

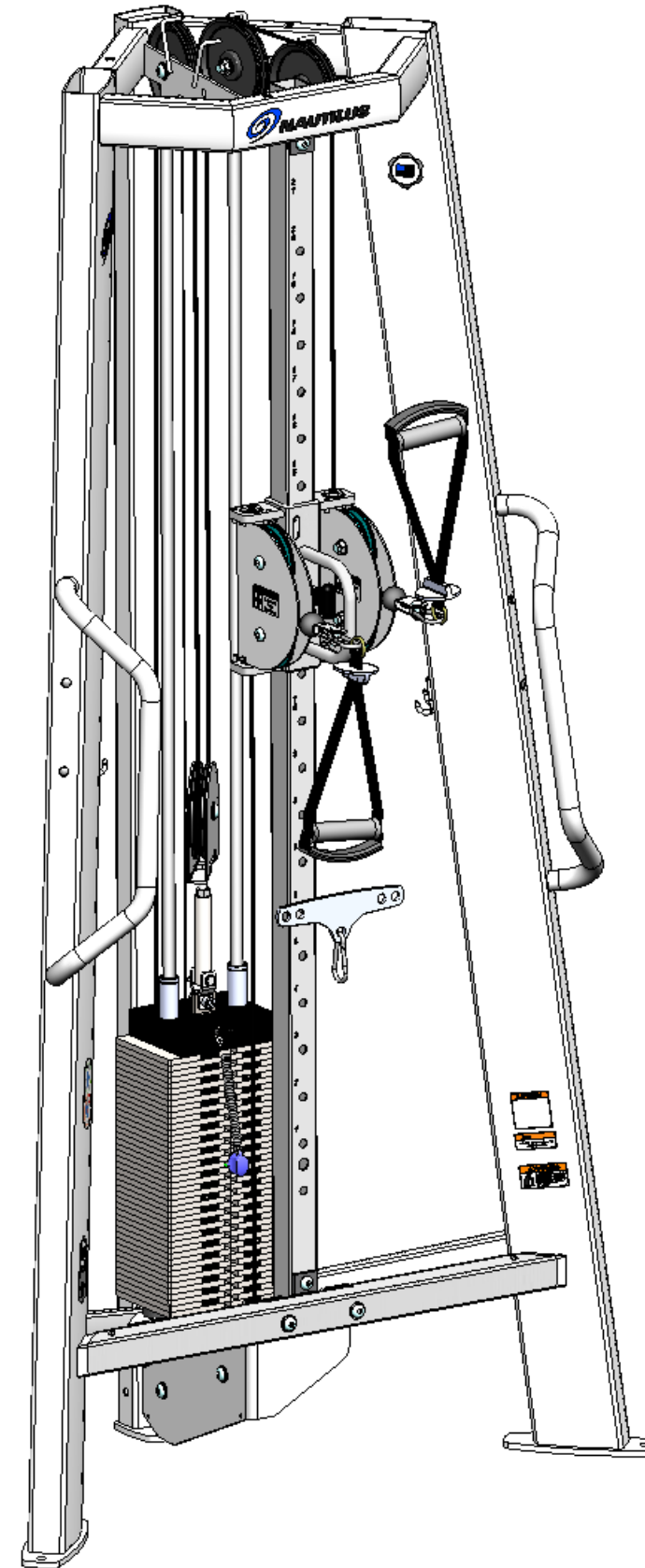


Red: PAINTED ITEMS
Blue: KITS

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3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

