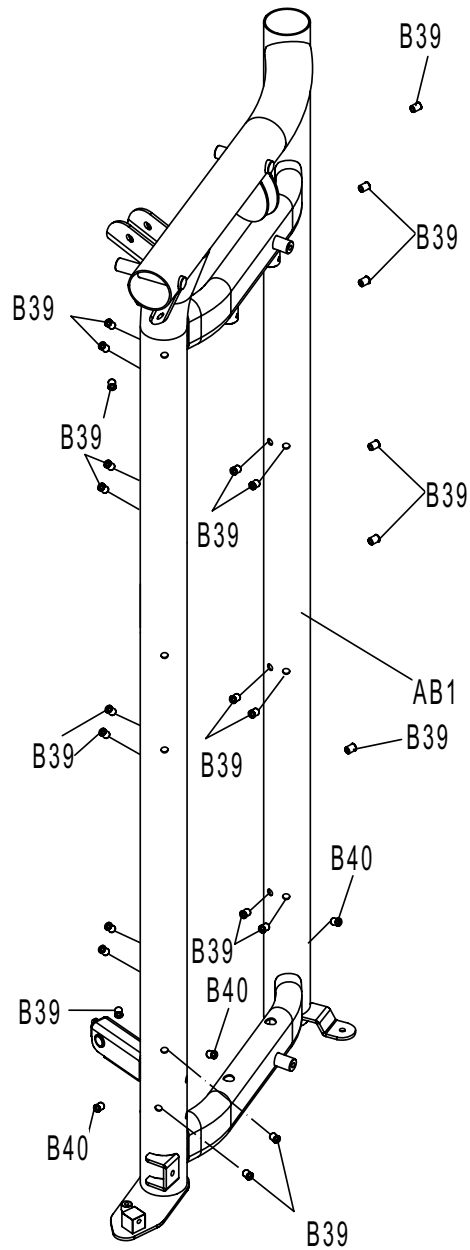
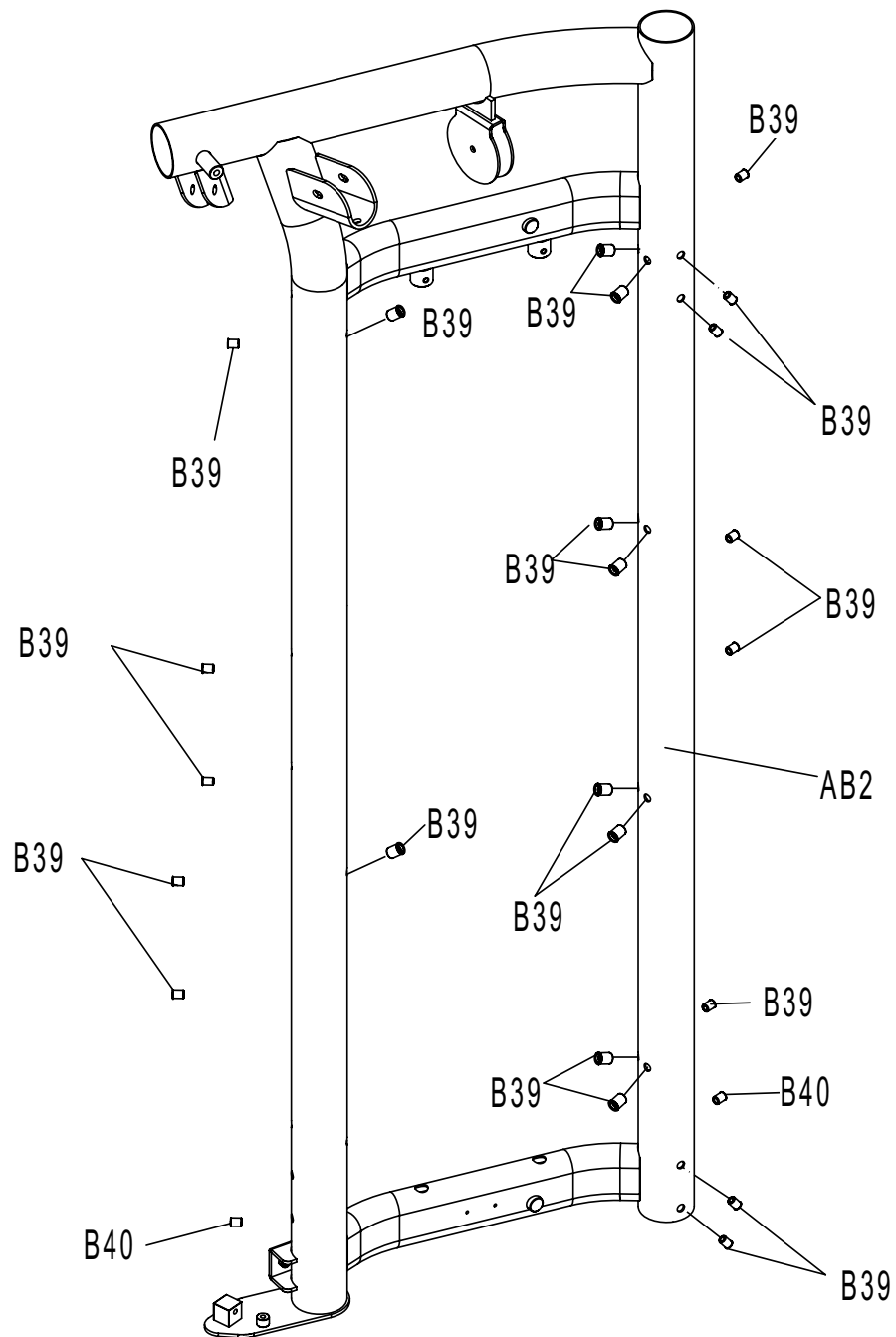




