Nautilus *OWNER'S MANUAL*

FREE WEIGHT SMITH MACHINE

Contents

Parts Manual

1 FRAME ASSEMBLY
2 WEIGHT BAR & WEIGHT STOP ASSEMBLY
3 BELT & PULLEY ASSEMBLY
4 PARTS LIST

Maintenance Manual

Follows page 4

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

REVISED: August 30,1999

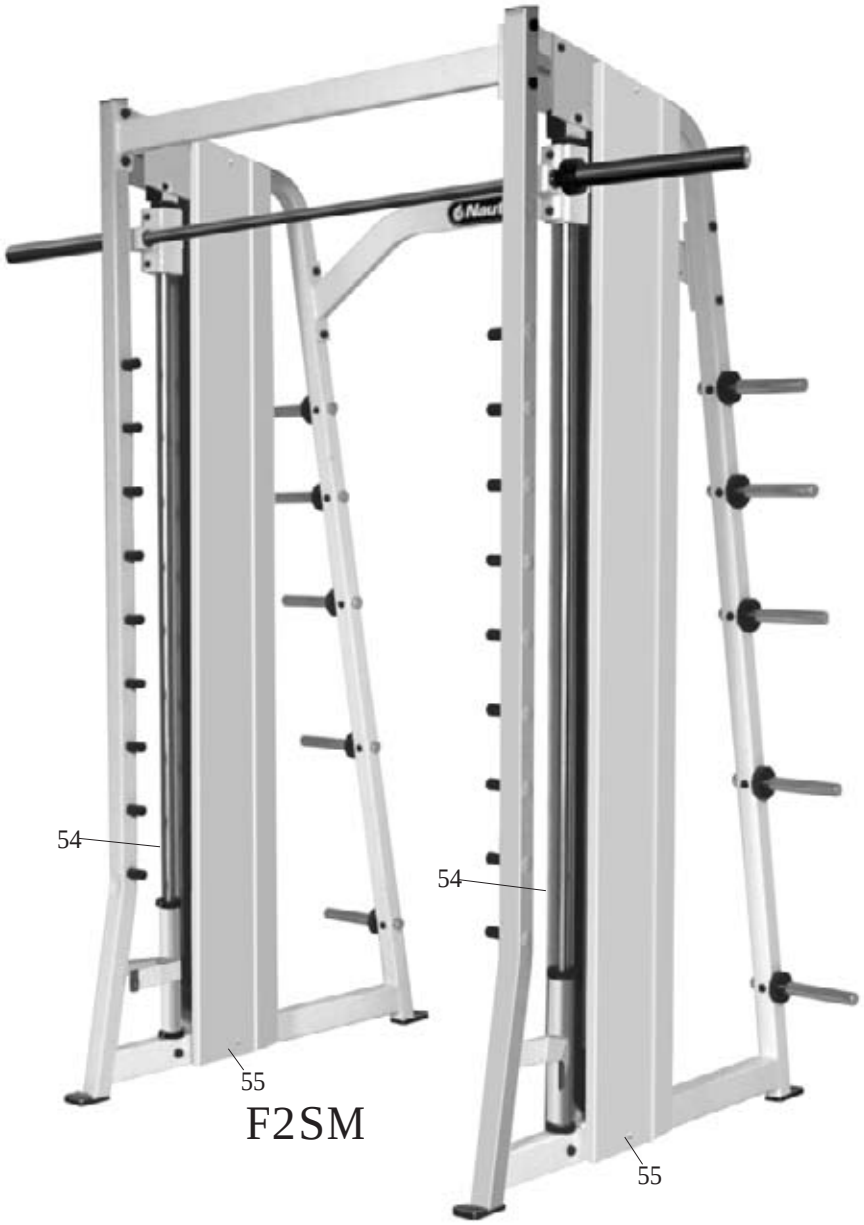
SERIAL NO.'S

_____

through

_____

PARTS AND SERVICE
709 Powerhouse Road
Independence, VA 24348
800-235-2233 • Fax: 540-773-2298

