

FREE WEIGHT SMITH MACHINE

SERIAL NO.'S

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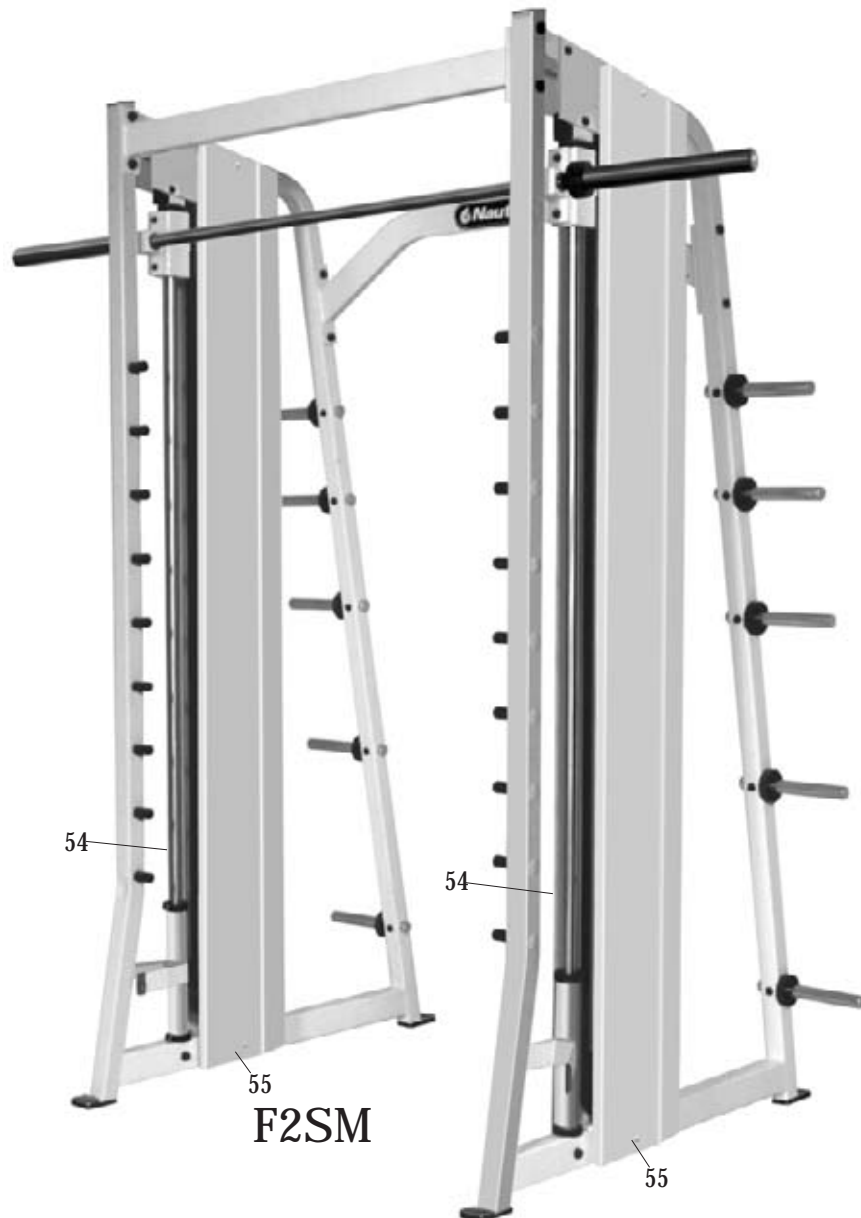
PARTS AND SERVICE

