



COMPOUND ROW

OWNER'S MANUAL

REVISED: Nov. 23, 1998

SERIAL NO.'S

through

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Strength Circuit Exercise Order Diagram
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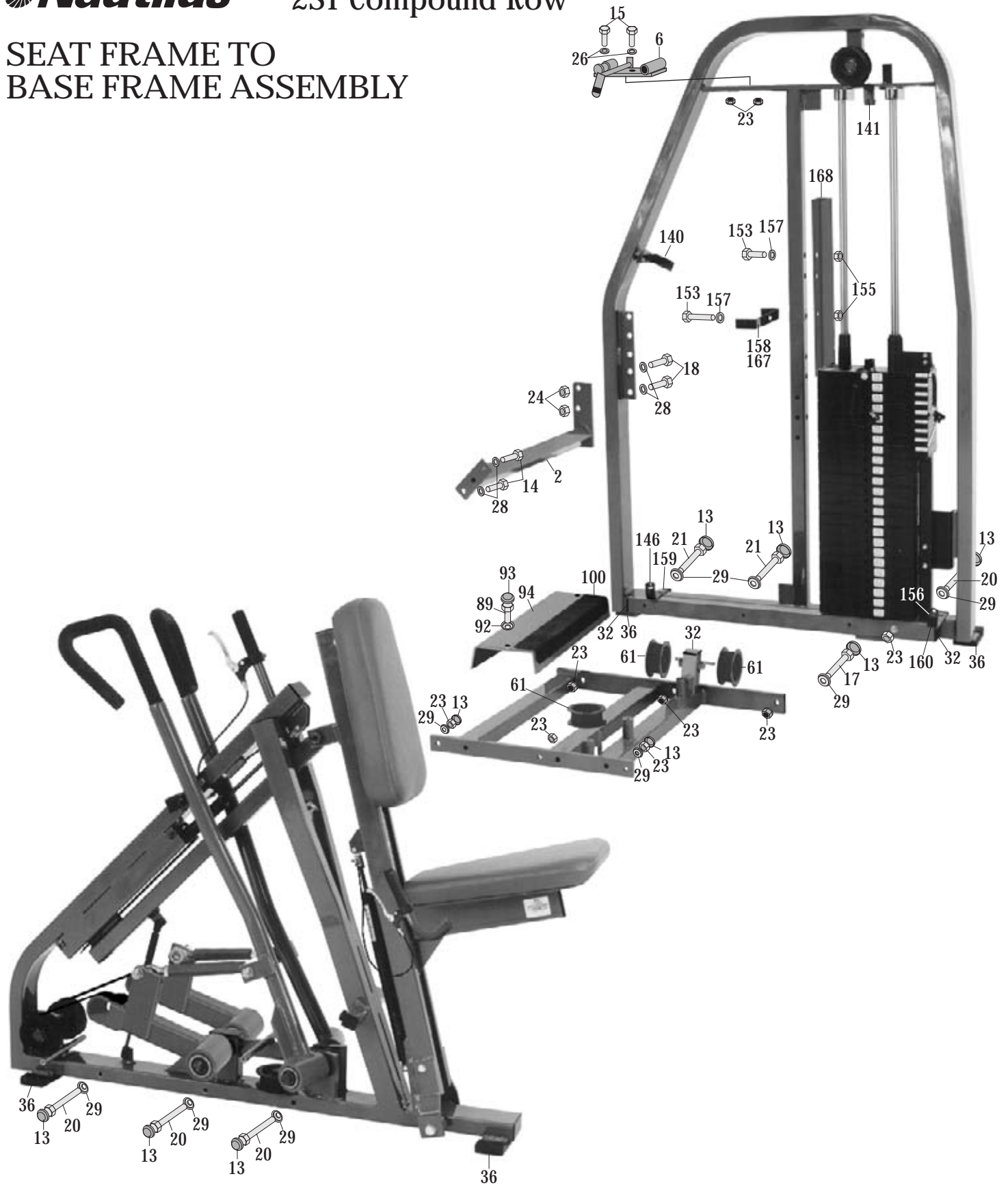


PARTS AND SERVICE
709 Powerhouse Road
Independence, Virginia 24348
800-235-2233
Fax: 540-773-2298

