



# FREE WEIGHT LOW ROW

## OWNER'S MANUAL

REVISED: August 13, 1999

SERIAL NO.'S

through

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#### Maintenance Manual

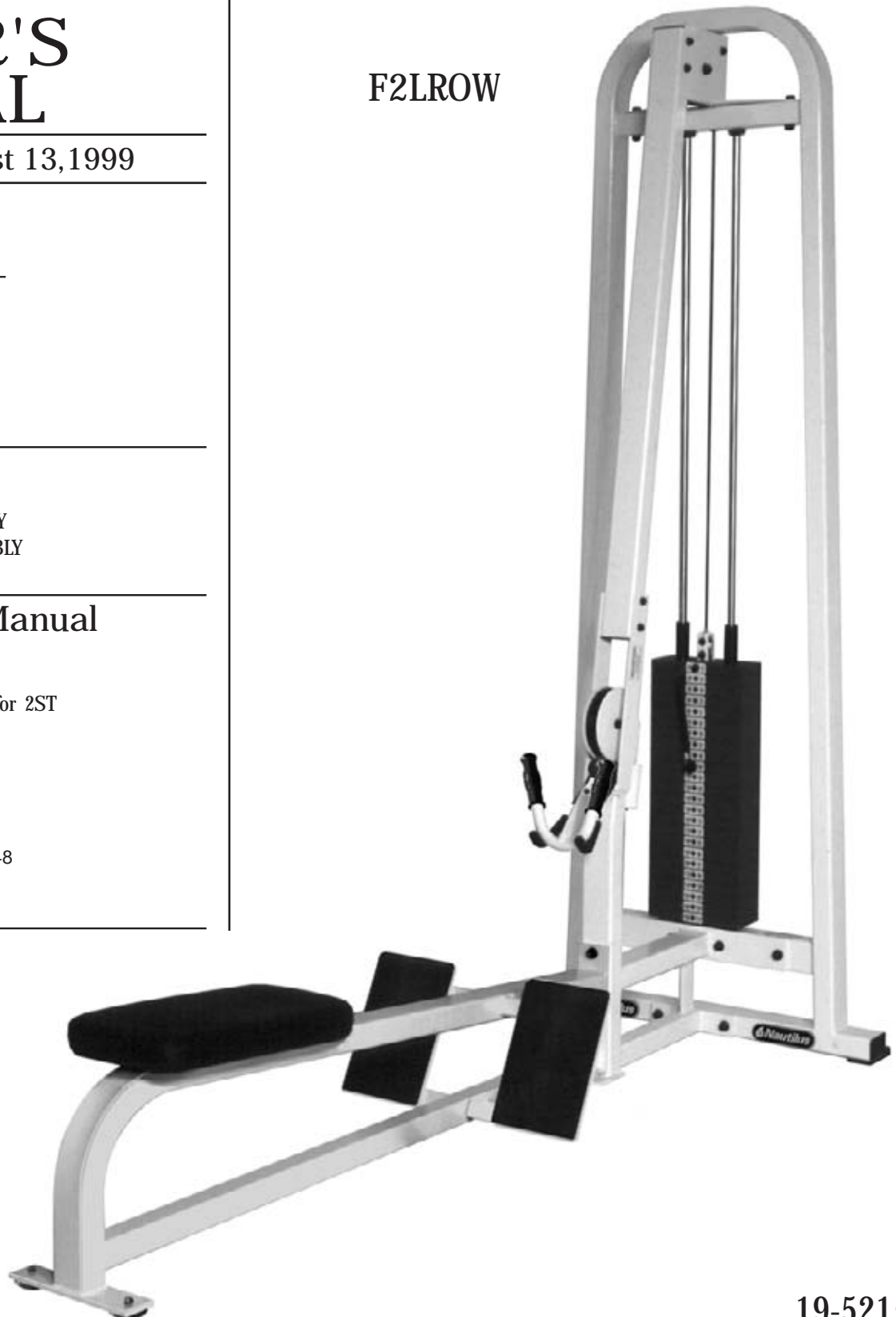
Follows page 5

See last pages of this manual for 2ST



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

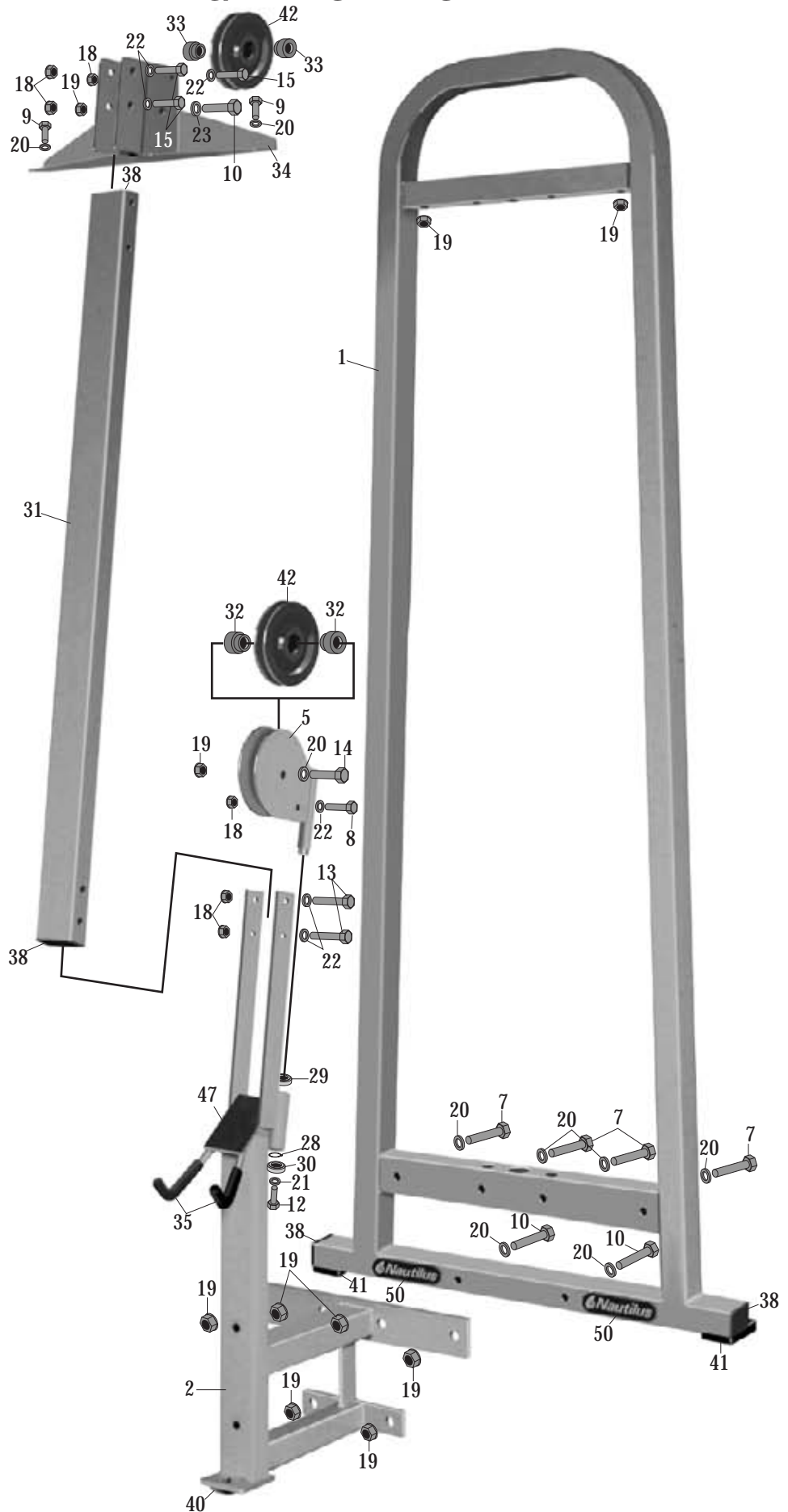
F2LROW



