

NAUTILUS

2ST

OVERHEAD PRESS

OWNER'S MANUAL

REVISED: May 19, 2006

SERIAL NO.'S

through

Contents

Parts Manual

- 1 CROSSMEMBER & SEAT FRAME ASSEMBLY
- 2 SEAT & PAD ASSEMBLY
- 3 MOVEMENT ARM ASSEMBLY
- 4 BELT & PULLEY ASSEMBLY
- 5 WEIGHT STACK ASSEMBLY
- 6 WEIGHT STACK ASSEMBLY
- 7 PARTS LIST
- 8 PARTS LIST

Maintenance Manual

Follows page 8

See last pages of this manual for 2ST Strength Circuit Exercise Order Diagram and 2ST Floor Plan Kit.

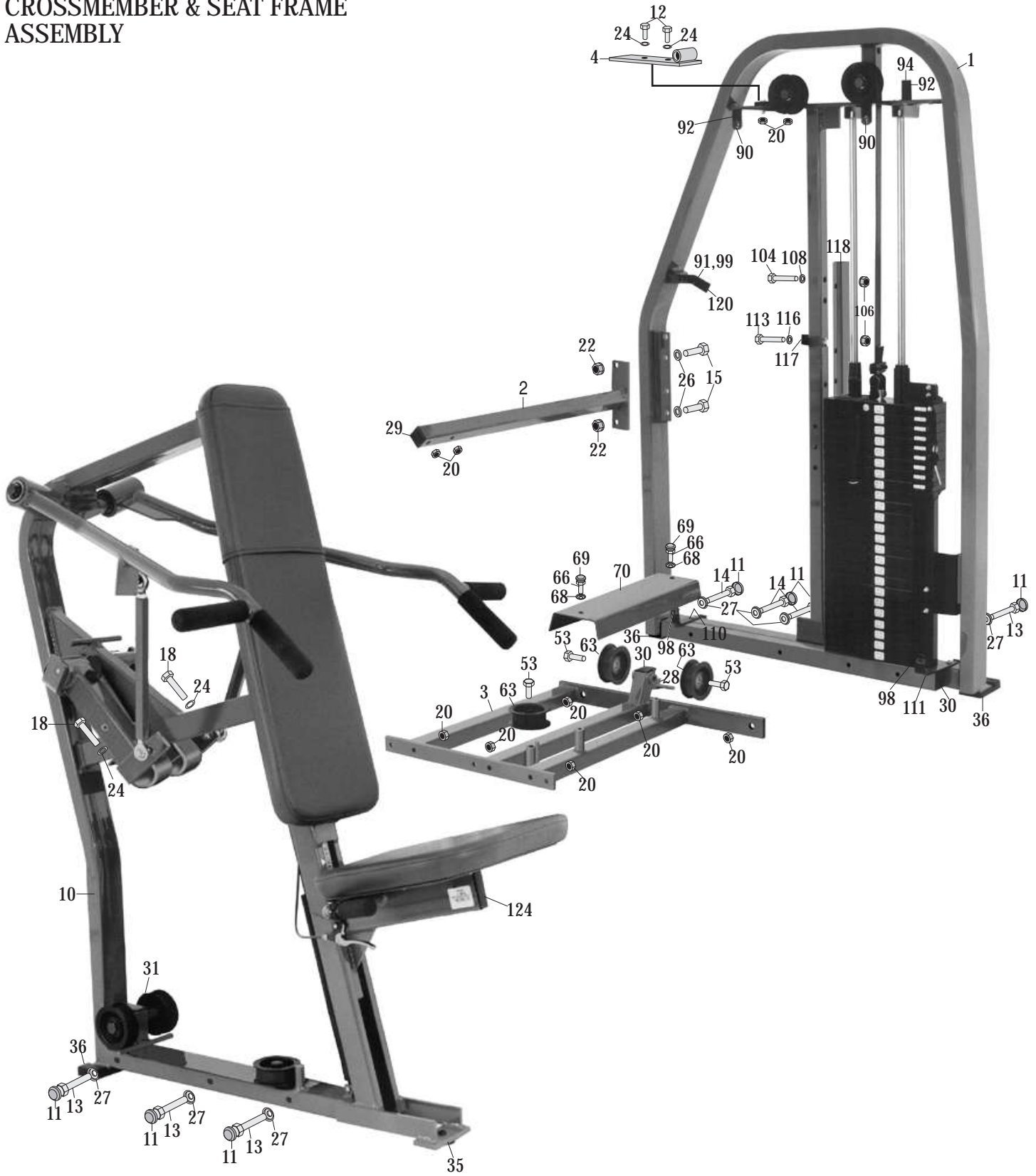
NAUTILUS

PARTS AND SERVICE
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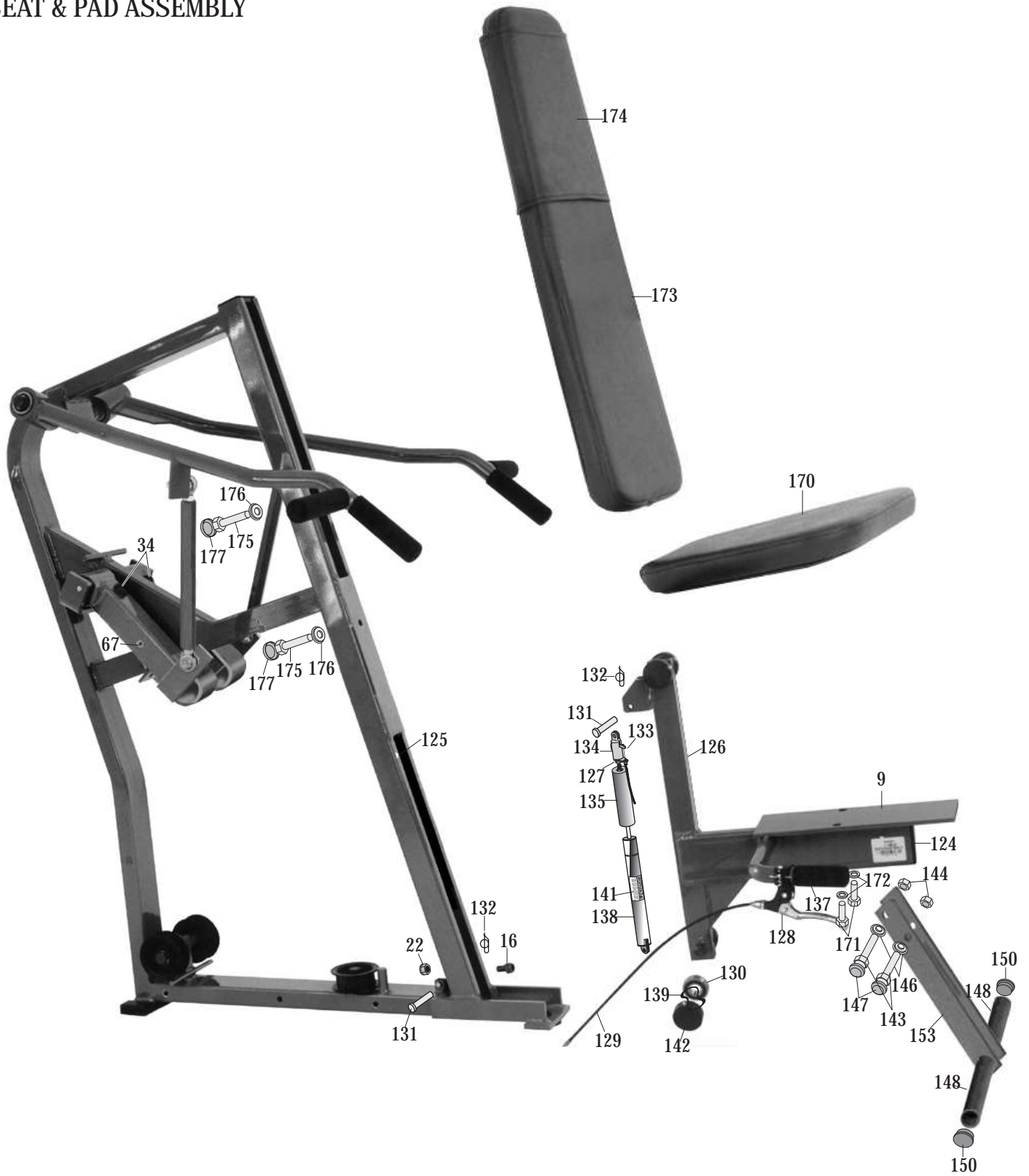


