



HIP ADDUCTION

OWNER'S MANUAL

REVISED: May 3, 2006

SERIAL NO.'S

through

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Maintenance Manual

Follows page 10

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



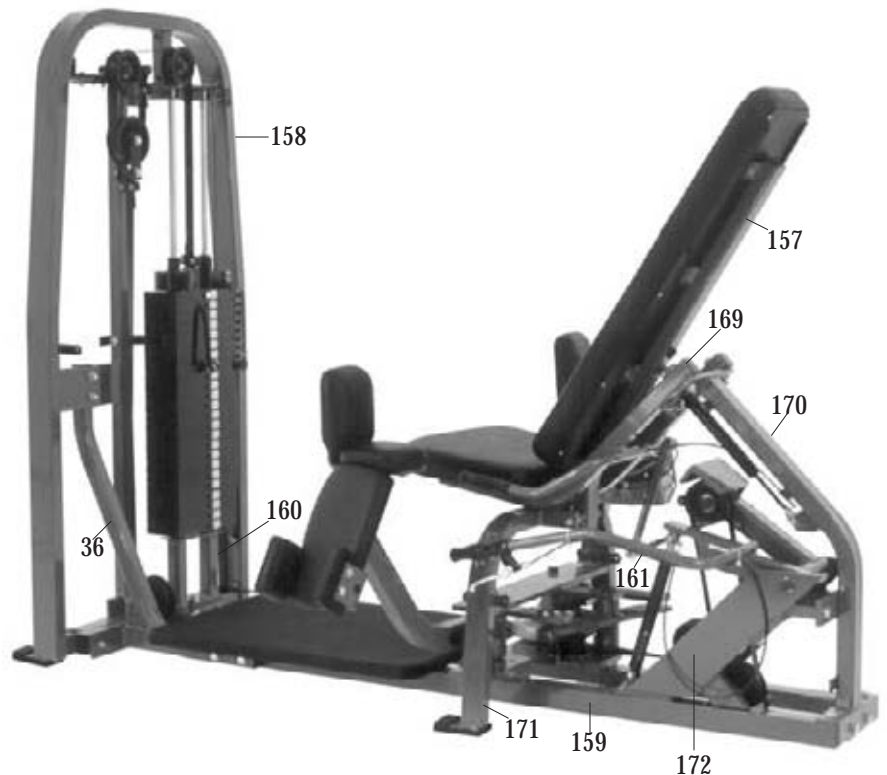
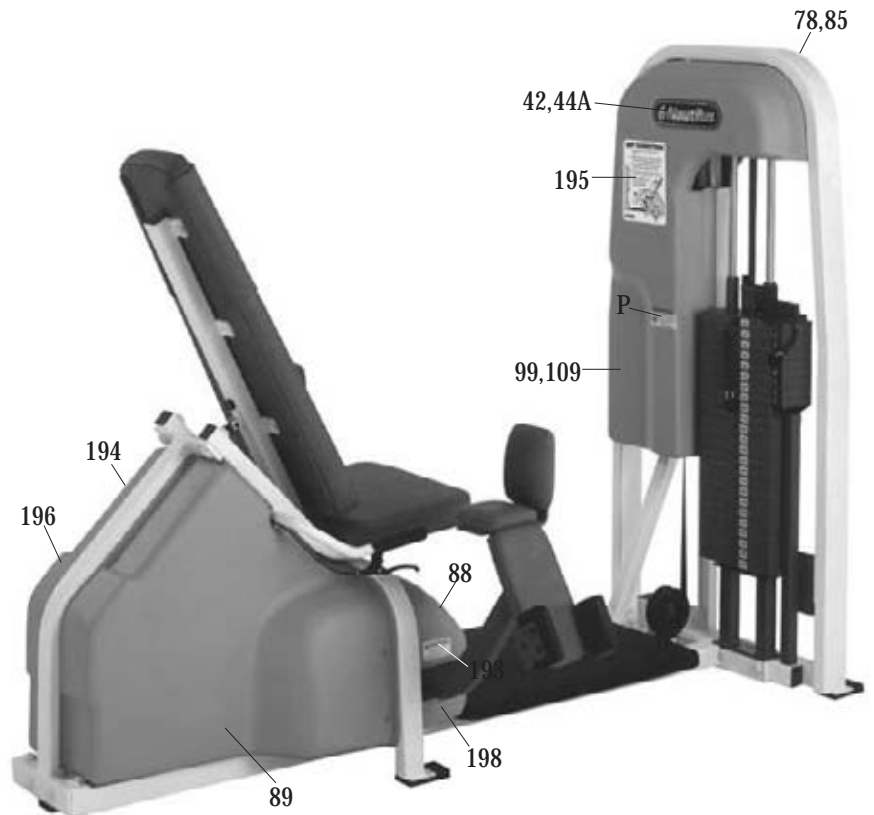
PARTS AND SERVICE

709 Powerhouse Road

Independence, Virginia 24348

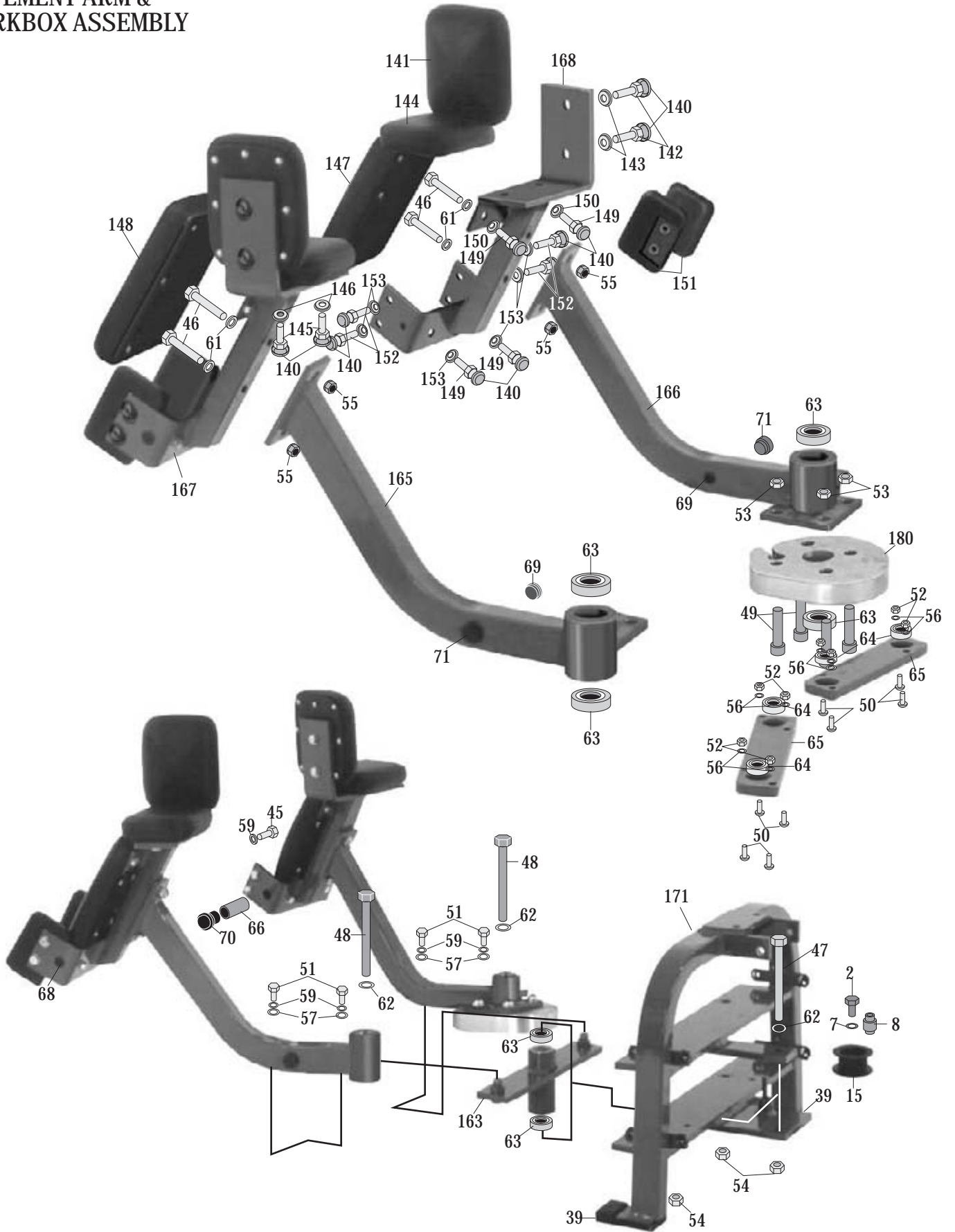
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Fax: 276-773-2298

