



<b>G3 Lateral Raise Selectorized</b>	
Model #: G3S21	Year 2007
Drawing #: GM12-A05J	
Material #: MGM0288-00	
Rev.: 1.1	

## G3S21 Lateral Raise Parts List Rev 1.xls

Ref #	SAP #	Description	Q'ty	Unit
AB1	075659	Frame Set;Painting;GM12	2	EA
AC1	075663	Painting;Console Base Set;Painting;GM12	2	EA
AC4	076413	Cam Cover Set;L;Painting;GM12	2	EA
AC5	076418	Cam Cover Set;R;Painting;GM12	2	EA
AD1	075670	PedalArmSet;L;Painting;GM12	1	EA
AD2	075674	PedalArmSet;R;Painting;GM12	1	EA
AD3	033229-B	Painting;Grip Set;;PGM12-G2;;;GM12;GM12	2	EA
AF1	033186-B	Painting;MovablePulleySet ;;PGM12-G2;;;	2	SET
AF4	014780-H	Pulley;;;;;;GM01	6	SET
AF5	014782-F	Pulley;;;;;;GM12	4	SET
AF6	014784-G	Pulley;;;;;;GM06	2	PCS
AG1	075679	CON Tube Set;U;Painting;GM12	1	EA
AG2	025469-B	Painting;CON Tube Set;D;PGM12-G2;;;GM12	1	SET
AJ2	015765-A	Painting;Seat Pad Welding Set;;;;G	2	SET
AK1	015752-A	Painting;Weight Plate;;BL;;;GM12	2	SET
AL1	015771-A	Painting;Hook;;;;;GM01	2	SET
AL2	015772-A	Painting;Incremental ADJ Rod;;;;;GM01	2	SET
B14	000542-C	Foot pad;Weight Plate;;Rubber;;;;;GM01	2	PCS
B15	000509-E	Foot pad;;;;;φ89;;;GM01	4	PCS
B16	004975-00	INSERT NUT M8X1.25 -ALS7-8125-3.8	13	EA
B18	004703-AF	Screw;Hex Socket;Flat;M8x1.25Px20L;Adher	4	EA
B19	092139	Water Bottle Holder Set	1	Set
B19	087655	Bottle Holder Only	1	EA
B19	087656	Towel Rack Only	1	EA
B19	087659	Towel Rack Snug Plate Only (Small square piece)	1	EA
B20	004535-AB	Screw;Hex Socket;Round;M8x1.25Px30L;Adhe	1	EA
B23	020410-A	Insert Nut;;;;;NLS7-580-5.7;;;;;	4	EA
B27	004601-AC	Screw, Hex, M5x0.8Px15L, Adhere	17	EA
B28	004535-AB	Screw;Hex Socket;Round;M8x1.25Px30L;Adhe	4	EA
B33	004601-AC	Screw;Hex;M5x0.8Px15L;Adhere;	8	EA
B34	004356-00	Oval Phillips Screw	4	EA
B40	005084-00	WASHER FT M5.3X10X1 CHM	4	PCS
B42	008589-F	Fixing Horn Plate;Cover;D;SPC;;Zn Plate(	2	EA
B43	067544-A	Screw;Phillip;BH;M4x0.7Px12L;Adhere;	6	EA
B44	008450-G	UPPER COVER OUTER L-SHAPE BRACKET;SPHC:1	4	EA
B45	041947-A	Supt Tube;WeightPlate;U;;;φ50x100x3tx574.	1	EA
B46	004379-00	OVAL PHILLIP SCREW	24	PCS
B48	079123	Bracket, Instructional Sticker	1	EA
B50	005181-A	Washer;;;;;?5.3x?10x0.6t;;;;;	8	PCS
B51	005180-A	OUTSIDE SAWTOOTH WASHER(SUS304)	12	PCS
B55	005084-00	WASHER FT M5.3X10X1 CHM	4	PCS
C15	008495-A	LEFT PULLEY FIXING PLATE;SPC;GM12-C15A	2	PCS
C26	008443-C	Supt Plate;Pulley;U;SPC;;;GM01;GM01-B04	2	PCS
C29	000509-E	Foot pad;;;;;φ89;;;GM01	2	PCS
C30	000510-D	Foot pad;;;;;Rubber;φ76.2;;;GM02	2	PCS
C31	014792-A	Pull Pin Set;Seat;;;;;;GM02	1	EA
C32	000851-AA	Sleeve;Seat Tube;;PP;290L;;;GM02	1	EA
C33	004702-00	SOCKET HEAD CAP SCREW	4	PCS
C35	004555-AB	Screw;Hex Socket;Round;M10x1.5Px25L;Adhe	4	EA
C37	020465-AB	FLAT WASHER	36	PCS
C38	005017-00	SPRING WASHER	36	PCS
C39	001522-B	Stopper Block;Rubber;GM02	4	PCS
C49	001423-AA	End-Cover;Seat Tube Sleeve;ABS;BL;GM02	2	EA
C50	020126-DB	Screw;Settle;Seat;M8x20L;Adhere;	2	EA