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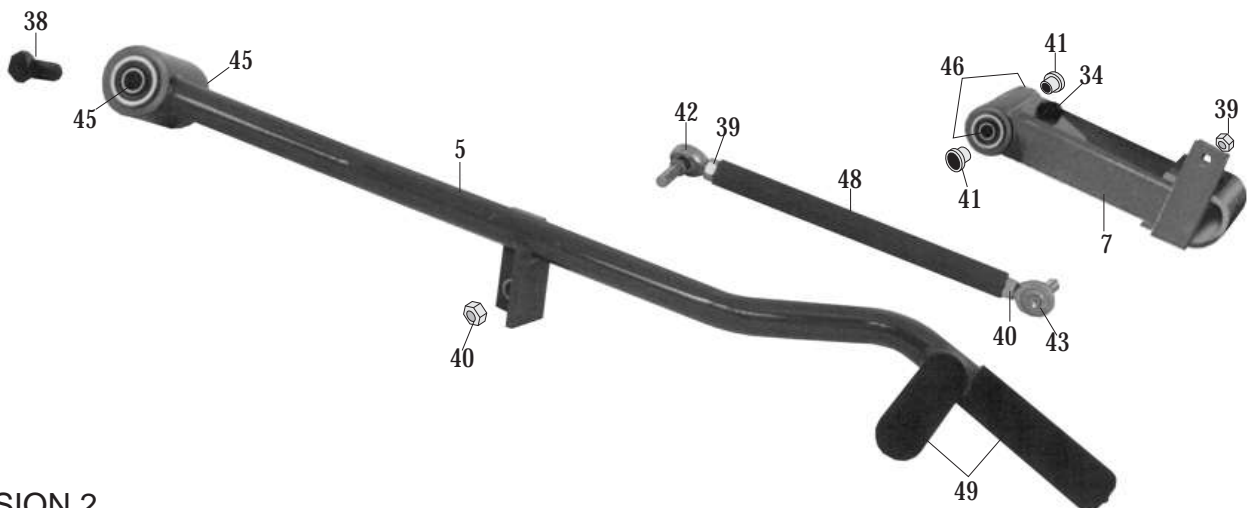
CROSSMEMBER & SEAT FRAME ASSEMBLY



