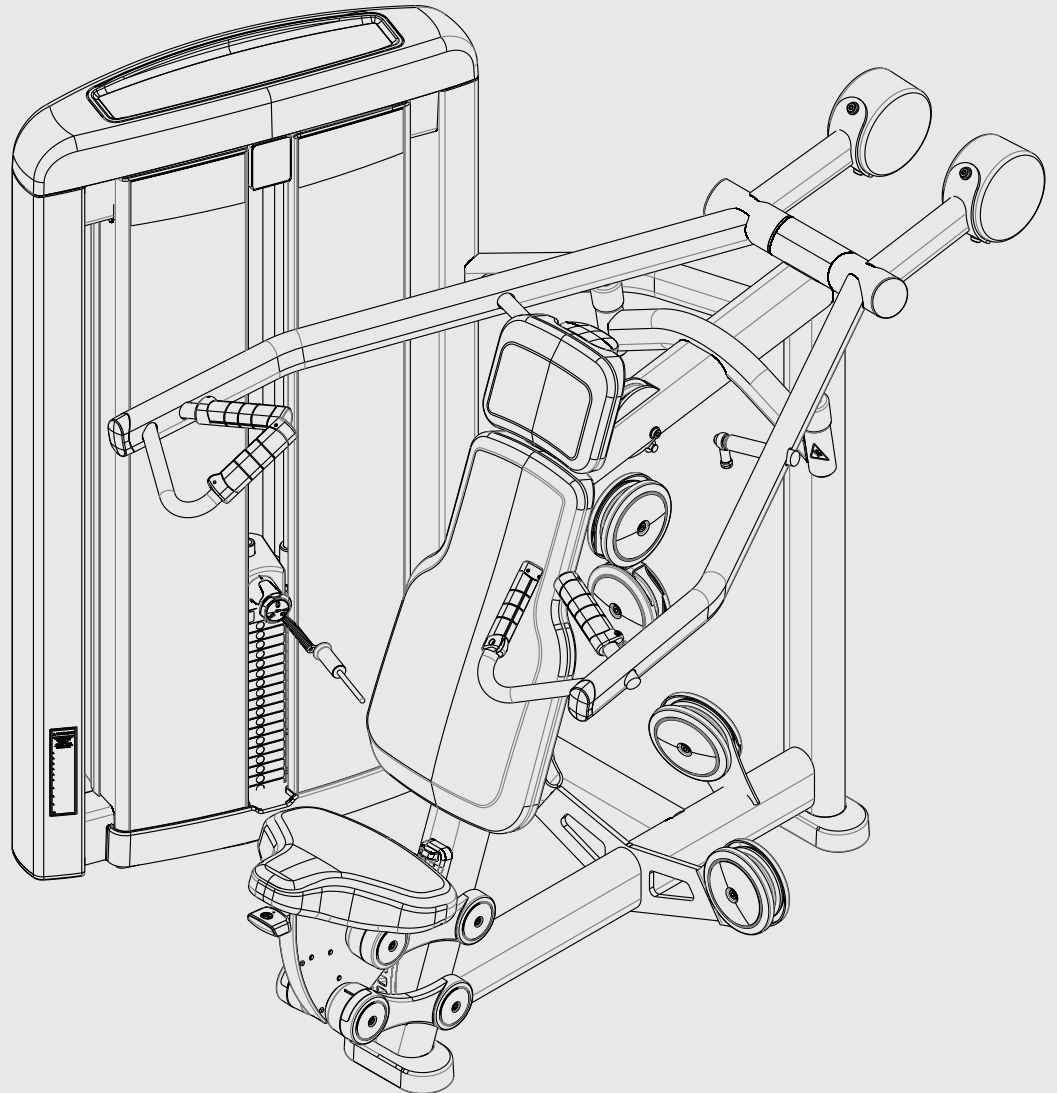


INSIGNIA SERIES  
SHOULDER PRESS  
SS-SP  
PARTS MANUAL



# Insignia Series Shoulder Press

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# Insignia Series Shoulder Press

## Options and Key

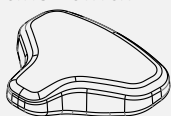
### FRAME OPTION

SELECT POWDERCOAT COLOR

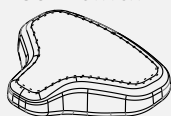
- WHITE
- PLATINUM
- BLACK
- MIDNIGHT METALLIC
- NICKEL
- ICE BLUE METALLIC
- RED
- BLUE
- YELLOW
- CANDY APPLE RED
- ELECTRIC BLUE
- CHARCOAL
- MOCHA SAND
- TITANIUM
- DIAMOND WHITE
- CUSTOM

### UPHOLSTERY OPTION

SINGLE STITCH



DOUBLE STITCH



SELECT UPHOLSTERY COLOR

- BLACK
- ROYAL BLUE
- SLATE
- CRANBERRY
- NORTHWOODS GREEN
- SPACE BLUE
- AMERICAN BEAUTY RED
- SUEDE
- HUNTER GREEN
- REGIMENTAL BLUE
- CONCORD
- TURQUOISE
- CROCUS
- AZURE
- WHEAT
- GRAPHITE
- GROTTO
- JADE
- EMERALD
- CANDLY APPLE RED
- BURGUNDY
- PLUM
- NAVY
- IMPERIAL BLUE
- CHESTNUT
- PAPRIKA
- TERRA COTTA
- DOVE GRAY
- PUTTY
- GUN METAL
- CUSTOM

### LANGUAGE OPTION

SELECT LANGUAGE

- 01 ENGLISH
- 02 GERMAN
- 03 FRENCH
- 04 SPANISH
- 05 ITALIAN
- 06 DUTCH
- 07 JAPANESE
- 08 PORTUGUESE
- 10 RUSSIAN
- 11 TURKISH
- 12 CHINESE
- 13 ARABIC

### WEIGHT STACK OPTION

- T - BASE STACK
- C - LIGHT STACK
- X - HEAVY STACK
  
- POUNDS
- KILOGRAMS

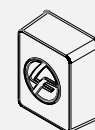
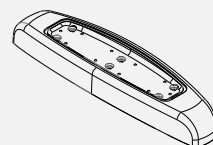
### SHROUD WRAP OPTION

- FULL SHROUD
- BAMBOO
- SKY
- BRONZE
- STEM
- ROSEWOOD
- STAINLESS STEEL

### TRIM OPTION

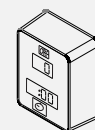
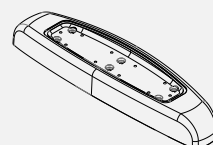
S

PLASTIC TOWER CAP  
STANDARD GRIP  
NO REP COUNTER



L

PAINTED CAST TOWER CAP  
ERGO GRIP  
REP COUNTER



### KEY

LANGUAGE ① ② ③

Items with Black call-outs require the last two digits (XX) to be replaced with language codes listed above. IE: 12345XX should be 1234501 for English.

UPHOLSTERY ① ② ③

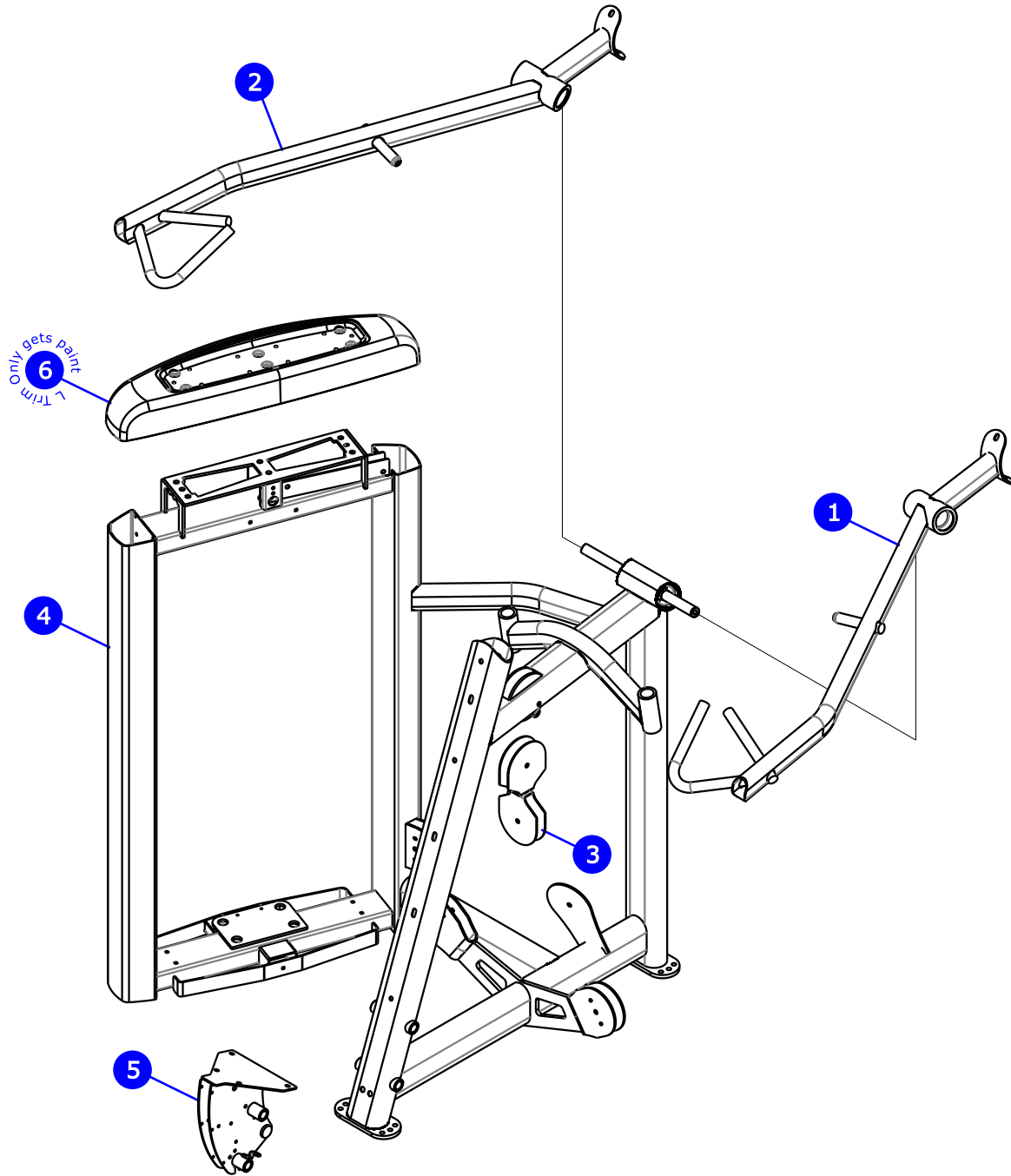
Items with Gray call-outs require the upholstery color within the order notes. IE: Putty.