709 Powerhouse Road
Independence, VA 24348
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Maintenance Manual

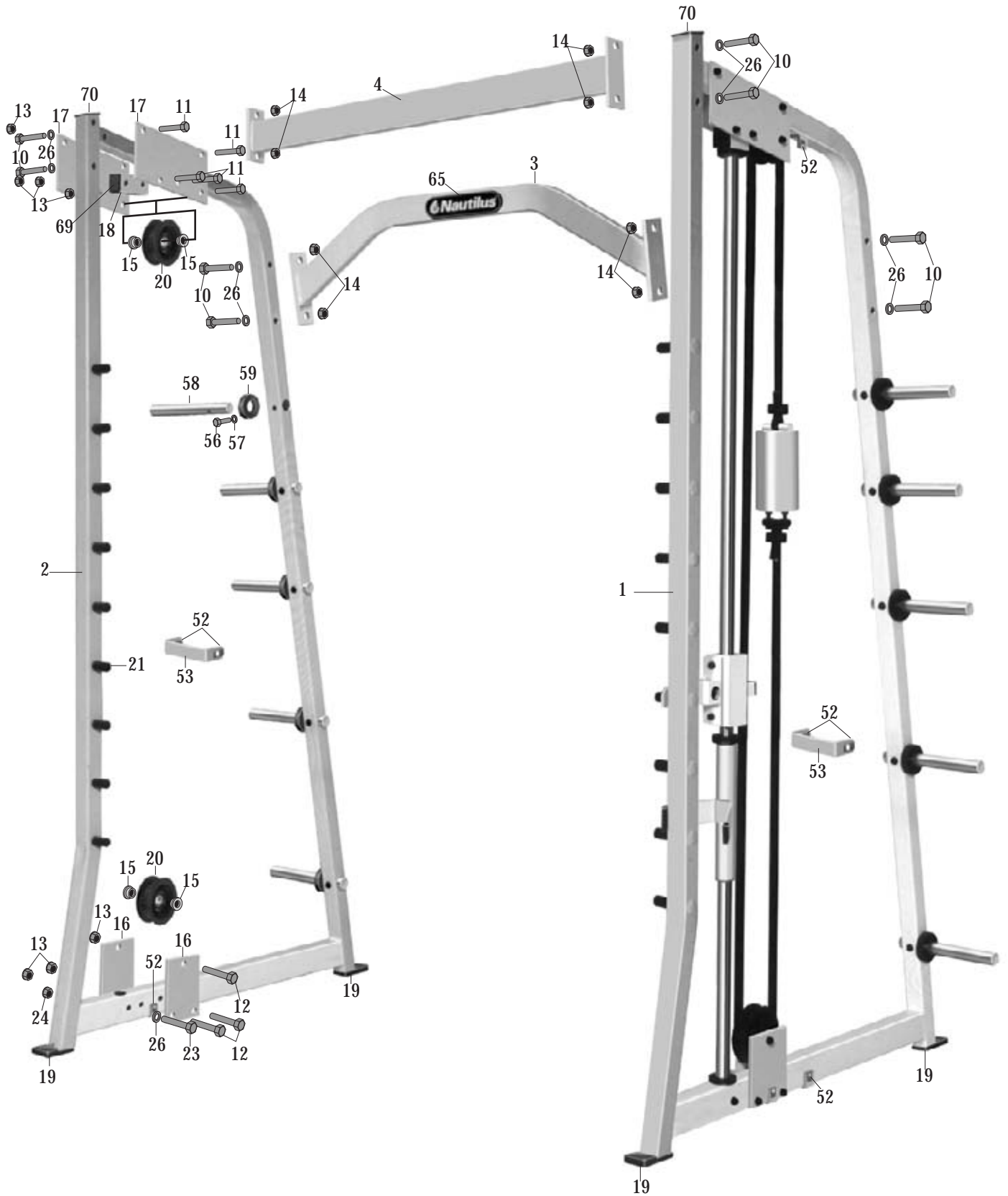
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See last pages of this manual for Sample Training Record and Training Chart.



