

VFT100 PARTS LIST (LESS BENCH)

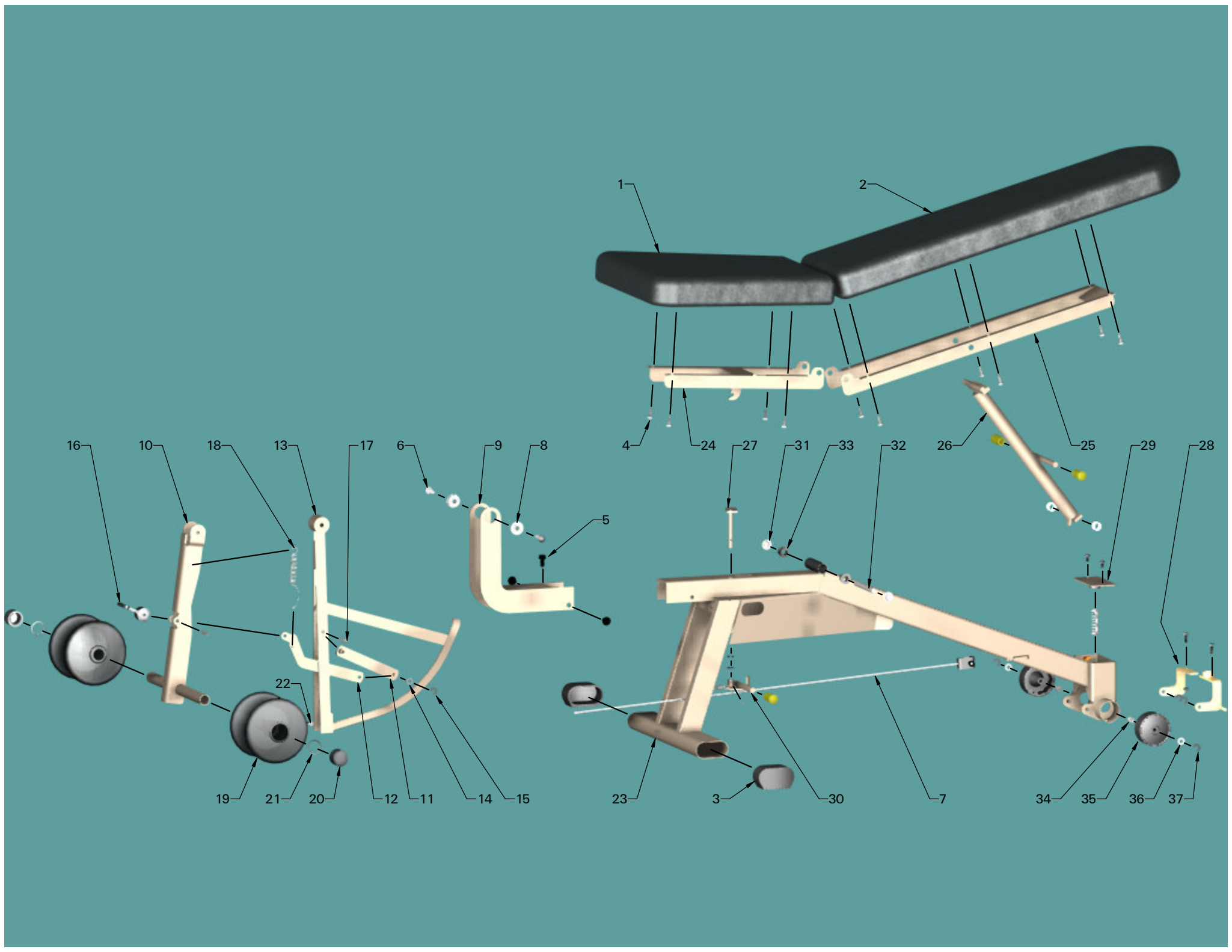
ITEM #	PART #	QTY.	DESCRIPTION
1	65470	1	KIT, 160 LB VFT STACK HARDWARE (210 LB IS #60740)
1A	26130	1	WASHER, TOP PLATE FINISHING
1B	20660-BLK	1	TOP PLATE CABLE RETAINER
1C	60700	1	TOP PLATE WITH BUSHINGS
1D	29190	1	SCREW, 3/8-16 X 3.0 HEX
1E	60610	1	SELECTOR PIN
1F	46700	1	15 PLATE SELECTOR SHAFT (20 PLATE IS #20630)
1G	57670	2	WEIGHT STACK BUMPERS
2	60680	15 (20)	10 POUND WEIGHT PLATE (QTY. 5 IS #60710)
3	65280	2	ASSY, GUIDE ROD, 69.75" WITH SCREW
3A	63950	1	GUIDE ROD, 69.75"
3B	11340	1	CONNECTOR, 5/16-18
3C	16520	1	SPACER
3D	17080	1	SCREW, 5/16-18 X 1.5
4	27280	8	SCREW, 3/8-16 X .75 FLAT HD BLK ZN
5	61960	4	FOOT, 40 X 80 OB
6	22960	2	SPRING, 8.4" EXTENSION
7	55860	4	SCREW, 3/8-16 X .75 HEX FLANGE
8	65200-CLR	1	ASSY, CLR VFT LHD LEFT
8A	64570	1	TREAD, LEFT LHD
8B	14500	2	SCREW, 1/4-20 X .5 PHILLIPS HD BLK
8C	53920	1	PAD, LEG DEVELOPER
8D	64520-CLR	1	WLDMT, CLR LHD LEFT
9	65210-CLR	1	ASSY, CLR VFT LHD RIGHT
9A	64560	1	TREAD, RIGHT LHD
9B	14500	2	SCREW, 1/4-20 X .5 PHILLIPS HD BLK
9C	53920	1	PAD, LEG DEVELOPER
