

OPTIMA SERIES SHOULDER PRESS

OP-SP

Parts Manual

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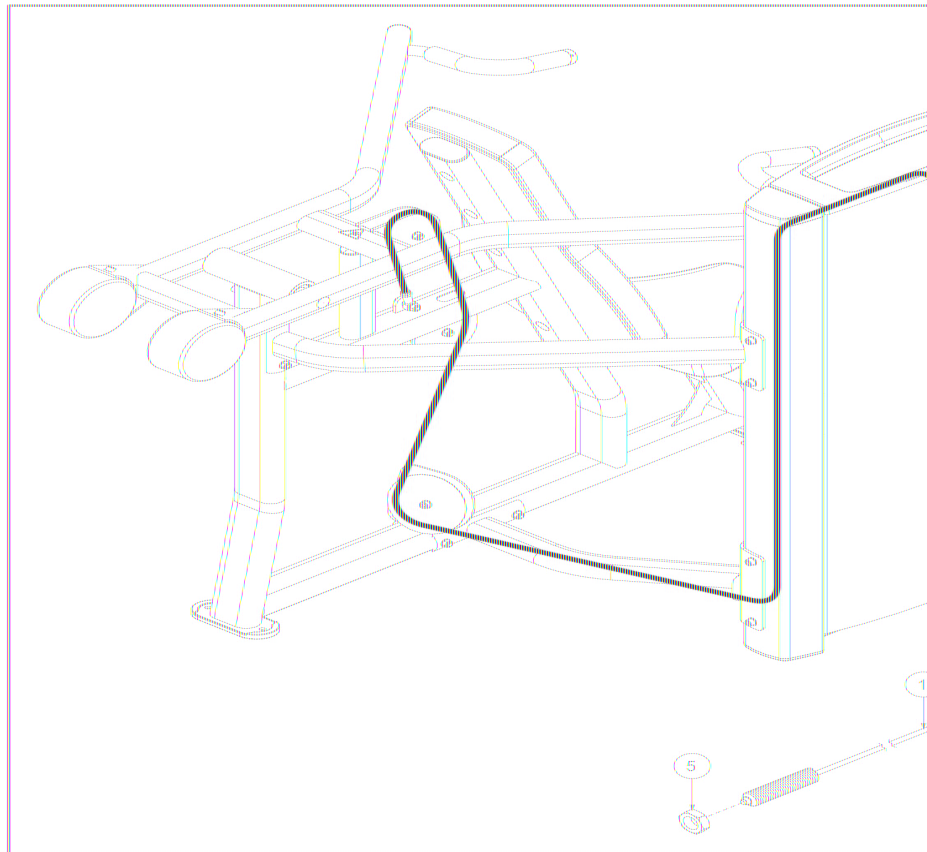


Table of Contents

OP-SP Cable Assembly.....	3
OP-SP Cap and Shroud Assembly.....	4
OP-SP Cross Braces.....	5
OP-SP Hardware Pack.....	6
OP-SP Headplate Assembly - 10 Plate.....	7
OP-SP Increment Weight Assembly - 10 Plate.....	8
OP-SP Main Frame Assembly.....	9
OP-SP Pulley Bracket Assembly.....	11
OP-SP Seat Post Assembly.....	12
OP-SP Shroud Hardware Pack.....	13
OP-SP Tower Assembly.....	14
OP-SP Tower Hardware Pack.....	16
OP-SP Weight Stack Assembly - 10 Plate.....	17
OP-SP Work Arm Assembly.....	18