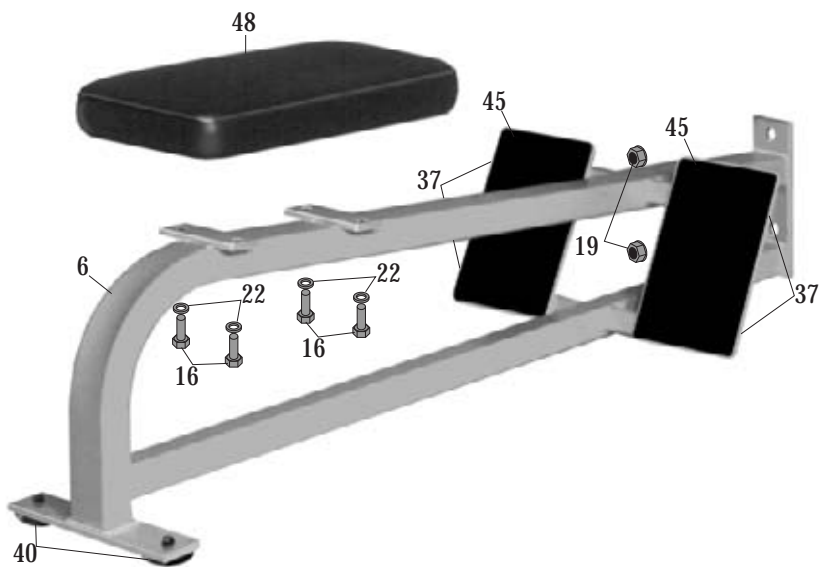
19-5215

**FREE WEIGHT LOW ROW**

**FRAME  
ASSEMBLY**



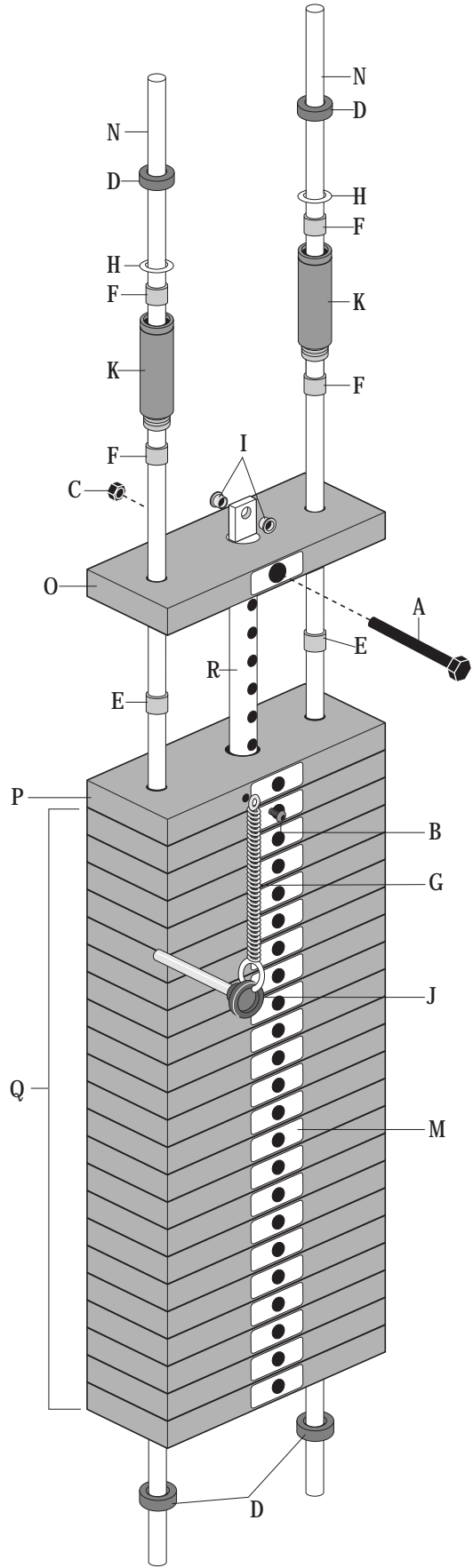
**Nautilus®** FREE WEIGHT LOW ROW  
SEAT FRAME ASSEMBLY



