

LF DUAL ADJUSTABLE PULLEY WITH STABILIZATION

CMDAS

Parts Manual

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CMDAS - LF DUAL ADJUSTABLE PULLEY WITH STABILIZATION

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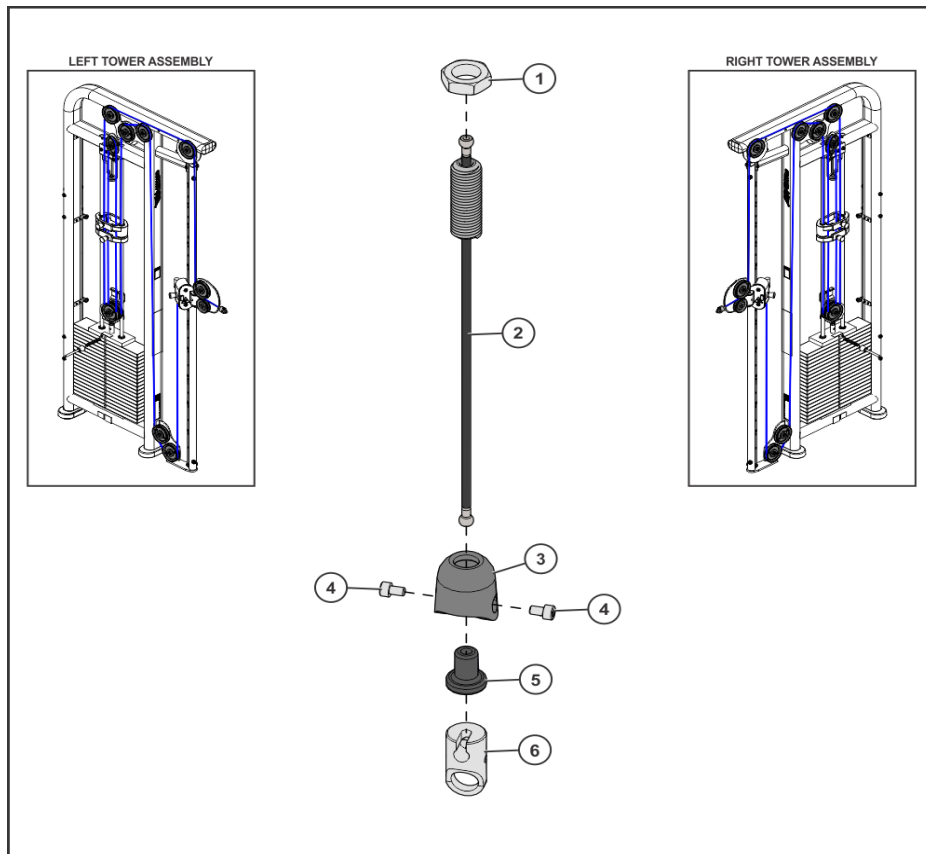
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Accessories



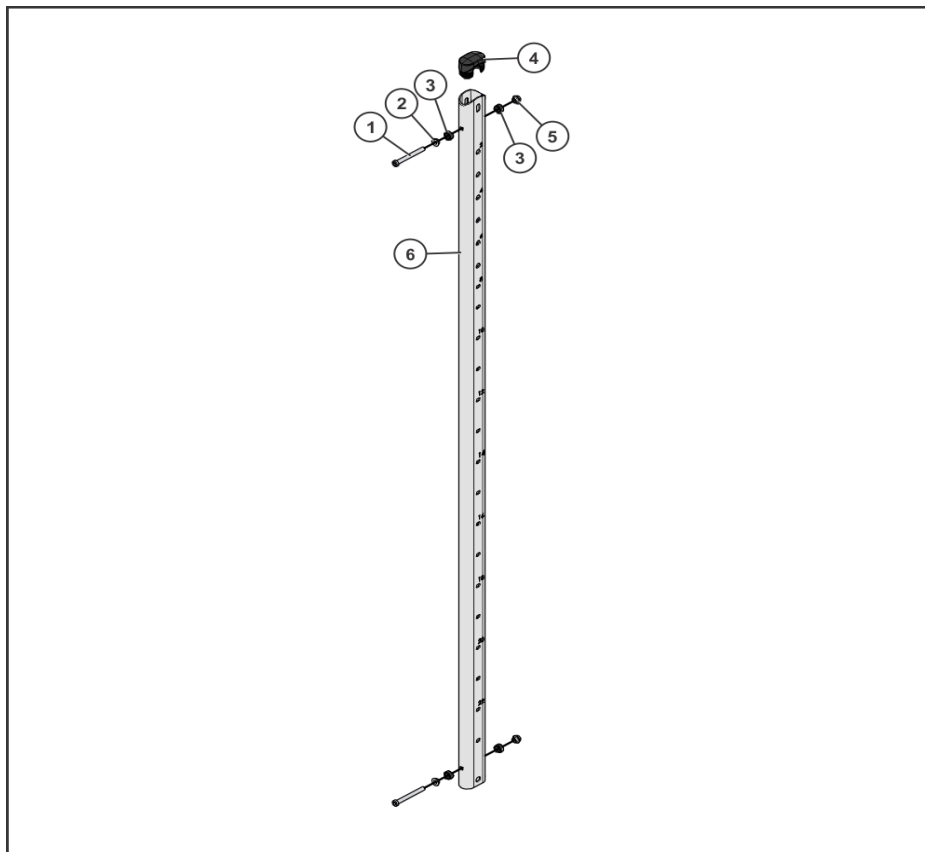
Ref #	Part Number	Qty	Description
1	7734701	1	STRAP, 4-WAY ANKLE
2	6851501	1	ROPE, TRICEP
3	8219601	2	HANDLE, CM/MJ/OSDAP, SHORT STRAP
4	8219701	2	HANDLE, CM/MJ, LONG STRAP
5	3250201	2	SNAP LINK, 3/8" DIA

Cable Assembly



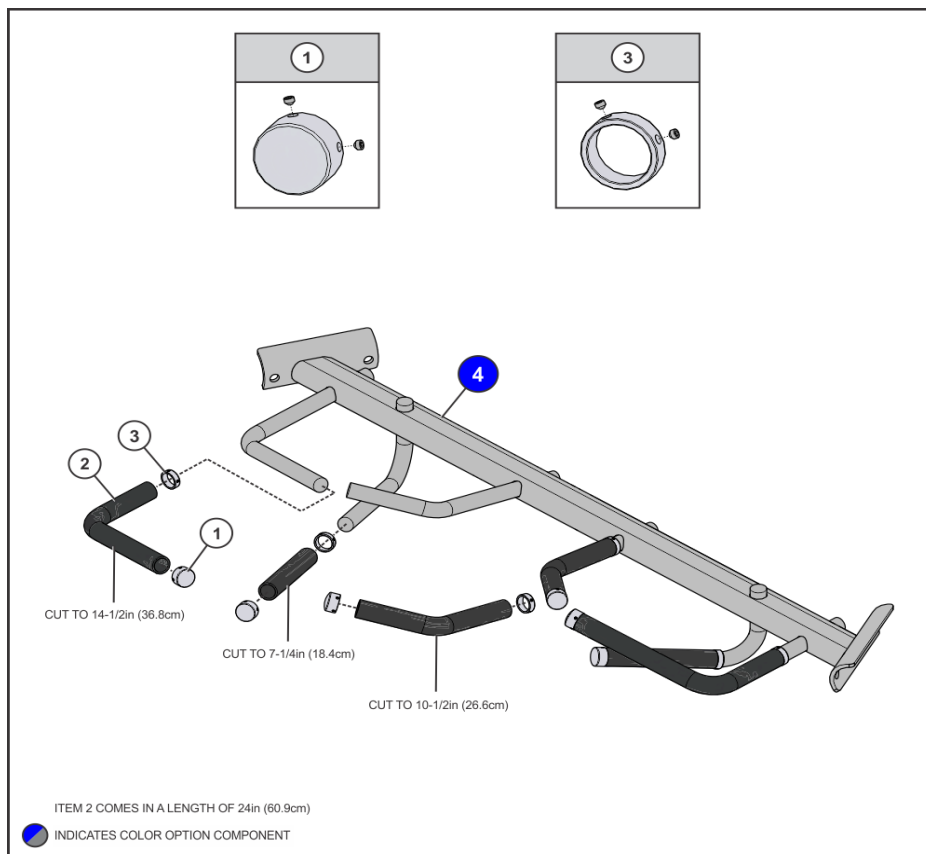
Ref #	Part Number	Qty	Description
1	3236902	1	NUT, HEX JAM M16 X 2 SS
2	8946908	1	CABLE, CMDAP, INC. WEIGHT
3	8943701	1	HSNG, CM/MJ, CABLE END
4	3250002	2	M5 X 0.8 X 8 HXS SOC CS ST BZ
5	8943801	1	INSERT, CM/MJ, CABLE END
6	8943601	1	LINK, CM/MJ, CABLE END