FRAME COLOR ① ② ③

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

# Insignia Series Shoulder Press

## Powder Coat Painted Frame Weldments



| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                  | TRIM |   |
|----------|------|--------------|------------------------------|------|---|
| 1        | 1    | 9335699      | WLDMT, SS-SP PRESS ARM LH    | S    | L |
| 2        | 1    | 9336199      | WLDMT, SS-SP PRESS ARM RH    | S    | L |
| 3        | 1    | 9337599      | WLDMT, DOUBLE PULLEY         | S    | L |
| 4        | 1    | POSSIBLE RMA | WLDMT, SS-SP FRAME           | S    | L |
| 5        | 1    | 9401299      | WLDMT, SS-FRONT SEAT SUPPORT | S    | L |
| 6        | 1    | 9412699      | CAP, TOWER -TOP              | -    | L |

**ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 3 FOR ORDERING INSTRUCTIONS.**

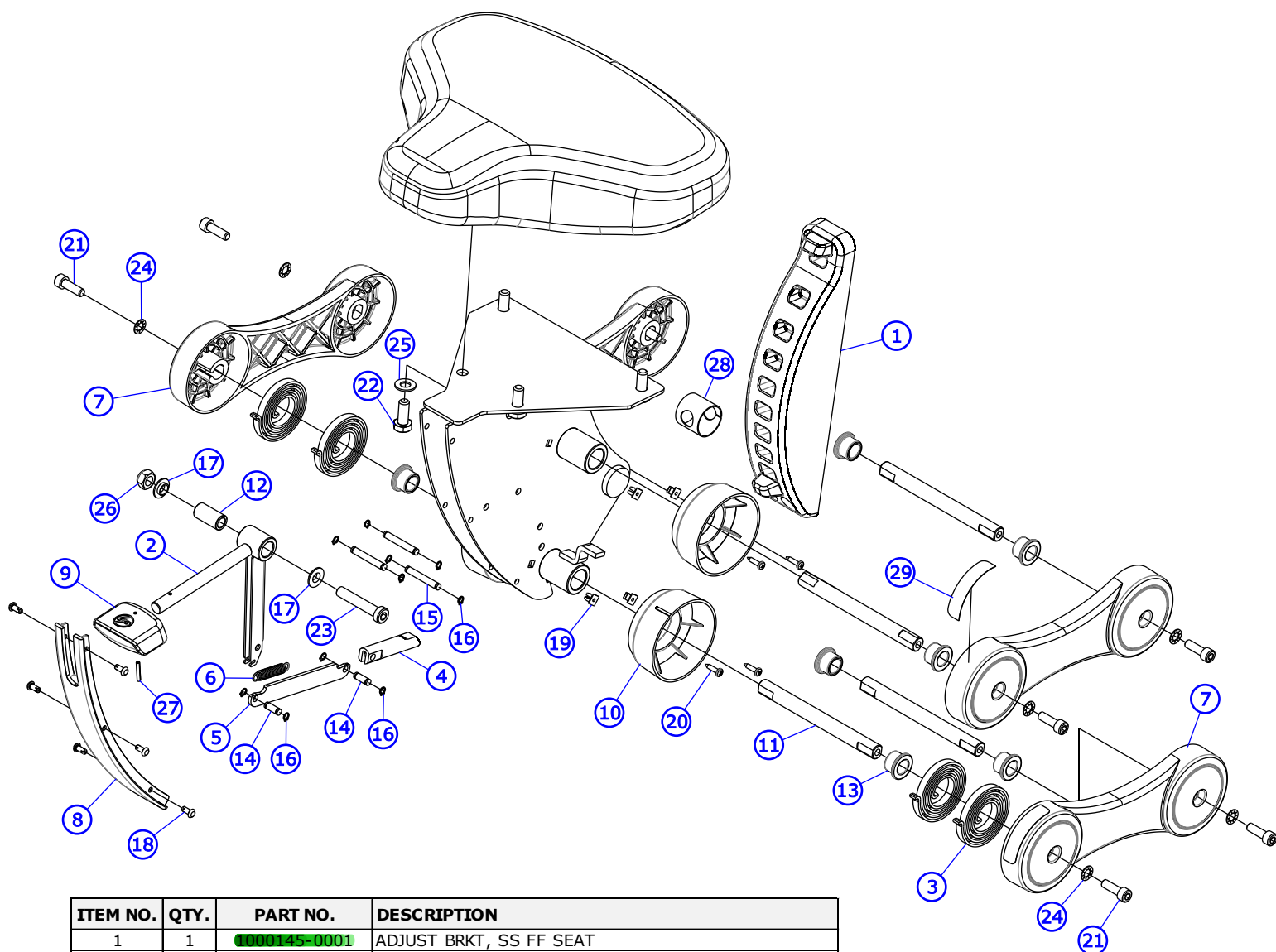




# Insignia Series Shoulder Press Table

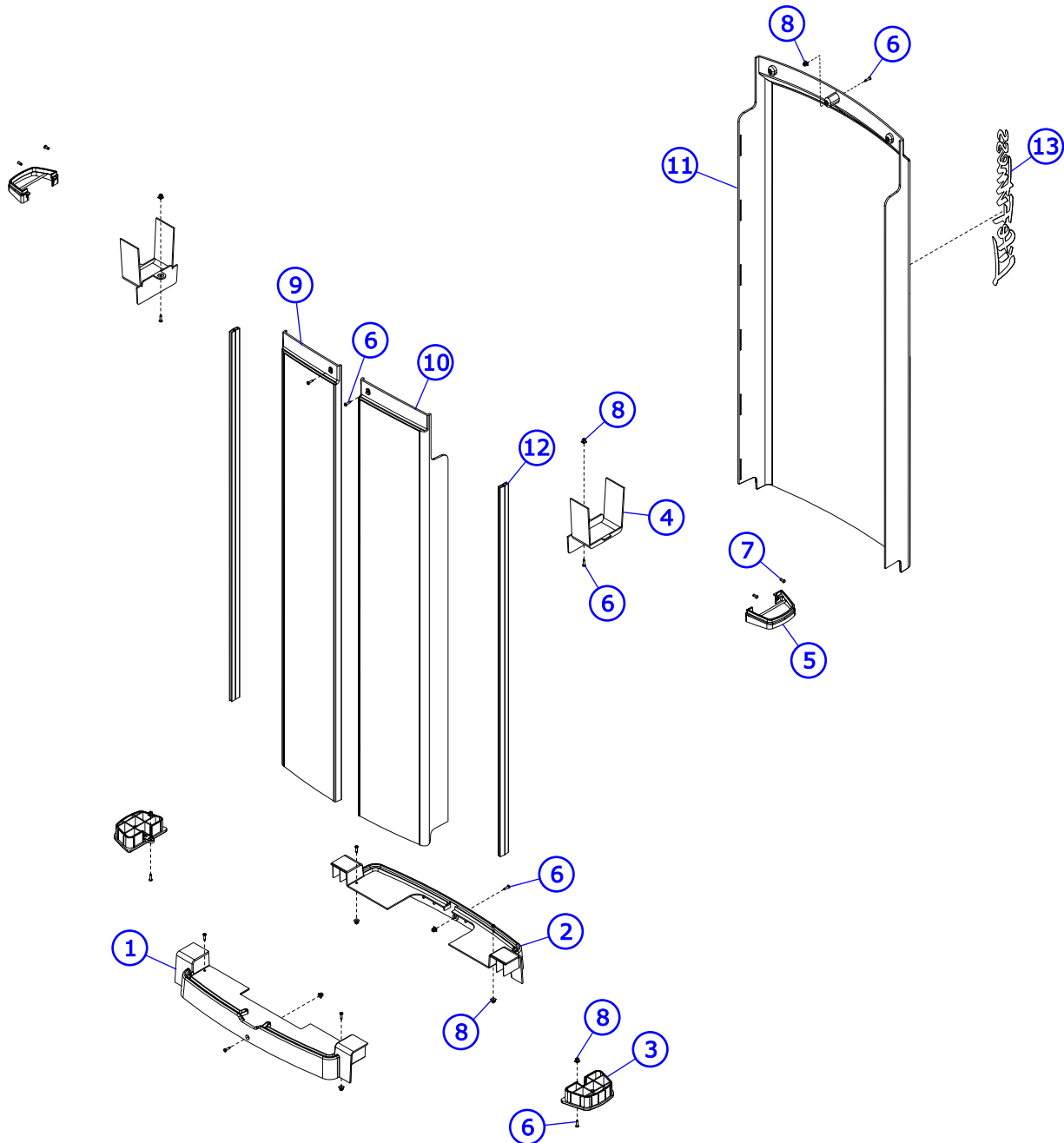
| ITEM NO. | QTY. | PART NUMBER  | DESCRIPTION                                     | TRIM |   |
|----------|------|--------------|---|------|---|
| 1        | 2    | 3119306      | CAP, END 1.50 DIA RD 8-12 GA                    | S    | L |
| 2        | 1    | 3221701      | E-RING, EXTERNAL 3/8                            | S    | L |
| 3        | 4    | 3235601      | BEARING, 6205 BALL                              | S    | L |
| 4        | 10   | 3236202      | SCREW, M10 X1.5 25MM                            | S    | L |
| 5        | 4    | 3236207      | SCREW, M10 X1.5 50MM                            | S    | L |
| 6        | 1    | 3236201      | SCREW, M10 X1.5 20MM                            | S    | L |
| 7        | 4    | 3236206      | SCREW, M10 X1.5 45MM                            | S    | L |
| 8        | 2    | 3236204      | SCREW, M10 X1.5 35MM                            | S    | L |
| 9        | 2    | 3236208      | SCREW, M10 X1.5 55MM                            | S    | L |
| 10       | 2    | 3275507      | SCREW, M10 X 1.5 X 50 SHCS, LOW HEAD -NO PATCH  | S    | L |
| 11       | 1    | 3275520      | SCREW, M10 X 1.5 X 130 SHCS, LOW HEAD -NO PATCH | S    | L |
| 12       | 24   | 3236601      | WASHER, 3/8 SAE SS                              | S    | L |
| 13       | 2    | 3236701      | WASHER, FENDER 3/8" ID X 1.5" OD SS             | S    | L |
| 14       | 3    | 3236801      | NUT, M10 HEX NYLOCK SS                          | S    | L |
| 15       | 2    | 3236901      | NUT, HEX JAM M10 X 1.5 SS                       | S    | L |
| 16       | 6    | 3237407      | PLUG, 1" HOLE                                   | S    | L |
| 17       | 2    | 3237901      | ROD END, METRIC FEMALE                          | S    | L |
| 18       | 2    | 3238601      | M10X1.5 BLIND THREADED INSERT (HEX)             | S    | L |
| 19       | 5    | 3251204      | SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN         | S    | L |
| 20       | 4    | 3251202      | SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN         | S    | L |
| 21       | 4    | 3275401      | M10X1.5 BLIND THREADED INSERT (HEX) -HVY        | S    | L |
| 22       | 1    | 6757701      | CLIP, CABLE 2-7/8 X 1 X 1                       | S    | L |
| 23       | 2    | 7308702      | CAP, BEARING HOUSING                            | S    | L |
| 24       | 1    | 7318201      | PLATE, PULLEY                                   | S    | L |
| 25       | 2    | 7330002      | SPACER, INTERNAL X .653                         | S    | L |
| 26       | 2    | 7330003      | SPACER, INTERNAL X 3.265                        | S    | L |
| 27       | 2    | 7333802      | CAP, SMALL FLOV- END                            | S    | L |
| 28       | 1    | 7333902      | CAP, LARGE FLOV- END                            | S    | L |
| 29       | 6    | 7335401      | NUT, M10 X 1.5 SOCKET HEAD                      | S    | L |
| 30       | 2    | 7347301      | NUT, SPIDER M10 X 1.5                           | S    | L |
| 31       | 2    | 7802002      | COUNTER WEIGHT, LARGE - COATED                  | S    | L |
| 32       | 1    | 8094102      | COVER, PULLEY-BOLTED PARTIAL -CHGR              | S    | L |
| 33       | 1    | 8102902      | COVER, PULLEY-BOLTED FULL                       | S    | L |
| 34       | 9    | 8104502      | COVER, PULLEY-BOLTED NOTCHED                    | S    | L |
| 35       | 1    | 8669401      | PIN, CABLE CLEVIS                               | S    | L |
| 36       | 2    | 9319301      | FOOT, 2.50 X 4.49 FLOV                          | S    | L |
| 37       | 1    | 9319401      | COVER, FOOT - STRAIGHT                          | S    | L |
| 38       | 9    | 9319901      | PULLEY, 4.5" OD                                 | S    | L |
| 39       | 1    | 9343201      | CABLE, SS-SP                                    | S    | L |
| 40       | 1    | 9411201      | TRAY, TOWER TOP CAP                             | S    | L |
| 41       | 2    | 9414501      | BUMPER, HARD STOP                               | S    | L |
