

| Nautilus 2st           |                         | LITE WEIGHT STACK           |                    |                    |                  |                         |                              |                     | STANDARD WEIGHT STACK      |                    |                  |                     |                     |
|------------------------|-------------------------|-----------------------------|--------------------|--------------------|------------------|-------------------------|------------------------------|---------------------|----------------------------|--------------------|------------------|---------------------|---------------------|
| Machine Name           | TOTAL NUMBER OF WEIGHTS | WEIGHT STACK                | TOP PLATE          | PLATE #2-#7        | REMAINING PLATES | LITE WEIGHT DECAL PART# | NOVA CARE WEIGHT DECAL PART# | ADD ON WEIGHT STACK | WEIGHT STACK               | TOP PLATE          | REMAINING PLATES | WEIGHT DECAL PART # | ADD ON WEIGHT STACK |
| Abdominal              | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Bench Press *          | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Cable Crossover F2C    | 24                      | N/A                         | N/A                | N/A                | N/A              | N/A                     | N/A                          | N/A                 | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | N/A                 |
| Chest 10 deg.          | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Compound Row *         | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 10 lb.<br>STEEL    | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Four Way Neck          | 19                      | 10-150 lbs.<br>4.5-68 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-200 lbs.<br>9-91kgs.    | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Hip Abduction          | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 10 lb.<br>STEEL    | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Hip Adduction          | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 10 lb.<br>STEEL    | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Hip Extension          | 19                      | 30-285 lbs.<br>14-130 kgs.  | 20 lb.<br>STEEL    |                    | 15 lb.<br>STEEL  | 12-1284                 | 12-1048                      | N/A                 | 30-370 lbs.<br>9-168 kgs.  | 20 lb.<br>STEEL    | 20 lb.<br>STEEL  | 12-1285             | N/A                 |
| Incline Press *        | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Lat Pulldown F2LATP    | 24                      | N/A                         | N/A                | N/A                | N/A              | N/A                     | N/A                          | N/A                 | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | N/A                 |
| Lateral Raise          | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Leg Extension *        | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Leg Press              | 20                      | 30-210 lbs.<br>14-96 kgs.   | 20 lb.<br>STEEL    |                    | 10 lb.<br>STEEL  | 12-1282                 | 12-1048                      | N/A                 | 30-410 lbs.<br>14-186 kgs. | 20 lb.<br>STEEL    | 20 lb.<br>STEEL  | 12-1285             | N/A                 |
| Lower Back             | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Low Row F2LOWR         | 24                      | N/A                         | N/A                | N/A                | N/A              | N/A                     | N/A                          | N/A                 | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | N/A                 |
| Overhead Press         | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Pec Fly                | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Preacher Curl          | 19                      | 10-150 lbs.<br>4.5-68 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-200 lbs.<br>9-91kgs.    | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Prone Leg Curl         | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Rotary Torso           | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Seated Calf            | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Seated Leg Curl        | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Pullover               | 30                      | 10-260 lbs.<br>4.5-118 kgs. | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-310 lbs.<br>9-141 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Tricep Extension       | 19                      | 10-150 lbs.<br>4.5-68 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-200 lbs.<br>9-91kgs.    | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Tricep Press *         | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 10 lb.<br>STEEL    | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| Vertical Chest *       | 24                      | 10-200 lbs.<br>4.5-91 kgs.  | 3.3 lb<br>ALUMINUM | 3.3 lb<br>ALUMINUM | 10 lb.<br>STEEL  | 12-1281                 | 12-1048                      | STANDARD            | 20-250 lbs.<br>9-114 kgs.  | 10 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | STANDARD            |
| WEIGHT ASSIST CHIN DIP | 22                      | N/A                         | N/A                | N/A                | N/A              | N/A                     | N/A                          | N/A                 | 20-220 lbs.<br>9-100 kgs.  | 40 lb.<br>STEEL    | 10 lb.<br>STEEL  | 12-1282             | N/A                 |

