



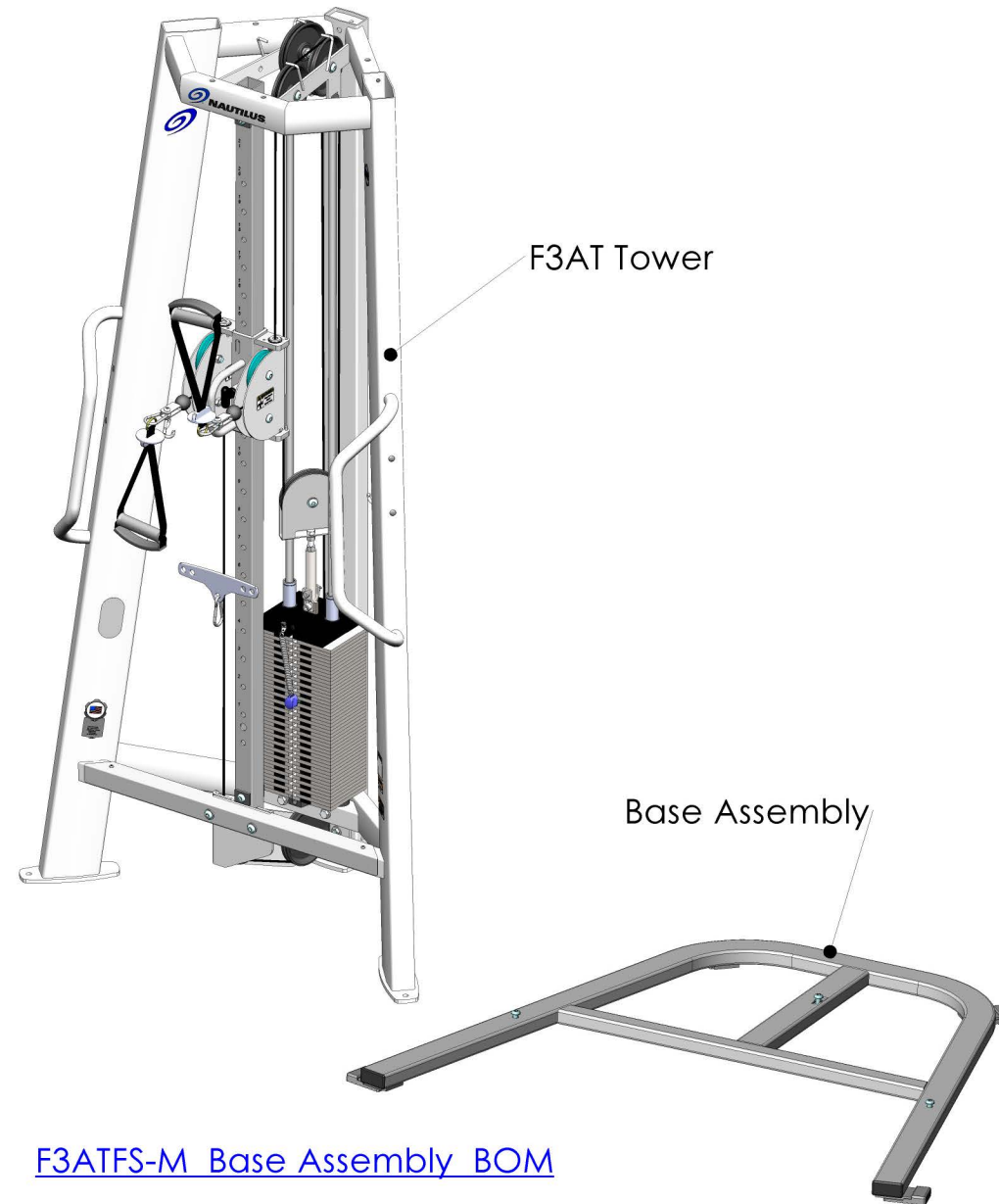
1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

Customer Service & Parts 800/ 235-2233  
 General Parts Requests: parts@medfitsys.com  
 Warranty Field Service Requests: servicerequest@medfitsys.com  
 Med-Fit Systems, Inc. 800/ 831-7665

[www.medfitsystems.com](http://www.medfitsystems.com)

**F3AT-M TOWER BOM**

PART NO.	F3AT-M/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
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-32	1	EVO 240 LB Weight Stack 10 LB Top Plate



**F3ATFS-M Base Assembly BOM**

PART NO.	Default/QTY.	DESCRIPTION
01-4053	1	BOLT BH , 1/2 -13 x 1" ZINC
01-4082	2	BOLT BH , 1/2 -13 x 2" ZINC
03-4247	1	Cage Nut
09-2060	2	1 1/2 X 3 11 GA FRAME PLUG
09-5045	4	NITRO SERIES MOLDED FOOTPAD
61-1329	1	Base for Free Standing F3AT



**F3 Adjustable Tower Free Standing (With EVO Medical Weight Stack)**  
**F3ATFS-M**

Bolt Torque Specifications	Bolt Torque Specifications	
	Grade 5	Grade 8
Size	Torque (ft-lbs)	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