9D	64510-CLR	1	WLDMT, CLR LHD RIGHT
10	65220-CLR	1	ASSY, CLR VFT100 FLOOR FRAME
10A	64540	1	TREAD, VFT MAIN TRAY
10B	63870-CLR	1	WLDMT, CLR MAIN FRAME
	65230-CLR	1	ASSY, CLR PULLEY ARM COMPLETE
11	65240-CLR	1	ASSY, CLR PULLEY ARM
11A	64720-CLR	1	WLDMT, CLR PULLEY ARM
11B	62970	2	BUSHING, ADJ HEIGHT
11C	63200	2	BUSHING, INNER ADJ HEIGHT
11D	52230	1	LEVER, PRESS ADJUST
11E	53790	1	RING, .5 CRESCENT
11F	55090	1	ASSY, PRESS ADJ CABLE 31"
11G	54770	2	E RING, 1/4"
11H	54760	1	PIN, E RING PRESS ADJUST
11I	27900	1	SPRING, 1.25L EXTENSION
11J	63370	1	WLDMT, PRESS ADJUST CABLE BRKT
11K	58920	1	NUT, 10-32
11L	53710	1	SCREW, 10-32 X 1.25 PHIL HD
11M	51600	2	BUSHING, PRESS ARM
11N	54130	2	STEM BUMPER 3/4
12	65260-CLR	1	ASSY, CLR GUIDE PULLEY LEFT ARM
12A	64340-CLR	1	WLDMT, CLR LEFT GUIDE PULLEY ARM
12B	63070	1	CAP, BENCH LEG ROLLER
12C	10580	1	PULLEY, 4.5"
12D	63330	1	BOLT, JOINT CONNECTOR 1/4-20 WITH SHOULDER
12E	63340	1	NUT, JOINT CONNECTOR 1/4-20
12F	64680	1	PIN,, .5Ø X 4.35 CLEVIS
12G	53790	1	RING, .5 CRESCENT
12H	12620	2	BUSHING, .5 X 7/8 MACHINERY WASHER
12I	64730	1	WAVE WASHER, .78 X .53 X .01