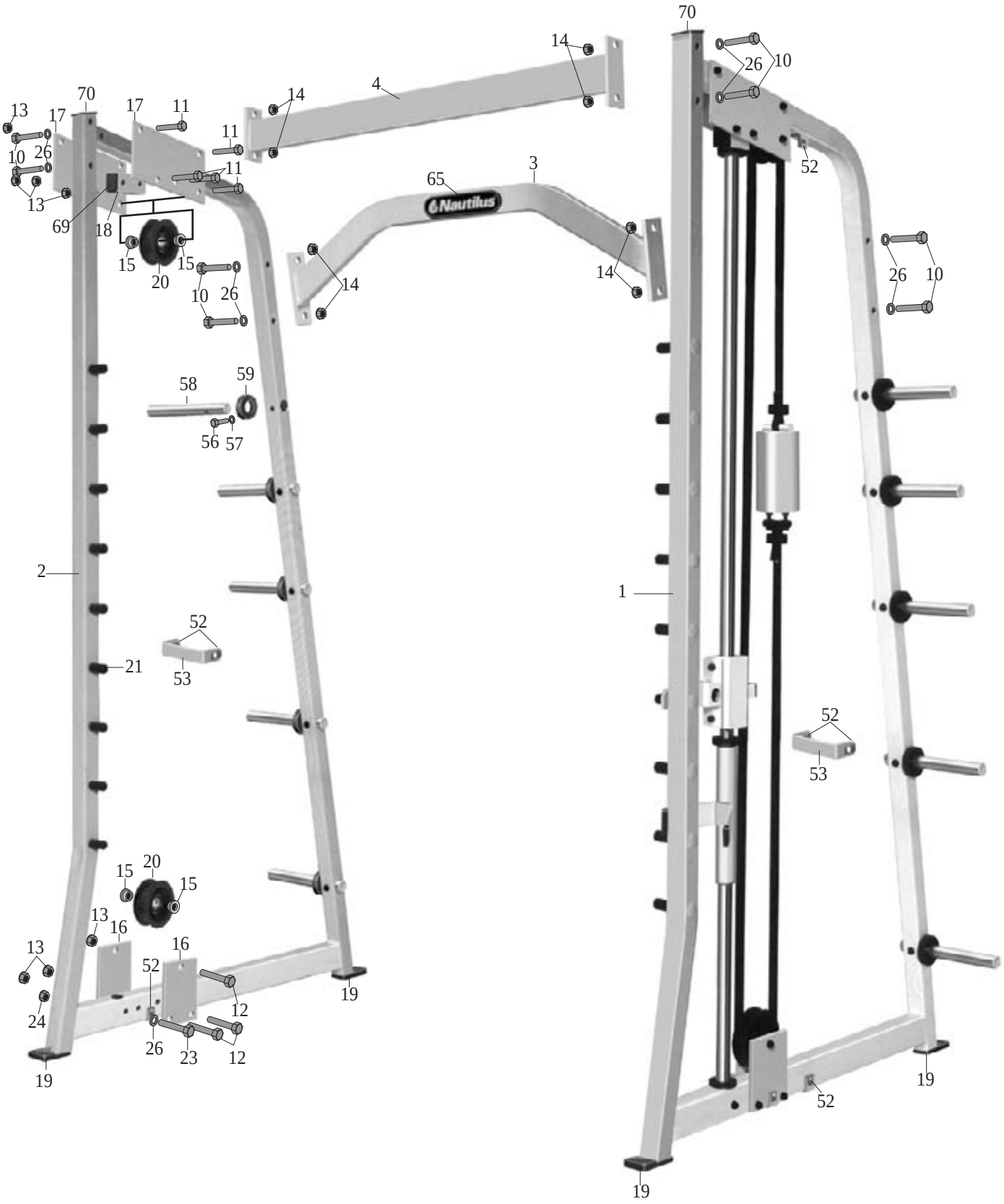


F2SM

19-5217

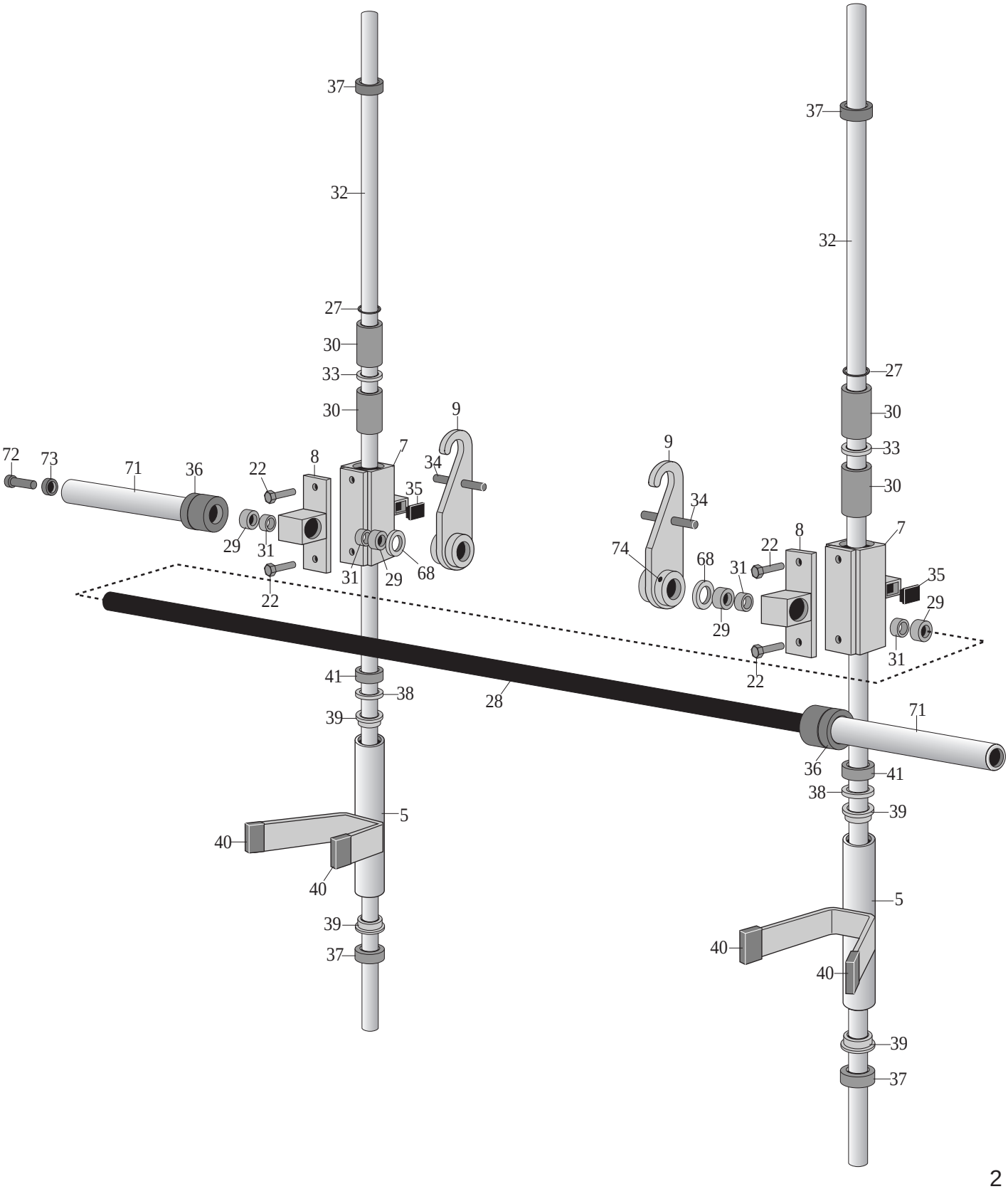
Nautilus

FRAME ASSEMBLY



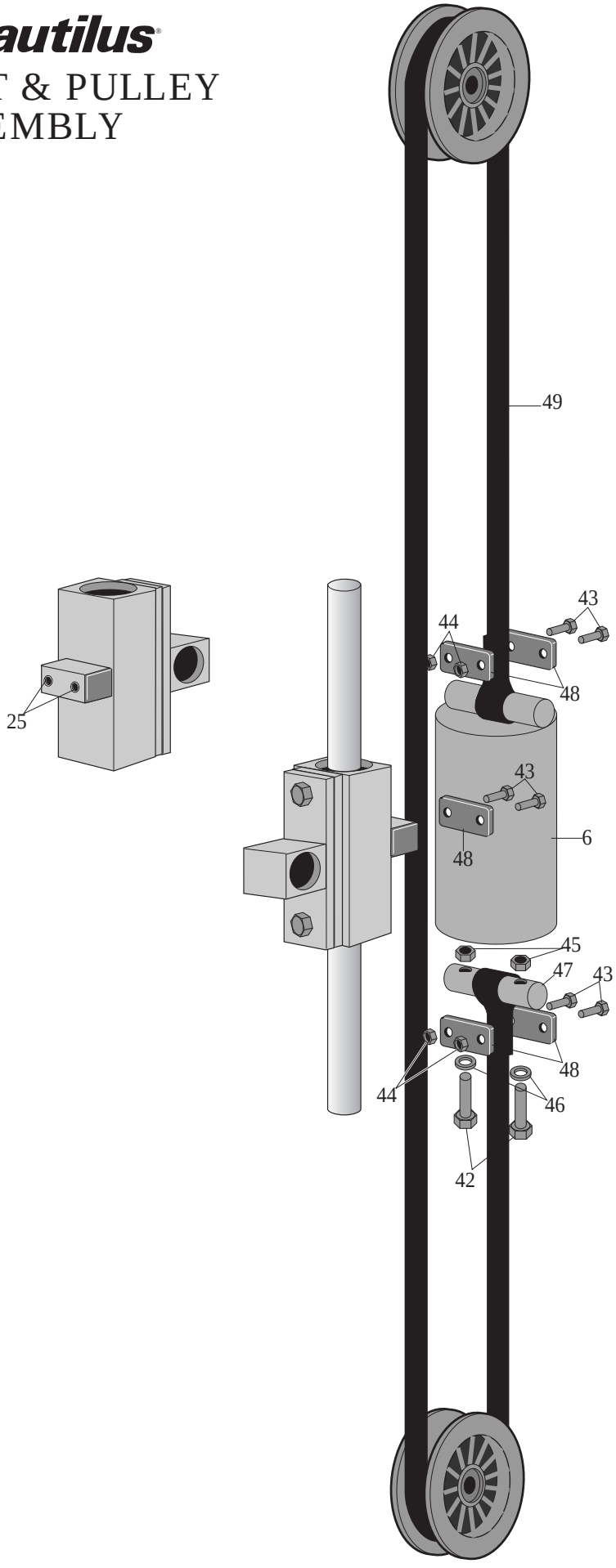
Nautilus

WEIGHT BAR & WEIGHT STOP ASSEMBLY



Nautilus

BELT & PULLEY ASSEMBLY



F2SM FREEWEIGHT SMITH MACHINE

Ref #	Part #	Description
		WELDMENTS
1	BF235	LEFT SIDE FRAME
2	BF236	RIGHT SIDE FRAME
3	CM236	CROSSMEMBER TOP
4	CM237	CROSSMEMBER FRONT
5	LK211	WEIGHT BAR STOP
6	LK212	COUNTERWEIGHT ASSEMBLY
7	MA203	WEIGHT DRIVE HUB W/BELT CLAMP
8	MA204	WEIGHT BAR HUB
9	MA205	WEIGHT BAR HOOK
		FRAME PARTS
10	01-0011	BOLT HH5 1/2 X 3
11	01-1151	BOLT HH5 3/8 X 2 3/4
12	01-1550	BOLT HH5 3/8 X 3
13	03-1035	NUT FLANGE 3/8
14	03-1055	NUT FLANGE 1/2
15	07-8347	PULLEY BUSHING 3/8 ID X 1" LONG
16	07-8655	IDLER PLATE MOUNT LOWER