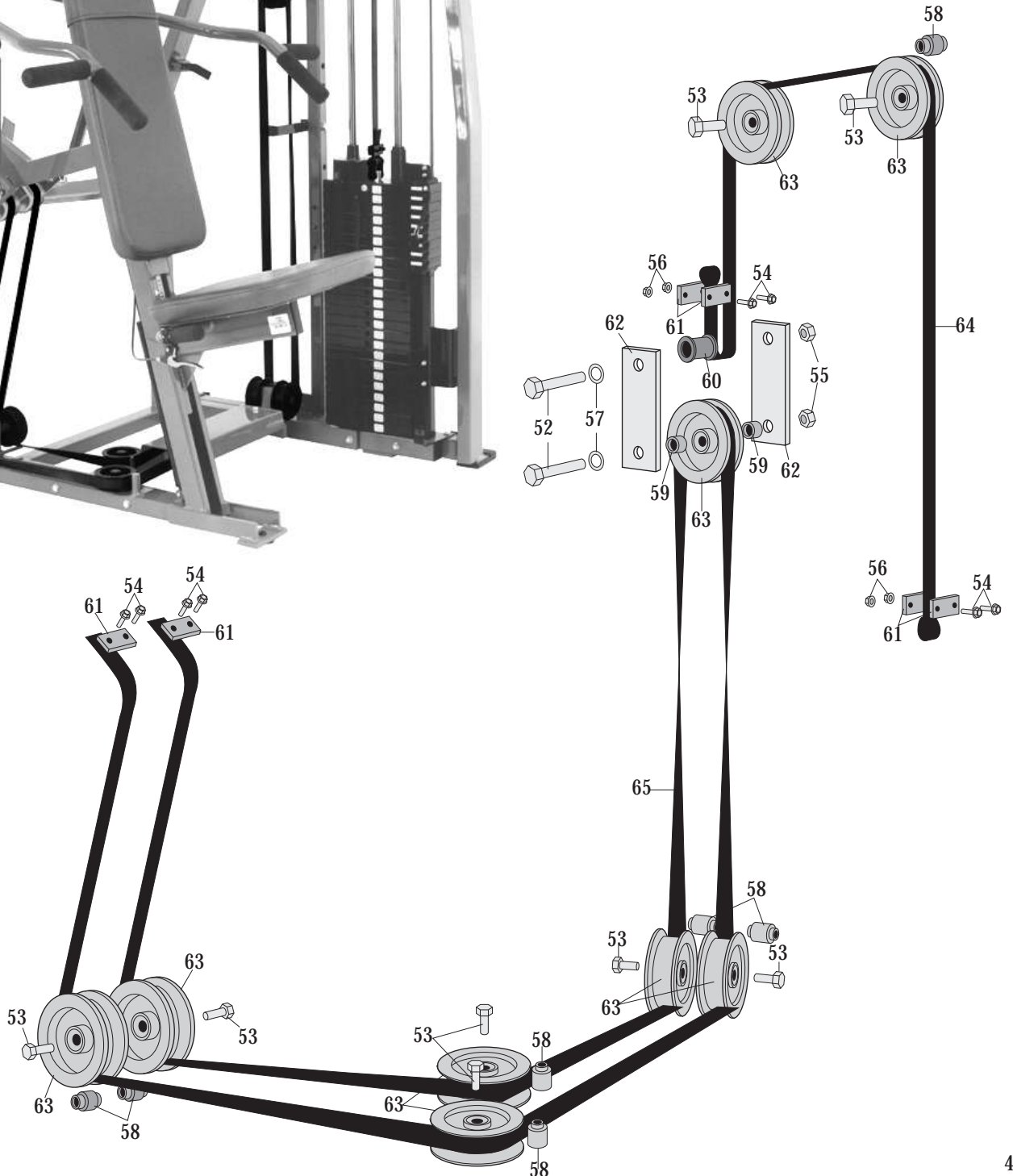
SEAT & PAD ASSEMBLY



**MOVEMENT ARM
ASSEMBLY**



BELT & PULLEY ASSEMBLY



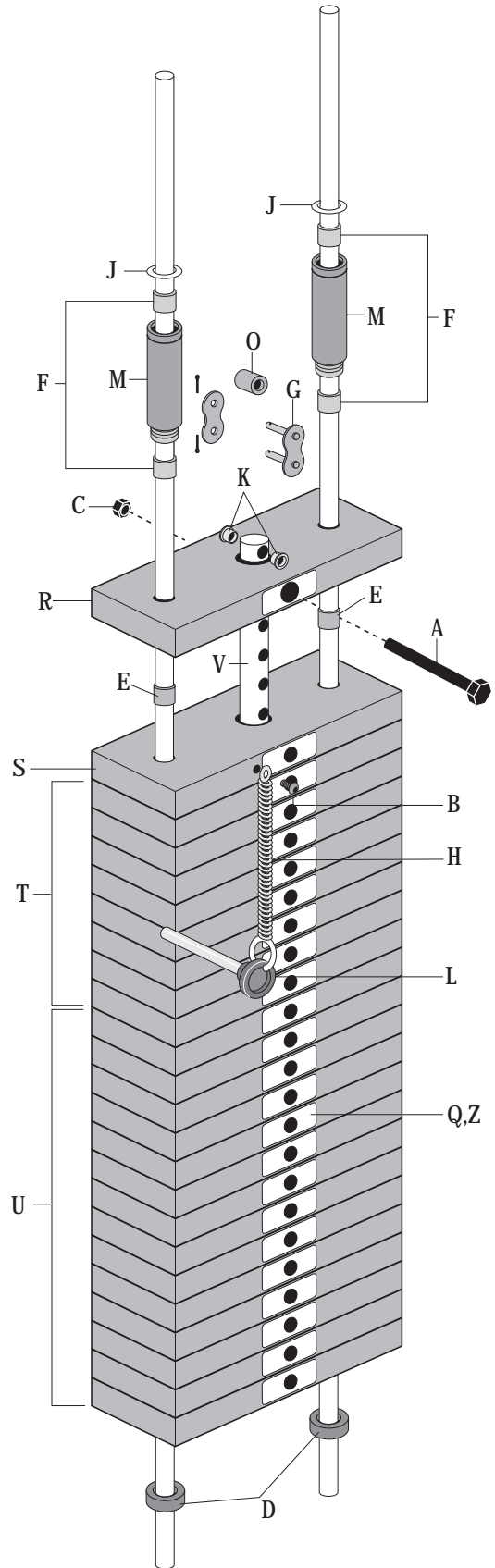
- 24 WEIGHT STACK**
STANDARD
- REF #PART #200 lb. WEIGHT STACK (20-250)
 - A.....01-0010.....BOLT HH2 7/16-14 X 4 1/2 BLACK
 - B.....02-9190.....1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
 - C.....03-1045.....NUT NTE 7/16 BLACK
 - D.....04-5070.....RUBBER WEIGHT STACK WASHER
 - E.....05-4020.....BOTTOM WEIGHT BUSHING
 - F.....05-4055.....TOP WEIGHT BUSHING
 - G.....06-2005.....CHAIN LINK #100 CONNECTING LINK
 - H.....06-7064.....COIL SUPER 6"
 - I.....06-8150.....1 1/4 EXTERNAL SNAP RING
 - J.....06-8254.....SNAP RING 1"
 - K.....07-4000.....NYLINER PLASTIC BUSHING
 - L.....07-8296.....PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
 - M.....07-9268.....TOP WEIGHT SLEEVE
 - N.....09-3066.....HOLE PLUG 1 1/4 DIA WHITE
 - O.....09-6135.....BELT ROLLER
 - P.....12-1024.....DECAL WARNING 3"
 - Q.....12-1282.....WEIGHT STACK DECAL 20-310 lbs/kgs
 - R.....17-2204.....1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
 - S.....17-2206.....1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
 - T.....17-2203.....1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
 - U.....17-2203.....1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
 - V.....17-4115.....WEIGHT STACK PIN 24 HOLE
 - W.....BSF509.....WEIGHT STACK STAND 8"
 - X.....07-9269.....3" WEIGHT STACK SPACER
 - Y.....09-2060.....1 1/2 X 3" HOLE PLUG

- WOMEN'S/MEDICAL**
REF #PART #130 lb. WEIGHT STACK (10-200)
- A.....01-0010.....BOLT HH2 7/16-14 X 4 1/2 BLACK
 - B.....02-9190.....1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
 - C.....03-1045.....NUT NTE 7/16 BLACK
 - D.....04-5070.....RUBBER WEIGHT STACK WASHER
 - E.....05-4020.....BOTTOM WEIGHT BUSHING
 - F.....05-4055.....TOP WEIGHT BUSHING
 - G.....06-2005.....CHAIN LINK #100 CONNECTING LINK
 - H.....06-7064.....COIL SUPER 6"
 - I.....06-8150.....1 1/4 EXTERNAL SNAP RING
 - J.....06-8254.....SNAP RING 1"
 - K.....07-4000.....NYLINER PLASTIC BUSHING
 - L.....07-8296.....PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
 - M.....07-9268.....TOP WEIGHT SLEEVE
 - N.....09-3066.....HOLE PLUG 1 1/4 DIA WHITE
 - O.....09-6135.....BELT ROLLER
 - P.....12-1024.....DECAL WARNING 3"
 - Q.....12-1281.....WEIGHT STACK DECAL (WOMEN'S) 10-260 lbs/kgs
 - R.....17-2210.....1 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
 - S.....17-2212.....1 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
 - T.....17-2211.....1 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
 - U.....17-2203.....1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
 - V.....17-4115.....WEIGHT STACK PIN 24 HOLE
 - W.....BSF509.....WEIGHT STACK STAND 8"
 - X.....07-9269.....3" WEIGHT STACK SPACER
 - Y.....09-2060.....1 1/2 X 3" HOLE PLUG
 - Z.....12-1048.....WEIGHT STACK DECAL (MEDICAL) #1-30