REV H

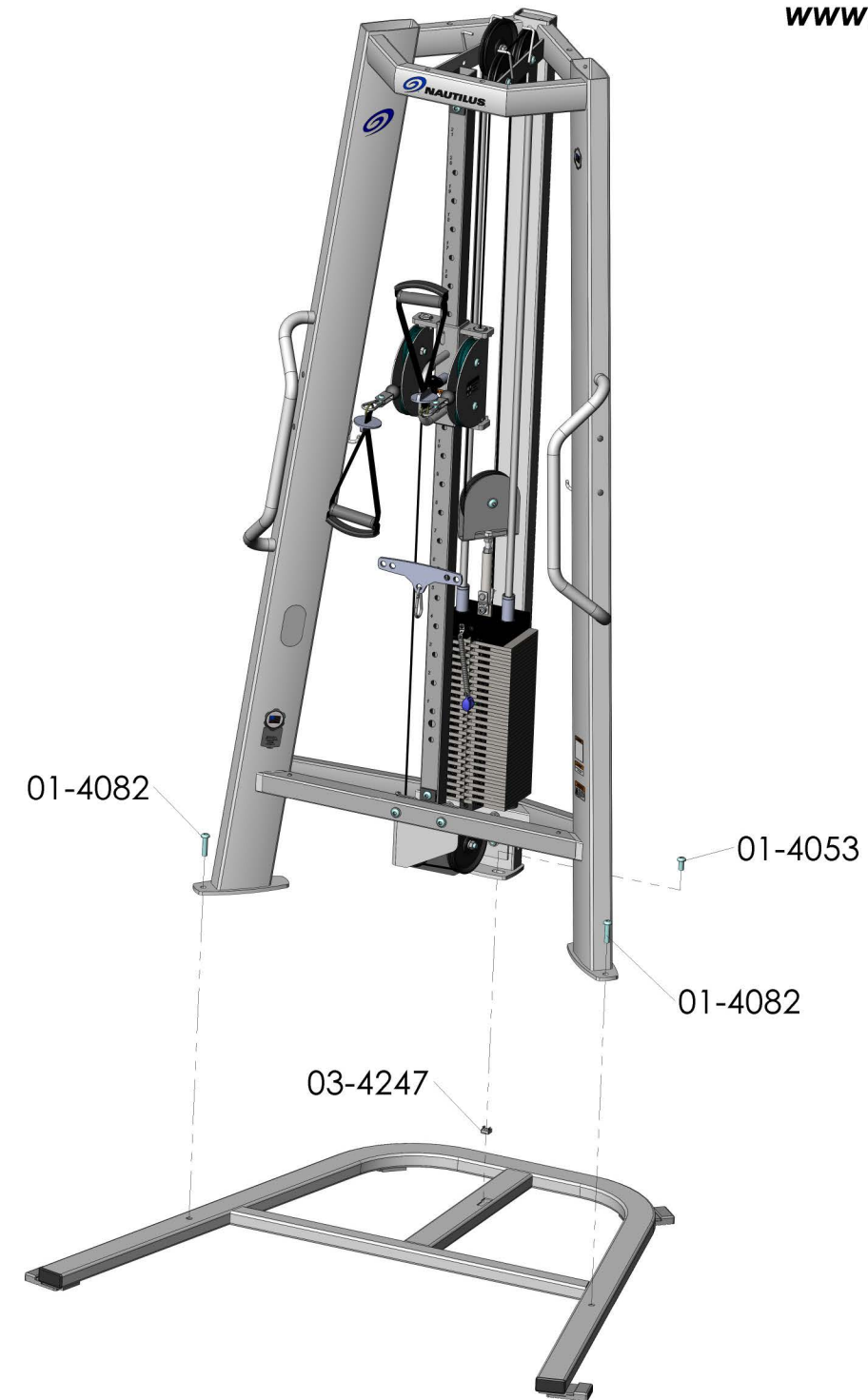
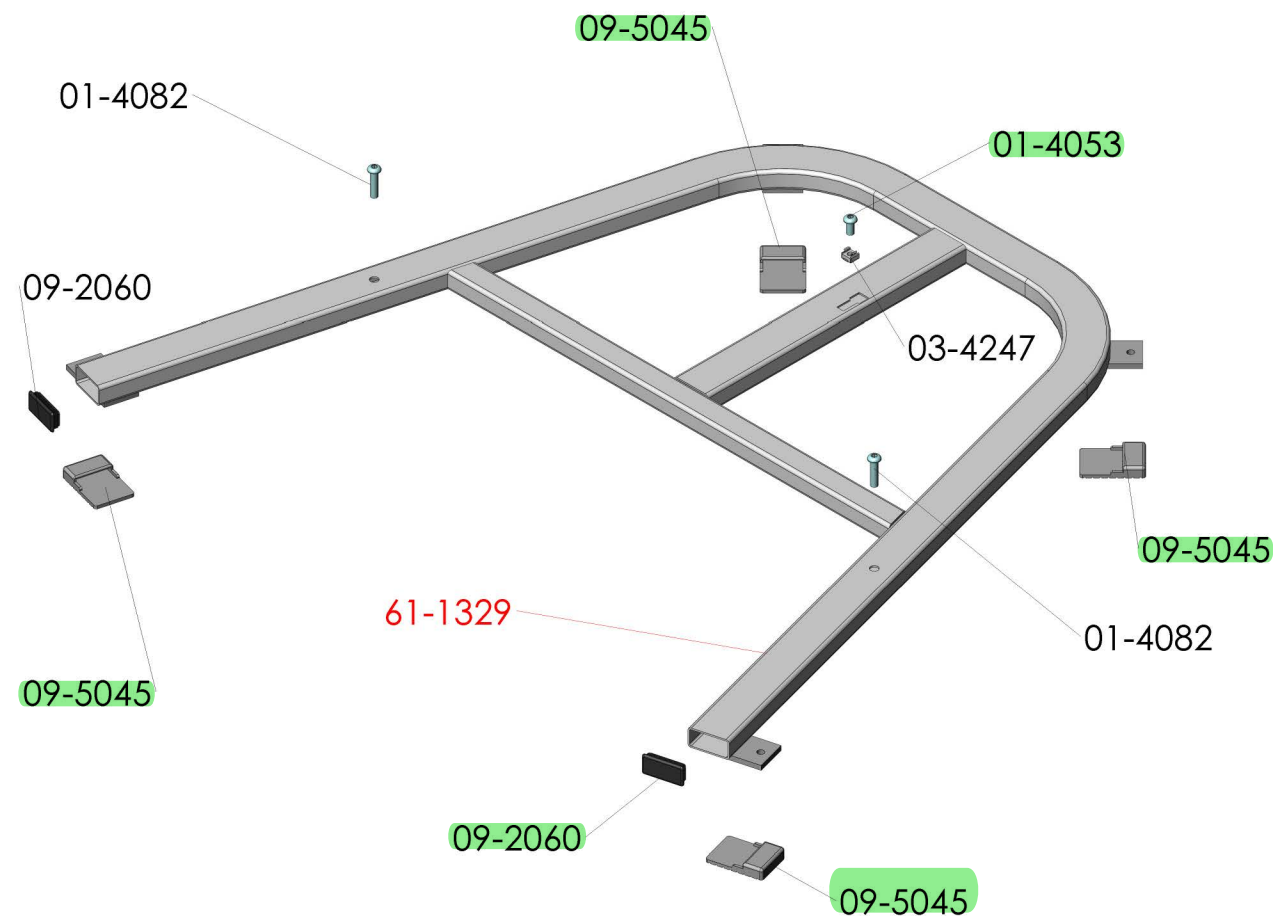