Cable Column



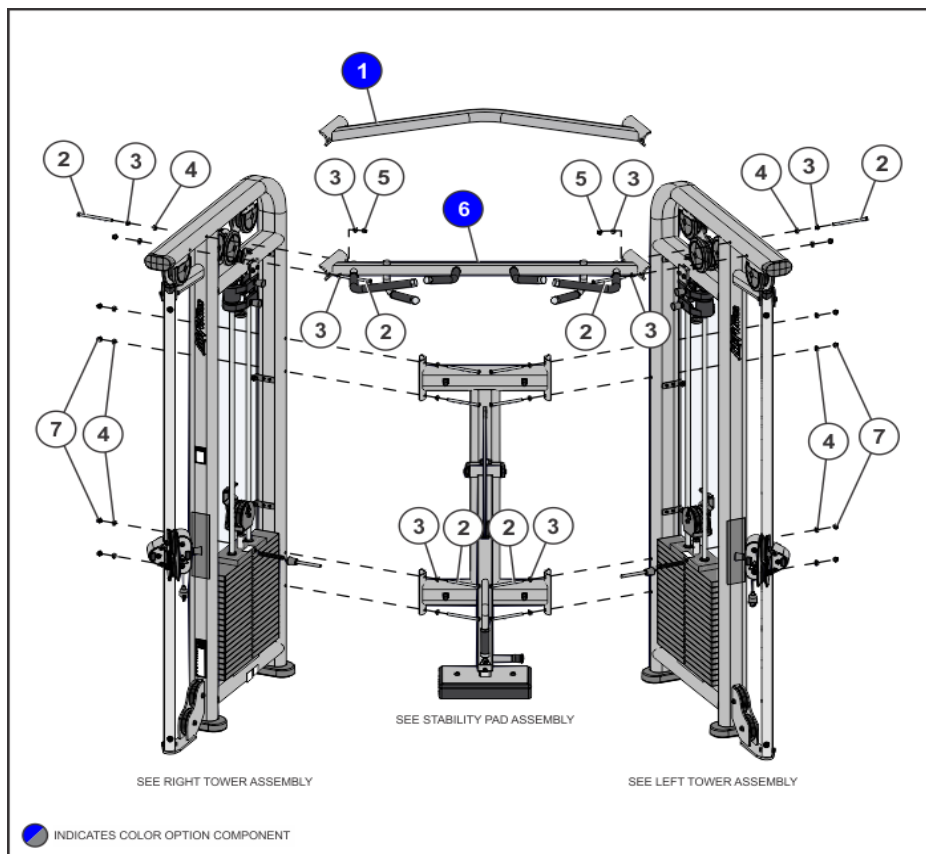
Ref #	Part Number	Qty	Description
1	3236215	2	M10 X 1.5 X 90 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	7645501	4	SPACER, CM/MJ, SM FLOV CONCAVE
4	7333801	1	CAP, SMALL FLOV-END
5	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
6	8264101	1	TUBE, CM/MJ ADJ COLUMN

Chin Support Assembly



Ref #	Part Number	Qty	Description
1	7662901	6	CAP; GRIP 1.25 OD
2	3235801	6	GRIP, 1.25 OD X .125 WALL OPEN END
3	7662801	6	RING, GRIP 1.25 OD
4	7642700	1	WLDMT, CMDAP CHIN SUPPORT

Components



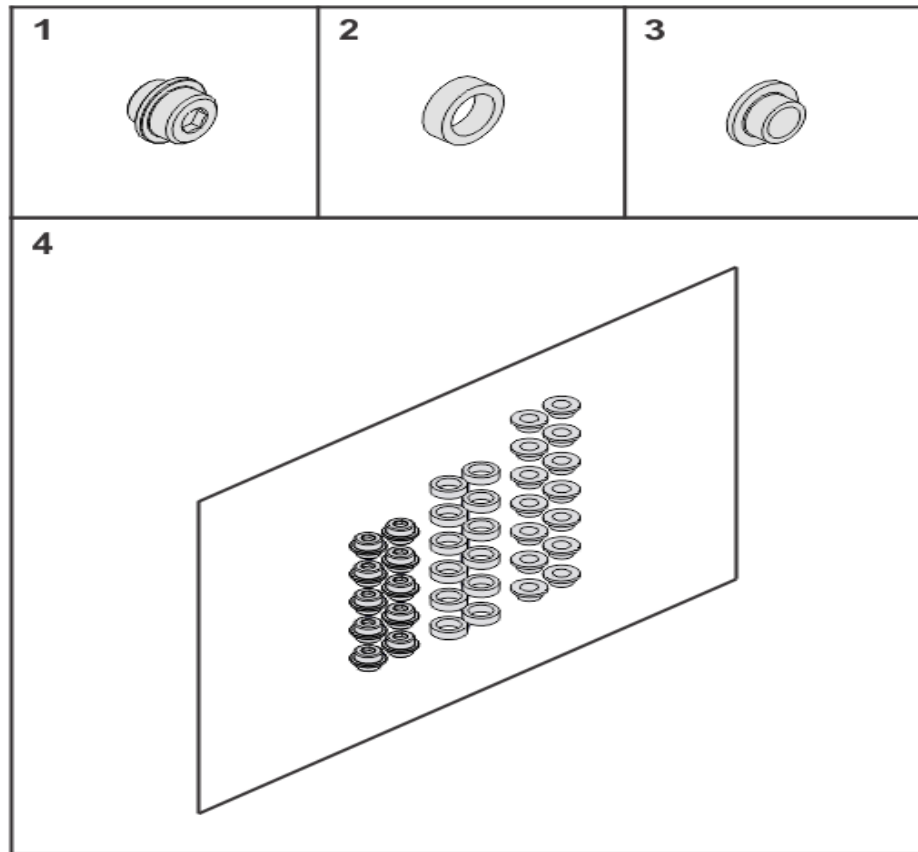
Ref #	Part Number	Qty	Description
1	8539000	1	WLDMT, CMDAP BOOM - NOHANDLES
2	3236220	12	M10 X 1.5 X 130 SHCS, LOW HEAD
3	7630101	14	RETAINER, CM/MJ, PULLEY
4	7634701	12	SPACER, CM/MJ, .565 X .815
5	3236801	2	NUT, NYLOCK M10 X 1.5 SS
6	7713901	1	ASSY, CMDAP CHIN SPRT
7	7335401	10	NUT, M10 X 1.5 SOCKET HEAD