VFT100 PARTS LIST (LESS BENCH)

ITEM #	PART #	QTY.	DESCRIPTION
13	65270-CLR	1	ASSY, CLR GUIDE PULLEY RIGHT ARM
13A	65090-CLR	1	WLDMT, CLR RIGHT GUIDE PULLEY ARM
13B	63070	1	CAP, BENCH LEG ROLLER
13C	10580	1	PULLEY, 4.5"
13D	63330	1	BOLT, JOINT CONNECTOR 1/4-20 WITH SHOULDER
13E	63340	1	NUT, JOINT CONNECTOR 1/4-20
13F	64680	1	PIN,, .5Ø X 4.35 CLEVIS
13G	53790	1	RING, .5 CRESCENT
13H	12620	2	BUSHING, .5 X 7/8 MACHINERY WASHER
13I	64730	1	WAVE WASHER, .78 X .53 X .01
14	65250-CLR	2	ASSY, CLR SWIVEL PULLEY ARM
14A	64400-CLR	1	WLDMT, CLR SWIVEL PULLEY
14B	63000	1	WASHER, ROTATION STOP
14C	63050	1	PULLEY COUNTER WEIGHT
14D	63080	1	CABLE STOP
14E	14500	2	SCREW, 1/4-20 X .5 PHILLIPS HD BLK
14F	63300	1	COLLAR
14G	63940	1	RING, 25MM EXTERNAL RETAINING
14H	10580	1	PULLEY, 4.5"
14I	63330	1	BOLT, JOINT CONNECTOR 1/4-20 WITH SHOULDER
14J	63340	1	NUT, JOINT CONNECTOR 1/4-20
	65300-CLR	1	ASSY, CLR VFT100 STACK COLUMN
15	64210-CLR	1	WLDMT, CLR VFT STACK COLUMN
16	60510	2	SINGLE MOVING PULLEY ASSY
16A	10580	1	PULLEY, 4.5"
16B	10600	1	NUT, 3/8-16
16C	12760	1	SCREW, 3/8-16 X 1.75 HEX
16D	27990	1	CHRISTMAS TREE CLOSURE
16E	60500	1	SINGLE MOVING PULLEY BRACKET
17	65310-CLR	1	ASSY, CLR 90° DBL MVG PULLEY
17A	10580	2	PULLEY, 4.5"
17B	52910	2	SCREW, 3/8-16 X 1.50 HEX
17C	10600	2	NUT, 3/8-16
17D	64290-CLR	2	BRKT, CLR DBL MVG PULLEY
18	65320-CLR	1	ASSY, CLR VFT ADJ HT PULLEYS
18A	10580	2	PULLEY, 4.5"
18B	52910	2	SCREW, 3/8-16 X 1.50 HEX
18C	10600	2	NUT, 3/8-16
18D	22030	1	SCREW, 1/2-13 X 6 FULL THRD
18E	64080-CLR	1	WLDMT, CLR ADJUSTABLE PULLEY
19	65330-CLR	1	ASSY, CLR TOP LFT GUIDE PULLEY
19A	10580	1	PULLEY, 4.5"
19B	52910	1	SCREW, 3/8-16 X 1.50 HEX
19C	10600	1	NUT, 3/8-16
19D	55860	2	SCREW, 3/8-16 X .75 HEX FLANGE
19E	64160-CLR	1	WLDMT, CLR TOP LFT GUIDE PULLEY
20	65340-CLR	2	ASSY, CLR HP SWIVEL PULLEY
20A	64390-CLR	1	WLDMT, CLR HP SWIVEL PULLEY
20B	62850	1	WASHER, 1.03 X 1.5 X .06
20C	63080	1	CABLE STOP
20D	63940	1	RING, 25MM EXTERNAL RETAINING
20E	10580	1	PULLEY, 4.5"
20F	63330	1	BOLT, JOINT CONNECTOR 1/4-20 WITH SHOULDER
20G	63340	1	NUT, JOINT CONNECTOR 1/4-20
21	65350	1	ASSY, VFT100 HP GAP COVER WITH LABEL
21A	63310	1	COVER, HP GAP
21B	63320	1	LABEL, VFT100 DIAMOND
21C	63410	1	SPRING, 1.75L X .5Ø

VFT100 PARTS LIST (LESS BENCH)

