

Red: PAINTED ITEMS
Blue: KITS

Number	F3CD Dev/QTY.	DESCRIPTION
01-4063	2	BOLT BH 3/8 -16 x 2 1/2"ZINC
01-4077	12	BOLT BH , 1/2 -13 x 3" ZINC
01-4084	4	BOLT BH , 3/8 -16 x 3 1/2" ZINC
01-4091	2	BUTTON HEAD CAP SCREW 3/8-16 X 2 3/4" ZINC
02-3055	24	SCREW, SET, 1/4 -28 UNF x 1/4
02-4134	4	1/4 -20 UNC x 1/2" SCREW PHP SELF THREADING
02-9071	4	3/8 -16 UNC x 3 3/4 Bolt
03-1055	12	1/2" Nylon Insert Lock Nut-Thin
04-2021	2	WAHSHER, FLAT, 3/8 USS
04-2021	2	WASHER, FLAT, 3/8" USS
04-5203	12	WASHER, FLAT, 1/2" USS
09-1059	2	1 1/8' DIA BLACK SANTOPRENE GRIP
09-1102	4	Grip 1 1/2 x 5 1/2 Open
09-1211	2	Plug Frame 2 X 3 "ONE"
09-2090	2	2 X 3 X 11 GA FRAME PLUG
09-9545	2	GRIP RING 1.313 ID (FOR 1 1/4" BAR)
09-9550	4	GRIP RING 1.530 ID (FOR 1 1/2" BAR)
09-9575	2	GRIP CAP 1.280 ID (FOR 1 1/4 BAR)
09-9580	4	GRIP CAP 1.530 ID (FOR 1 1/2 BAR)
12-1380	1	DECAL PATENT MEDFIT MADE IN USA
12-1412	1	WL#1 MAX LOAD 450 LBS
12-5619	1	Nautilus Transfer Decal - Small BLACK
12-5620	2	NLS Logo 3" Decal
14-6305	2	ELBOW PAD
14-6321	1	FOOTPAD LEFT NWACD
14-6322	1	FOOTPAD RIGHT NWACD
19-1291	1	SERIAL NO. DECAL
56-0287	2	BRACE FRAME GUARD CHIN DIP
60-1309	1	LEFT CHIN DIP SIDEFAME
60-1310	1	BACK FRAME, RIGHT SIDE
61-1304	1	WELDMENT, PULL-UP CROSS MEMBER
61-1305	1	WELDMENT, BACK SUPPORT
61-1306	1	WELDMENT, REAR SUPPORT
UP8000	1	BACK PAD PULLOVER

- 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.