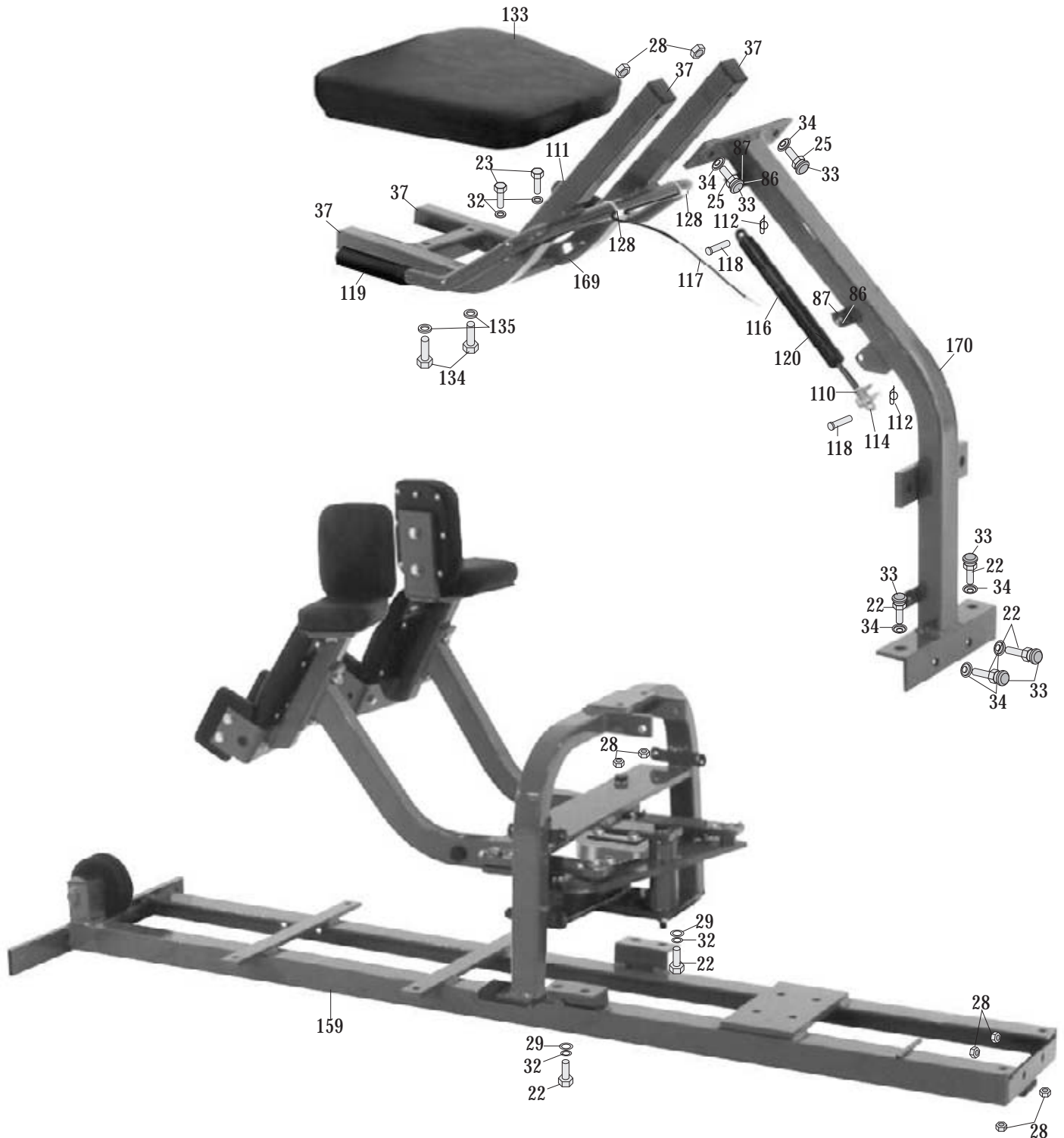


19-4910

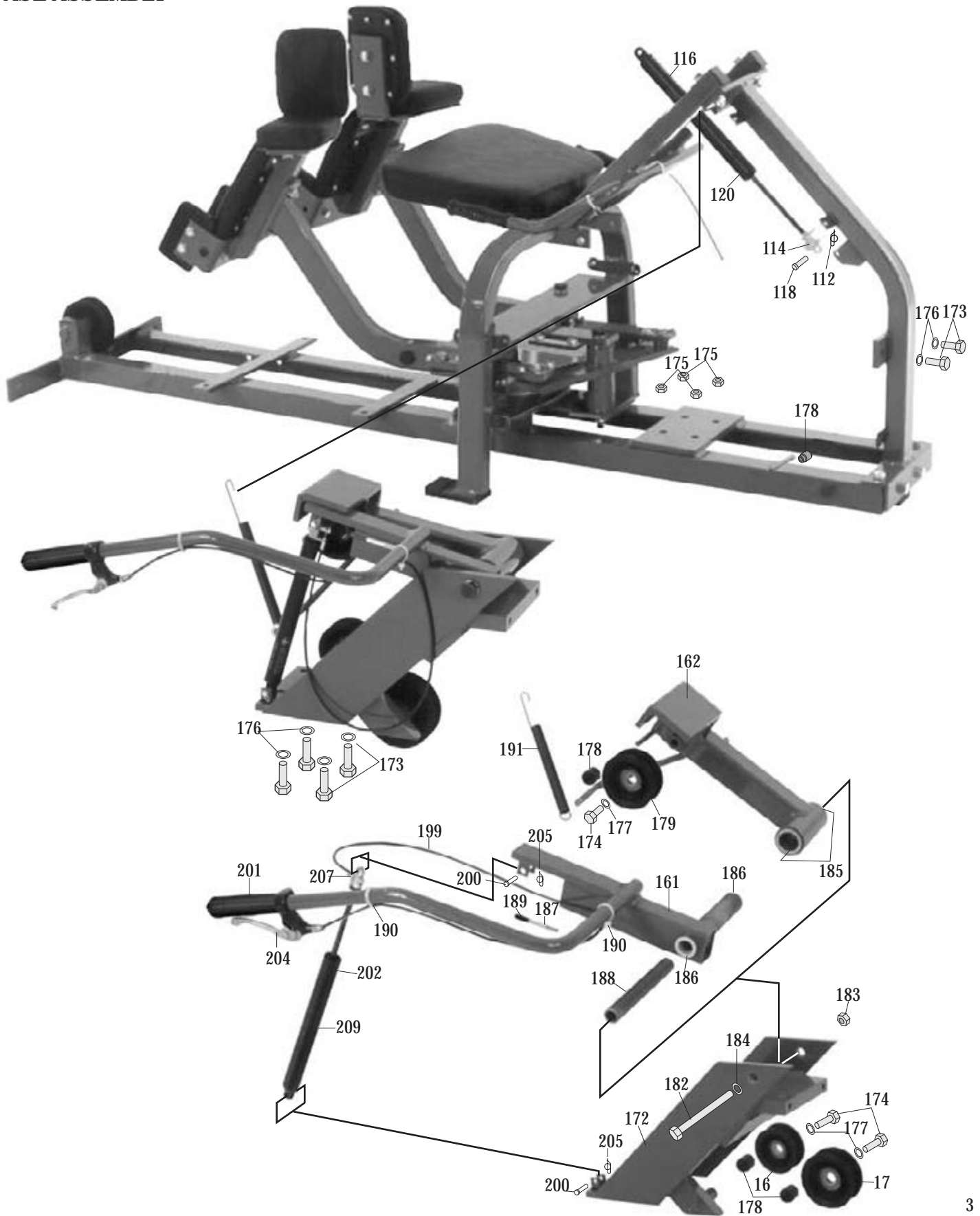
MOVEMENT ARM & WORKBOX ASSEMBLY