PART NO.	QTY.	DESCRIPTION
01-0011	2	1/2 -13 UNC x 3 Bolt
01-1331	2	1/2 -13 UNC x 2 3/4 Bolt
01-4042	5	BOLT BH ,1/2 -13 x 1 3/4" ZINC
01-4051	2	BOLT BH , 3/8 -16 x 1" ZINC
01-4077	5	BOLT BH , 1/2 -13 x 3" ZINC
01-4082	5	BOLT BH ,1/2 -13 x 2" ZINC
01-4110	1	1/2 -13 UNC x 2 3/4 Bolt Full Thread
02-2049	4	SCREW AFH #8 -32 UNC x 1" ZINC
02-9190	2	1/4-20 x 3/4 TORX Pan Hd Type "F" Black
03-1035	2	3/8" Lock Nut
03-1055	17	1/2" Lock Nut
03-4031	4	8-32 INSERT HEX
03-4247	2	Cage Nut
03-5104	2	1/2" Hex Nut
04-5207	22	WASHER, FLAT, 1/2" SAE
06-4077	1	Cable assembly F3AT
06-5020	3	CLIP, CARABINEER
06-7080	2	SLOTTED STRAP FORK
07-4805	2	Hand Grip / Ankle Cuff
07-5568	20	IDLER PULLEY SPACER
07-9286	2	SLIDE CAP FOR 2" TUBE
09-3065	6	PLASTIC PLUG - 9/16"
09-3069	4	1/2" DIA HOLE PLUG BLACK
09-5030	1	FOOTPAD MOLDED BLACK
09-8018	2	GUIDE ROD BUSHING
09-8322	6	Pulley 6 1/2" cable
12-1193	4	PINCH POINT WARNING DECAL
12-1380	1	Made In USA
12-1410	1	WL#2 ENGAGE ADJUSTMENT MECHANISM
12-1411	1	WL#6 MAX USER WEIGHT 350 LBS
12-1814	1	WARNING LABEL, GENERAL WARNING LABEL
12-5619	1	Nautilus Transfer Decal - Small BLACK
12-5620	1	NLS Logo 3" Decal
12-6044	1	WARNING - Tip Over Decal
12-6046	1	Made In USA - Seat Frames
12-7050	1	EVO Weight Selector Pin Decal

PART NO.	QTY.	DESCRIPTION
17-1625	2	GUIDE ROD F3 Towers
45-1042	4	EFSON 4 1/2" PULLEY
51-0181	1	PULLEY BRACKET 6"
56-0050	1	Plunger Assembly Length Blue
56-0234	1	Bracket AT Lower Pulley (EVO)
56-0242	4	Cable Bolt
56-0244	1	LOWER TUBE GUARD
56-0245	1	TUBE, ADJUSTMENT
56-0246	4	SPACER, BEARING OFFSET
56-0247	4	NUT, ADJ PULLEY SWIVEL
56-0256	4	SPACER, ADJ TUBE
56-0257	4	BEARING, DEEP GROOVE BALL
56-0266	2	BALL CABLE RECESSED
56-0455	2	3" Wide Accessories Hook
56-0533	1	PLATE, 4-1 ATTACHMENT
56-0579	1	EVO Extended Weight Attachment Pin
60-1301	1	ASSY, TOWER FRAME, F3AT
63-1306	1	WDMT, ADJ PULLEY SYSTEM
63-1307	2	WDMT, ADJ PULLEY GUARD
OPT-WT-25	1	EVO 240 LB Weight Stack



F3 Adjustable Tower (With EVO Weight Stack)
F3AT-E

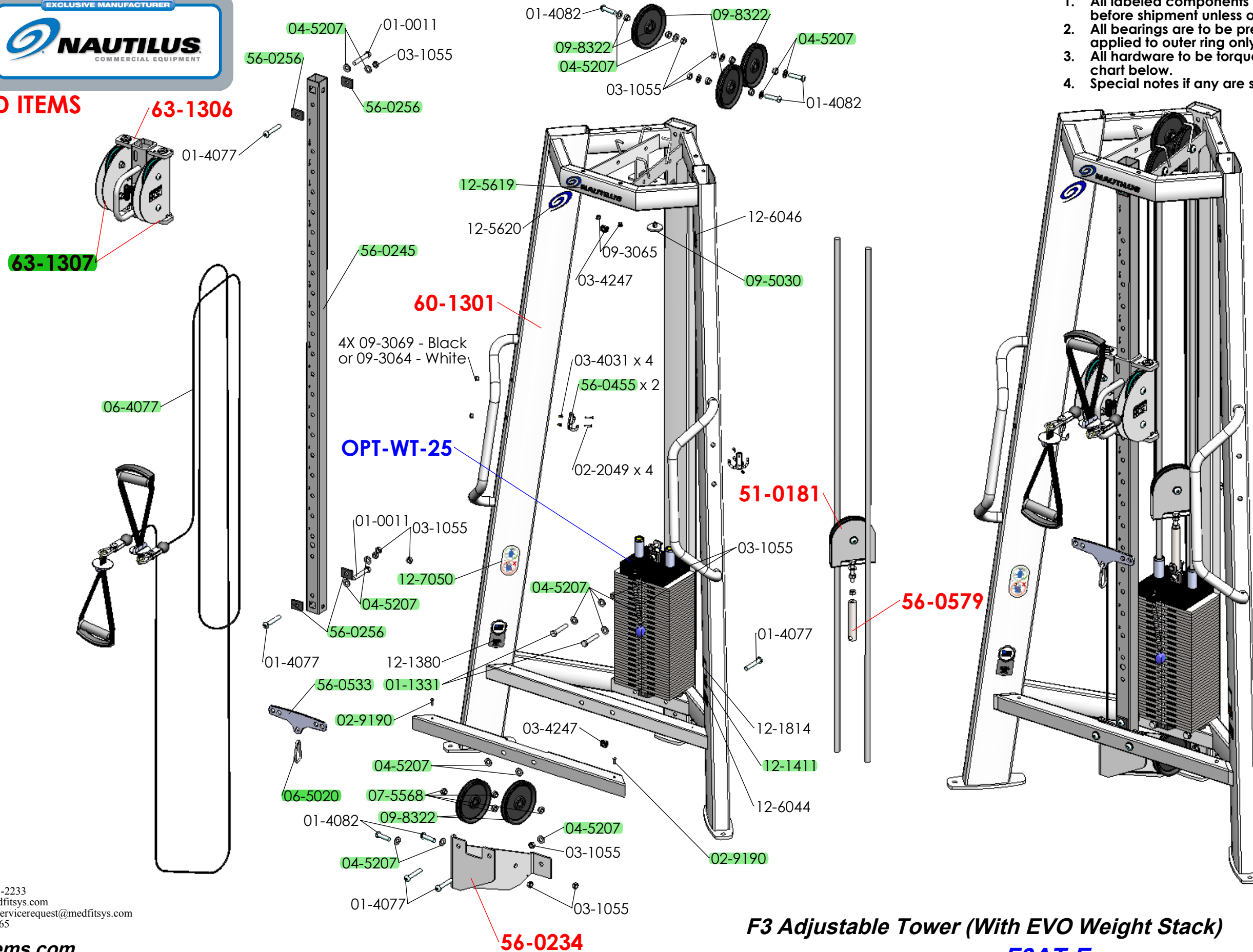
Size	Bolt Torque Specifications	
	Grade 5 Torque (ft-lbs)	Grade 8 Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