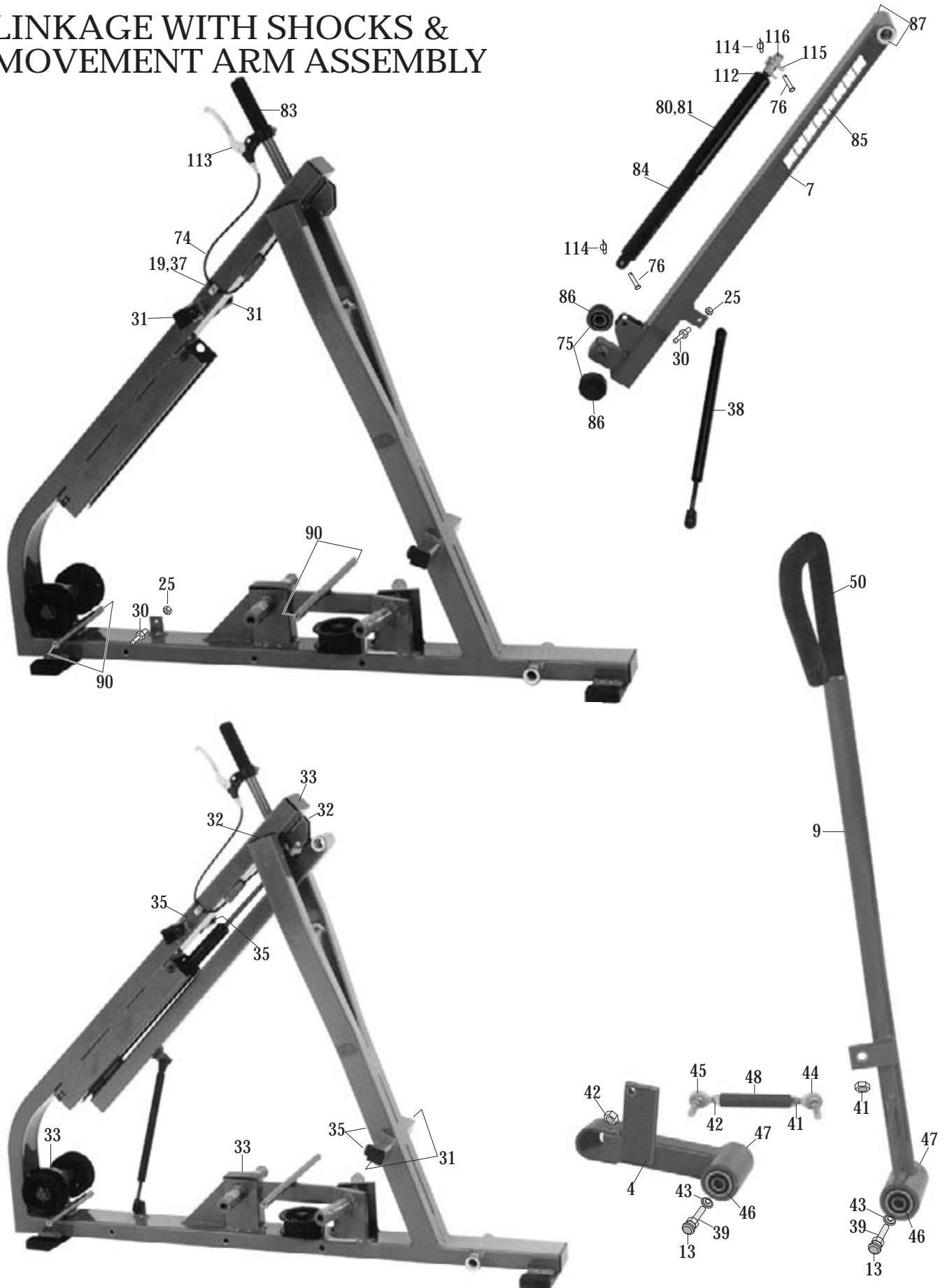


19-4904

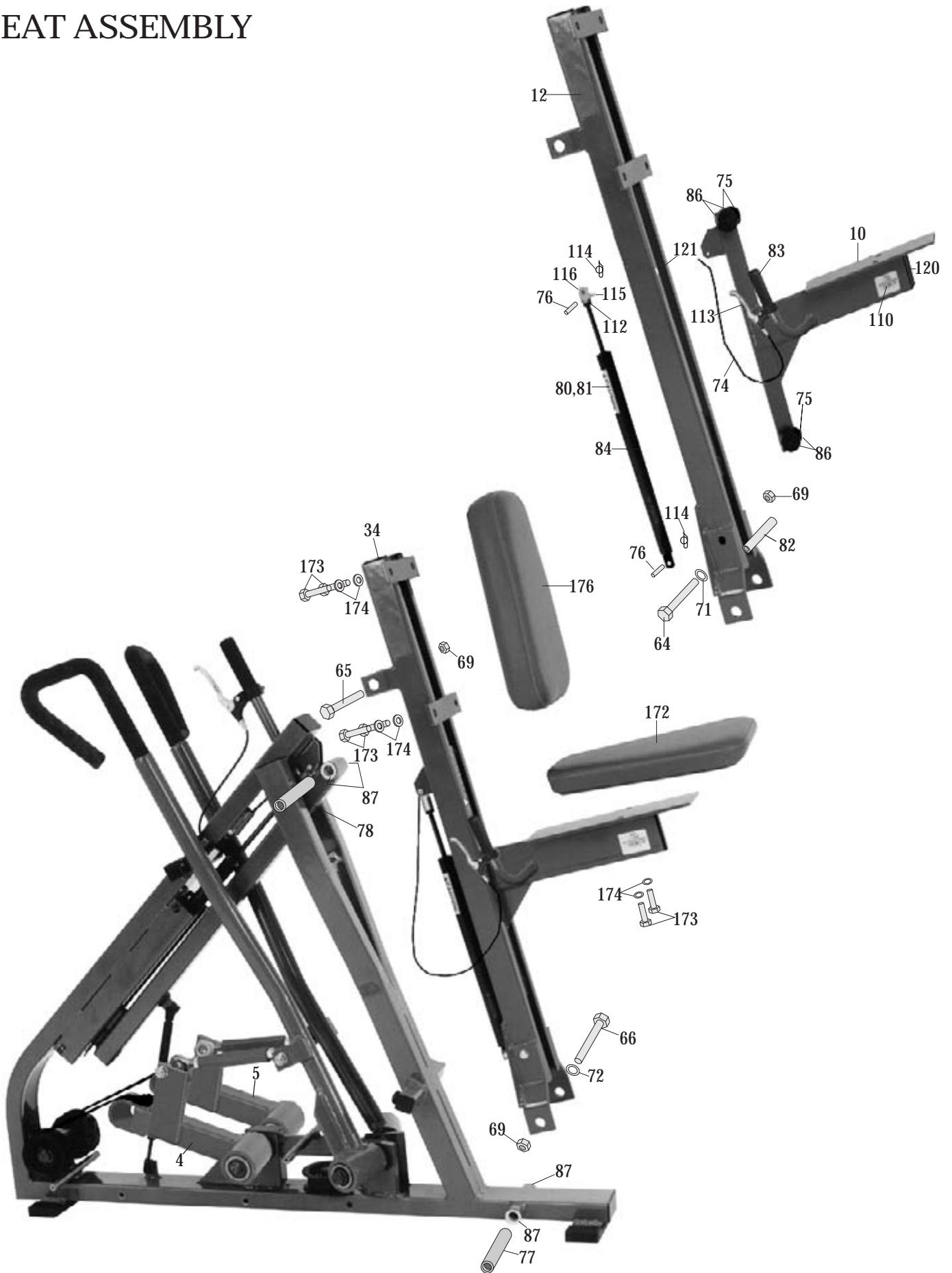
SEAT FRAME TO
BASE FRAME ASSEMBLY