| 42       | 1    | 1000016-0001 | PAD, SEAT SADDLE BLK, SNGL STITCH               | S    | L |
|          |      | 1000016-0099 | PAD, SEAT SADDLE CUS, SNGL STITCH               |      |   |
|          |      | 1000016-0101 | PAD, SEAT SADDLE BLK, DBL STITCH                |      |   |
|          |      | 1000016-0199 | PAD, SEAT SADDLE CUS, DBL STITCH                |      |   |
| 43       | 1    | 9450002      | COVER, PULLEY-BOLTED PARTIAL                    | S    | L |
| 44       | 4    | 9455101      | SHIM, 1.75" OD X .44" ID                        | S    | L |
| 45       | 1    | 9477701      | LABEL, SS-SP PLACARD, RH                        | S    | L |
| 46       | 1    | 9466101      | LABEL, SS-SP PLACARD, LH                        | S    | L |
| 47       | 1    | -            | LABEL, SERIAL NUMBER, BLANK                     | S    | L |
| 48       | 1    | 9488901      | LABEL, INSIGNIA, FCC                            | S    | L |
| 49       | 4    | 3254705      | NUT, M12 X 1.00 HEX ZINC                        | S    | L |
| 50       | 1    | 9461401      | COVER, FOOT - 20 deg                            | S    | L |
| 51       | 1    | 8220099      | LABEL, ASTM, SELECT VERT                        | S    | L |
| 52       | 1    | 1000017-0001 | PAD, HEAD REST BLK, SNGL STITCH                 | S    | L |
|          |      | 1000017-0099 | PAD, HEAD REST CUS, SNGL STITCH                 |      |   |
|          |      | 1000017-0101 | PAD, HEAD REST BLK, DBL STITCH                  |      |   |
|          |      | 1000017-0199 | PAD, HEAD REST CUS, DBL STITCH                  |      |   |
| 53       |      | 9436701      | CAP, TOWER, TOP, PLASTIC                        | S    | - |
| 54       | 1    | 1000018-0001 | PAD, LARGE BACK BLK, SNGL STITCH                | S    | L |
|          |      | 1000018-0099 | PAD, LARGE BACK CUS, SNGL STITCH                |      |   |
|          |      | 1000018-0101 | PAD, LARGE BACK BLK, DBL STITCH                 |      |   |
|          |      | 1000018-0199 | PAD, LARGE BACK CUS, DBL STITCH                 |      |   |
| 55       | 6    | 7630101      | RETAINER, CM/MJ, PULLEY                         | S    | L |
| 56       | 2    | 8089501      | LABEL, WARNING, TRIANGLE, 10-0099-067, BNR      | S    | L |

# Insignia Series Shoulder Press Seat Assembly



| ITEM NO. | QTY. | PART NO.        | DESCRIPTION                                    |
|----------|------|-----------------|--|
| 1        | 1    | 000145-0001     | ADJUST BRKT, SS FF SEAT                        |
| 2        | 1    | 9401428         | WLDMT, SS-FRONT SEAT HANDLE CHR                |
| 3        | 4    | 9365401         | SPRING, SPIRAL TORSION                         |
| 4        | 1    | 9401101         | PULLPIN, SS-SEAT                               |
| 5        | 1    | 9401001         | PLATE, SS-SEAT HANDLE CONNECT                  |
| 6        | 1    | 9239201         | SPRING, EXT, .375 X .049 X 2.00                |
| 7        | 4    | 9365228         | SEAT LINK, CAST, CHR                           |
| 8        | 1    | 9402201         | GUARD, SS-SEAT                                 |
| 9        | 1    | 9402503         | HANDLE, SS-SEAT                                |
| 10       | 4    | 9402801         | RING, SS-SEAT                                  |
| 11       | 4    | 9448401         | SHAFT, SS-SEAT, 15MM                           |
| 12       | 1    | 9776501         | SHAFT, .625 X .406 X 1.200                     |
| 13       | 8    | 9275004         | BEARING, FLANGE, METRIC 15MM                   |
| 14       | 2    | 7407501         | PIN, LINK                                      |
| 15       | 3    | 7407502         | PIN, LINK                                      |
| 16       | 10   | 9232401         | RING, RETAINING, EXTERNAL                      |
| 17       | 2    | 7776401         | SPACER, FLANGE .406 X .495 X .81               |
| 18       | 6    | 0017-00101-1587 | RVT 201X0413X.354 T NY NO                      |
| 19       | 8    | 9232401-1147    | GROMMET: SCREW; 8 OR 10                        |
| 20       | 8    | 3275801         | SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB            |
| 21       | 8    | 9276202         | SCREW, M8 X1.25 X 25MM                         |
| 22       | 4    | 9251202         | SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN        |
| 23       | 1    | 3275508         | SCREW, M10 X 1.5 X 55 SHCS, LOW HEAD -NO PATCH |
| 24       | 8    | 3239502         | WSH, .312 IN-D ST ZN                           |
| 25       | 4    | 9236601         | WASHER, 3/8 SAE SS                             |
| 26       | 1    | 9236801         | NUT, M10 HEX NYLOCK SS                         |
| 27       | 1    | 9110010         | ROLL PIN, 1/8 X 7/8                            |
| 28       | 1    | 9485701         | PAINT GUARD, PIN HOUSING                       |
| 29       | 1    | 9480601         | LABEL; SEAT POSITION, LARGE                    |