Custom Shroud Assembly



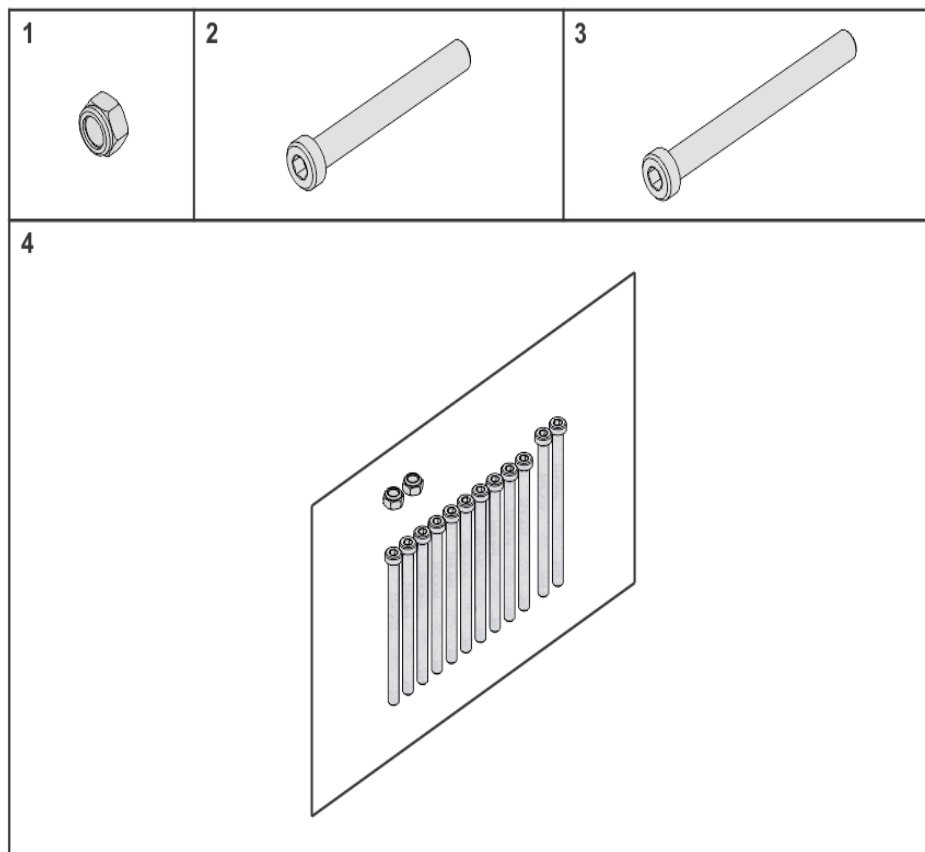
Ref #	Part Number	Qty	Description
1	9436301	1	SHROUD, CM/MJ, PLANET FITNESS, REAR

Hardware Bag 1



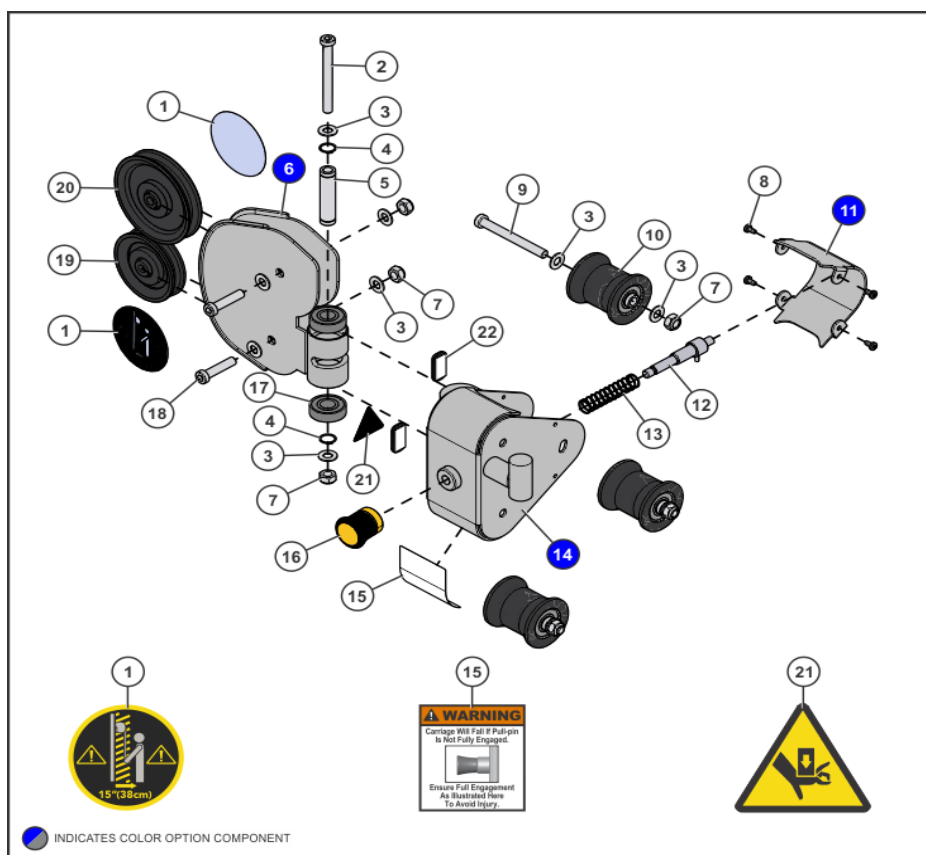
Ref #	Part Number	Qty	Description
1	3236801	2	NUT, NYLOCK M10 X 1.5 SS
2	3236220	10	M10 X 1.5 X 130 SHCS, LOW HEAD
3	3236221	2	M10 X 1.5 X 140 SHCS, LOW HEAD

Hardware Bag 2



Ref #	Part Number	Qty	Description
1	7335401	10	NUT, M10 X 1.5 SOCKET HEAD
2	7634701	12	SPACER, CM/MJ, .565 X .815
3	7630101	14	RETAINER, CM/MJ, PULLEY
4	9443701	1	ASSY, CMDAP, HDWR KIT-2

