



**2ST**

# FOUR-WAY NECK

## OWNER'S MANUAL

REVISED: October 9, 1998

SERIAL NO.'S

through

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**PARTS AND SERVICE**  
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19-4906

**Nautilus** 2ST Four-Way Neck

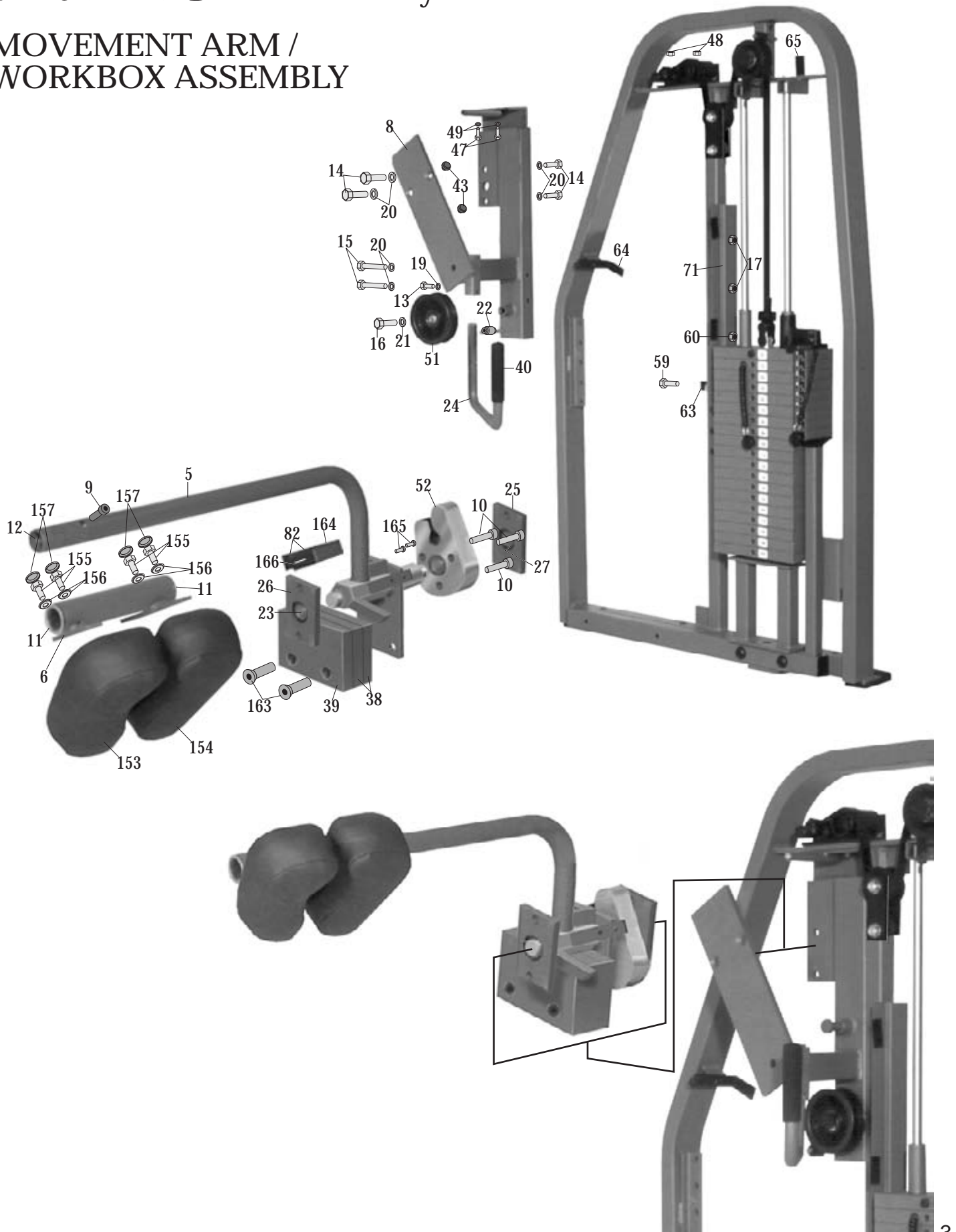
SEAT FRAME TO  
MAIN FRAME ASSEMBLY



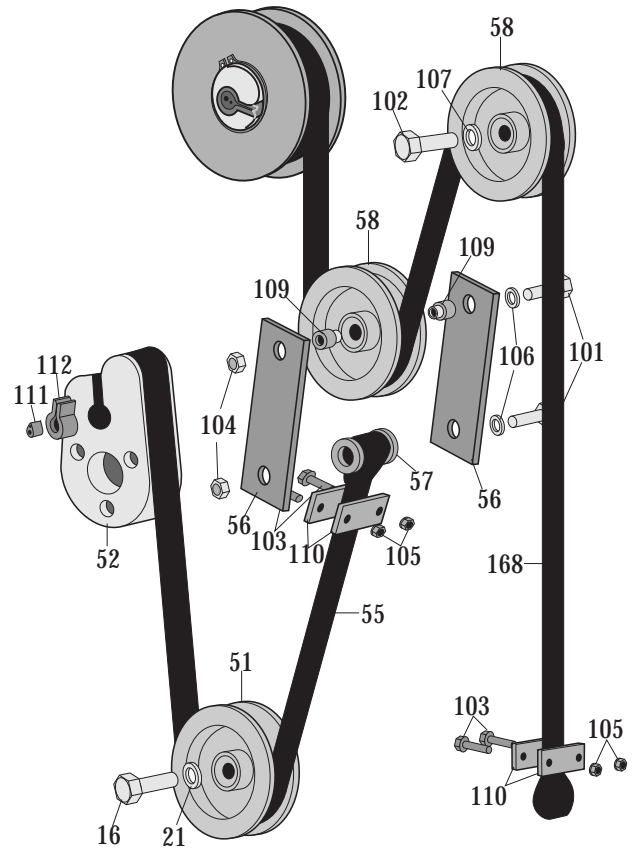
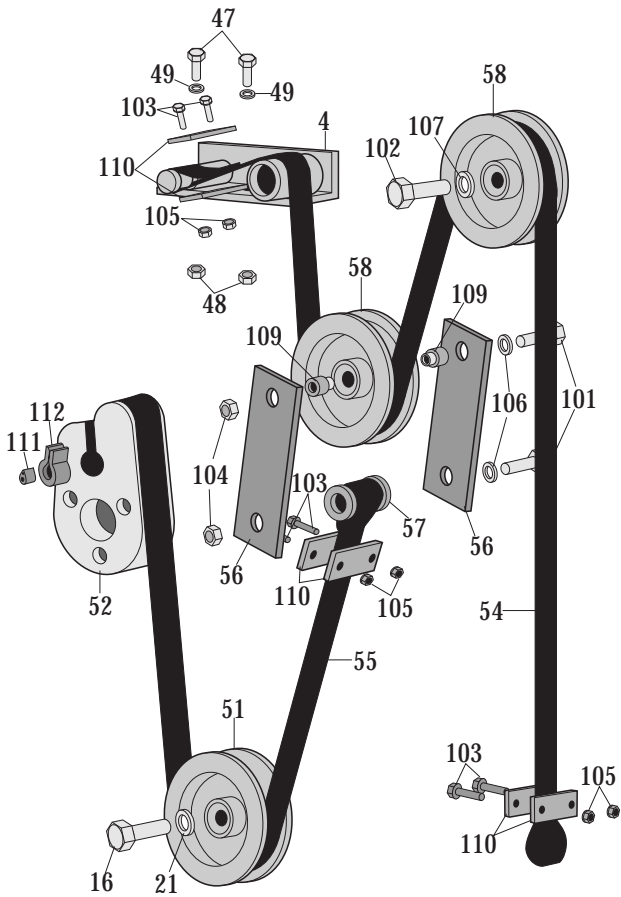