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

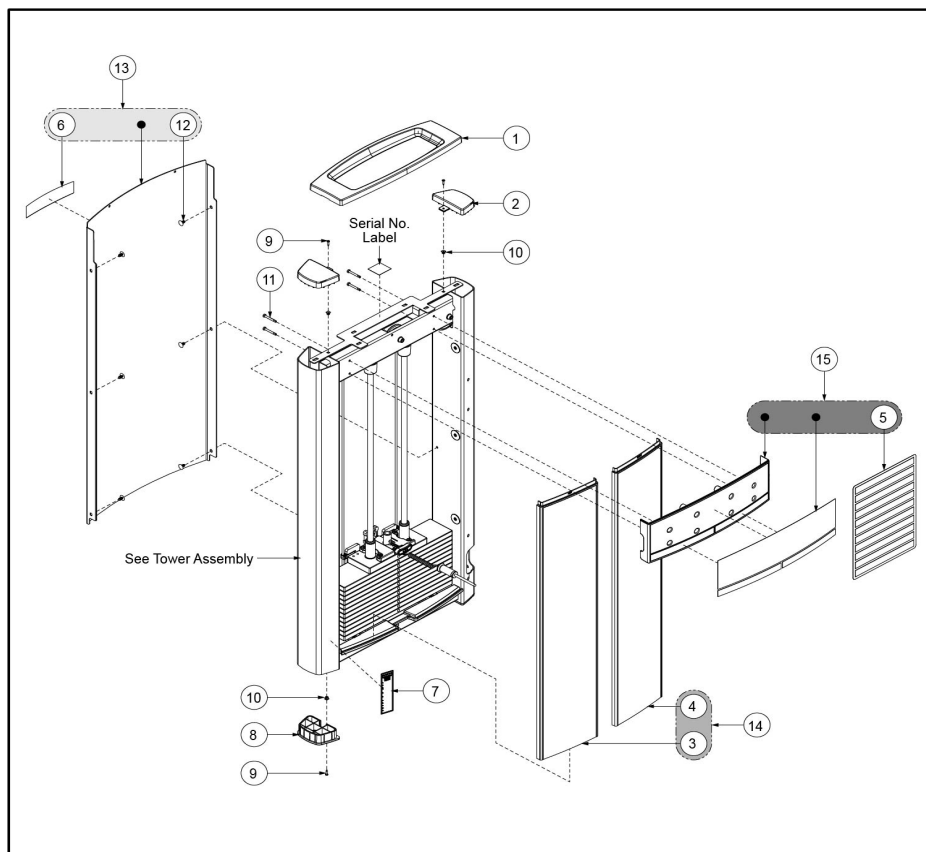
OP-SP Cable Assembly



Ref #	Part Number	Qty	Description
1	1012382-0002	1	CABLE ASSY: OP-SP, TOWER
2	3237901	1	ROD END, METRIC FEMALE
3	7489402	1	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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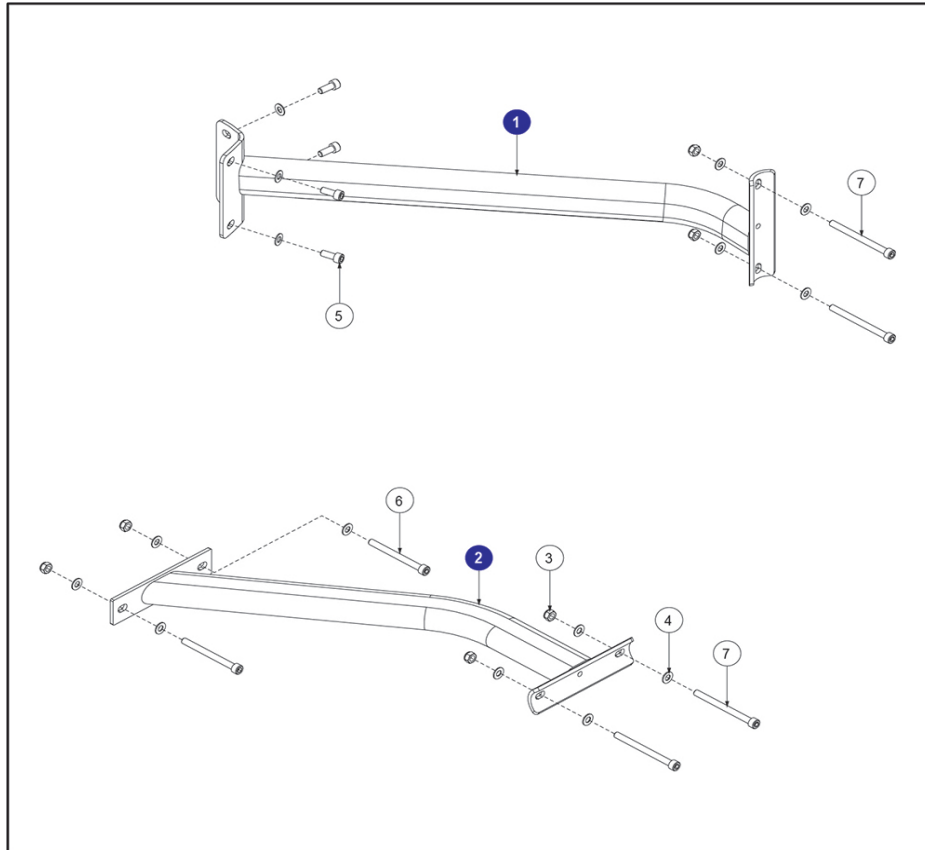
OP-SP Cap and Shroud Assembly



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	1013544-0017	1	DECAL: SHEET, MULTI-LINGUAL, OP-SP
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	1014549-0017	1	KIT: CAP, FRONT, OP-SP

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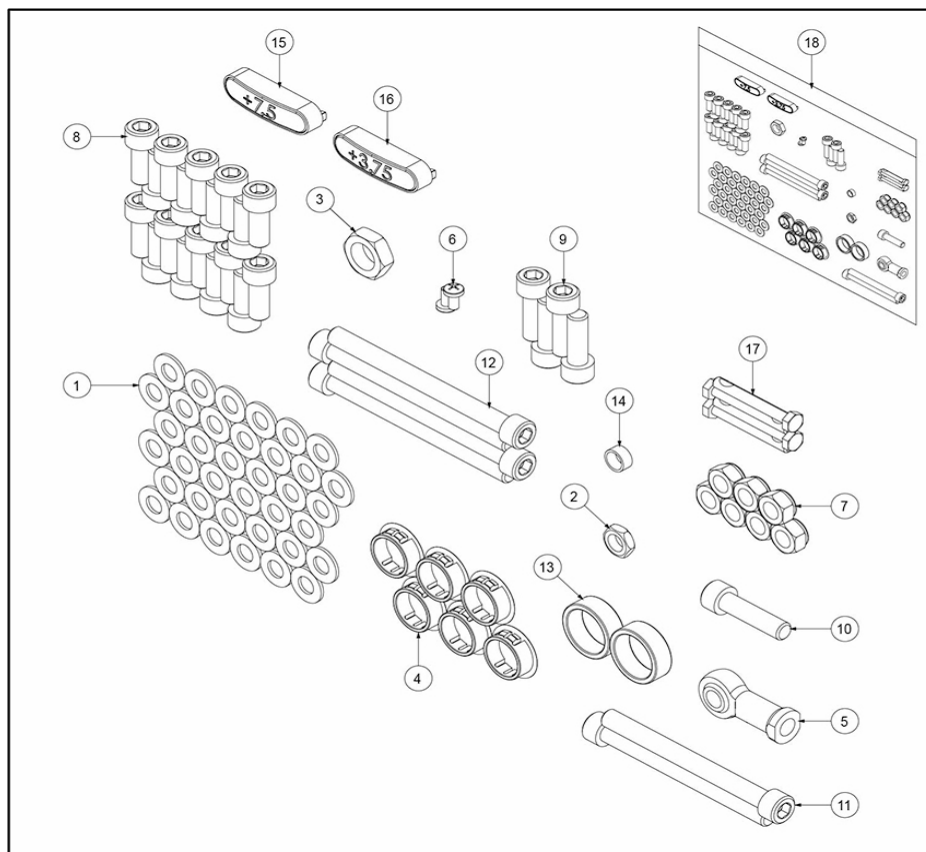
OP-SP Cross Braces