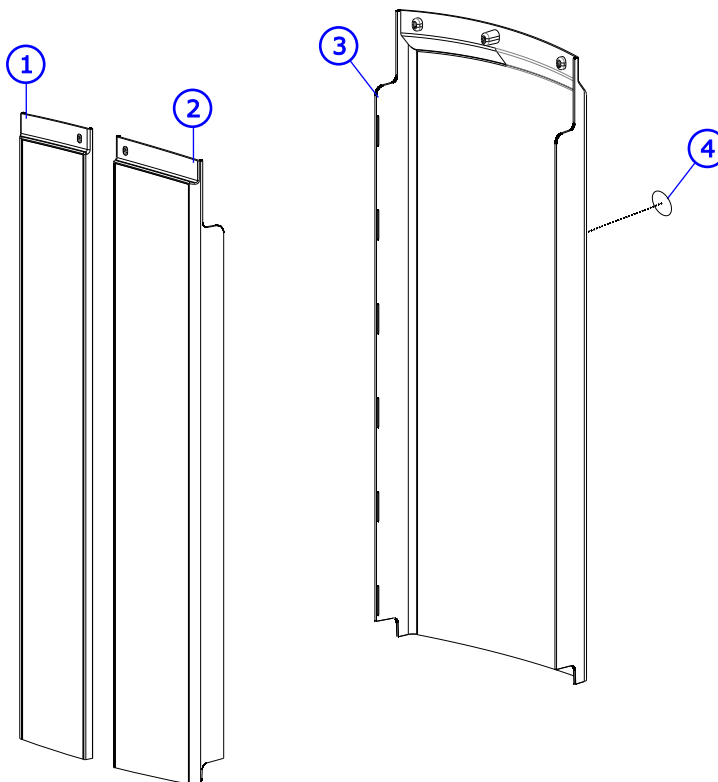
# Insignia Series Shoulder Press Tower Plastics



| ITEM NO. | QTY. | PART NO.        | DESCRIPTION                         |
|----------|------|-----------------|-------------------------------------|
| 1        | 1    | 9410801         | COVER, TOWER BOTTOM -FRONT          |
| 2        | 1    | 9411001         | COVER, TOWER BOTTOM -REAR           |
| 3        | 2    | 9412701         | ASSY, TRAP TUBE, CAP, BOTTOM        |
| 4        | 2    | 9415701         | COVER, UPPER CROSS MEMBER           |
| 5        | 2    | 9415801         | GASKET, TRAP TUBE                   |
| 6        | 13   | 3275801         | SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB |
| 7        | 4    | 0017-00101-1587 | RVT 201X0413X.354 T NY NO           |
| 8        | 11   | 0017-00042-1147 | GROMMET: SCREW; 8 OR 10             |
| 9        | 1    | 9410601         | SHROUD, TOWER FRONT, LT - SHORT     |
| 10       | 1    | 9410701         | SHROUD, TOWER FRONT, RT - SHORT     |
| 11       | 1    | 9411101         | SHROUD, TOWER REAR - SHORT          |
| 12       | 2    | 9414601         | SHROUD EXTRUSION - SHORT            |
| 13       | 1    | 9489101         | LABEL, LIFE FITNESS                 |

# Insignia Series Shoulder Press

## Shroud Wraps

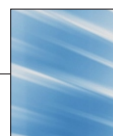


| ITEM | QTY. | PART NO.        | DESCRIPTION                  |
|------|------|-----------------|------------------------------|
| 1    | 1    | 9511802         | SHROUD, SS, FNT, LT, SRT-BAM |
| 2    | 1    | 9511702         | SHROUD, SS, FNT, RT, SRT-BAM |
| 3    | 1    | 9511902         | SHROUD, SS, REAR, SRT-BAM    |
| 4    | 1    | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B      |



BAMBOO

| ITEM | QTY. | PART NO.        | DESCRIPTION                  |
|------|------|-----------------|------------------------------|
| 1    | 1    | 9511803         | SHROUD, SS, FNT, LT, SRT-SKY |
| 2    | 1    | 9511703         | SHROUD, SS, FNT, RT, SRT-SKY |
| 3    | 1    | 9511903         | SHROUD, SS, REAR, SRT-SKY    |
| 4    | 1    | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B      |



SKY

| ITEM | QTY. | PART NO.        | DESCRIPTION                  |
|------|------|-----------------|------------------------------|
| 1    | 1    | 9511804         | SHROUD, SS, FNT, LT, SRT-BRZ |
| 2    | 1    | 9511704         | SHROUD, SS, FNT, RT, SRT-BRZ |
| 3    | 1    | 9511904         | SHROUD, SS, REAR, SRT-BRZ    |
| 4    | 1    | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B      |



BRONZE

| ITEM | QTY. | PART NO.        | DESCRIPTION                  |
|------|------|-----------------|------------------------------|
| 1    | 1    | 9511805         | SHROUD, SS, FNT, LT, SRT-STM |
| 2    | 1    | 9511705         | SHROUD, SS, FNT, RT, SRT-STM |
| 3    | 1    | 9511905         | SHROUD, SS, REAR, SRT-STM    |
| 4    | 1    | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B      |



STEM

| ITEM | QTY. | PART NO.        | DESCRIPTION                  |
|------|------|-----------------|------------------------------|
| 1    | 1    | 9511806         | SHROUD, SS, FNT, LT, SRT-RSW |
| 2    | 1    | 9511706         | SHROUD, SS, FNT, RT, SRT-RSW |
| 3    | 1    | 9511906         | SHROUD, SS, REAR, SRT-RSW    |
| 4    | 1    | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B      |



ROSEWOOD

| ITEM | QTY. | PART NO.        | DESCRIPTION                 |
|------|------|-----------------|-----------------------------|
| 1    | 1    | 9511807         | SHROUD, SS, FNT, LT, SRT-SS |
| 2    | 1    | 9511707         | SHROUD, SS, FNT, RT, SRT-SS |
| 3    | 1    | 9511907         | SHROUD, SS, REAR, SRT-SS    |
| 4    | 1    | AK58-00245-2401 | MEDALLION-ASSY;LF-BUG B     |

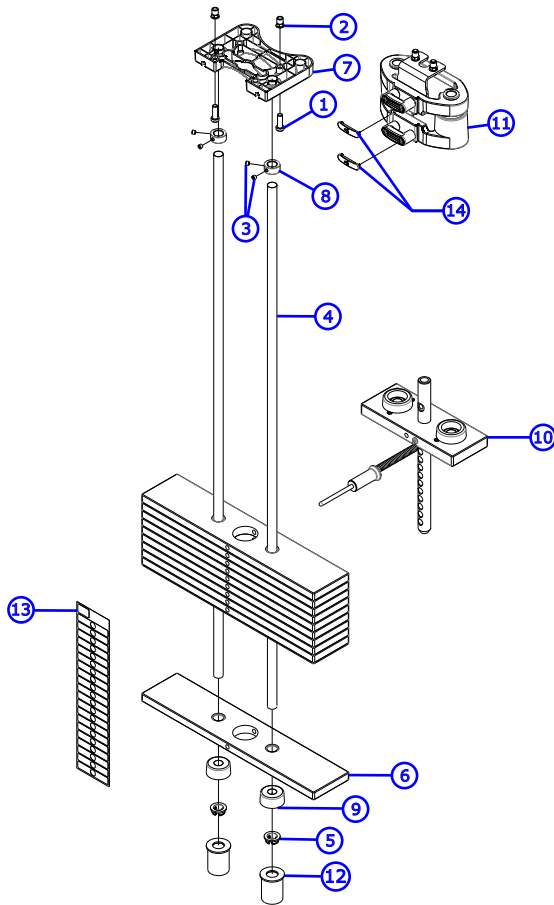


STAINLESS STEEL

# Insignia Series Shoulder Press

## Weight Stack Assemblies

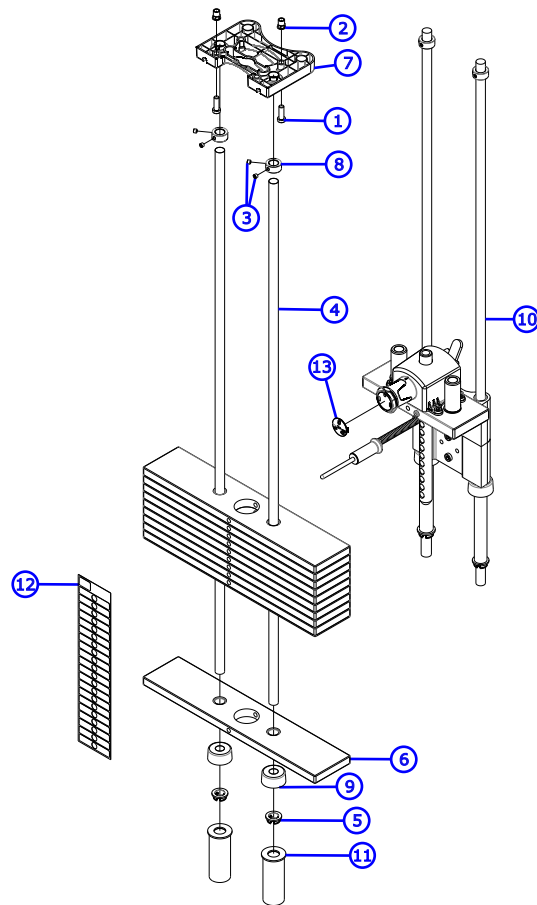
### T - Base



Uses 9343301 Cable (173.25")

| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                         |
|----------|------|-------------|-------------------------------------|
| 1        | 2    | 0236203     | M10 X 1.5 X 30 SHCS, LOW HEAD       |
| 2        | 2    | 0238601     | M10X1.5 BLIND THRD INSERT (HEX)     |
| 3        | 4    | 0242901     | SET SCREW, 5/16-18 X 1/4            |
| 4        | 2    | 0328612     | GUIDE ROD, .75 OD SOLID X 50.36     |
| 5        | 2    | 0337901     | BUSHING, GUIDE ROD                  |
| 6        | 10   | 9407601     | WGT PL, 3/4IN X 4IN, 15LB           |
| 7        | 2    | 0412801     | RETAINER, GUIDE ROD -TOP            |
| 8        | 2    | 9462901     | SHAFT COLLAR, 3/4 IN ID             |
| 9        | 2    | 0352101     | CUSHION, WEIGHT STACK               |
| 10       | 1    | SEE PAGE 11 | ASSY, SS, HEAD PLATE, STD -10       |
| 11       | 1    | SEE PAGE 11 | ASSY, DD INC WEIGHT W/ STRIKER -YEL |
| 12       | 2    | 0495913     | WLDMT, WGT STK SPACER X 3.00 -CHR   |
| 13       | 1    | 0475301     | LABEL, 3/4 IN WGT STACK, 295 LB     |
|          |      | 0475201     | LABEL, 3/4 IN WGT STACK, 147.5 KG   |
| 14       | 1    | 0462303     | CAP, DD INC WGT, YEL -LBS           |
|          |      | 0462403     | CAP, DD INC WGT, YEL -KG            |