# **Nautilus** 2ST Four-Way Neck

## MOVEMENT ARM / WORKBOX ASSEMBLY



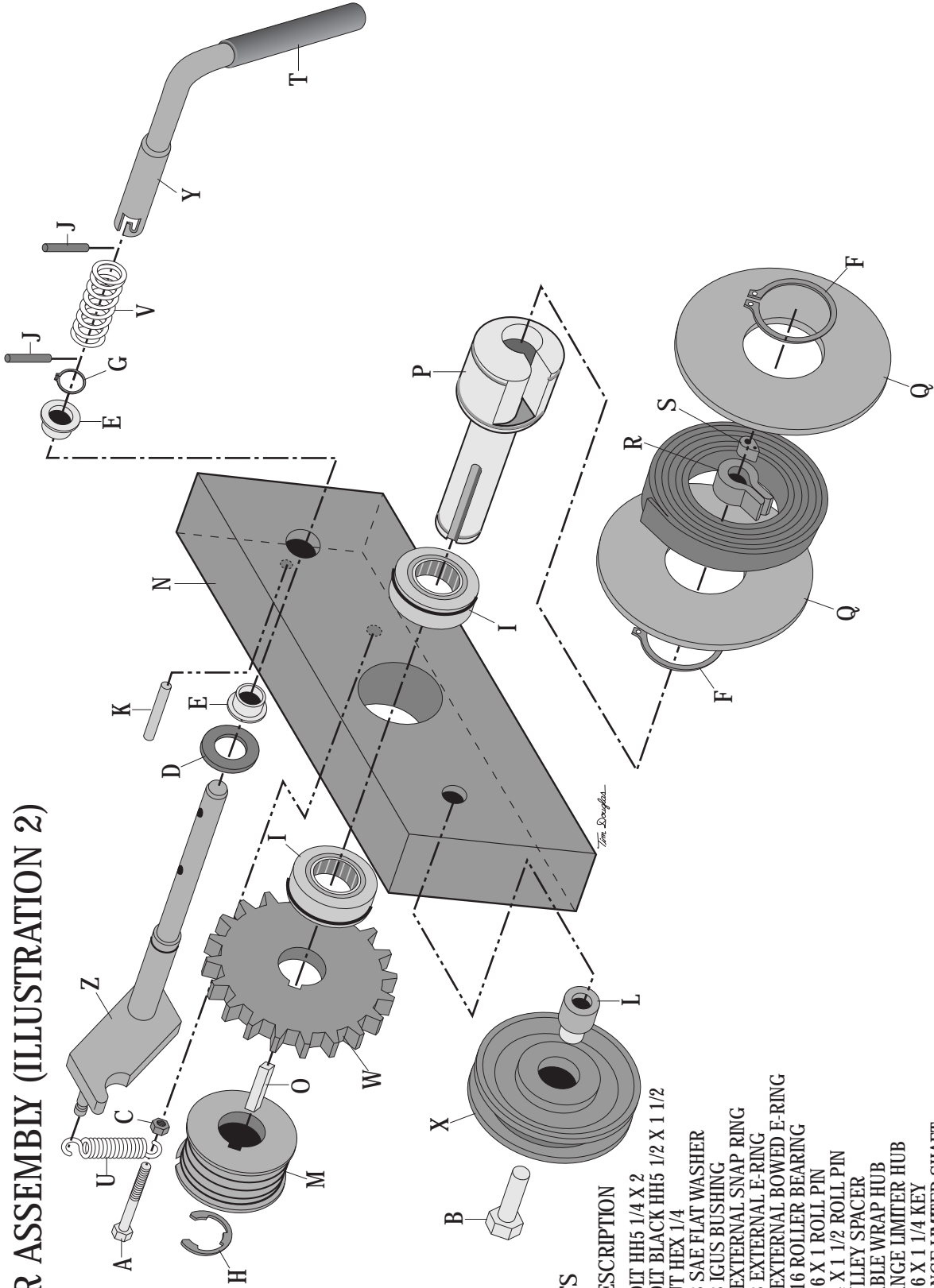
**BELT & PULLEY ASSEMBLY**



**Range Limiter**



# RANGE LIMITER ASSEMBLY (ILLUSTRATION 2)



## BLOCK ASSEMBLY PARTS

REF #	PART #	DESCRIPTION
A	01-1571	BOLT HH5 1/4 X 2
B	01-1282	BOLT BLACK HH5 1/2 X 1 1/2
C	03-5101	NUT HEX 1/4
D	04-5208	5/8 SAE FLAT WASHER
E	05-5110	5/8 IGUS BUSHING
F	06-8237	2" EXTERNAL SNAP RING
G	06-8283	5/8 EXTERNAL E-RING
H	06-8290	1" EXTERNAL BOWED E-RING
I	07-1160	7516 ROLLER BEARING
J	07-7004	3/16 X 1 ROLL PIN
K	07-7030	1/4 X 1 1/2 ROLL PIN
L	07-8363	PULLEY SPACER
M	07-8845	CABLE WRAP HUB
N	07-8850	RANGE LIMITER HUB
O	07-8860	5/16 X 1 1/4 KEY
P	07-9125	RANGE LIMITER SHAFT
Q	07-9159	BELT WASHER
R	08-7063	BELT KEEPER
S	08-7064	BELT KEEPER PLUG
T	09-1005	1/2 X 5 FOAM GRIP
U	10-1030	EXTENSION SPRING - RANGE LIMITER
V	10-2035	.720 X .055 X 1.50 COMPRESSION SPRING
W	13-1085	26T X 1.00 DIA KEYED SPROCKET
X	45-1037	CABLE PULLEY
Y	HB508	RL HANDLE BEND
Z	LK532	RL RATCHET SHAFT

