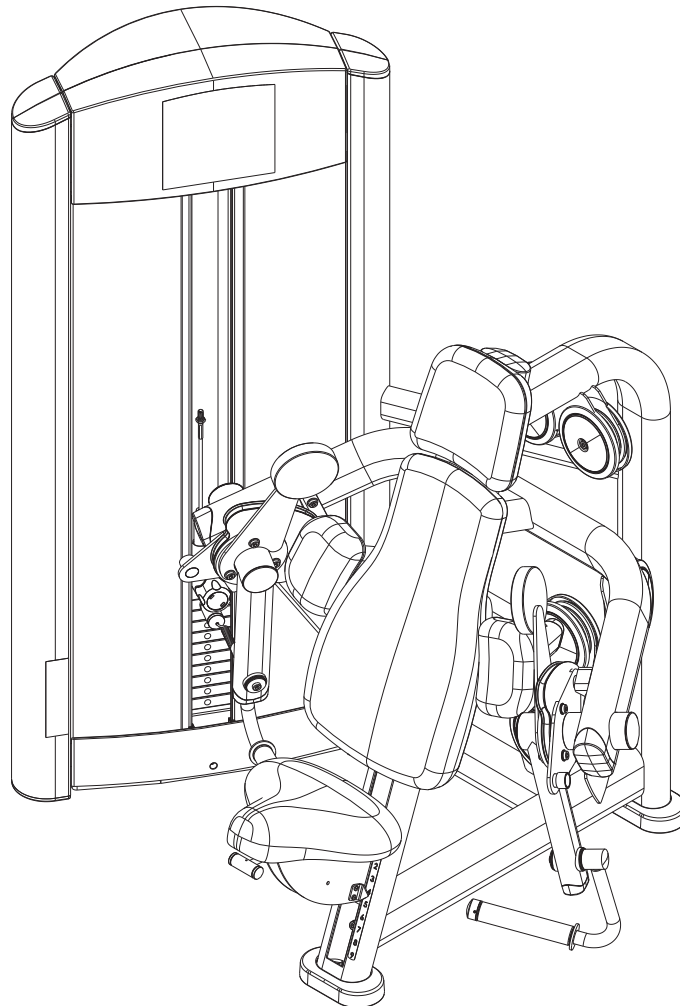


# Signature Series Single Station Biceps Curl

FZBC

## Parts List



# FZBC BICEPS CURL

## CONTENTS

---

FRAME AND UPHOLSTERY COLORS..... 3

SHROUD OPTIONS..... 4

COMPONENT ASSEMBLY..... 5

COMPONENT ASSEMBLY II..... 6

COMPONENT ASSEMBLY LEGEND..... 7

FZ SEAT CARRIAGE ASSEMBLY..... 8

FZ SEAT CARRIAGE ASSEMBLY LEGEND..... 9

FZ ADJUSTER HANDLE ASSEMBLY..... 10

MID-9 TOWER ASSEMBLY..... 11

PLASTIC TOWER ASSEMBLY..... 12

OPTIONAL WRAPPED SHROUDS..... 13

MID-9 WEIGHT STACK ASSEMBLY..... 14

5 LB. INCREMENT WEIGHT ASSEMBLY..... 15

10 LB. INCREMENT WEIGHT ASSEMBLY..... 16

15 LB. INCREMENT WEIGHT ASSEMBLY..... 17

MID-9 WEIGHT STACK ASSEMBLY..... 18

OPTIONAL LIGHT MID-9 WEIGHT STACK ASSEMBLY..... 19

OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSEMBLY..... 20

OPTIONAL 5 LB. INCREMENT WEIGHT ASSEMBLY..... 21

OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSEMBLY..... 22

HEAD PLATE ASSEMBLY..... 22

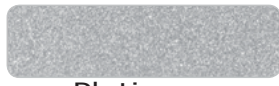
HEAD PLATE ASSEMBLY LEGEND..... 23

IMAGE..... 24

# FZBC BICEPS CURL FRAME AND UPHOLSTERY COLORS

---

## Strength Frame Colors



Platinum



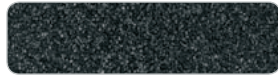
White



Black



Ice Blue Metallic



Midnight Metallic



Nickel



Blue



Red



Yellow



Candy Apple Red

Note: Include frame color in pick-slip notes when ordering frame assemblies or weldments.

## Strength Upholstery Colors



American Beauty Red 07



Azure 20



Black 01



Cranberry 04



Graphite 22



Hunter Green 13



Regimental Blue 14



Royal Blue 02



Slate 03



Wheat 21



Burgundy 29



Candy Apple Red 28



Chestnut 34



Concord 16



Crocus 19



Dove Gray 37



Emerald 27



Grotto 25



Gun Metal 39



Imperial Blue 33



Jade 26



Navy 32



Northwoods Green 05



Paprika 35



Plum 30



Putty 38



Space Blue 06



Suede 08



Terra Cotta 36



Turquoise 17

Note: Replace XX with above color suffix when ordering pads (ie. 74123XX = 7412301 Black)  
Use 99 suffix for custom upholstery.

# FZBC BICEPS CURL SHROUD OPTIONS

## STANDARD SHROUD NO WRAP

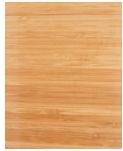


TRANSLUCENT



## OPTIONAL StackWraps™ SHROUD + WRAP

BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS  
STEEL



STEM



## CO-BRANDED StackWraps™

SHROUD + WRAP

(refer to co-branded parts list)