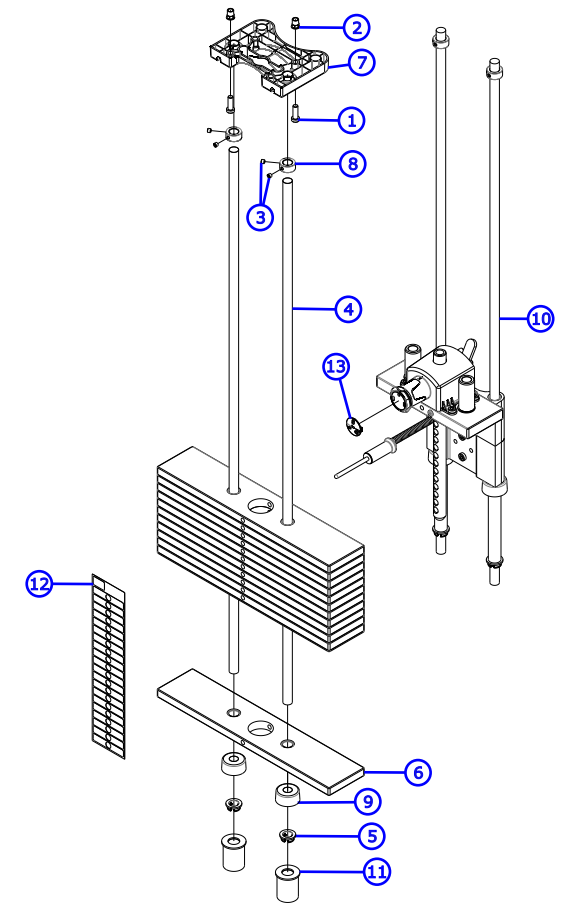
### C - Light



Uses 9343302 Cable (171.75")

| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                          |
|----------|------|-------------|--------------------------------------|
| 1        | 2    | 0236203     | M10 X 1.5 X 30 SHCS, LOW HEAD        |
| 2        | 2    | 0238601     | M10X1.5 BLIND THRD INSERT (HEX)      |
| 3        | 4    | 0242901     | SET SCREW, 5/16-18 X 1/4             |
| 4        | 2    | 0328612     | GUIDE ROD, .75 OD SOLID X 50.36      |
| 5        | 2    | 0337901     | BUSHING, GUIDE ROD                   |
| 6        | 10   | 9407601     | WGT PL, 3/4IN X 4IN, 15LB            |
| 7        | 2    | 0412801     | RETAINER, GUIDE ROD -TOP             |
| 8        | 2    | 9462901     | SHAFT COLLAR, 3/4 IN ID              |
| 9        | 2    | 0352101     | CUSHION, WEIGHT STACK                |
| 10       | 1    | SEE PAGE 12 | ASSY, SS, INC WGT, DIAL, STD -10 ELV |
| 11       | 2    | 9495914     | WLDMT, WGT STK SPACER X 4.50 -CHR    |
| 12       | 1    | 0475301     | LABEL, 3/4 IN WGT STACK, 295 LB      |
|          |      | 0475201     | LABEL, 3/4 IN WGT STACK, 147.5 KG    |
| 13       | 1    | 0431403     | CAP, SELECTOR KNOB -LBS              |
|          |      | 0450103     | CAP, SELECTOR KNOB -KGS              |

### X - Heavy



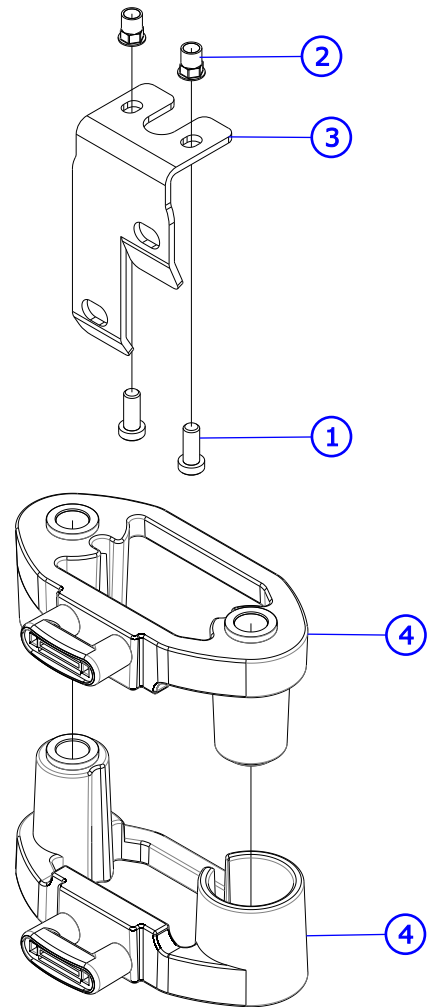
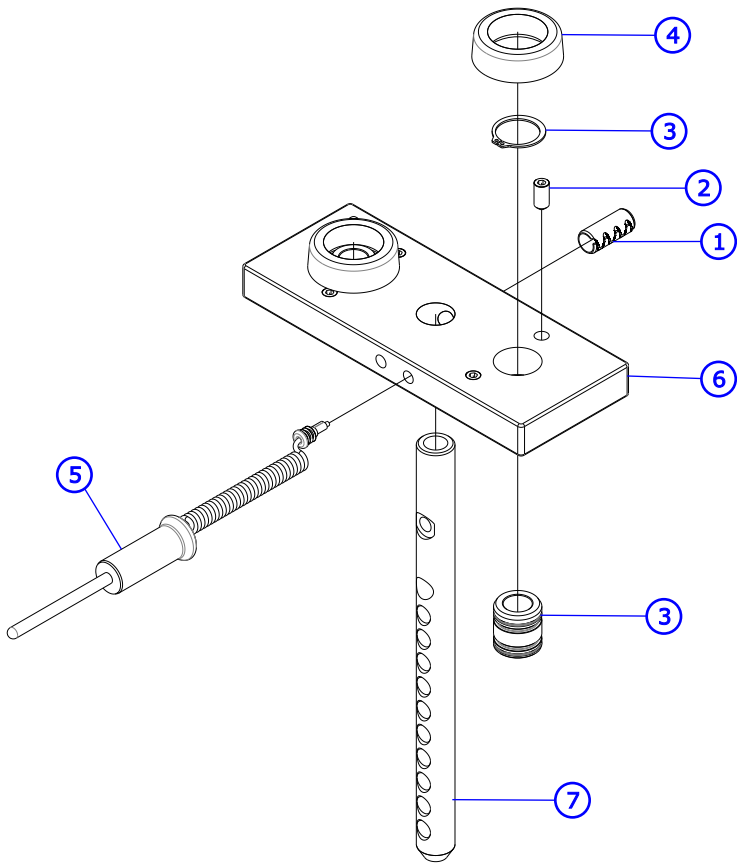
Uses 9343302 Cable (171.75")

| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                          |
|----------|------|-------------|--------------------------------------|
| 1        | 2    | 0236203     | M10 X 1.5 X 30 SHCS, LOW HEAD        |
| 2        | 2    | 0238601     | M10X1.5 BLIND THRD INSERT (HEX)      |
| 3        | 4    | 0242901     | SET SCREW, 5/16-18 X 1/4             |
| 4        | 2    | 0328612     | GUIDE ROD, .75 OD SOLID X 50.36      |
| 5        | 2    | 0337901     | BUSHING, GUIDE ROD                   |
| 6        | 12   | 9407601     | WGT PL, 3/4IN X 4IN, 15LB            |
| 7        | 2    | 0412801     | RETAINER, GUIDE ROD -TOP             |
| 8        | 2    | 9462901     | SHAFT COLLAR, 3/4 IN ID              |
| 9        | 2    | 0352101     | CUSHION, WEIGHT STACK                |
| 10       | 1    | SEE PAGE 12 | ASSY, SS, INC WGT, DIAL, HVY -12 ELV |
| 11       | 2    | 0495913     | WLDMT, WGT STK SPACER X 3.00 -CHR    |
| 12       | 1    | 0475301     | LABEL, 3/4 IN WGT STACK, 295 LB      |
|          |      | 0475201     | LABEL, 3/4 IN WGT STACK, 147.5 KG    |
| 13       | 1    | 0431403     | CAP, SELECTOR KNOB -LBS              |
|          |      | 0450103     | CAP, SELECTOR KNOB -KGS              |