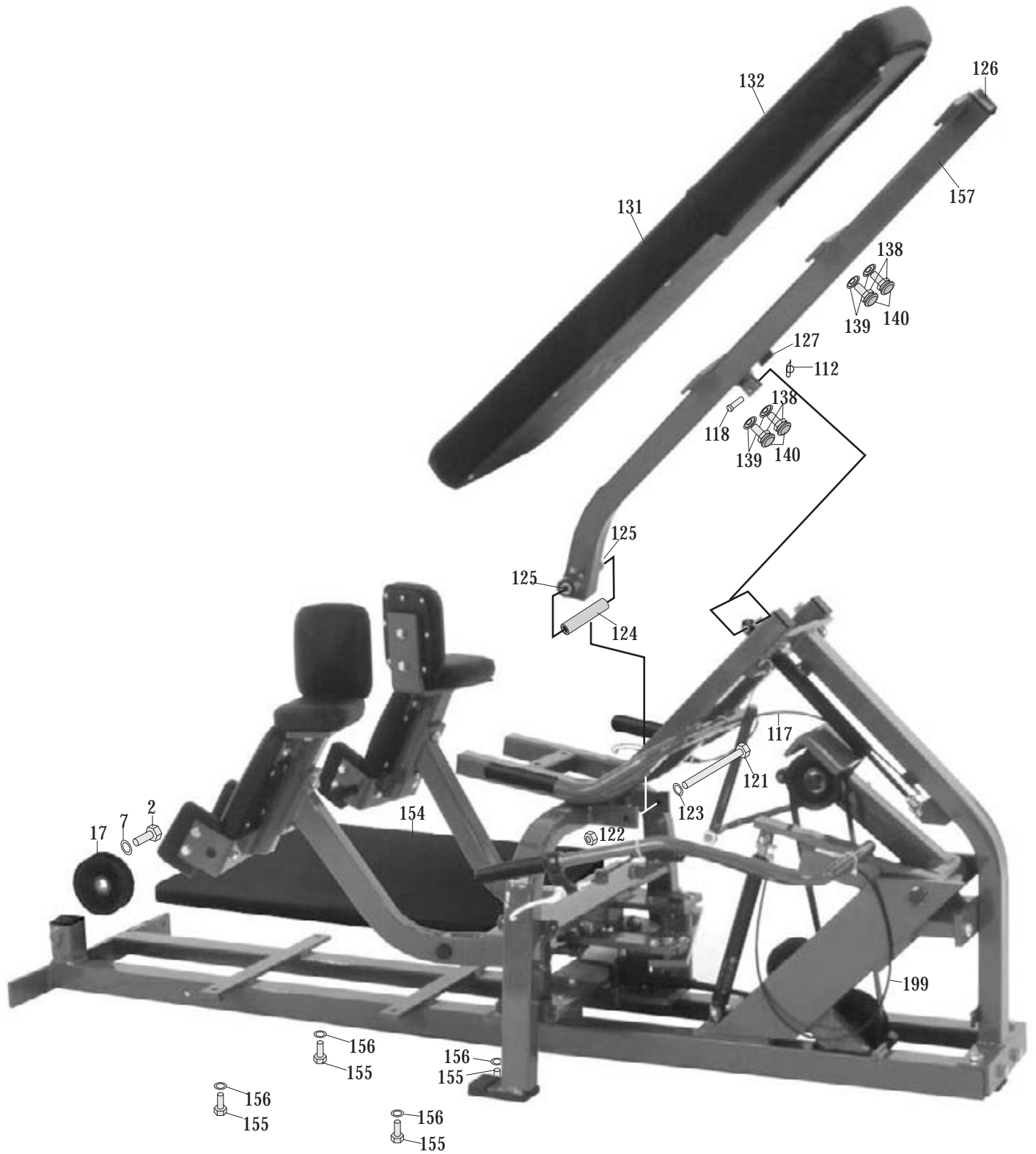
SEAT & WORKBOX TO BASE ASSEMBLY



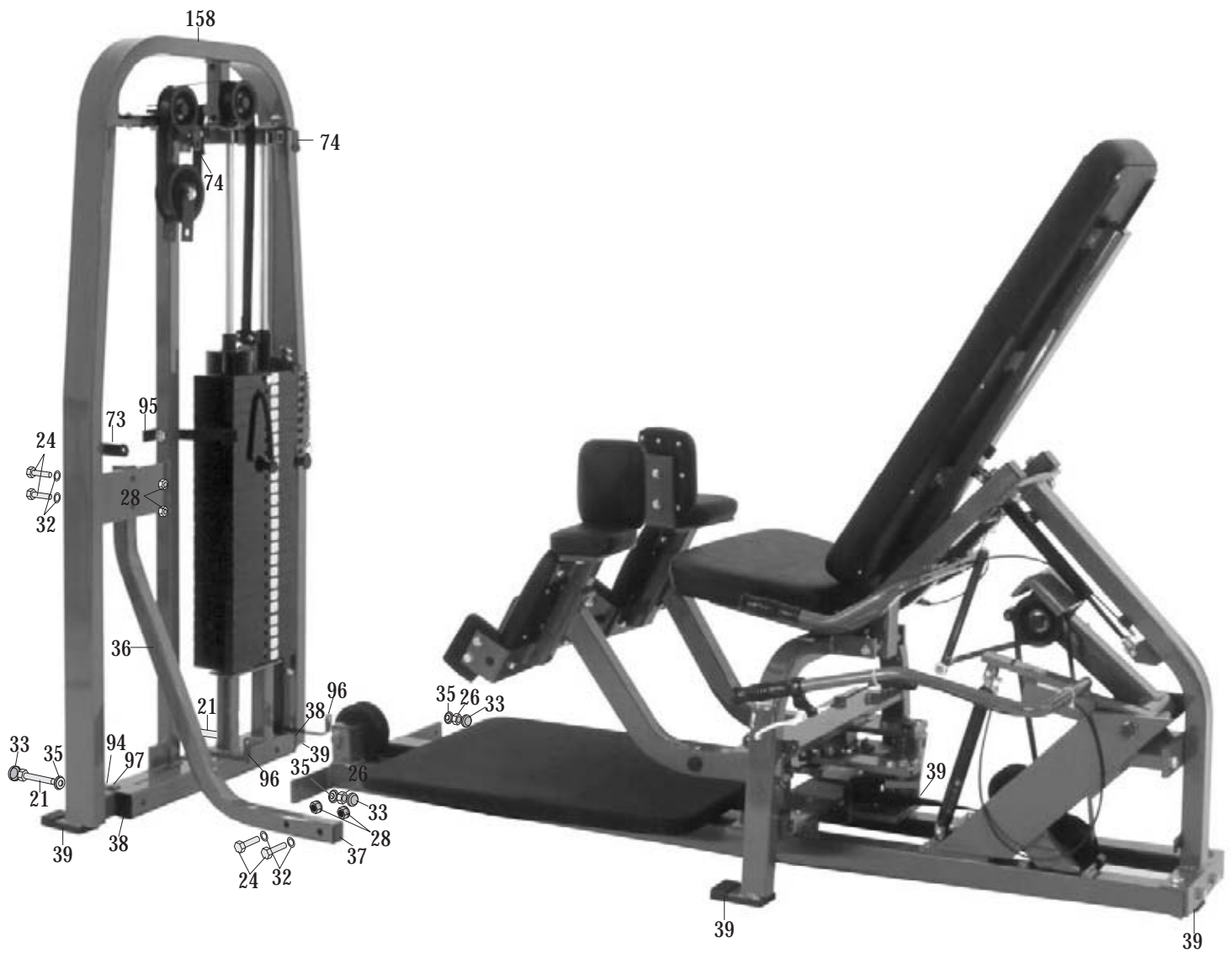
ADJ. HANDLE & WORKBOX TO BASE ASSEMBLY