Ref #	Part Number	Qty	Description
1	1011896-0099	1	WELDMENT: UPPER CROSS SUPPORT- Custom
2	1011937-0099	1	WELDMENT: OPSP/OPPD, BOTTOM X-MEM- Custom
3	3242002	6	NUT, M10 X 1.5 HEX NYLOCK
4	3102514	16	WASHER, FLAT 3/8 IN SAE ST ZN
5	LEA3251702	4	SCREW; M10 X1.5 25MM
6	3251718	2	M10 X 1.5 X 110 HXS SOC CS ST ZN
7	3251719	4	M10 X 1.5 X 120 HXS SOC CS ST ZN

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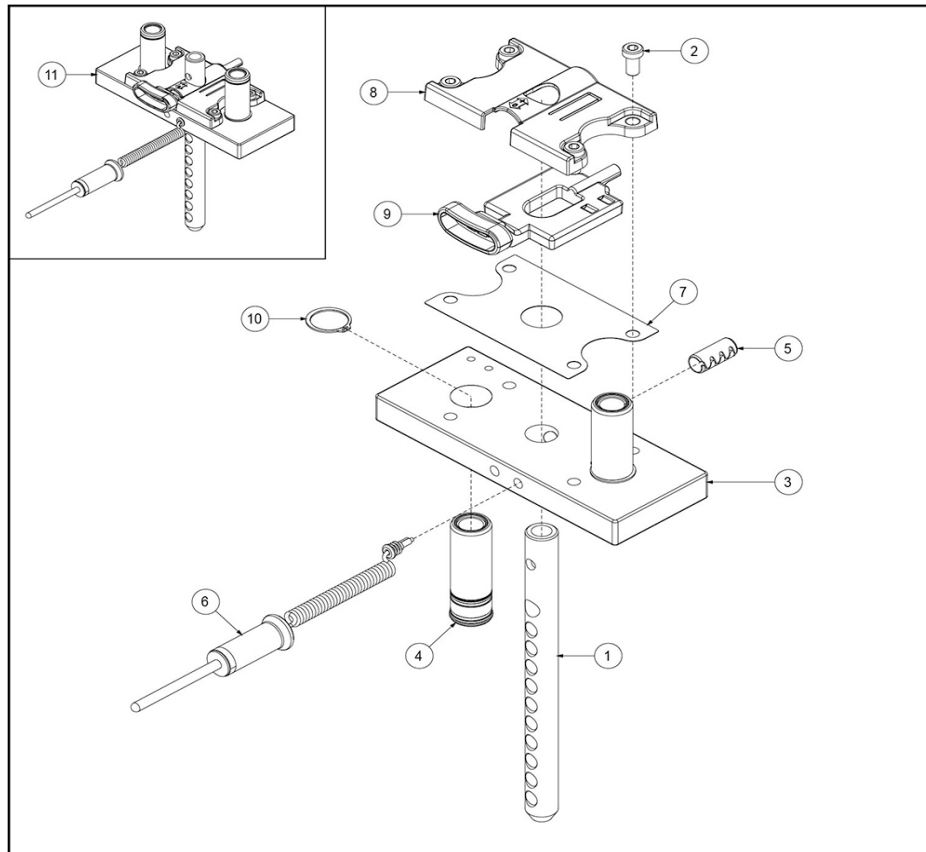
OP-SP Hardware Pack



Ref #	Part Number	Qty	Description
1	3102514	39	WASHER, FLAT 3/8 IN SAE ST ZN
2	3236901	1	NUT, HEX JAM M10 X 1.5 SS
3	3236902	1	NUT, HEX JAM M16 X 2 SS
4	3237407	8	PLUG, 1 IN HOLE
5	3237901	1	ROD END, METRIC FEMALE
6	3239101	2	SCREW,M5 X .8 X 10 PHL PAN TT ST BZ
7	3242002	9	NUT, M10 X 1.5 HEX NYLOCK
8	LEA3251702	18	SCREW; M10 X1.5 25MM
9	3251703	4	M10 X 1.5 30 HXS SOC CS ST ZN
10	3251705	1	M10 X 1.5 X 40 HXS SOC CS ST ZN McMaster 95263A767
11	3251718	2	M10 X 1.5 X 110 HXS SOC CS ST ZN
12	3251719	4	M10 X 1.5 X 120 HXS SOC CS ST ZN
13	7330011	2	SPACER, INTERNAL X .425
14	7489402	1	BSHNG,.500 OD X .402 ID X .235
15	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
16	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
17	1012381-0006	4	SCREW: M6-1, HCS, 55MM
18	1013190-0001	1	ASSEMBLY, OPSP, HARDWARE BAG

