

Kevlar™ Belt Adjustment Instructions

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.

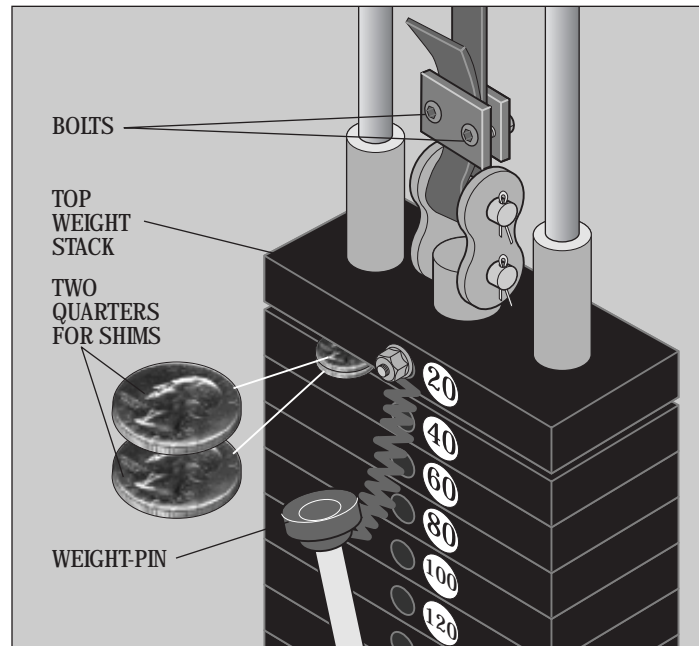


Figure 3

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



Warranty Information

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.



Maintenance INSTRUCTIONS

For Variable Resistance Strength Training Equipment

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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 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:

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

Welcome

Congratulations on choosing Nautilus® variable resistance strength training equipment. Each machine in the Nautilus® line incorporates what we call "Super Smooth Technology" to help you achieve better results in less training time. 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.



Nautilus
Customer Service
1-800-235-2233
Fax: 540-773-2298

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				
Spot Check Belt	*****	*****	*****	*****
Spot Check Nuts and Bolts			■	
Examine Rotation Points				■
Cleaning				
Clean Upholstery				■
Use Nautilus Disinfectant Cleaner.				
Clean Surface Area			■	
Remove Dust				■
Lubrication				
Lubricate and Clean Guide Rods Using TFL 50			■	
Do not lubricate hydraulic cylinders.				

General Maintenance

Frequency of maintenance is determined by several factors: temperature, humidity, use, ventilation and filtration, shielding and friction. External maintenance may vary from daily to monthly, internal maintenance from six months in a multi-user setting to a year when used in a club environment.

1. SPOT CHECK LOOSE NUTS AND BOLTS
 - A. Carefully check rotation points.
 - B. Tighten loose parts immediately. Also check for worn parts, seat belts and upholstery pads.
2. UPHOLSTERY PAD TIGHTENING

Most bolts on upholstery pads can be tightened with a 9/16" combination wrench.

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

- A. Keep pads free of perspiration at all times.
- B. Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
- C. 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

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

3. CLEANING AND CARE OF ABS PLASTIC SHIELDING

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

Lubrication

MOVING PARTS

- A. 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



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

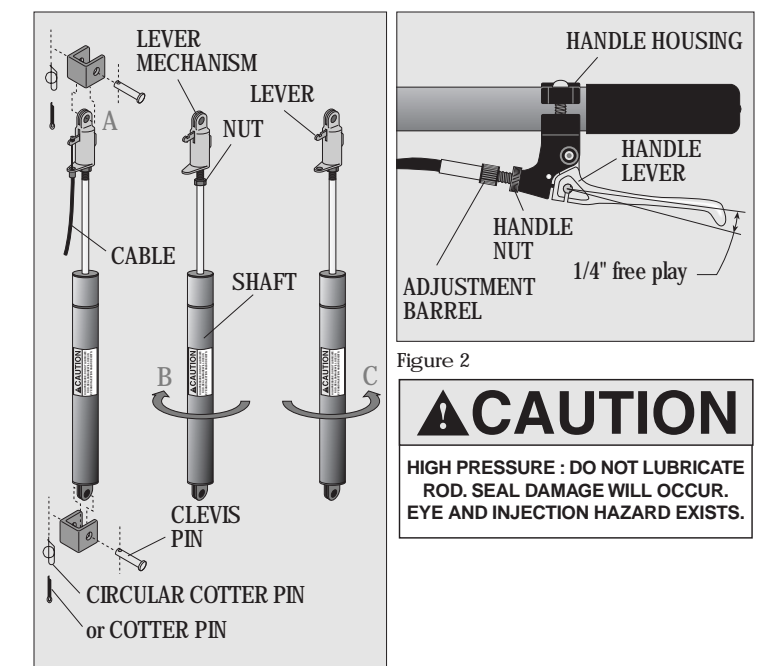


Figure 1

Figure 2
CAUTION
HIGH PRESSURE : DO NOT LUBRICATE ROD. SEAL DAMAGE WILL OCCUR. EYE AND INJECTION HAZARD EXISTS.