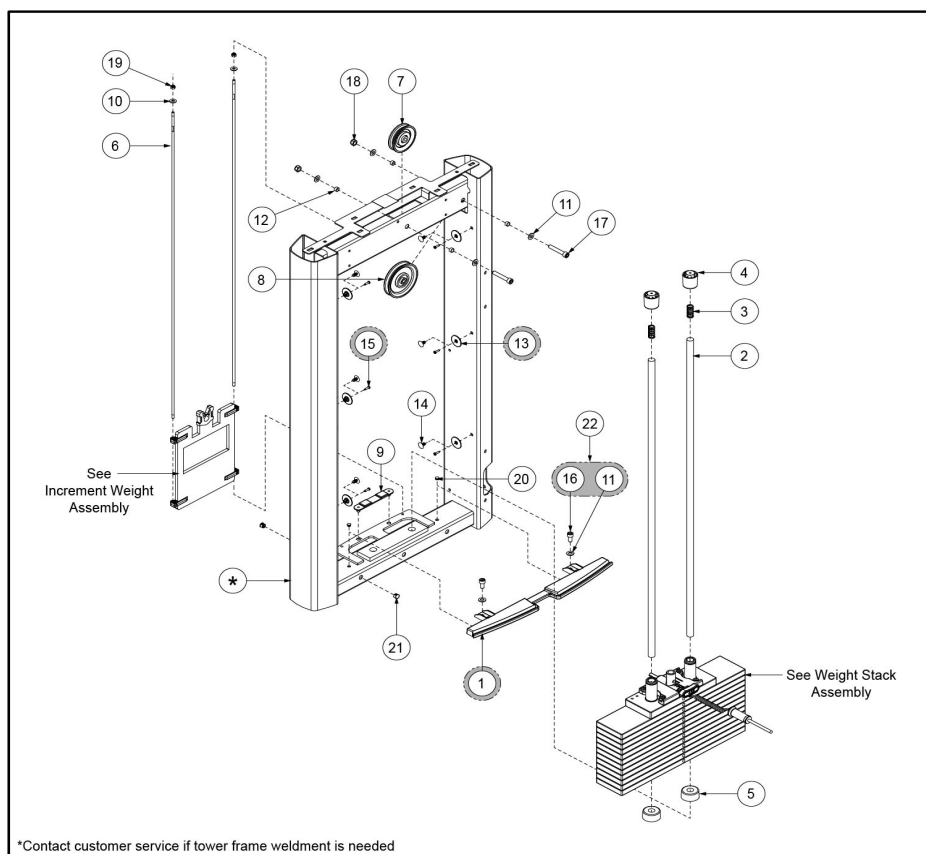
OP-LP Shroud Hardware Pack



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-LP Tower Assembly

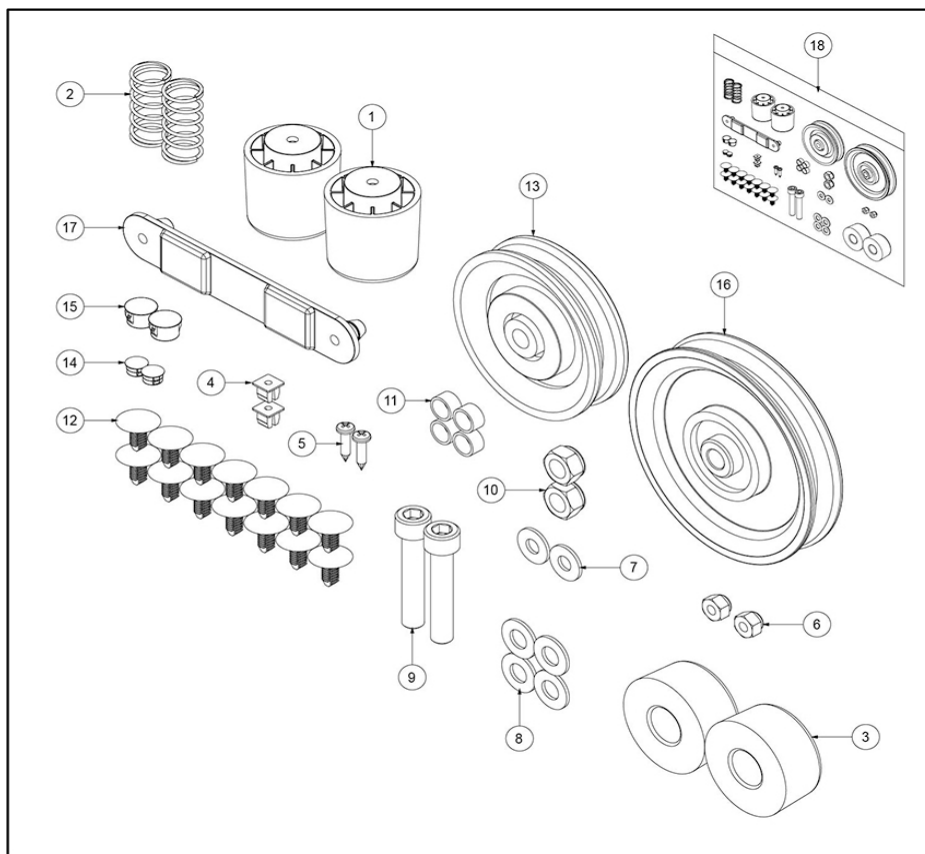


Ref #	Part Number	Qty	Description
1	1012110-0001	1	CAP: BOTTOM, TWR, OP
2	7328626	2	GUIDE ROD, .75 OD SOLID X 43.43
3	1011496-0001	2	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
4	1011495-0001	2	HOUSING: GUIDE ROD, OP
5	7352101	2	CUSHION, WEIGHT STACK
6	1008192-0004	2	GUIDE ROD: 0.25 OD SOLID, 44.84
7	3245702	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	1012950-0001	1	KIT: SHROUD, FRONT, OP, SHORT

Ref #	Part Number	Qty	Description
22	1012950-9001	1	KIT: SHROUD, FRONT, OP, SHORT, PF