LINKAGE WITH SHOCKS & MOVEMENT ARM ASSEMBLY

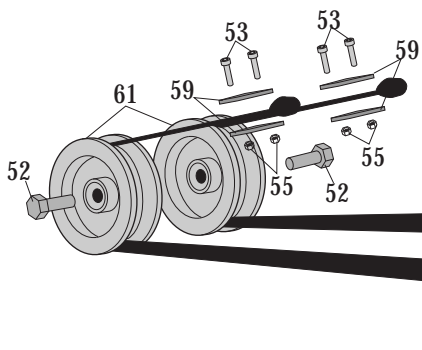
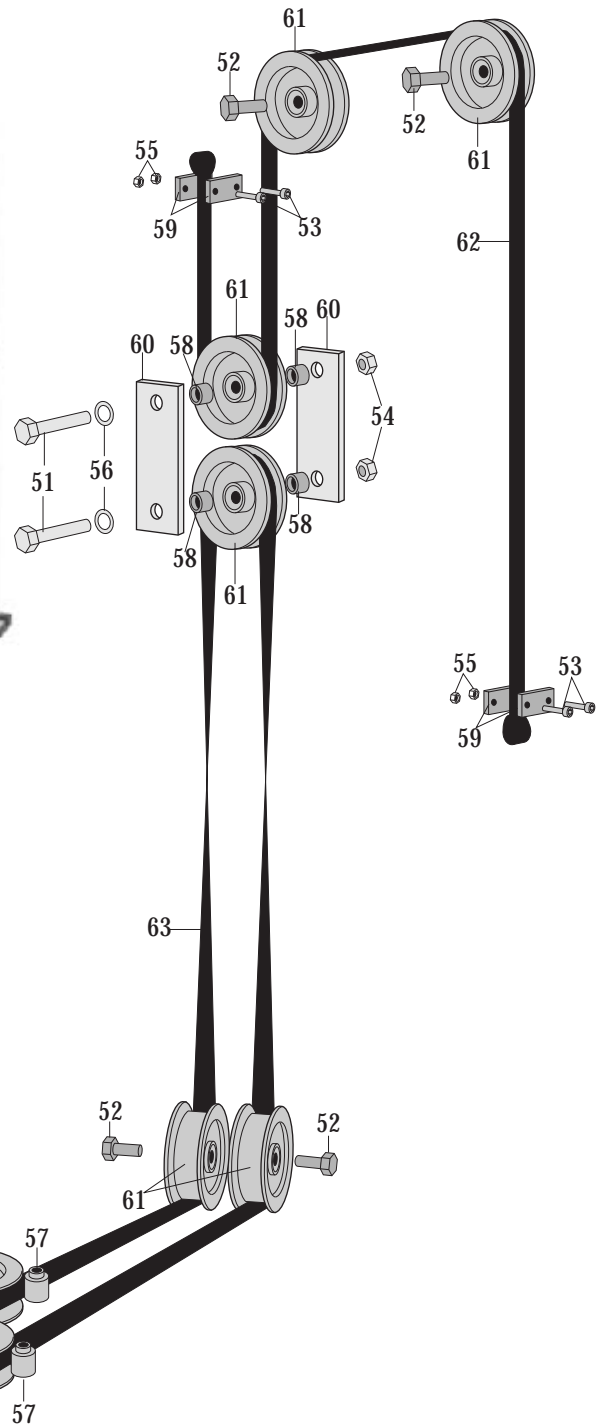