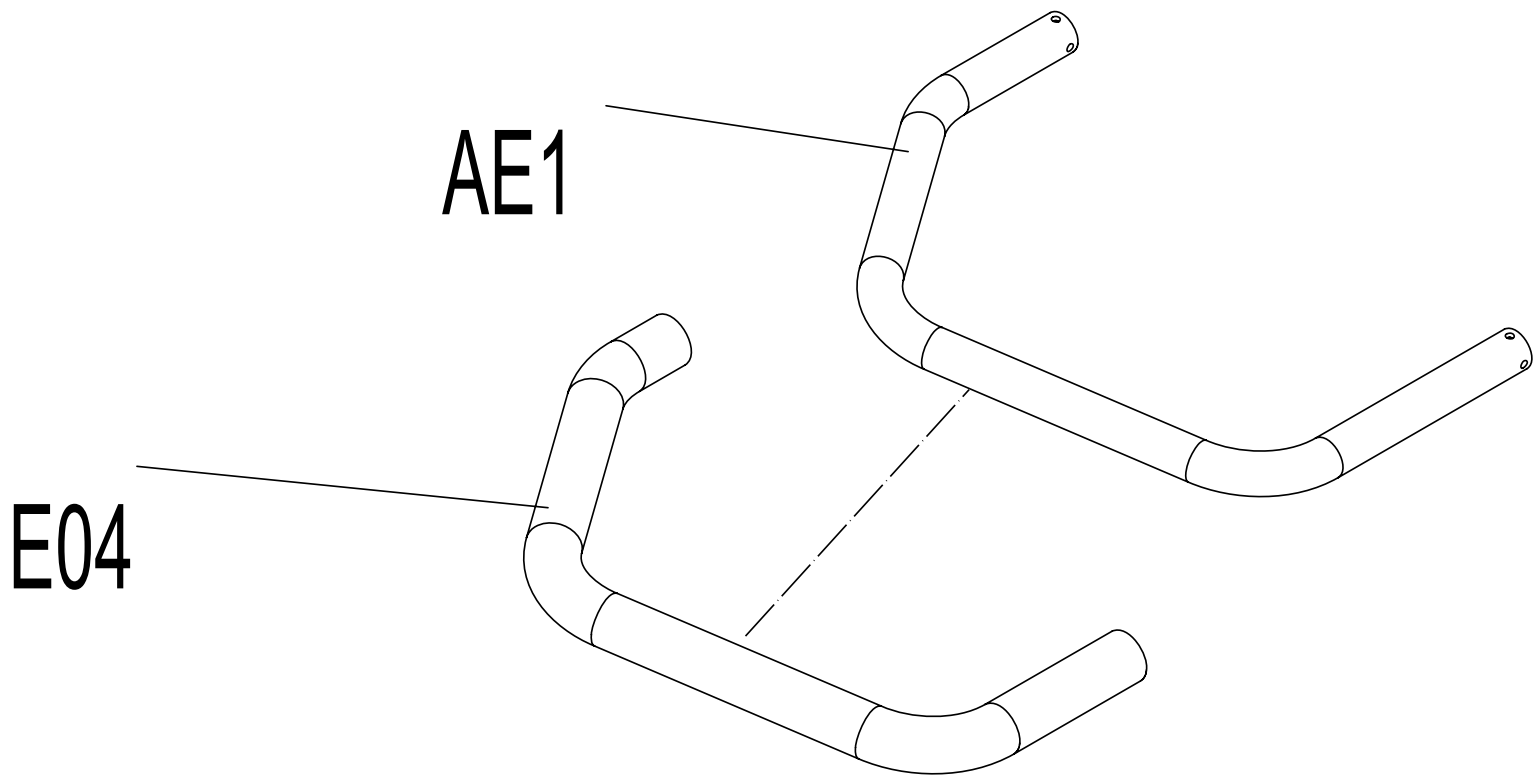
DRAWING NO			
PART NAME	RIGHT MAIN FRAME SET		
PART NO	102621	REV	A
APPROVE	JEFFREY	DATE	07/02/11