- SUPER STACK**
REF#PART #290 lb. WEIGHT STACK (20-365)
- A.....01-0010.....BOLT HH2 7/16-14 X 4 1/2 BLACK
 - B.....02-9190.....1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
 - C.....03-1045.....NUT NTE 7/16 BLACK
 - D.....04-5070.....RUBBER WEIGHT STACK WASHER
 - E.....05-4020.....BOTTOM WEIGHT BUSHING
 - F.....05-4055.....TOP WEIGHT BUSHING
 - G.....06-2005.....CHAIN LINK #100 CONNECTING LINK
 - H.....06-7064.....COIL SUPER 6"
 - I.....06-8150.....1 1/4 EXTERNAL SNAP RING
 - J.....06-8254.....SNAP RING 1"
 - K.....07-4000.....NYLINER PLASTIC BUSHING
 - L.....07-8297.....PIN WEIGHT SELECTOR W/MAGNET 7" LENGTH
 - M.....07-9268.....TOP WEIGHT SLEEVE
 - N.....09-3066.....HOLE PLUG 1 1/4 DIA WHITE
 - O.....09-6135.....BELT ROLLER
 - P.....12-1028.....DECAL WARNING 6"
 - Q.....12-1283.....WEIGHT STACK DECAL 20-455 lbs/kgs
 - R.....17-2204.....1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
 - S.....17-2207.....1 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
 - T.....17-2205.....1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
 - U.....17-2205.....1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
 - V.....17-4115.....WEIGHT STACK PIN 24 HOLE
 - W.....BSF509.....WEIGHT STACK STAND 8"
 - X.....07-9269.....3" WEIGHT STACK SPACER
 - Y.....09-2060.....1 1/2 X 3" HOLE PLUG

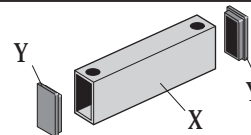


**USE CAUTION
 WHEN WORKING
 WITH WEIGHT
 STACK !**



**OPTION 1
 NO STAND**

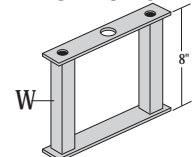
2LR, 2PF



OPTION 2

2AB, 2BP, 2CR, 2P, 2LCP, 2LE,
 2LB, 2OP, 2TP, 2LCS, 210, 2VC

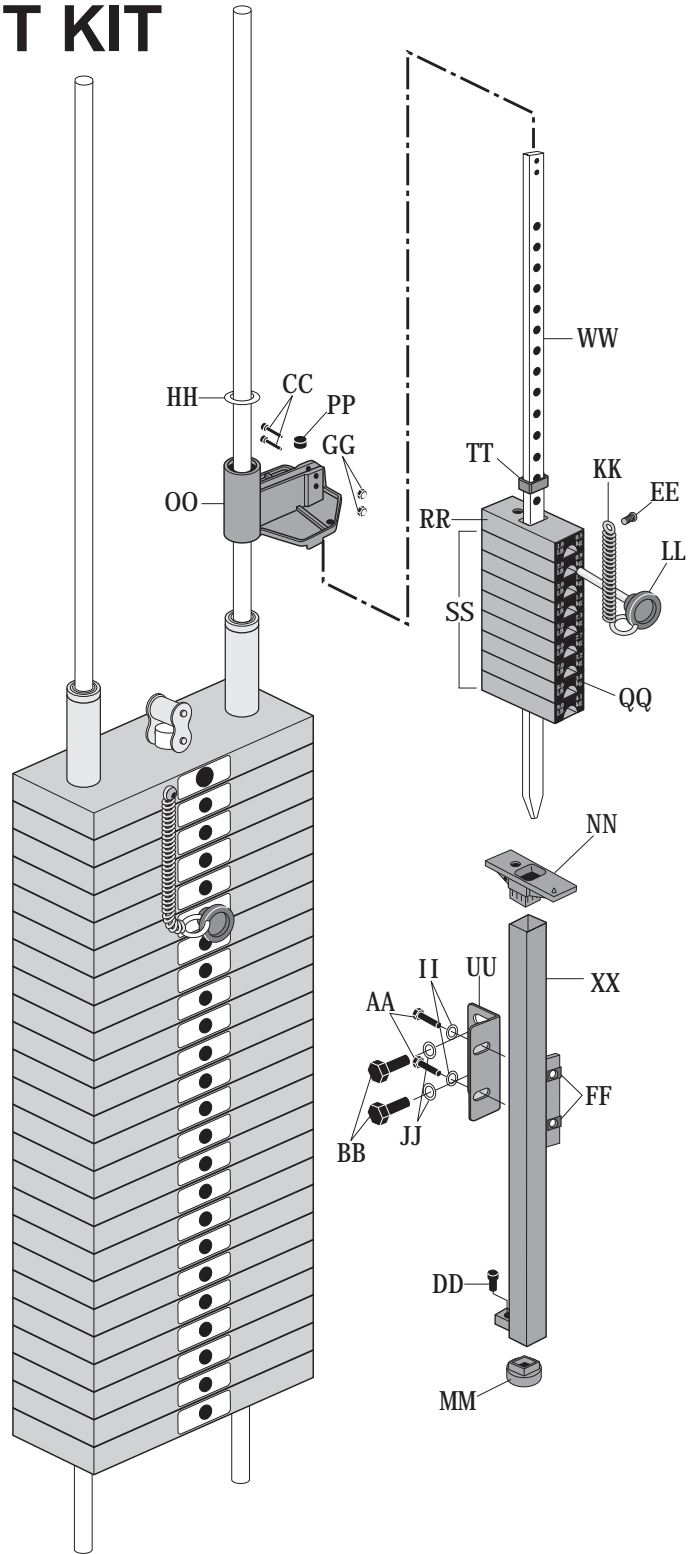
OPTION 3



2HAD, 2HAB, 2RT, 2SC

MINI 24 ADD-ON WEIGHT KIT

REF #	PART #	DESCRIPTION
AA	02-4108	3/8-16 X 3/4 ALLEN CAP SCREW
BB	01-1258	1/2 X 3/4 HEX BOLT BLACK
CC	01-4035	1/4 X 1-1/4 WIZ BOLT BLACK
DD	02-4110	3/8 X 1-1/4 ALLEN CAP SCREW
EE	02-9190	1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
FF	03-5111	3/8 CLIP NUT
GG	03-4290	1/4 WIZ NUT BLACK ZINC
HH	06-8150	1 1/4 EXT. SNAP RING
II	04-5206	3/8 SAE FLAT WASHER BLACK
JJ	04-5214	1/2 LOCK WASHERS BLACK
KK	06-7062	450 OD 5" SUPER COIL
LL	07-8045	ADD ON WEIGHT SELECTOR PIN & KNOB
MM	07-9245	MOLDED WEIGHT STAND INSERT
NN	07-9250	MOLDED ADD-ON-WEIGHT BASE
OO	07-9255	MOLDED ADD-ON-WEIGHT LINK
PP	09-3072	HOLE PLUG 3/8" BLACK
QQ	12-1117	ADD ON WEIGHT DECAL LBS/KGS
RR	17-5998	CAST ADD-ON SECOND PLATE
SS	17-5999	CAST ONE POUND WEIGHT
TT	17-6015	RECTANGULAR WEIGHT BUSHING
UU	17-6020	ANGLE BRACKET



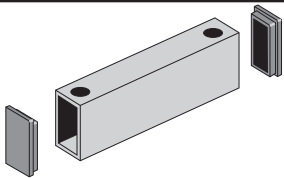
OPTION 1 - NO WEIGHT STAND:
 2LR, 2PF
 WW07-9292SHORT MINI WEIGHT STACK PIN
 XXBSF512.....SHORT MINI WEIGHT STAND