**Red: PAINTED ITEMS**  
**Blue: KITS**

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

Customer Service & Parts 800/ 235-2233  
 General Parts Requests: parts@medfitsys.com  
 Warranty Field Service Requests: servicerequest@medfitsys.com  
 Med-Fit Systems, Inc. 800/ 831-7665

[www.medfitsystems.com](http://www.medfitsystems.com)



**F3 Adjustable Tower - Free Standing**  
**F3ATFS-M**

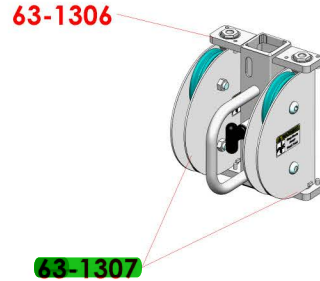
Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

REV H

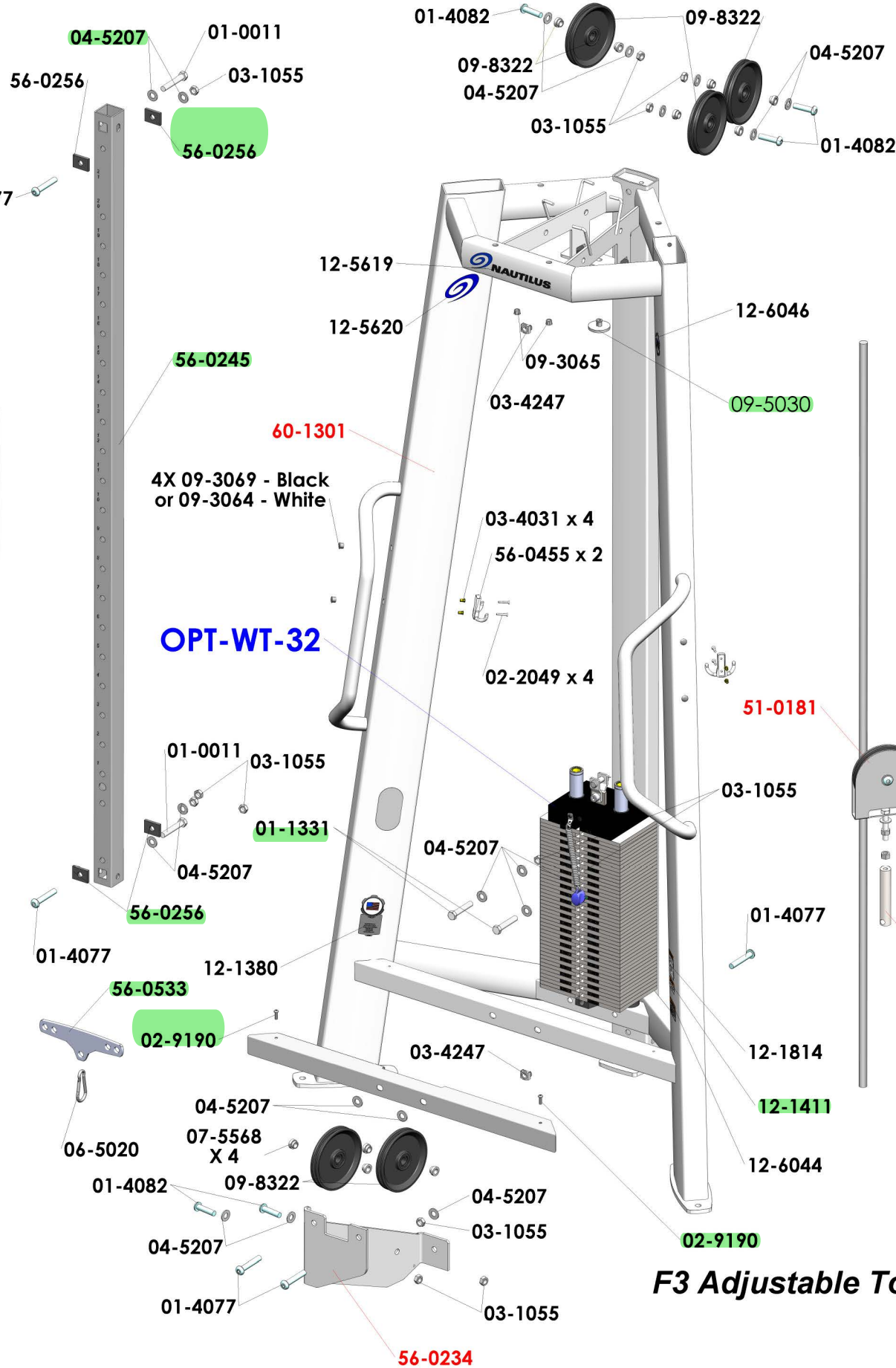
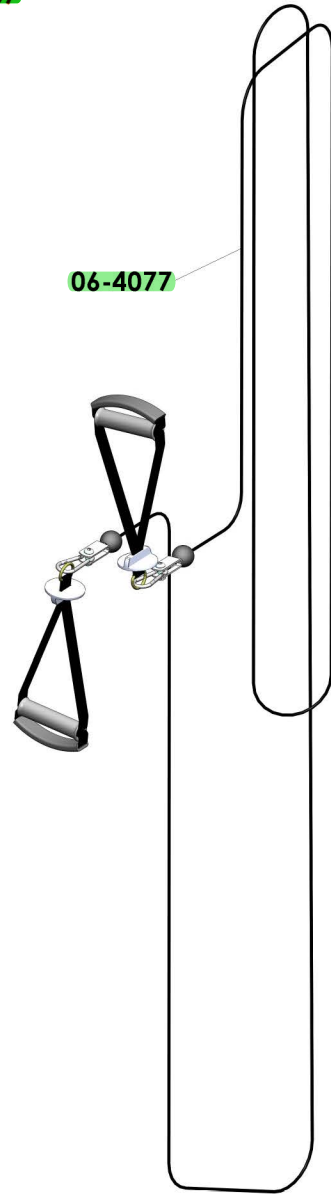