DRAWING NO			
PART NAME	LEFT MAIN FRAME SET		
PART NO	102622	REV	A
APPROVE	JEFFREY	DATE	07/02/11

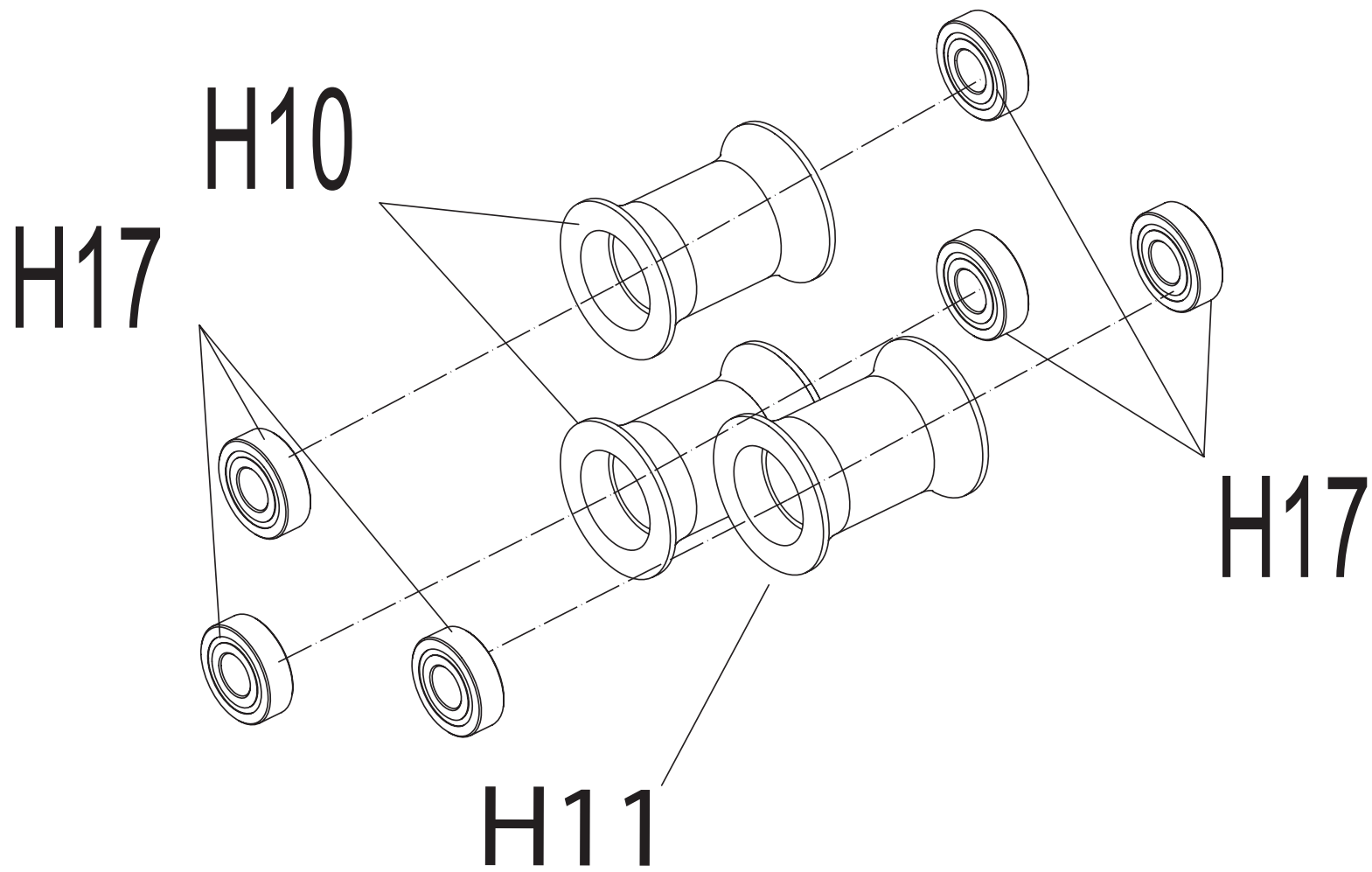


DRAWING NO			
PART NAME	LOWER PULL GRIP		
PART NO	102620	REV	A
APPROVE	JEFFREY	DATE	05/27/11

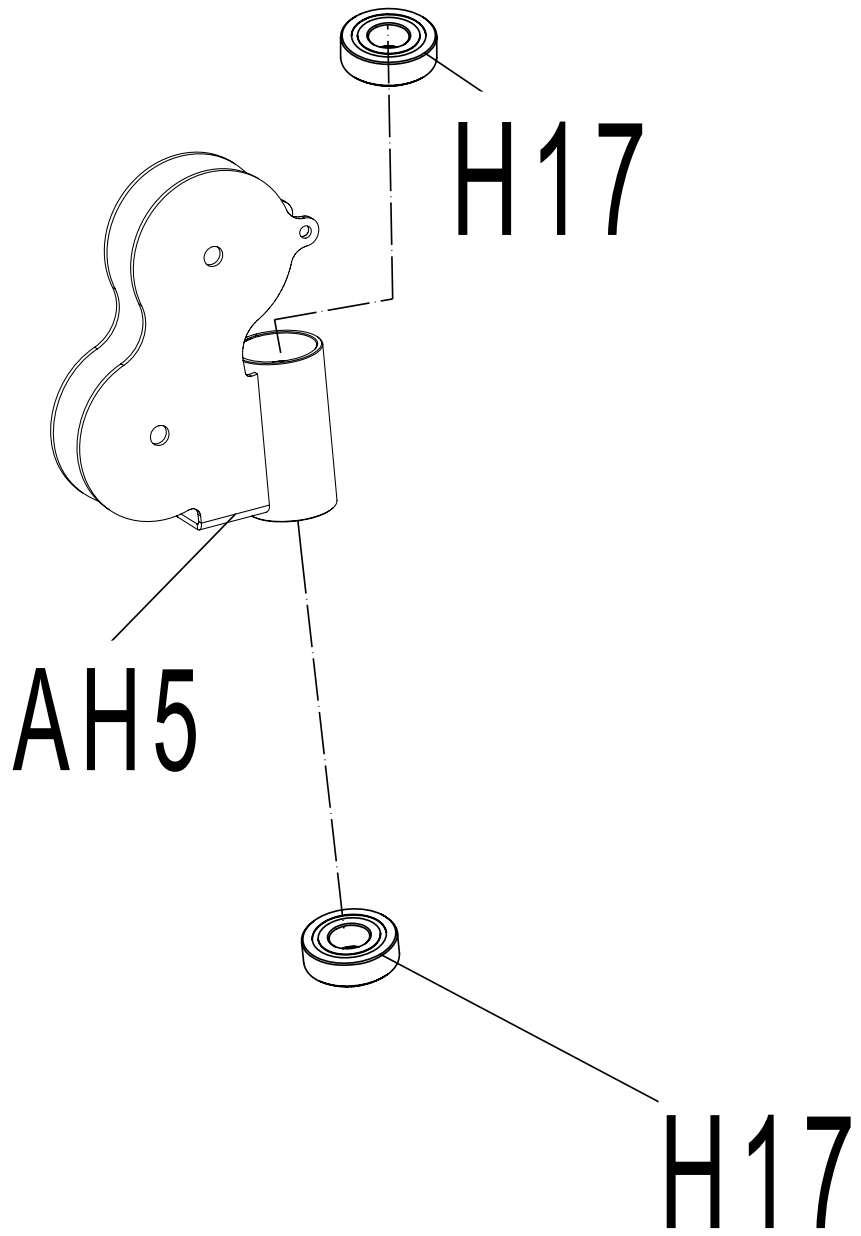