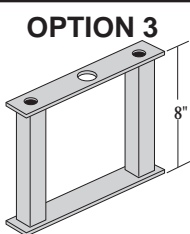
OPTION 2 - 3" WEIGHT STAND:
 2AB, 2BP, 2CR, 2IP, 2LCP, 2LE, 2LB, 2OP, 2TP, 2LC, 210, 2VC
 WW17-4137STANDARD MINI WEIGHT STACK PIN
 XXBSF511STANDARD MINI WEIGHT STAND

OPTION 3 - 8" WEIGHT STAND:
 2HAAD, 2HAB, 2RT, 2SC
 WW17-4137STANDARD MINI WEIGHT STACK PIN
 XXBSF513.....TALL MINI WEIGHT STAND


**USE CAUTION
 WHEN WORKING
 WITH WEIGHT
 STACK !**

**OPTION 1
 NO STAND**
 2LR, 2PF


OPTION 2
 2AB, 2BP, 2CR, 2IP, 2LCP, 2LE,
 2LB, 2OP, 2TP, 2LCS, 210, 2VC


OPTION 3
 2HAD, 2HAB, 2RT, 2SC

2ST OVERHEAD PRESS

E.L. CODES:.....

- 2OPS ...FULLY SHIELDED OVERHEAD PRESS
- 2WOPS FULLY SHIELDED WOMENS' OVERHEAD PRESS
- 2MOPS FULLY SHIELDED MEDICAL OVERHEAD PRESS
- 2OP.....PARTIAL SHIELDED OVERHEAD PRESS
- 2WOP .PARTIAL SHIELDED WOMENS' OVERHEAD PRESS
- 2SOP ...PARTIAL SHIELDED SUPER OVERHEAD PRESS

REF#.....PART#DESCRIPTION

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
 WL15WELDMENT KIT OVERHEAD PRESS
- 1BF501BACK FRAME ASSEMBLY
 - 2CM524TOP CROSSMEMBER ASSEMBLY
 - 3CM526BOTTOM CROSSMEMBER ASSEMBLY
 - 4LK516IDLER MOUNT ASSEMBLY
 - 5MA529RIGHT MOVEMENT ARM ASSEMBLY
 - 6MA530LEFT MOVEMENT ARM ASSEMBLY
 - 7MA531RIGHT WEIGHT ARM ASSEMBLY
 - 8MA532LEFT WEIGHT ARM ASSEMBLY
 - 9SE502SEAT ASSEMBLY
 - 10SF509SEAT.FRAME ASSEMBLY

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
 FR13FRAME KIT OVERHEAD PRESS
- 1104-5145PLASTIC BOLT CAP
 - 1202-9220BOLT HH5 3/8 X 1 1/4
 - 1302-90713/8 X 3-3/4 HH5
 - 1402-90743/8 X 4 1/4 HH5
 - 1501-12711/2 X 1 1/4 HH5
 - 1602-41151/2 X 3/4 AC
 - 1702-90713/8 X 3-3/4 HH5 BLACK
 - 1802-92503/8 X 2-1/4 HH5 BLACK
 - 1903-1035NUT 3/8 NTE
 - 2003-1035NUT 3/8 BLACK
 - 2103-1055NUT 1/2 NTE
 - 2203-1055NUT 1/2 BLACK
 - 2304-52133/8 LOC WASH
 - 2404-52133/8 LOC WASH BLACK
 - 2504-52141/2 LOC WASH
 - 2604-52141/2 LOC WASHER BLACK
 - 2704-51353/8" BOLT CAP WASHER
 - 2809-2010FRAME PLUG 1 1/4 SQ
 - 2909-20201 1/2 SQ. HOLE PLUG
 - 3009-20401 1/2 X 2 HOLE PLUG
 - 3109-20601 1/2 X 3 HOLE PLUG
 - 3209-20902 X 3 11 GA HOLE PLUG
 - 3309-30641/2" WHITE HOLE PLUG
 - 3409-4092NEOPRENE BUMPERS
 - 3509-5030FOOTPAD MOLDED ROUND
 - 3609-5035FOOTPADS MOLDED RECT.
 - 3712-1001SEAT.POSITION ARROW

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
 LN05LINKAGE KIT OVERHEAD PRESS
- 3801-2180BOLT HH5 5/8 X 1 1/2
 - 3903-5114STANDARD 1/2-20 RIGHT HAND THREAD NUT
 - 4003-5115STANDARD 1/2-20 LEFT HAND THREAD NUT
 - 4105-60956203 BNG BUSHINGS
 - 4206-9030SEALMASTER ROD ENDS DELRIN RH THREADS
 - 4306-9032SEALMASTER ROD ENDS DELRIN LH THREADS
 - 4407-10707510 ROLLER BNGS
 - 4507-125030MM ROLLER BNGS
 - 4607-5064203 PP BEARINGS 17MM
 - 4707-9002WA SHAFT
 - 4807-9283DRAG LINKS (RH & LH THREADS)
 - 4909-1105GRIP HAND 1 1/8 X 5 CLOSED END
 - 5009-30307/8 DIA HOLE PLUG
 - 5109-30401 DIA HOLE PLUG

REF#.....PART#DESCRIPTION

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
 BLT15BELT & PULLEY KIT OVERHEAD PRESS
- 5201-1321BOLT HH5 1/2 X 2 1/2
 - 5301-2180BOLT HH5 5/8 X 1 1/2 BLACK
 - 5401-40301/4 X 1 WHIZ FLANGE SM PATTERN BLACK
 - 54A03-40351/4-20 X 11/16 THREADED INSERT
 - 5503-10551/2 NTE
 - 5603-42901/4-20 WHIZ FLANGE L/N SM PATTERN BLACK
 - 5704-52141/2 LOK WASHER
 - 5806-5045ANTI-JUMP ROLLER
 - 58A07-5072ANTI-JUMP ROLLER SPACER
 - 5907-8363IDLER PULLEY SPACER
 - 6007-8366BELT ANCHOR TUBE
 - 6107-8982END STRAP CLAMP W/5/16 HOLES
 - 6207-9079IDLER PLATES
 - 6309-83273" PULLEY
 - 6424-6030KEVLAR BELT 66"LONG
 - 6524-6030KEVLAR BELT 224" LONG

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
 SH40SHIELD KIT OVERHEAD PRESS
- 6602-9210BOLT HH5 3/8 X 1
 - 6703-40401/4-20 X 5/8 REV NUT (BRASS)
 - 6804-51353/8" BOLT CAP WASHER
 - 6904-5145PLASTIC BOLT CAP
 - 7007-9148SHEET METAL SHIELD
 - 7112-2778PLACARD OVERHEAD PRESS
 - 7212-1026KEEP HANDS AWAY
 - 7314-2127RIGHT MA SHIELD
 - 7414-2128LEFT MA SHIELD
 - 7519-4928PARTS DIAGRAM OVERHEAD PRESS
 - 7602-4070SCREW SHIELD 1/4 X 3/4

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
 GR01GUIDE ROD KIT 1
- 7707-92693" WEIGHTSTACK SPACER
 - 7809-2060FRAME PLUG 1 1/2 X 3 11 GA
 - 7917-1375GUIDE.RODS 51 15/16 LONG