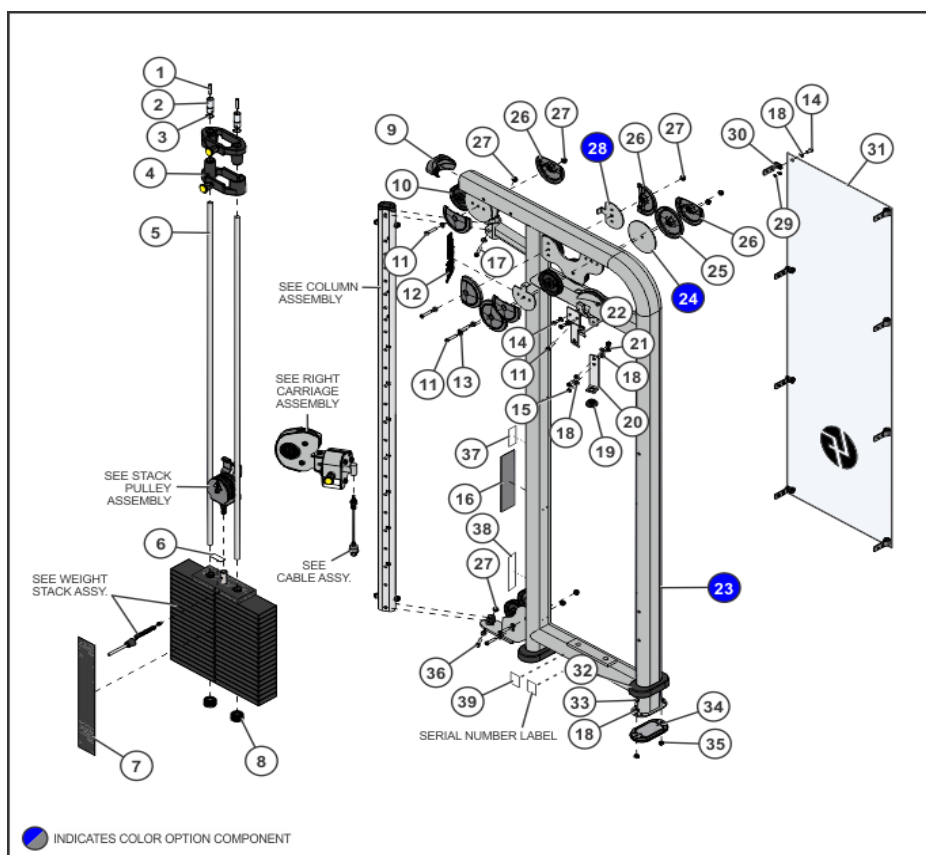
Left Carriage Assembly



Ref #	Part Number	Qty	Description
1	1011299-0001	2	LABEL: WARNING, ADJ CARRIAGE
2	3236217	1	M10 X 1.5 X 100 SHCS, LOW HEAD
3	3273303	12	WASHER, 3/8, THRU-HARDENED
4	3232413	2	RNG, BRE .631,5100-66,ST,PP,B
5	7645401	1	SHAFT, CM/MJ, 6203 BRNG
6	7633300	1	WLDMT, CM/MJ, SWIVEL PULLEY
7	3236801	6	NUT, NYLOCK M10 X 1.5 SS
8	3270601	4	SCREW, #10-32 X 3/8 TRX PAN ST BZ
9	3236216	3	SCREW, M10 X1.5 95MM
10	7637901	3	ASSY, ROLLER-CONCAVE
11	7631801	1	BRKT, CM/MJ, CARRIAGE SHROUD
12	1002880-0001	1	ASSY, CM/MJ PIN-PULL, BEVEL NOSE
13	7351501	1	SPRING; PULL PIN LARGE
14	8346700	1	WLDMT, CMDAP LH CARRIAGE
15	8849708	1	LABEL, WARNING ADJ CARRIAGE-POR
15	8849705	1	LABEL, WARNING ADJ CARRIAGE-ITL
15	8849702	1	LABEL, WARNING ADJ CARRIAGE-GER
15	8849701	1	LABEL, WARNING ADJ CARRIAGE-ENG
15	8849711	1	LABEL, WARNING ADJ CARRIAGE -TUR
15	8849706	1	LABEL, WARNING ADJ CARRIAGE-DUT
15	8849703	1	LABEL, WARNING ADJ CARRIAGE-FRN
15	8849710	1	LABEL, WARNING ADJ CARRIAGE -RUS

Ref #	Part Number	Qty	Description
15	8849712	1	LABEL, WARNING ADJ CARRIAGE -CHI
15	8849707	1	LABEL, WARNING ADJ CARRIAGE-JAP
15	8849704	1	LABEL, WARNING ADJ CARRIAGE-SPN
15	8849713	1	LABEL, WARNING ADJ CARRIAGE -ARA
16	9454703	1	KNOB, ADJ
17	3245901	2	BEARING, 6203
18	3236206	2	M10 X 1.5 X 45 SHCS, LOW HEAD
19	3245701	1	PULLEY, 3.5 IN OD, 10MM ID SG
20	3237801	1	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
21	8039501	1	LABEL, WARNING TRIANGLE
22	7570801	2	GUARD, PAINT 1.25 X .75 X .25

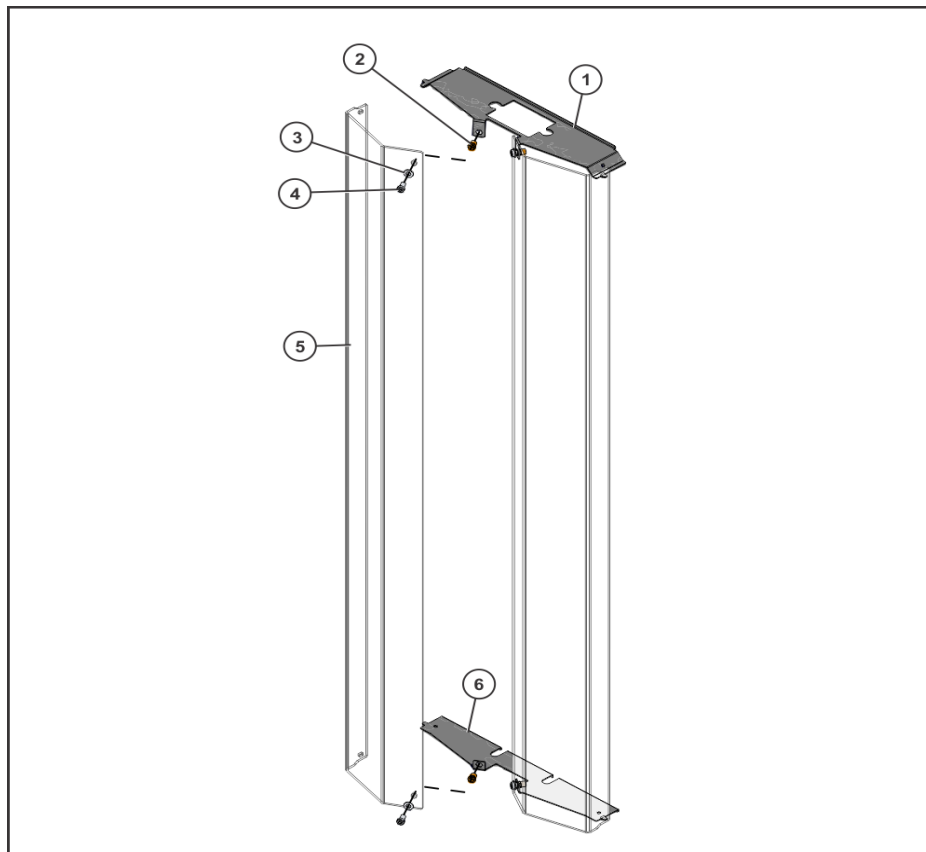
Left Tower Assembly



Ref #	Part Number	Qty	Description
1	8353201	1	SHROUD, CM/MJ REAR
2	3236201	10	M10 X 1.5 X 20 SHCS, LOW HEAD
3	7642095	8	BRKT, CM/MJ, REAR SHROUD SG
4	3273303	18	WASHER, 3/8, THRU-HARDENED
5	3270601	16	SCREW, #10-32 X 3/8 TRX PAN ST BZ
6	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
7	7630101	8	RETAINER, CM/MJ, PULLEY
8	7335401	8	NUT, M10 X 1.5 SOCKET HEAD
9	1024453-0001	1	PLACARD: CMDAS, LH
10	3236206	3	M10 X 1.5 X 45 SHCS, LOW HEAD
11	3251202	4	M10 X 1.5 X 25MM UNS HEX CS ST ZN
12	7340201	2	COVER, FOOT - STRAIGHT
13	7334001	2	FOOT, 2.50 X 4.49 FLOV, 10-0074-046, BNR
14	3254703	4	NUT, M10 X 1.5 HEX ZINC
15	7352101	2	CUSHION, WEIGHT STACK
16	7744502	1	LABEL, WEIGHT AT HANDLE-GER
16	7744512	1	LABEL, WEIGHT AT HANDLE -CHI
16	7744513	1	LABEL, WEIGHT AT HANDLE -ARA
16	7744505	1	LABEL, WEIGHT AT HANDLE-ITL
16	7744510	1	LABEL, WEIGHT AT HANDLE -RUS
16	7744503	1	LABEL, WEIGHT AT HANDLE-FRN
16	7744511	1	LABEL, WEIGHT AT HANDLE -TUR