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Ref #	SAP #	Description	Q'ty	Unit
C52	020127-A	Screw;Round Hex Socket;;M8x1.25Px12L;;Ad	8	PCS
C53	005130-00	FLAT WASHER	10	PCS
C54	005015-00	SPRING WASHER	2	PCS
C70	001443-B	End-Cap;Bolt Pin;Rubber;GM01	4	PCS
D06	008510-B	BALANCE WEIGHT-MATCH FIXING PLATE	4	PCS
D14	031334-C	Guide Rail;Belt;;SPC;;;GM12;GM12-D14C	4	PCS
D15	008580-A	BELT SNUG PIECE	4	PCS
D21	004077-00	Bearing;Ball;;6004ZZ(€r20xfr42x12t);SKF	4	EA
D22	022382-A	SWIVEL AXLE	2	EA
D23	009320-E	Balance Plate;;;SS41;;;GM12;GM12-D24E	2	EA
D24	000584-B	Foam;;Elastomer;?25.4x5.0tx98L;;;	4	PCS
D25	004118-00	DRY BEARING FLANGE	4	EA
D26	009359-A	Washer;Grip;SS41;	2	EA
D27	009371-E	Cap;Grip;;AL 6061;;;;GM03	4	PCS
D29	004780-AC	Oval Hex Socket Screw	2	EA
D30	004780-AC	Screw;Hex Socket;BH;M10x1.5Px25L;Adhere;	50	EA
D31	020119-A	Screw;Round Hex Socket;;M12x1.75Px25L;;A	4	PCS
D32	004855-AC	Screw;Settle;M6x1.0Px4L;Tip End/Adhere;	16	EA
D33	005132-00	FLAT WASHER	4	PCS
D34	005018-00	SPRING WASHER	4	PCS
D35	001586-C	Sleeve;Stopper;PVC;BL;GM12	2	EA
D36	009347-B	Sleeve;SS41;Cr Plate	4	EA
D39	009356-B	Stopper Mast;Form;;AL 6061;;;;GM03	4	PCS
D40	018864-AA	AXLE SLEEVE COVER	2	EA
D50	000477-B	Cover;Axle;;Rubber;;;GM02	4	PCS
F03	008443-C	Supt Plate;Pulley;U;SPC;;;GM01;GM01-B04	2	PCS
F05	035711-A	Belt;Flat;15/16";Kevlar;Mectrol	32	EA
F07	008448-D	Fix Plate;Pulley;;SPC;;BED;;GM01	12	PCS
F09	004943-00	Nut;Nylon;M10x1.5P;Cr;	6	EA
F10	009350-J	Guid Rail;;SUJ-2;;;GM12	1	EA
F11	004519-AE	Screw;Hex Socket;Round;M10x1.5Px80L;Adhe	6	EA
F12	004534-AC	Screw;Hex Socket;Round;M5x0.8Px35L;Adher	24	EA
F15	005084-00	WASHER FT M5.3X10X1 CHM	32	PCS
F16	005016-00	WASHER LK M5.1X9.3X1.3 CHM	32	PCS
F30	004496-AC	Screw;Hex Socket;Round;M10x1.5Px90L;Adhe	4	EA
F45	004519-AE	Screw;Hex Socket;Round;M10x1.5Px80L;Adhe	1	EA
F46	022411-B	NON-SLIP AXLE CENTER	2	PCS
F47	004714-AD	Screw;Umbrella Hex Socket;M6X1.0PX15L;Ad	4	PCS
F51	004139-A	Bearing;Linear;;SME20WW(THOMSON);Ding Xu	1	EA
F52	005351-00	C CLIP INTERNAL	4	PCS
F60	004944-00	NYLON NUT	24	PCS
G03	004885-00	HEX NUT	24	PCS
G05	008509-A	RIGHT PULLEY FIXING PLATE;SPC;GM12-G05A	2	PCS
G06	031807-E	Supt Plate;Pulley;;;;GM06;GM06-G16E	2	SET
G07	004885-00	HEX NUT	24	PCS
G14	008523-B	Washer;Arc;SS41;	16	PCS
G15	004555-AB	Screw;Hex Socket;Round;M10x1.5Px25L;Adhe	48	EA
J04	079650	Pad, Seat, Black	1	EA
J04	086936	Pad, Seat, American Beauty Red	1	EA
J04	088071	Pad, Seat, Clay Red	1	EA
J04	088072	Pad, Seat, Slate Blue	1	EA
J05	079651	Pad, Head, Black	1	EA
J05	086937	Pad, Head, American Beauty Red	1	EA
J05	088085	Pad, Head, Clay Red	1	EA