-
 E.L. CODE:..2OPS.,2MOPS, 2OP, 2SOP
 IN01INSPECTION KIT
- 8012-1080INSPECTION STICKER DECAL
 - 8112-1088DECAL NAUTILUS NAMEPLATE 2 1/2 x 9 1/4 long
 - 8219-1291DECAL SERIAL # BAR CODE
 - 8340-7167BAG.50.X 46 X 86 X .002 THICK

-
 E.L. CODE:..2WOPS,2WOP
 IN03INSPECTION KIT WOMENS
- 8412-1080INSPECTION STICKER DECAL
 - 8512-1175NAUTILUS WOMENS NAMEPLATE 2 1/2 x 9 1/4
 - 8619-1291DECAL SERIAL # BAR CODE
 - 8740-7167BAG.50.X 46 X 86 X .002 THICK

-
 E.L. CODE:..2OP, 2WOP, 2SOP
 SH02OUTER PARTIAL SHIELD BF501 KIT
- 8802-4070SCREW SHIELD 1/4 X 3/4
 - 8902-4074SCREW TRUSS 1/4 X 1/2
 - 9003-40601/4-20 CLIP NUT
 - 9107-9137FRONT FRAME WORKBOX BRACKET
 - 9207-9138UPPER MAIN FRAME SHIELD BRACKET
 - 9319-10152" SQ SERIES 170 DUAL LOC
 - 9419-10161 X 2 RECT. SERIES 400 DUAL LOC
 - 9514-2074SHIELD.2ST OUTER BF501

-
 E.L. CODE:..2OPS.,2WOPS, 2MOPS
 SH03OUTER SHIELD BF501 KIT
- 9602-4070SCREW SHIELD 1/4 X 3/4
 - 9702-4074SCREW TRUSS 1/4 X 1/2
 - 9803-40601/4-20 CLIP NUT

REF#...PART#DESCRIPTION

99.....07-9137FRONT FRAME WORKBOX BRACKET
100.....07-9138UPPER MAIN FRAME SHIELD BRACKET
101.....19-10152" SQ SERIES 170 DUAL LOC
102.....19-10161 X 2 RECT. SERIES 400 DUAL LOC
103.....14-2011.....SHIELD OUTER BF501
.....
E.L. CODE:..2OPS.,2WOPS, 2MOPS
SH17.....INNER SHIELD HARDWARE KIT 3
104.....01-1402BOLT HH5 1/2 X 2 1/4
105.....02-41341/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW
106.....03-10551/2 NTE
107.....03-40601/4-20 CLIP NUT
108.....04-52141/2 LOK WASHER
109.....07-9004MOUNT SHIELD LEFT LOWER
110.....07-9135BRACKET SMALL LOWER BASE SHIELD
111.....07-9136BRACKET LARGE LOWER BASE SHIELD
112.....02-4070SCREW SHIELD 1/4 X 3/4
.....
E.L. CODE:..2OP, 2WOP, 2SOP
SH23.....INNER PARTIAL SHIELD KIT 3
113.....01-1402BOLT HH5 1/2 X 2 1/4
114.....03-10551/2 NTE
115.....03-40601/4-20 CLIP NUT
116.....04-52141/2 LOK WASHER
117.....07-9004SHIELD MOUNT CENTER
118.....07-927416GA SHEET METAL 2ST SHIELD SHROUD
119.....19-10152" SQ SERIES 170 DUAL LOC
120.....19-10161 X 2 RECT. SERIES 400 DUAL LOC
121.....02-4070SHIELD SCREWS
122.....14-2078INSIDE MAIN SHIELD
.....
E.L. CODE:..2OPS.,2OP, 2SOP
ST06.....SEAT KIT 1
123.....09-30637/16" WHITE HOLE PLUG
124.....09-30801 X 3 HOLE PLUG
125.....12-1001SEAT POSITION INDICATOR ARROW
126.....12-1009SEAT DECAL 1 BOTTOM -10 TOP (5/8 WIDE)
127.....03-5106NUT HEX 10MM
128.....06-8000SEAT ADJUSTMENT HANDLE 7/8"
129.....06-8006SEAT ADJUSTMENT CABLE, 18"
130.....07-5064BEARING 203 PP
131.....07-8027PIN CLEVIS 5/16 X 1 3/16
132.....07-8135COTTER PIN #RUE-10 mfg. PIVOT POINT
133.....07-9201SHOCK LEVER P/N 783234
134.....07-9205HEAD THREAD ON CAST ALUM
135.....07-9298GAS SPRING COVER TUBE
136.....07-9299GAS SPRING COVER PLUG
137.....09-1058RUBBER HAND GRIP, 7/8 X 4 1/2
138.....10-3045RIGID IN COMPRESSION, 250 N #7613IL
139.....10-401240 MM O.D. WAVE SPRING SSB-0158-S17
140.....12-1109.....SEAT SHOCK ADJ. TAG
141.....12-1113.....SHOCK WARNING DECAL
142.....19-1235NYLON SEAT ROLLERS
.....
E.L. CODE:..2WOPS, 2MOPS, 2WOP
ST07.....SEAT KIT 2
143.....01-1121.....3/8 X 2 HH5
144.....03-10353/8 NTE
145.....04-52133/8 LOC WASH
146.....04-51353/8" BOLT CAP WASHER
147.....04-5145PLASTIC BOLT CAP
148.....09-1106......938 ID X 9 OPEN END GRIP
149.....09-30801 X 3 HOLE PLUG
150.....09-30941.25 OD X .75 ID X .75 L HOLE PLUG
151.....12-1001SEAT POSITION INDICATOR ARROW
152.....12-1009SEAT DECAL 1 BOTTOM -10 TOP (5/8 WIDE)
153.....SE510.....WOMEN'S FOOTREST ASSEMBLY
154.....03-5106NUT HEX 10MM

REF#...PART#DESCRIPTION

155.....06-8000SEAT ADJUSTMENT HANDLE 7/8"
156.....06-8006SEAT ADJUSTMENT CABLE, 18"
157.....07-5064BEARING 203 PP
158.....07-8027PIN CLEVIS 5/16 X 1 3/16
159.....07-8135COTTER PIN #RUE-10 mfg. PIVOT POINT
160.....07-9201SHOCK LEVER P/N 783234
161.....07-9205HEAD THREAD ON CAST ALUM
162.....07-9298GAS SPRING COVER TUBE
163.....07-9299GAS SPRING COVER PLUG
164.....09-1058RUBBER HAND GRIP, 7/8 X 4 1/2
165.....10-3045RIGID IN COMPRESSION, 250 N #7613IL
166.....10-401240 MM O.D. WAVE SPRING SSB-0158-S17
167.....12-1109.....SEAT SHOCK ADJ. TAG
168.....12-1113.....SHOCK WARNING DECAL
169.....19-1235NYLON SEAT ROLLERS
.....
E.L. CODE:..2OPS.,2WOPS, 2MOPS, 2OP, 2WOP, 2SOP
UPH17.....BELTED OVERHEAD PRESS UPHOLSTERY KIT
170.....UP8015.....SEAT PAD
171.....02-9220BOLT HH5 3/8 X 1 1/4 BLACK
172.....04-5213WASHER INT LOK 3/8 BLACK
173.....UP8210.....BACK PAD
174.....UP720.....SLIPCOVER
175.....01-1551BOLT HH5 3/8 X 3 1/4 BLACK
176.....04-51353/8" BOLT CAP WASHER
177.....04-5145PLASTIC BOLT CAP
.....
E.L. CODE:..2OP, 2WOP, 2SOP
178.....09-3063PLUG HOLE 7/16 WHITE
179.....09-30659/16" WHITE HOLE PLUG
180.....09-3067PLUG HOLE 1/4 WHITE
.....
E.L. CODE:..2OPS, 2WOPS, 2MOPS
181.....14-2091INSIDE MAIN SHIELD MADE FROM 14-2077