PLANET FITNESS

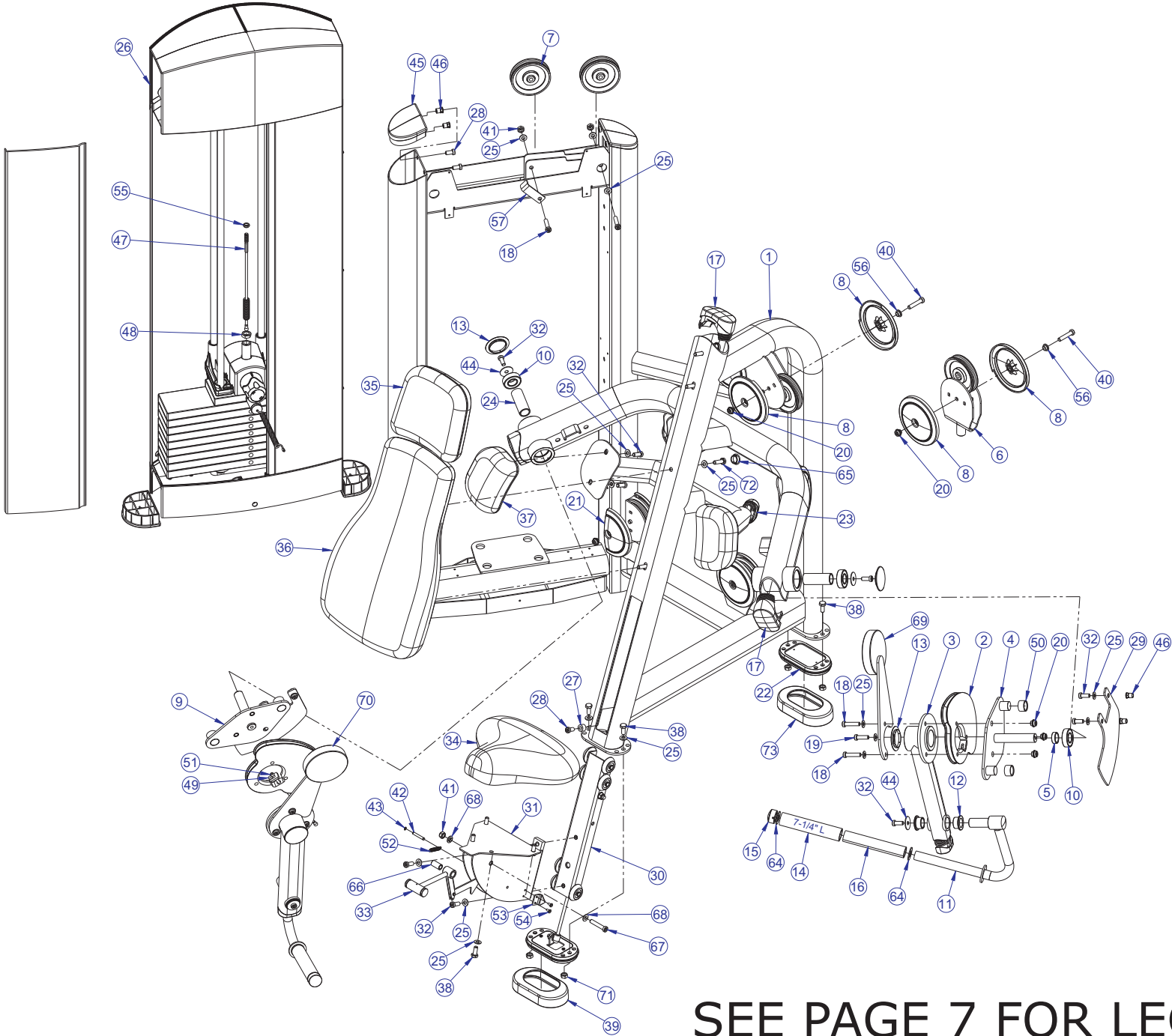


BLINK FITNESS



RETRO FITNESS

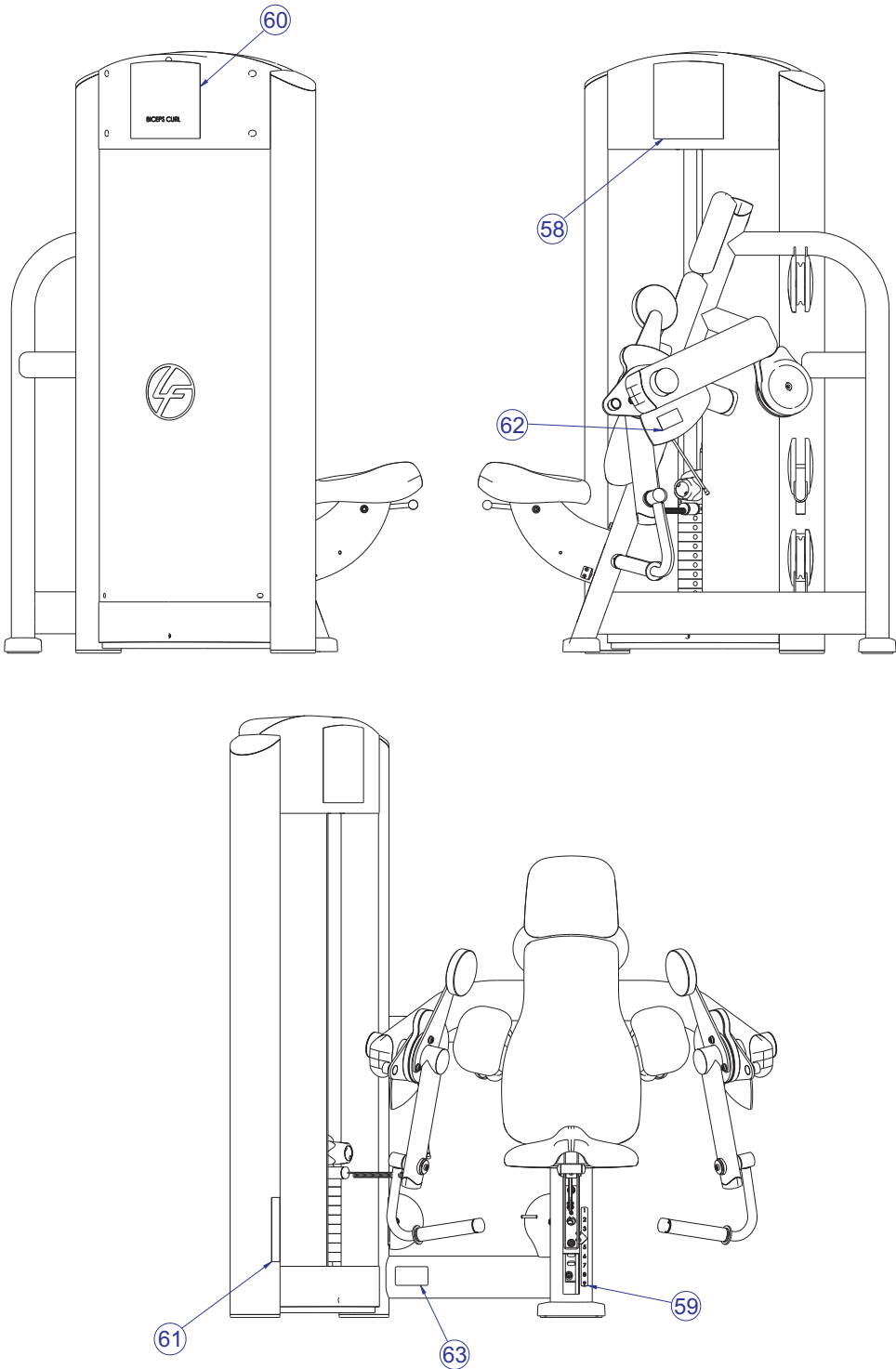
# FZBC BICEPS CURL COMPONENT ASSEMBLY



SEE PAGE 7 FOR LEGEND

# FZBC BICEPS CURL COMPONENT ASSEMBLY II

---



SEE PAGE 7 FOR LEGEND

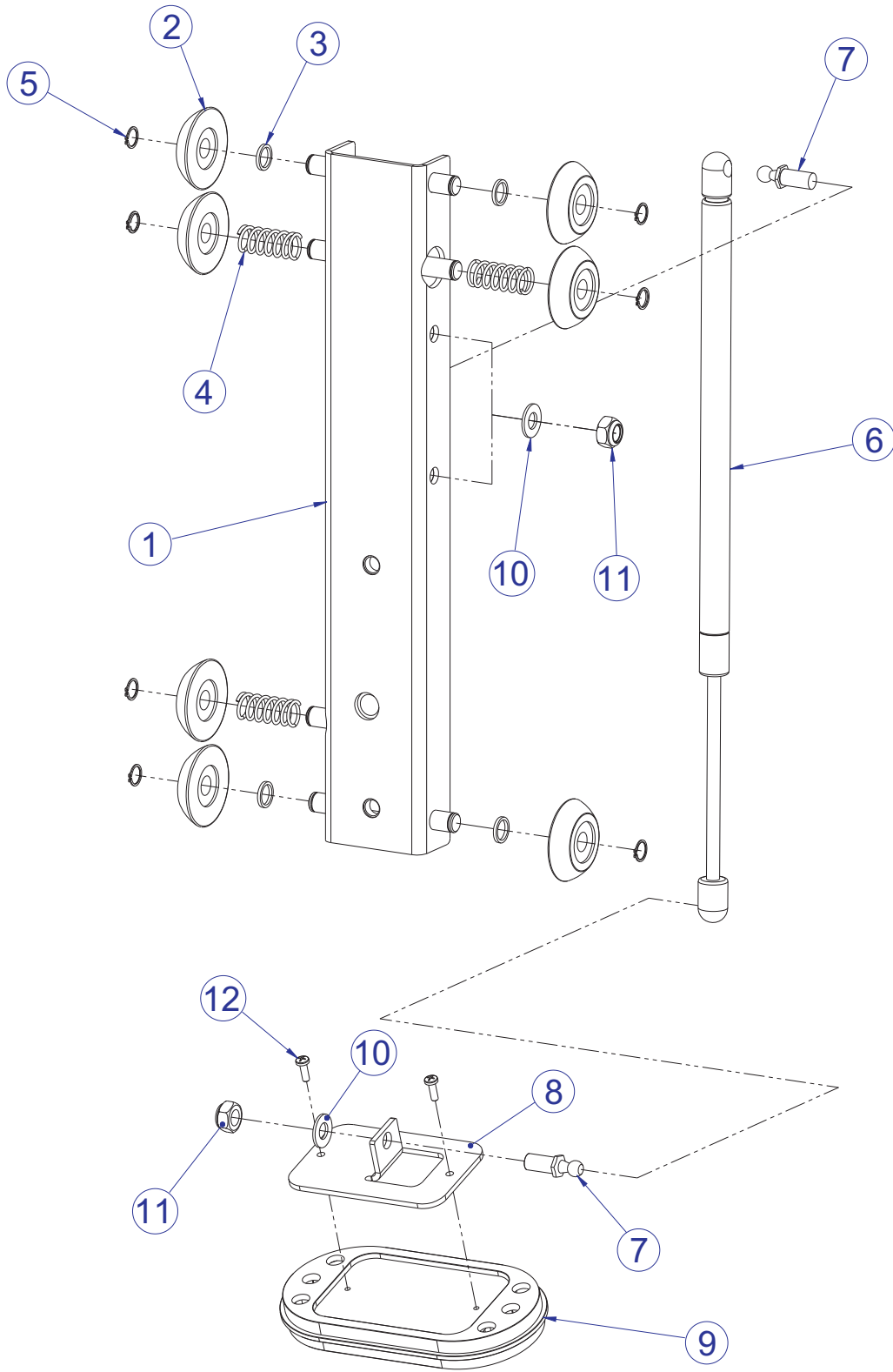
# FZBC BICEPS CURL COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1		WLDMT, FZBC FRAME
2	2	7398101	CAM, FZBC
3	2	7361301	WLDMT, FZBC PIVOT ARM
4	1	7590501	WLDMT, FZBC PIVOT STOP - LH
5	2	7330001	SPACER, INTERNAL X .403
6	1	7399601	WLDMT, FZ FLOATING PULLEY
7	9	3237801	PULLEY, 4.5" OD
8	12	8104501	COVER, PULLEY-BOLTED NOTCHED
9	1	7590401	WLDMT, FZBC PIVOT STOP - RH
10	4	3235601	BEARING, 6205 BALL
11	2	7761201	WLDMT, FZBC HANDLE
12	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING
13	4	7308701	CAP, BEARING HOUSING
14	2	3235803	GRIP, 1.25 X .14 X 7.00
15	2	7662902	CAP, GRIP 1.50 OD
16	2	7560501	LINER, FZBC HAND GRIP
17	3	7333901	CAP, LARGE FLOW- END
18	6	3236206	SCREW, M10 X1.5 45MM
19	2	3236204	SCREW, M10 X1.5 35MM
20	13	7335401	NUT, M10 X 1.5 SOCKET HEAD
21	2	8094101	COVER, PULLEY-BOLTED PARTIAL
22	1	7334001	FOOT, 2.50 X 4.49 FLOW
23	4	7333801	CAP, SMALL FLOW- END
24	2	7330003	SPACER, INTERNAL X 3.265
25	31	3236601	WASHER, 3/8 SAE SS
26	1	7420301	ASSY, MID TOWER-9
27	1	7385203	SPACER, .406 X .750 X .500
28	5	3236201	SCREW, M10 X1.5 20MM
29	2	7560101	GUARD, FZBC CAM
30	1	7911101	ASSY, SEAT CARRIAGE
31	1	7330501	WLDMT, FZ SEAT SUPPORT
32	14	3236202	SCREW, M10 X1.5 25MM
33	1	7778001	ASSY, FZ ADJUSTER HANDLE
34	1	72971XX	PAD, SEAT SADDLE
35	1	74743XX	PAD, HEAD REST
36	1	74741XX	PAD, LARGE BACK
37	2	73933XX	PAD, ARM REST
38	8	3251202	SCREW, M10 X1.5 X 25MM HEX ZN
39	1	7419601	COVER, FOOT-20 DEG.
40	7	3236207	SCREW, M10 X1.5 50MM
41	3	3236801	NUT, M10 HEX NYLOCK SS
42	1	7407502	PIN, LINK
43	2	3232401	RING, RETAINING, EXTERNAL
44	4	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
45	2	7326201	CAP, D-TUBE - TOP
46	8	3238601	M10X1.5 THREADED INSERT (HEX)
47	1	7423606	CABLE, FZBC-1
48	1	3236902	NUT, M16 X 2 HEX JAM SS
49	2	7342201	PLATE, CABLE END
50	4	7690101	BUMPER, SLEEVE - 1 INCH DIA
51	1	7423804	CABLE, FZBC-2
52	1	3239201	SPRING, EXT, .375 X .049 X 2.00
53	1	7425295	BRKT, SEAT INDICATOR
54	2	3239101	SCREW, M5X10 PHL PAN TT ST
55	1	3236901	NUT, M10 X 1.5 JAM
56	7	7630101	RETAINER, CM/MJ, PULLEY
57	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
58	1	7507701	LABEL, FZBC PLACARD
59	1	7524501	LABEL, 1-9 STRAIGHT
60	1	7507801	LABEL, FZBC LOGO
61	1	7422004	LABEL, 2" ASTM WARN
62	1	7422003	LABEL, MOVING PARTS
63	1	7571301	LABEL, SERIAL NUMBER
64	4	3249501	WASHER, NYLON FLAT - BLK 1.015 X
65	4	3237403	PLUG, 1" HOLE
66	1	7776501	SHAFT, .625 X .406 X 1.200
67	1	3236208	SCREW, M10 X1.5 55MM
68	2	7776401	SPACER, FLANGE .406 X .495 X .81
69	1	7805301	WLDMT, FZBC CTR WT - L
70	1	7805401	WLDMT, FZBC CTR WT - R
71	4	3254703	NUT, M10 X 1.5 HEX ZINC
72	4	3251204	SCREW, M10 X1.5 X 35MM HEX ZN
73	1	7340201	COVER, FOOT - STRAIGHT