\* NOTE: REGULAR VERSION OF THESE MACHINES USE A GRADUATED WEIGHT STACK ECO#061899-B

| Nautilus 2st                  |                         | SUPER WEIGHT STACK         |                 |                  |                     |                     | GRADUATED WEIGHT STACK    |                 |                 |                  |                     |                     |
|-------------------------------|-------------------------|----------------------------|-----------------|------------------|---------------------|---------------------|---------------------------|-----------------|-----------------|------------------|---------------------|---------------------|
| Machine Name                  | TOTAL NUMBER OF WEIGHTS | WEIGHT STACK               | TOP PLATE       | REMAINING PLATES | WEIGHT DECAL PART # | ADD ON WEIGHT STACK | WEIGHT STACK              | TOP PLATES      | PLATE #2-#10    | REMAINING PLATES | WEIGHT DECAL PART # | ADD ON WEIGHT STACK |
|                               |                         |                            |                 |                  |                     |                     |                           |                 |                 |                  |                     |                     |
| <b>Bench Press *</b>          | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Cable Crossover F2C</b>    | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | N/A                 | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | N/A                 |
| <b>Chest 10 deg.</b>          | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Compound Row *</b>         | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Four Way Neck</b>          | 19                      | 20-290 lbs.<br>9-132 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-245 lbs.<br>9-111 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Hip Abduction</b>          | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Hip Adduction</b>          | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Hip Extension</b>          | 19                      | N/A                        | N/A             | N/A              | N/A                 | N/A                 | N/A                       | N/A             | N/A             | N/A              | N/A                 | N/A                 |
| <b>Incline Press *</b>        | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Lat Pulldown F2LATP</b>    | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | N/A                 | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | N/A                 |
| <b>Lateral Raise</b>          | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Leg Extension *</b>        | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Leg Press</b>              | 20                      | 35-510 lbs.<br>16-232 kgs. | 25 lb.<br>STEEL | 25 lb.<br>STEEL  | 12-1286             | N/A                 | N/A                       | N/A             | N/A             | N/A              | N/A                 | N/A                 |
| <b>Lower Back</b>             | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Low Row F2LOWR</b>         | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | N/A                 | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | N/A                 |
| <b>Overhead Press</b>         | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Pec Fly</b>                | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Preacher Curl</b>          | 19                      | 20-290 lbs.<br>9-132 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-245 lbs.<br>9-111 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Prone Leg Curl</b>         | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Rotary Torso</b>           | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Seated Calf</b>            | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Seated Leg Curl</b>        | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Pullover</b>               | 30                      | 20-455 lbs.<br>9-207 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-410 lbs.<br>9-186 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Tricep Extension</b>       | 19                      | 20-290 lbs.<br>9-132 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-245 lbs.<br>9-111 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Tricep Press *</b>         | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>Vertical Chest *</b>       | 24                      | 20-365 lbs.<br>9-166 kgs.  | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1283             | OPTIONAL            | 20-320 lbs.<br>9-146 kgs. | 10 lb.<br>STEEL | 10 lb.<br>STEEL | 15 lb.<br>STEEL  | 12-1282<br>12-1283  | STANDARD            |
| <b>WEIGHT ASSIST CHIN DIP</b> | 22                      | N/A                        | N/A             | N/A              | N/A                 | N/A                 | N/A                       | N/A             | N/A             | N/A              | N/A                 | N/A                 |

## 2st Weight Stack Options

| 2st LINE<br>Machine Name | NOTE | TOTAL #<br>OF<br>WEIGHTS | LITE<br>WEIGHT<br>STACK |      | STD.<br>WEIGHT<br>STACK |      | GRADUATED<br>WEIGHT<br>STACK |      | SUPER<br>WEIGHT<br>STACK |      |
|--------------------------|------|--------------------------|-------------------------|------|-------------------------|------|------------------------------|------|--------------------------|------|
|                          |      |                          | lbs.                    | kgs. | lbs.                    | kgs. | lbs.                         | kgs. | lbs                      | kgs. |
| Abdominal                |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Compound Row             | *    | 24                       | 200                     | 91   | 250                     | 114  | <b>320</b>                   | 146  | 365                      | 166  |
| Four Way Neck            |      | 19                       | 150                     | 68   | 200                     | 91   | 245                          | 111  | 290                      | 132  |
| Hip Extension            |      | 19                       | 285                     | 130  | 370                     | 168  | N/A                          | N/A  | N/A                      | N/A  |
| Incline Press            | *    | 24                       | 200                     | 91   | 250                     | 114  | <b>320</b>                   | 146  | 365                      | 166  |
| Lateral Raise            |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Leg Extension            | *    | 24                       | 200                     | 91   | 250                     | 114  | <b>320</b>                   | 146  | 365                      | 166  |
| Leg Press                |      | 20                       | 210                     | 96   | 410                     | 186  | N/A                          | N/A  | 510                      | 232  |
| Lower Back               |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Overhead Press           |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Pec Fly                  |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Preacher Curl            |      | 19                       | 150                     | 68   | 200                     | 91   | 245                          | 111  | 290                      | 132  |
| Prone Leg Curl           |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Pullover                 |      | 30                       | 260                     | 118  | 310                     | 141  | 410                          | 186  | 455                      | 207  |
| Rotary Torso             |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Seated Leg Curl          |      | 24                       | 200                     | 91   | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Tricep Extension         |      | 19                       | 150                     | 68   | 200                     | 91   | 245                          | 111  | 290                      | 132  |
| Tricep Press             | *    | 24                       | 200                     | 91   | 250                     | 114  | <b>320</b>                   | 146  | 365                      | 166  |
| Vertical Chest           | *    | 24                       | 200                     | 91   | 250                     | 114  | <b>320</b>                   | 146  | 365                      | 166  |
| <b>F2 LINE</b>           |      |                          |                         |      |                         |      |                              |      |                          |      |
| <b>Machine Name</b>      |      |                          |                         |      |                         |      |                              |      |                          |      |
| Cable Crossover          |      | 24                       | N/A                     | N/A  | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Lat Pulldown             |      | 24                       | N/A                     | N/A  | 250                     | 114  | 320                          | 146  | 365                      | 166  |
| Low Row                  |      | 24                       | N/A                     | N/A  | 250                     | 114  | 320                          | 146  | 365                      | 166  |

- ❖ WEIGHT STACK DECALS HAVE BOTH lbs. & kgs.
- ❖ THE ADD ON WEIGHT STACK IS AVAILABLE ON ALL MACHINES EXCEPT:
  - HIP EXTENSION
  - LEG PRESS
  - F2 CABLE CROSSOVER
  - F2 LAT PULLDOWN
  - F2 LOW ROW.
- ❖ \*STANDARD VERSION OF THESE MACHINES USE A GRADUATED WEIGHT STACK. THE 250 lb. IS OPTIONAL ON THESE UNITS.