Kevlar™ Belt Adjustment Instructions

Nautilus® Warranty Information

Belts require tightening when a lack of resistance and uneven feel is noticed at the beginning of an exercise. **USE CAUTION AROUND THE WEIGHT STACK WHEN TIGHTENING KEVLAR™ BELTS.**

To adjust belt:

1. Remove the Shielding.
2. Remove the Tethered Weight-Pin from weight stack hole. See Figure 3.
3. Lift top weight using the appropriate lifting mechanism - in most cases the moving arms for exercising.
4. While top weight is suspended, insert a shim between the first and second weight (two quarters will suffice).
5. Release top weight so the first stack is resting on the shim.
6. Loosen the two bolts at the end of the belt and pull through excess belting until tight.
7. Tighten belt bolts and lift top weight to remove the shim.
8. Lower the mechanism to rest on the weight stack.
9. If belt is still loose, repeat this procedure until there is no looseness at the beginning of an exercise.
10. If you experience difficulties in tightening the belts, please contact your Nautilus service professional or call 1-800-NAUTILUS (1-800-235-2233), Parts & Service Department, for assistance.

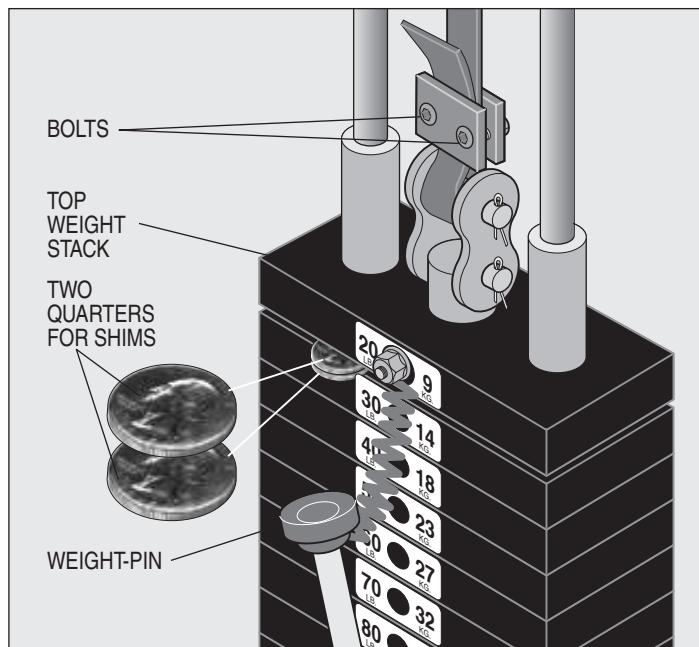


Figure 3

WARNING

Store indoors only. Do not subject machine to high humidity or damp conditions.

Nautilus® Variable Resistance Warranty Limited Warranty Terms & General Specifications

Nautilus warrants only to the original purchaser that Nautilus® exercise equipment from the manufacturer is free from defects in material and workmanship under normal use and service. Our obligation under this warranty shall be limited to the repair or exchange at our plant (a) of any part or parts of the structural frame, moving weldments or weight stacks which may thus prove defective under normal use and service for the lifetime of the product from delivery to the original purchaser; (b) of any moving part or parts not otherwise disclosed within this warranty which thus may prove defective under normal use and service within one (1) year from delivery to the original purchaser; and (c) of any upholstery, pads, grips or tethered weight pin connectors which thus may prove defective under normal use and service within 120 days from delivery to the original purchaser. This warranty only applies to those parts that our own examination discloses to our satisfaction to be thus defective.

This warranty is expressly in lieu of all other warranties, express or implied, including the warranties of merchantability and fitness for use and of all other obligations or liabilities on our part, and we neither assume nor authorize any other person to assume for us any other liability in connection with the sale of this NAUTILUS® exercise equipment. This warranty shall not apply to this NAUTILUS® exercise equipment or to any part thereof which has been subject to accident, negligence, alteration, abuse, misuse, or a lack of maintenance in accordance with our recommended maintenance instructions. We make no warranty whatsoever in respect to accessories or parts not manufactured by us and disclaim all warranties, express or implied, as to such accessories and parts. The term "original purchaser", as used in this warranty, shall be deemed to mean that person or entity for whom this NAUTILUS® exercise equipment is originally installed. This warranty shall apply only within the boundaries of the continental United States.

NAUTILUS® shall not be liable for any loss or damage, including incidental or consequential damages resulting directly or indirectly from the use or loss of use of our NAUTILUS® exercise equipment. Without limiting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for downtime or for making up downtime, damages for which the purchaser may be liable to other persons, damages to property, and injury to or death of any persons. We neither assume nor authorize any person to assume for us any liability in connection with sale or use of our equipment. There are no oral agreements or warranties collateral to or affecting this agreement.



Nautilus®

Maintenance

INSTRUCTIONS

For Variable Resistance Strength Training Equipment



Getting maximum results from Nautilus® machines depends on proper maintenance of equipment.

Welcome

Congratulations on choosing Nautilus® Variable Resistance strength training equipment. The addition of several exciting new features to the Nautilus® line, as outlined in these instructions, ensures that your equipment will operate with little scheduled maintenance. We know this is important to you and your customers, so please take a few minutes to read the following instructions for keeping your Nautilus® equipment in the best working condition.

Contents

Welcome	1
Parts & Service	2
Safety/Before Exercising.....	2
Maintenance Schedule	2
General Maintenance	2
Cleaning	3
Lubrication.....	3
Hydraulic Unit Adjustment	3
Kevlar Belt Adjustment Instructions.....	4
Warranty Information.....	4

Parts & Services

Regular and scheduled maintenance will prolong the life of your Nautilus equipment. Should you have to replace parts, use only genuine Nautilus parts. The Nautilus Customer Service Team invites you to call in your order for replacement parts. They're never too busy to discuss or offer a tip on your maintenance tasks.

Nautilus machines -- the culmination of years of research and refinement -- are made from the highest quality materials, under exacting conditions. The quality control tag attached to each machine before shipping ensures that each unit has been thoroughly inspected to meet Nautilus' strict requirements.

Should you, the owner of a Nautilus machine, need to replace any parts because of normal wear and tear, or should your machine ever need maintenance, Nautilus invites you to call our Virginia Headquarters office for information on parts and service.