# FZBC BICEPS CURL FZ SEAT CARRIAGE ASSEMBLY - 7911101

---



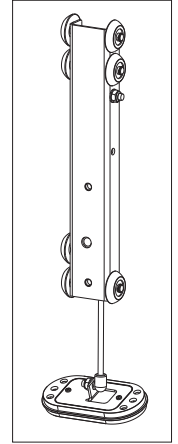
SEE PAGE 9 FOR LEGEND



# FZBC BICEPS CURL

## FZ SEAT CARRIAGE ASSEMBLY LEGEND

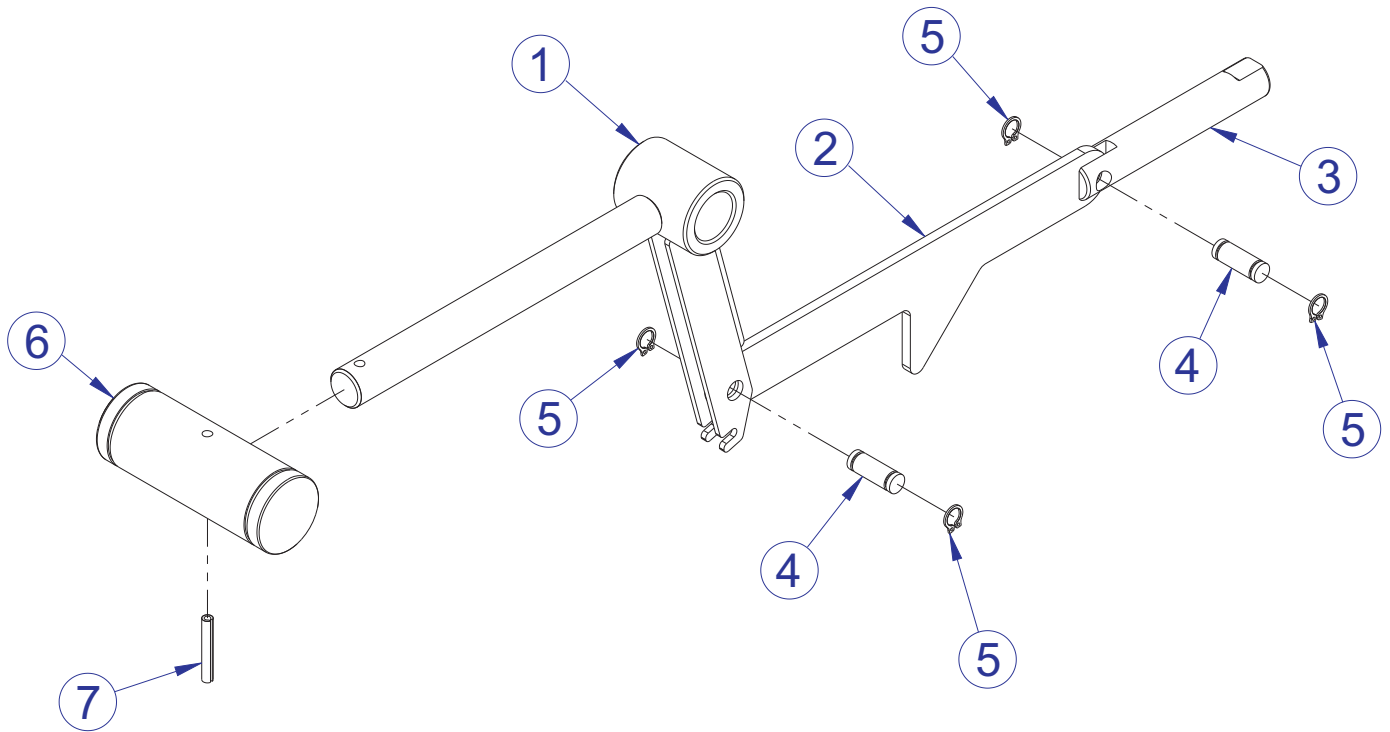
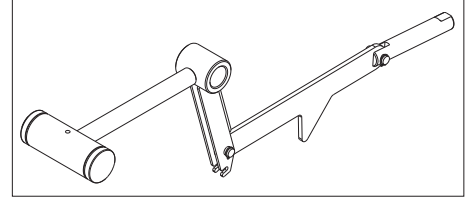
---



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7911295	WLDMT, SEAT CARRIAGE SHDW GRAY
2	7	7889701	ROLLER, SEAT CARRIAGE
3	4	7911901	SPACER, .625 DIA X 16 GA.
4	3	7912001	SPRING, SEAT CARRIAGE
5	7	3232408	RING, BRE .443, 5100-46, ST,PP,B
6	1	3235703	SPRING, GAS 80N
7	2	7414301	STUD, M10 BALL END M10 X 1.5
8	1	7339401	BRACKET, GAS SPRING
9	1	7334001	FOOT, 2.50 X 4.49 FLOV
10	2	3236601	WASHER, 3/8 SAE SS
11	2	3236801	NUT, M10 HEX NYLOCK SS
12	2	3241201	M4 PHL PAN F ST ZN