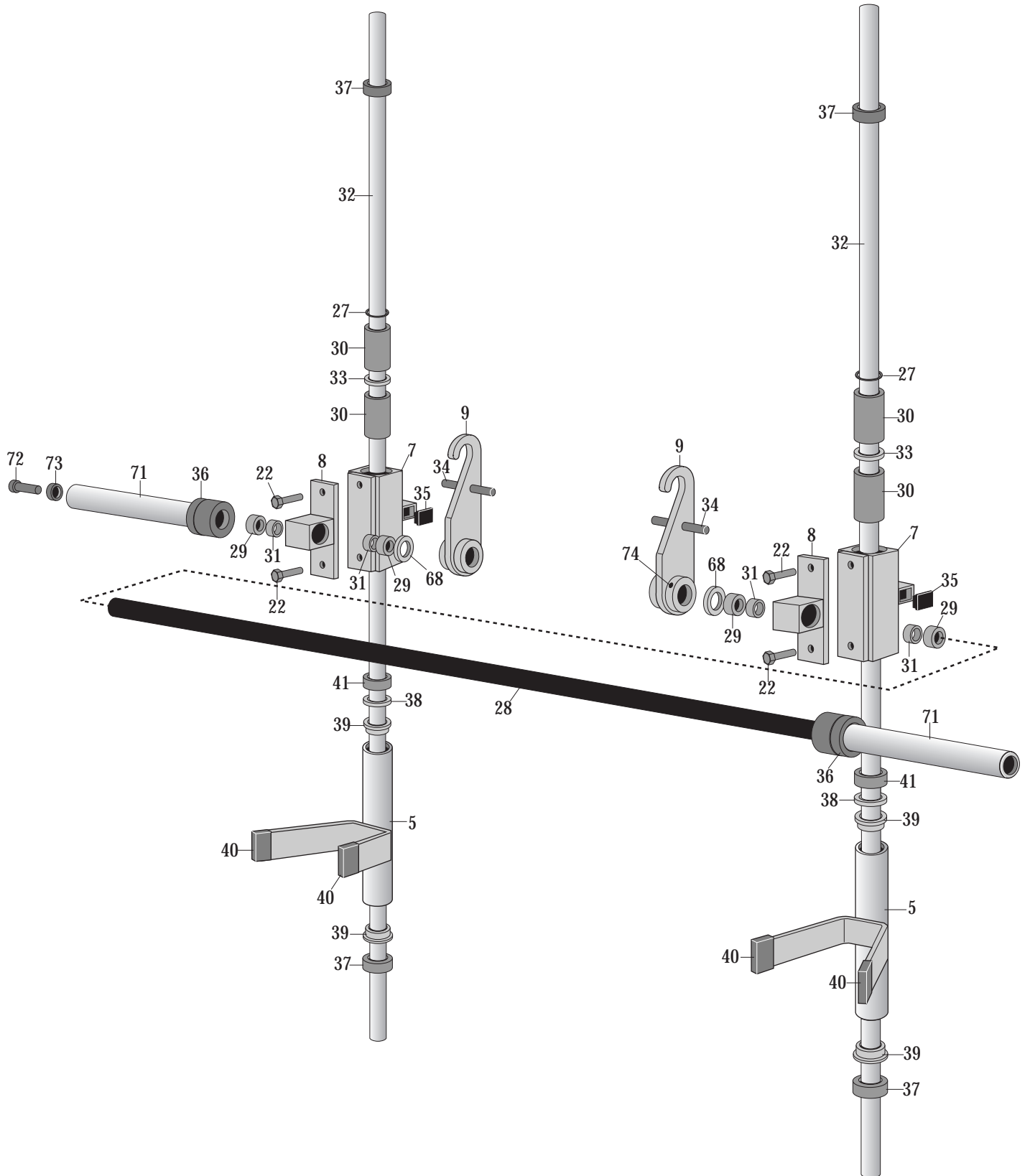


FRAME ASSEMBLY

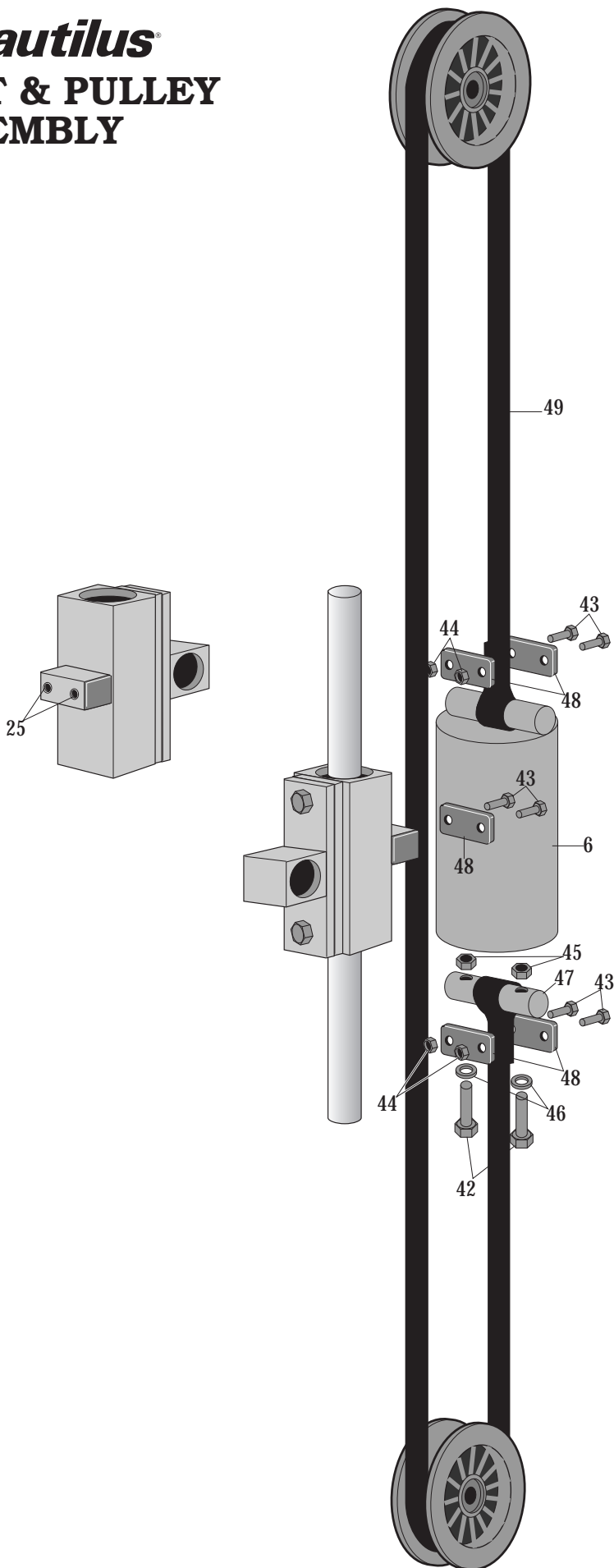




WEIGHT BAR & WEIGHT STOP ASSEMBLY



Nautilus
BELT & PULLEY
ASSEMBLY



F2SM FREEWEIGHT SMITH MACHINE

Ref #	Part #	Description	Ref #	Part #	Description
WELDMENTS			SHIELDS		
1	BF235	LEFT SIDE FRAME	51	02-4070	SHIELD SCREWS
2	BF236	RIGHT SIDE FRAME	52	03-4060	NUT CLIP 1/4-20
3	CM236	CROSSMEMBER TOP	53	07-8605	SHIELD MOUNT
4	CM237	CROSSMEMBER FRONT	54	07-8705	SHIELD LEFT 16 GA HRPO
5	LK211	WEIGHT BAR STOP	55	07-8706	SHIELD RIGHT 16 GA HRPO
6	LK212	COUNTERWEIGHT ASSEMBLY			WEIGHT RACK
7	MA203	WEIGHT DRIVE HUB W/BELT CLAMP	56	02-9210	3/8-16 X 1 HH5 BOLT
8	MA204	WEIGHT BAR HUB	57	04-5206	3/8 SAE FLAT WASHER
9	MA205	WEIGHT BAR HOOK	58	07-5832	WEIGHT STORAGE BAR, 11 5/8"
			59	09-4066	WEIGHT STORAGE, 3/4 X 3" OD RUBBER
FRAME PARTS					DECALS