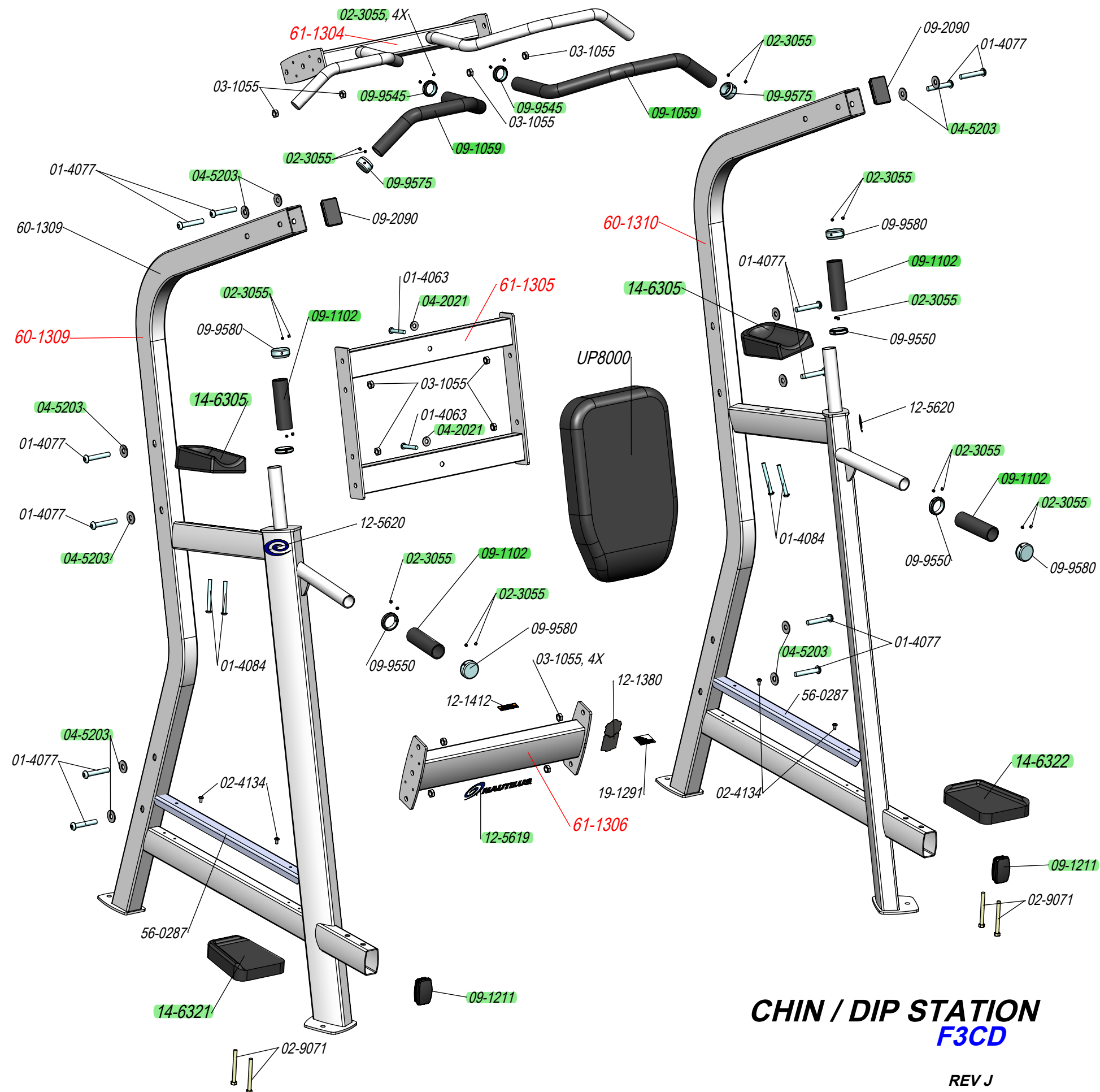


CHIN / DIP STATION
F3CD

Bolt Torque Specifications			
Size	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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TROLLIES / MACHINE