# FZBC BICEPS CURL

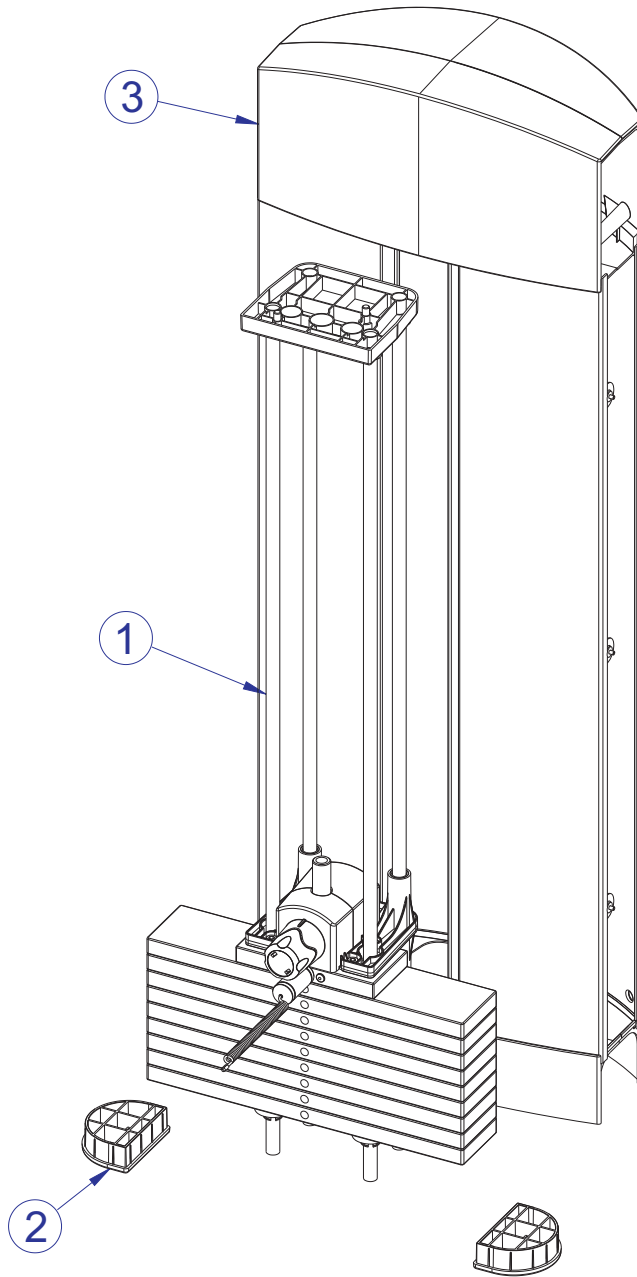
## FZ ADJUSTER HANDLE ASSEMBLY - 7778001



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7777595	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY
2	1	7331801	LINK, ADJUSTER
3	1	7331601	PIN, INDEX
4	2	7407501	PIN, LINK
5	4	3232401	RING, RETAINING, EXTERNAL
6	1	7287901	HANDLE, ADJUSTER
7	1	3110010	ROLL PIN, 1/8 X 7/8

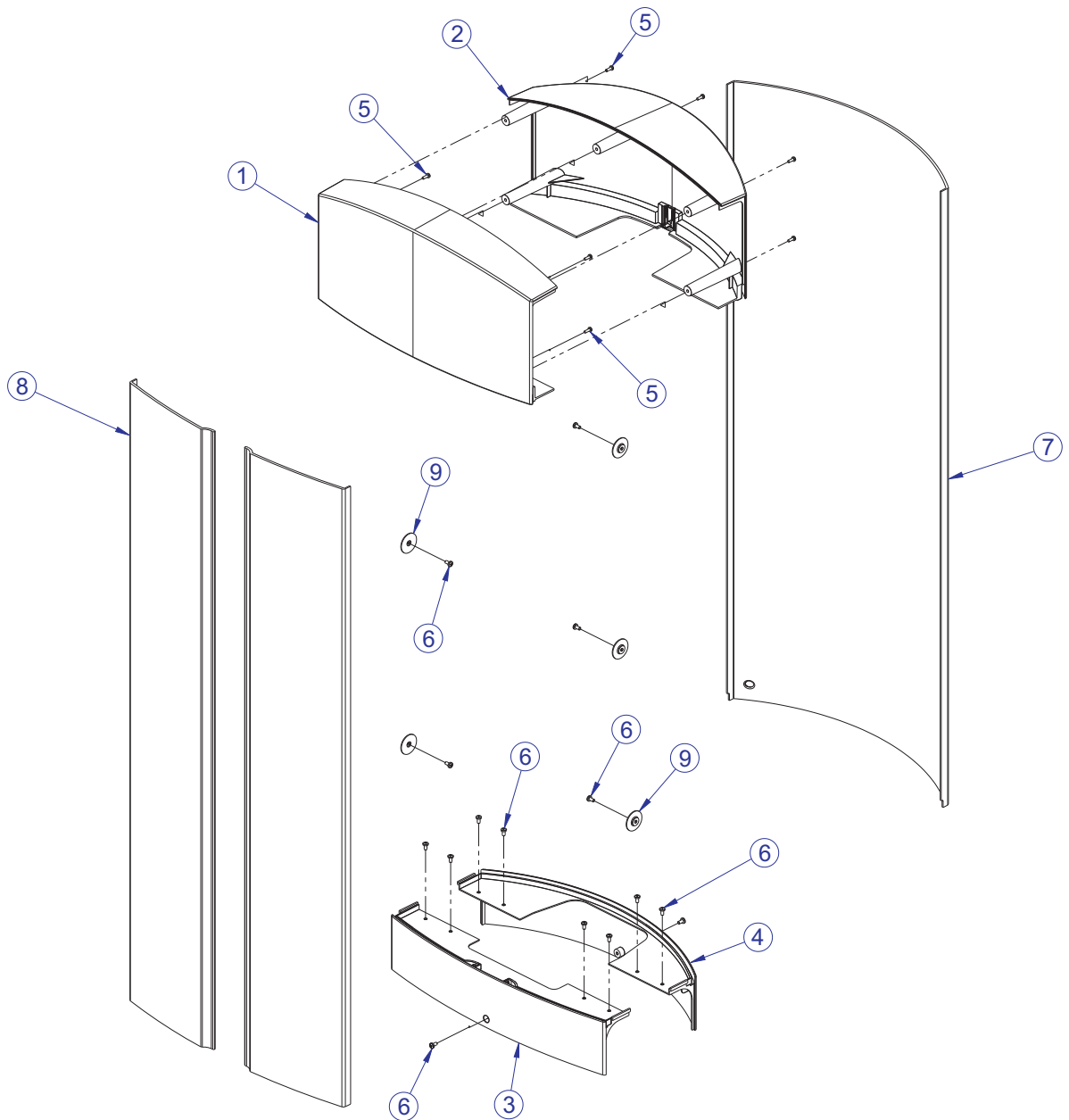
# FZBC BICEPS CURL MID-9 TOWER ASSEMBLY - 7420301

---



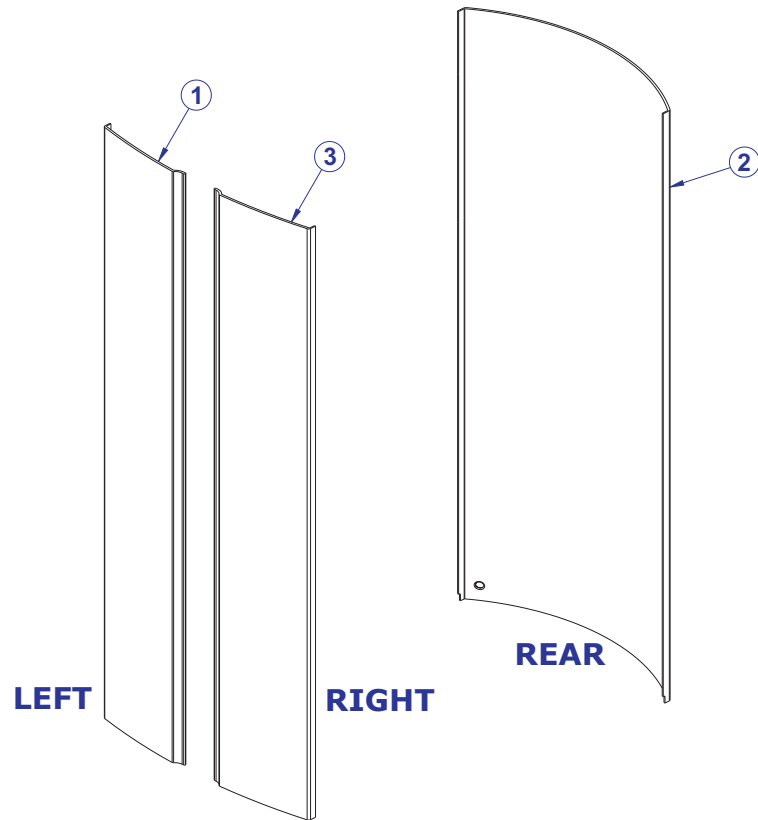
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420001	ASSY, WEIGHT STACK MID-9
2	2	7326301	CAP, D-TUBE-BTM
3	1	7419801	ASSY, TOWER PLASTICS-MID


# FZBC BICEPS CURL PLASTIC TOWER ASSEMBLY - 7419801





ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7765701	SHROUD, TOWER- REAR SHORT
8	2	7765601	SHROUD, TOWER- FRT SHORT RH
9	6	7583501	RETAINER, FZ SHROUD


# FZBC BICEPS CURL OPTIONAL WRAPPED SHROUDS





BAMBOO		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954201	SHROUD, FZ, FNT, SRT, LT -BAMBOO
		2	1	8949101	SHROUD, FZ, REAR, SRT -BAMBOO
		3	1	8949001	SHROUD, FZ, FNT, SRT, RT -BAMBOO

