

Service Bulletin

Preventative Maintenance Instructions

Applies to: All Nautilus Strength Units



Preventative maintenance (PM) is a schedule of planned maintenance actions aimed at the prevention of failures. PM is the best way to preserve and enhance equipment reliability by keeping key components clean and free of debris. PM activities may include cleaning, vacuuming, visual inspections of key components, lubrication, etc. The better your PM program is, the more dramatically you can increase the life of your product and significantly reduce equipment failures.

TOOLS

Working on these units will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance:

Tool	
TFL #50 Wet Lubricant for Guide Rods	Screwdriver Set, Phillips
Socket Set, SAE	Screwdriver Set, Flat
Socket Set, Metric	Tape Measure
Socket driver	Ball Pene Hammer
Open end wrenches, SAE	Rubber Mallet
Open end wrenches, Metric	Torque Wrench
Hex Bit Socket Set, SAE	Motorcycle straps, adjustable
Hex Bit Socket Set, Metric	Loctite 680
Adjustable Wrench	1' Jumper wire w/ alligator clips
Snap Ring Pliers	zip ties – various sizes

The safety and integrity of the machines can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

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Safety

1. Supervision is necessary when the machine is used by or near children, invalids, or disabled persons.
2. Follow the instructions for specific exercises on each machine
3. Get in and out of the equipment carefully.
4. Never operate the machine without shields in place.
5. Use only Nautilus selector pins in weight stack. Never drop or insert any other object into machine opening.
6. Use this machine only as intended or described in its owner's manual.
7. Do not operate equipment with loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Notify authorized personnel of the problems.
8. Keep hands and feet clear of weights and other moving parts when in use. Keep hands and feet only on the hand grips and foot pads provided.
9. Failure to comply with these instructions may result in personal injury.

Before Exercising

To guard against injury, all equipment users should follow these instructions.

- Check with your physician and get approval before beginning a training routine.
- Become familiar with the equipment before beginning a training routine.
- Always warm up before and cool down after exercising.
- Move slowly during each exercise. Do not jerk or “throw” the weight.
- Breathe freely. Do not hold your breath while lifting or lowering weight.
- Hold movement arms and handles firmly, do not squeeze or grip tightly.
- Structure each workout to exercise the largest muscles first. Suggested routines are found in the Nautilus Total Fitness Program.
- Experiment to find the exact weight you need for each exercise. Select a resistance that allows you to perform eight to twelve slow repetitions. Take two seconds to lift the weight. Pause briefly, and take four seconds to lower the weight.



Caution

Stop exercising immediately if you experience a sharp nerve or joint pain, and seek medical advice.

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Maintenance Schedule

Some types of PM need to be performed more often than others. The frequency of PM depends a great deal on the use and environment of the unit. Core has a baseline of procedures that should be performed at pre-determined intervals as shown below, but it is imperative to understand that this is a baseline and PM schedules should be adapted to the environment and usage that the unit receives.

	Daily	Weekly	Monthly	Bi-Annually
General Maintenance				
Check Safety & Warning Decals	X			
Inspect Belts & Cables	X			
Spot Check Belt			X	
Spot Check Nuts and Bolts			X	
Check for worn parts, seat belts & upholstery pads			X	
Spot Check All Pegs and Stops			X	
Examine Rotation Points				X
Cleaning				
Clean Upholstery Using Quick Fill A-33 Disinfectant Cleaner	X			
Wipe Down all Surfaces		X		
Remove Dust				X
Lubricate and Clean Guide Rods Using TFL 50 <i>Note: Do not lubricate hydraulic cylinders.</i>		X		

Preventive Maintenance Cautions

- While maintaining equipment you will want to avoid spraying any liquids directly onto any surface of the unit. Always spray cleaning solutions onto a clean towel first then wipe the unit.
- Tighten loose parts immediately.
- Most bolts on upholstery pads can be tightened with a 9/16" combination wrench.
- Do not place equipment in direct sunlight as ultraviolet rays can damage shields and upholstery.

Inspection

Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a [touch-up paint kit](#).

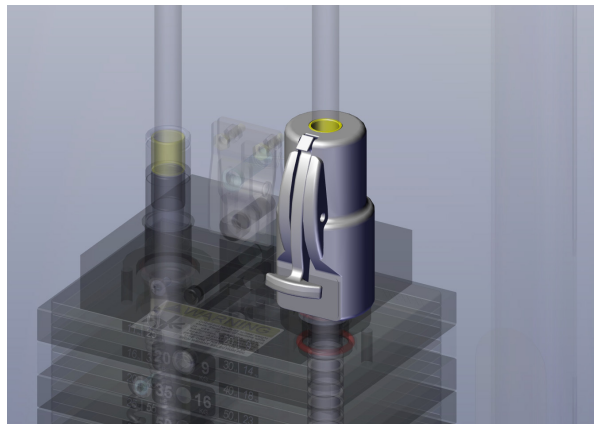
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Lubrication

To clean and lubricate guide rods, apply [TFL#50 Wet Lubricant](#) to a clean cloth then use to wipe rods.



Do not lubricate mini-weights (S4/S8 Only)
May cause damage and will void the warranty.



Mini-Weights ([95-8356](#))

Cleaning

Upholstery

- Keep pads free of perspiration at all times.
- Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
- Clean all outside surfaces with non-abrasive, non-chlorinated household cleaners. Virahol® Disinfectant Cleaner is an effective upholstery care product.

Painted Surfaces

- Wipe painted surfaces with a damp cloth and car wax.
- Let dry and buff with a dry cloth.