# Insignia Series Shoulder Press

## T Trim Head Plate and Drop Down Increment Weights

**T Trim**



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                     |
|----------|------|----------|---------------------------------|
| 1        | 1    | 3236001  | BUSHING, SPRING PIN             |
| 2        | 4    | 3240501  | M10 X 1.5 X 20 HXS NO CUP ST BO |
| 3        | 2    | 7338001  | BUSHING, HEADPLATE              |
| 4        | 2    | 7767602  | BUMPER, INCREMENT WT -BLK       |
| 5        | 1    | 9427003  | ASSY, WGT STK SELECT PIN -YEL   |
| 6        | 1    | 9427401  | HEADPLATE, WT. STACK, 10LB      |
| 7        | 1    | 9434201  | BAYONET, 10 PLATE               |

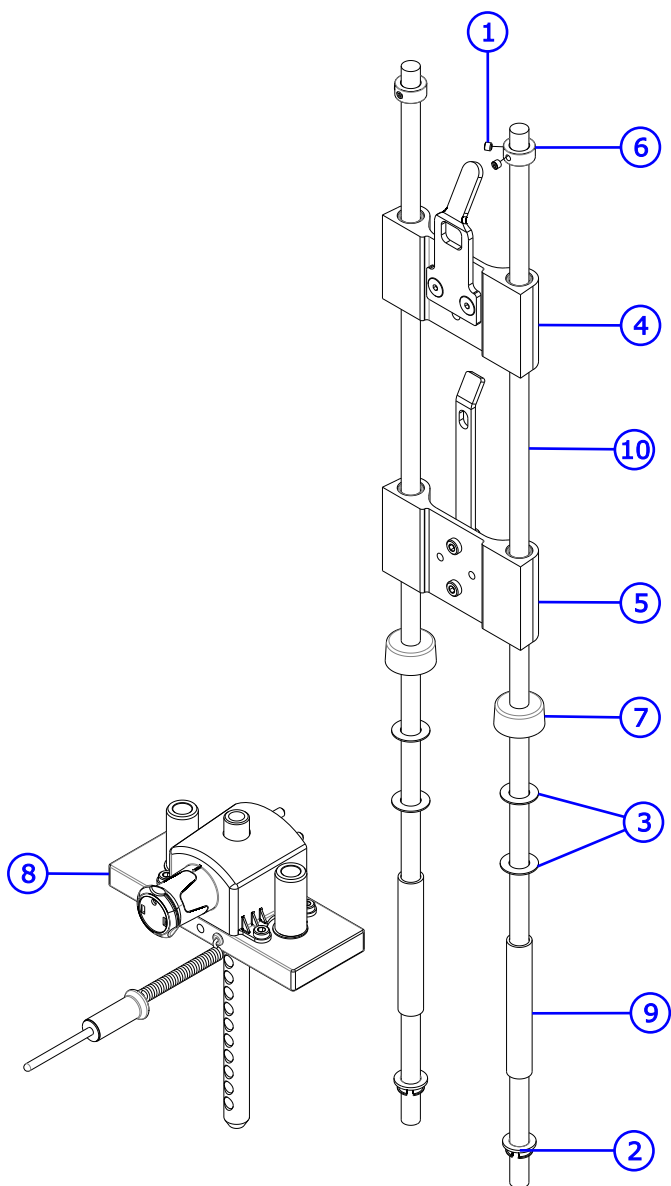
| ITEM NO. | QTY. | PART NO. | DESCRIPTION                         |
|----------|------|----------|-------------------------------------|
| 1        | 2    | 3236202  | SCREW, M10 X1.5 25MM                |
| 2        | 2    | 3238601  | M10X1.5 BLIND THREADED INSERT (HEX) |
| 3        | 1    | 9430801  | BRKT, INC WGT STRIKER               |
| 4        | 2    | 9455403  | ASSY, DD INC WGT -YEL               |



# Insignia Series Shoulder Press

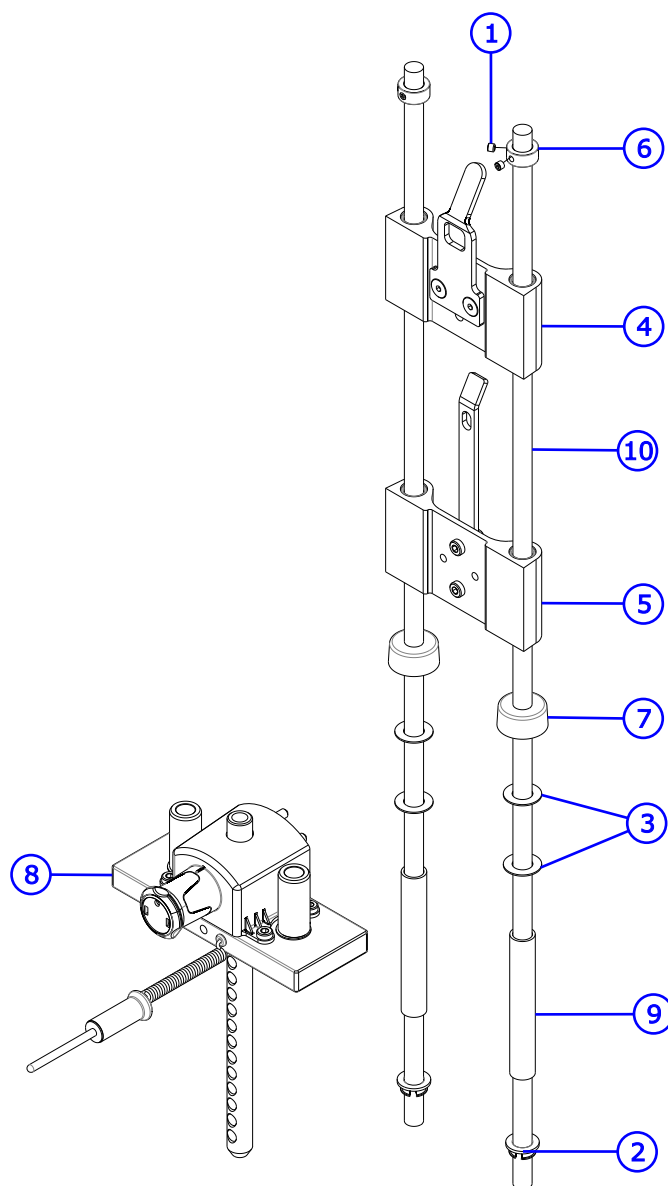
## C and X Trim Stack Components

### C Trim



| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                         |
|----------|------|-------------|-------------------------------------|
| 1        | 4    | 3242901     | SCREW, SET BO                       |
| 2        | 2    | 337901      | BUSHING, GUIDE ROD                  |
| 3        | 4    | 7351001     | SPACER, INC WT STACK                |
| 4        | 1    | SEE PAGE 14 | ASSY, INC WGT -5LB                  |
| 5        | 1    | SEE PAGE 14 | ASSY, INC WGT -10LB                 |
| 6        | 2    | 9462901     | SHAFT COLLAR, 3/4 IN ID             |
| 7        | 2    | 7352101     | CUSHION, WEIGHT STACK               |
| 8        | 1    | SEE PAGE 13 | ASSY, SS, HEAD PLATE, DIAL, STD -10 |
| 9        | 2    | 7328706     | SPACER, INC WT STACK -4.38          |
| 10       | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36     |

### X Trim

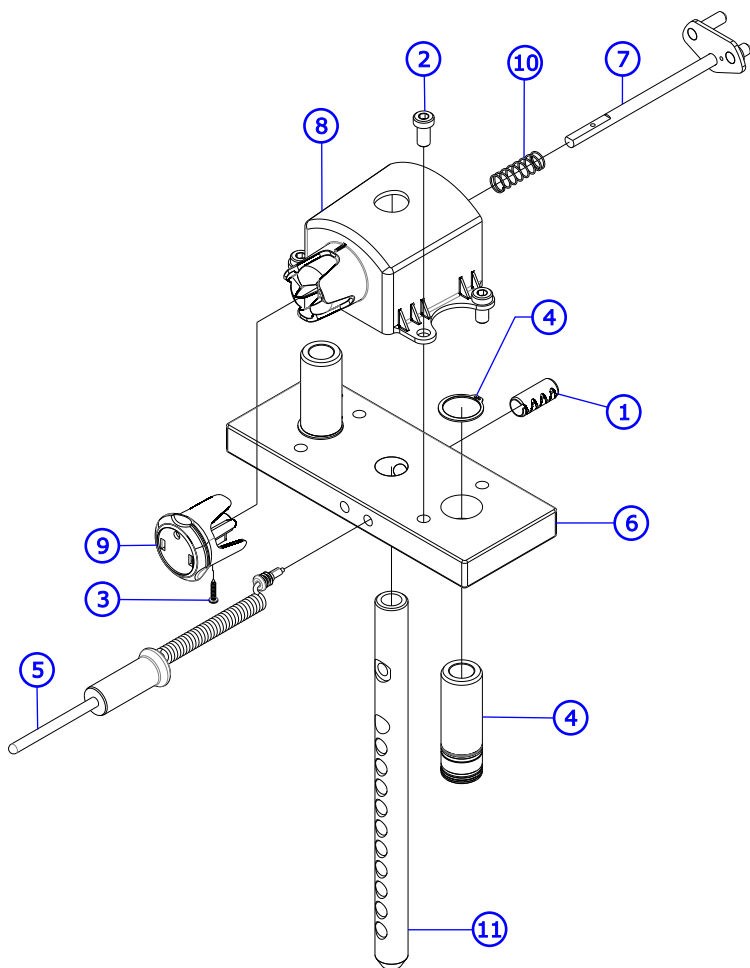


| ITEM NO. | QTY. | PART NO.    | DESCRIPTION                         |
|----------|------|-------------|-------------------------------------|
| 1        | 4    | 3242901     | SCREW, SET BO                       |
| 2        | 2    | 337901      | BUSHING, GUIDE ROD                  |
| 3        | 4    | 7351001     | SPACER, INC WT STACK                |
| 4        | 1    | SEE PAGE 14 | ASSY, INC WGT -5LB                  |
| 5        | 1    | SEE PAGE 14 | ASSY, INC WGT -10LB                 |
| 6        | 2    | 9462901     | SHAFT COLLAR, 3/4 IN ID             |
| 7        | 2    | 7352101     | CUSHION, WEIGHT STACK               |
| 8        | 1    | SEE PAGE 13 | ASSY, SS, HEAD PLATE, DIAL, HVY -12 |
| 9        | 2    | 7328706     | SPACER, INC WT STACK -4.38          |
| 10       | 2    | 7328612     | GUIDE ROD, .75 OD SOLID X 50.36     |