ITEM #	PART #	QTY.	DESCRIPTION
22	63820-CLR	1	WLDMT, CLR HIGH PULLEY
23	62960	1	BUSHING, HP
24	63190	1	BUSHING, INNER HP
25	63420	1	CABLE KEEPER, HP
26	63830	1	SCREW, M4 X 16MM
27	55870	2	SCREW, 3/8-16 X .50 HEX FLANGE
28	64800	2	CABLE ASSY, HIGH PULLEY /ADJ HEIGHT PULLEY
29	64810	1	CABLE ASSY, LOW PULLEY/STACK
30	64820	1	CABLE ASSY, SINGLE MOVING PULLEY
31	10580	7	PULLEY, 4.5"
32	52910	4	SCREW, 3/8-16 X 1.50 HEX
33	10600	5	NUT, 3/8-16
34	14210	1	SCREW, 3/8-16 X 4
35	61020	2	TRIM, 5/16" EDGE 10.5"
36	64550	1	TREAD, RIGHT CENTER
37	64750	1	TREAD, LEFT CENTER
38	65480	4	SCREW, 1/4-20 X .50 HEX
39	15890	2	SCREW, 1/4-20 X 1.25 OVAL HEAD
40	52550-CLR	1	WLDMT, CLR RHT BUSHING CAP
41	52560-CLR	1	WLDMT, CLR LFT BUSHING CAP
42	61720	1	LABEL, 10" VECTRA
43	28010	1	LABEL, WARNING
44	28020	1	LABEL, MADE BY
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45	65100-CLR	1	WLDMT, CLR PULLEY ARM RACK COVER
46	14500	4	SCREW, 1/4-20 X .5 PHILLIPS HD BLK
	47930	1	10" EXTENSION CABLE
	63700	2	SINGLE HANDLE, 8"
	63710	2	SINGLE HANDLE, 14"
	63040	1	DOUBLE HANDLE, 14"
	54050	1	ANKLE STRAP
	64760	1	POSTER, VFT100 STANDARD
	64770	1	POSTER, VFT100 FUNCTIONAL
	64780	1	INSTRUCTION MANUAL VFT100
	60600	1	WT NUMBERS
	63380	2	WRENCH, 5MM HEX KEY
	42100	1	ALLEN WRENCH, 7/32"



VFT100 BENCH PARTS LIST

ITEM #	PART #	QTY.	DESCRIPTION
	VFTBWB	1	VFT BENCH WHITE/BLACK
1	43210-CLR	1	SEAT BTM, CLR LEG/AB, LEG/BENCH
2	62610-CLR	1	SEAT BACK, CLR BENCH
3	61960	2	FOOT, 40 X 80 OB
4	20850	10	SCREW, 1/4-20 X .75 HEX
5	55860	3	SCREW, 3/8-16 X .75 HEX FLANGE
6	45980	2	SCREW, 3/8-16 X 1-1/4 BUTTON HD
7	64830	1	CABLE ASSY, VFT BENCH
	65130-CLR	1	ASSY, CLR BENCH LEG DEV. BEARING
8	46140	2	BEARING, 3/8 X 1-1/8
9	64940-CLR	1	WLDMT, CLR BENCH LEG DEV BEARING
	65140-CLR	1	ASSY, CLR VFT LEG DEVELOPER
10	64010-CLR	1	WLDMT, CLR BENCH ROLLER
11	59560-CLR	1	WLDMT, CLR LEG DEV STRUT
12	59900-CLR	1	LINK, CLR LEG DEV LATCH
13	60010-CLR	1	WLDMT, CLR LEG CAM
14	17950	1	WASHER, .63 X .38
15	17990	1	E RING 5/16
16	59110	1	LEVER, LEG DEVELOPER
17	59210	2	ROLL PIN, 5/16 X 1.375
18	59220	1	SPRING, LEG DEVELOPER
19	63060	2	LEG ROLLER
20	63070	2	CAP, BENCH LEG ROLLER
21	63940	2	RING, 25MM EXTERNAL RETAINING
22	27990	1	CHRISTMAS TREE CLIP
	65150-CLR	1	ASSY, CLR VFT BENCH
23	63930-CLR	1	WLDMT, CLR BENCH MAIN FRAME
24	64890-CLR	1	WLDMT, CLR BENCH SEAT BOTTOM
25	62580-CLR	1	WLDMT, CLR BENCH SEAT BACK
26	60300-CLR	1	ASSY, CLR 14/VFT BENCH STRUT
26A	59530-CLR	1	WLDMT, CLR BENCH STRUT
26B	59780	2	TUBE, CLEAR VINYL STRUT
26C	61880	2	KNOB, ADJUST GRIP
27	46400-CLR	1	WLDMT, CLR BENCH LATCH PAWL
28A	63650	1	WLDMT, HIGH BENCH AXLE PLATED
28B	63660	1	WLDMT, LOW BENCH AXLE PLATED
28C	20850	2	SCREW, 1/4-20 X .75 HEX
28D	13740	2	NUT, 1/4-20
29A	63670-CLR	1	WLDMT, CLR BENCH WHEEL SPRING CVR
29B	14500	2	SCREW, 1/4-20 X .50 PHILLIPS BLK
29C	52520	1	SPRING, .75Ø X 2.25L
30A	46430-CLR	1	WLDMT, CLR BENCH SMALL SEAT ADJ
30B	61880	1	KNOB, ADJUST GRIP
30C	27900	1	SPRING, EXT 1.25L
30D	27910	1	ROLL PIN 5/32 X 7/8
30E	46970	2	WASHER, .688 X .39
31	17750	2	1/2" HUBCAP RETAINER
32	57580	1	BAR, BENCH PIVOT
33	24160	2	PIVOT BUSHING
34	52600	2	TUBE, WHEEL MOUNT
35	61940	2	WHEEL, VECTOR/VFT BENCH
36	62780	2	WASHER, 5/16 SAE
37	17990	4	E RING 5/16
	48950	1	LABEL, BENCH WARNING