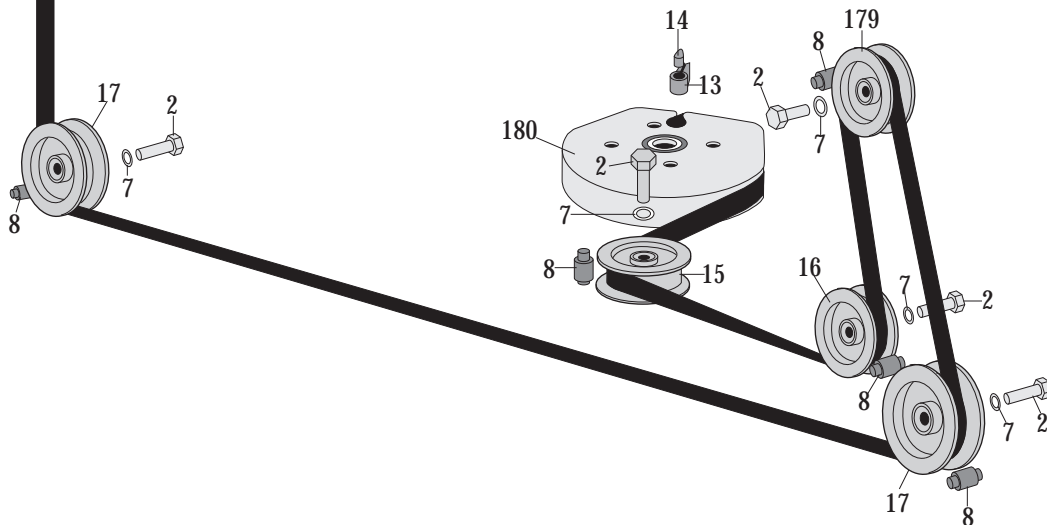
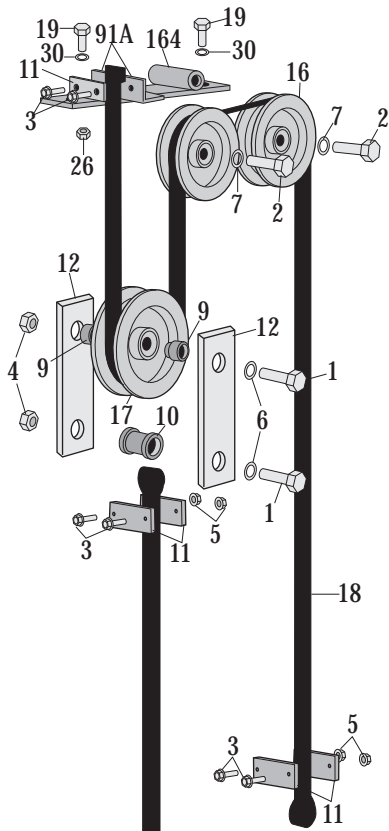
BACK PAD & FOOT REST ASSEMBLY