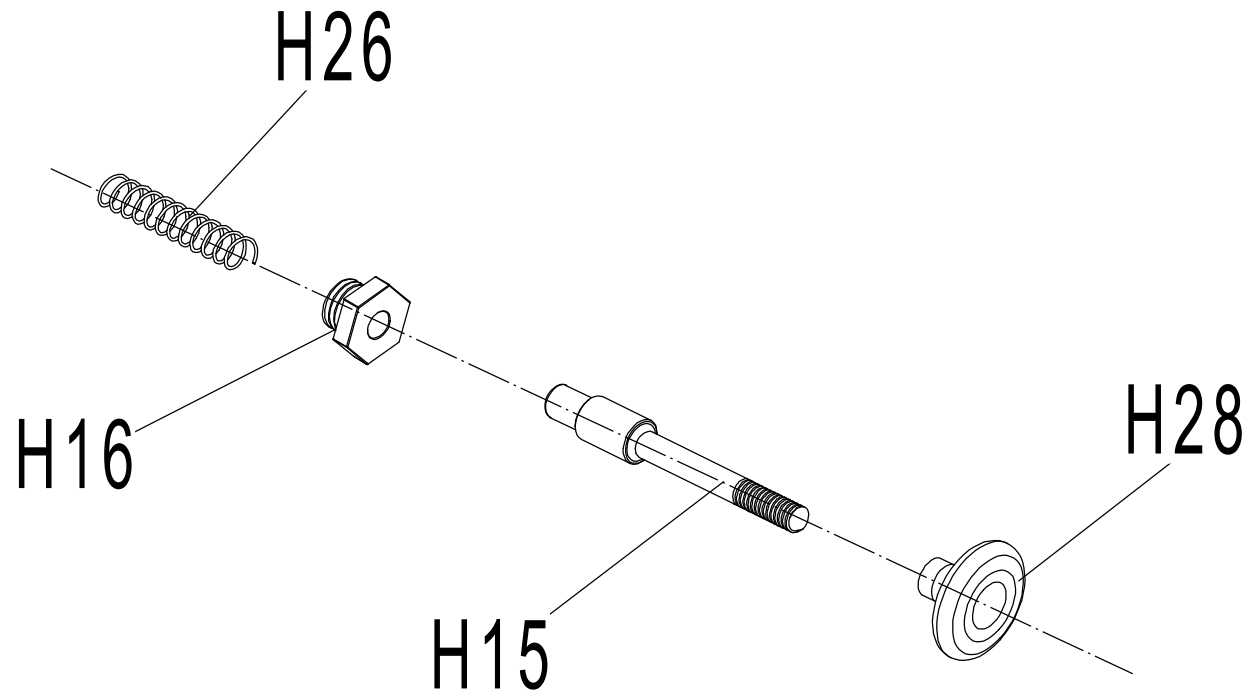
DRAWING NO			
PART NAME	ROLLER PULLEY SET		
PART NO	102619	REVIEW	A
APPROVE	JEFFREY	DATE	05/27/11



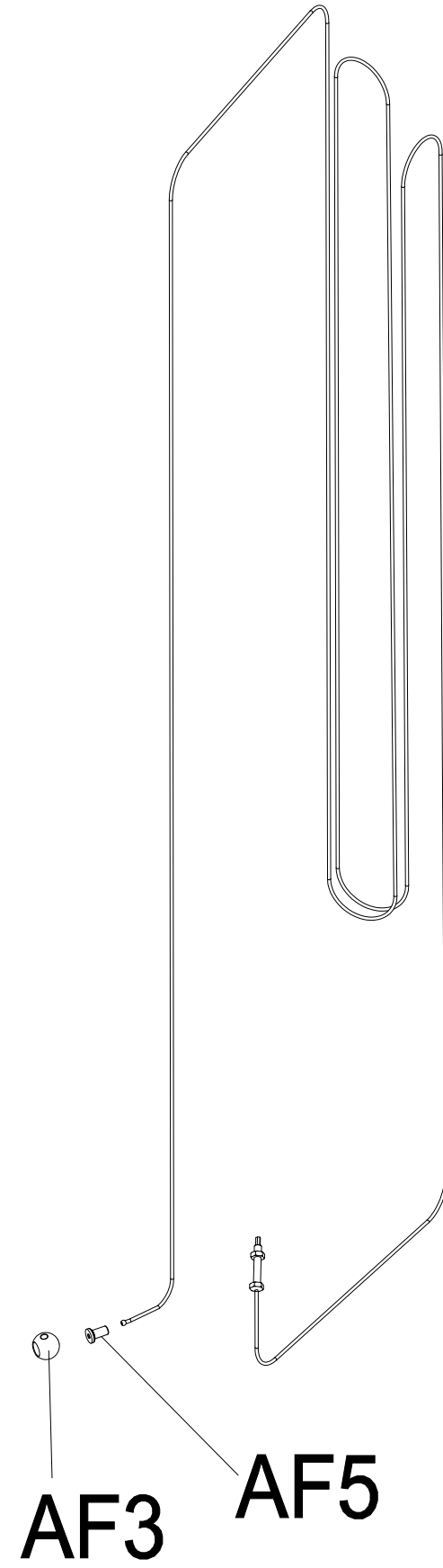
DRAWING NO			
PART NAME	PULLEY SET		
PART NO	102618	REV	A
APPROVE	JEFFREY	DATE	07/02/11