VFT-100 Part Numbers and Prices

VFT-100	
Part #	Part Description
2.5AO	Add-on plate- 2.5 pound
5.0AO	Add-on plate- 5 pound
63380	Allen/Hex Key Wrench- 5 MM (2 needed)
42100	Allen/Hex Key Wrench- 7/32-inch
54760	Bar/Shaft- for pulley arm adjust- moves into notches (uses 54770 e-ring)
FTBB	Baseball Assembly (Baseball Only)
FTBBH	Baseball Handle- VFT100 (Baseball Handle Assy)
FTBBH	Bearing- 3/8 X 1 1/8 X 1/2 used on leg developer bearing assembly
65130	Bench Leg Developer Bearing assembly
22030	Bolt- 1/2-13 X 6.00 for height adjustment pulleys in stack column
20850	Bolt- 1/4 X 20 X .75 for mounting upholstery
63330	Bolt- 1/4-20 joint connector to mount swivel pulleys (uses #63340 nut)
65480	Bolt- 1/4-20 X 1/2 hex- stack column (4-Bushing Caps)
55870	Bolt- 3/8-16 X 1/2 blk hex with flange for frame, h/p assembly (2)
27280	Bolt- 3/8-16 X 3/4 flat head (8 required)
45980	Bolt- 3/8-16 X 1.25 button head
52910	Bolt- 3/8-16 X 1.5 for columns, pulley assemblies (double, single, adj., etc.)
12760	Bolt- 3/8-16 X 1.75 for most pulley assemblies & column caps
29190	Bolt- 3/8-16 X 3 for top plate
55860	Bolt- 3/8-16 X 3/4 blk hex with flange for frame (4), guide pulley (2) & bench (3)
14210	Bolt- 3/8-16 X 4 for most adjustable pulleys
17080	Bolt- 5/16-18 X 1.5 for guide rod threaded inserts
65190	Box- Stack Column boxed
65180	Box- VFT100 Pulley Arm/Floor Frame boxed Double Swivel arm
57670	Bumper weight stack (two required)
54130	Bumper/Plug-3/4 inch stem used on rear of pulley arm (2)
62970	Bushing- adjustment height for pulley arm at end of arm at swivel pulleys (2)
52560	Bushing Cap- left-side , secures press arm into press housing OBSELETE
52550	Bushing Cap- right-side , secures press arm into press housing OBSELETE
66930-CLF	Bushing Cap (right or left) secures press arm [uses 14500 (4) & 15890 (2)]
63200	Bushing- INNER adjustment height for pulley arm (2)
62960	Bushing- plastic, double hole with tab used at high pulley
51600	Bushing- pulley arm (plastic ring version, 2 needed)
20620	Bushing- weight plate (all) & top plate
63190	Bushing/Cap- duel opening used high pulley assembly
47930	Cable- 10-inch extension (10EC1)
70040	Cable- 20-inch extension, need 2
46720	Cable Retainer- for light/160# weight stack
65450	Cable Set- VFT100 (Single Swivel Pulley)47930,2x64800,64810,64820,64830
70670	Cable Set- VFT100 (Double Swivel Pulley)47930,64810,64820,64830,2x70040,2x70200
17160	Cable Tie
55090	Cable- press adjustment inside press arm assembly
64830	Cable- VFT100 bench- 36.7" long
64800	Cable- VFT100 high pulleys to arms- 238.5" long (VFT100 uses 2 for Single Swivel)
70200	Cable- VFT100 high pulleys to arms- 236" long (VFT100 uses 2 for Double Swivel)
64810	Cable- VFT100 low pulley to stack- 173.5" long
64820	Cable- VFT100 single moving pulleys- 145.75" long
64680	Clevis Pin- .5 X 4.35 used on guide pulley assemblies (uses 53790 crescent ring)
65310	Double Moving Pulley assembly- 90 degree version
64290	Double Moving Pulley bracket (only)- 90 degree version
54770	E-Ring- 1/4 external used with 54760 shaft
53790	E-Ring/Crescent-Ring- used with pulley arm & guide pulley assemblies (clevis pin)
65220	Floor Frame assembly- VFT100 changed 6/07 non dimpled
63870	Floor Frame weldment changed 6/07 non dimpled
61960	Foot- 40 X 80 OB used on VFT bench (2) and pully arm/frame base (4)
FS	Foot Strap- VFT100