SEAT ASSEMBLY



Nautilus® 2ST Compound Row

BELT & PULLELY ASSEMBLY



24 WEIGHT STACK



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

STANDARD

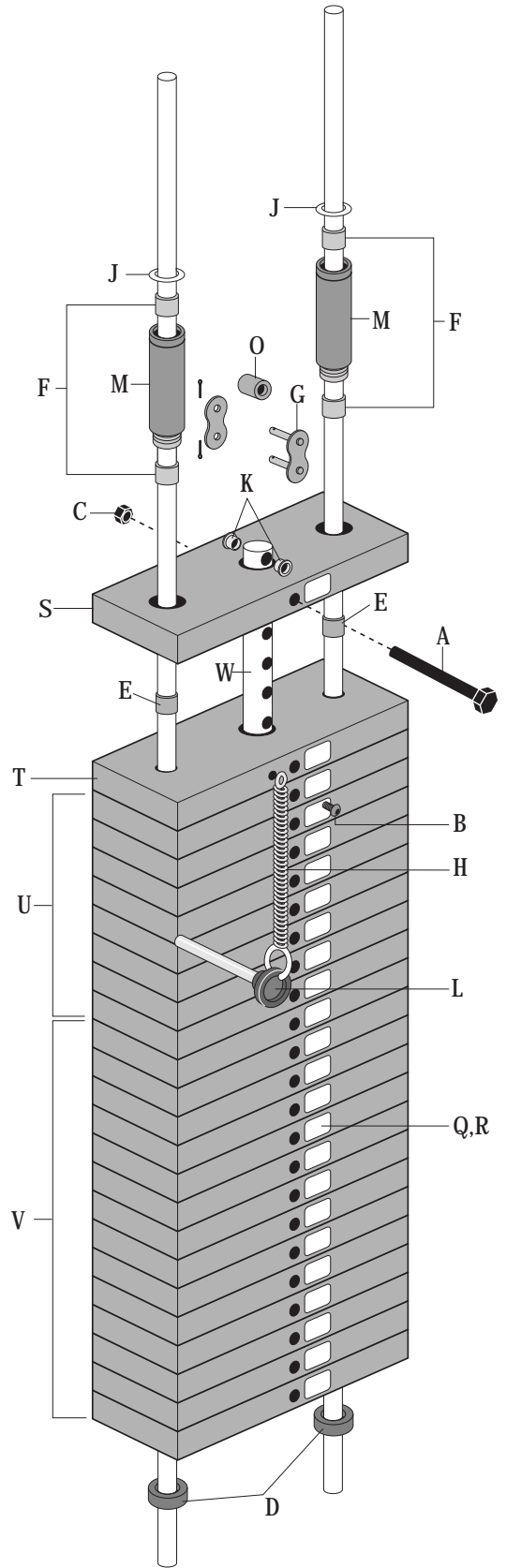
REF #	PART #	DESCRIPTION
A	01-0010	200 lb. WEIGHT STACK (20-200)
B	02-9190	BOLT HH2 7/16-14 X 4 1/2 BLACK
C	03-1045	1/4-20 X 3/4 FLANGE BUTTON HD. SCREW
D	04-5070	NUT NTE 7/16 BLACK
E	05-4020	RUBBER WEIGHT STACK WASHER
F	05-4055	BOTTOM WEIGHT BUSHING
G	06-2005	TOP WEIGHT BUSHING
H	06-2005	CHAIN LINK #100 CONNECTING LINK
I	06-7064	COIL SUPER 6"
J	06-8150	1 1/4 EXTERNAL SNAP RING
K	06-8254	SNAP RING 1"
L	07-4000	NYLINER PLASTIC BUSHING
M	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
N	07-9268	TOP WEIGHT SLEEVE
O	09-3066	HOLE PLUG 1 1/4 DIA WHITE
P	09-6135	BELT ROLLER
Q	12-1024	DECAL WARNING 3"
R	12-1052	WEIGHT STACK DECAL 20-250 lbs
S	12-1062	WEIGHT STACK DECAL 9.1 - 113.7 kg
T	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
U	17-2206	1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG

WOMEN'S/MEDICAL

REF #	PART #	DESCRIPTION
A	01-0010	130 lb. WEIGHT STACK (10-130)
B	02-9190	BOLT HH2 7/16-14 X 4 1/2 BLACK
C	03-1045	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
D	04-5070	NUT NTE 7/16 BLACK
E	05-4020	RUBBER WEIGHT STACK WASHER
F	05-4055	BOTTOM WEIGHT BUSHING
G	05-4055	TOP WEIGHT BUSHING
H	06-2005	CHAIN LINK #100 CONNECTING LINK
I	06-7064	COIL SUPER 6"
J	06-8150	1 1/4 EXTERNAL SNAP RING
K	06-8254	SNAP RING 1"
L	07-4000	NYLINER PLASTIC BUSHING
M	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
N	07-9268	TOP WEIGHT SLEEVE
O	09-3066	HOLE PLUG 1 1/4 DIA WHITE
P	09-6135	BELT ROLLER
Q	12-1024	DECAL WARNING 3"
R	12-1056	WEIGHT STACK DECAL 10-180 lbs
S	12-1061	WEIGHT STACK DECAL 4.6 - 81 kg
T	17-2210	1 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
U	17-2212	1 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
V	17-2211	1 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
W	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
X	17-4115	WEIGHT STACK PIN 24 HOLE
Y	BSF509	WEIGHT STACK STAND 8"
Z	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG

SUPER STACK

REF#	PART #	DESCRIPTION
A	01-0010	290 lb. WEIGHT STACK (20-290)
B	02-9190	BOLT HH2 7/16-14 X 4 1/2 BLACK
C	03-1045	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
D	04-5070	NUT NTE 7/16 BLACK
E	05-4020	RUBBER WEIGHT STACK WASHER
F	05-4055	BOTTOM WEIGHT BUSHING
G	05-4055	TOP WEIGHT BUSHING
H	06-2005	CHAIN LINK #100 CONNECTING LINK
I	06-7064	COIL SUPER 6"
J	06-8150	1 1/4 EXTERNAL SNAP RING
K	06-8254	SNAP RING 1"
L	07-4000	NYLINER PLASTIC BUSHING
M	07-8297	PIN WEIGHT SELECTOR W/MAGNET 7" LENGTH
N	07-9268	TOP WEIGHT SLEEVE
O	09-3066	HOLE PLUG 1 1/4 DIA WHITE
P	09-6135	BELT ROLLER
Q	12-1028	DECAL WARNING 6"
R	12-1057	WEIGHT STACK DECAL 20-365 lbs
S	12-1064	WEIGHT STACK DECAL 9.1 - 165.9 kg
T	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
U	17-2207	1 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
V	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
W	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
X	17-4115	WEIGHT STACK PIN 24 HOLE
Y	BSF509	WEIGHT STACK STAND 8"
Z	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 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

2HAD, 2HAB, 2RT, 2SC

2ST COMPOUND ROW

E.L. CODES:

2CRS FULLY SHIELDED COMPOUND ROW
 2WCRS FULLY SHIELDED WOMENS' COMPOUND ROW
 2MCRS FULLY SHIELDED MEDICAL COMPOUND ROW
 2CR PARTIAL SHIELDED COMPOUND ROW
 2WCR PARTIAL SHIELDED WOMENS' COMPOUND ROW
 2SCR PARTIAL SHIELDED SUPER COMPOUND ROW

