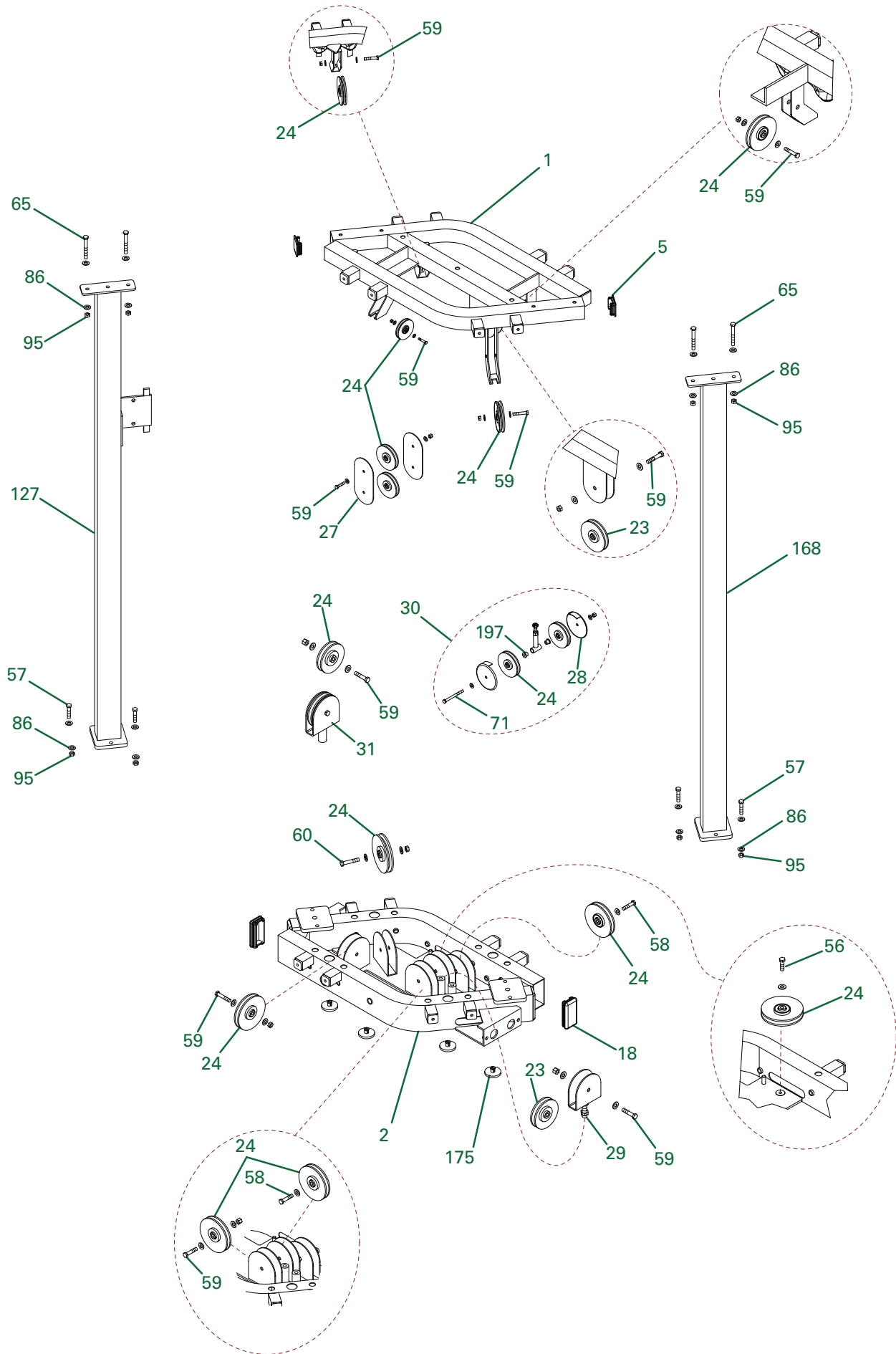


NS-4000

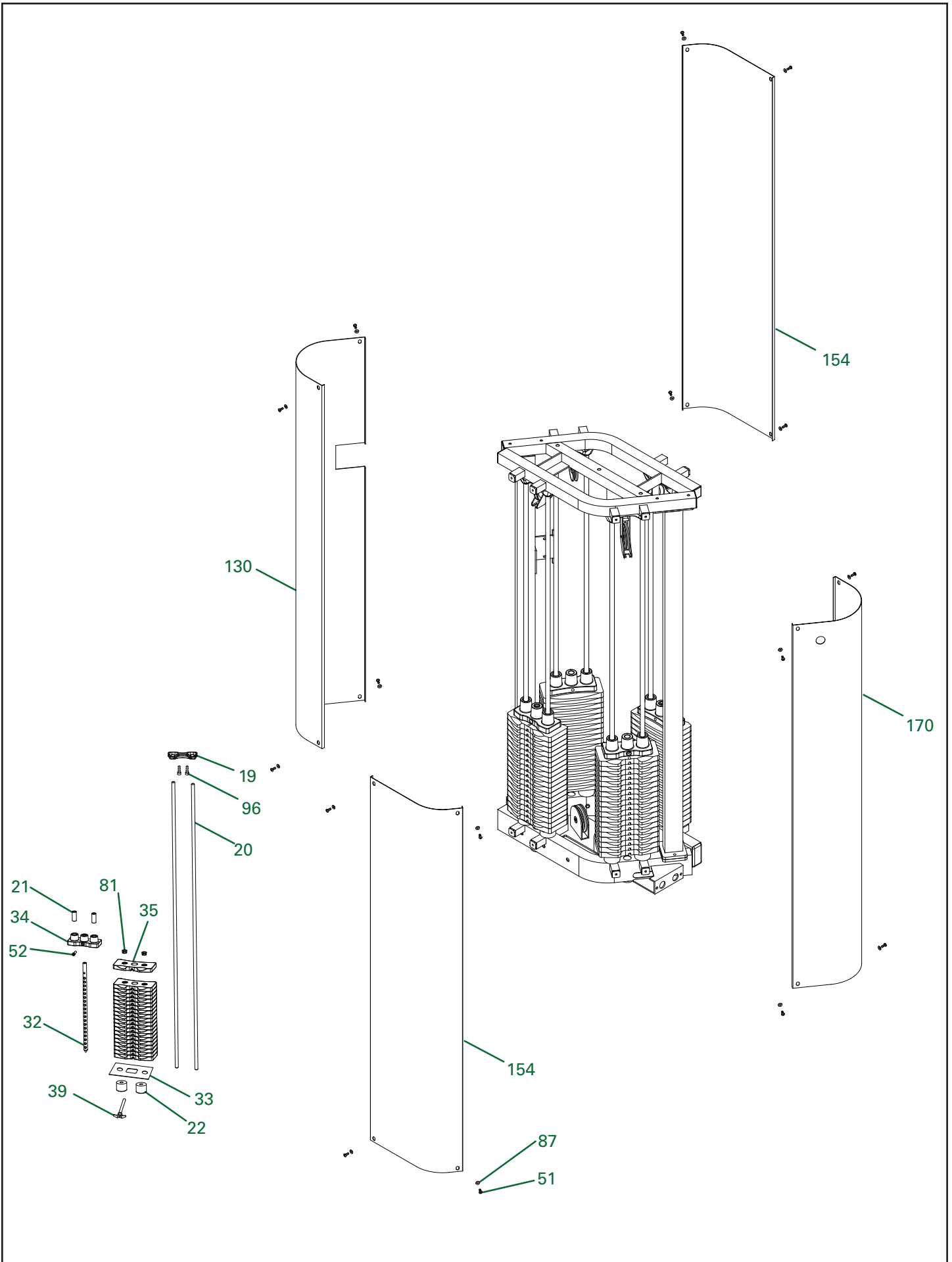
TABLE OF CONTENTS

SHROUDS/WEIGHT STACK	2
CENTER ASSEMBLY	3
ARM PRESS STATION	4
PEC FLY STATION	5
LEG EXTENSION STATION	6-7
LEG PRESS/AB CRUNCH STATION	8-9
ACCESORIES AND CABLES	9
BILL OF MATERIALS.....	10-12