17	07-8665	IDLER PLATE MOUNT 7 GA HRPO
18	07-8675	GUIDE ROD MOUNT
19	09-5035	FOOTPAD RECTANGULAR MOLDED
20	09-8334	PULLEY 5" DIA
21	09-9007	SLEEVE UHMW 3/4 ID X 1 OD L 1 3/4
		WEIGHT DRIVE HUB
22	01-1275	BOLT HH5 1/2-20 X 3/4
23	01-1321	BOLT HH5 1/2 X 2 1/2
24	03-1055	NUT FLANGE 1/2
25	03-4035	1/4-20 THREADED INSERT AVK#ALS4-420-260
26	04-5214	WASHER LOK 1/2
27	06-8210	RING SNAP INTERNAL 2" P/N N5000-2.0
28	06-9000	WEIGHT BAR
29	07-1195	BEARING ROLLER NEEDLE B-2220 1 3/8 ID X 1 5/8 OD L 1 1/4
30	07-5015	BEARING LINEAR 1 1/4 ID X 2 OD 2 5/8 LONG P/N LBB-1250
31	07-5075	RACE INNER 1 3/8 OD IR-1820 1 1/4 long
32	07-8485	SHAFT THOMSON 1 1/4 DIA L 84 7/8
33	08-7025	SPACER BEARING NYLON 1.938 OD X 1.375 ID X .120 LONG
34	09-1064	GRIP 1/2 ID X 1" LONG
35	09-2010	FRAME PLUG 1 1/4 SQ