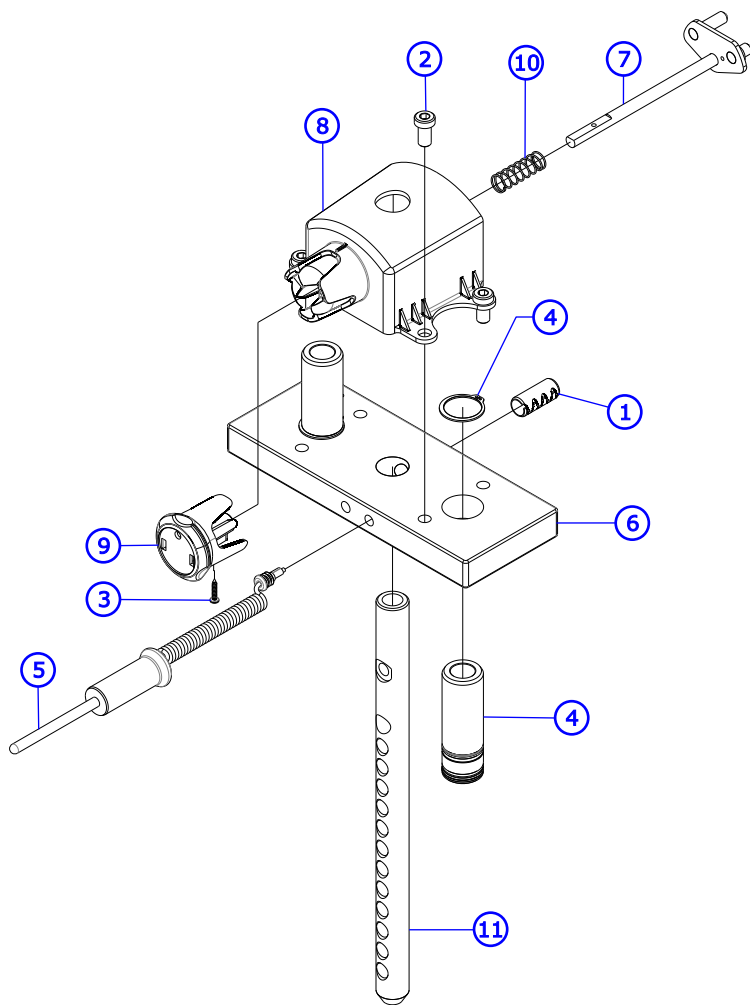
# Insignia Series Shoulder Press C and X Trim Head Plate Assemblies

## C Trim



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                         |
|----------|------|----------|-------------------------------------|
| 1        | 1    | 9236001  | BUSHING, SPRING PIN                 |
| 2        | 4    | 9236201  | SCREW, M10 X1.5 20MM                |
| 3        | 1    | 9275601  | SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB |
| 4        | 2    | 9296001  | BUSHING, HEADPLATE, LONG            |
| 5        | 1    | 9427003  | ASSY, WGT STK SELECTOR PIN -YELLOW  |
| 6        | 1    | 9427401  | HEADPLATE, WT. STACK, 10LB          |
| 7        | 1    | 9427501  | WLDMT, INC WGT PIN                  |
| 8        | 1    | 9430501  | HSNG, INC WEIGHT                    |
| 9        | 1    | 9443201  | KNOB, INC WEIGHT                    |
| 10       | 1    | 9443301  | SPRING, INC WGT PIN                 |
| 11       | 1    | 9434201  | BAYONET, 10 PLATE                   |

## X Trim

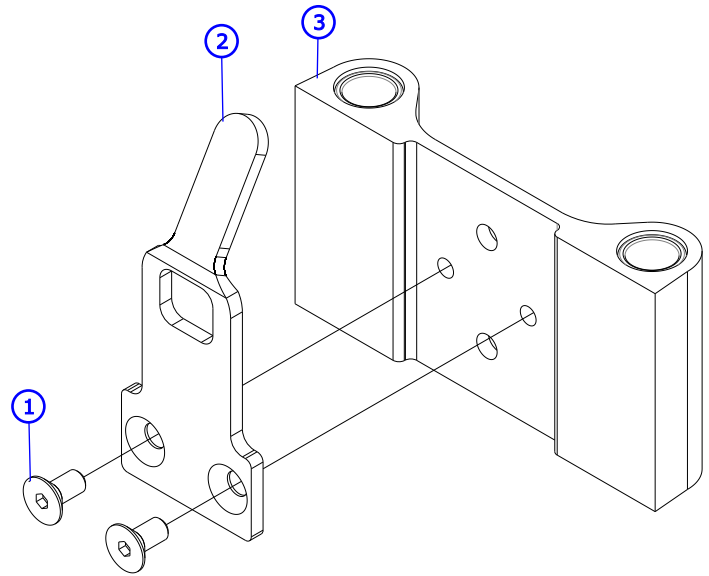


| ITEM NO. | QTY. | PART NO. | DESCRIPTION                         |
|----------|------|----------|-------------------------------------|
| 1        | 1    | 9236001  | BUSHING, SPRING PIN                 |
| 2        | 4    | 9236201  | SCREW, M10 X1.5 20MM                |
| 3        | 1    | 9275601  | SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB |
| 4        | 2    | 9296001  | BUSHING, HEADPLATE, LONG            |
| 5        | 1    | 9427003  | ASSY, WGT STK SELECTOR PIN -YELLOW  |
| 6        | 1    | 9427401  | HEADPLATE, WT. STACK, 10LB          |
| 7        | 1    | 9427501  | WLDMT, INC WGT PIN                  |
| 8        | 1    | 9430501  | HSNG, INC WEIGHT                    |
| 9        | 1    | 9443201  | KNOB, INC WEIGHT                    |
| 10       | 1    | 9443301  | SPRING, INC WGT PIN                 |
| 11       | 1    | 9426001  | BAYONET, 12 PLATE                   |

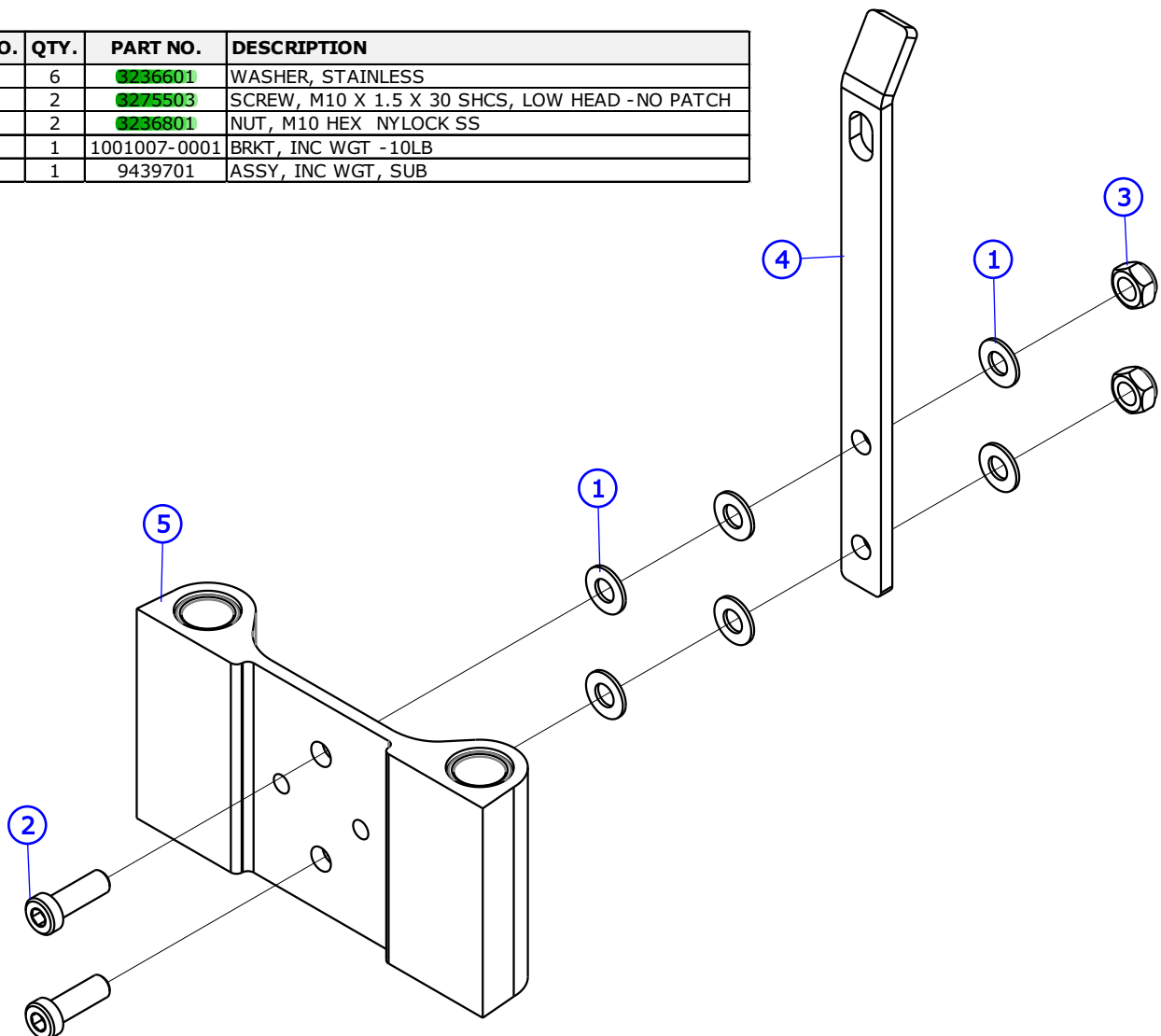
# Insignia Series Shoulder Press

## C and X Trim Incremental Weights

| ITEM NO. | QTY. | PART NO. | DESCRIPTION         |
|----------|------|----------|---------------------|
| 1        | 2    | 3238301  | M10x1.5x20mm        |
| 2        | 1    | 9428201  | BRKT, INC WGT -5 LB |
| 3        | 1    | 9439701  | ASSY, INC WGT, SUB  |