# 19 WEIGHT STACK



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

## STANDARD

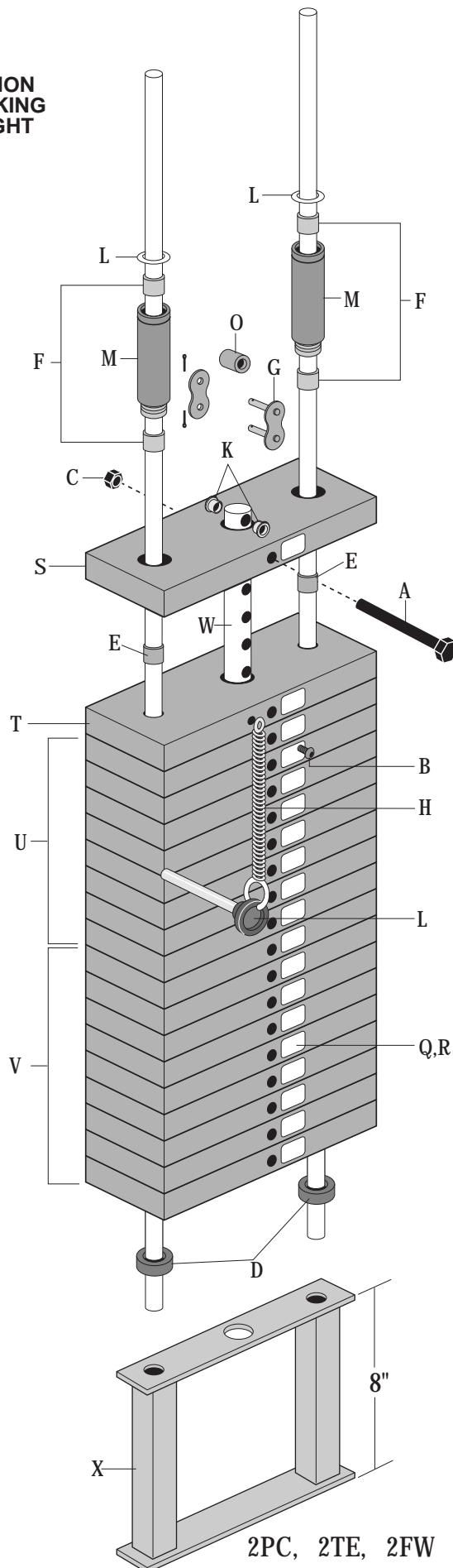
REF #	PART #	200 lb. WEIGHT STACK (20-200)
A	01-0010	BOIT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4-20 X 3/4 FLANGE BUTTON HEAD SCREW
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1024	DECAL WARNING 3"
Q	12-1052	WEIGHT STACK DECAL 20-250 lbs
R	12-1062	WEIGHT STACK DECAL 9.1 - 113.7 kg
S	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
T	17-2206	1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
U	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
W	17-4078	WEIGHT STACK PIN 19 HOLE, 20 1/4(powder paint)
X	BSF509	WEIGHT STACK STAND 8"

## WOMEN'S/MEDICAL

REF #	PART #	130 lb. WEIGHT STACK (10-130)
A	01-0010	BOIT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4-20 X 3/4 FLANGE BUTTON HEAD SCREW
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1024	DECAL WARNING 3"
Q	12-1056	WEIGHT STACK DECAL 10-180 lbs
R	12-1061	WEIGHT STACK DECAL 4.6 - 81 kg
S	17-2210	1 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
T	17-2212	1 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
U	17-2211	1 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
W	17-4078	WEIGHT STACK PIN 19 HOLE, 20 1/4(powder paint)
X	BSF509	WEIGHT STACK STAND 8"

## SUPER STACK

REF#	PART #	290 lb. WEIGHT STACK (20-290)
A	01-0010	BOIT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4-20 X 3/4 FLANGE BUTTON HEAD SCREW
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8297	PIN WEIGHT SELECTOR W/MAGNET 7" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1028	DECAL WARNING 6"
Q	12-1057	WEIGHT STACK DECAL 20-365 lbs
R	12-1064	WEIGHT STACK DECAL 9.1 - 165.9 kg
S	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
T	17-2207	1 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
U	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
V	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
W	17-4078	WEIGHT STACK PIN 19 HOLE, 20 1/4(powder paint)
X	BSF509	WEIGHT STACK STAND 8"