36	09-1042	BUMPER WEIGHT SLEEVE
37	09-4085	BUMPER RUBBER WT. BAR 1 1/4 ID X 2 1/2 OD X L 1/2
		WEIGHT BAR STOP
38	04-2080	WASHER FLAT 1 1/4 SAE 1 15/16 ID X 2 1/2 OD X L 5/32
39	05-1145	BUSHING BRASS FLANGE 1.260 X 1 1/2 X 1 1/4 REAMED
40	09-1065	GRIP SLEEVE 1/4 X 2
41	09-4095	BUMPER RUBBER WT. BAR 1 1/2 ID X 2 1/2 OD X L 1/2
		BELT & PULLEY
42	01-1121	BOLT HH5 3/8 X 2 (CWEIGHT)
43	01-4030	WHIZ FLANGE BOLT 1/4-20 X 1
44	03-4290	WHIZ FLANGE LOK. NUT 1/4-20
45	03-5112	NUT JAM 3/8-16 (CWEIGHT)
46	04-5213	WASHER INT LOC 3/8 (CWEIGHT)
47	06-5040	BELT ATTACH. 3/4 DIA CR L 3" (CWEIGHT)
48	07-8982	END STRAP CLAMP 1/4 X 2 HRF L 1"
49	24-6030	KEVLAR BELT 1" WIDE 180" LONG
50	24-6030	KEVLAR BELT 1" WIDE 180" LONG

Ref #	Part #	Description
		SHIELDS
51	02-4070	SHIELD SCREWS
52	03-4060	NUT CLIP 1/4-20