SKY		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954301	SHROUD, FZ, FNT, SRT, LT -SKY
		2	1	8949301	SHROUD, FZ, REAR, SRT -SKY
		3	1	8949201	SHROUD, FZ, FNT, SRT, RT -SKY

BRONZE		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954401	SHROUD, FZ, FNT, LT - BRONZE
		2	1	8949501	SHROUD, FZ, REAR -BRONZE
		3	1	8949401	SHROUD, FZ, FNT, SRT, RT -BRONZE

STEM		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954501	SHROUD, FZ, FNT, SRT, LT -STEM
		2	1	8949701	SHROUD, FZ, REAR, SRT -STEM
		3	1	8949601	SHROUD, FZ, FNT, SRT, RT -STEM

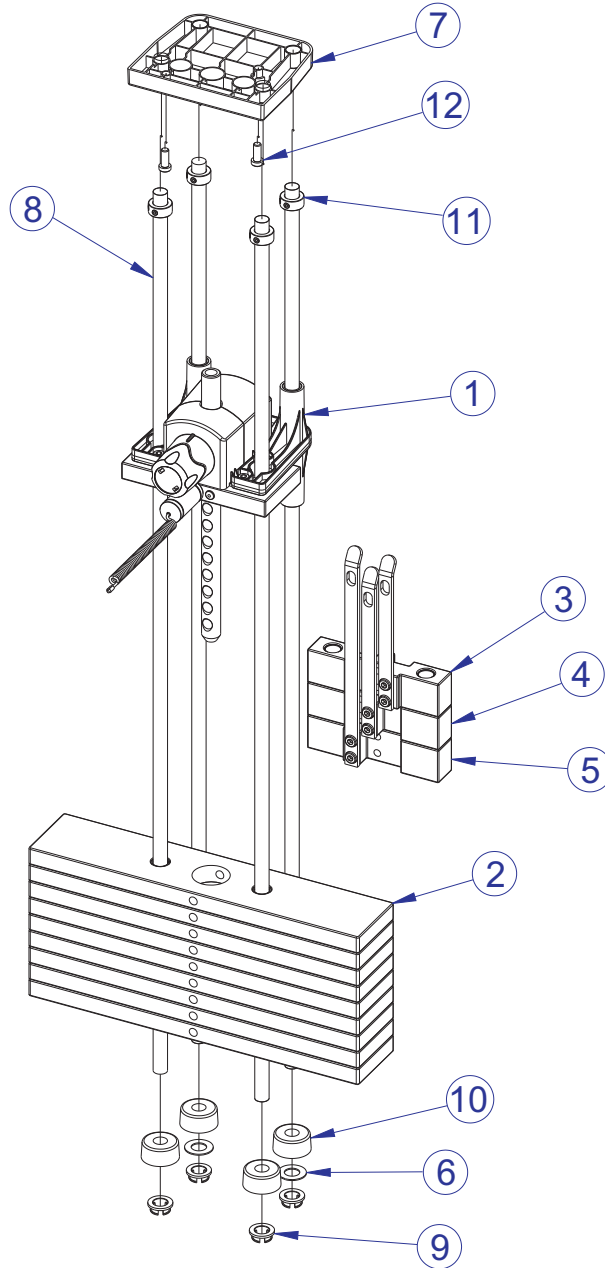
ROSEWOOD		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954601	SHROUD, FZ, FNT, SRT, LT -ROSEWOOD
		2	1	8949901	SHROUD, FZ, REAR, SRT -ROSEWOOD
		3	1	8949801	SHROUD, FZ, FNT, SRT, RT -ROSEWOOD

STAINLESS STEEL		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954701	SHROUD, FZ, FNT, SRT, LT -STAINLESS STEEL
		2	1	8950101	SHROUD, FZ, REAR, SRT -STAINLESS STEEL
		3	1	8950001	SHROUD, FZ, FNT, SRT, RT-STAINLESS STEEL

# FZBC BICEPS CURL MID-9 WEIGHT STACK ASSEMBLY - 7420001

## WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK

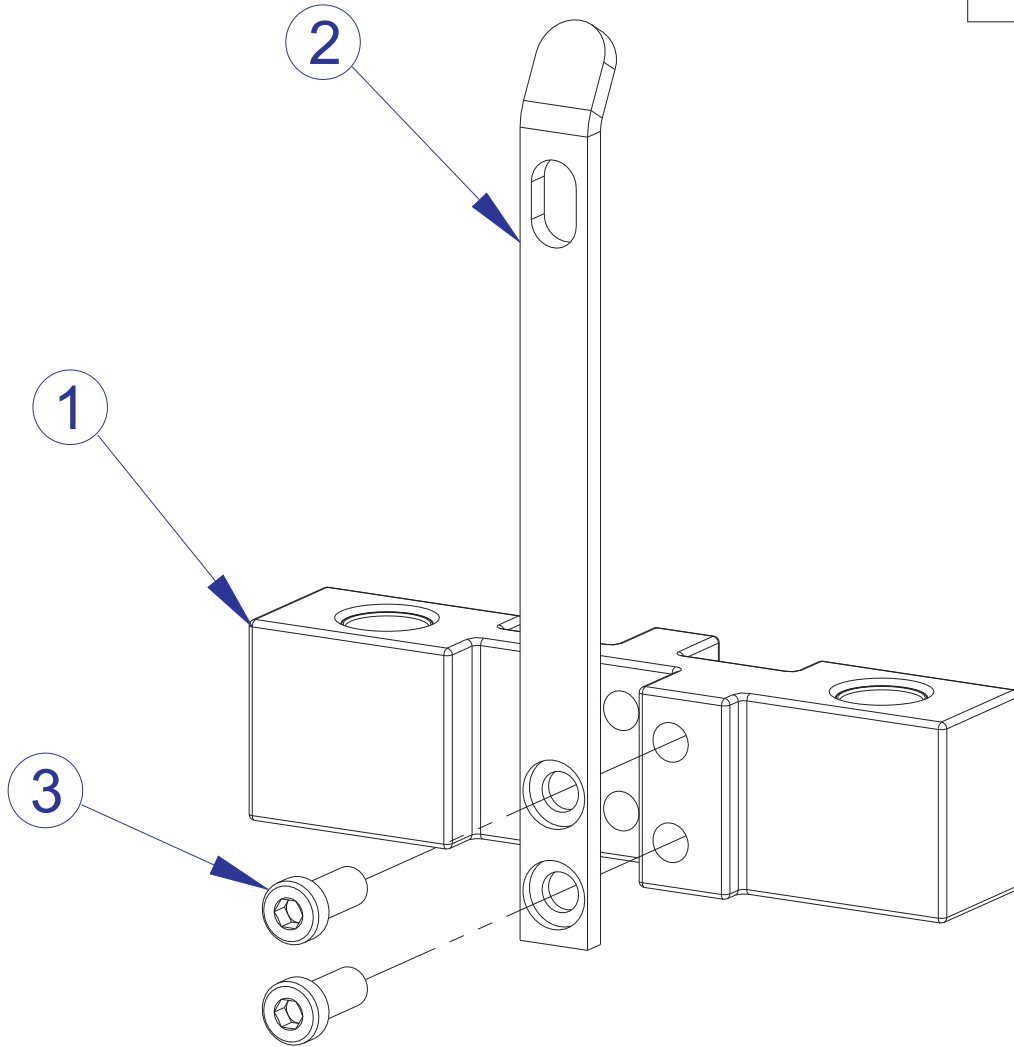
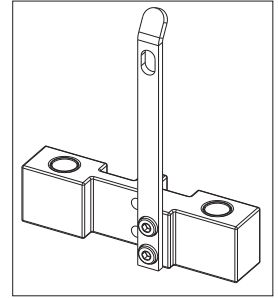


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350601	ASSY, HEAD PLATE (9)
2	9	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT-5LB
4	1	7327701	ASSY, INCREMENT WT-10LB
5	1	7327801	ASSY, INCREMENT WT-15LB
6	2	7351001	SPACER, INC WT STACK
7	1	7621101	RETAINER, GUIDE ROD-TOP
8	4	7328602	GUIDE ROD, .75 OD SOLID X 53.50
9	4	7337901	BUSHING, GUIDE ROD
10	4	7352101	CUSHION, WEIGHT STACK
11	4	3103301	SHAFT COLLAR, 3/4" ID ZINC
12	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS

# FZBC BICEPS CURL

## 5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601

---

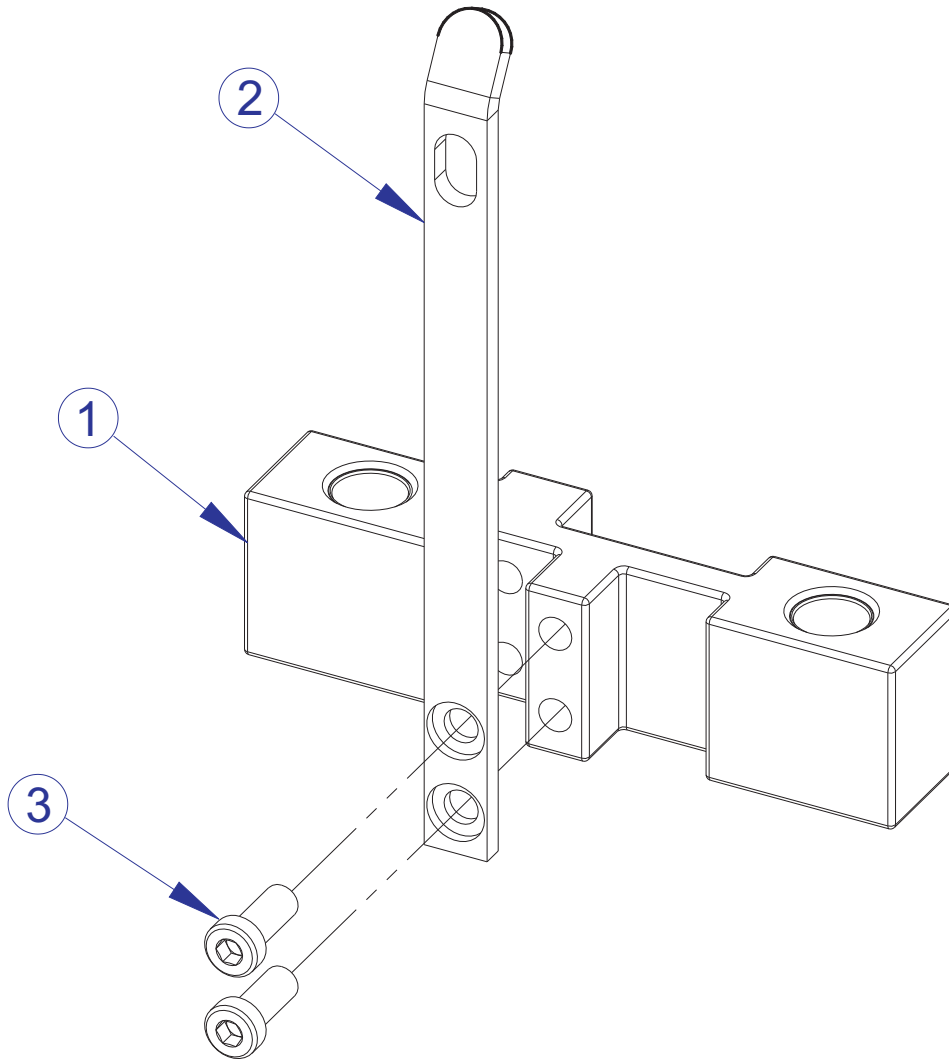
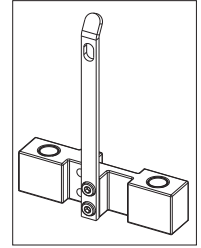


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM



# FZBC BICEPS CURL

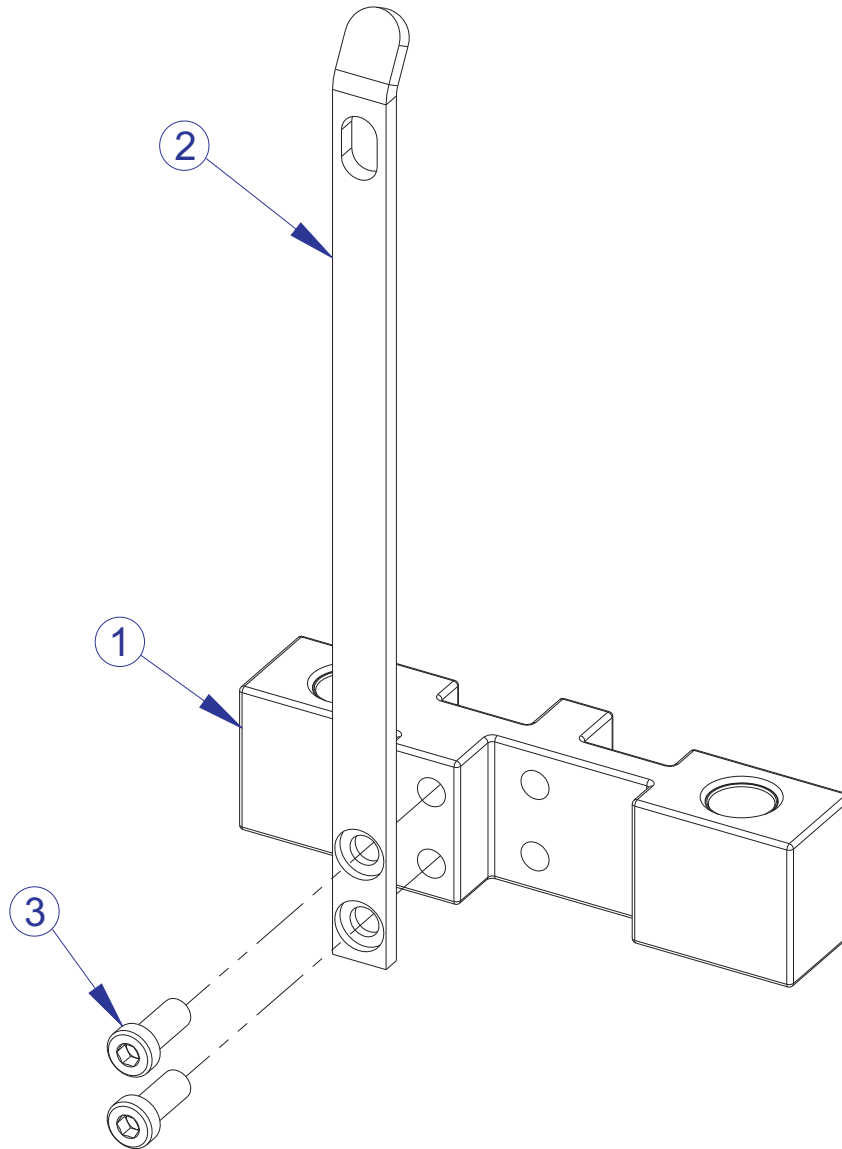
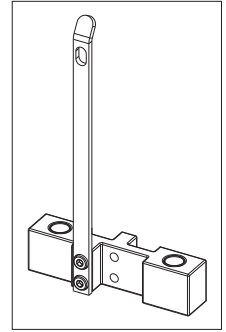
## 10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM

# FZBC BICEPS CURL

## 15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801



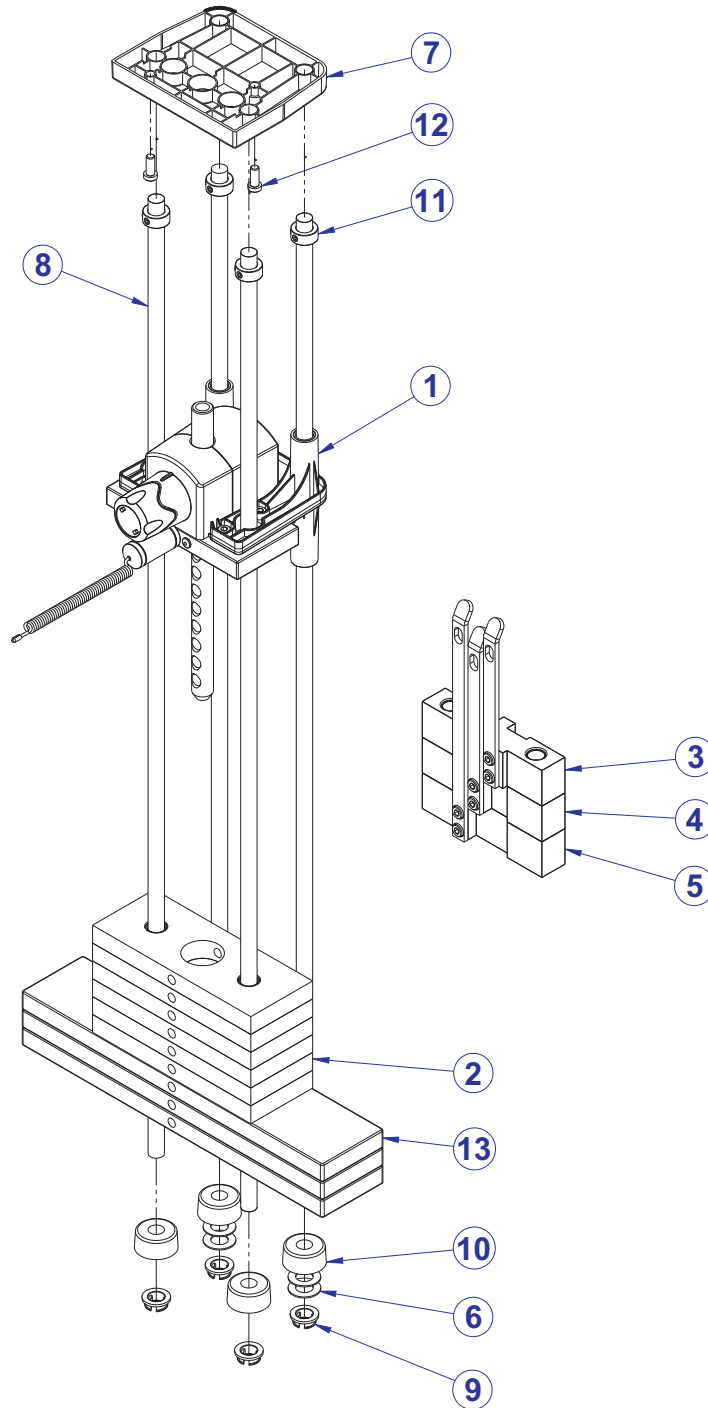
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