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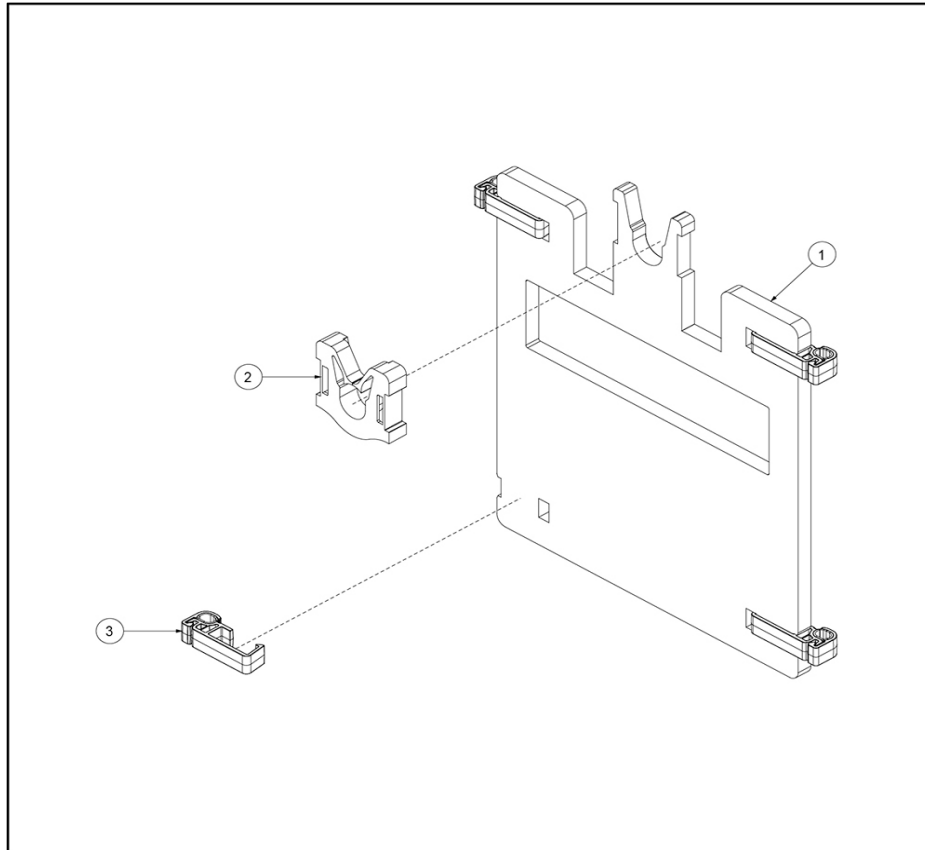
OP-SP Headplate Assembly - 10 Plate



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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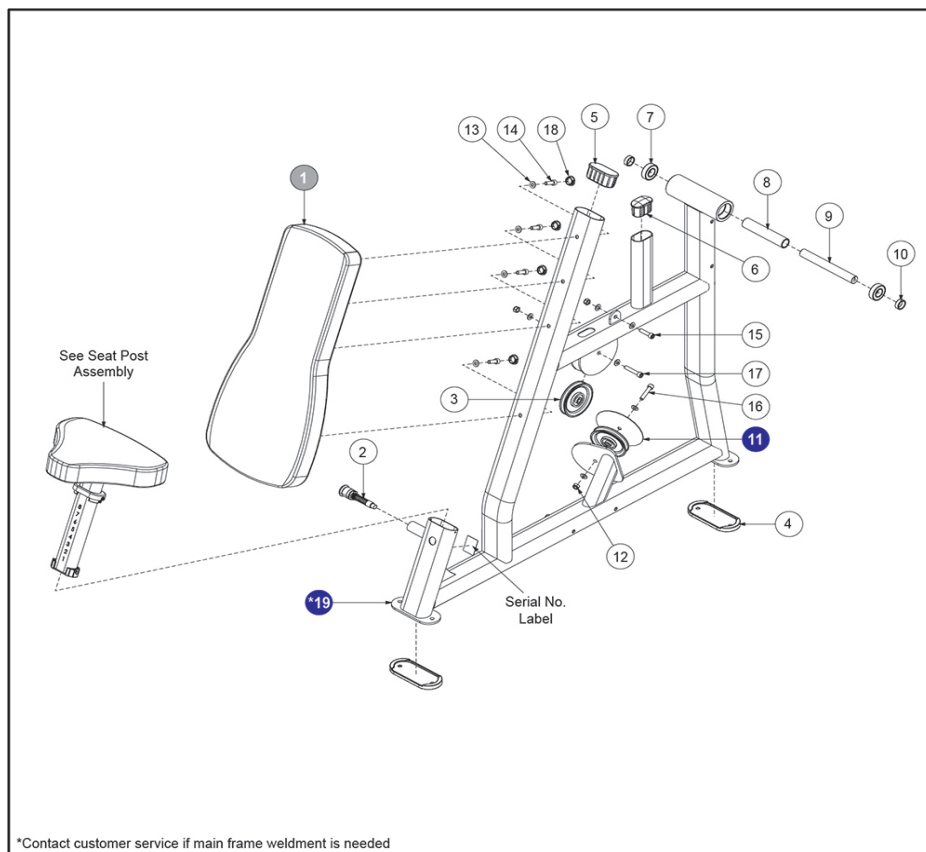
OP-SP Increment Weight Assembly - 10 Plate