53	07-8605	SHIELD MOUNT
54	07-8705	SHIELD LEFT 16 GA HRPO
55	07-8706	SHIELD RIGHT 16 GA HRPO
		WEIGHT RACK
56	02-9210	3/8-16 X 1 HH5 BOLT
57	04-5206	3/8 SAE FLAT WASHER
58	07-5832	WEIGHT STORAGE BAR, 11 5/8"
59	09-4066	WEIGHT STORAGE, 3/4 X 3" OD RUBBER
		DECALS
60	12-1089	DECAL FREE WEIGHT NAUTILUS
61	19-1110	PAINT SPRAY CAN 16 oz.
62	19-1160	TFL-50 WET LUBE 10 oz.
63	19-5217	DIAGRAM MACHINE F2SM
	IN02	INSPECTION KIT
64	12-1080	INSPECTION STICKER DECAL
65	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
66	19-1291	DECAL SERIAL # BAR CODE
67	40-7167	BAG 50 X 46 X 86 X .002 THICK
68	08-5120	SPACER 2" DIA X 1 17/64 ID X 1/8 L.
69	09-2090	PLUG FRAME 2 X 3
70	09-2070	PLUG FRAME 2 SQ.
71		WEIGHT BAR COLLAR
72		BOLT WT. BAR
73		SPACER 1 1/8 OD X 5/8 L. WT. BAR
74	02-6056	SET SCREW 5/16-18 X 3/8