**Red: PAINTED ITEMS**  
**Blue: KITS**



06-4077



1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



56-0579

**F3 Adjustable Tower (With EVO Medical Weight Stack)**  
**F3AT-M**

Customer Service & Parts 800/235-2233  
 General Parts Requests: parts@medfitsys.com  
 Field Service Requests: servicerequest@medfitsys.com  
 GSA Parts Requests: gsa@medfitsys.com  
 Med-Fit Systems, Inc. 800/831-7665

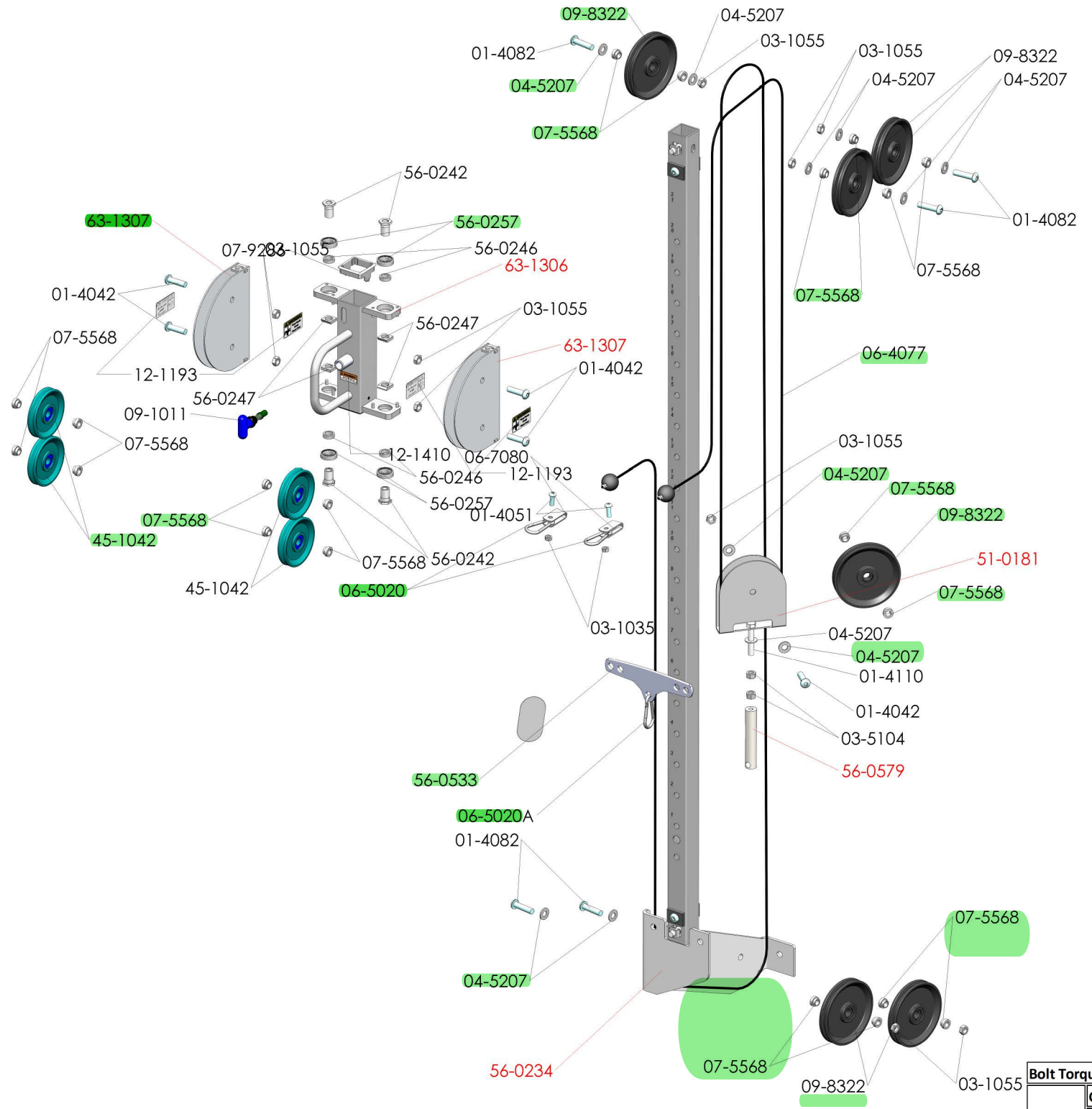
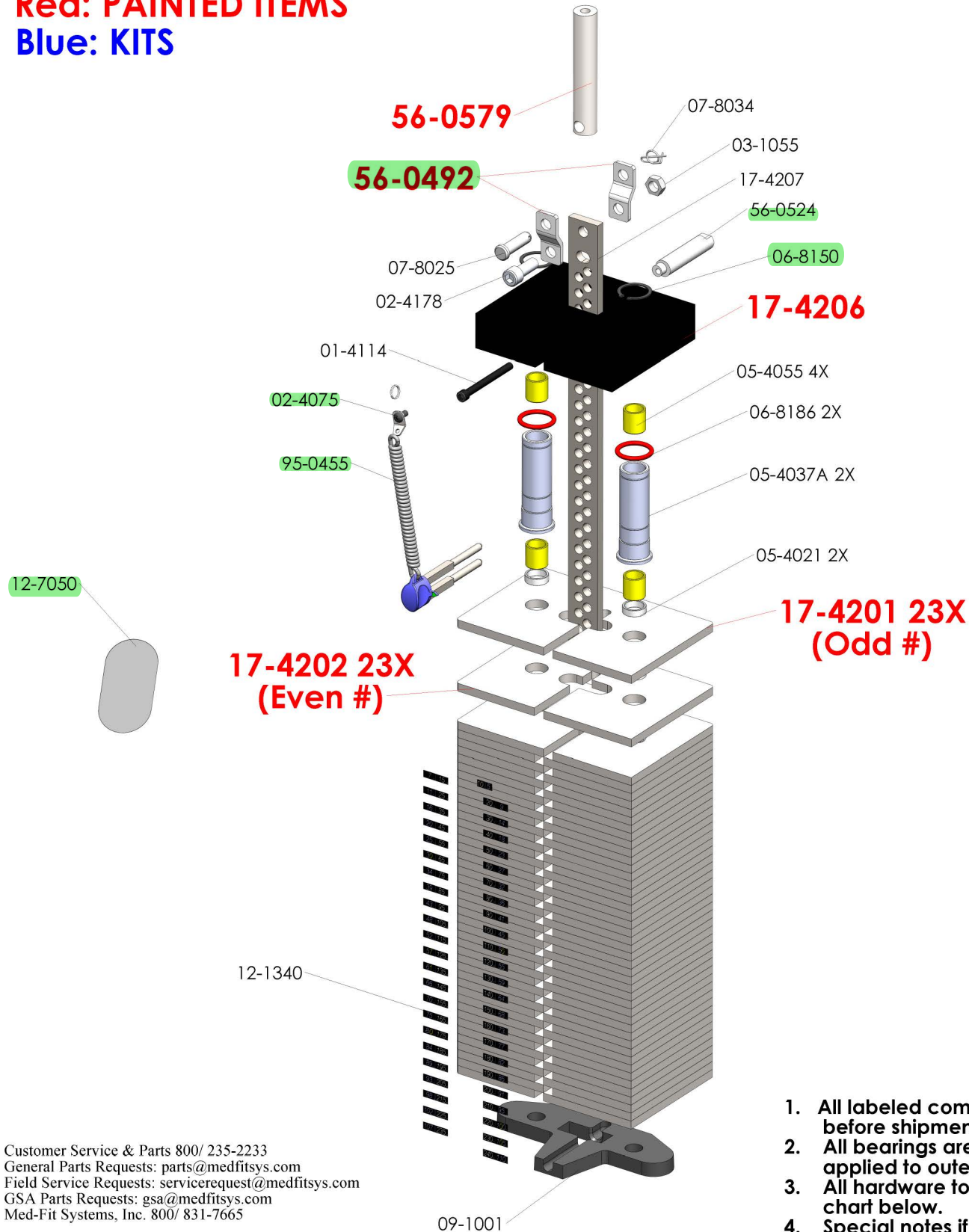
www.medfitsystems.com

Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	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