Customer Service & Parts 800/ 235-2233
General Parts Requests: parts@medfitsys.com
Warranty Field Service Requests: servicerequest@medfitsys.com
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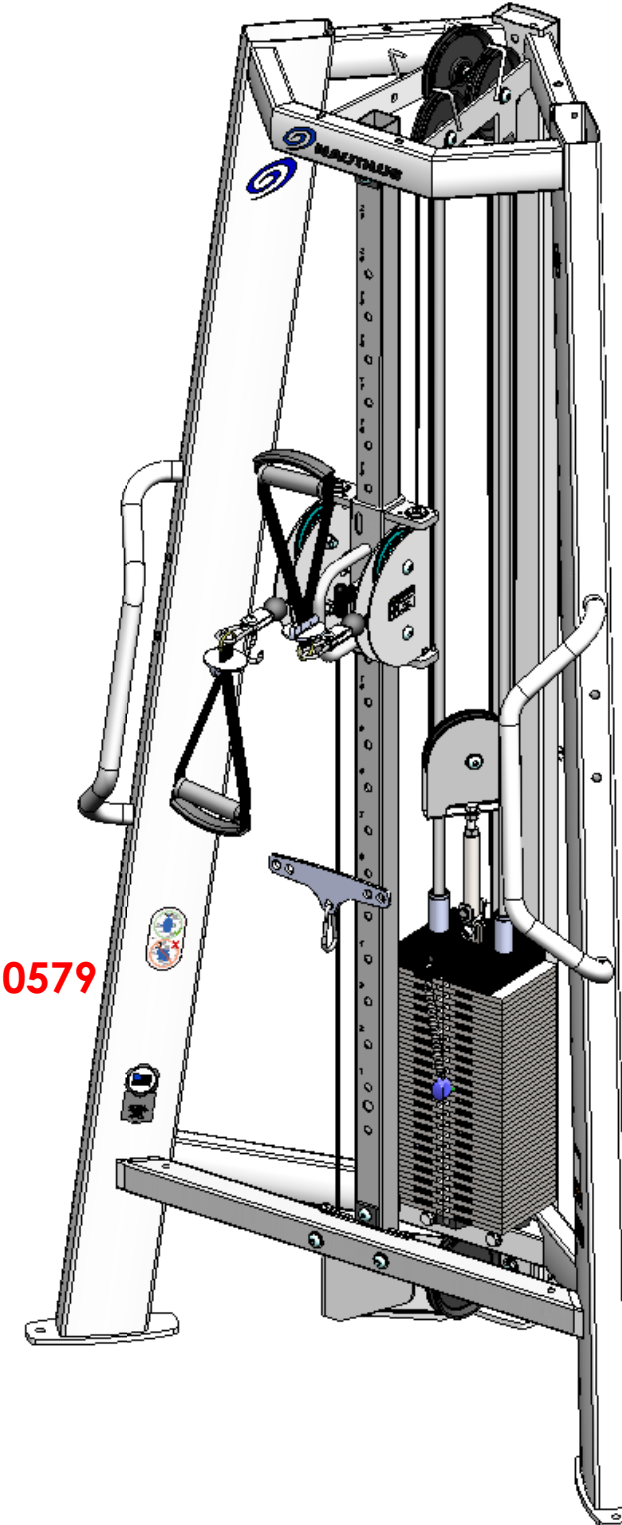