REF# PART# DESCRIPTION

E.L. CODE: 2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR

WL04 WELDMENT KIT COMPOUND ROW
 1.....BF501.....BACK FRAME ASSEMBLY
 2.....CM520.....TOP CROSSMEMBER ASSEMBLY
 3.....CM526.....BOTTOM CROSSMEMBER ASSEMBLY
 4.....LK508.....LEFT DRIVE LINK ASSEMBLY
 5.....LK509.....RIGHT DRIVE LINK ASSEMBLY
 6.....LK513.....BELT ATTACHMENT LINK ASSEMBLY
 7.....LK514.....SEAT PIVOT LINK ASSEMBLY
 8.....MA524.....MOVEMENT ARM RIGHT ASSEMBLY
 9.....MA525.....MOVEMENT ARM LEFT ASSEMBLY
 10.....SE508.....SEAT ASSEMBLY
 11.....SF507.....SEAT FRAME ASSEMBLY
 12.....SF510.....SEAT TUBE ASSEMBLY

E.L. CODE: 2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR

FR07 FRAME KIT COMPOUND ROW

13.....04-5145.....PLASTIC BOLT CAP
 14.....01-1077.....3/8 X 3/4 BOLT HH5 BLACK
 15.....02-1090.....3/8 X 1 1/4 BOLT HH5
 16.....02-9071.....3/8 X 3-3/4 BOLT HH5
 17.....02-9074.....3/8 X 4 1/4 BOLT HH5
 18.....01-1271.....1/2 X 1 1/4 BOLT HH5
 19.....02-6011.....#10 X 3/4 DRILL QUICK
 20.....02-9071.....3/8 X 3-3/4 BOLT HH5 BLACK
 21.....02-9074.....3/8 X 4 1/4 BOLT HH5 BLACK
 22.....03-1035.....3/8 NTE NUT
 23.....03-1035.....NUT 3/8 BLACK
 24.....03-1055.....1/2 NTE NUT
 25.....03-3040.....NUT 5/16 NE
 26.....04-3021.....3/8 LOC WASH
 27.....04-3021.....3/8 LOC WASH BLACK
 28.....04-5214.....1/2 LOC WASH
 29.....04-5135.....3/8" BOLT CAP WASHER
 30.....07-9170.....BALL STUD (5/16)
 31.....09-2010.....1 1/4 SQUARE HOLE PLUG
 32.....09-2040.....1 1/2 X 2 HOLE PLUG
 33.....09-2060.....1-1/2 X 3 HOLE PLUG
 34.....09-2090.....2 X 3 HOLE PLUG
 35.....09-4092.....NEOPRENE BUMPERS
 36.....09-5035.....FOOTPADS MOLDED RECT.
 37.....09-8315.....1/4 NYLON CABLE CLAMP
 38.....10-3042.....LIFT-O-MAT GAS SPRING

E.L. CODE: 2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR

LN03 LINKAGE KIT COMPOUND ROW

39.....02-9210.....BOLT HH5 3/8 X 1
 40.....02-4170.....SCREW SET 10-32 X 1/8
 41.....03-5114.....STANDARD 1/2-20 RIGHT HAND THREAD NUT
 42.....03-5115.....STANDARD 1/2-20 LEFT HAND THREAD NUT
 43.....04-5135.....3/8" BOLT CAP WASHER
 44.....06-9030.....SEALMASTER ROD ENDS CTMD-8Y DELRIN (RH THREADS)
 45.....06-9032.....SEALMASTER ROD ENDS CTMD-8Y DELRIN (LH THREADS)
 46.....07-5065.....203 PP BEARINGS 17MM
 47.....07-1250.....30MM ROLLER BNGS
 48.....07-9281.....DRAG LINKS (RH & LH THREADS)

REF# PART# DESCRIPTION

49.....09-8048.....END CAP 1" ID
 50.....09-1145.....GRIP FOAM 1" X 21" OPEN END (STEERE IND.)

E.L. CODE: 2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR

BLT07 BELT & PULLEY KIT COMPOUND ROW

51.....01-1321.....BOLT HH5 1/2 X 2 1/2
 52.....01-2180.....BOLT HH5 5/8 X 1 1/2 BLACK
 53.....01-4030.....1/4 X 1 WHIZ FLANGE SM PATTERN BLACK
 54.....03-1055.....1/2 NTE NUT
 55.....03-4290.....1/4-20 WHIZ FLANGE L/N SM PATTERN BLACK
 56.....04-5214.....1/2 LOK WASHER
 57.....06-5045.....ANTI JUMP ROLLER
 58.....07-8363.....IDLER SPACERS
 59.....07-8982.....WT. ST. BELT ANCHORS W/5/16 HOLES
 60.....07-5827.....IDLER PLATES
 61.....09-8327.....3" PULLEY
 62.....24-6030.....KEVLAR BELT 83" LONG
 63.....24-6030.....KEVLAR BELT 202" LONG