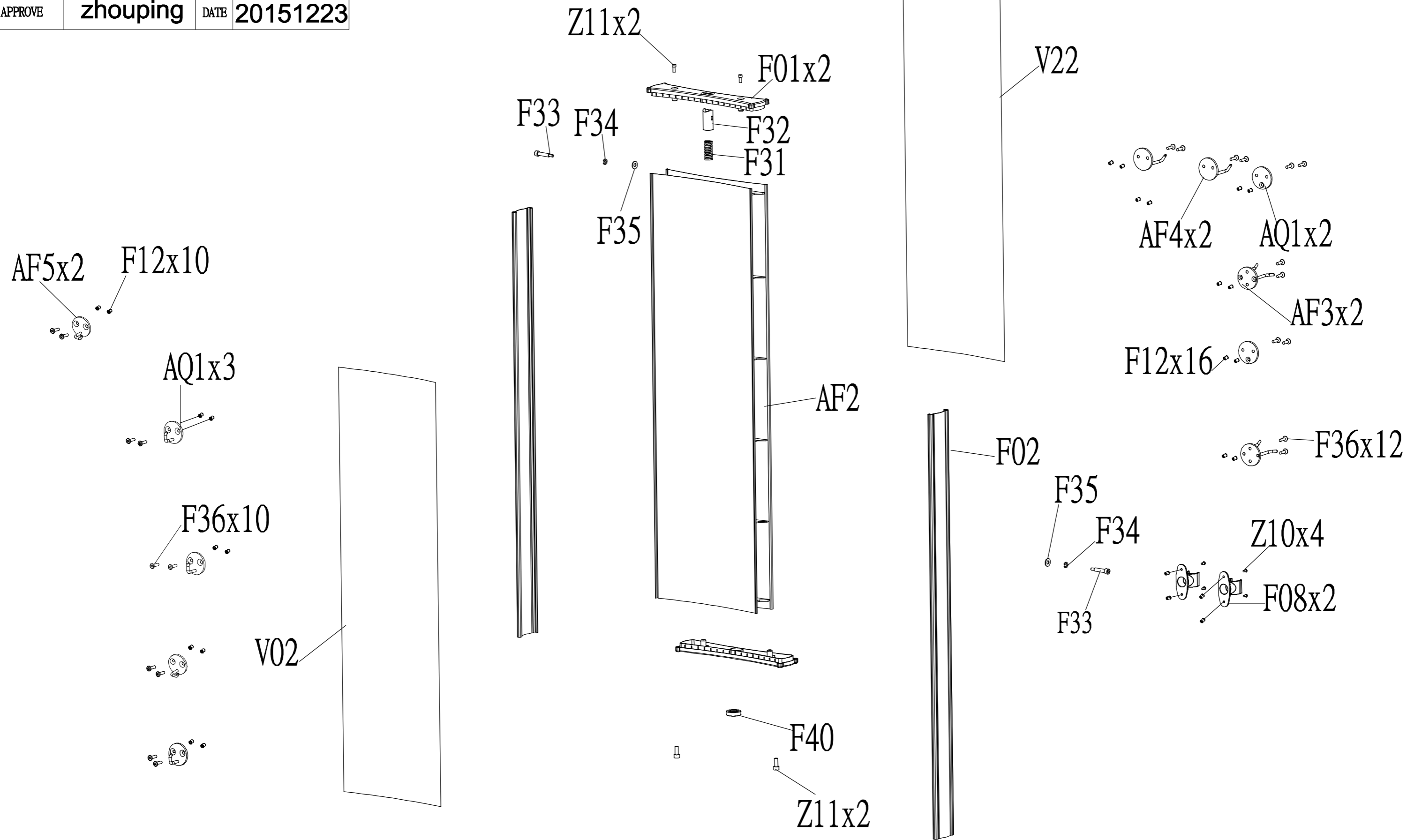
DRAWING NO			
PART NAME	Pull Pin Set		
PART NO	093913	REV	A
APPROVE	Ares	DATE	07/26/12



DRAWING NO	MS10-SF36		
PART NAME	Rendering;Steel Rope Unassembled;MS10		
PART NO	1000474091	REV	A
APPROVE	wangtao	DATE	2022.01.11



DRAWING NO			
PART NAME	Overlay set; MS10		
PART NO	1000304492	REV	A
APPROVE	zhouping	DATE	20151223



