

FREE WEIGHT 0 - 90 BENCH

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See last pages of this manual for Sample Training Record and Training Chart.

REVISED: June 14, 1999

SERIAL NO.'S

through

PARTS AND SERVICE

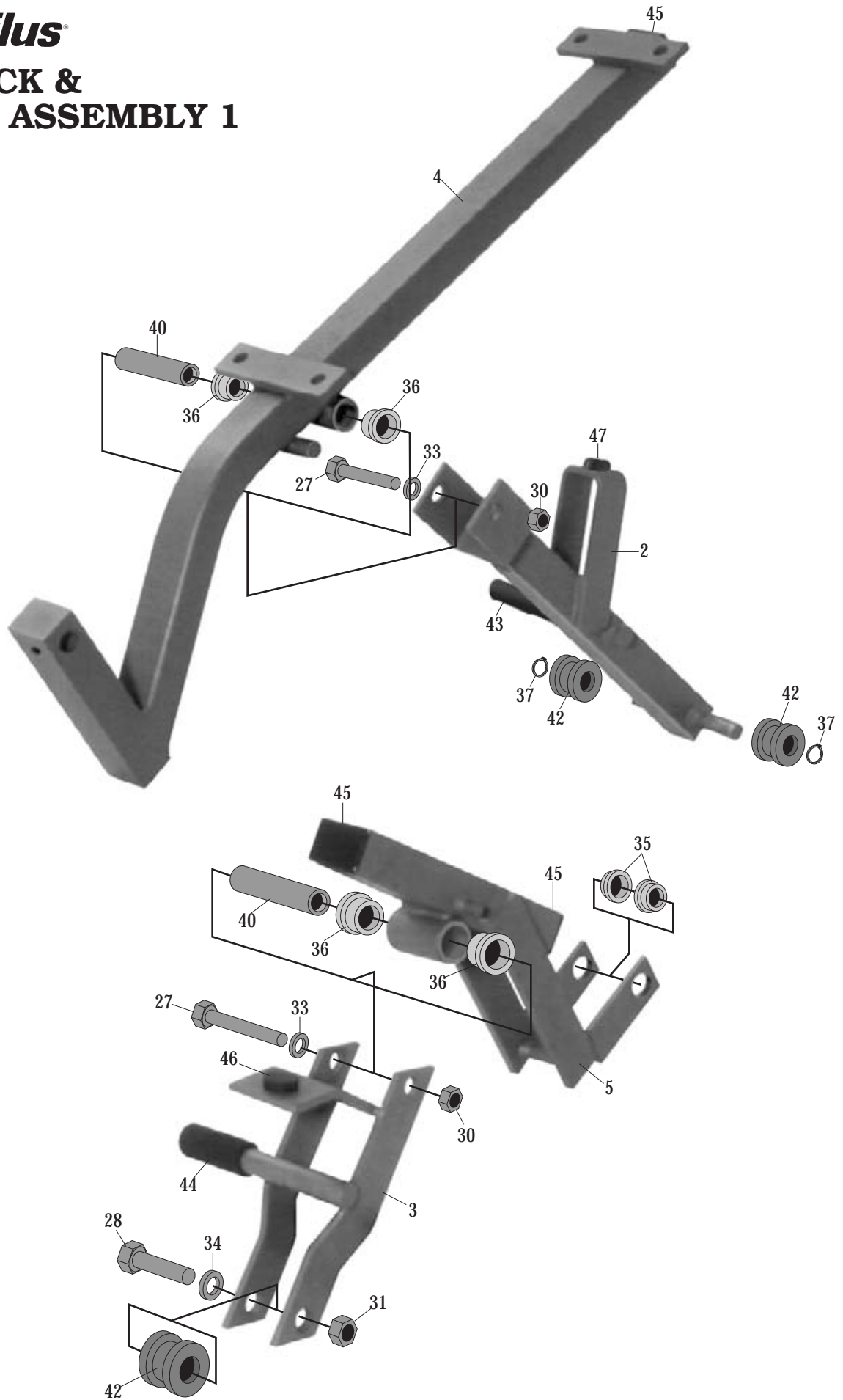
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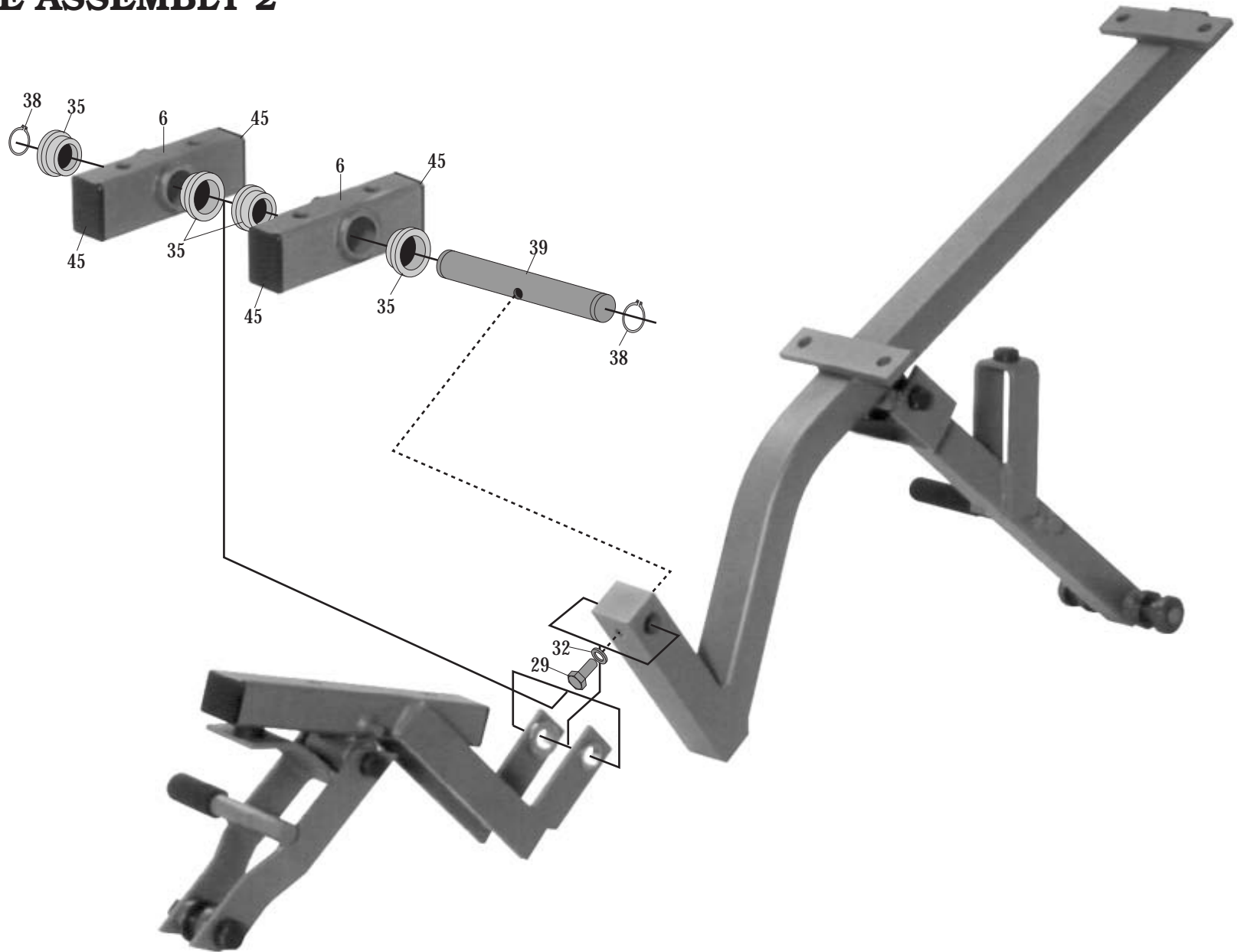
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SEAT BACK & LINKAGE ASSEMBLY 1