E.L. CODE: 2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR

ST12 CHEST PAD KIT COMPOUND ROW

64.....02-9074.....3/8 X 4 1/4 BOLT HH5
 65.....01-1362.....1/2 X 3 1/2 BOLT HH5 BLACK
 66.....01-1461.....1/2 X 6 1/2 BOLT HH5 BLACK
 67.....03-1035.....3/8 NTE NUT
 68.....03-3040.....NUT 5/16 NE
 69.....03-1055.....NUT 1/2 BLACK
 70.....04-5145.....PLASTIC BOLT CAP
 71.....04-5213.....3/8 LOC WASH
 72.....04-5214.....1/2 LOC WASH BLACK
 73.....04-5135.....3/8" BOLT CAP WASHER
 74.....06-8005.....SEAT ADJUSTMENT CABLE, 19"
 75.....07-5065.....203 PP BEARINGS 17MM
 76.....07-8027.....5/16 CLEVIC PIN
 77.....07-9015.....LOWER SEAT FRAME CONNECTOR SLEEVE
 78.....07-9017.....UPPER SEAT FRAME CONNECTOR SLEEVE
 79.....07-9170.....BALL STUD (5/16)
 80.....07-9298.....GAS SPRING COVER TUBE
 81.....07-9299.....GAS SPRING COVER PLUG
 82.....08-6032.....3/4 NYLON SEAT SPACER .386 ID X 2 3/4 M
 83.....09-1058.....GRIP HAND 7/8
 84.....10-3039.....SPRING.GAS 200 NEWTON (683000).....
 EXT LENGTH 23.622
 85.....12-1119.....CR CHEST PAD POSITION DECAL
 86.....19-1235.....NYLON SEAT ROLLERS
 87.....45-1051.....BUSHING, IGUS 3/4 ID X 1/2 LONG

E.L. CODE: 2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR

SH26 SHIELD KIT COMPOUND ROW

88.....02-4070.....SCREW SHIELD 1/4 X 3/4
 89.....02-9210.....BOLT HH5 3/8 X 1
 90.....03-4040.....1/4-20 X 5/8 REV NUT (BRASS)
 91.....03-4060.....1/4-20 CLIP NUT
 92.....04-5135.....3/8" BOLT CAP WASHER
 93.....04-5145.....PLASTIC BOLT CAP
 94.....07-9148.....GUARD, BELT
 95.....12-2754.....PLACARD COMPOUND ROW
 96.....12-1026.....KEEP HANDS AWAY
 97.....14-2039.....RIGHT MA SHIELD
 98.....14-2041.....LEFT MA SHIELD
 99.....19-4904.....PARTS DIAGRAM COMPOUND ROW
 100.....48-1095.....TREAD STRIP W/ ADHESIVE 15-1/4"