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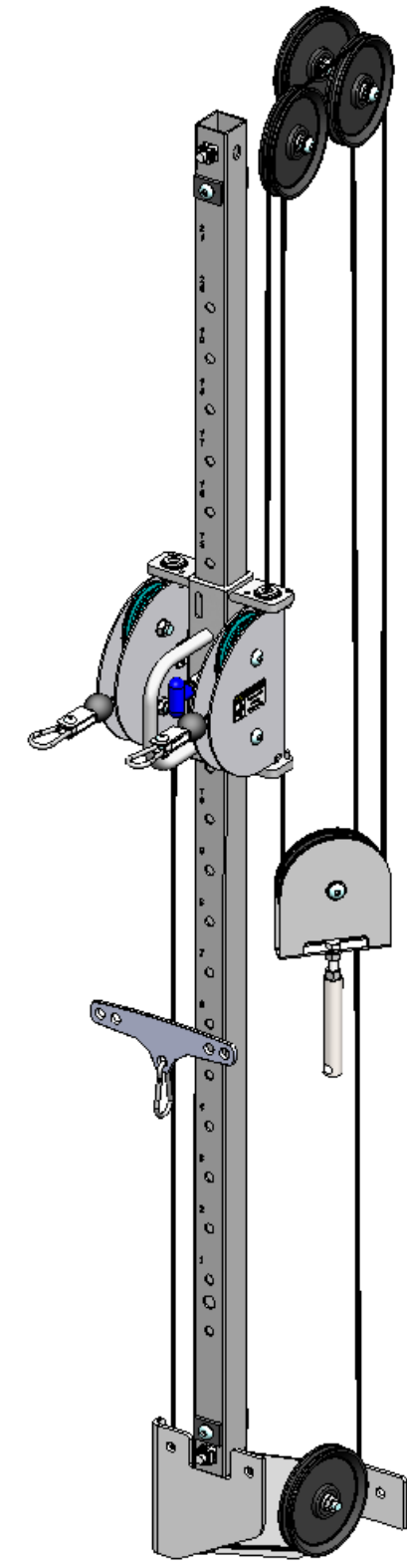
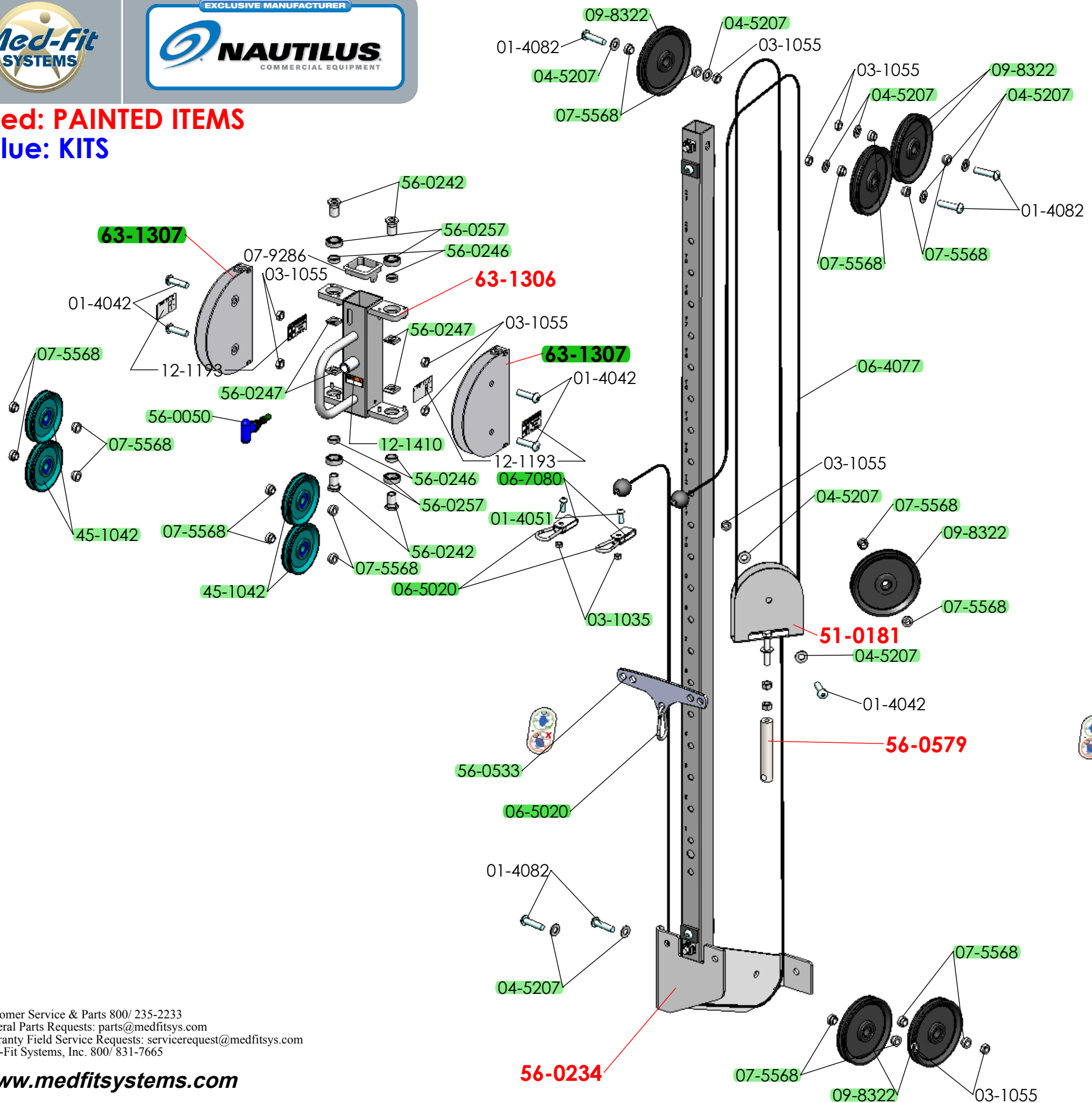
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F3 Adjustable Tower (With EVO Weight Stack)
F3AT-E