VFT-100	
Part #	Part Description
FTGH	Golf Handle- VFT100 (boxed, optional)
65260	Guide Pulley Arm assembly- left-side
65270	Guide Pulley Arm assembly- right-side
64340	Guide Pulley Arm weldment- left-side
65090	Guide Pulley Arm weldment- right-side
65330	Guide Pulley assembly- top left
64160	Guide Pulley weldment- top left
65280	Guide Rod assembly VFT100- includes threaded inserts, spacers and bolts (2)
65990	Handle- Double Grip 14-inch strap
61990	Handle- Single Grip 14-inch strap
62000	Handle- Single Grip 8-inch strap
65290	Hardware Kit- VFT100
65320	Height Adjustment Pulleys assembly
64080	Height Adjustment Pulleys weldment
63080	High Pulley Gap Cover assembly- long, black plastic- includes cover and label
63310	High Pulley Gap Cover- w/o label
65340	High Pulley Swivel Pulley assembly
64390	High Pulley Swivel Pulley weldment
63820	High Pulley weldment
FTHH	Hockey Handle Assy
65120	Instruction Sheet- cable retainer, ships inside weight stack hardware kit
69340	Label, Arcing height label
69350	Label, Arcing height label with mount wldmt and screws/nuts
28020	Label- "Manufactured by..."
28010	Label- "Warning:..." for weight shroud
61720	Label- 10-inch Silver Vectra (stack column)- pairs with VX diamond label
63320	Label- VFT Diamond
60600	Label- weight stack number sheet for standard stacks
53750	Label/Decal- VFT/VX38/1650/1600 "Leave in place..."
VFTLK	Lat Bar Kit
69630	Lat Bar Adapter
65200	Lat Hold-Down assembly- VFT left-side changed 6/07 non dimpled
65210	Lat Hold-Down assembly- VFT right-side changed 6/07 non dimpled
64520	Lat Hold-Down weldment- left-side changed 6/07 non dimpled
64510	Lat Hold-Down weldment- right-side changed 6/07 non dimpled
63370	Latch Press Release -bracket engages with teeth
65140	Leg Developer- VFT100 bench
54050	Leg/Ankle Strap
52230	Lever- pulley arm (requires #53790 crescent ring)
64780	Manual- VFT100
FTMP	Multipurpose Straight Bar
63340	Nut- 1/4-20 joint connector- used to mount swivel pulley (used w/#63330 bolt)
58920	Nut- 10-32 used as jam nut on pulley arm cable adjustment screw
10600	Nut- locking 3/8-16 hex for most pulley assemblies
53920	Pad- contoured for leg developer & VFT lat/foot hold-down (uses 2 #14500 screws)
27990	Plug (Christmas tree)- black plastic for cable retainer openings
64770	Poster/Wall Chart- VFT100 Functional
64760	Poster/Wall Chart- VFT100 Standard
70260	Poster/Wall Chart- Body ResiStability
10580	Pulley- 4.5-inch
46060	Pulley- 3.5-inch
65230	Pulley Arm assembly COMPLETE- w/pulley arm, Sgl swivel pulley arm & guide pulleys
70690	Pulley Arm assembly COMPLETE- w/pulley arm, Dbl swivel pulley arm & guide pulleys
65240	Pulley Arm assembly- w/arm, adjust w/o swivel pulley or guide pulley assemblies
65100	Pulley Arm Cover weldment
64720	Pulley Arm weldment