SEAT BASE TO BACK FRAME ASSEMBLY



BELT & PULLEY ASSEMBLY



24 WEIGHT STACK

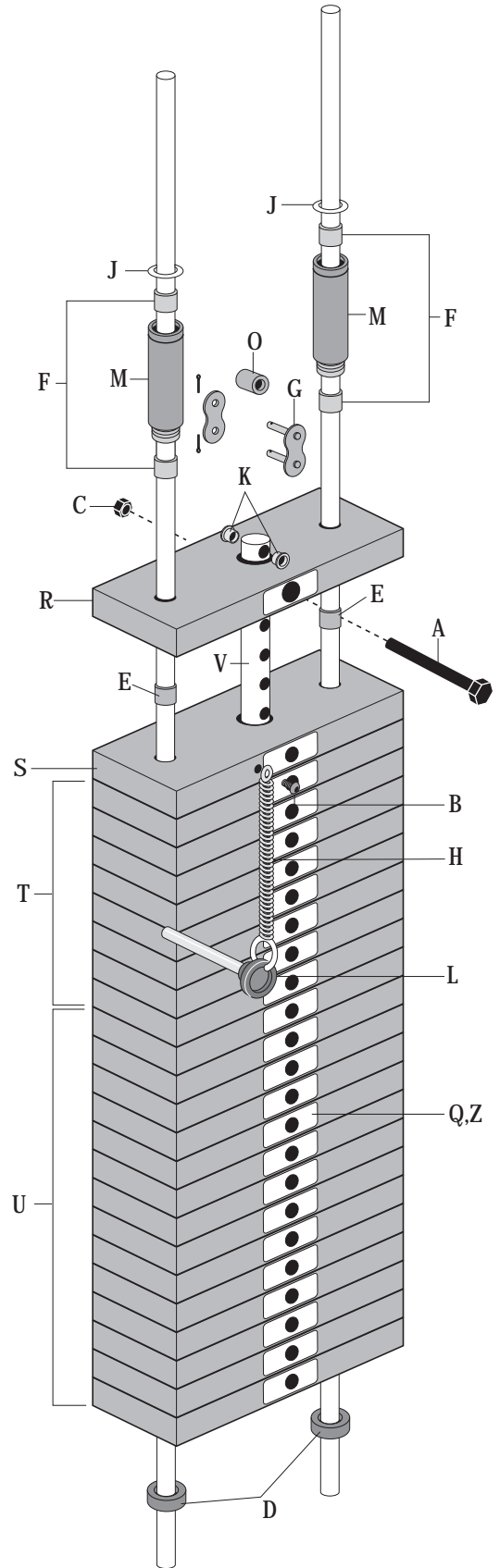
- STANDARD
 REF # PART # 200 lb. WEIGHT STACK (20-250)
 A01-0010BOLT HH2 7/16-14 X 4 1/2 BLACK
 B02-91901/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
 C03-1045NUT NTE 7/16 BLACK
 D04-5070RUBBER WEIGHT STACK WASHER
 E05-4020BOTTOM WEIGHT BUSHING
 F05-4055TOP WEIGHT BUSHING
 G06-2005CHAIN LINK #100 CONNECTING LINK
 H06-7064COIL SUPER 6"
 I06-81501 1/4 EXTERNAL SNAP RING
 J06-8254SNAP RING 1"
 K07-4000NYLINER PLASTIC BUSHING
 L07-8296PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
 M07-9268TOP WEIGHT SLEEVE
 N09-3066HOLE PLUG 1 1/4 DIA WHITE
 O09-6135BELT ROLLER
 P12-1024DECAL WARNING 3"
 Q12-1282WEIGHT STACK DECAL 20-310 lbs/kgs
 R17-22041 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
 S17-22061 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
 T17-22031 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
 U17-22031 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
 V17-4115WEIGHT STACK PIN 24 HOLE
 WBSF509WEIGHT STACK STAND 8"
 X07-92693" WEIGHT STACK SPACER
 Y09-20601 1/2 X 3" HOLE PLUG

WOMEN'S/MEDICAL

- REF # PART # 130 lb. WEIGHT STACK (10-200)
 A01-0010BOLT HH2 7/16-14 X 4 1/2 BLACK
 B02-91901/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
 C03-1045NUT NTE 7/16 BLACK
 D04-5070RUBBER WEIGHT STACK WASHER
 E05-4020BOTTOM WEIGHT BUSHING
 F05-4055TOP WEIGHT BUSHING
 G06-2005CHAIN LINK #100 CONNECTING LINK
 H06-7064COIL SUPER 6"
 I06-81501 1/4 EXTERNAL SNAP RING
 J06-8254SNAP RING 1"
 K07-4000NYLINER PLASTIC BUSHING
 L07-8296PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
 M07-9268TOP WEIGHT SLEEVE
 N09-3066HOLE PLUG 1 1/4 DIA WHITE
 O09-6135BELT ROLLER
 P12-1024DECAL WARNING 3"
 Q12-1281WEIGHT STACK DECAL (WOMEN'S) 10-260 lbs/kgs
 R17-22101 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
 S17-22121 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
 T17-22111 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
 U17-22031 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
 V17-4115WEIGHT STACK PIN 24 HOLE
 WBSF509WEIGHT STACK STAND 8"
 X07-92693" WEIGHT STACK SPACER
 Y09-20601 1/2 X 3" HOLE PLUG
 Z12-1048WEIGHT STACK DECAL (MEDICAL) #1-30

SUPER STACK

- REF # PART # 290 lb. WEIGHT STACK (20-365)
 A01-0010BOLT HH2 7/16-14 X 4 1/2 BLACK
 B02-91901/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
 C03-1045NUT NTE 7/16 BLACK
 D04-5070RUBBER WEIGHT STACK WASHER
 E05-4020BOTTOM WEIGHT BUSHING
 F05-4055TOP WEIGHT BUSHING
 G06-2005CHAIN LINK #100 CONNECTING LINK
 H06-7064COIL SUPER 6"
 I06-81501 1/4 EXTERNAL SNAP RING
 J06-8254SNAP RING 1"
 K07-4000NYLINER PLASTIC BUSHING
 L07-8297PIN WEIGHT SELECTOR W/MAGNET 7" LENGTH
 M07-9268TOP WEIGHT SLEEVE
 N09-3066HOLE PLUG 1 1/4 DIA WHITE
 O09-6135BELT ROLLER
 P12-1028DECAL WARNING 6"
 Q12-1283WEIGHT STACK DECAL 20-455 lbs/kgs
 R17-22041 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
 S17-22071 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
 T17-22051 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
 U17-22051 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
 V17-4115WEIGHT STACK PIN 24 HOLE
 WBSF509WEIGHT STACK STAND 8"
 X07-92693" WEIGHT STACK SPACER
 Y09-20601 1/2 X 3" HOLE PLUG