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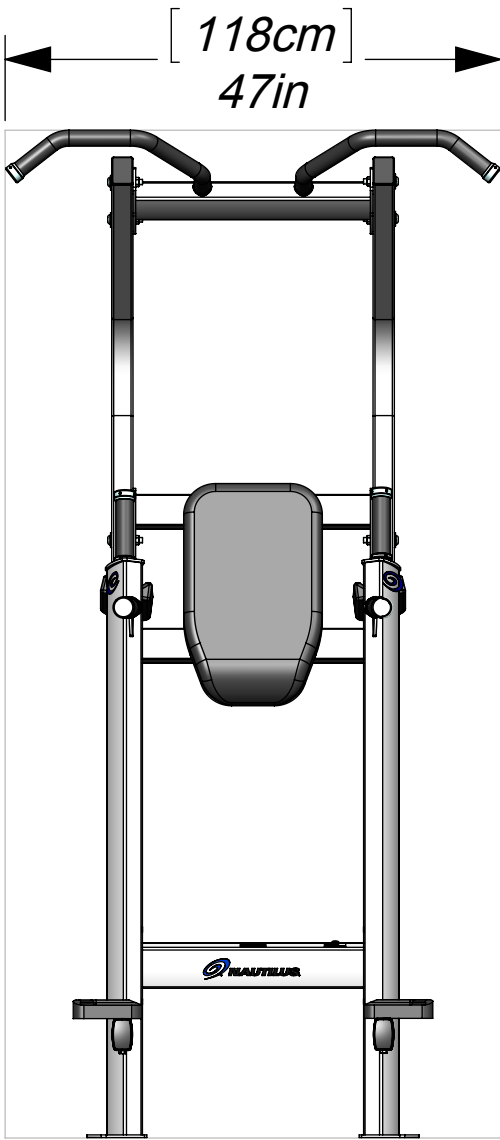
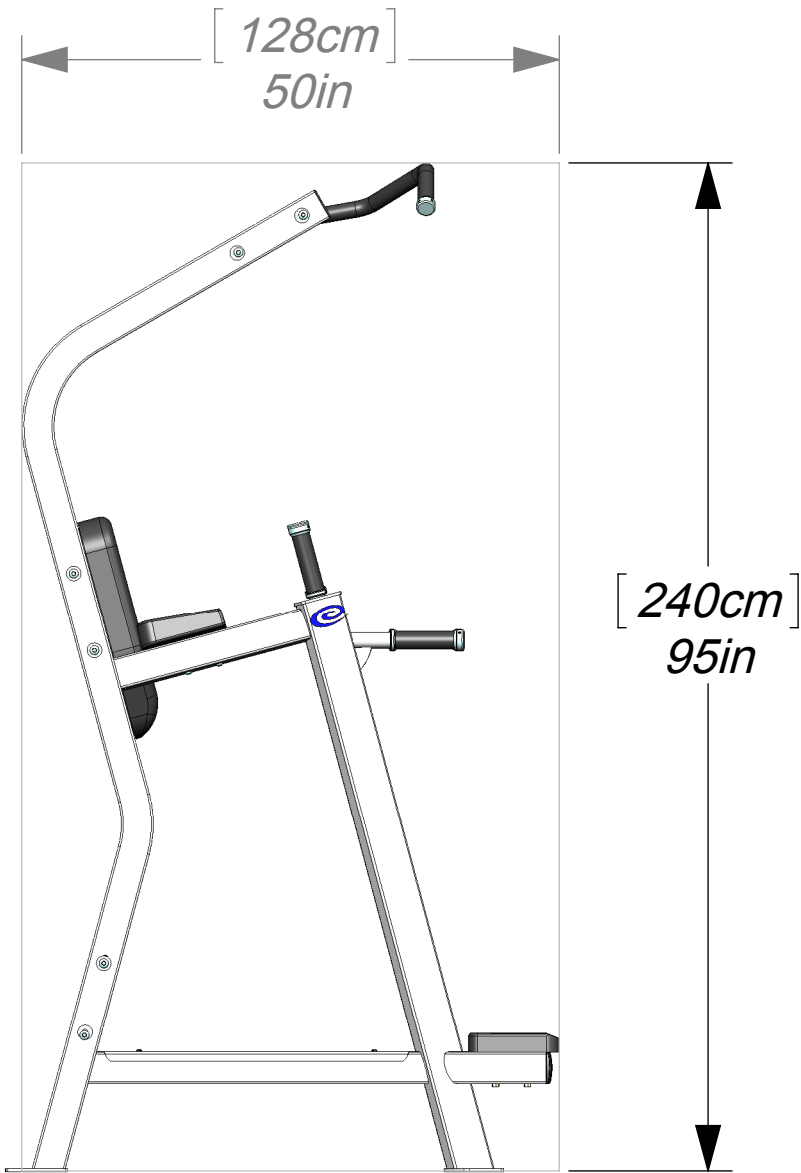
General Parts Requests: parts@nautiluscommercial.com
Core Health and Fitness, LLC.

CHIN / DIP STATION
F3CD

REV J

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10/9/12	F3CD
<u>Units</u>	<u>Weight</u>
lbs	233
kg	106

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