



VERTICAL CHEST

OWNER'S MANUAL

REVISED: Nov. 06, 1998

SERIAL NO.'S

through

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Maintenance Manual

Follows page 10

See last pages of this manual for 2ST Strength Circuit Exercise Order Diagram and 2ST Floor Plan Kit.



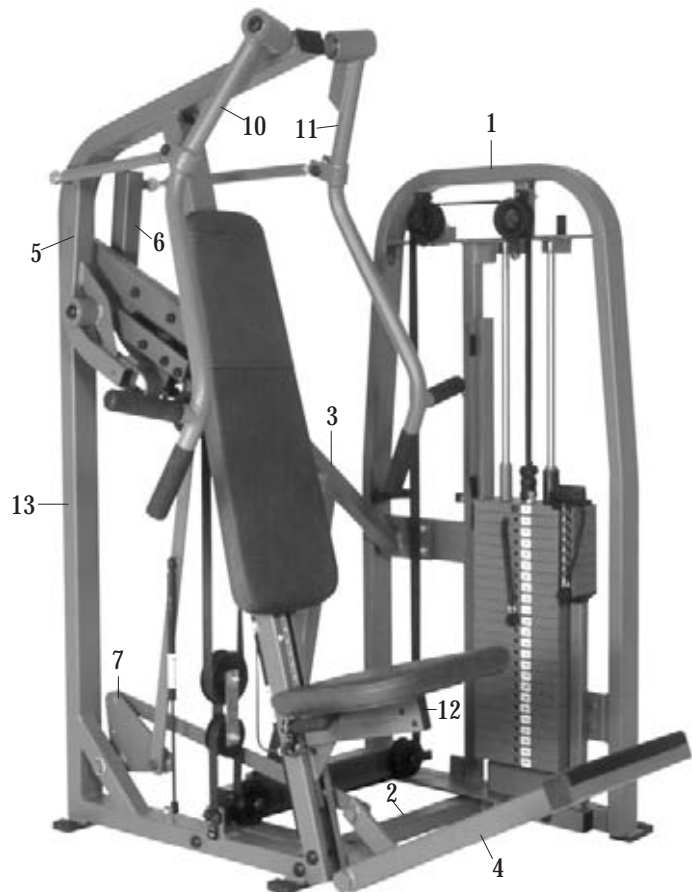
PARTS AND SERVICE

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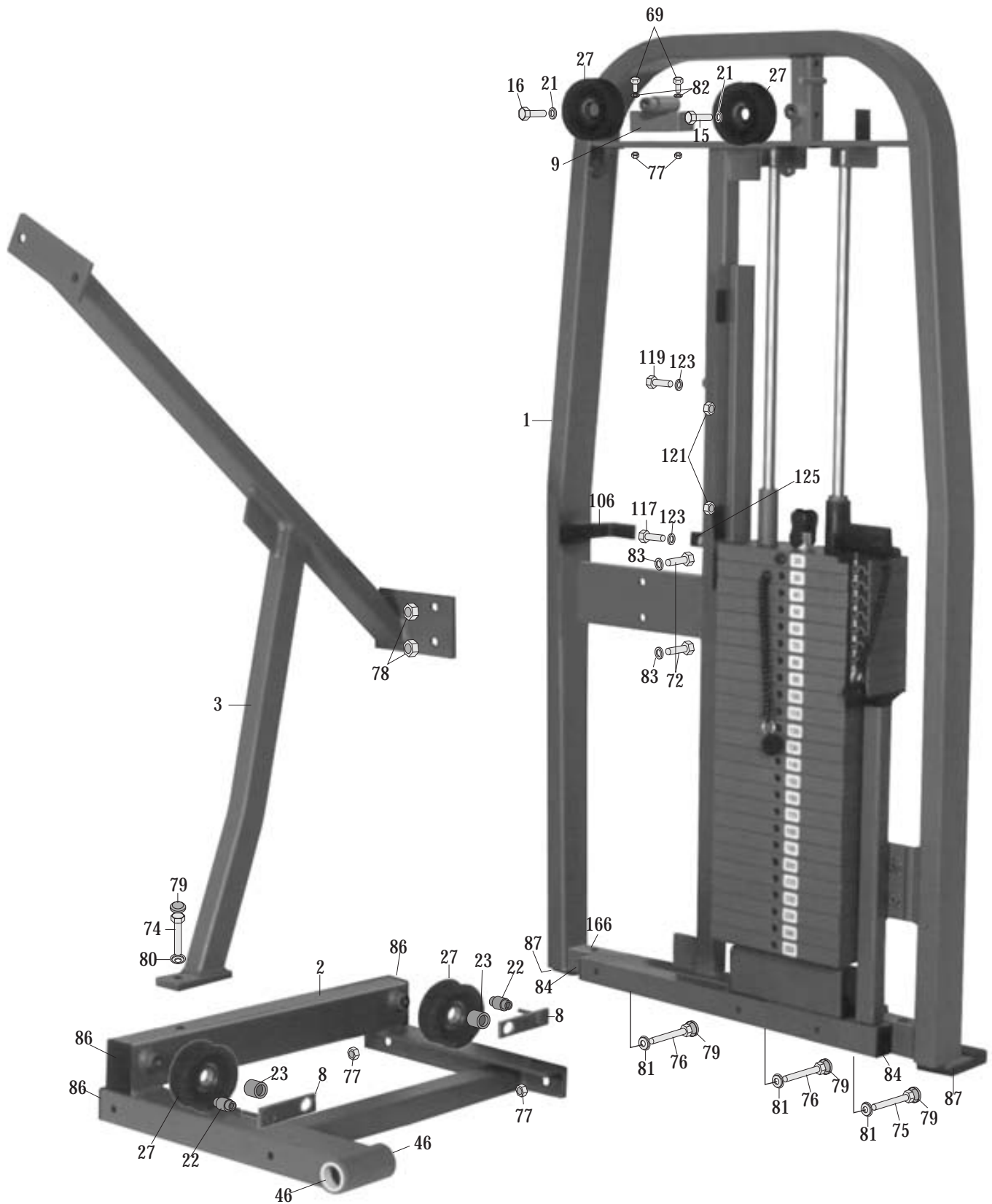
19-4948