**OPTION 1
NO STAND**

2LR, 2PF

OPTION 2

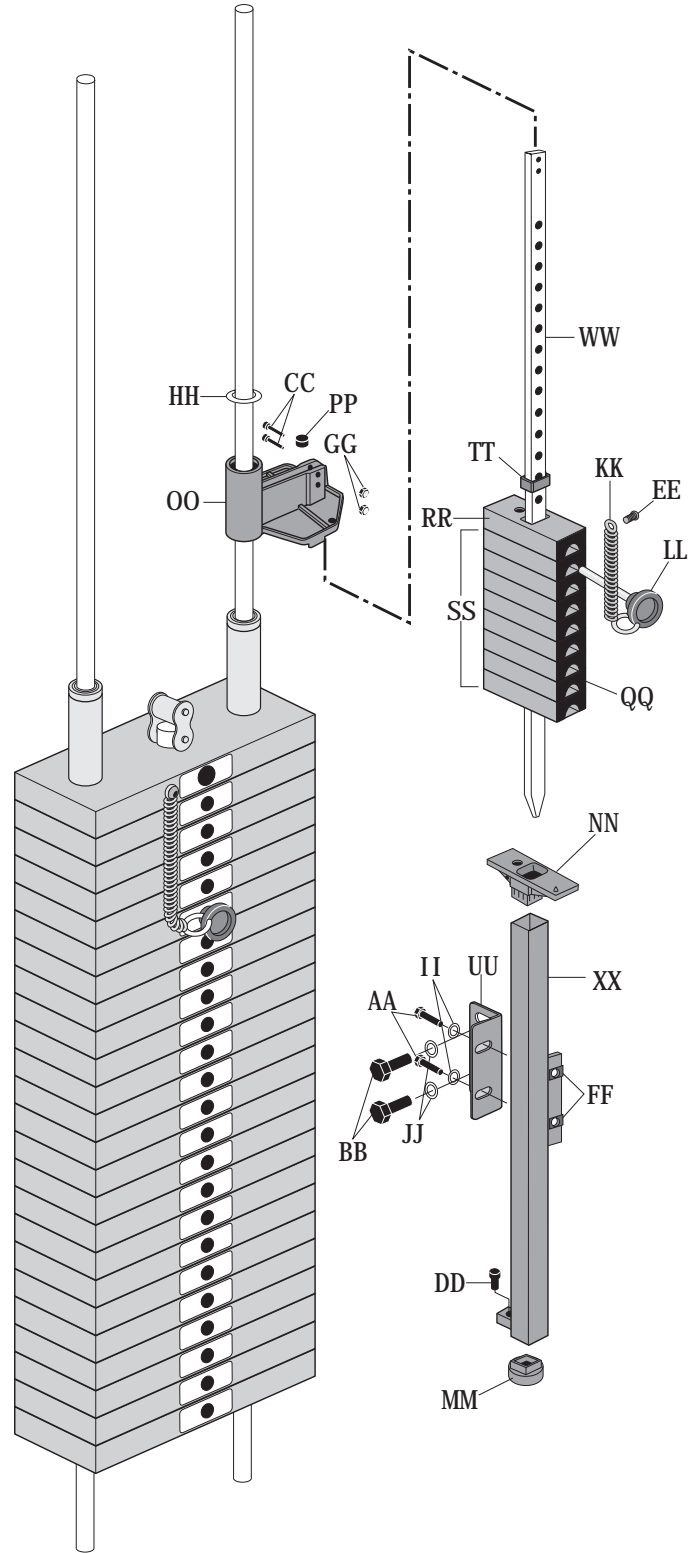
2AB, 2BP, 2CR, 2IP, 2LCP, 2LE, 2LB, 2OP, 2TP, 2LCS, 210, 2VC

OPTION 3

8

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 1/2 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 HIP ADDUCTION
 E.L. CODES:.....
 2HADS.FULLY SHIELDED HIP ADDUCTION
 2WHADS.....FULLY SHIELDED WOMENS' HIP ADDUCTION
 2MHADS.....FULLY SHIELDED MEDICAL HIP ADDUCTION
 2HAD ...PARTIAL SHIELDED HIP ADDUCTION
 2WHAD PARTIAL SHIELDED WOMENS' HIP ADDUCTION
 2SHAD.PARTIAL SHIELDED SUPER HIP ADDUCTION

REF#...PART#.....DESCRIPTION
 E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
 2SHAD.

BLT03.....BELT & PULLEY KIT 4
 1.....01-1321.....BOLT HH5 1/2 X 2 1/2
 2.....01-2180.....BOLT HH5 5/8 X 1 1/2 BLACK
 3.....01-4030.....1/4 X 1 WHIZ FLANGE SM PATTERN BLACK
 4.....03-1055.....1/2 NTE
 5.....03-4290.....1/4-20 WHIZ FLANGE L/N SM PATTERN BLACK
 6.....04-5214.....1/2 LOK WASHER
 7.....04-5215.....5/8 LOK WASHER
 8.....06-5045.....ROLLER BELT
 9.....07-8363.....IDLER PULLEY SPACER
 10.....07-8366.....BELT ANCHOR TUBE
 11.....07-8982.....END STRAP CLAMP
 12.....07-9079.....IDLER PLATES
 13.....08-7063.....TEARDROP (FOR CAM)
 14.....08-7064.....TEARDROP INSERT
 15.....09-8323.....2" PULLEY
 16.....09-8327.....3" PULLEY
 17.....09-8330.....4" PULLEY
 18.....24-6030.....KEVLAR BELT appx 66" WT STACK - IDLER
 E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
 2SHAD.

FR04.....FRAME HAB/HAD KIT
 19.....02-9220.....BOLT HH5 3/8 X 1 1/4
 20.....02-9071.....BOLT HH5 3/8 X 3 3/4
 21.....02-9074.....BOLT HH5 3/8 X 4 1/4
 22.....01-1261.....BOLT HH5 1/2 X 1
 23.....01-1271.....BOLT HH5 1/2 X 1 1/4
 24.....01-1402.....BOLT HH5 1/2 X 2 1/4
 25.....01-1321.....BOLT HH5 1/2 X 2 1/2 BLACK
 26.....03-1035.....NUT 3/8 NTE
 27.....03-1055.....NUT 1/2 NTE
 28.....03-1055.....NUT 1/2 NTE BLACK
 29.....04-5207.....1/2 FLAT WASHER
 30.....04-5213.....3/8 LOK WASHER
 31.....04-5214.....1/2 LOK WASHER
 32.....04-5214.....1/2 LOK WASHER BLACK
 33.....04-5145.....PLASTIC BOLT CAP
 34.....04-5130.....1/2" BOLT CAP WASHER
 35.....04-5135.....3/8" BOLT CAP WASHER
 36.....07-9260.....FRAME BRACE 1 1/2 SQ TUBING (BEND)
 37.....09-2020.....FRAME PLUG 1 1/2 SQ
 38.....09-2040.....FRAME PLUG 1 1/2 X 2 11 GA
 39.....09-5035.....RUBBER FOOTPADS (RECTANGLE)
 40.....17-1375.....GUIDE.RODS
 E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
 2SHAD.

IN01.....INSPECTION KIT
 41.....12-1088.....INSPECTION STICKER DECAL
 42.....12-1095.....DECAL NAUTILUS NAMEPLATE 2 1/2 x 9 1/4
 long
 43.....19-1291.....DECAL SERIAL # BAR CODE
 44.....40-7167.....BAG.50.X 46 X 86 X .002 THICK
 E.L. CODE:..2WHADS, 2WHAD
 IN03.....INSPECTION KIT
 44A.....12-1175.....NAUTILUS WOMEN'S NAMEPLATE 2 1/2 x 9 1/4

 E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
 2SHAD.