REF#	PART#	DESCRIPTION	REF#	PART#	DESCRIPTION
	<i>E.L. CODE:</i>	<i>2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR</i>		<i>E.L. CODE:</i>	<i>2CRS, 2WCRS, 2MCRS</i>
	GR01	GUIDE ROD KIT 1		SH09	OUTER SHIELD KIT 7
101	07-9269	3" WEIGHTSTACK SPACER	146	03-4060	1/4-20 CLIP NUT
102	09-2060	FRAME PLUG 1 1/2 X 3 11 GA	147	07-9137	FRONT FRAME WORKBOX BRACKET
103	17-1375	GUIDE RODS 51 15/16 LONG	148	07-9138	UPPER MAIN FRAME SHIELD BRACKET
	<i>E.L. CODE:</i>	<i>2CRS, 2MCRS, 2CR, 2SCR</i>	149	19-1015	2" SQ SERIES 170 DUAL LOC
	IN01	INSPECTION KIT	150	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
104	12-1080	INSPECTION STICKER DECAL	151	02-4070	SCREW SHIELD 1/4 X 3/4
105	12-1088	DECAL NAUTILUS NAMEPLATE 2 1/2 x 9 1/4 long	152	14-2011	SHIELD OUTER BF501
106	19-1291	DECAL SERIAL # BAR CODE		<i>E.L. CODE:</i>	<i>2CRS, 2WCRS, 2MCR</i>
107	40-7167	BAG 50 X 46 X 86 X .002 THICK		SH18	INNER SHIELD KIT 5
	<i>E.L. CODE:</i>	<i>2WCRS, 2WCR</i>	153	01-1310	BOLT HH5 1/2 X 2 1/4
	IN03	INSPECTION KIT WOMENS	154	02-4134	1/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW
108	12-1080	INSPECTION STICKER DECAL	155	03-1055	1/2 NTE
109	12-1175	NAUTILUS WOMENS NAMEPLATE 2 1/2 x 9 1/4	156	03-4060	1/4-20 CLIP NUT
110	19-1291	DECAL SERIAL # BAR CODE	157	04-5214	1/2 LOK WASHER
111	40-7167	BAG 50 X 46 X 86 X .002 THICK	158	07-5422	MOUNT SHIELD LEFT LOWER
	<i>E.L. CODE:</i>	<i>2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR</i>	159	07-9135	BRACKET SMALL LOWER BASE SHIELD
	SK01	SHOCK ADJUSTMENT KIT 1	160	07-9136	BRACKET LARGE LOWER BASE SHIELD
112	03-5106	NUT HEX 10MM	161	02-4070	SCREW SHIELD 1/4 X 3/4
113	06-8000	SEAT ADJUSTMENT HANDLE 7/8"	162	14-2093	INSIDE MAIN SHIELD MADE FROM 14-2077
114	07-8135	COTTER PIN #RUE-10 mfg. PIVOT POINT		<i>E.L. CODE:</i>	<i>2CR, 2WCR, 2SCR</i>
115	07-9201	SHOCK LEVER P/N 783234		SH21	PARTIAL INNER SHIELD HARDWARE KIT 2
116	07-9205	HEAD THREAD ON CAST ALUM	163	01-1310	BOLT HH5 1/2 X 2 1/4
117	12-1109	SEAT SHOCK ADJ. TAG	164	03-1055	1/2 NTE
118	12-1113	SHOCK WARNING DECAL	165	03-4060	1/4-20 CLIP NUT
	<i>E.L. CODE:</i>	<i>2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR</i>	166	04-5214	1/2 LOK WASHER
	ST06	SEAT KIT 1	167	07-9004	SHIELD MOUNT CENTER
119	09-3063	7/16" WHITE HOLE PLUG	168	07-9274	16GA SHEET METAL 2ST SHIELD SHROUD
120	09-3080	1 X 3 HOLE PLUG	169	19-1015	2" SQ SERIES 170 DUAL LOC
121	12-1001	SEAT POSITION INDICATOR ARROW	170	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
122	12-1009	SEAT.DECAL 1 BOTTOM -10 TOP (5/8 WIDE)	171	02-4070	SHIELD SCREWS
	BLACK			<i>E.L. CODE:</i>	<i>2CRS, 2WCRS, 2MCRS, 2CR, 2WCR, 2SCR</i>
123	06-8006	SEAT ADJUSTMENT CABLE, 18"		UPH02	BELTED COMPOUND ROW UPHOLSTERY KIT
124	07-8027	PIN CLEVIS 5/16 X 1 3/16	172	UP8017	SEAT PAD
125	09-1058	RUBBER HAND GRIP, 7/8 X 4 1/2	173	02-9220	BOLT HH5 3/8 X 1 1/4 BLACK
126	07-9298	GAS SPRING COVER TUBE	174	04-5213	WASHER INT LOK 3/8 BLACK
127	07-9299	GAS SPRING COVER PLUG	175	UP8032	CHEST PAD
128	10-3045	RIGID IN COMPRESSION, 250 N #7613IL	176	UP717	SLIPCOVER
129	07-5065	BEARING FAFNIR 203 PP	177	02-9220	BOLT HH5 3/8 X 1 1/4 BLACK
130	10-4012	40 MM O.D. WAVE SPRING SSB-0158-S17	178	04-5213	WASHER INT LOC 3/8 BLACK
131	19-1235	NYLON SEAT ROLLERS		<i>E.L. CODE:</i>	<i>2CR, 2WCR, 2SCR</i>
132	03-5106	NUT HEX 10MM	179	09-3063	7/16" WHITE HOLE PLUG
133	06-8000	SEAT ADJUSTMENT HANDLE 7/8"	180	09-3065	9/16" WHITE HOLE PLUG
134	07-8135	COTTER PIN #RUE-10 mfg. PIVOT POINT	181	09-3067	PLUG HOLE 1/4 WHITE
135	07-9201	SHOCK LEVER P/N 783234	182	14-2094	INSIDE MAIN SHIELD (MADE FROM 14-2078)
136	07-9205	HEAD THREAD ON CAST ALUM	183	12-1024	DECAL WARNING 3"
137	12-1109	SEAT SHOCK ADJ. TAG			
138	12-1113	SHOCK WARNING DECAL			
	<i>E.L. CODE:</i>	<i>2CR, 2WCR, 2SCR</i>			
	SH08	OUTER PARTIAL SHIELD KIT 6			
139	03-4060	1/4-20 CLIP NUT			
140	07-9137	FRONT FRAME WORKBOX BRACKET			
141	07-9138	UPPER MAIN FRAME SHIELD BRACKET			
142	19-1015	2" SQ SERIES 170 DUAL LOC			
143	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC			
144	02-4070	SCREW SHIELD 1/4 X 3/4			
145	14-2074	SHIELD 2ST OUTER BF501			