Reference Number	Part #	Description	Notes
1	102621	Main Frame Set;Right	
2	102622	Main Frame Set;Left	
3	102620	Pull Up Grip Set	Includes one grip.
4	102619	Pulley Roller Set	Kit includes 3 rollers with bearings
5	102618	Pulley Frame Set	
6	093913	Pull Pin Set;Semi-Assy;MS10	Full pin set - includes orange knob.
AB3	093315	ADJ Tube Set;R;Exrta-Work;Cr;MS10	
AB4	093318	ADJ Tube Set;L;Exrta-Work;Cr;MS10	
AB6	1000349408	Pedal Set;;;painting;;Iced Sliver;MS10KM	
AB7	1000423125	Fixed Set;AIR SHOCK;;;painting;;Polarized	
AE2	093337	Grip;BaseBall Rod;Market;MS10	
AE4	093342	GripGolf Ball RodMarket;MS10	
AE5	093343	Grip;One;Long;Market;MS10	
AE6	093344	Grip;Two;Long;Market;MS10	
AF2 -First Page	1000103439	Furniture Overlay Set;Painting;MS10	
AF3 - Rope Page	1000431432	Plastic Ball;Steel Rope;;PA66+GF30%;;;MS	
AF3 -First Page	093992	Furniture Hook Set;Exrta-Work;BED Black;	
AF4 - CablePart	1000431435	Fix Block;Rop;;;Chrome;MS10;;	
AF4 -First Page	093310	Furniture Hook Set;Exrta-Work;BED Black;	
AF5 - First Pag	1000092352	Furniture Hook SetTwo;Exrta-Work;BED Bla	
AF5 - Rope Page	1000431433	Protect Bushing;Steel Rope;;PU;BL/Black	
AF6	1000305873	Screw;Socket Head;M5X0.8PX6L;;Hex Socket	
AG1	1000212099	Fix Set;SA;SERVICE;MS10;;;	3 Hole Version after SN# G3MS10D0904GA0001
AG2	1000106221	CON Set;Middle;Painting;MS10	
AG3	1000097213	Reinforce Tube Set;Frame;Painting;MS10	
AG4	1000106239	CON Set;Up;Painting;MS10	
AH3	1000097100	Elevation Set;R;Painting;MS10	
AH5	102618	Pulley Frame Set	
AH6	093381	Cover;Painting;MS10	
AH7	1000389788	Elevation Set;;L;;;Polarized Titanium;MS	
AH8	102614	Grip ADJ Set;Cr Plate;Dipping137C;MS10	
AK2	093906	Dual Pulley Set;Painting;MS10	
AQ1	1000096179	FurniTure Hook Set;Exrta-work;BED;MS10	
B30	001522-B	Stopper Block;Rubber	

B36	000509-E	Foot Pad;Rubber;89mm
B37	001525-B	Rubber Pad;Stopper
B38	001406-A	End Cover;89
B39	1000104684	RVN;Pattern;YZN;ALS7-8125-3.8(0.5-3.8)
B40	004976-00	Insert Nut;Brass;ALS7-1015-1.5(0.5-3.8)
B48	093328	Fixing Axle;Pedal;MS10
B49	093329	Air Shock;Market;180Lx10KG;MS10
B50	093330	Grip;Pedal;Cr Plate;Dipping137C;MS10
B52	005364-00	C-Clip;External;S-19
B53	004460-AF	Screw;SH;M6X1.0PX20L;;HS;;CHM;;
B54	005075-00	Washer;Flat;6.2X16X2.0T;Black Zinc
B55	004926-AE	NUT;NLK;M8X1.25P;;BZN;;
B56	1000095603	Fixing Plate;Pulley;Painting;MS10
B57	004727-00	Screw;Hex Socket;BH;M8x1.25Px30L
B58	1000102893	Screw;Hex Socket;Flat;M8x1.25Px20L;Cr Pl
B60	004714-AC	Screw;Hex Socket;BH;M6x1.0Px15L;Cr
B61	005004-00	Washer;Spring;Lock;SW6 6.1x12.2x1.5t
B62	020465-AB	Washer;Flat;M10.2X25PX2.0T;Chromed
B63	020112-A	Screw;Hex Socket;Round;M10x1.5Px50L(Tooth15)
B64	004943-00	Nut;Nylon;M10x1.5P;Cr Plate;
E05	009250-A	Grip;Both Hands
E06	009251-A	Grip;Both Hands
E07	093334	Triceps Rope;Market;MS10
E08	089983	Grip;MS21KM-G3;
E09	1000202125	Foot Belt;Market;MS10
E15	093339	Swivel Ring;Exrta-Work;Cr;MS10
E17	1000092612	WASHER;SPL;Diam.10.2XDiam.15.4X2.5T;;CHM
F01	093893	Cap;ABS;Black;MS10
F02	093345	Paper Strip Seal;side;PVC;Black;MS10
F08	093896	Fixing Sleeve;Grip;ABS;Black;MS10
F12	1000104683	RVN;NLS7-580-5.7;Pattern;YZN
F21	1000380094	Karabiner Spring Snap;;9(45mmx90mm);Sta
F22	1000474091	Steel Rope Set;;;No Fix Block;Press Rope
F23	073573	Pulley; 115mm

Use for replacement if new pulley set 1000111495 has been installed.