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Ref #	SAP #	Description	Q'ty	Unit
J05	088086	Pad, Head, Slate Blue	1	EA
J06	079562	Pad, Back, Black	1	EA
J06	086938	Pad, Back, American Beauty Red	1	EA
J06	088101	Pad, Back, Clay Red	1	EA
J06	088102	Pad, Back, Slate Blue	1	EA
J07	079525	Pad, Arm, Black	2	EA
J07	086664	Pad, Arm, American Beauty Red	2	EA
J07	088087	Pad, Arm, Clay Red	2	EA
J07	088088	Pad, Arm, Slate Blue	2	EA
J24	062626-AA	Cap;ABS;FW158	4	PCS
K03	009641-F	Bayonet;Weight Plate;;SS41;20Aperture;;	1	EA
K04	009228-B	BELT CONNECTING RING;SS41;GM01-K04B;	2	PCS
K05	009219-D	CON Axle;Belt;;SS41;;Zn Plate(BL);;;GM01	2	PCS
K06	015942-AA	Extrawork;Weight Plate Set;;Dry Bearing;	19	EA
K07	001513-A	Elastomer Rubber Block;GM01	4	PCS
K09	009329-E	Guide Rail;;;;;f19x1140L;Cr Plate;;;;;GM12	2	EA
K10	014794-B	ADJ Bolt;Weight Plate;;SCM-21;;;;;Zn Plate	1	EA
K11	001510-B	GROMMET GUIDE ROD	4	PCS
K13	005377-00	Clamp;E-Shaped;E-15;	4	EA
K14	004116-00	Bearing;Dry;;GSM-2023-25;IGS	38	EA
K15	005367-00	Clamp;Outer C Type;S-30;COS300;	4	PCS
K16	009365-00	PIN SPRING	1	EA
K17	004720-AE	SCREW HEX M8X20	1	EA
K18	005040-AB	FLAT WASHER	6	PCS
K20	001508-E	LONG GUIDE RUBBER PLATE;POM;GM01-K24E	4	PCS
K25	005847-A	LANYARD PIN WEIGHT	2	PCS
L07	015805-AA	Painting;Increment Weight Plate;;BL;;	3	EA
L08	001521-E	Incremental Rubber Stopper Block	4	PCS
L09	004720-AE	SCREW HEX M8X20	2	EA
L10	005040-AB	Washer;Flat;f8.5xf19.0x1.5t;Cr;	3	EA
L11	005015-00	SPRING WASHER	4	PCS
L13	004708-AD	Screw;Hex Socket;BH;M5x0.8Px16L;Adhere;	4	EA
L14	004708-AD	Screw;Hex Socket;BH;M5x0.8Px16L;Adhere;	8	EA
not shown	075643	Hardware;GM12	1	EA
not shown	075648	Assembly;GM12	1	EA
Q01	069508	Cover;B;GM11	2	EA
Q02	085728	Cover set;GM01	2	EA
Q03	001512-C	Cover;Pulley;ABS;GM01	24	PCS
Q04	001401-A	End-Cap;f76.2;ABS;GM03	2	PCS
Q05	001509-D	Fix Rubber Block;Cover;Rubber;GM01	12	PCS
Q06	001526-D	Bolt;Cover;GM01-Q07D;M8x1.25Px40L	6	EA
Q07	001402-A	COVER END	4	PCS
Q10	020699-A	Nail;1/8"x12.5L	4	EA
V01	085979	Sticker;Operation Instruction;;;;;GM12	1	PCS
V02	006621-B	Sticker;Seat ADJ;;;;;GM02	2	PCS
V03	006620-D	Sticker;10Pound Weight Plate;;;;;GM13	2	SET
V05	005984-G	Cover DECAL;GM01	2	EA
V11	006656-A	Sticker;Serial No.;;;;;GM23	1	EA
V14	020699-A	Nail;1/8"x12.5L	2	EA
V15	006650-B	Decal, 2.5 pound weight plate	6	EA