# FZBC BICEPS CURL

## OPTIONAL MID LIGHT-9 WEIGHT STACK ASSY. - 8866101

### WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK

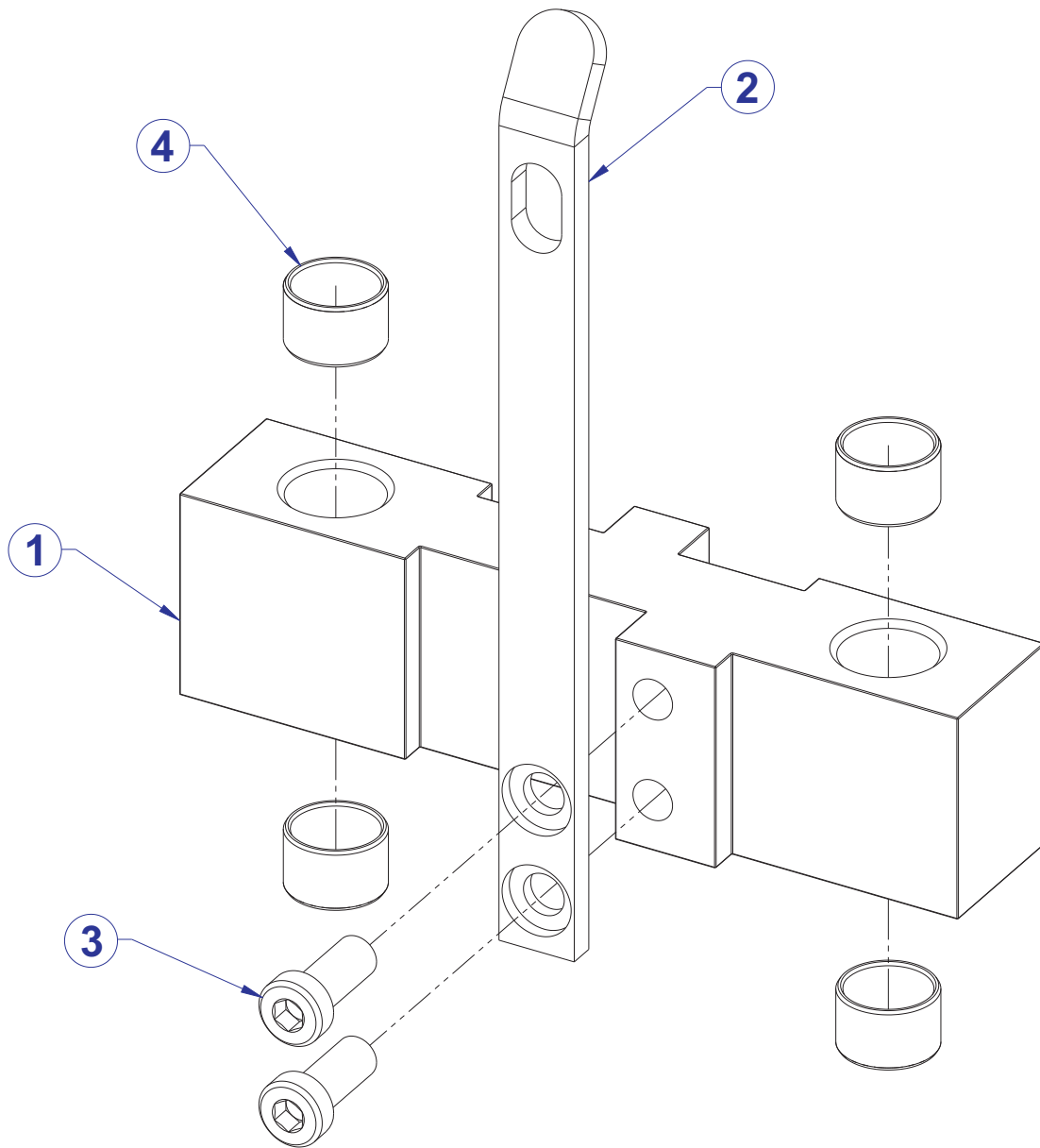


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350601	ASSY, HEAD PLATE (9)
2	6	7353701	ASSY, 10 LB PLATE
3	1	8861301	ASSY, FZ INC WEIGHT - 2.5 LB
4	1	8861401	ASSY, FZ INC WEIGHT - 5 LB
5	1	8861501	ASSY, FZ INC WEIGHT - 7.5 LB
6	4	7351001	SPACER, INC WT STACK
7	1	7621101	RETAINER, GUIDE ROD - TOP
8	4	7328602	GUIDE ROD, .75 OD SOLID 53.50
9	4	7337901	BUSHING, GUIDE ROD
10	4	7352101	CUSHION, WEIGHT STACK
11	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
12	2	3236202	SCREW, M10 X1.5 25MM
13	3	7328401	WEIGHT PLATE, 20 LB