Nautilus® 2ST Vertical Chest

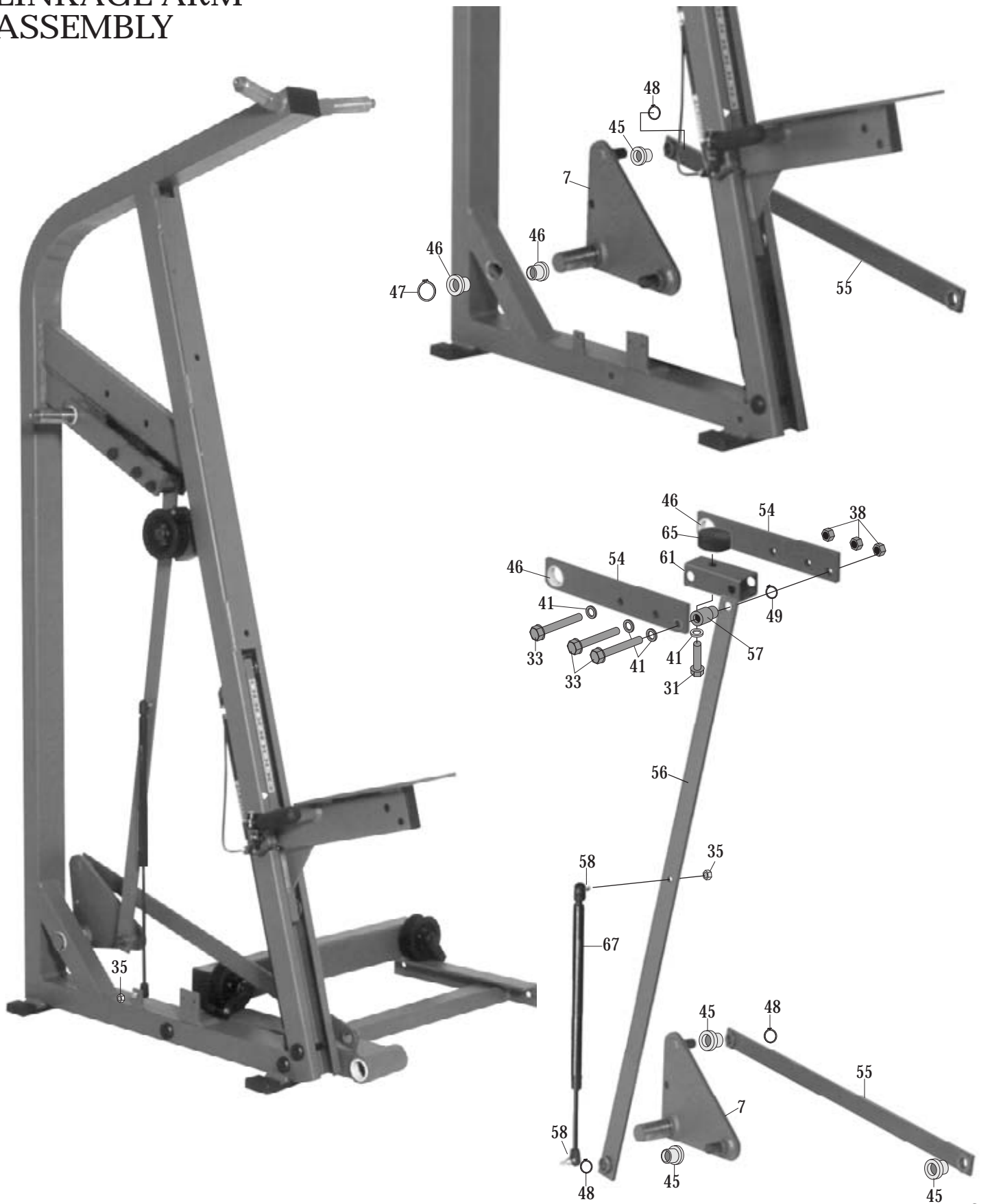
MAIN FRAME TO SEAT FRAME ASSEMBLY



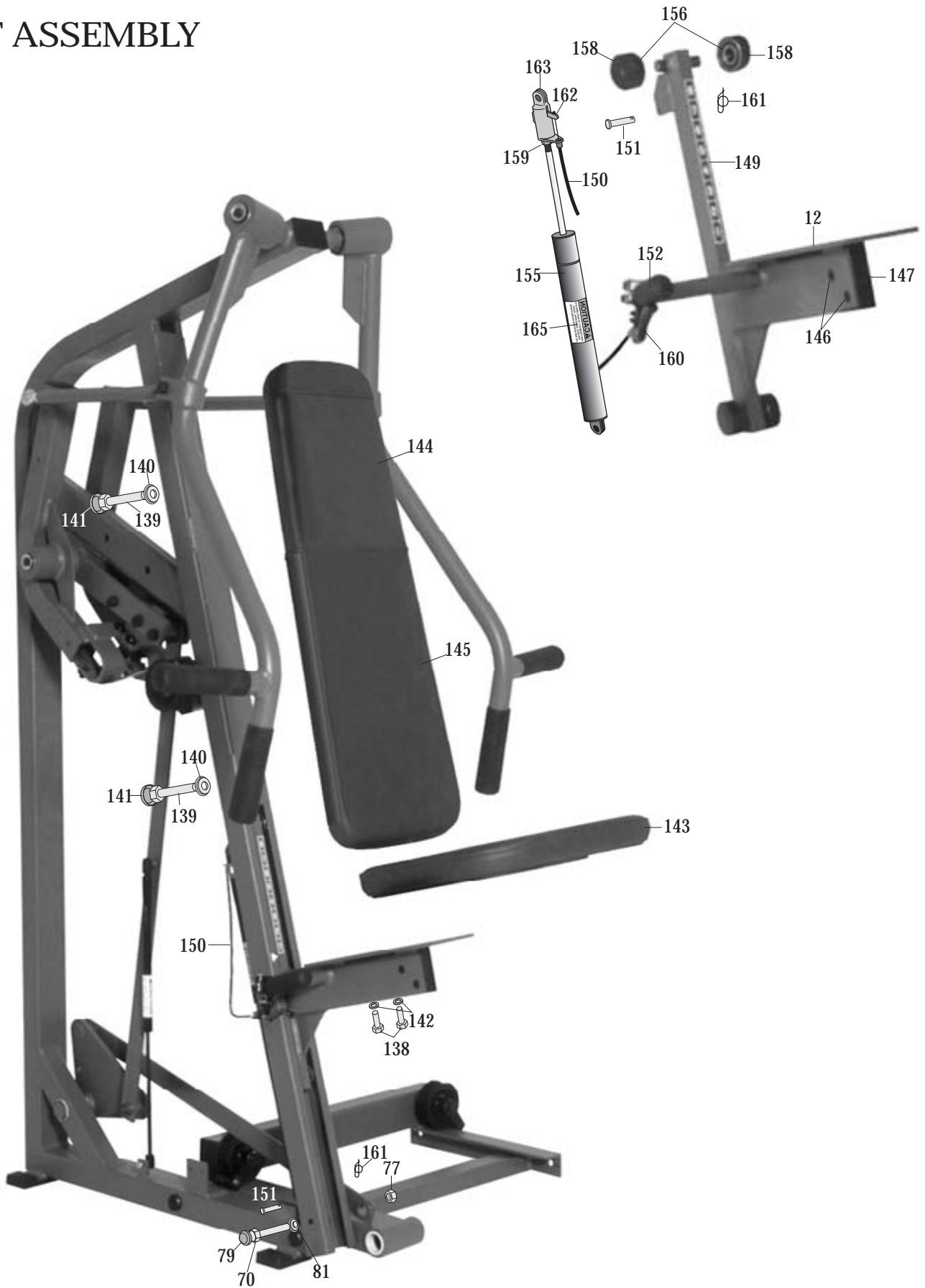
CROSSMEMBER ASSEMBLY



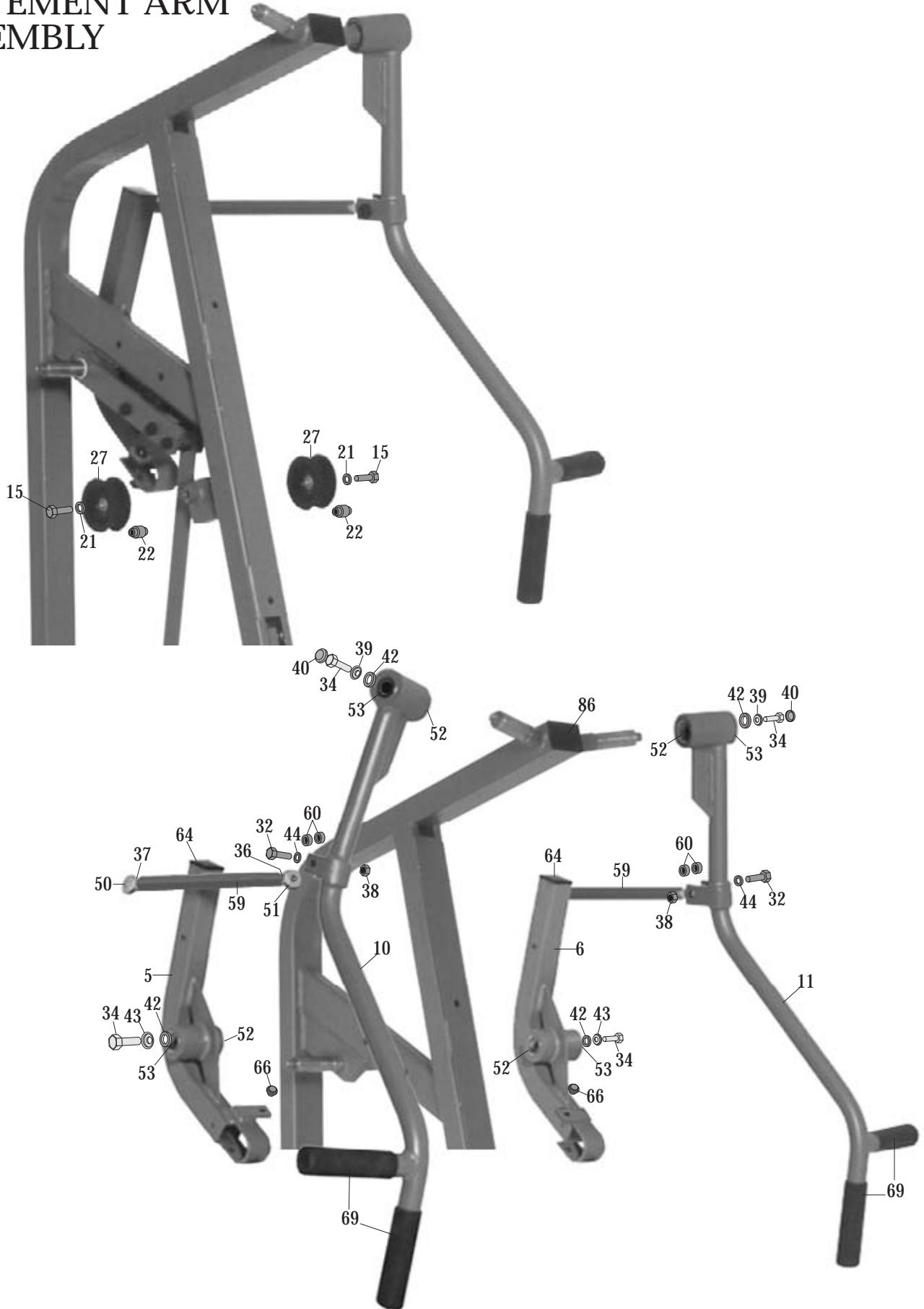
**LINKAGE ARM
ASSEMBLY**



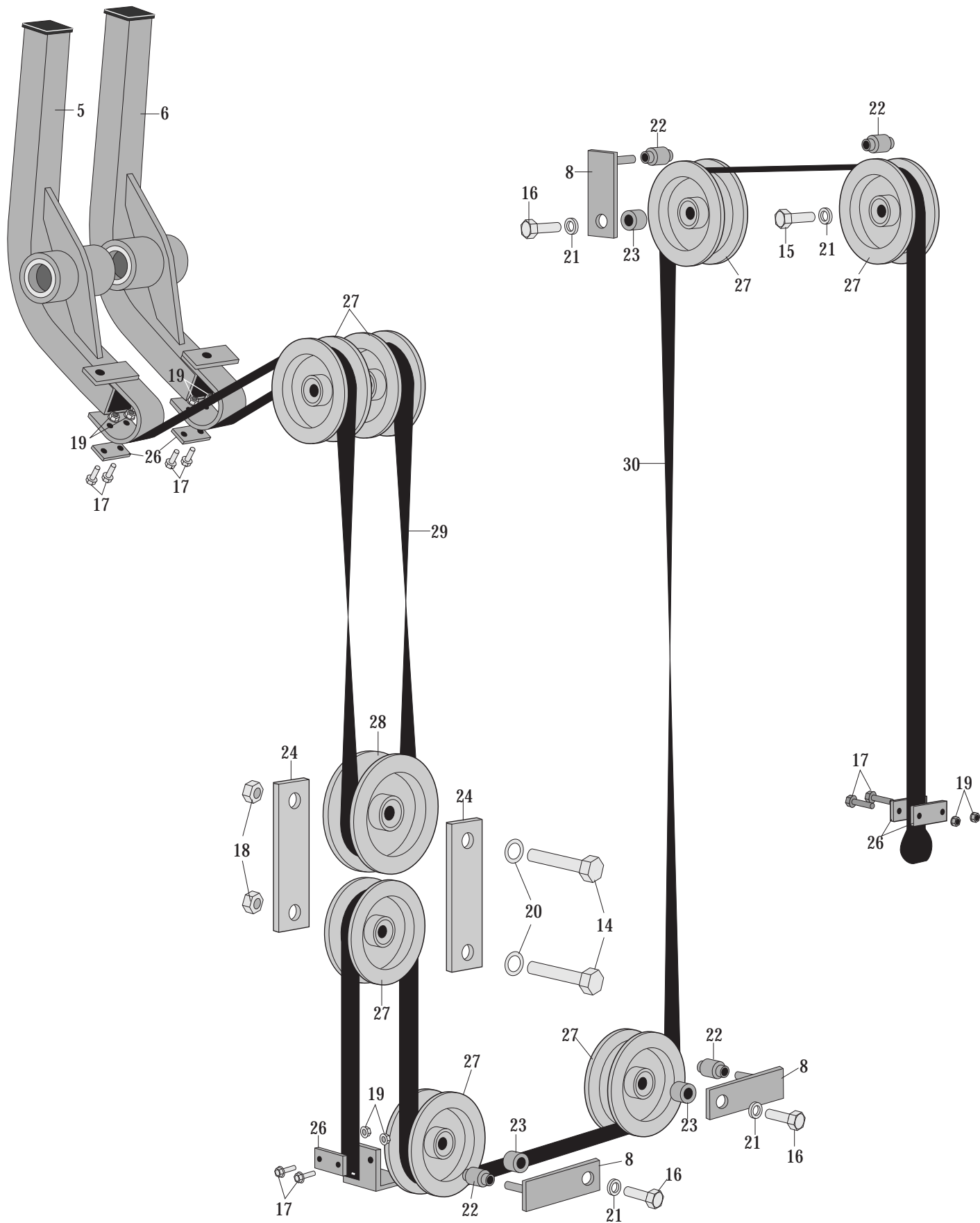
SEAT ASSEMBLY



MOVEMENT ARM
ASSEMBLY



BELT & PULLEY ASSEMBLY



24 WEIGHT STACK