Bolt Torque Specifications		
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	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
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3/8-16	30	45
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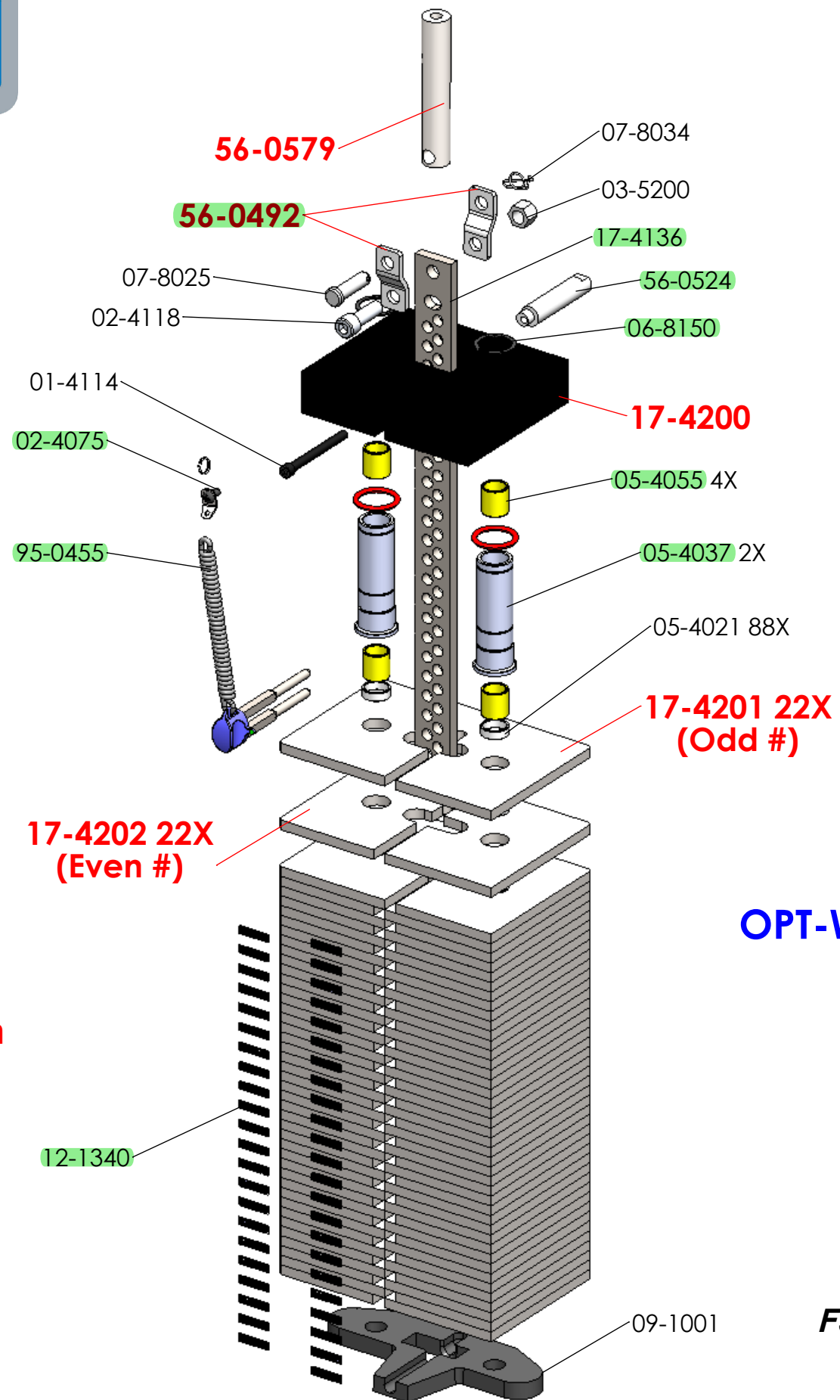
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F3AT-E