# FZBC BICEPS CURL

## OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSY. - 8861301

---

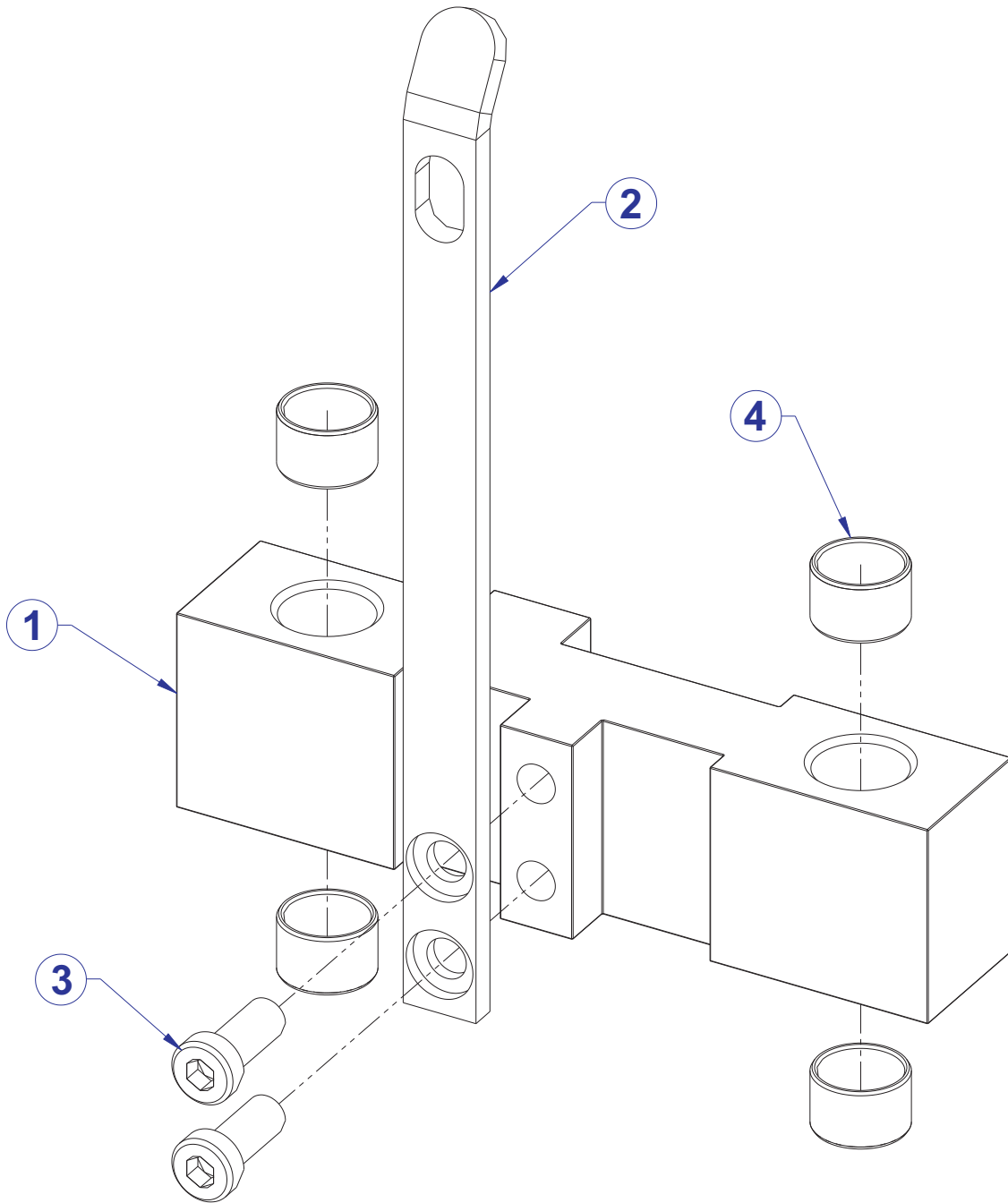


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

# FZBC BICEPS CURL

## OPTIONAL 5 LB. INCREMENT WEIGHT ASSY. - 8861401

---

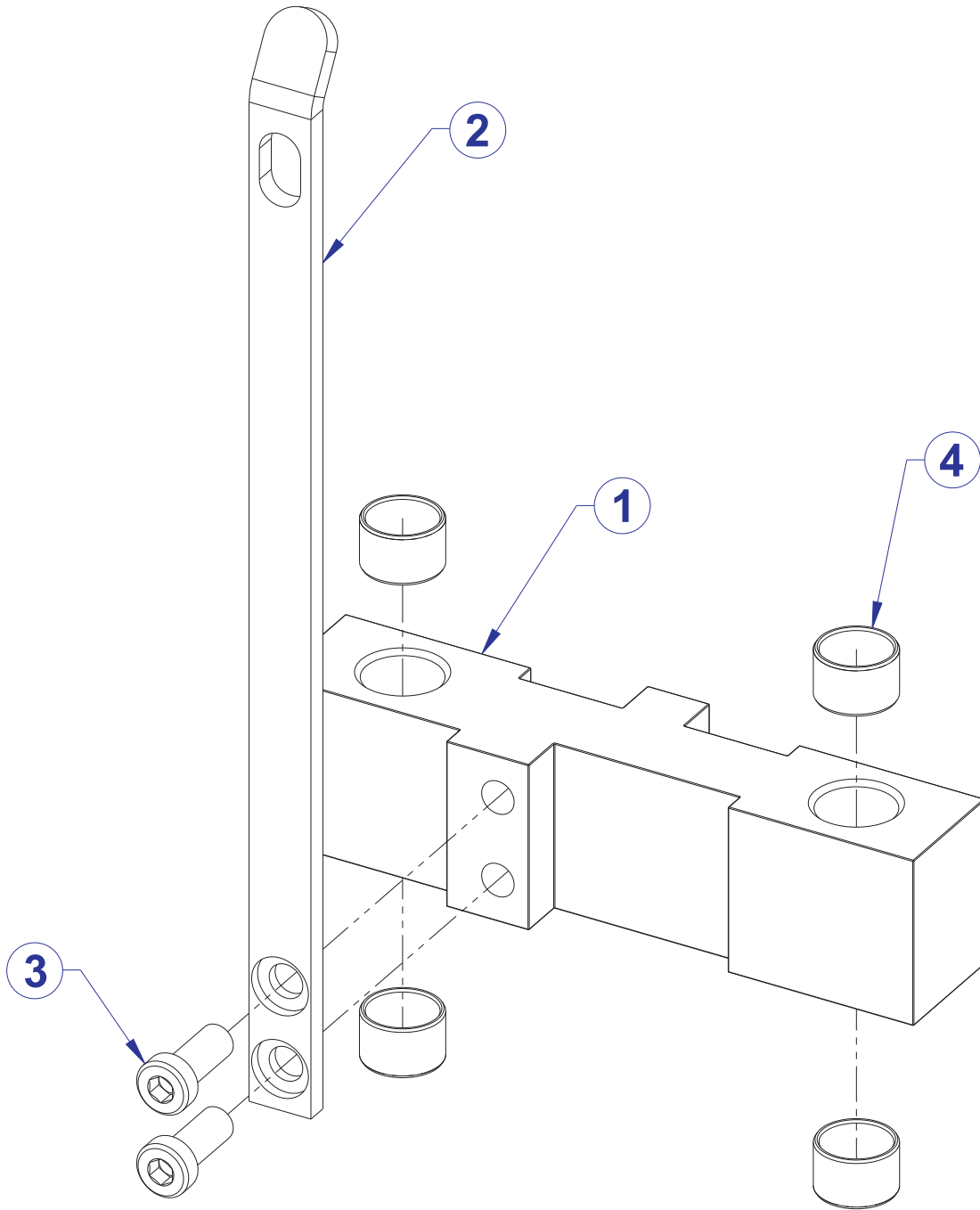


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

# FZBC BICEPS CURL

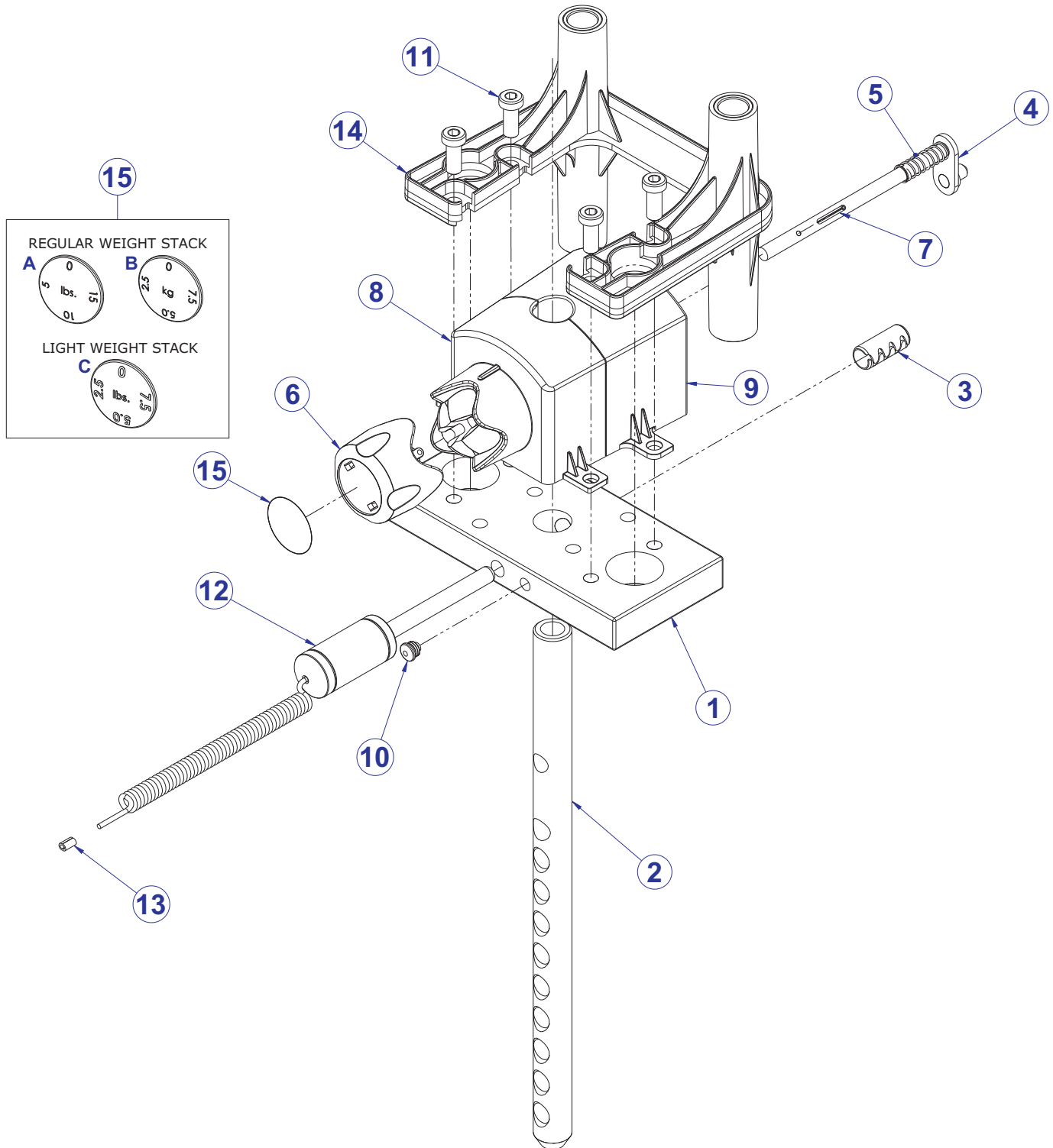
OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSY. - 8861501

---



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

# FZBC BICEPS CURL HEAD PLATE ASSEMBLY - 7350601



SEE PAGE 22 FOR LEGEND



# FZBC BICEPS CURL HEAD PLATE ASSEMBLY LEGEND

---

ITEM NO.	QTY.	PART NO.	DESCRIPTION	
1	1	7326701	HEAD PLATE	
2	1	7347801	STEM, 9 PLATE	
3	1	3236001	BUSHING, SPRING PIN	
4	1	7327201	WLDMT, INCREMENT WT PIN	
5	1	8024501	SPRING, 1/2 OD X 1-1/2	
6	1	7326101	KNOB, INC WT SELECTOR	
7*	1	3110008	ROLL PIN, 1/8 X 1-1/4	
8*	1	7326401	HOUSING, SELECTOR - FRONT	
9*	1	7326501	HOUSING, SELECTOR - REAR	
10	1	7356501	PLUG, LANYARD ATTACHMENT	
11	4	3236202	SCREW, M10 X1.5 25MM	
12	1	7338101	ASSY, WT STACK SELECTOR PIN	
13	1	7523601	CRIMP, CABLE	
14	1	8867301	ASSY, FZ, STABILIZER WITH BUSHINGS	
15**	A)	1	7398601	CAP, SELECTOR KNOB, LBS
	B)	1	7398701	CAP, SELECTOR KNOB, KG
	C)	1	8865801	CAP, FZ SELECTOR KNOB - 2.5 LBS

\* kit exists for component set. See bulletin FZ02012701N

\*\* Language specific/Weight stack item. Order separately-not part of assembly.

# FZBC BICEPS CURL IMAGE

---