MV02.....WORKBOX & MOVEMENT ARM KIT 2
 45.....01-1546.....BOLT HH5 3/8 X 3/4

46.....01-1321.....BOLT HH5 1/2 X 2 1/2 BLACK
 47.....01-2270.....BOLT HH5 5/8 X 7 BLACK
 48.....01-2280.....BOLT HH5 5/8 X 7 1/2 BLACK
 REF#...PART#.....DESCRIPTION
 49.....02-4119.....1/2 X 1 3/4 AC SCREW
 50.....02-4071.....SCREW BLACK SHIELD 1/4-20 X 3/4 PAN HEAD
 51.....02-9210.....BOLT HH5 3/8 X 1 BLACK
 52.....03-4277.....NUT 1/4 NTE
 53.....03-1055.....NUT1/2 NTE
 54.....03-1067.....NUT 5/8 NTE
 55.....03-1055.....NUT 1/2 NTE BLACK
 56.....04-5205.....WASHER FLAT 1/4 SAE
 57.....04-5206.....3/8 FLAT WASHER
 58.....04-5213.....3/8 LOK WASHER
 59.....04-5213.....3/8 LOK WASHER BLACK
 60.....04-5214.....1/2 LOK WASHER
 61.....04-5214.....1/2 LOK WASHER BLACK
 62.....04-5215.....5/8 LOK WASHER
 63.....07-1070.....BEARING ROLLER 7510 .625 X 1.750 X .750
 64.....07-5064.....203 PP BEARINGS
 65.....07-9262.....MOVEMENT ARM LINK
 66.....08-7050.....3/4 MA STOP
 67.....09-2020.....FRAME PLUG 1 1/2 SQ
 68.....09-3068.....7/16 DIA HOLE PLUG
 69.....09-3069.....1/2 DIA HOLE PLUG
 70.....09-4040.....3/4 CRUTCH TIP
 71.....09-4080.....1".ROUND X 1/4 THICK BUMPER
 E.L. CODE:..2HAD, 2WHAD, 2SHAD
 SH06.....OUTER PARTIAL SHIELD BF507 KIT
 72.....03-4060.....1/4-20 CLIP NUT
 73.....07-9137.....FRONT FRAME WORKBOX BRACKET
 74.....07-9138.....UPPER MAIN FRAME SHIELD BRACKET
 75.....19-1015.....2" SQ SERIES 170 DUAL LOC
 76.....19-1016.....1 X 2 RECT. SERIES 400 DUAL LOC
 77.....02-4070.....SCREW SHIELD 1/4 X 3/4
 78.....14-2694.....SHIELD.2ST OUTER BF507

.....
 E.L. CODE:..2HADS, 2WHADS, 2MHADS
 SH07.....OUTER SHIELD BF507 KIT
 79.....03-4060.....1/4-20 CLIP NUT
 80.....07-9137.....FRONT FRAME WORKBOX BRACKET
 81.....07-9138.....UPPER MAIN FRAME SHIELD BRACKET
 82.....19-1015.....2" SQ SERIES 170 DUAL LOC
 83.....19-1016.....1 X 2 RECT. SERIES 400 DUAL LOC
 84.....02-4070.....SCREW SHIELD 1/4 X 3/4
 85.....14-2691.....SHIELD. OUTER MAIN BF507

E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
 2SHAD.
 SH10.....HAB / HAD SEAT SHIELD KIT
 86.....02-4070.....SHIELD SCREW 1/4-20 X 3/4 PAN HEAD
 87.....03-4060.....1/4-20 CLIP NUT
 88.....14-2113.....WORKBOX SHIELD HAB/HAD
 89.....14-2115.....RIGHT.SIDE SHIELD HAB
 E.L. CODE:..2HADS, 2WHADS, 2MHADS
 SH16.....INNER SHIELD KIT 3
 90.....01-1310.....BOLT HH5 1/2 X 2 1/4
 91.....03-1055.....1/2 NTE
 91A.....03-4035.....1/4-20 X 11/16 THREADED INSERT

92.....03-4060.....1/4-20 CLIP NUT
 93.....04-5214.....1/2 LOK WASHER
 94.....07-5071.....LOWER SHORT FRAME HOOK
 95.....07-9004.....MOUNT SHIELD LEFT LOWER
 96.....07-9136.....BRACKET LARGE LOWER BASE SHIELD
 97.....02-4134.....1/4 X 1/2 PAN HD. "F" THREAD CUTTING SCW.
 98.....02-4070.....SCREW SHIELD 1/4 X 3/4
 99.....14-2112.....INSIDE.MAIN SHIELD
 E.L. CODE:..2HAD, 2WHAD, 2SHAD
 SH22.....INNER PARTIAL SHIELD KIT 2
 100.....01-1310.....BOLT HH5 1/2 X 2 1/4
 101.....03-1055.....1/2 NTE
 102.....03-4060.....1/4-20 CLIP NUT

103.....04-52141/2 LOK WASHER
REF#.....PART#DESCRIPTION

104.....07-9004SHIELD MOUNT CENTER
105.....07-927416GA SHEET METAL 2ST SHIELD SHROUD
106.....19-10152" SQ SERIES 170 DUAL LOC
107.....19-10161 X 2 RECT. SERIES 400 DUAL LOC
108.....02-4070SHIELD SCREWS
109.....14-26952ST INNER SHIELD
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
SK07.....SHOCK ADJUSTMENT KIT 7
110.....03-5106NUT HEX 10MM
111.....06-8000SEAT ADJUSTMENT HANDLE 7/8"
112.....07-8135COTTER PIN #RUE-10 mfg. PIVOT POINT
113.....07-9201SHOCK LEVER P/N 783234
114.....07-9205HEAD THREAD ON CAST ALUM
115.....12-1109.....SEAT SHOCK ADJ. TAG
116.....12-1113.....SHOCK WARNING DECAL
117.....06-8007SEAT ADJUSTMENT CABLE, 30"
118.....07-8027PIN CLEVIS 5/16 X 1 3/16
119.....09-1058RUBBER HAND GRIP, 7/8 X 4 1/2
120.....10-3036SPRING GAS 200 NEWTON (682985) EXT.
LENGTH 16.54
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
ST01.....ADJUSTABLE SEAT BACK KIT 1
121.....01-1557BOLT HH5 3/8 X 6
122.....03-1035NUT NTE 3/8
123.....04-5213WASHER INT LOK 3/8
124.....07-92645/8 DIA SLEEVE
125.....08-70405/8 ID X 1 OD X 1 LONG NYLON BUSHING
126.....09-2040PLUG FRAME 1 1/2 X 2 X 11 GA
127.....09-40801" ROUND X 1/4 THICK BUMPER
128.....09-8080WIRE TIE
129.....12-1001SEAT POSITION INDICATOR ARROW
130.....12-1006SEAT.DECAL 1-5 WHITE
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
UPH21.....BHAB / BHAD UPHOLSTERY KIT
131.....UP8310.....PAD BACK
132.....UP720.....SLIPCOVER DEBOSSSED LOGO
133.....UP8790.....PAD SEAT
134.....01-1115.....BOLY HH5 3/8 X 2 1/2 BLACK
135.....04-5213WASHER INT LOK 3/8 BLACK
136.....UP8310.....PAD BACK
137.....UP720.....SLIPCOVER
138.....02-9220BOLT HH5 3/8 X 1 1/4 BLACK
139.....04-51353/8" BOLT CAP WASHER
140.....04-5145PLASTIC BOLT CAP
141.....UP8810.....KNEE PAD
142.....02-9210BOLT HH5 3/8 X 1 BLACK
143.....04-51353/8" BOLT CAP WASHER
144.....UP-9930LEG PAD
145.....02-9210BOLT HH5 3/8 X 1 BLACK
146.....04-5213WASHER INT LOK 3/8 BLACK
147.....UP9932.....LEG PAD RIGHT
148.....UP9934.....LEG PAD LEFT
149.....02-9210BOLT HH5 3/8 X 1 BLACK
150.....04-5213WASHER INT LOK 3/8 BLACK
151.....14-6290ANKLE PAD
152.....01-1546BOLT HH5 3/8 X 3/4 BLACK
153.....04-51353/8" BOLT CAP WASHER
154.....14-6324PLATFORM
155.....02-9210BOLT HH5 3/8 X 1 BLACK
156.....04-5213WASHER INT LOK 3/8 BLACK
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
WL07.....WELDMENT KIT HIP ADDUCTOR
157.....AB504.....ADJUSTABLE BACK ASSEMBLY
158.....BF507.....WEIGHT FRAME ASSEMBLY
159.....BSF508.....BASE FRAME ASSEMBLY