3 Piece kit (Cable, AF5, AF3)

F31	096469	Spring;;;;;	
F32	095489	Housing;ADJ;POM;MS10	
F33	096471	Screw;SH;M8X1.25PX45L-32L;;;;;;;P-T	
F34	0000083458	Washer;Lock;8.2x13.5x2.0t	
F35	005130-00	Washer;Flat;8.4x15.5x1.6T;Chromed	
F36	065956-AC	Screw;Oval;M5X0.8PX15L;;PH;SSTSUS304;BAN	
F40	1000096012	Bearing;TAPERED ROLLER;1203;40X17X12T;	
F60	009247-A	Axle;Swivel;;S45C;10x25L	
F61	087955	Screw;BH;M6X1.0PX10L;;HS;;CHM;;BP	
G04	001422-BA	End Cover;Ellipse;40x80x3.0t;MS20	
G09	093366	Climbing Hold;L;Market;MS10	
G10	093367	Climbing Hold;R;Market;MS10	
G11	1000102866	Screw;Hex Socket;Round;M10x1.5Px80L;Cr P	
G14	096468	Fixing Block;ADJ;AL;MS10	
G15	020325-AC	Set Screw;M8X1.25PX15L	
H08	093902	Eccentric Axle;Roller Pulley;MS10	
H09	093903	Fixing Axle;Roller Pulley;MS10	
H13	093380	Swivel Axle;Two;45#;MS10	
H15	1000359184	Axle, central;Pull pin;;35CrMo;Hard Cr;M	
H16	000454-H	Cover;Snug;S45C;Cr Plate;GM01	
H18	005363-00	C-Clip;External;S-17	
H19	073572	Pulley; 90mm	
H22	020256-AD	Screw;BH;M5X0.8PX10L;;HS;;CHM;;	
H23	0000086517	Screw;Round Hex Socket;M10x1.5Px25L	
H25	1000104688	Screw;RND;M10x1.5Px110L;HS;G8.8;CHM;BP	
H26	1000358938	Spring;Compression;1.2x12.9x65Lx12N;65	
H27	008569-A	Stopper;Pulley Support Plate;MS21 20*20*3T	
H28	1000090177	Pull Pin Handle;Orange;TPP;137C;MS10	Orange knob only.
H28	019153-A	Pull pin knob; Yellow	Yellow knob only.
H29	093914	Fixing Axle;45#;MS10	
H30	004699-00	Screw;Hex Socket;M8X1.25PX15L	
H55	1000106223	sliding wheel protect piece;Right;Painti	Part contains two of the same cover (H55 x2).
H56	1000106222	sliding wheel protect piece;Left;Paintin	Part contains two of the same cover (H56 x2).
K01	093388	Top Weight Plate;10P;BL WrinkleMS10	
K02	1000209816	Weight Plate;20P;Black;MS10	



K03	004116-00	Bearing;Dry;Weight Stack	
K04	093392	ADJ Rod;Weight Plate;SS41;14 Hole;MS10	
K05	1000205179	Guide Rod;Exrta-Work;Cr;MS10	
K08	093393	Spring Pin;65Mn;16x70L;MS10	
K09	094572	CON Ring;45#;Cr Plate;MS10	
K10	1000092567	Nut;HX;M16X1.5P;SS41;CHM;;	
K11	1000212618	Adjust set;Semi-Assy;;Service;;GM30C;;	Pin + Lanyard
K11	1000372591	Adjustable Pin;Weight Plate;;42CrMo;Chro	Has orange knob
K12	001508-E	Long Guide Rubber Plate;POM	
K13	005847-A	Lanyard;Weight Selection Pin	
K14	005367-00	C-Clip;External;S-30	
K16	004750-00	Screw;Oval;Hex Socket;M8x1.25Px20L	
K18	005145-AC	Washer;Flat;8.2x19.0x2.0T;Chromed	
Not Shown	093406	Hardware Kit;Semi-Assy;MS10	
Not Shown	093397	Manual;Assembly Guide;MS10	
Not Shown	ZMS3000376	Vest;Medium	
Not Shown	ZMS3000377	Vest;Large	
Not Shown	ZMS3000378	Vest;X Large	
Not Shown	ZMS3000379	Vest; XX Large	
Not Shown	1000104003	Cap;Insert Nut;GM40-KM	TV Bracket Mounting Hole Plugs.
Not Shown	1000363588	Stopper set;Guide Rod;;painting;;;MS20;	Upgraded stopper. See "Guide Rod Stops" in Service Bulletins. Also order 1000345425 and 1000104705.
Not Shown	1000379201	Pin set;;;Heavy kit group;Only for MS10	Rework Kit - See Service Bulletin "Pulley Carriage Pull Pin".
Not Shown	1000096176	Screw;Oval;M5x15L;-;HS;-;BED;-;-;	Used for kits 8, 9, 10, and 11. (Hook sets.)
Not Shown	1000300652	TV Rack,up,MS10,painting,TV	Functional Trainer TV Bracket Set.
Q02	093911	Cover;Rear-Up;Acrylic;Light Brown;MS10	
Q03	093912	Cover;Rear-Down;Acrylic;Light Brown;MS10	
Q10	020699-A	Rivet;1/8X12.5L	
Q15	071337	Cap;Insert Nut;ABS;MS151-KM	
V02	093399	Illustration Decal;Short Bars;English;MS	
V05	1000222321	Label;Weight Plate;20P;MS10	
V12	1000232600	Warning Label;-;-;-;PC;-;-	
V22	101994	Illustration Decal;Long Bars;English;MS	
V22	1000224884	Instructional Labe;Long Bars;;;;;French;	