VFT-100	
Part #	Part Description
63080	Pulley Cable Stop- plastic- used with high pulley swivel pulley & Sglswivel pulley arm
63300	Pulley Collar- swivel pulley arm for Single Swivel Pulley
63050	Pulley Counter Weight- mounts on to back Single pulley bracket (w/14500 screw)
FTRSH	Raquet/Tennis Handle- VFT100 (boxed, optional)
20660	Retainer- for cable at top of weight stack
63940	Retaining Ring- 25MM ext- leg developer, swivel pulley arm & hp pulley swivel pulley
64750	Safety Tread- left center, used on stack column
64570	Safety Tread- left-side lat hold-down
64550	Safety Tread- right center, used on stack column
64560	Safety Tread- right-side lat hold-down
64540	Safety Tread- VFT100 floor frame
14500	Screw- ¼-20 X .50 phillip- LHD (2 each), swivel pulley arm (2), pulley arm cover (4)
15890	Screw- 1/4-20 X 1.25 OPH for bushing cap tensioning
53710	Screw- 10-32 X 1.25 phillip for pulley arm adjust cable tension (uses #58920 jam nut)
27280	Screw- 3/8-16 X ¾ flat head used at base of stack column (4) & right & left LHD (4)
63830	Screw/Bolt- M4 X 16MM self tapping used in rear, top of high pulley assembly
60610	Selector Pin
20630	Selector Shaft- for 210 pound weight stacks (20 hole)
46700	Selector Shaft- for light/160# weight stack (15 hole)
60510	Single Moving Pulley assembly- with pulley & hardware
60500	Single Moving Pulley bracket- without pulley
16520	Spacer- .81 X .52 X .5 nylon for guide rods
27900	Spring- extension 1.25FL for pulley arm and bench
63410	Spring- extension 1.75FL X .5DIA used with high pulley gap cover assembly
22960	Spring- extension 8.4" x 1" dia. used as counter balance w/adjustable pulley arm (2)
65300	Stack Column assembly- VFT100 changed 6/07 non dimpled
64210	Stack Column weldment changed 6/07 non dimpled
65250	Swivel Pulley Arm assembly (Single 4.5" Swivel)
70680	Swivel Pulley Arm assembly (Double 3.5" Swivel)
64400	Swivel Pulley Arm weldment (Single 4.5" Swivel)
70180	Swivel Pulley Arm weldment (Double 3.5" Swivel)
60700	Top Plate- weight stack
49090	Touch-Up Paint- Black bottle
20800	Touch-Up Paint- Black can
49100	Touch-Up Paint- Classic Pewter bottle
15520	Touch-Up Paint- Classic Pewter can
63360	Touch-Up Paint- Sterling Silver bottle
63350	Touch-Up Paint- Sterling Silver can
49080	Touch-Up Paint- White bottle
20790	Touch-Up Paint- White can
61020	Trim- 5/16 black use on stack column- 10.5-inches (2 required)
63070	Tube Closure/End Cap- arm guide pulleys (as bumpers) & leg developer rollers
63420	Tube Closure/End Cap/Cable Keeper- rear of high pulley assembly
11340	Tube Connector- 5/16-18 X 1" threaded insert for guide rods
62610	Upholstery- seat back Vector and VFT100 benches
43210	Upholstery- seat bottom bench
65490	Upholstery- VFT100 full set (bench)
FTARB1	FT Accessory Rack Qty 1- Black
FTARCP1	FT Accessory Rack Qty 1- Classic Pewter
FTARSS1	FT Accessory Rack Qty 1- Sterling Silver
FTARW1	FT Accessory Rack Qty 1- White
65150	VFT100 Bench assembly without upholstery
FTB??	VFT100 Bench- complete/boxed (components on separate tab of this spreadsheet)
62850	Washer- 1.03 X 1.5 X .06 used on high pulley swivel pulley at swivel point
12620	Washer- 7/8-16 X ½ X 14GA used on guide pulley assemblies to take up slack (2)
26130	Washer- neoprene bumper for top plate- standard