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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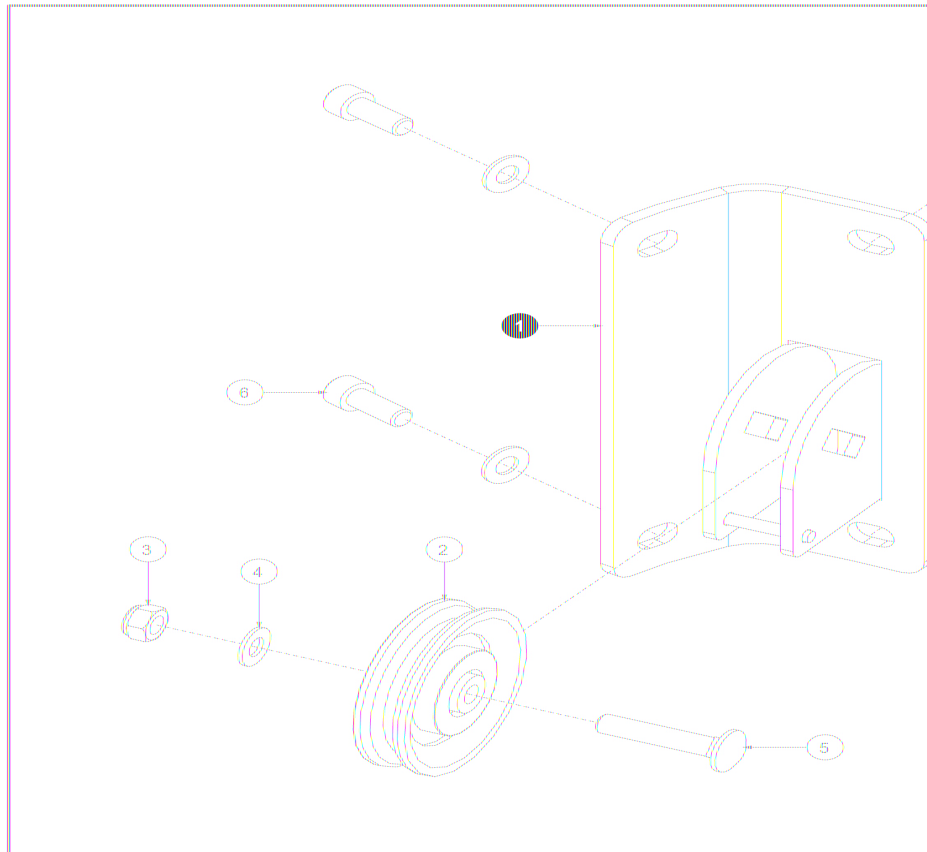
OP-SP Main Frame Assembly



Ref #	Part Number	Qty	Description
1	1012060-0199	1	PAD: BACK, TALL, FLAT - DOUBLE STITCH- Custom
1	1012060-0099	1	PAD: BACK, TALL, FLAT - SINGLE STITCH- Custom
2	1012642-0001	1	ASSY, OP, SPRING PIN
3	9319901	2	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
4	8474502	2	FOOT, OPTIMA -BLK
5	8012902	1	CAP, MFLOV END -CHR
6	7800502	1	CAP, SML FLOV END -CHR
7	3235601	2	BEARING, 6205 BALL
8	7330005	1	SPACER, INTERNAL X 6.265
9	7316504	1	SHAFT, 25MM X 8.250
10	7330011	2	SPACER, INTERNAL X .425
11	8514599	1	PLATE, OS PULLEY COVER, Custom
12	3242002	3	NUT, M10 X 1.5 HEX NYLOCK
13	3102514	10	WASHER, FLAT 3/8 IN SAE ST ZN
14	3251703	4	M10 X 1.5 30 HXS SOC CS ST ZN
15	3251705	1	M10 X 1.5 X 40 HXS SOC CS ST ZN McMaster 95263A767
16	3251707	1	M10 X 1.5 X 50 HXS SOC CS ST ZN
17	3251708	1	M10 X 1.5 X 55 HXS SOC CS ST ZN
18	3237407	4	PLUG, 1 IN HOLE
19	1012428-0099	1	WELDMENT: MAIN FRAME, Custom

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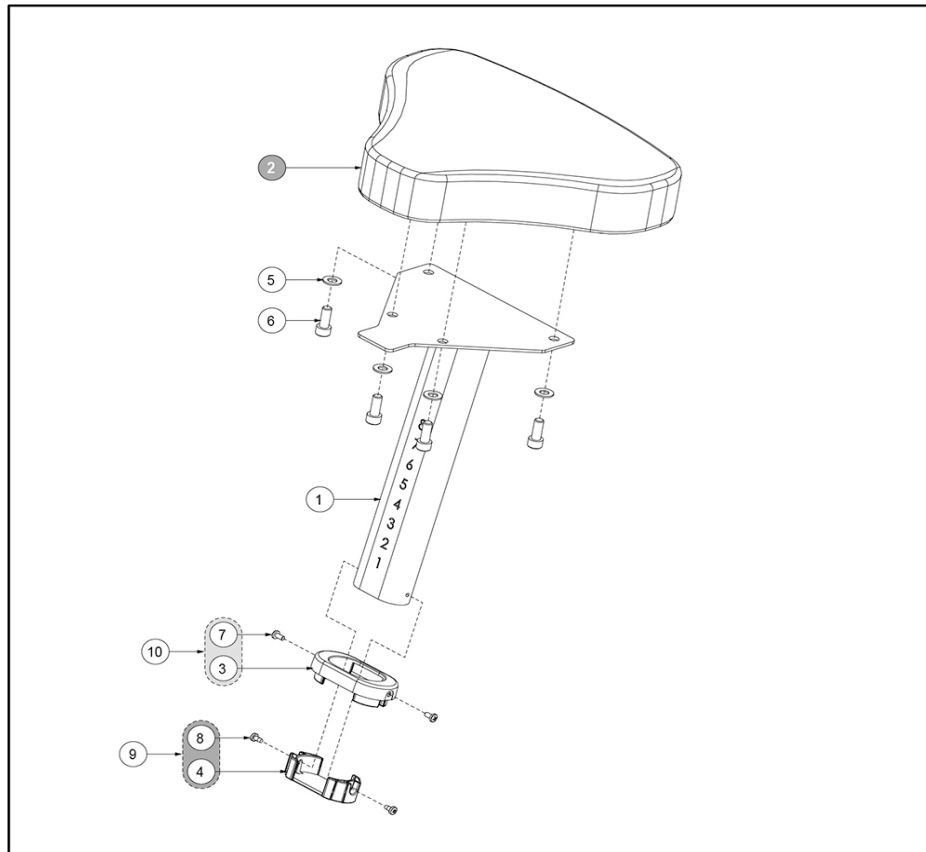
OP-SP Pulley Bracket Assembly