V23	1000218630	Warning Label;Pull Pin	
Z01	1000104705	Screw;RND;M6x1.0Px15L;HS;CHM;BP;G8.8	
Z02	020105-AC	Screw;Hex Socket;Round;M10x1.5Px15L;Adhe	
Z04	005017-00	Washer;Spring;SW10 10.2X18.4X2.5T;Chromed	
Z05	0000086517	Screw;Round Hex Socket;M10x1.5Px25L	
Z08	004496-00	Screw;Hex Socket;Round;M10x1.5Px90L	
Z10	004409-AB	Screw;Phillip;BH;M5x0.8Px20L;BED;Gap;	
Z11	004482-AB	Screw;Hex Socket;Round;M8x1.25Px20L;Cr	
Z14	004557-AB	Screw;Hex Socket;Round;M6x1.0Px45L;Adher	
Z15	004938-00	Nut;Nylon;M6X1.0P;Chromed	
Z16	1000345425	Stopper Ring;Guide Rod;;;Chrome;GM41;;	
Z17	001513-A	Rubber Block;Shock Absorb	
Z18	001509-D	Fix Rubber Block;Cover;Rubber;GM01	
Z19	001526-D	Bolt;Cover;M8x1.25Px40L	
Z20	008523-B	Washer;Arc;M10x28x10.5T;SS41	
Z30	004542-AC	Screw;Hex Socket;Round;M10x1.5Px110L;Adh	
Z62	005048-00	Washer;Flat;8.2x15.0x1.2T	
AB1	Part of Kit 1	Frame Set;R;Painting ;MS10	
AB2	Part of Kit 2	Frame Set;L;Painting ;MS10	
AE1	Part of Kit 3	Lower PullGrip Set;Painting ;MS10	
AF2 - Rope Pag	1000434799	Steel Rope Set;;;4.8x11823L;MS10;;Exclu	Please order kit (F22) instead.
B57	004727-ZAF	Screw;Hex Socket;BH;M8x1.25Px30L;BED(Bla	Discontinued
E04	093333	Foam;25.4x5.0Tx666L;MS10	
E16	004076-00	Bearing;Ball;6000ZZ;10x26x8T;TPI;	
E50	1000108201	Stopper Cover;MS10KM-G3	
E51	1000108200	Swivel head;MS10KM-G3	
H10	Part of Kit 4	Roller Pulley;POM;Black;MS10	
H11	Part of kit 4	Roller Set	
H17	028638-A	Bearing(DISC);Ball;6203ZZ/C3;17X40X12T	
Kit 10	See Notes	Hook	For kit 10, please order: 1000092352 Hook (x1) and 1000096176 Screw (x2)
Kit 11	See Notes	Hook	For kit 11, order: 1000096179 Hook (x1) and 1000096176 Screw (x2)
Kit 8	See Notes	Hook	For kit 8, please order: 093992 - Hook (x1) and 1000096176 - Screw (x2)

Kit 9	See Notes	Hook	For kit 9, please order: 093310 - Hook (x1) and 1000096176 - Screw (x2)
Not Shown	ZMM3000061	Instructional DVD	
V04	093401	Series no. Decal;MS10	
AB6	1000099633	Pedal Set;Painting ;MS10	Discontinued
AB7	093881	Rear Cover Set;Painting ;MS10	
AF2	1000206483	Overlay set;SA;ROTARY;MS12-KM;;;	Discontinued
AG1	1000213713	Fix Set;SA;SERVICE;MS10;;;	Discontinued - 4 Hole Version before SN# G3MS10D0904GA0001
AH3	093369	Elevation Set;R;Painting;MS10	Discontinued
AH7	093385	Elevation Set;L;Painting;MS10	
B57	004727-AF	SCREW;BH;M8X1.25PX30L;;HS;;BAN;;	Discontinued
F21	078462	Karabiner Spring Snap;;9(45mmx90mm);;Cr	Discontinued
F21	005379-B	Spring Snap;Karabiner;8;	Discontinued
			Use for replacement if new pulley set 1000111495 has been installed or if the manufacture date is 9/2012 or after (see service bulletin "Cable Specifications - 300#"). Total length = 11.845 meters // If manufactured 1901 or later, return to attention of Chris Deblois. // Note: The cable stopper components are also available to order separately. See the diagram page below.
F22	<b>1000431485</b>	Steel Rope Transmission Set;Semi-Assy;;;	Discontinued - Use for replacement if new pulley set 1000111495 has been installed. Total length = 11.845 meters
F22	<b>1000301739</b>	Steel Rope Transmission Set;Semi-Assy;-;	Discontinued - Use for replacement if new pulley set 1000111495 has been installed.
F22	1000106248	Steel Rope;Exrta-Work;Steel Rope Head;MS	
H15	093384	Axle;Pull Pin;MS10	Discontinued
H26	005486-E	Spring;;;SWP;;GM09	Discontinued
K11	<b>1000091374</b>	Weight Stack Pin;Orange;Zn Plate;M	Discontinued - Has orange knob
K18	005040-AB	Washer;Flat;8.4X15.5X1.6T	Discontinued
Not Shown	ZMS4001433	TV Bracket for Functional Trainer	Discontinued - Functional Trainer TV Bracket Set.
V12	087657	Decal;Warning Sticker	Discontinued
Z16	062949-B	Limiter Ring;Guide Rod	Discontinued
Z62	005048-Z	Washer;Flat;8.2x15x1.2	Discontinued