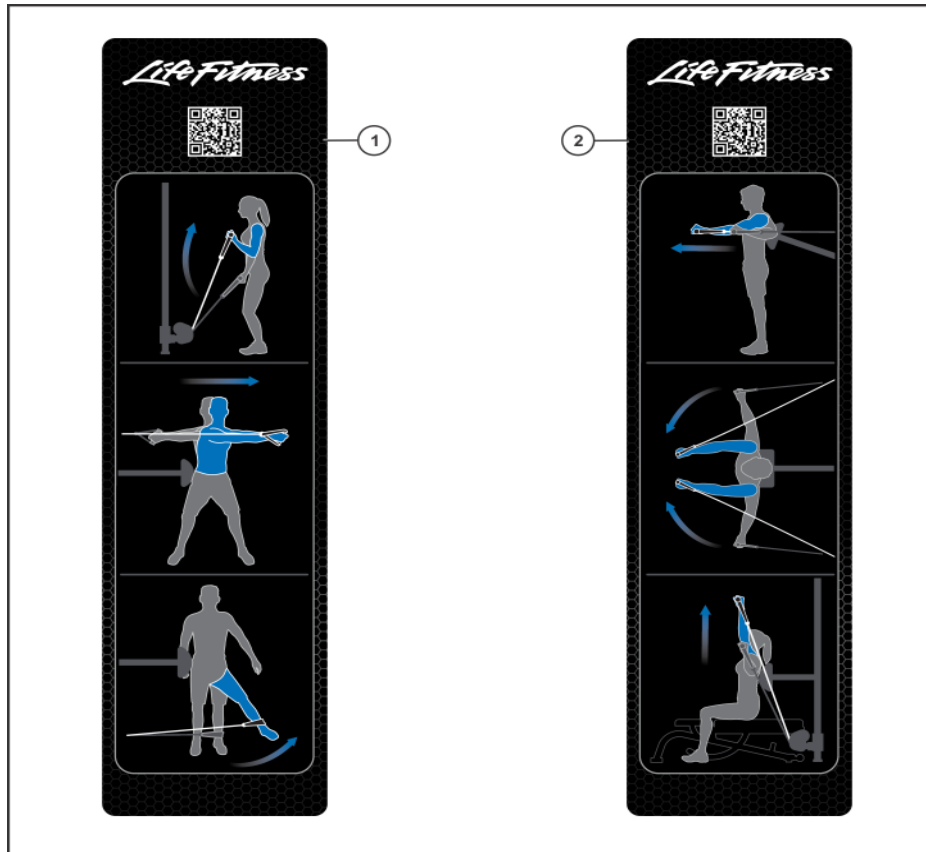
Ref #	Part Number	Qty	Description
16	7744501	1	LABEL, WEIGHT AT HANDLE-ENG
16	7744504	1	LABEL, WEIGHT AT HANDLE-SPN
16	7744508	1	LABEL, WEIGHT AT HANDLE-POR
16	7744507	1	LABEL, WEIGHT AT HANDLE-JAP
17	9138101	1	LABEL, WGHT STK, 97.5 LBS
17	9138201	1	LABEL, WGHT STK, 48.75 KG
18	7328618	2	GUIDE ROD, .75 OD SOLID X 71.50
19	9139304	2	ASSY, INCR WGT, BLACK YELLOW KNOB
20	3232421	2	RING:BRE .940 5100-100 ST PP B
21	7634401	2	RETAINER, CM/MJ, GUIDE ROD
22	3240502	2	M10 X 1.5 X 50 HXS NO CUP ST BO
23	3236207	5	M10 X 1.5 X 50 SHCS, LOW HEAD
24	7630001	6	COVER, PULLEY BOLTED PARTIAL
25	3237801	7	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
26	7730900	2	BRKT, COVER/CABLE RETAINER Custom
27	7629901	2	COVER, PULLEY-BOLTED FULL
28	9131100	1	WLDMT, CMDAP TOWER, LH
29	7301100	1	PLATE, PULLEY
30	7333901	1	CAP, LARGE FLOV-END;SHDW
31	8866901	1	LABEL, LF LOGO 10 IN. - FLAT
32	7642301	1	BUMPER, CM/MJ/OSDAP, PLUG
33	3236801	2	NUT, NYLOCK M10 X 1.5 SS
34	1013912-9301	1	BRACKET: INC WEIGHT STOP, 1/4" -HWG
35	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
36	9231103	1	STRIKER PLATE, INCR WGT, HT AND PLATED

Optional Front Shroud Assembly



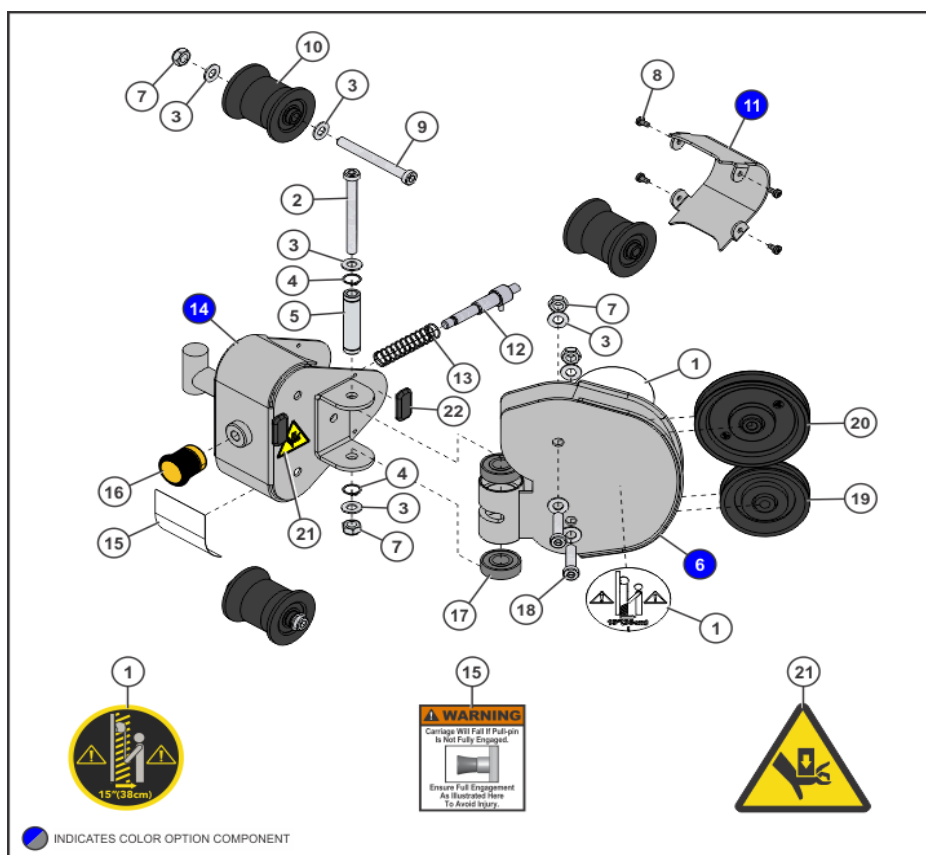
Ref #	Part Number	Qty	Description
1	9035795	1	BRKT, SHROUD, CMDAP, TOP, SG
2	3238601	4	M10X1.5 BLIND THREADED INSERT (HEX)
3	3273303	4	WASHER, 3/8, THRU-HARDENED
4	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
5	9035801	2	SHROUD, CM/MJ FRONT
6	9035995	1	BRKT, SHROUD, CMDAP, BOTTOM, SG