REV AD



**Red: PAINTED ITEMS**  
**Blue: KITS**



1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

**F3ATFS-M Adjustable Tower (With EVO Medical Stack)**

**F3ATFS-M**

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

Customer Service & Parts 800/ 235-2233  
General Parts Requests: parts@medfitsys.com  
Field Service Requests: servicerequest@medfitsys.com  
GSA Parts Requests: gsa@medfitsys.com  
Med-Fit Systems, Inc. 800/ 831-7665

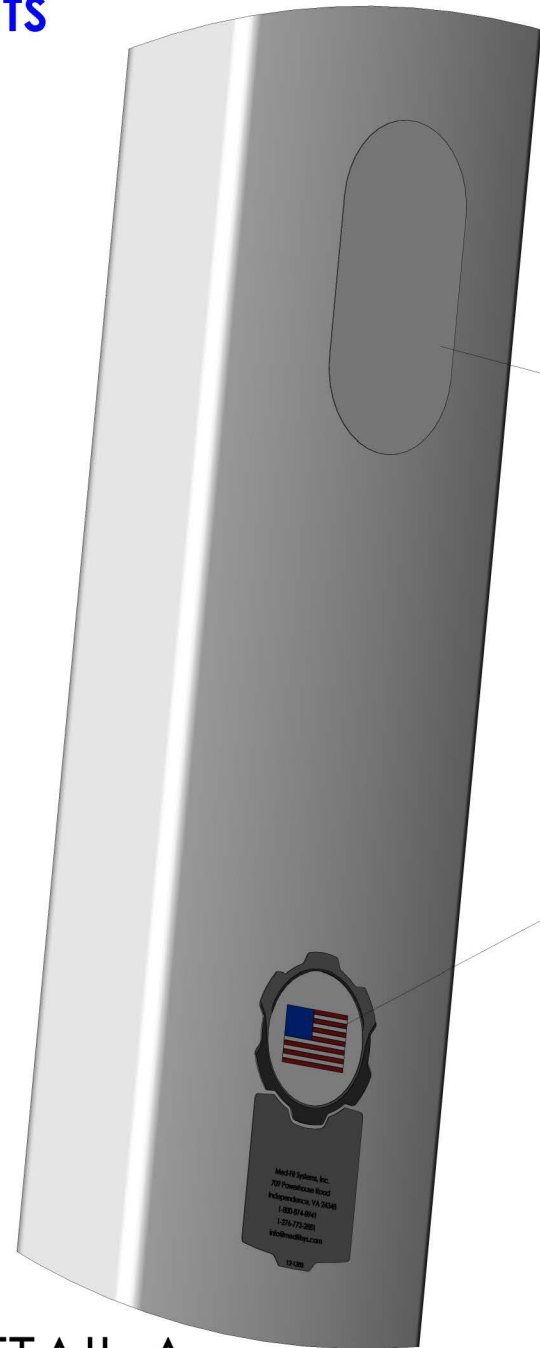
[www.medfitsystems.com](http://www.medfitsystems.com)