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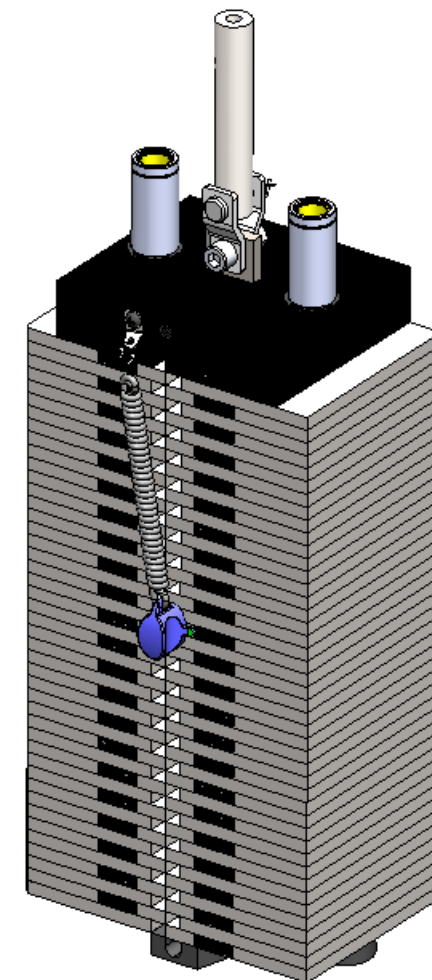