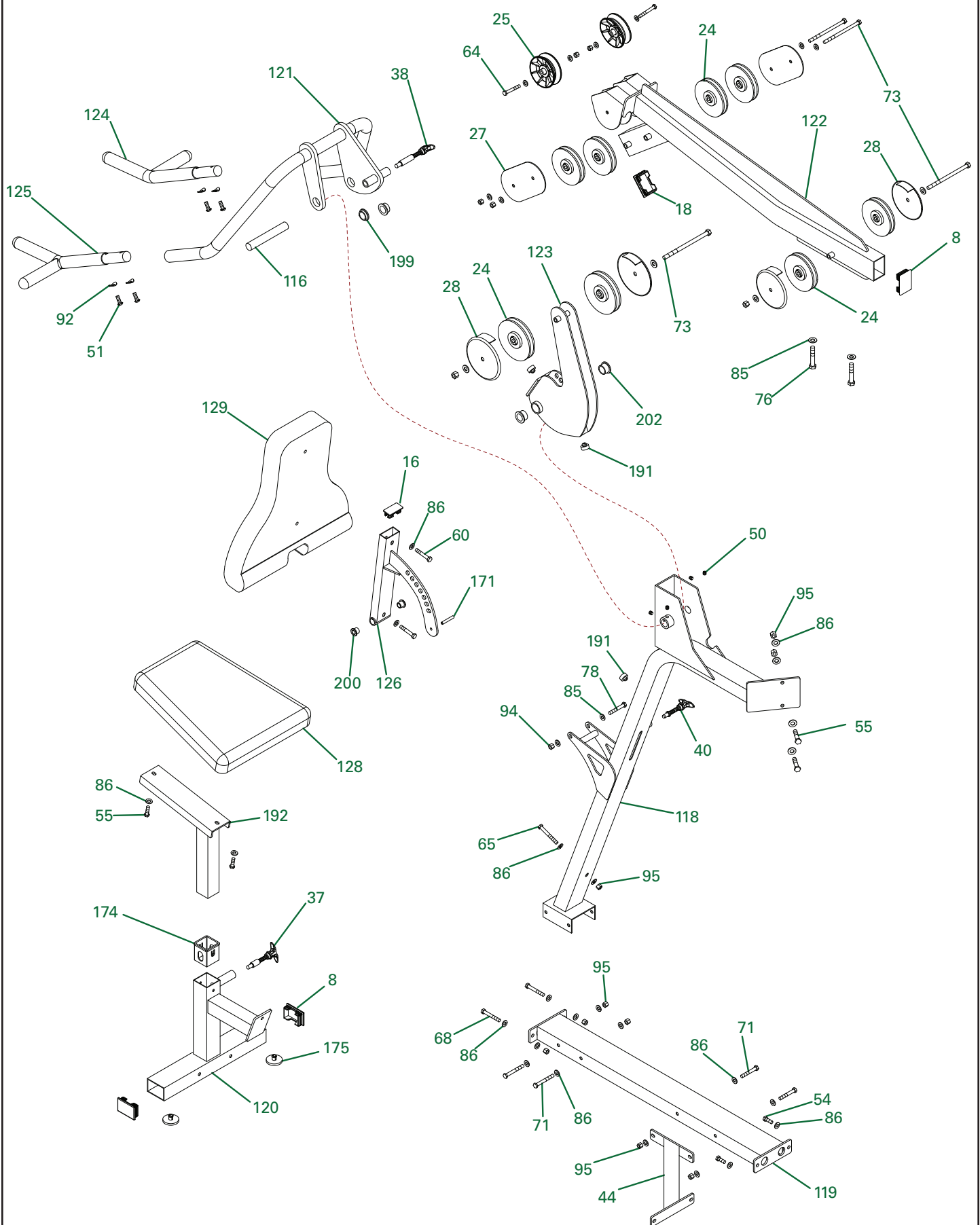
NS-4000



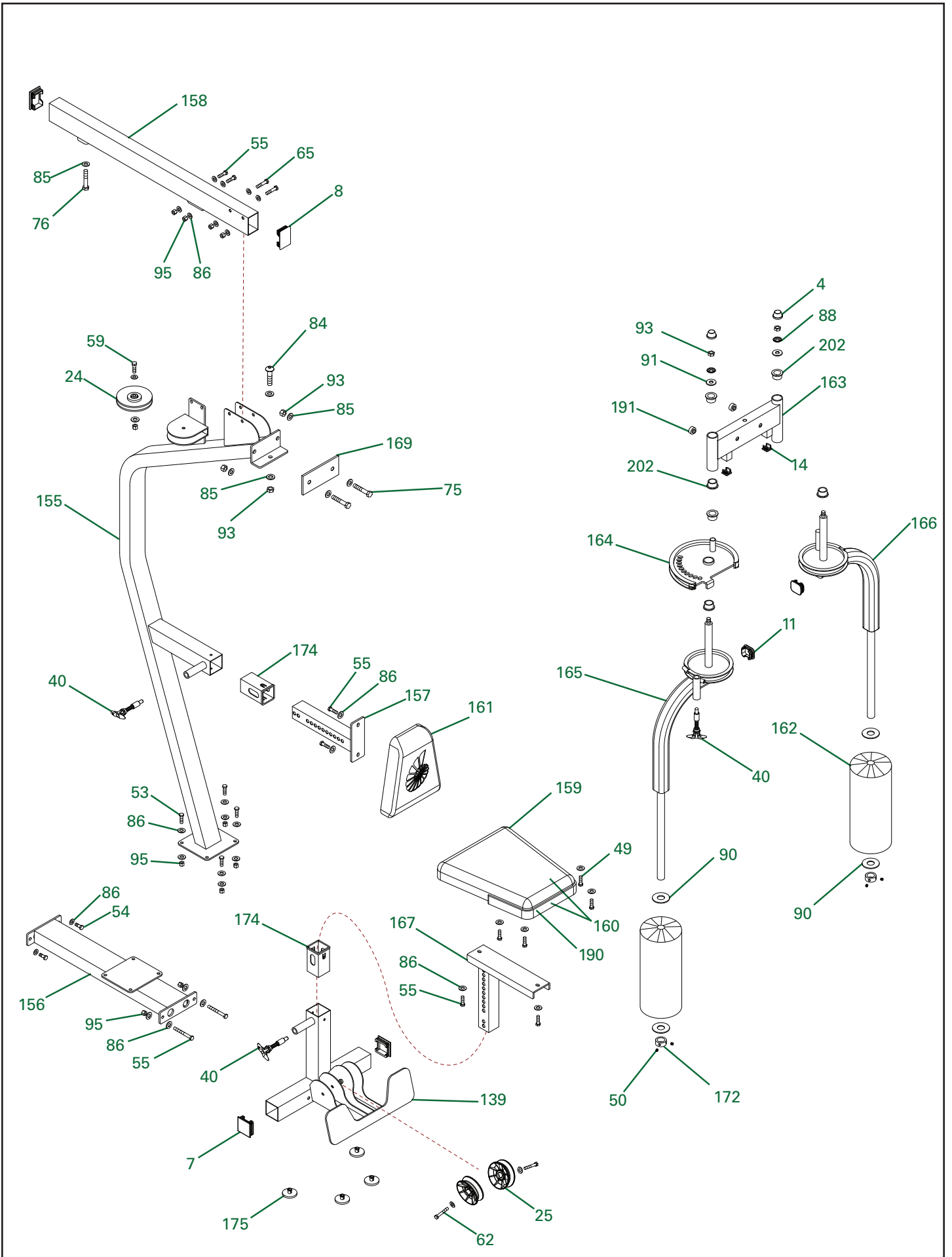
NS-4000