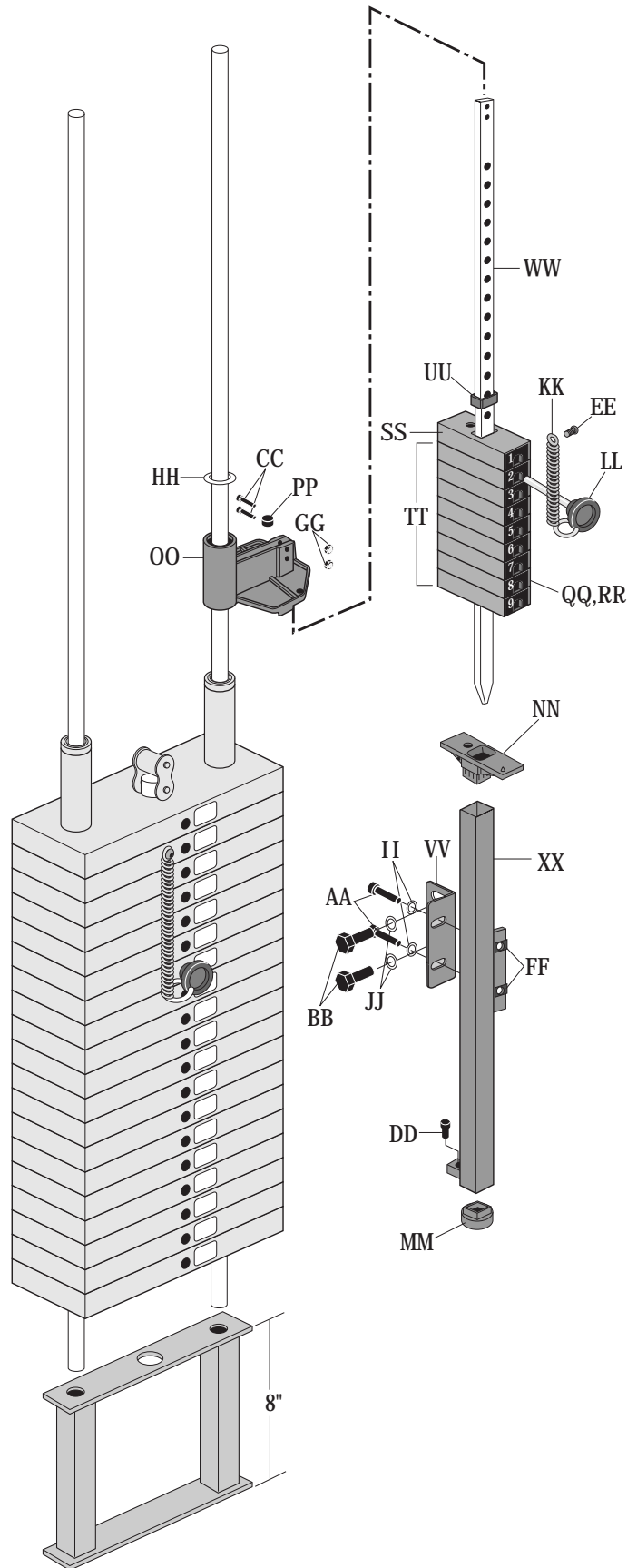


# MINI 19 ADD-ON WEIGHT KIT

REF #	PART #	DESCRIPTION
AA	02-4108	3/8-16 X 3/4 ALLEN CAP SCREW
BB	01-1258	1/2 X 3/4 HEX BOLT BLACK
CC	01-4035	1/4 X 1-1/4 WIZ BOLT BLACK
DD	02-4110	3/8 X 1-1/4 ALLEN CAP SCREW
EE	02-4134	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
FF	03-5111	3/8 CLIP NUT
GG	03-4290	1/4 WIZ NUT BLACK ZINC
HH	06-8150	1 1/4 EXT. SNAP RING
II	04-5206	3/8 FLAT WASHER BLACK
JJ	04-3041	1/2 LOCK WASHERS BLACK
KK	06-7062	.450 OD 5" SUPER COIL
LL	07-8045	ADD ON WEIGHT SELECTOR PIN & KNOB
MM	07-9245	MOLDED WEIGHT STAND INSERT
NN	07-9250	MOLDED ADD-ON-WEIGHT BASE
OO	07-9255	MOLDED ADD-ON-WEIGHT LINK
PP	09-3072	HOLE PLUG 3/8" BLACK
QQ	12-1063	ADD ON WEIGHT DECAL KG
RR	12-1066	ADD ON WEIGHT DECAL LBS
SS	17-5998	CAST ADD-ON SECOND PLATE
TT	17-5999	CAST ONE POUND WEIGHT
UU	17-6015	RECTANGULAR WEIGHT BUSHING
VV	17-6020	ANGLE BRACKET
WW	17-4137	STANDARD MINI-WEIGHT STACK PIN
XX	BSF511	MINI WEIGHT STAND