160.....BSF509.....WEIGHT STACK BASE ASSEMBLY
161.....HB505.....IDLER BRACKET ASSEMBLY
REF#.....PART#DESCRIPTION

162.....IB501IDLER BRACKET ASSEMBLY
163.....LK527LINKAGE ASSEMBLY
164.....LK535LINKAGE ASSEMBLY
165.....MA549MOVEMENT ARM ASSEMBLY
166.....MA550MOVEMENT ARM ASSEMBLY
167.....MA551MOVEMENT ARM ASSEMBLY
168.....MA552MOVEMENT ARM ASSEMBLY
169.....SF514SEATFRAME ASSEMBLY
170.....SF517SEATFRAME ASSEMBLY
171.....WB513.....WORKBOX ASSEMBLY
172.....WB514.....WORKBOX ASSEMBLY
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
PR03.....PARTS KIT HIP ADDUCTOR
173.....01-1282BOLT HH5 1/2 X 1 1/2
174.....01-2180BOLT HH5 5/8 X 1 1/2 BLACK
175.....03-10551/2 NTE
176.....04-52141/2 LOK WASHER
177.....04-52155/8 LOK WASHER
178.....06-5045ROLLER BELT
179.....09-83273" PULLEY
180.....11-3380.....BELTED HIP ADDUCTOR CAM
181.....24-6030KEVLAR BELT appx 172" IDLER - CAM
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
MV04MOVEMENT ARM KIT HIP ADDUCTOR
182.....01-2282BOLT HH8 5/8 X 8 1/2
183.....03-10675/8 NTE
184.....04-52155/8 LOK WASHER
185.....05-1145.....1.260 X 1 1/2 X 1 1/4 BRASS BUSHING
186.....05-51007/8 X 3/4 IGUS GUSHING LFI-1416-12
187.....07-70421/4 X 3 ROLL PIN BLACK
188.....07-9266SLEEVE 7/8 OD .120 W TUBE
189.....09-8045VINYL CAP .25 ID X 1 (RED)
190.....09-8080WIRE TIE
191.....10-1041SPRING EXTENSION .75 X 10.343
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
SH31.....SHIELD KIT HIP ADDUCTOR
192.....07-9138UPPER MAIN FRAME SHIELD BRACKET
193.....12-1026KEEP HANDS AWAY
194.....12-1114BHAD RANGE DECAL
195.....12-2760PLACARD HIP ADDUCTOR
196.....14-2116.....LEFT SIDE SHIELD BHAD (MADE FROM 14-2114)
197.....19-4910PARTS DIAGRAM HIP ADDUCTOR
198.....02-4074SCREW TRUSS 1/4 X 1/2
E.L. CODE:..2HADS, 2WHADS, 2MHADS, 2HAD, 2WHAD,
2SHAD.
SK06.....SHOCK ADJUSTMENT KIT 6
199.....06-8008SEAT ADJUSTMENT CABLE, 48"
200.....07-8027PIN CLEVIS 5/16 X 1 3/16
201.....09-1058RUBBER HAND GRIP, 7/8 X 4 1/2
202.....10-3034SPRING GAS 200 NEWTON (0353BL)
203.....03-5106NUT HEX 10MM
204.....06-8000SEAT ADJUSTMENT HANDLE 7/8"
205.....07-8135COTTER PIN #RUE-10 mfg. PIVOT POINT
206.....07-9201SHOCK LEVER P/N 783234
207.....07-9205HEAD THREAD ON CAST ALUM
208.....12-1109.....SEAT SHOCK ADJ. TAG
209.....12-1113.....SHOCK WARNING DECAL
E.L. CODE:..2HAD, 2WHAD, 2SHAD
210.....09-3067PLUG HOLE 1/4 WHITE
211.....09-30743/4" BLACK HOLE PLUG
212.....09-2070FRAME PLUG 2" SQ.

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.

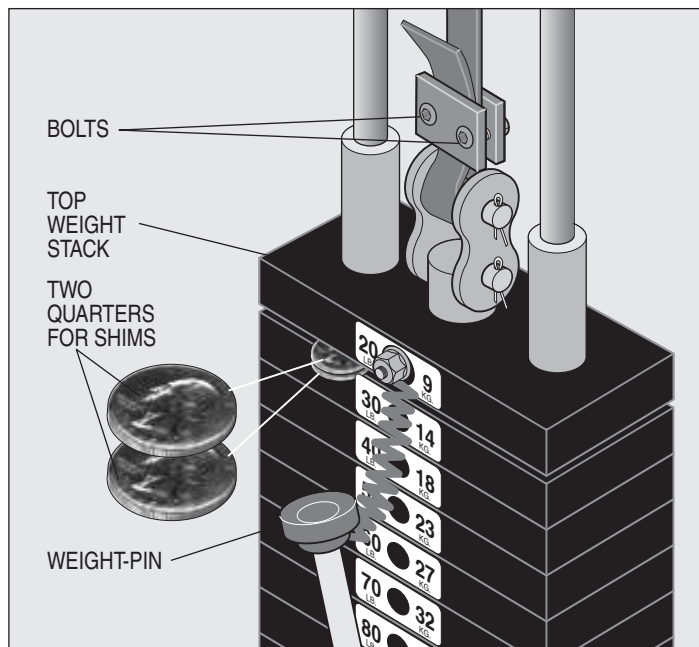


Figure 3

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.

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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.

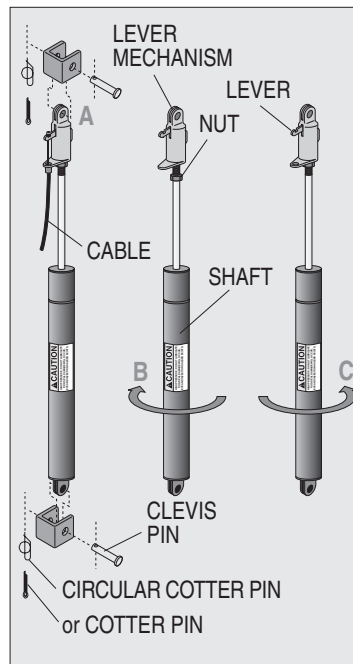


Figure 1

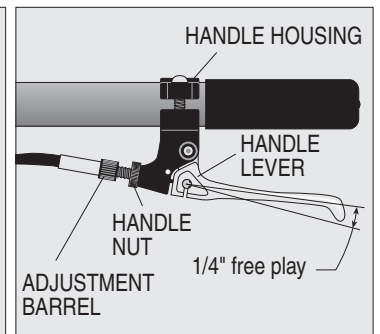


Figure 2

CAUTION

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