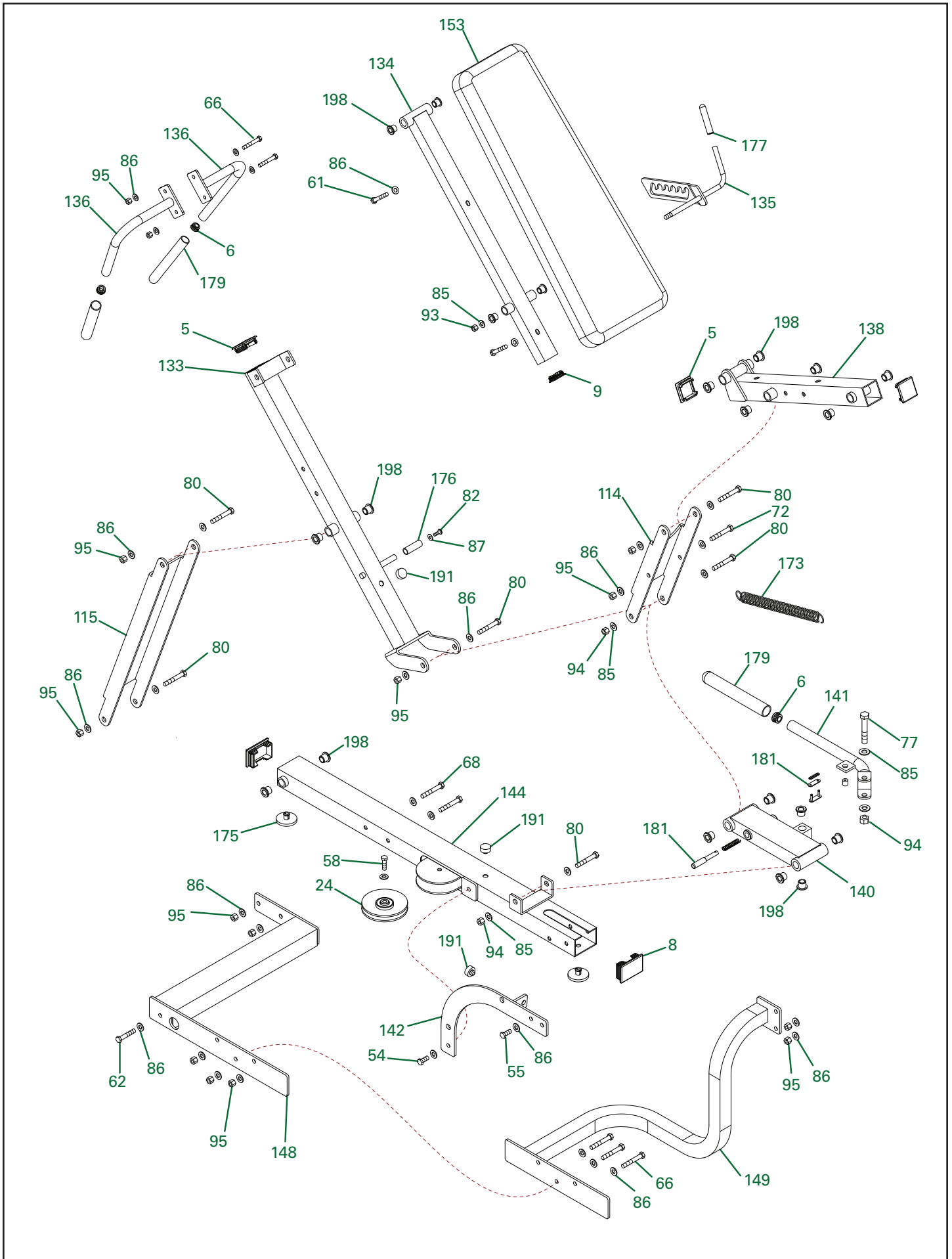
NS-4000



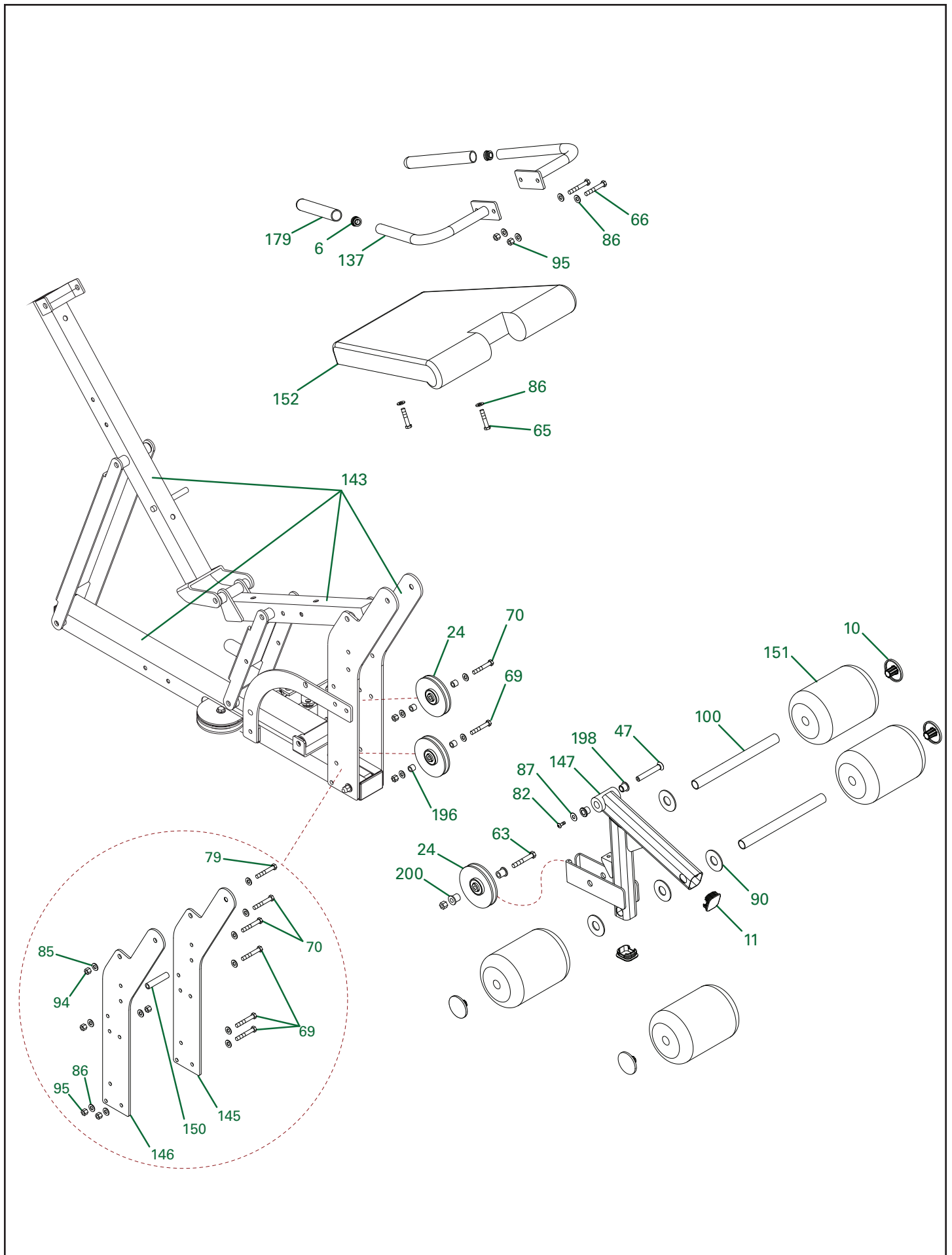
NS-4000