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OPT-WT-25

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F3 Adjustable Tower (With EVO Weight Stack)
F3AT-E

To be attached to left frame vertical tube at vertical height even with top weight as shown on page 5.

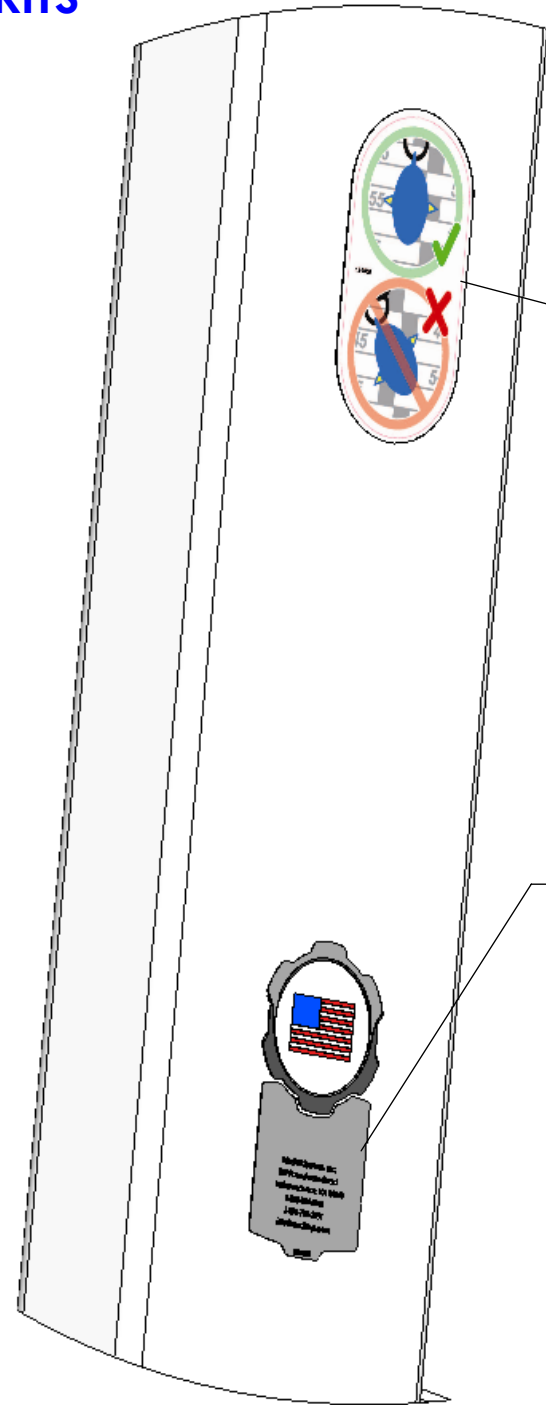
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	Grade 5 Torque (ft-lbs)	Grade 8 Torque (ft-lbs)
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12-7050