Placards



Ref #	Part Number	Qty	Description
1	1024453-0001	1	PLACARD: CMDAS, LH
2	1024454-0001	1	PLACARD: CMDAS, RH

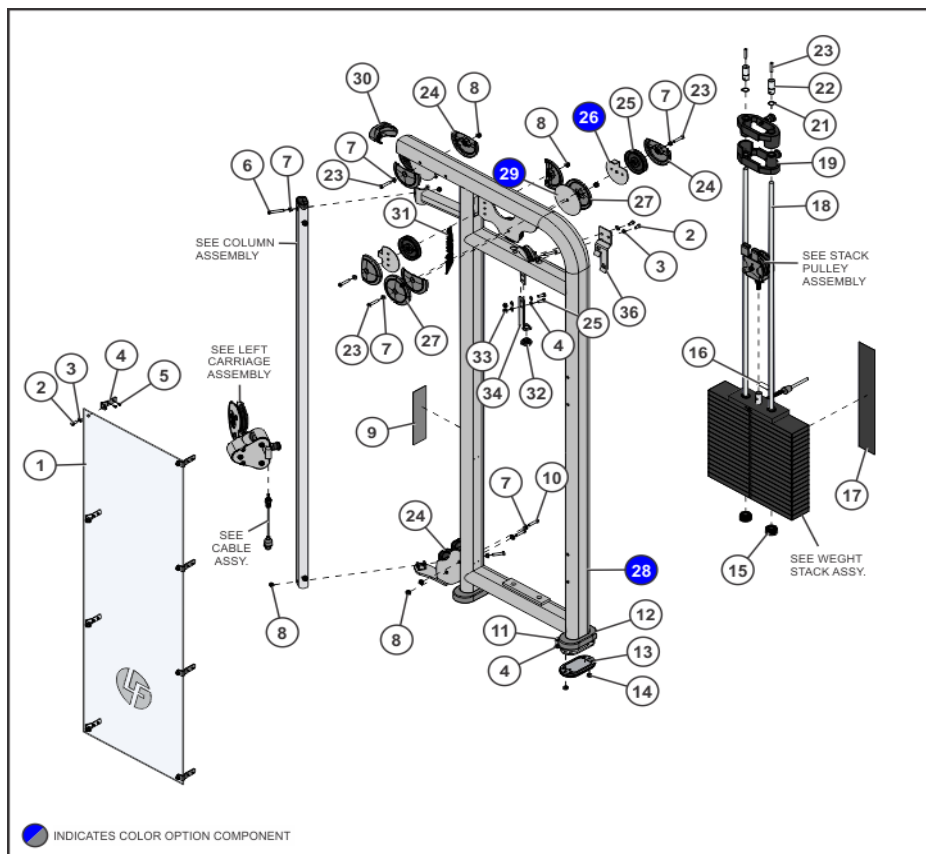
Right Carriage Assembly



Ref #	Part Number	Qty	Description
1	1011299-0001	2	LABEL: WARNING, ADJ CARRIAGE
2	3236217	1	M10 X 1.5 X 100 SHCS, LOW HEAD
3	3273303	12	WASHER, 3/8, THRU-HARDENED
4	3232413	2	RNG, BRE .631,5100-66,ST,PP,B
5	7645401	1	SHAFT, CM/MJ, 6203 BRNG
6	7633300	1	WLDMT, CM/MJ, SWIVEL PULLEY
7	3236801	6	NUT, NYLOCK M10 X 1.5 SS
8	3270601	4	SCREW, #10-32 X 3/8 TRX PAN ST BZ
9	3236216	3	SCREW, M10 X1.5 95MM
10	7637901	3	ASSY, ROLLER-CONCAVE
11	7631801	1	BRKT, CM/MJ, CARRIAGE SHROUD
12	1002880-0001	1	ASSY, CM/MJ PIN-PULL, BEVEL NOSE
13	7351501	1	SPRING; PULL PIN LARGE
14	8346900	1	WLDMT, CMDAP RH CARRIAGE
15	8849701	1	LABEL, WARNING ADJ CARRIAGE-ENG
15	8849702	1	LABEL, WARNING ADJ CARRIAGE-GER
15	8849705	1	LABEL, WARNING ADJ CARRIAGE-ITL
15	8849708	1	LABEL, WARNING ADJ CARRIAGE-POR
15	8849713	1	LABEL, WARNING ADJ CARRIAGE -ARA
15	8849704	1	LABEL, WARNING ADJ CARRIAGE-SPN
15	8849707	1	LABEL, WARNING ADJ CARRIAGE-JAP
15	8849712	1	LABEL, WARNING ADJ CARRIAGE -CHI

Ref #	Part Number	Qty	Description
15	8849710	1	LABEL, WARNING ADJ CARRIAGE -RUS
15	8849703	1	LABEL, WARNING ADJ CARRIAGE-FRN
15	8849706	1	LABEL, WARNING ADJ CARRIAGE-DUT
15	8849711	1	LABEL, WARNING ADJ CARRIAGE -TUR
16	9454703	1	KNOB, ADJ
17	3245901	2	BEARING, 6203
18	3236206	2	M10 X 1.5 X 45 SHCS, LOW HEAD
19	3245701	1	PULLEY, 3.5 IN OD, 10MM ID SG
20	3237801	1	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
21	8039501	1	LABEL, WARNING TRIANGLE
22	7570801	2	GUARD, PAINT 1.25 X .75 X .25