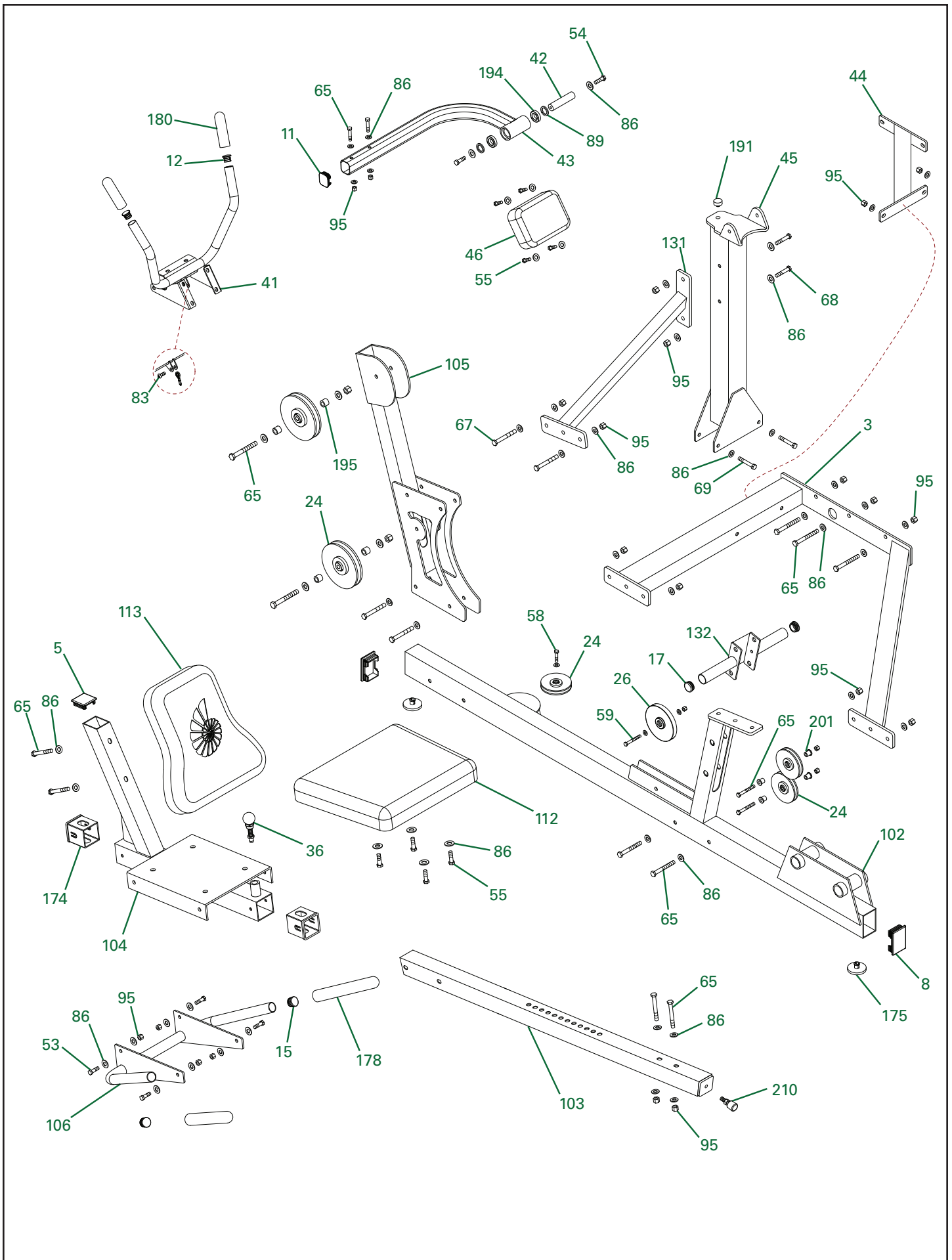
NS-4000



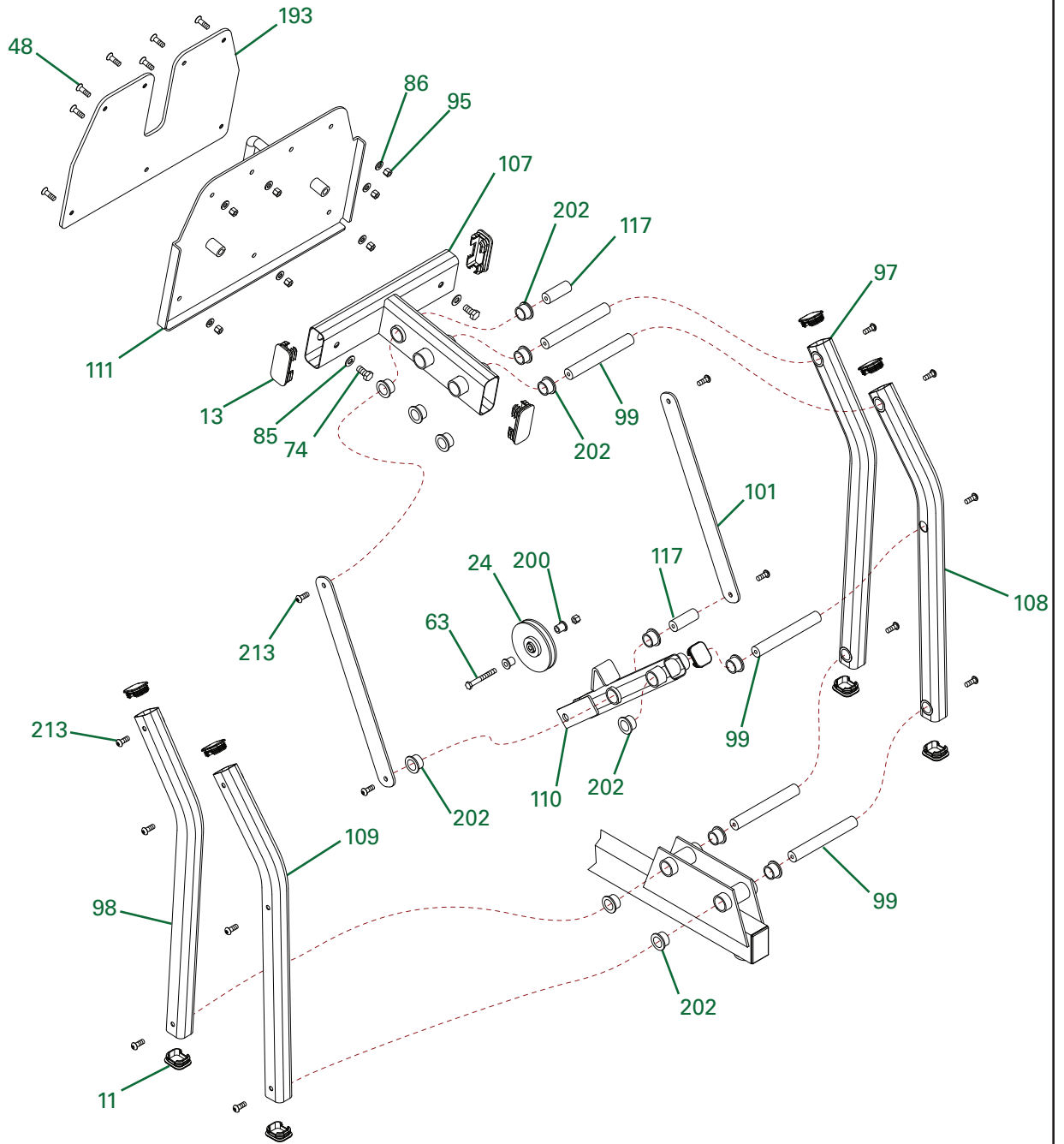
NS-4000



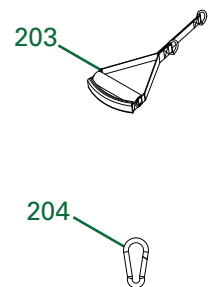
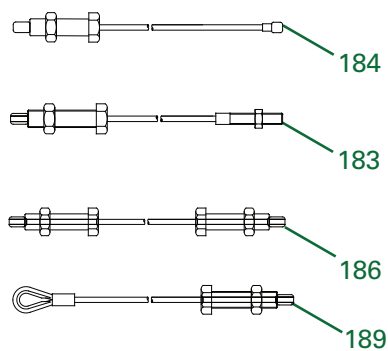
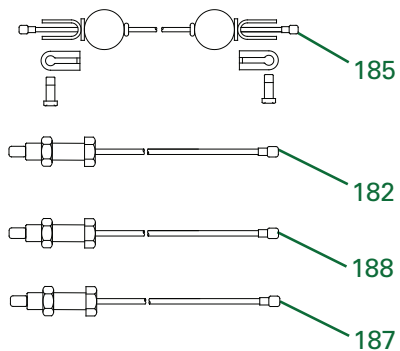
NS-4000