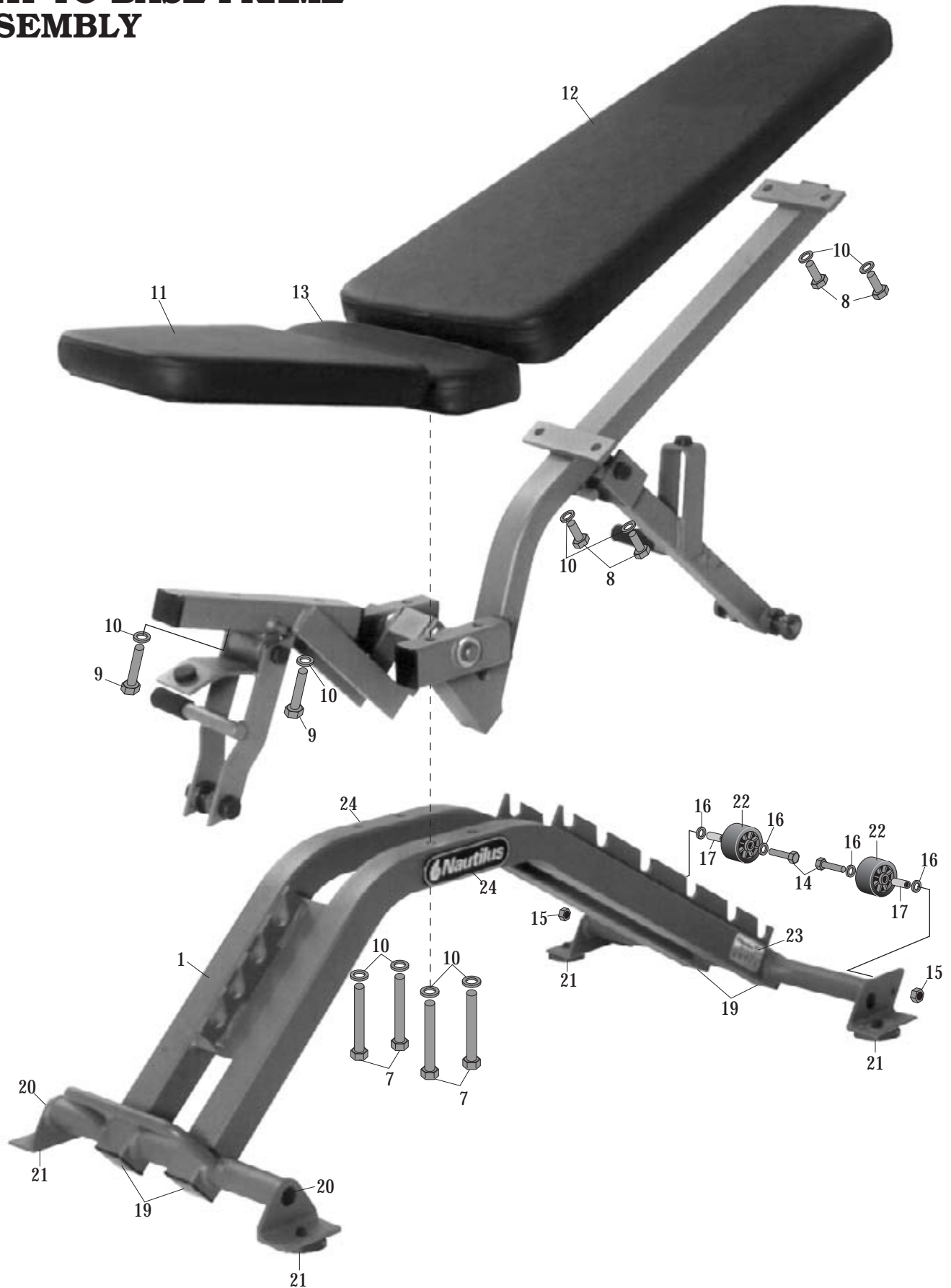


Nautilus
**SEAT BACK &
LINKAGE ASSEMBLY 2**





SEAT TO BASE FRAME ASSEMBLY



FREEWEIGHT 0-90 BENCH

Ref # Part # Description

WELDMENTS

- 1.....BSF203.....BASE FRAME
- 2.....LK201.....SEAT BACK LINK
- 3.....LK202.....SEAT BOTTOM LINKAGE
- 4.....SF206.....BACK SEAT FRAME
- 5.....SF207.....SEAT FRAME
- 6.....WB200.....WORK BOX PIVOT

UPHOLSTERY

- 7.....01-1554.....3/8 X 5 HEX HEAD BOLT
- 8.....02-9220.....3/8 X 1 1/4 HEX HEAD BOLT
- 9.....02-9250.....3/8 X 2 1/4 HEX HEAD BOLT
- 10.....04-5213.....3/8 INT. LOC WASHER
- 11.....UP8080.....TAPERED SEAT PAD
- 12.....UP8310.....BACK PAD
- 13.....UP9974.....MIDDLE PAD

FRAME PARTS

- 14.....02-9250.....3/8 X 2 1/4 HEX HEAD BOLT
- 15.....03-1035.....NUT FLANGE 3/8
- 16.....04-5206.....WASHER 3/8 FLAT SAE
- 17.....07-8345.....1/2 DIA WHEEL BUSHING
- 18.....09-2040.....FRAME PLUG 1 1/2 X 2
- 19.....09-2070.....FRAME PLUG 2 X 2
- 20.....09-3010.....HOLE PLUG 1/2 DIA
- 21.....09-5030.....FOOTPAD MOLDED (ROUND)
- 22.....09-8340.....2 1/2 NYLON BENCH WHEEL
- 23.....12-1080.....INSPECTION STICKER DECAL