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



## 2ST FOUR-WAY NECK

### E.L. CODES:

2FWNS FULLY SHIELDED FOUR WAY NECK  
 2FWFNS FULLY SHIELDED WOMENS' FOUR WAY NECK  
 2MFWNS FULLY SHIELDED MEDICAL FOUR WAY NECK  
 2FWN PARTIAL SHIELDED FOUR WAY NECK  
 2WFWN PARTIAL SHIELDED WOMENS' FOUR WAY NECK  
 2SFWN PARTIAL SHIELDED SUPER FOUR WAY NECK

### REF# PART# DESCRIPTION

	<i>E.L. CODE:</i>	2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN
	WL05	WELDMNT KIT FOUR WAY NECK
1	AB505	ADJUSTABLE BACK SLIDE
2	BF501	WEIGHT FRAME ASSEMBLY
3	BSF504	BASE / SEAT FRAME ASSEMBLY
4	LK500	LINKAGE ASSEMBLY
5	MA533	MOVEMENT ARM COUNTERWEIGHT ASSEMBLY
6	MA534	MOVEMENT ARM FACE PAD MOUNT ASSEMBLY
7	SE508	SEAT ASSEMBLY
8	WB509	WORKBOX ASSEMBLY
	<i>E.L. CODE:</i>	2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN
	BLT08	BELT & PULLEY KIT FOUR WAY NECK
9	02-4109	BOLT AC 3/8 X 1
10	02-4112	BOLT AC 3/8 X 1 3/4
11	05-5025	BUSHING NYLON 1.284 X 1 1/2 X 1 1/4
12	09-3040	1 OD HOLE PLUG
	<i>E.L. CODE:</i>	2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN
	WX02	WORKBOX KIT FOUR WAY NECK
13	02-9210	BOLT HH5 3/8 X 1
14	01-1271	BOLT HH5 1/2 X 1 1/4
15	01-1565	BOLT HH5 1/2 X 5
16	01-2180	BOLT HH5 5/8 X 1 1/2
17	03-1055	1/2 NTE
18	04-5203	1/2 USS WASHER
19	04-5213	3/8 LOK WASHER
20	04-5214	1/2 LOK WASHER
21	04-5215	5/8 LOK WASHER
22	06-5045	BELT ROLLER
23	07-5065	203 PP BEARING
24	07-5074	WORKBOX HANDLE
25	07-8402	TAPPED BEARING MOUNT (205PP)
26	07-8408	MNT BEARING MA AXLE 5/8 X 2 1/2 CRF X 3 3/4
27	45-1063	BEARING BALL 205PP FAFNIR
	<i>E.L. CODE:</i>	2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN
	FR08	FRAME KIT FOUR WAY NECK
28	04-5145	PLASTIC BOLT CAP
29	01-1551	BOLT HH5 3/8 X 3 1/4
30	02-9071	BOLT HH5 3/8 X 3 3/4
31	02-9074	BOLT HH5 3/8 X 4 1/4
32	01-1402	BOLT HH5 1/2 X 2 1/4 BLACK
33	03-1035	NUT 3/8 NTE
34	03-1055	NUT 1/2 BLACK
35	04-5214	WASHER 1/2 LOK BLACK
36	04-5130	1/2" BOLT CAP WASHER
37	04-5135	3/8" BOLT CAP WASHER
38	07-5828	COUNTER WEIGHT PLATE
39	07-5830	COUNTER WEIGHT PLATE W/ C-BORE HOLES
40	09-1060	GRIP HAND 1 X 4 1/2 FOAM
41	09-2020	FRAME PLUG 1 1/2 SQ 11 GA
42	09-2040	FRAME PLUG 1 1/2 X 2 11 GA
43	09-4092	BUMPER RETURN AIR#209
44	09-5035	RUBBER FOOTPADS (RECTANGLE)
45	12-1001	SEAT POSITION INDICATOR ARROW
46	12-1009	SEAT DECAL 1 BOTTOM -10 TOP (5/8 WIDE)