12-1380

12-5619

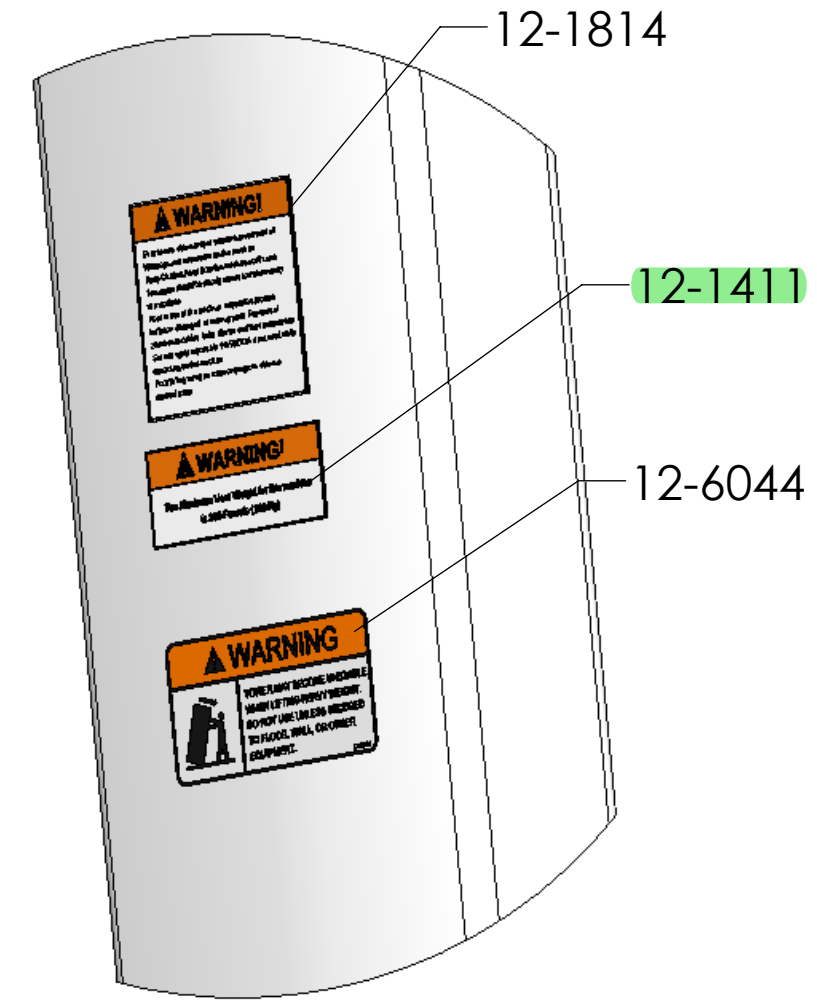
12-5620

12-6046

B

A

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DETAIL A
SCALE 1 : 2

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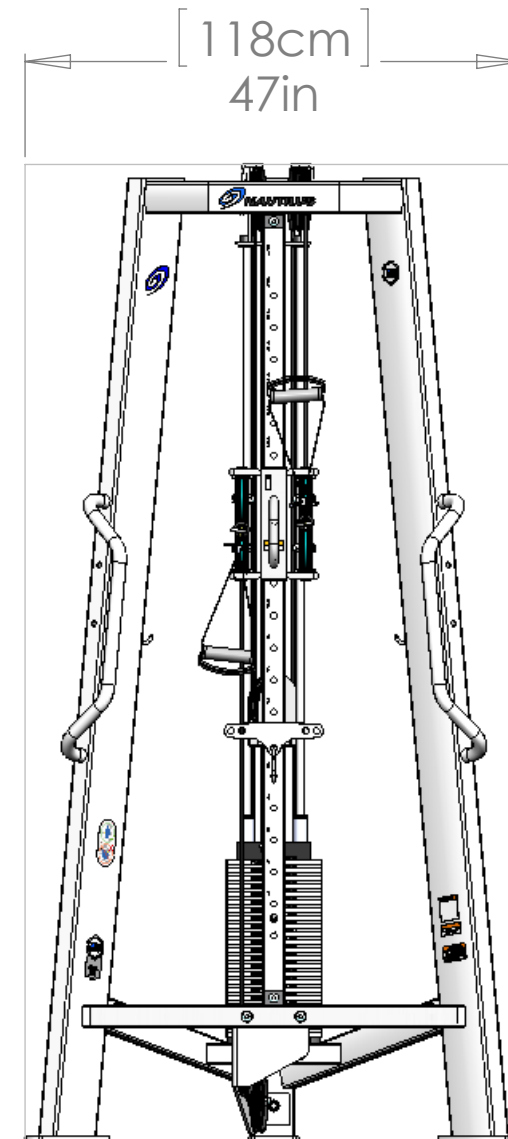
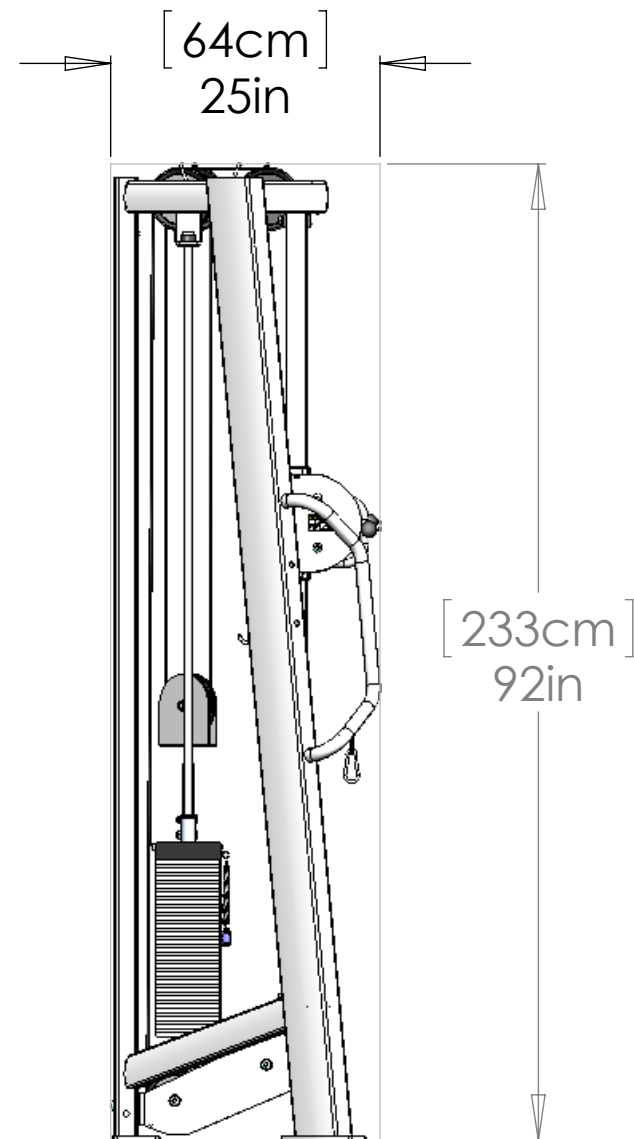
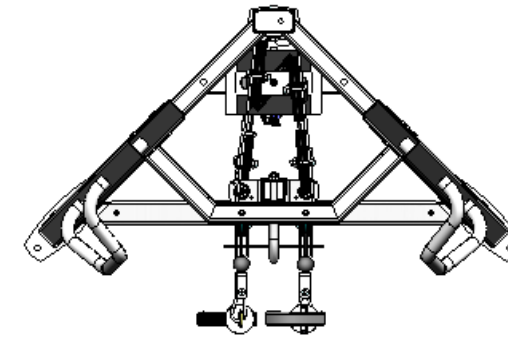
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10/5/12	F3AT-E
<u>Units</u>	<u>Weight</u>
lbs	507
kg	230

F3 Adjustable Tower (With EVO Weight Stack)
F3AT-E