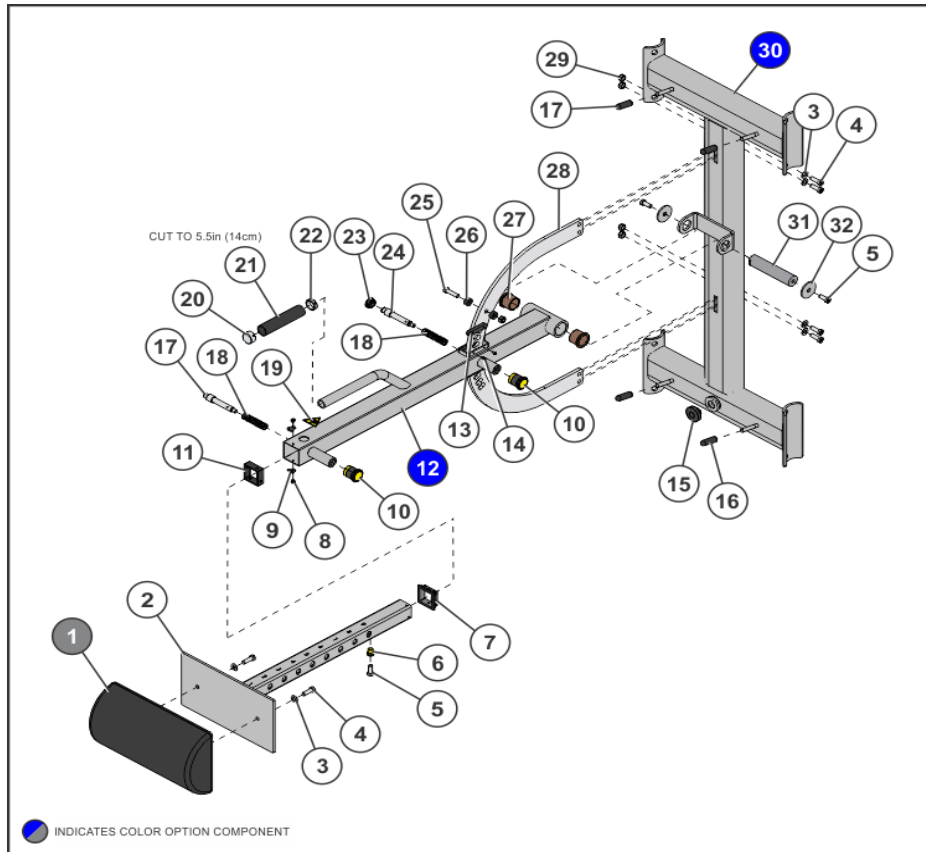
Right Tower Assembly



Ref #	Part Number	Qty	Description
1	3240502	2	M10 X 1.5 X 50 HXS NO CUP ST BO
2	7634401	2	RETAINER, CM/MJ, GUIDE ROD
3	3232421	2	RING:BRE .940 5100-100 ST PP B
4	9139304	2	ASSY, INCR WGT, BLACK YELLOW KNOB
5	7328618	2	GUIDE ROD, .75 OD SOLID X 71.50
6	7744501	1	LABEL, WEIGHT AT HANDLE-ENG
6	7744503	1	LABEL, WEIGHT AT HANDLE-FRN
6	7744504	1	LABEL, WEIGHT AT HANDLE-SPN
6	7744510	1	LABEL, WEIGHT AT HANDLE -RUS
6	7744508	1	LABEL, WEIGHT AT HANDLE-POR
6	7744507	1	LABEL, WEIGHT AT HANDLE-JAP
6	7744505	1	LABEL, WEIGHT AT HANDLE-ITL
6	7744513	1	LABEL, WEIGHT AT HANDLE -ARA
6	7744512	1	LABEL, WEIGHT AT HANDLE -CHI
6	7744511	1	LABEL, WEIGHT AT HANDLE -TUR
6	7744502	1	LABEL, WEIGHT AT HANDLE-GER
7	9138101	1	LABEL, WGHT STK, 97.5 LBS
7	9138201	1	LABEL, WGHT STK, 48.75 KG
8	7352101	2	CUSHION, WEIGHT STACK
9	7333901	1	CAP, LARGE FLOV-END;SHDW
10	3237801	7	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
11	3236207	5	M10 X 1.5 X 50 SHCS, LOW HEAD

Ref #	Part Number	Qty	Description
12	8866901	1	LABEL, LF LOGO 10 IN. - FLAT
13	7630101	8	RETAINER, CM/MJ, PULLEY
14	3236201	10	M10 X 1.5 X 20 SHCS, LOW HEAD
15	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
16	1024454-0001	1	PLACARD: CMDAS, RH
17	3236209	1	M10 X 1.5 X 60 SHCS, LOW HEAD
18	3273303	18	WASHER, 3/8, THRU-HARDENED
19	7642301	1	BUMPER, CM/MJ/OSDAP, PLUG
20	1013912-9301	1	BRACKET: INC WEIGHT STOP, 1/4" -HWG
21	3236801	2	NUT, NYLOCK M10 X 1.5 SS
22	9231103	1	STRIKER PLATE, INCR WGT, HT AND PLATED
23	9131000	1	WLDMT, CMDAP TOWER, RH
24	7301100	1	PLATE, PULLEY
25	7629901	2	COVER, PULLEY-BOLTED FULL
26	7630001	6	COVER, PULLEY BOLTED PARTIAL
27	7335401	8	NUT, M10 X 1.5 SOCKET HEAD
28	7730900	2	BRKT, COVER/CABLE RETAINER Custom
29	3270601	16	SCREW, #10-32 X 3/8 TRX PAN ST BZ
30	7642095	8	BRKT, CM/MJ, REAR SHROUD SG
31	8353201	1	SHROUD, CM/MJ REAR
32	7340201	2	COVER, FOOT - STRAIGHT
33	3251202	4	M10 X 1.5 X 25MM UNS HEX CS ST ZN
34	7334001	2	FOOT, 2.50 X 4.49 FLOV, 10-0074-046, BNR
35	3254703	4	NUT, M10 X 1.5 HEX ZINC
36	3236206	3	M10 X 1.5 X 45 SHCS, LOW HEAD
37	9141113	1	LABEL, WARNING, STRAP TRAIN -ARA
37	9141108	1	LABEL, WARNING, STRAP TRAINING -POR
37	9141101	1	LABEL, WARNING, STRAP TRAINING -ENG
37	9141107	1	LABEL, WARNING, STRAP TRAINING -JAP
37	9141110	1	LABEL, WARNING, STRAP TRAINING -RUS
37	9141105	1	LABEL, WARNING, STRAP TRAINING -ITA
37	9141112	1	LABEL, WARNING, STRAP TRAIN -CHI
37	9141106	1	LABEL, WARNING, STRAP TRAINING -DUT
37	9141102	1	LABEL, WARNING, STRAP TRAINING -GER
37	9141103	1	LABEL, WARNING, STRAP TRAINING -FRN
37	9141104	1	LABEL, WARNING, STRAP TRAINING -SPN
37	9141111	1	LABEL, WARNING, STRAP TRAIN -TUR
38	8220010	1	Label, ASTM, Select Vertical - Russian
38	8220001	1	Label, ASTM, Select Vertical - English
38	8220004	1	Label, ASTM, Select Vertical - Spanish
38	8220005	1	Label, ASTM, Select Vertical - Italian
38	8220002	1	Label, ASTM, Select Vertical - German
38	8220007	1	Label, ASTM, Select Vertical - Japanese
38	8220003	1	Label, ASTM, Select Vertical - French
38	8220011	1	Label, ASTM, Select Vertical - Turkish
38	8220013	1	Label, ASTM, Select Vertical - English Red
38	8220012	1	Label, ASTM, Select Vertical - English Ice Blue Metallic
38	8220006	1	Label, ASTM, Select Vertical - Dutch
38	8220008	1	Label, ASTM, Select Vertical - Portugese
39	9488901	1	LABEL, INSIGNIA, FCC