Ref #	Part Number	Qty	Description
1	1011979-0099	1	WELDMENT: LOWER PULLEY BRACKET, Custom
2	3245702	1	PULLEY, 3.5IN OD, 10MM ID
3	3242002	1	NUT, M10 X 1.5 HEX NYLOCK
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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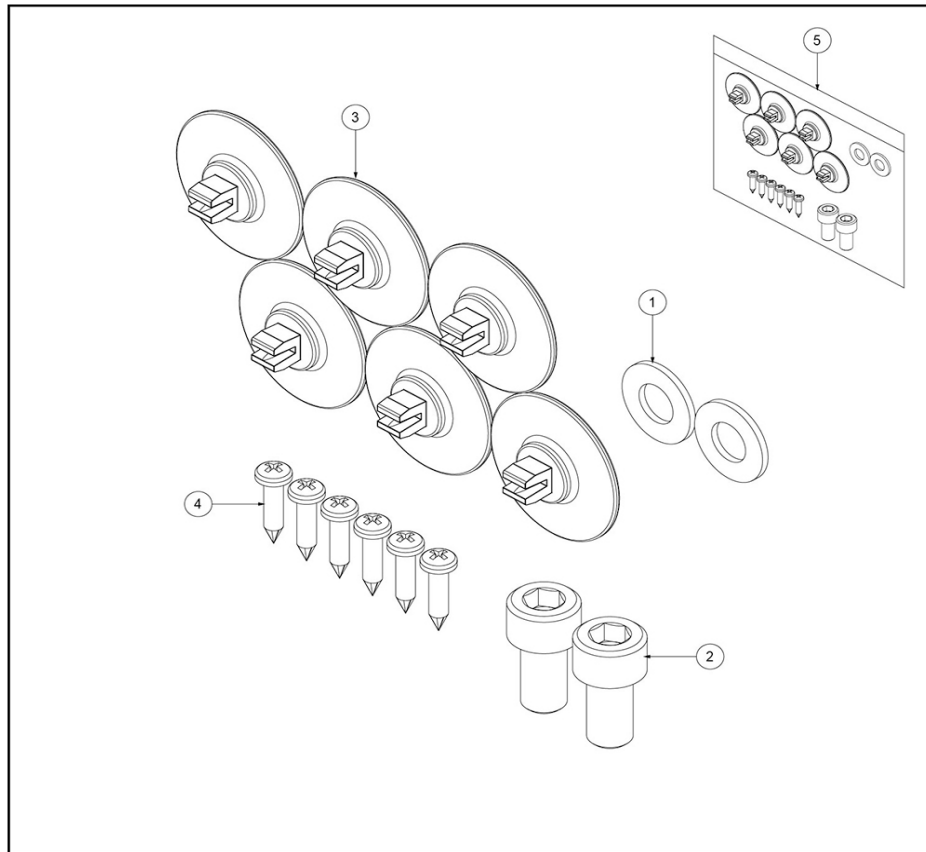
OP-SP Seat Post Assembly



Ref #	Part Number	Qty	Description
1	1011884-0001	1	WELDMENT: OPSP, SEAT
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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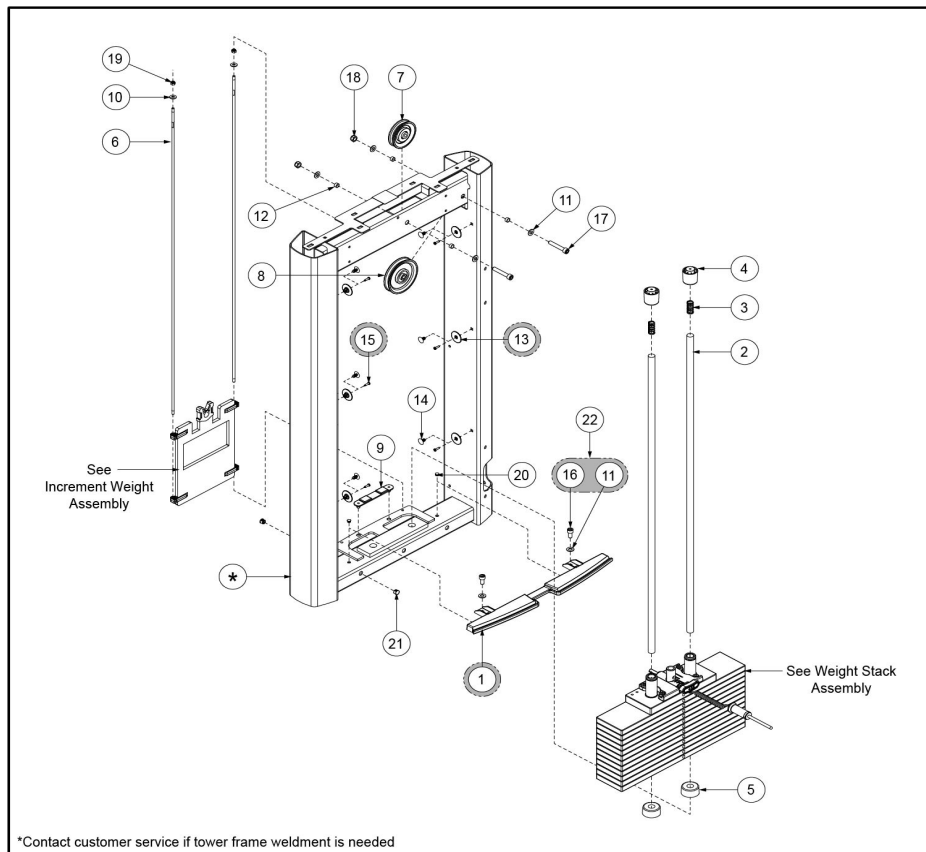
OP-SP Shroud Hardware Pack