REV AD





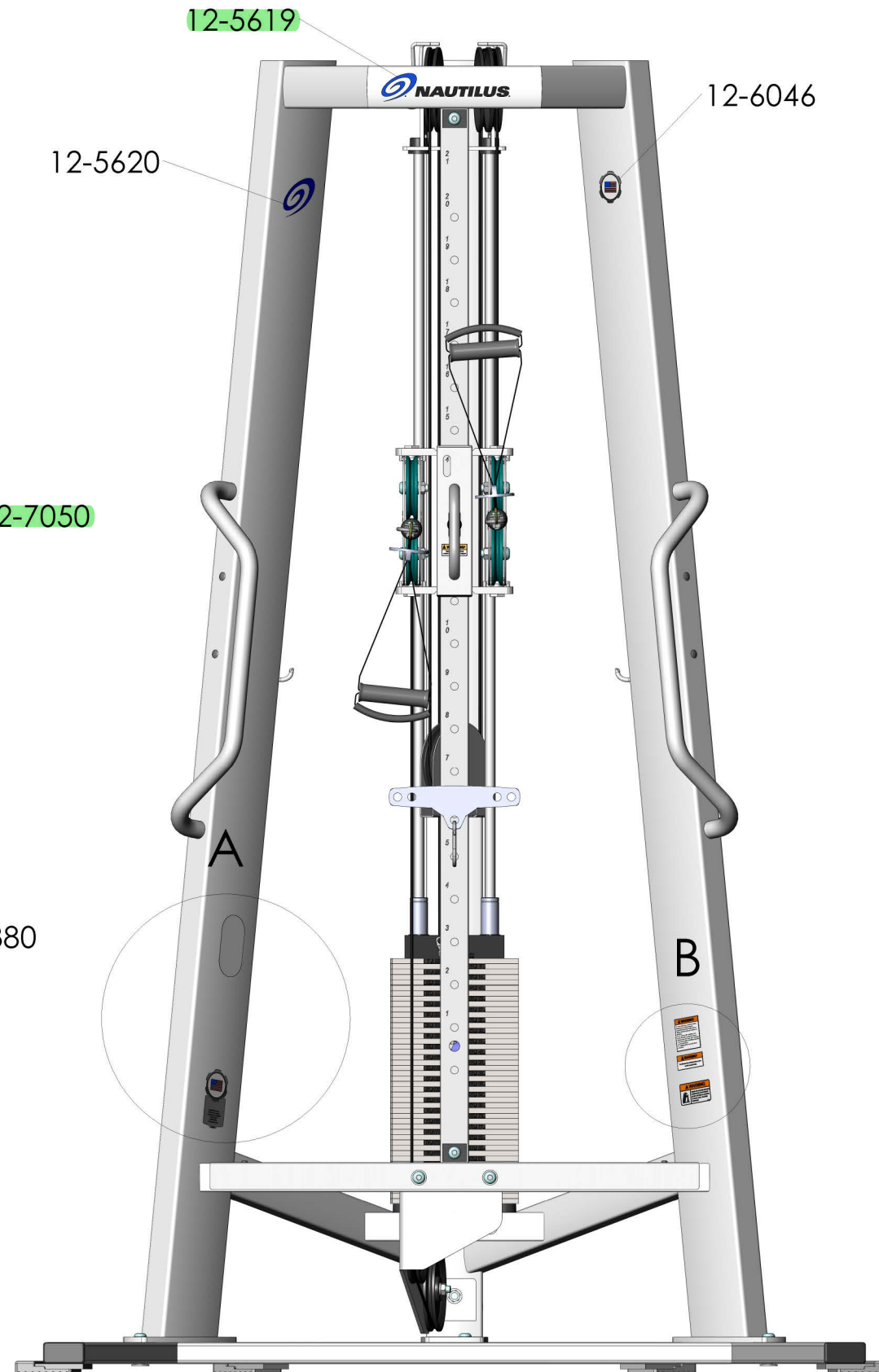
**Red: PAINTED ITEMS**  
**Blue: KITS**



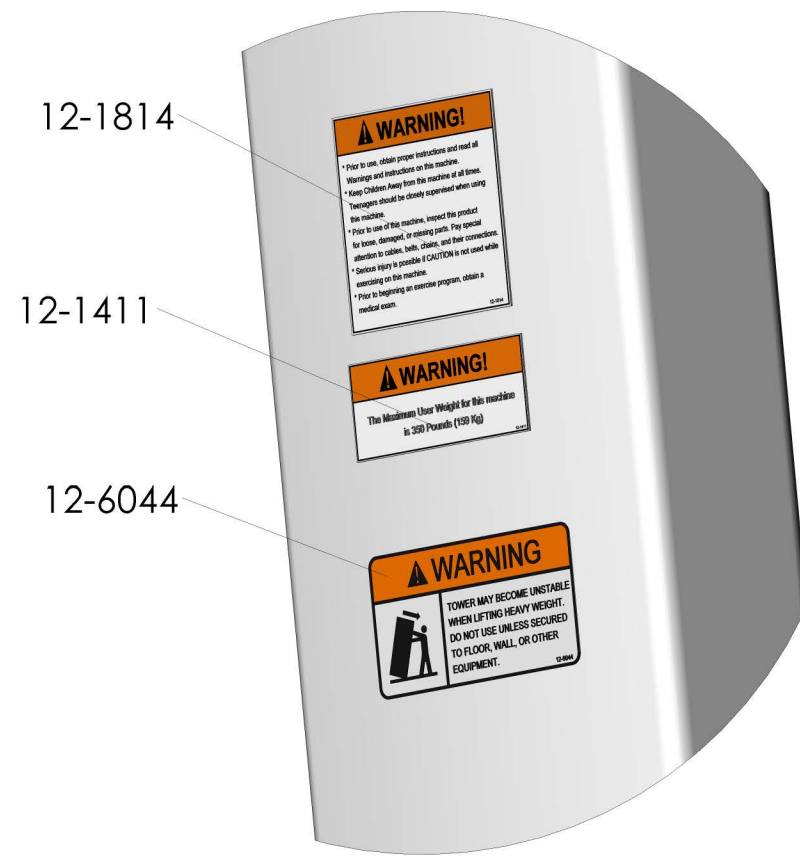
**DETAIL A**  
**SCALE 1 : 2.5**

Customer Service & Parts 800/ 235-2233  
General Parts Requests: parts@medfitsys.com  
Warranty Field Service Requests: servicerequest@medfitsys.com  
Med-Fit Systems, Inc. 800/ 831-7665

[www.medfitsystems.com](http://www.medfitsystems.com)