NS-4000



ACCESSORIES AND CABLES



NS-4000

REF #	DESCRIPTION	PART #	REF #	DESCRIPTION	PART #
1	Main Top Frame	14555	51	BH Screw 3/8 x 3/4" L Threadlock	14515
2	Main Base	14552	52	CH Allen Screw 7/16" x 1 1/2" L	14235
3	Base Connecting Assembly	14563	53	Hex Bolt - 3/8" x 1" L	92161
4	Plastic Cap	14158	54	Hex Bolt 3/8" x 1" L w/Lock	14252
5	End Cap, 2" Square	14162	55	Bolt, Hex 3/8" x 1 1/4" L	95786
6	End Cap, 1" Round	14164	56	Hex Bolt, 3/8" x 1 1/4" w/Locktite	14669
7	2 3/8" Square End Cap	14620	57	Hex Bolt 3/8" x 1 3/4" L	14239
8	End Cap, 2" x 3" Rectangular	14170	58	Hex Bolt 3/8" x 1 3/4" w/Locktite	14670
9	ENDCAP 1-1/2X2	14168	59	Hex Bolt 3/8" x 2" L	14242
10	END CAP, ROUND LEG EXT	92063	60	Hex Bolt 3/8" x 2 1/4" L	14265
11	End Cap, 1 3/4" x 2" Rectangle	14177	61	Hex Bolt - 3/8" x 2 1/2" L	14240
12	1 1/8" Round End Cap	14379	62	Hex Bolt 3/8" x 2 1/2" w/Locktite	14671
13	1 3/4" x 4" End Cap	14380	63	Hex Bolt 3/8" x 2 3/4" L	14241
14	1" Square End Cap	14611	64	Hex Bolt 3/8" x 2 3/4" L w/Lock	14250
15	1 1/4" Round End Cap	14612	65	Hex Bolt 3/8" x 3" L	14245
16	1 3/16" x 2 3/8" Rectang End Cap	14613	66	Hex Bolt - 3/8" x 3 1/4" L	14279
17	1 1/2" Round End Cap	14614	67	Hex Bolt - 3/8" x 3 1/2" L	14523
18	2" x 4" Rectangular End Cap	14615	68	Hex Bolt - 3/8" x 4" L	14247
19	Guide Rod Holder	14174	69	Hex Bolt 3/8" x 4 1/4" L	14246
20	Guide Rod	14540	70	Hex Bolt 3/8" x 4 1/2" L	92170
21	Top weight Bushing	14175	71	Hex Bolt - 3/8" x 5" L	14663
22	Weight Stack Cushion	14176	72	Hex Bolt 3/8" x 5 1/4" L	14664
23	3 1/2" Pulley (Gray)	14173	73	Hex Bolt - 3/8" x 6 1/4" L	14665
24	4 1/2" Pulley (Gray)	14185	74	Hex Bolt, 1/2" x 3/4" w/Locktite	14667
25	V Pulley	14186	75	Hex Bolt - 1/2" x 2 3/4" L	14526
26	6" Pulley	14482	76	Hex Bolt, 1/2" x 2 3/4" w/locktite	14666
27	Pulley Plate	14547	77	Hex Bolt 1/2" x 3" L	14377
28	Pulley Cover	14541	78	Hex Bolt - 1/2" x 4" L	14660
29	Pulley Bracket	14606	79	Hex Bolt 1/2" X 4 1/4" L	14661
30	Double Floating Pulley Bracket	14677	80	Hex Bolt 1/2" x 5 1/4" L	14521
31	Floating Pulley Bracket	14107	81	Bushing Wt. Plate	000-6953
32	Selector Stem	14204	82	BH Allen Scw 1/4" x 3/4" w/Locktite	14656
33	Plate Weight Stack Bottom	14106	83	BH Screw 3/8 x 1" L	14251
34	Top Weight	14205	84	Button Head Screw 1/2" x 4" L	40000
35	WT PLATE EACH NS 10LB GRAY	14427	85	Flat Washer, 1" x 1/2"	15543
36	Ball Knob Pop Pin	14645	86	Flat Washer, 3/8"	17039
37	T Handle Pop Pin	14646	87	Washer Flat 1/4 Steel	000-0382
38	T Handle Pop Pin, Press Arm	14212	88	Shim Washer	92164
39	PIN WT PLATE TETHERED	14420	89	1 3/8" Plastic Washer	14621
40	Pec Fly T Handle Pop Pin	14213	90	2 3/8" Plastic Washer	92058
41	AB Crunch Bracket	14693	91	1 11/32 x 1/2" Flat Washer	50152
42	AB Crunch Pivot Shaft	14550	92	Half Circle Washer	14672
43	AB Crunch Arm	14561	93	Lock Nut, 1/2" x 5/16T	14673
44	AB Base Support Tube	14562	94	1/2" Lock Nut	15069
45	AB Crunch Support Upright	14564	95	NS LOCK NUT HEX NYLON 3/8"	17056
46	AB Crunch Head Rest	14627	96	Cap Head Screw 1" L w/Locktite	14258
47	Screw, Pan Head M12 x 84	14609	97	Leg Press Front Link left	14359
48	Pan Head Allen Screw 3/8" x 1" L	14675	98	Leg Press Front Link right	14360
49	Flat Head Screw M12 (Counter sunk)	14767	99	Leg Press Pivot Shaft	14375
50	SCREW SET 5/16X1/4 LCKTITE	14506	100	Leg Extension Roller Bar	14539