- 24.....12-1089.....NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
- 25.....19-1291.....DECAL SERIAL # BAR CODE
- 26.....40-7167.....BAG 50 X 46 X 86 X .002 THICK

ADJUSTABLE SEATS

- 27.....01-1362.....1/2 X 3 1/2 HEX HEAD BOLT
- 28.....01-2205.....5/8 X 2 3/4 HEX HEAD BOLT
- 29.....02-9210.....3/8 X 1 HEX HEAD BOLT
- 30.....03-1055.....NUT 1/2 FLANGE
- 31.....03-1067.....NUT 5/8 FLANGE
- 32.....04-5213.....3/8 INT. LOC WASHER
- 33.....04-5214.....1/2 INT. LOC WASHER
- 34.....04-5215.....5/8 INT. LOC WASHER
- 35.....05-1060.....3/4 X 1 X 1/2 BRASS BUSHING
- 36.....05-1070.....3/4 X 1 X 3/4 BRASS BUSHING
- 37.....06-8200.....5/8 SNAP RING
- 38.....06-8220.....3/4 SNAP RING
- 39.....07-9122.....3/4 DIA SHAFT
- 40.....07-9150.....3/4 DIA BUSHING SLEEVE
- 41.....08-5085.....1 1/2 DIA NYLON SPACER
- 42.....08-5087.....1 1/2 SEAT STOP ROLLER
- 43.....09-1010.....3/4 X 5 HAND GRIP
- 44.....09-1010.....3/4 X 5 HAND GRIP (CUT 2 1/2 LENGTH)
- 45.....09-2040.....FRAME PLUG 1 1/2 X 2
- 46.....09-4080.....BUMPER RUBBER 1/4 X 1
- 47.....09-8303.....BUMPER NYLON BUTTON 3/8 DIA
- 48.....19-5172.....PARTS MANUAL FW0-90