ABS Plastic Shields & Shrouds

- Clean with non-abrasive, nonchlorinated household cleaners.
- Vacuum or wipe dust from recessed areas and surfaces.

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Hydraulic Unit Adjustment

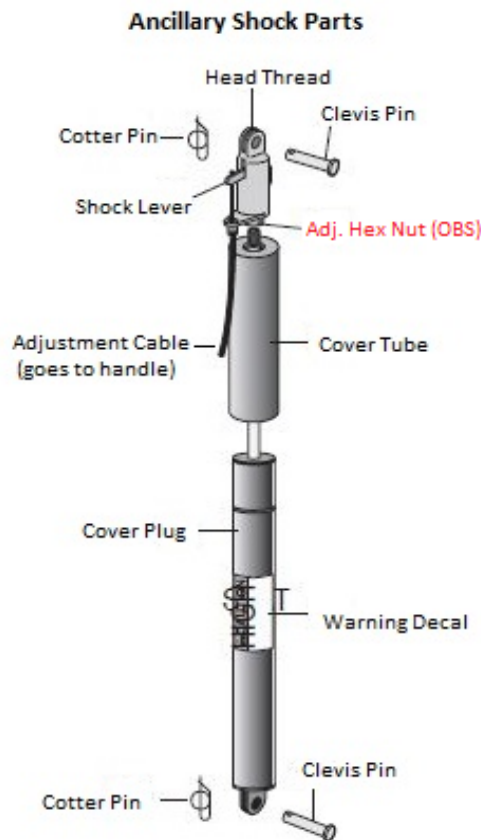
Some units use hydraulic shocks in the seat. The hydraulic unit only needs adjustment if the seat will not stay in position. Refer to the unit diagram for the correct part number if replacement is necessary.



Caution: High Pressure
DO NOT LUBRICATE ROD. SEAL DAMAGE WILL OCCUR.
EYE AND INJECTION HAZARD EXISTS.

Adjustment procedure:

1. Remove CLEVIS and COTTER PINS. Remove CIRCULAR COTTER PINS by lifting up the wire that crosses over straight end of pin. Save all pins.
2. Use a flat blade screwdriver to gently unsnap ADJ. CABLE from LEVER. Be careful not to break cable fitting.
3. Remove hydraulic unit from machine, loosen ADJ. HEX NUT by backing it down the rod. Hold LEVER MECHANISM and twist shaft until there is free play in lever.
4. Hold LEVER MECHANISM and twist shaft until LEVER free play is gone, then back off 1/8 turn. Tighten NUT against LEVER MECHANISM. The NUT must be properly tightened to keep hydraulic unit in adjustment.
5. Twist shaft slightly to realign the top and bottom clevis pin holes.
6. Use pliers to snap and lock the CABLE on to the LEVER MECHANISM.
7. Reposition the hydraulic unit on machine and insert CLEVIS and COTTER PINS. The circular COTTER PINS can be pushed into holes.



Common Replacement Parts

Click any part to order.

Seat Adjustment Handle	Shock Head Thread	Cotter Pin
Grip for Seat Adjustment Handle	Shock Lever	Clevis Pin
Seat Adjustment Cable	Cover Tube/Cover	

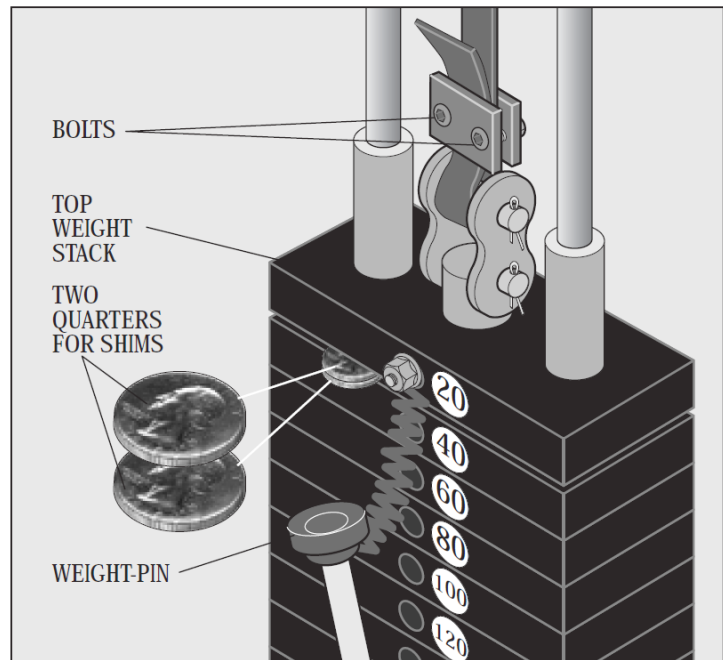
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Belt Adjustment

Belts require tightening when a lack of resistance and uneven feel is noticed at the beginning of an exercise. USE CAUTION AROUND THE WEIGHT STACK WHEN TIGHTENING BELTS.

Adjustment procedure:

1. Remove the Shielding.
2. Remove the Tethered Weight-Pin from weight stack hole.
3. Lift top weight using the appropriate lifting mechanism - in most cases the moving arms for exercising.
4. While top weight is suspended, insert a shim between the first and second weight (two quarters will suffice).



5. Release top weight so the first stack is resting on the shim.
6. Loosen the two bolts at the end of the belt and pull through excess belting until tight.
7. Tighten belt bolts and lift top weight to remove the shim.
8. Lower the mechanism to rest on the weight stack.
9. If belt is still loose, repeat this procedure until there is no looseness at the beginning of an exercise.