NS-4000

REF #	DESCRIPTION	PART #	REF #	DESCRIPTION	PART #
101	Leg Press Power Link	14542	150	Leg Ext. Plastic Sleeve	14619
102	Leg Press Main Base	14556	151	Leg Extension Roller Pad	14639
103	Leg Press Seat Adjuster	14557	152	Leg ExtSeat Pad w/Plate	14630
104	Leg Press Seat Glide	14558	153	Leg Extension Back / Bench	14631
105	Leg Press Rear Support	14559	154	Leg Press/Ext. Shroud NS-4000	14640
106	Leg Press Seat Handle	14560	155	Pec Fly Main Frame	14596
107	Leg Press Top Link	14566	156	Pec Fly Base	14597
108	Leg Press Rear Link left	14568	157	Pec Fly Back Adjuster	14598
109	Leg Press Rear Link right	14569	158	Pec Fly Top Beam	14599
110	Leg Press Power Arm	14570	159	Pec Fly Seat Pad	14628
111	Leg Press Foot Plate	14572	160	Pec Fly Seat Pad Assembly	14768
112	Leg Press Seat Pad	14625	161	Pec Fly Back Pad	14629
113	Leg Press Back Pad	14626	162	Pec Fly Roller Pad	14638
114	Seat Support Bracket	14543	163	Pec Fly Mount	14600
115	Back Support Bracket	14544	164	Pec Fly Range of Motion	14601
116	Press Arm Pivot Shaft	14549	165	Left Pec Fly Handle	14602
117	Power Link Pivot Shaft	14551	166	Right Pec Fly Handle	14603
118	Press Arm Main Frame	14586	167	Pec Fly Seat Adjuster	14605
119	Press Arm Base	14587	168	Pec Fly Support Upright	14553
120	Press Arm Seat frame	14588	169	Pec Mount Backing Plate	14548
121	Press Arm	14589	170	Pec Fly Station Shroud	14642
122	Press Arm Top Beam	14590	171	Back Adjustment Stop Pin	14607
123	Press Arm Range of Motion	14591	172	Roller Collar	14608
124	Left Press Arm Handle	14592	173	Spring	14610
125	Right Press Arm Handle	14593	174	Glide	14616
126	Press Arm Back Adjuster	14594	175	Round Foot Pad	14617
127	Press Arm Support Upright	14554	176	Plastic Sleeve - 2"L	14618
128	Press Arm Seat Pad	14632	177	Back Adjustment Handle Cover	14180
129	Press Arm Back Pad	14633	178	Hand Grip 11"L	14622
130	Press Arm Station Shroud	14641	179	Hand Grip 7"L	14623
131	Reinforcement Link	14565	180	Hand Grip 8 1/8"L	14624
132	Foot Rest	14567	181	Lever Adjustment Link	14644
133	Flat / Incline Bench Supporter	14574	182	KIT CBL GUIDE NS4000	14692
134	Flat / Incline Bench Tube	14575	183	Leg Ext Cable 4900mm (193")	14647
135	Seat Back Bench Adjustment	14576	184	Chest Fly Cable 2895mm (114")	14648
136	Lft Horizontal Leg Curl Hndle (pair)	14577	185	Low Row Cable 284.5"	14650
137	Seat Handle	14578	186	Secondary Cable 68"	14651
138	Seat Tube	14579	187	Pec Fly Cable 684mm (27"L)	14652
139	Seat Row Frame	14604	188	Pec Fly Cable 719mm (28.25"L)	14653
140	Seat Support	14580	189	Leg Press Cbl 7155mm(281.75")	14654
141	Lever Handle	14581	190	Seat Guard, NS4000	14766
142	Plate, Adjustment	14582	191	Seat Adjuster Cushion	14183
143	Leg Extension Main Frame	14678	192	Seat Adjuster	14595
144	Assembly, Leg Extension Base	14573	193	FOOTPAD LEGPRESS	14637
145	Left Leg Ext Arm Support Bar	14545	194	6905 Bearing	14271
146	Right Leg Ext Arm Support Bar	14546	195	Pulley Spacer 1/2"L	92046
147	Leg Extension Arm	14583	196	Pulley Spacer 1"L	92122
148	Leg Extension Base Connector	14584	197	Step Bushing 16.2 x 10 x 12.5h	17145
149	Leg Extension Base Stabilizer	14585	198	SPACER STEP 19.45X12.8X18H	93472

NS-4000

REF #	DESCRIPTION	PART #	REF #	DESCRIPTION	PART #
199	Step Spacer 31 x 25.1 x 15H	14634			
200	Step Bushing 11/16"H	14636			
201	Step Bushing 25/32	14635			
202	Step Spacer 31 x 25.1 x 20h	92189			
203	Handle Strap with 2 rings	14384			
204	Cable Clip Large	92054			
205	Hardware Pack NS-4000	14431			
206	M4 Allen Wrench	14680			
207	M5 Allen Wrench	14532			
208	M6 Allen Wrench	14533			
209	M8 Allen Wrench	14534			
210	Screw Bumper	14152			

TECHNICAL SERVICE BULLETIN # SB-060503-NAUTILUS-M

SUBJECT: NS-4000 Floating Pulley Guide System

AUTHOR: Eric Golesh

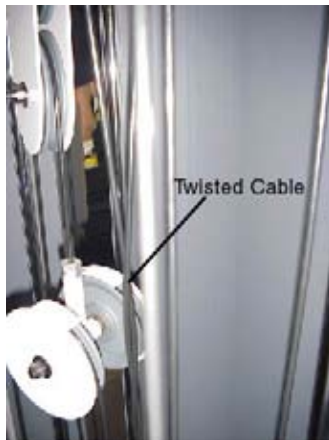
PRODUCTS AFFECTED: NS-4000

PART NUMBERS INVOLVED: 14692 – NS4000 Cable Guide Kit

DISTRIBUTION: Internal

DESCRIPTION OF ISSUE:

The Floating Pulley used on the Lat Pull / Press Arm station of the NS-4000 is allowing the Pull Down Cable to twist around itself several times. This condition remains when the cable is under load. This creates a very rough feel and causes premature wear on the cable. This condition is intermittent and can occur soon after installation.



SOLUTION:

The solution is two fold.

1. **Changed Length of Cables.** The Pull Down Cable is reduced from 277” to 241”, and the Primary Cable is increased from 127.5” to 145.5”.
2. **Added a guide system for the floating pulley bracket.** This includes an Upper Bracket that connects to the Top Frame, a Lower Bracket that Connects to the Base Frame, and a cable that is connected to both. The cable is tensioned and runs through a guide sleeve located on the Modified Floating Pulley Bracket. See Pictures.



The Cable Guide Kit includes the guide system, a new Pull Down and Primary Cable, and one 2 ¼”L Hex Bolt.

PARTS AND TOOLS NEEDED:

- Adjustable Wrench
- ¾” Socket or Wrench
- 2 – 9/16” Socket or Wrench
- 6mm Allen Wrench

INSTRUCTIONS:

See Attached Sheet