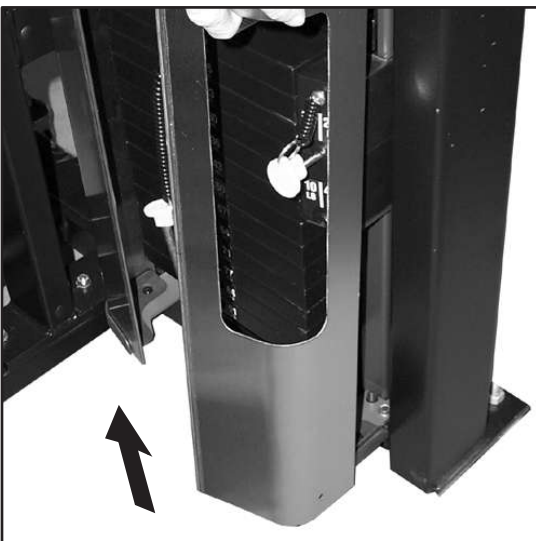


1. If the weight stack shield uses a phillips head screw and nut, remove using a phillips head screwdriver and wrench.  
If the weight stack shield uses an insert, use needle-nose pliers or flat headscrewdriver to remove.  
If the shield uses a plastic push-in clip, replace with the screw, washer and nut as shown in figure B when reassembling the shield. Parts can be obtained thru Nautilus Parts & Service.

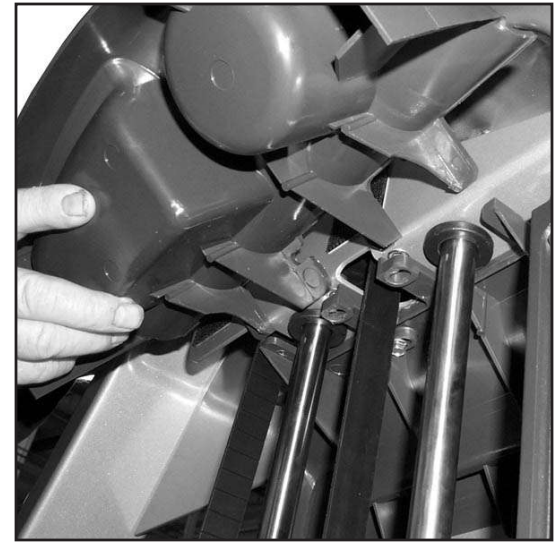
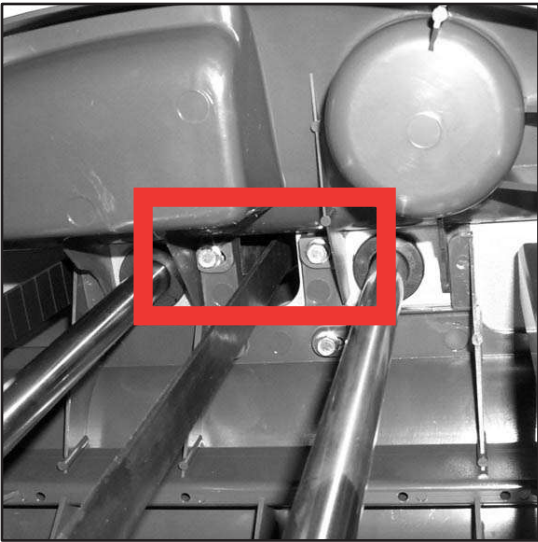
screw ....02-4047  
washer ..04-3000  
nut.....03-5101



2. Lift front shields and remove from both sides.



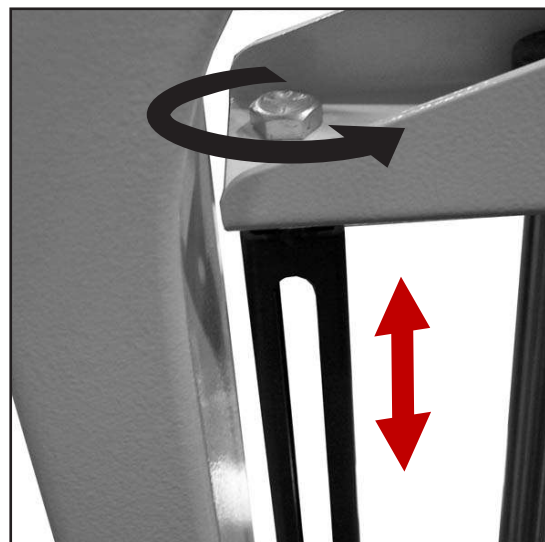
3. Insert screwdriver for leverage and remove placard shield.



4. Remove plastic top cap by removing **front (2) bolts** from underneath shield cap with 3/8" socket.



5. To adjust weight pin, select bottom mini-weight with selector pin. The small selector pin should guide into zinc weight pin **with ease**. If the pin does not select properly, then the guide rod needs to be adjusted. With 3/4" open-end wrench, loosen top jam nut, back bottom jam nut back and lower or raise guide rod as shown below. Check bottom weight for proper selection. Tighten guide rod jam nuts, while ensuring that the guide rod is square and aligned with the weightstack. The tether should snap the pin into full engagement.





7. Insert mini weight selector pin into each mini weight to insure that the pin selects each weight with ease. The pin should insert completely into weight with no resistance. If not, adjust stand again.

8. Reattach plastic top cap. Insert shield by sliding the top of the shield into the plastic top cap. Use the screw, washer and nut from step 1 to secure shield in place.



9. Lubricate only with wet Teflon spray on both the guide rods and the add-on weight guide tube. Simply wet a clean cotton cloth or paper towel. Then wipe the guide rods and guide tube down leaving a clean slightly wet looking rod or tube.

**Lubrication**

PART NUMBER  
19-1160

Give our friendly Customer Service Representatives a call to order this product or any other Genuine Nautilus Parts.

**1-800-235-2233**

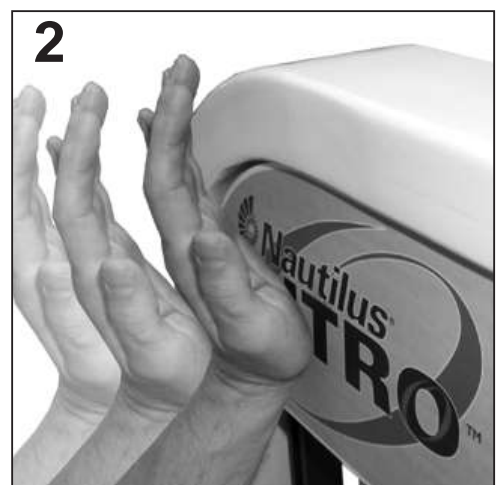
\*TFL 50  
Wet  
Lubricant  
Recommended  
for Nautilus  
Machines.



**10. Reassemble Placard Shield**



1. Place the placard shield onto main frame. Firmly press each contact point so that velcro will adhere to shield.



2. Firmly strike the velcro contact points with palm of hand.