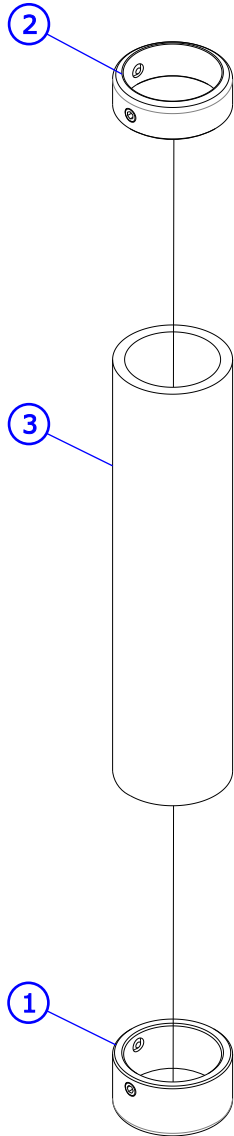


| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                                    |
|----------|------|--------------|--|
| 1        | 6    | 3236601      | WASHER, STAINLESS                              |
| 2        | 2    | 3275503      | SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH |
| 3        | 2    | 3236801      | NUT, M10 HEX NYLOCK SS                         |
| 4        | 1    | 1001007-0001 | BRKT, INC WGT -10LB                            |
| 5        | 1    | 9439701      | ASSY, INC WGT, SUB                             |



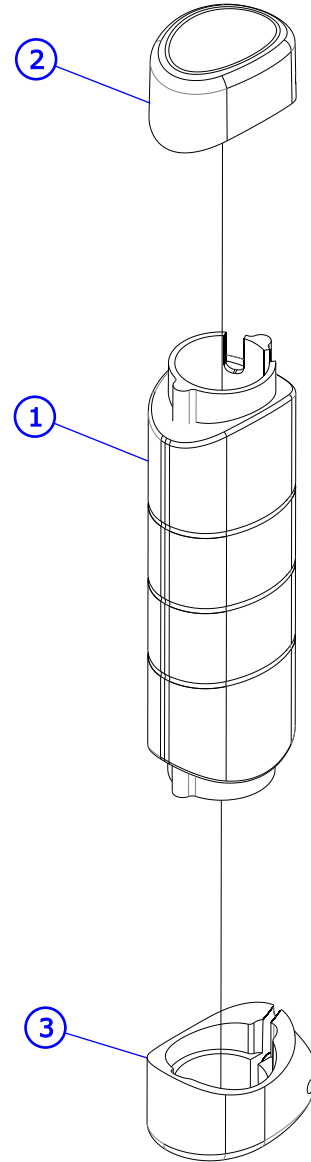
# Insignia Series Shoulder Press Grip Assemblies

## S Trim



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                         |
|----------|------|----------|-------------------------------------|
| 1        | 1    | 7662901  | CAP, GRIP 1.25 OD                   |
| 2        | 1    | 7662801  | RING, GRIP                          |
| 3        | 1    | 8235806  | GRIP, 1.25 OD X .125 WALL, OPEN END |

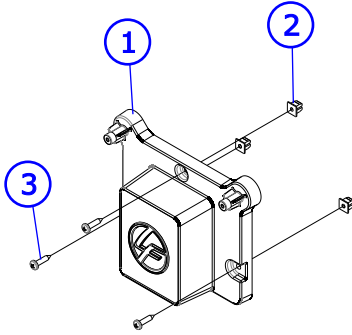
## L Trim



| ITEM NO. | QTY. | PART NO. | DESCRIPTION             |
|----------|------|----------|-------------------------|
| 1        | 1    | 9453001  | GRIP, ERGO, OVERMOLD    |
| 2        | 1    | 9498401  | ASSY, CAP, GRIP         |
| 3        | 1    | 9498501  | ASSY, COLLAR, ERGO GRIP |

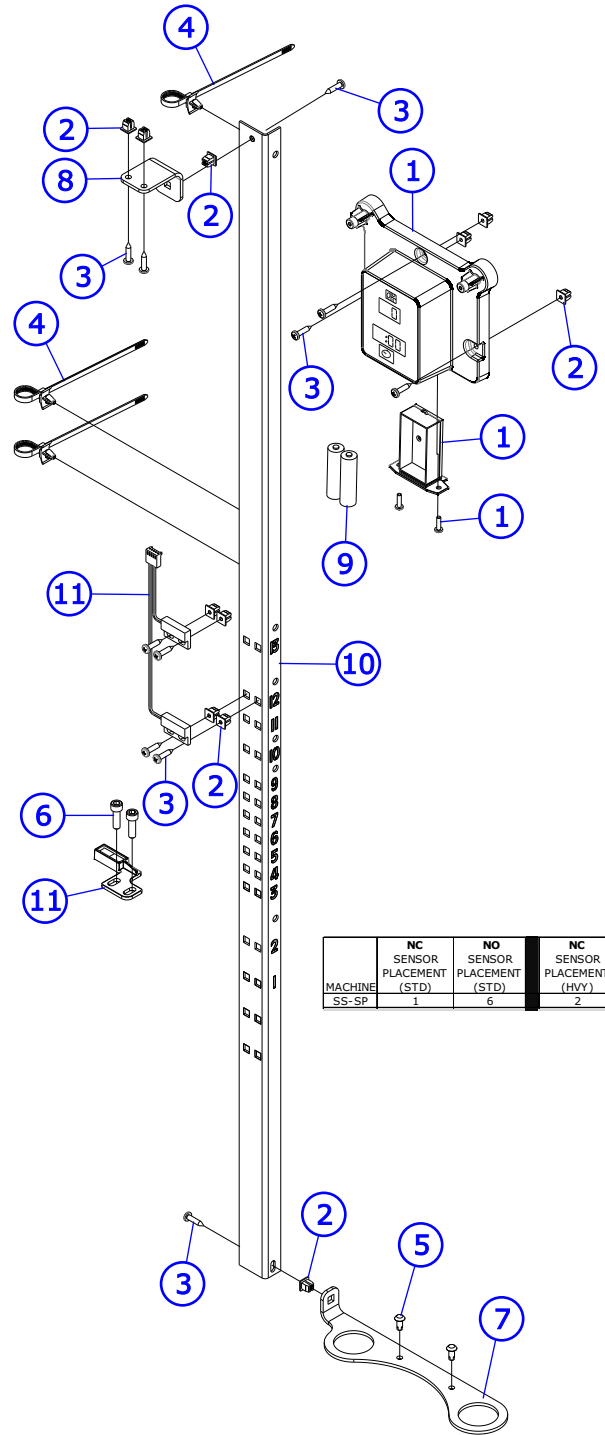
# Insignia Series Shoulder Press Sensor Assemblies

## S Trim



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                         |
|----------|------|----------|-------------------------------------|
| 1        | 1    | 9437401  | SS - ASSY, DISPLAY, BASE            |
| 2        | 3    | 9434828  | GROMMET: SCREW; 8 OR 10             |
| 3        | 3    | 3275801  | SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB |

## L Trim



|                  | NC<br>SENSOR<br>PLACEMENT<br>(STD) | NO<br>SENSOR<br>PLACEMENT<br>(STD) | NC<br>SENSOR<br>PLACEMENT<br>(HVY) | NO<br>SENSOR<br>PLACEMENT<br>(HVY) |
|------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MACHINE<br>SS-SP | 1                                  | 6                                  | 2                                  | 8                                  |

| ITEM NO. | QTY. | PART NO.       | DESCRIPTION                         |
|----------|------|----------------|-------------------------------------|
| 1        | 1    | 9417701        | ASSY, DISPLAY, COUNTER              |
| 2        | 11   | 9434828        | GROMMET: SCREW; 8 OR 10             |
| 3        | 11   | 3275801        | SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB |
| 4        | 3    | 3276101        | GROMMET, CABLE TIE                  |
| 5        | 2    | 901700101-1587 | RVT 201X0413X.354 T NY NO           |
| 6        | 2    | 3241701        | SCREW, M6 X1 20MM                   |
| 7        | 1    | 9432728        | BRKT, SS, SWITCH MNT -CHGR          |
| 8        | 1    | 9434828        | BRKT, SS, SWITCH MNT                |
| 9        | 2    | -              | BATTERY, AA                         |
| 10       | 1    | 9434628        | BRKT, SS, SWITCH MNT, STD -CHR      |
| 11       | 1    | 900585-0001    | ASSY, SS, PROX SWITCH/MAGNET        |