# 24 WEIGHT STACK

## STANDARD

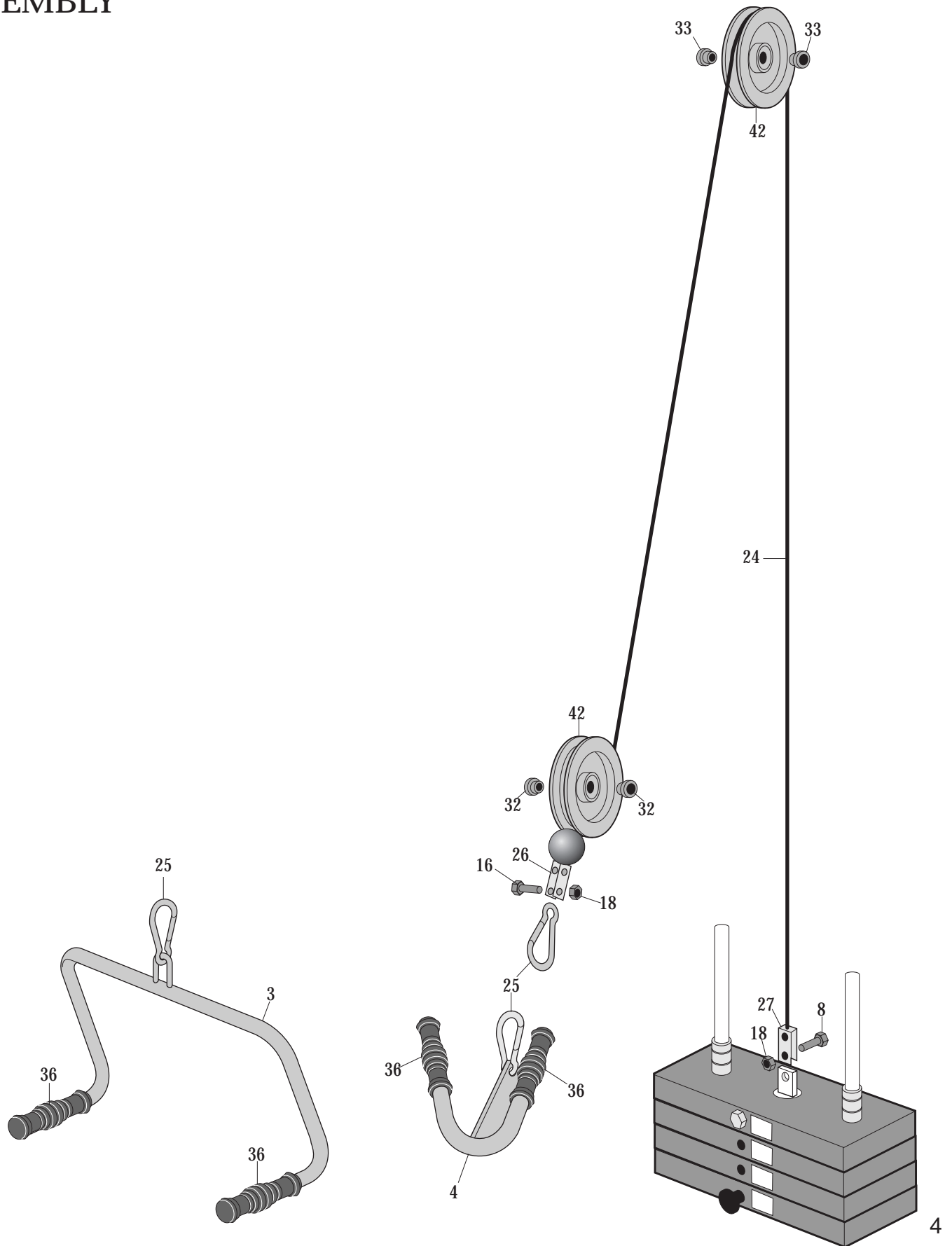
REF #	PART #	200 lb. WEIGHT STACK (20-250)
A	<b>01-0010</b>	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	<b>02-9190</b>	1/4-20 X 3/4 FLANGE BUTTON HD. SCREW
C	<b>03-1045</b>	NUT NTE 7/16 BLACK
D	<b>04-5070</b>	RUBBER WEIGHT STACK WASHER
E	<b>05-4020</b>	BOTTOM WEIGHT BUSHING
F	<b>05-4055</b>	TOP WEIGHT BUSHING
G	<b>06-7064</b>	COIL SUPER 6"
H	06-8254	SNAP RING 1"
I	<b>07-4000</b>	NYLINER PLASTIC BUSHING
J	<b>07-8296</b>	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
K	07-9268	TOP WEIGHT SLEEVE
L	<b>12-1024</b>	DECAL WARNING 3"
M	12-1282	WEIGHT STACK DECAL 20-310 lbs/kgs
N	17-1615	GUIDE RODS 74 13/16"
O	<b>17-2204</b>	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
P	17-2206	1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
Q	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
R	<b>17-4115</b>	WEIGHT STACK PIN 24 HOLE