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-SP Tower Assembly

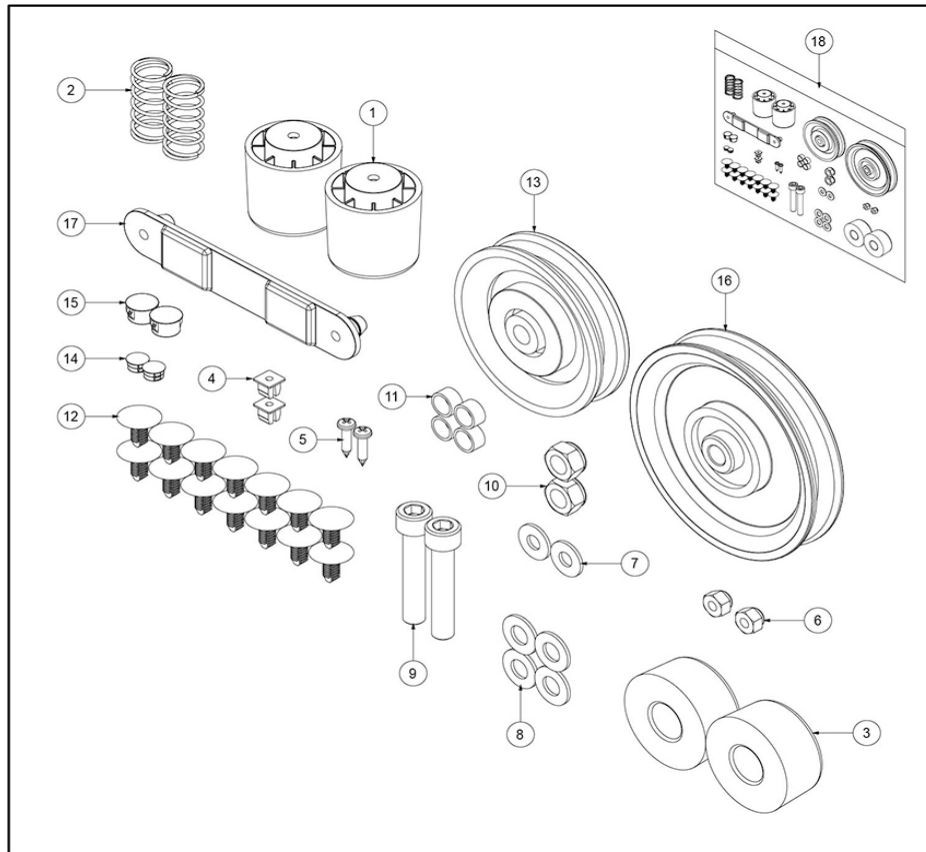


Ref #	Part Number	Qty	Description
1	1012110-0001	1	CAP: BOTTOM, TWR, OP
2	7328626	2	GUIDE ROD, .75 OD SOLID X 43.43
3	1011496-0001	2	SPRING: 0.72IN OD, 0.596IN ID, 1.50IN LG
4	1011495-0001	2	HOUSING: GUIDE ROD, OP
5	7352101	2	CUSHION, WEIGHT STACK
6	1008192-0004	2	GUIDE ROD: 0.25 OD SOLID, 44.84
7	3245702	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	3242002	2	NUT, M10 X 1.5 HEX NYLOCK
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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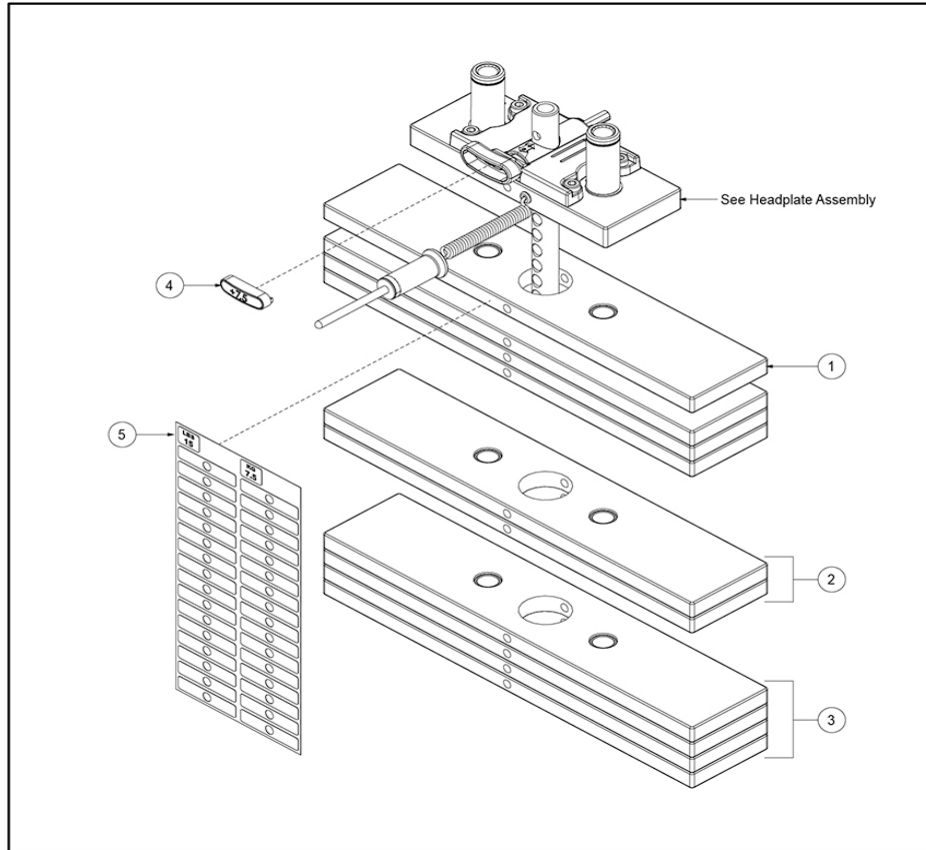
OP-SP Tower Hardware Pack



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	3242002	2	NUT, M10 X 1.5 HEX NYLOCK
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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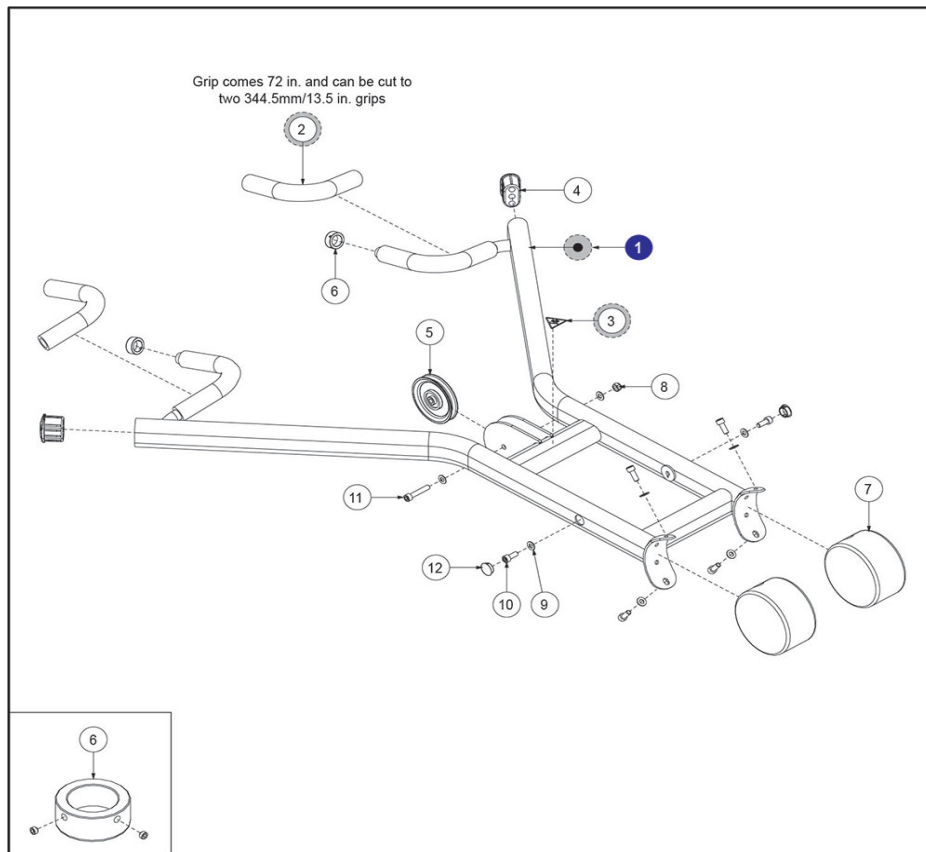
OP-SP Weight Stack Assembly - 10 Plate



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	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
4	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
5	1013156-0001	1	DECAL: WGT STK, 255LB/127.5KG

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OP-SP Work Arm Assembly



Ref #	Part Number	Qty	Description
1	1014535-0099	1	KIT: WORK ARM, PTD- Custom
2	3235807	1	GRIP, 1.50 OD X .25 WALL OPEN END
3	8039501	1	LABEL, WARNING TRIANGLE
4	7800502	2	CAP, SML FLOV END -CHR
5	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
6	7662902	2	CAP, GRIP 1.50 OD, 10-0133-026, BNR
7	7802002	2	COUNTER WEIGHT, LARGE-COATED
8	3242002	1	NUT, M10 X 1.5 HEX NYLOCK
9	3102514	8	WASHER, FLAT 3/8 IN SAE ST ZN
10	LEA3251702	6	SCREW; M10 X1.5 25MM
11	3251708	1	M10 X 1.5 X 55 HXS SOC CS ST ZN
12	3237407	2	PLUG, 1 IN HOLE

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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

- 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.