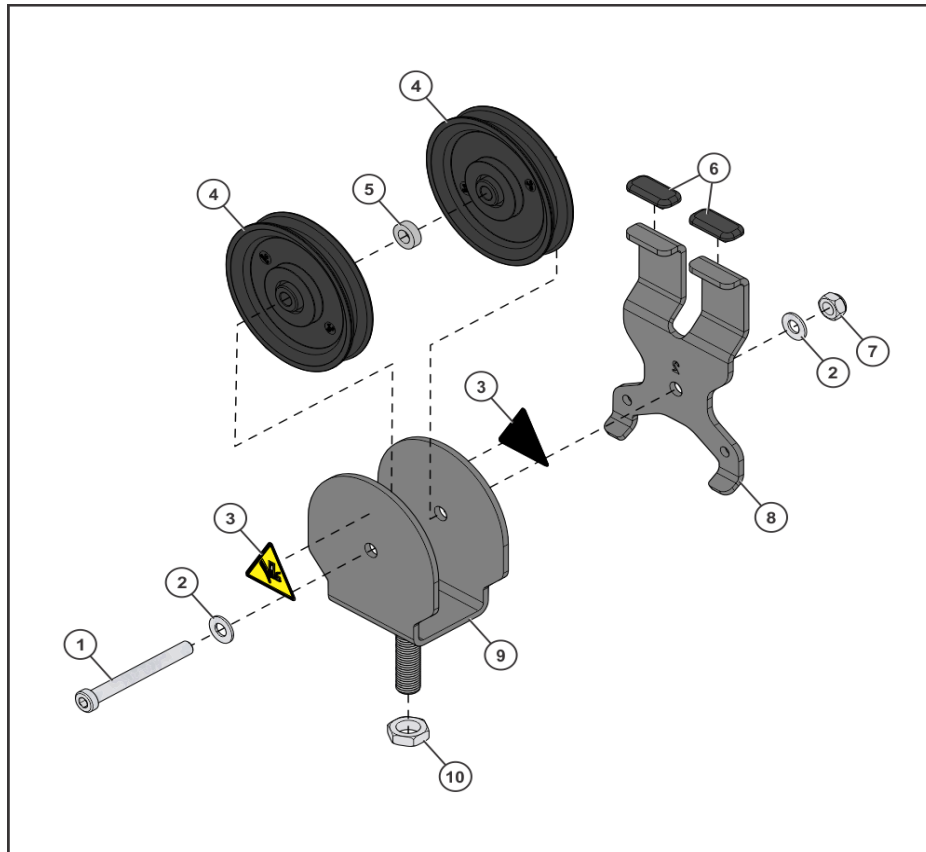
Stability Pad Assembly



Ref #	Part Number	Qty	Description
1	1000010-0101	1	PAD, LUMBAR, NO BACKER CUS, DBL STITCH- BLACK
1	1000010-0199	1	PAD, LUMBAR, NO BACKER CUS, DBL STITCH- Custom
1	1000010-0099	1	PAD, LUMBAR, NO BACKER CUS, SNGL STITCH- Custom
1	7544501	1	PAD, LUMBAR 14 X 8 Black
2	1023838-0001	1	WLDMT: INNER WORKARM - PLTD
3	3273303	6	WASHER, 3/8, THRU-HARDENED
4	3236203	6	M10 X 1.5 X 30 SHCS, LOW HEAD
5	3236202	3	M10 X 1.5 X 25 SHCS, LOW HEAD
6	3238601	1	M10X1.5 BLIND THREADED INSERT (HEX)
7	7660101	1	INSERT: FWMAB PLASTIC SEAT 2 X 2
8	3270601	2	SCREW, #10-32 X 3/8 TRX PAN ST BZ
9	1000450-0001	2	BRKT, BUSHING RETAINER
10	9454703	2	KNOB, ADJ
11	7662301	1	BUSHING, FWMAB SS SLIDE
12	1023840-0000	1	WLDMT: OUTER WORKARM
13	1023265-0001	4	SPACER: 3/8" INDEX PLATE GUIDE
14	3226006	8	6-20 X 5 PHL PAN PLT ST BZ
15	7642302	1	PLUG, CM/MJ, PLUG -CHR
16	9507101	4	CAP, CM ACC. RACK
17	7351301	1	PIN, PULL X 4.375
18	7351501	2	SPRING; PULL PIN LARGE

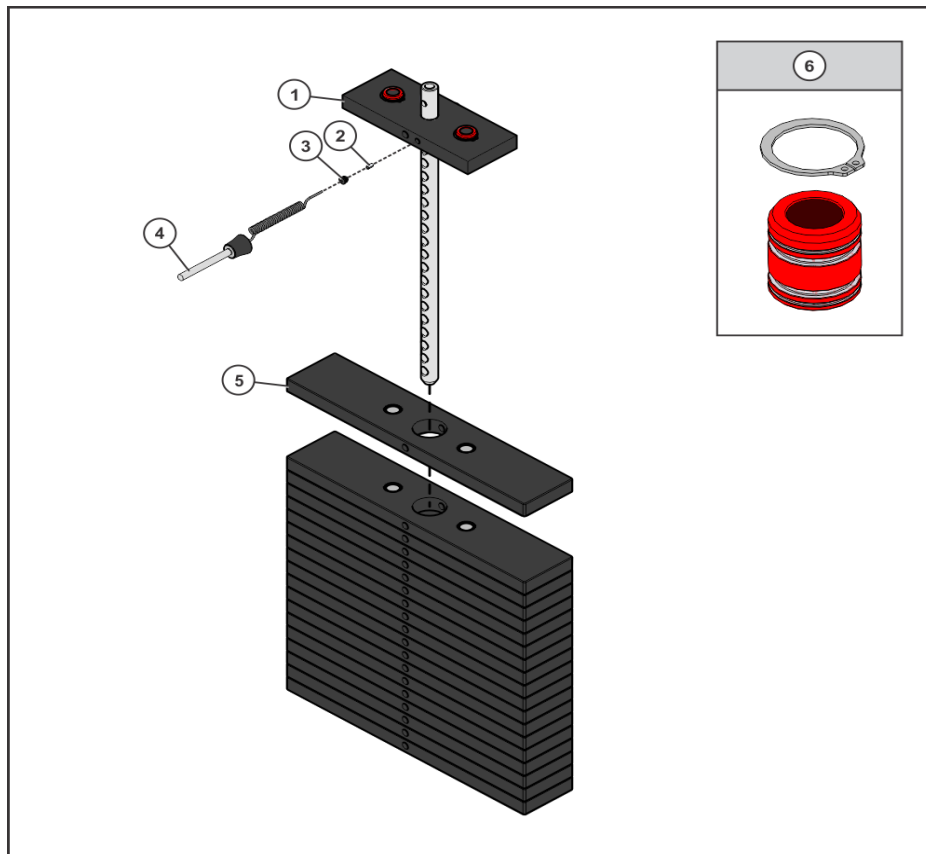
Ref #	Part Number	Qty	Description
19	8039501	1	LABEL, WARNING TRIANGLE
20	7662901	1	CAP; GRIP 1.25 OD
21	3235806	1	GRIP, 1.25 OD X .125 WALL OPEN END
22	7662801	1	RING, GRIP 1.25 OD
23	3237407	1	PLUG, 1 IN HOLE
24	1022977-0001	1	PIN: PULL, WITH DETENT
25	3236205	1	M10 X 1.5 X 40 SHCS, LOW HEAD
26	8862701	2	SPACER, NYLON
27	3104907	2	BEARING, FLG, 1.25 I.D X 1.50 O.D
28	1023809-0001	1	PLATE: INDEX, 3/8, 1-10
29	3236801	5	NUT, NYLOCK M10 X 1.5 SS
30	1023845-0000	1	WLDMT: STABILITY PAD WORKARM MOUNT
31	1023850-0001	1	SHAFT: 1.25 IN CRS, D-SHAFT, TAPPED
32	7322301	2	PLATE, 1.97 OD X .447 ID 10GA

Stack Pulley Assembly



Ref #	Part Number	Qty	Description
1	3236215	1	M10 X 1.5 X 90 SHCS, LOW HEAD
2	3273303	2	WASHER, 3/8, THRU-HARDENED
3	8039501	2	LABEL, WARNING TRIANGLE
4	3237801	2	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
5	7385201	1	SPACER, .406 X .750 X .250 SS
6	7570801	2	GUARD, PAINT 1.25 X .75 X .25
7	3236801	1	NUT, NYLOCK M10 X 1.5 SS
8	1013924-9301	1	BRACKET: INC WEIGHT, DBL PULLEY, 7 GA -HWG
9	1012796-9301	1	WELDMENT: FLOATING DOUBLE PULLEY -HWG
10	3236902	1	NUT, HEX JAM M16 X 2 SS

Weight Stack Assembly



Ref #	Part Number	Qty	Description
1	8920201	1	19 HOLE HEAD PLATE/BAYONET SER. KIT ASSY
2	7523601	1	CRIMP, CABLE
3	7356501	1	PLUG, LANYARD ATTACHMENT
4	7353001	1	ASSY, SELECTOR PIN
5	7328401	19	WEIGHT PLATE, 20 LB -SG
6	7338001	2	BUSHING, HEADPLATE