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

# Nautilus® FREE WEIGHT LOW ROW

## CABLE & PULLEY ASSEMBLY



# **FREE WEIGHT LOW ROW**

## F2LROW F2 LOW ROW

Ref #	Part #	Description
1	BF234	MAIN BACK FRAME
2	BSF223	LOW ROW BASE FRAME
3	HB210	PARALLELL ROW HANDLEBAR (18 7/8" WIDE)
4	HB216	LOW ROW "V" BAR
5	HB222	LOW ROW SWIVEL HOUSING
6	SF221	LOW ROW SEAT FRAME
7	01-0011	BOLT HH5 1/2 X 3
8	01-1121	BOLT HH5 3/8 X 2
9	01-1331	BOLT HH5 1/2 X 2 3/4
10	01-1381	BOLT HH5 1/2 X 4
11	01-1402	BOLT HH5 1/2 X 2 1/4
12	01-1546	BOLT HH5 3/8 X 3/4
13	01-1552	BOLT HH5 3/8 X 4
14	01-1561	BOLT HH5 1/2 X 2
15	02-9071	BOLT HH5 3/8 X 3 3/4
16	02-9220	BOLT HH5 3/8 X 1 1/4
17	02-9250	BOLT HH5 3/8 X 2 1/4
18	03-1035	3/8 NUT FLANGE BLACK
19	03-1055	1/2-13 FLANGE NUT BLACK
20	04-5203	1/2 USS WASHER BLACK
21	04-5206	FLAT WASHER 3/8 SAE
22	04-5213	3/8 INT LOCK WASHER BLACK
23	04-5214	1/2 INT LOCK WASHER BLACK
24	06-4061	CABLE ASSY F2LOWR 3/16" WIRE X 122 1/2" L
25	06-5020	SAFETY HOOK SPRING LOADED
26	06-7046	CABLE WEIGHT STACK BRACKET 14GA
27	06-7047	CABLE END BRACKET 14GA
28	06-8263	RING SNAP INTERNAL 1 9/16 5000-156
29	07-1250	BEARING FAFNIR 9106 PP 30mm ID
30	07-5065	BEARING 203PP 17mm ID
31	07-5602	LOW ROW SELECT TUBE 2" SQ (52 15/32 L)
32	07-5603	ALUM. PULLEY SPACERS (BOTTOM SWIVEL PULLEY)
33	07-8363	ALUM. PULLEY SPACERS (TOP SHEETMETAL WB)
34	07-9111	LOW ROW UPPER PULLEY HOUSING
35	09-1005	GRIP HAND 1/2 X 5
36	09-1095	GRIP 1" ID X 4 1/2" LONG BLACK PLASTIC
37	09-2020	FRAME PLUG 1 1/2 SQ
38	09-2090	PLUG, FRAME, 2X3
39	09-3065	9/16 DIA HOLE PLUG WHITE
40	09-5030	FOOT PAD, ROUND
41	09-5035	MOLDED FOOTPADS
42	09-8322	6" CABLE PULLEY
43	12-1026	KEEP HANDS AWAY DECAL
44	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
45	19-1025	3M SAFETY WALK TREAD 7.5" WIDE (BLACK) 1.92ft
46	19-5215	PARTS MANUAL F2LATP
47	48-1095	3M SAFETY WALK TREAD 3" WIDE (BLACK) .46ft
48	UP9915	SEAT PAD
	IN02	FREEWEIGHT INSPECTION KIT
49	12-1080	INSPECTION STICKER DECAL
50	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
51	19-1291	DECAL SERIAL # BAR CODE
52	40-7167	BAG 50 X 46 X 86 X .002 THICK