VFT-100 Part Numbers and Prices

VFT-100	
Part #	Part Description
63000	Washer- pulley rotation stop on swivel pulley arm OBSOLETE
64730	Wave Washer- .78 X .53 X .01 used with guide pulley assemblies
60680	Weight Plate- 10 pound
60710	Weight Plate- box of five 10 pound plates
60740	Weight Stack Hardware Kit- for 210 stacks
65470	Weight Stack Hardware Kit- VFT100 160# stack (use #60740 for 210# stack)
16UG21	Weight Stack Upgrade- to 210# from 160#(WTS, shaft, cable clip)(may need labels)

VFT-100 Bench Part Numbers and Prices

VFT-100 Bench	
Part #	Part Description
57580	Bar/Shaft- bench where seat bottom and seat back weldments join and pivot
46140	Bearing- 3/8 X 1-1/8 X 1/2 used on bench leg developer bearing assembly
63650	Bench Axle weldment- HIGH- part of wheel assembly
63660	Bench Axle weldment- LOW- part of wheel assembly
46400	Bench Latch Pawl- slides into notches to adjust bench seat bottom height
65130	Bench Leg Developer Bearing assembly (banana)
65150	Bench Main Frame assembly
63930	Bench Main Frame weldment
64010	Bench Roller weldment
62580	Bench Seat Back weldment (6-hole)
64890	Bench Seat Bottom weldment
46430	Bench Small Seat Adjust weldment
60300	Bench Strut assembly
59530	Bench Strut weldment
52600	Bench Wheel Mount Tube- spacer used with bench wheels (2 required)
63670	Bench Wheel Spring Cover weldment (holds spring in place)
20850	Bolt- 1/4 X 20 X .75 for mounting upholstery (10) and axle/wheel assembly (2)
45980	Bolt- 3/8-16 X 1.25 button head- to mount leg developer
55860	Bolt- 3/8-16 X 3/4 blk hex with flange- to secure leg developer mount (banana) (3)
24160	Bushing- nylon for pivot pulley, bench, and accessory rack
64830	Cable- VFT100 bench- 36.7" long
17990	E-Ring- 5/16 X .035 for leg developer cam/linkage (1) and wheel assembly (4)
61960	Foot Cap/End cap- 40 X 80 OB (2 needed at rear)
61880	Knob- bench adjustments (3) (yellow)
48950	Label- "Warning..." for bench
60010	Leg Cam weldment
64940	Leg Developer Bearing weldment
59900	Leg Developer Latch Link (flat with angles, bends)
59560	Leg Developer Strut weldment (flat, straight)
65140	Leg Developer- VFT100 bench
59110	Lever- VFT100 leg developer - uses 59210 roll pin
13740	Nut- 1/4-20- used in bench wheel assembly (high & low axle weldments)
27990	Plug (Christmas tree)- black plastic for cable retainer openings
63940	Retaining Ring- 25MM ext- leg developer, swivel pulley arm & hp pulley swivel pulley
59210	Roll Pin- 5/16D X 1.875 used on leg developer
27910	Roll Pin- 5/32D X 7/8L- used in seat bottom seat adjustment
63060	Roller- leg roller for VFT-100 bench
14500	Screw- 1/4-20 X .50 phillip- secures wheel spring cover (2 required)
17750	Shaft Retainer- .5 shaft (large) for seat pivot shaft (2)
52520	Spring- .75OD X 2.25" compression for wheel assembly
27900	Spring- extension 1.25FL for seat adjustment
59220	Spring- extension for leg developer
49090	Touch-Up Paint- Black bottle
20800	Touch-Up Paint- Black can
49100	Touch-Up Paint- Classic Pewter bottle
15520	Touch-Up Paint- Classic Pewter can
63360	Touch-Up Paint- Sterling Silver bottle
63350	Touch-Up Paint- Sterling Silver can
49080	Touch-Up Paint- White bottle
20790	Touch-Up Paint- White can
63070	Tube Closure/End Cap- leg developer rollers
59780	Tube- vinyl, used on bench strut (bumper for metal against metal as it slides)
62610	Upholstery- seat back Vector and VFT100 benches
43210	Upholstery- seat bottom bench
65490	Upholstery- VFT100 full set (bench)
VFTB??	VFT100 Bench- complete/boxed

VFT-100 Bench Part Numbers and Prices

VFT-100 Bench	
Part #	Part Description
46970	Washer- .688 X .39 black nylon- used in seat bottom adjustment
62780	Washer- 1/4-inch USS Zinc used between e-ring and bench wheel
17950	Washer- nylon for leg developer
61940	Wheel