1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



**DETAIL B**  
**SCALE 1 : 2**

**F3 Adjustable Tower Free Standing (With EVO Medical Weight Stack)**

**F3ATFS-M**

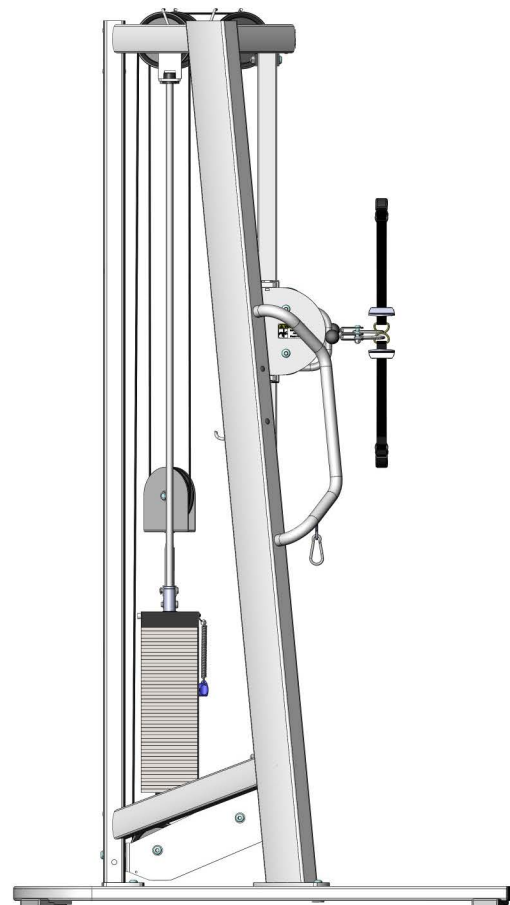
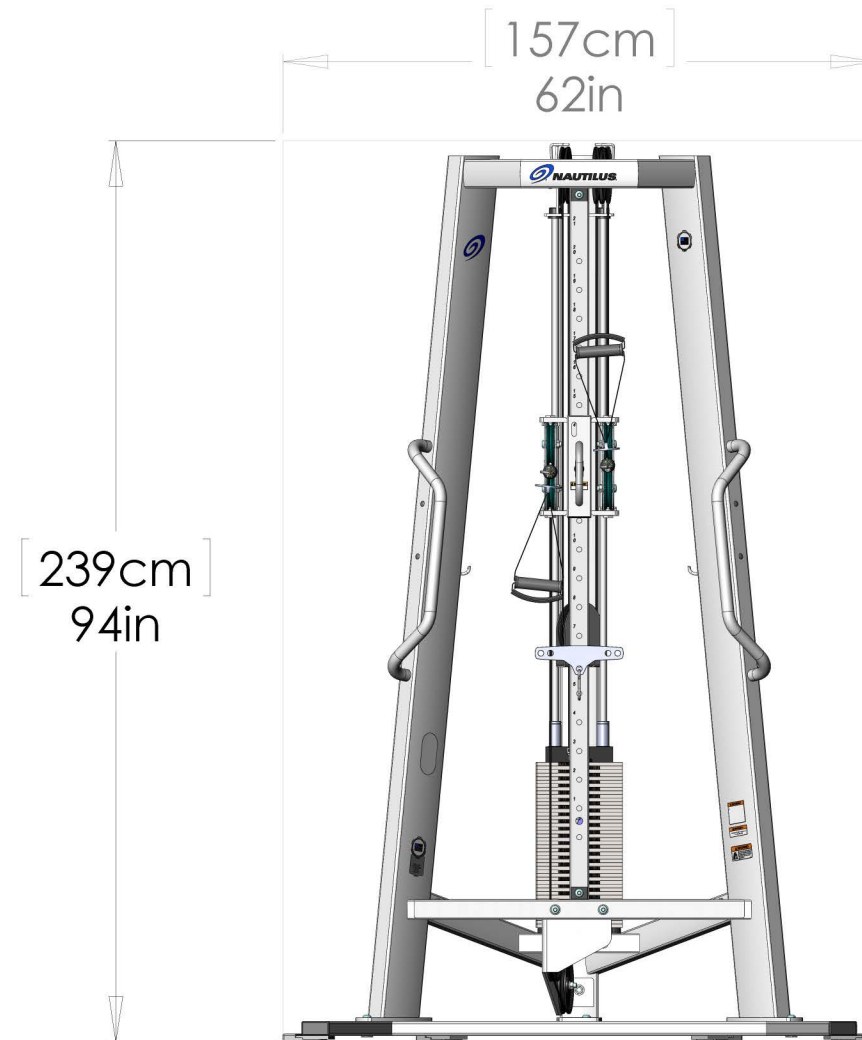
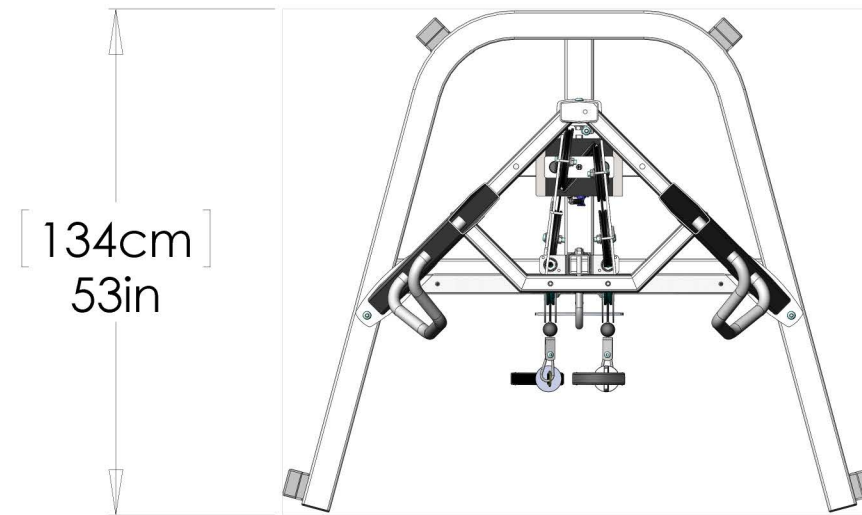
Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

REV H



Customer Service & Parts 800/ 235-2233  
General Parts Requests: parts@medfitsys.com  
Warranty Field Service Requests: servicerequest@medfitsys.com  
Med-Fit Systems, Inc. 800/ 831-7665

[www.medfitsystems.com](http://www.medfitsystems.com)



5/3/13	F3ATFS-M
Units	Weight
lbs	572
kg	259

**F3 Adjustable Tower Free Standing (With EVO Medical Weight Stack)**

**F3ATFS-M**

REV H