### REF# PART# DESCRIPTION

	<i>E.L. CODE:</i>	2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN
	BLT08	BELT & PULLEY KIT FOUR WAY NECK
47	02-9220	BOLT HH5 3/8 X 1 1/4
48	03-1035	NUT 3/8 NTE
49	04-5213	WASHER 3/8 LOK
50	07-8363	IDLER PULLEY BUSHING
51	09-8330	4" PULLEY
52	11-3370	BELTED FOUR WAY NECK CAM
53	17-1375	GUIDE RODS 51 15/16 LONG
54	24-6030	KEVLAR BELT 60" appx. WT.STACK - IDLER
55	24-6030	KEVLAR BELT 57" appx. IDLER - CAM
56	07-9079	IDLER PLATES FOR 3" PULLEY
57	07-8366	BELT ANCHOR TUBE
58	09-8327	3" BELT PULLEY
	<i>E.L. CODE:</i>	2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN
	SH27	SHIELD KIT FOUR WAY NECK
59	01-1402	BOLT HH5 1/2 X 2 1/4
60	03-1055	1/2 NTE
61	03-4030	NUT INSERT 1/4-20 X 1/2 ALUMINUM
62	03-4060	1/4-20 CLIP NUT
63	07-9004	SHIELD MOUNT CENTER
64	07-9137	FRONT FRAME WORKBOX BRACKET
65	07-9138	UPPER MAIN FRAME SHIELD BRACKET
66	12-1120	RED PINE TREE CLIP
67	12-2756	INSTRUCTION PLACARD FOUR WAY NECK
68	19-1015	2" SQ SERIES 170 DUAL LOC
69	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
70	19-4906	PARTS DIAGRAM FOUR WAY NECK
	<i>E.L. CODE:</i>	2FWN, 2WFWN, 2SFWN
	SH28	SHIELD KIT 2FWN
71	07-9274	16GA SHEET METAL SHIELD SHROUD
72	09-3067	PLUG HOLE 1/4 WHITE
73	09-3063	PLUG HOLE 7/16 WHITE
74	09-3065	PLUG HOLE 9/16 WHITE
75	14-1511	PARTIAL INNER SHIELD
76	14-2074	STANDARD PARTIAL OUTER SHIELD
77	19-1015	2" SQ SERIES 170 DUAL LOC
78	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
79	02-4070	SCREW SHIELD 1/4 X 3/4
	<i>E.L. CODE:</i>	2FWNS, 2WFWNS
	SH29	SHIELD KIT 2FWNS
80	02-4134	1/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW
81	03-4040	NUT INSERT 1/4-20 X 5/8 BRASS
82	03-4060	1/4-20 CLIP NUT
83	07-9135	SMALL LOWER BASE SHIELD BRACKET
84	07-9136	LARGE LOWER BASE SHIELD BRACKET
85	14-2011	SHIELD OUTER MAIN BF501
86	14-2095	SHIELD WORKBOX
87	14-2096	SHIELD BFWN INSIDE MAIN
88	02-4070	SCREW SHIELD 1/4 X 3/4
	<i>E.L. CODE:</i>	2MFWNS
	SH59	SHIELD KIT RL 2MFWNS
89	01-1258	1/2 X 3/4 HH5
90	02-4134	1/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW
91	03-4040	NUT INSERT 1/4-20 X 5/8 BRASS
92	03-4060	1/4-20 CLIP NUT
93	04-5214	1/2-13 INT LOC WASHER
94	07-5825	FWN UPPER SHIELD MOUNT
95	07-9135	SMALL LOWER BASE SHIELD BRACKET
96	07-9136	LARGE LOWER BASE SHIELD BRACKET
97	14-1655	SHIELD WORKBOX RANGE LIMITER
98	14-2096	SHIELD BFWN INSIDE MAIN