10	01-0011	BOLT HH5 1/2 X 3	60	12-1089	DECAL FREE WEIGHT NAUTILUS
11	01-1151	BOLT HH5 3/8 X 2 3/4	61	19-1110	PAINT SPRAY CAN 16 oz.
12	01-1550	BOLT HH5 3/8 X 3	62	19-1160	TFL-50 WET LUBE 10 oz.
13	03-1035	NUT FLANGE 3/8	63	19-5217	DIAGRAM MACHINE F2SM
14	03-1055	NUT FLANGE 1/2			IN02 INSPECTION KIT
15	07-8347	PULLEY BUSHING 3/8 ID X 1" LONG	64	12-1080	INSPECTION STICKER DECAL
16	07-8655	IDLER PLATE MOUNT LOWER	65	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
17	07-8665	IDLER PLATE MOUNT 7 GA HRPO	66	19-1291	DECAL SERIAL # BAR CODE
18	07-8675	GUIDE ROD MOUNT	67	40-7167	BAG 50 X 46 X 86 X .002 THICK
19	09-5035	FOOTPAD RECTANGULAR MOLDED	68	08-5120	SPACER 2" DIA X 1 17/64 ID X 1/8 L.
20	09-8334	PULLEY 5" DIA	69	09-2090	PLUG FRAME 2 X 3
21	09-9007	SLEEVE UHMW 3/4 ID X 1 OD L 1 3/4	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
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			