Nautilus has available: detailed isometric drawings on the website @ www.nautilus.com for each machine manufactured, genuine Nautilus Upholstery Pads, Naugahyde® Spray Cleaner/Conditioner recommended for Nautilus upholstery pads and TFL #50 Wet Lubricant recommended for the care of the guide rods of Nautilus selectorized resistance machines.

Nautilus' concern for the customer does not end with the purchase of equipment. Your comments are always welcomed. In the unlikely event that a problem occurs, call us toll free:



Nautilus
Customer Service
 1-800-235-2233
 Fax: 276-773-2298

Safety

1. Supervision is necessary when the machine is used by or near children, invalids, or disabled persons.
2. Follow the instructions for specific exercises on each machine
3. Get in and out of the equipment carefully.
4. Never operate the machine without shields in place.
5. Use only Nautilus selector pins in weight stack. Never drop or insert any other object into machine opening.
6. Use this machine only as intended or described in this manual.
7. Do not operate equipment with loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Notify authorized personnel of the problems.
8. Keep hands and feet clear of weights and other moving parts when in use. Keep hands and feet only on the hand grips and foot pads provided.
9. Failure to comply with these instructions may result in personal injury.

CAUTION

Stop exercising immediately if you experience a sharp nerve or joint pain, and seek medical advice.

Before Exercising

To guard against injury, all equipment users should follow these instructions.

- Check with your physician and get approval before beginning a training routine.
- Become familiar with the equipment before beginning a training routine.
- Always warm-up before and cool down after exercising.
- Move slowly during each exercise. Do not jerk or "throw" the weight.
- Breathe freely. Do not hold your breath while lifting or lowering weight.
- Hold movement arms and handles firmly, do not squeeze or grip tightly.
- Structure each workout to exercise the largest muscles first. Suggested routines are found in the Nautilus Total Fitness Program.
- Experiment to find the exact weight you need for each exercise. Select a resistance that allows you to perform eight to twelve slow repetitions. Take two seconds to lift the weight. Pause briefly, and take four seconds to lower the weight.

Maintenance Schedule

	DAILY	WEEKLY	MONTHLY	EVERY 6 MONTHS
General Maintenance				
Check Safety & Warning Decals	*****	■		
Inspect Belts & Cables	*****	■		
Spot Check Belt	*****	*****	■	
Spot Check Nuts and Bolts	*****	*****	■	
Spot Check All Pegs and Stops			■	
Examine Rotation Points				■
Cleaning				
Clean Upholstery		■		
<i>Use Nautilus Disinfectant Cleaner.</i>				
Clean Surface Area		■		
Remove Dust				■
Lubrication				
Lubricate and Clean Guide Rods Using TFL 50		■		
<i>Do not lubricate hydraulic cylinders.</i>				

3. SHIELD REMOVAL

Nautilus® 2ST machines are equipped with quick-release shield fasteners. To remove Quick-Release shielding, gently pull shielding away from the frame. Use a proper screwdriver to remove front shielding, which is attached to the frame with screws.

Cleaning

1. UPHOLSTERY CLEANING AND PROTECTION

- Keep pads free of perspiration at all times.
- Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
- Clean all outside surfaces with non-abrasive, non-chlorinated household cleaners. Nautilus Disinfectant Cleaner is an effective upholstery care product.

2. CLEANING AND CARE OF PAINTED SURFACES

- Wipe painted surfaces with a damp cloth and car wax.
- Let dry and buff with a dry cloth.

3. CLEANING AND CARE OF ABS PLASTIC SHIELDING

- Clean with non-abrasive, non-chlorinated household cleaners.
- Vacuum or wipe dust from recessed areas and surfaces

QUICK FILL A-33

Detergent/Disinfectant Odor Counteractant



PART NUMBER 19-1175

Lubrication

MOVING PARTS

- To clean and lubricate guide rods, apply TFL#50 Wet Lubricant to a clean cloth then use to wipe rods.

WARNING

Do not lubricate
MINI WEIGHTS.
May cause damage
and VOID
WARRANTY.



PART NUMBER 19-1160

*TFL 50
Wet
Lubricant
Recommended
for Nautilus
Machines.

Do not place equipment in direct sunlight as ultra violet rays can damage shields and upholstery.

Hydraulic Unit Adjustment

Note: The hydraulic unit only needs adjustment if the seat will not stay in position.

1. Remove CLEVIS and COTTER PINS. Remove CIRCULAR COTTER PINS by lifting up the wire that crosses over straight end of pin, see Figure 1. Save all PINS.

2. Use a flat blade screwdriver to gently unsnap CABLE from LEVER MECHANISM. Be careful not to break cable fitting.

3. Remove hydraulic unit from machine, loosen NUT by backing it down ROD. Hold LEVER MECHANISM and twist SHAFT until there is free play in LEVER, as shown by "B" in Figure 1.

4. Hold LEVER MECHANISM and twist SHAFT (as shown by "C" in Figure 3) until LEVER free play is gone, then back off 1/8 turn. Tighten NUT against LEVER MECHANISM. The NUT MUST BE PROPERLY TIGHTENED to keep hydraulic unit in adjustment.

5. Twist SHAFT slightly to realign the top and bottom clevis pin holes.

6. Use pliers to snap and lock the CABLE on to the LEVER MECHANISM.

7. Reposition the hydraulic unit on machine and insert CLEVIS and COTTER PINS. The circular COTTER PINS can be pushed into holes.

8. The HANDLE NUT should be tight against the HANDLE HOUSING, see Figure 2. The HANDLE LEVER should touch the GRIP when squeezed. If it does not touch, adjust as follows:

- Loosen the HANDLE NUT by turning counter clockwise.
- Turn the ADJUSTMENT BARREL clockwise until the HANDLE LEVER has approximately 1/4" free play.
- Tighten the HANDLE NUT against the HANDLE HOUSING.

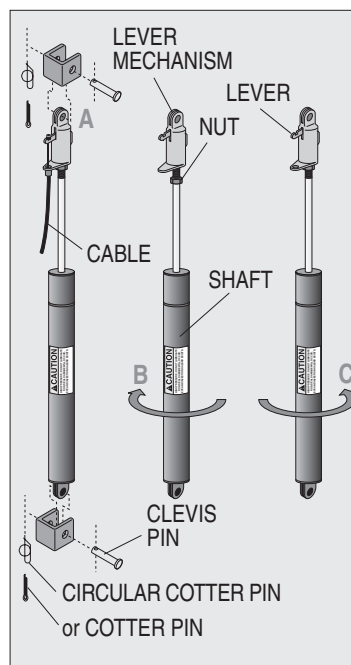


Figure 1

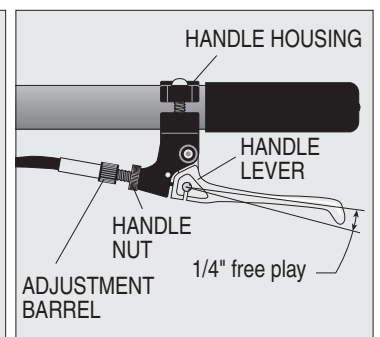


Figure 2

CAUTION

HIGH PRESSURE : DO NOT LUBRICATE
ROD. SEAL DAMAGE WILL OCCUR.
EYE AND INJECTION HAZARD EXISTS.