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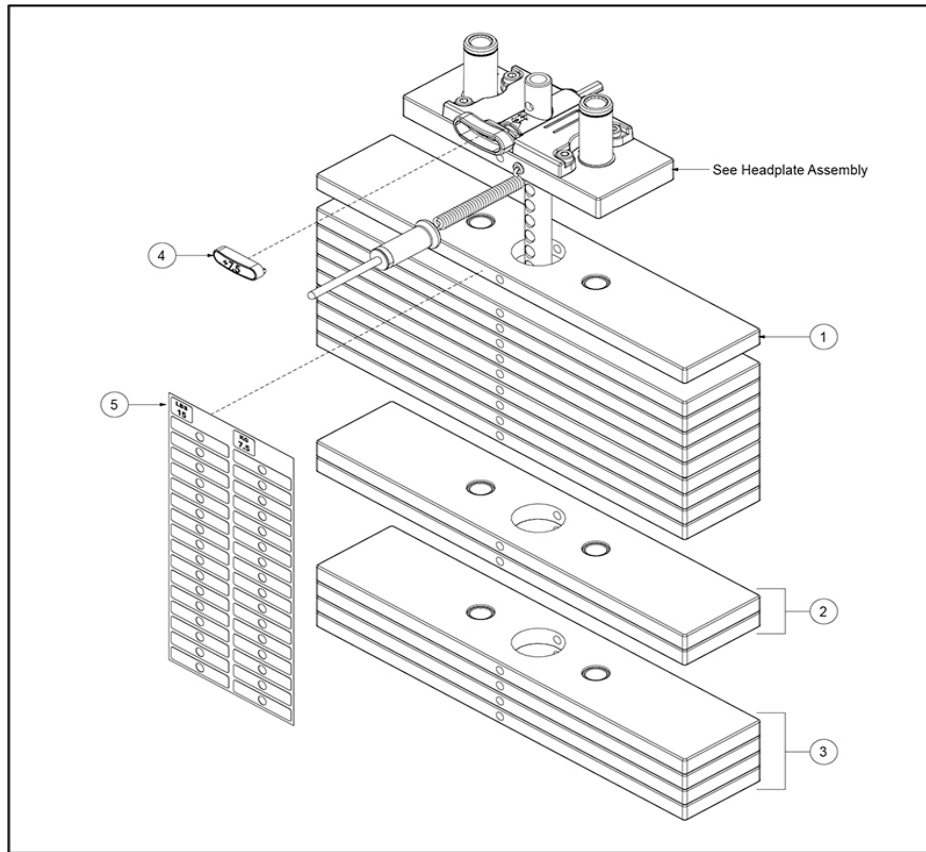
OP-LP Tower Hardware Pack



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-LP Weight Stack Assembly - 16 Plate



Ref #	Part Number	Qty	Description
1	1014560-0001	16	KIT: WEIGHT PLATE, OP, 1 PLATE
2	1014560-0002	8	KIT: WEIGHT PLATE, OP, 2 PLATE
3	1014560-0004	4	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

** 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
- ☐ GROTTO
- ☐ HUNTER GREEN
- ☐ IMPERIAL BLUE
- ☐ NAVY
- ☐ REGIMENTAL BLUE
- ☐ ROYAL BLUE
- ☐ SLATE
- ☐ SUEDE
- ☐ TERRA COTTA
- ☐ WHEAT

UPHOLSTERY



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

FRAME COLOR



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