REF#	PART#	DESCRIPTION
	<i>E.L. CODE:</i> 2MFWNS	
	SH59	SHIELD KIT RL 2MFWNS
99	14-2009	DEEP BF501 OUTER SHIELD
100	02-4070	SCREW SHIELD 1/4 X 3/4
	<i>E.L. CODE:</i> 2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN	
	BLT01	BELT & PULLEY KIT 1
101	01-1321	BOLT HH5 1/2 X 2 1/2
102	01-2180	BOLT HH5 5/8 X 1 1/2 BLACK
103	01-4030	1/4 X 1 WHIZ FLANGE SM PATTERN BLACK
104	03-1055	1/2 NTE
105	03-4290	1/4-20 WHIZ FLANGE L/N SM PATTERN BLACK
106	04-5214	1/2 LOK WASHER
107	04-5215	5/8 LOK WASHER BLACK
108	06-5045	ANTI-JUMP ROLLER
109	07-8363	IDLER PULLEY SPACER
110	07-8982	END STRAP CLAMP
111	08-7063	TEARDROP (FOR CAM)
112	08-7064	TEARDROP INSERT
113	09-8327	PULLEY 3"
	<i>E.L. CODE:</i> 2FWNS, 2MFWNS, 2FWN, 2SFWN	
	IN01	INSPECTION KIT
114	12-1080	INSPECTION STICKER DECAL
115	12-1088	DECAL NAUTILUS NAMEPLATE 2 1/2 x 9 1/4 long
116	19-1291	DECAL SERIAL # BAR CODE
117	40-7167	BAG 50 X 46 X 86 X .002 THICK
	<i>E.L. CODE:</i> 2WFWNS, 2WFWN	
	IN03	INSPECTION KIT WOMENS
118	12-1080	INSPECTION STICKER DECAL
119	12-1175	NAUTILUS WOMENS NAMEPLATE 2 1/2 x 9 1/4
120	19-1291	DECAL SERIAL # BAR CODE
121	40-7167	BAG 50 X 46 X 86 X .002 THICK
	<i>E.L. CODE:</i> 2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN	
	SK05	SHOCK ADJUSTMENT KIT 5
122	06-8006	SEAT ADJUSTMENT CABLE, 18"
123	07-8027	PIN CLEVIS 5/16 X 1 3/16
124	09-1058	RUBBER HAND GRIP, 7/8 X 4 1/2
125	07-9298	GAS SPRING COVER TUBE
126	07-9299	GAS SPRING COVER PLUG
127	10-3045	RIGID IN COMPRESSION, 250 N #7613IL
128	03-5106	NUT HEX 10MM
129	06-8000	SEAT ADJUSTMENT HANDLE 7/8"
130	07-8135	COTTER PIN #RUE-10 mfg. PIVOT POINT
131	07-9201	SHOCK LEVER P/N 783234
132	07-9205	HEAD THREAD ON CAST ALUM
133	12-1109	SEAT SHOCK ADJ. TAG
134	12-1113	SHOCK WARNING DECAL
135	07-5065	BEARING FAFNIR 203 PP
136	10-4012	40 MM O.D. WAVE SPRING SSB-0158-S17
137	19-1235	NYLON SEAT ROLLERS
	<i>E.L. CODE:</i> 2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN	
	ST02	ADJUSTABLE SEAT BACK KIT 2
138	02-4129	1/4 X 1/4-20 SET SCREW
139	03-4142	NUT JAM 5/16 BLACK
140	06-8258	INTERNAL SNAP RING 5/8 , N5000-62
141	07-8281	PIN SELECTOR 1/2 DIA CR X 3.81" L
142	07-9276	NYLON SLIDE
143	07-9277	PLUG / SLIDE
144	08-5185	SPACER
145	09-2070	PLUG FRAME 2 X 2 X 11 GA
146	09-8146	SELECTOR PIN TIP
147	09-8275	KNOB SELECTOR PIN

REF#	PART#	DESCRIPTION
	<i>E.L. CODE:</i> 2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN	
	ST02	ADJUSTABLE SEAT BACK KIT 2
148	10-2020	SPRING COMPRESSION .490 OD X 1.500 L
149	12-1073	DECAL SEAT 3/4" INCREMENTS 1-11 WHITE
	<i>E.L. CODE:</i> 2FWNS, 2WFWNS, 2MFWNS, 2FWN, 2WFWN, 2SFWN	
	UPH19	BELTED FOUR WAY NECK UPHOLSTERY KIT
150	UP8017	SEAT PAD
151	02-9220	BOLT HH5 3/8 X 1 1/4 BLACK
152	04-5213	WASHER INT LOK 3/8 BLACK
153	UP9042	FACE PAD LEFT
154	UP9044	FACE PAD RIGHT
155	02-9220	BOLT HH5 3/8 X 1 1/4 BLACK
156	04-5135	3/8" BOLT CAP WASHER
157	04-5145	PLASTIC BOLT CAP
158	UP9070	CHEST PAD
159	UP718	SLIPCOVER
160	02-9220	BOLT HH5 3/8 X 1 1/4 BLACK
161	04-5135	3/8" BOLT CAP WASHER
162	09-3080	FRAME PLUG 1 X 3 (KIT "FR08")
163	02-2065	BOLT CSINK 3/8 X 3 3/4 (KIT "FR08")
164	19-1194	RANGE LIMITER INDICATOR
165	02-4075	1/4 X 1/2 SHIELD SCREW
166	12-1084	DECAL WHITE W/RED LINE
167	02-9250	3/8 X 2 1/4 HH5
168	24-6030	KEVLAR BELT 68" WT. STACK IDLER
	RL2FWN	FOUR WAY NECK RL KIT
169	12-1081	DECAL - CLEAR WITH ANGLE TEXT
170	12-1084	DECAL - WHITE WITH RED LINE
171	12-2805	2MFWNS RL INSTRUCTION PLACARD
172	14-1655	FOUR WAY NECK INNERMAIN SHIELD
173	19-1194	FWN BOLT ON METAL INDICATOR
174	24-6030	KEVLAR BELT 68" WT. STACK IDLER