**USE CAUTION
WHEN WORKING
WITH WEIGHT
STACK !**

STANDARD

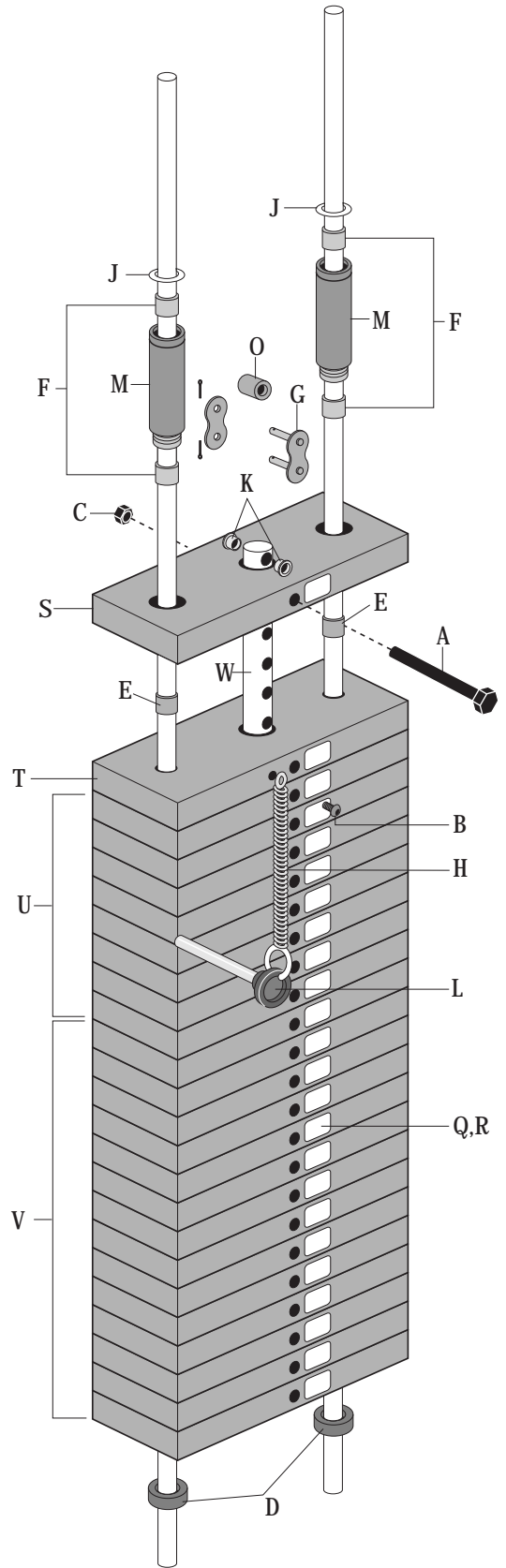
REF #	PART #	DESCRIPTION
A	01-0010	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4-20 X 3/4 FLANGE BUTTON HD. SCREW
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1024	DECAL WARNING 3"
Q	12-1052	WEIGHT STACK DECAL 20-250 lbs
R	12-1062	WEIGHT STACK DECAL 9.1 - 113.7 kg
S	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
T	17-2206	1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
U	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG

WOMEN'S/MEDICAL

REF #	PART #	DESCRIPTION
A	01-0010	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1024	DECAL WARNING 3"
Q	12-1056	WEIGHT STACK DECAL 10-180 lbs
R	12-1061	WEIGHT STACK DECAL 4.6 - 81 kg
S	17-2210	1 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
T	17-2212	1 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
U	17-2211	1 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG

SUPER STACK

REF#	PART #	DESCRIPTION
A	01-0010	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8297	PIN WEIGHT SELECTOR W/MAGNET 7" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1028	DECAL WARNING 6"
Q	12-1057	WEIGHT STACK DECAL 20-365 lbs
R	12-1064	WEIGHT STACK DECAL 9.1 - 165.9 kg
S	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
T	17-2207	1 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
U	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
V	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG



**OPTION 1
NO STAND**

2LR, 2PF

OPTION 2

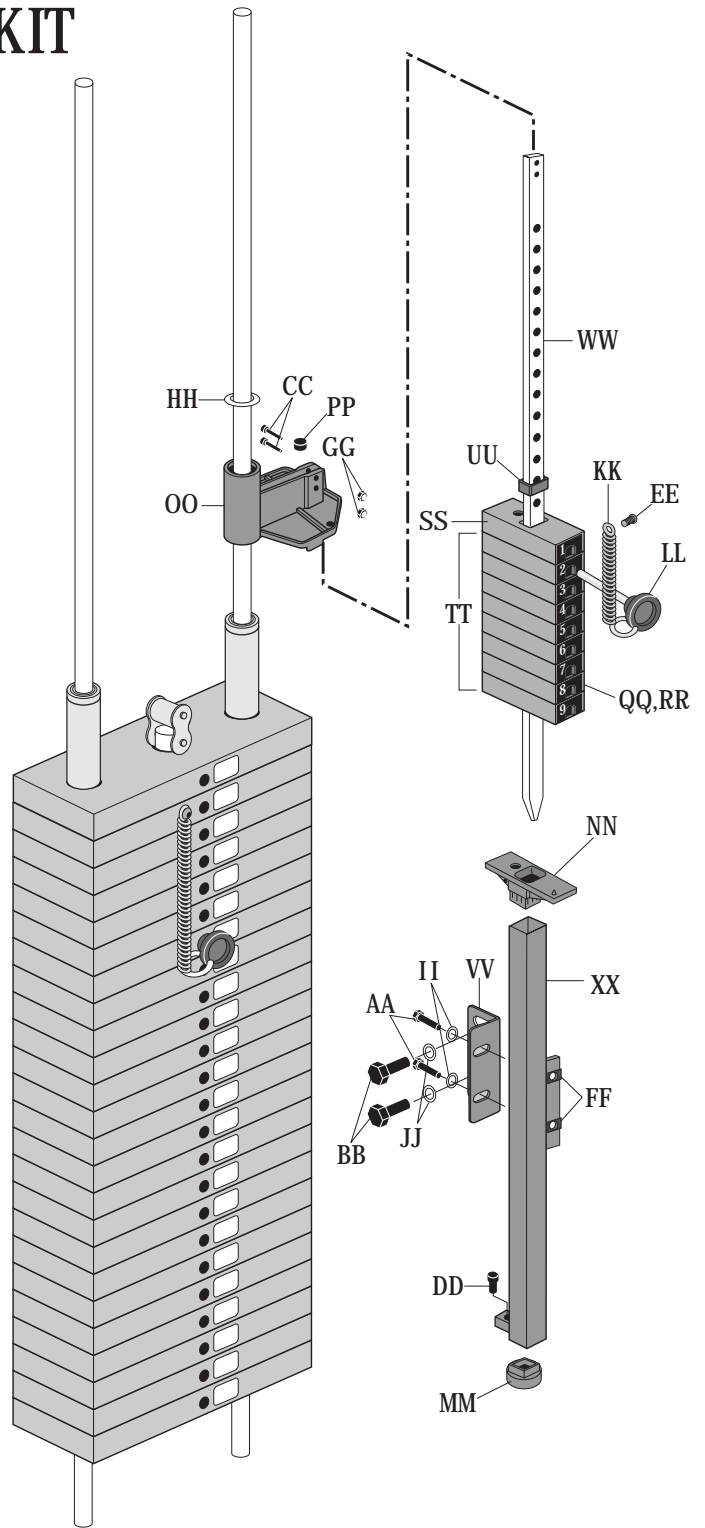
2AB, 2BP, 2CR, 2P, 2LCP, 2LE, 2LB, 2OP, 2TP, 2LCS, 2VC, 210

OPTION 3

2HAD, 2HAB, 2RT, 2SC

MINI 24 ADD-ON WEIGHT KIT

REF #	PART #	DESCRIPTION
AA	02-4108	3/8-16 X 3/4 ALLEN CAP SCREW
BB	01-1258	1/2 X 3/4 HEX BOLT BLACK
CC	01-4035	1/4 X 1-1/4 WIZ BOLT BLACK
DD	02-4110	3/8 X 1-1/4 ALLEN CAP SCREW
EE	02-4134	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
FF	03-5111	3/8 CLIP NUT
GG	03-4290	1/4 WIZ NUT BLACK ZINC
HH	06-8150	1 1/4 EXT. SNAP RING
II	04-5206	3/8 SAE FLAT WASHER BLACK
JJ	04-5214	1/2 LOCK WASHERS BLACK
KK	06-7062	.450 OD 5" SUPER COIL
LL	07-8045	ADD ON WEIGHT SELECTOR PIN & KNOB
MM	07-9245	MOLDED WEIGHT STAND INSERT
NN	07-9250	MOLDED ADD-ON-WEIGHT BASE
OO	07-9255	MOLDED ADD-ON-WEIGHT LINK
PP	09-3072	HOLE PLUG 3/8" BLACK
QQ	12-1063	ADD ON WEIGHT DECAL KG
RR	12-1066	ADD ON WEIGHT DECAL LBS
SS	17-5998	CAST ADD-ON SECOND PLATE
TT	17-5999	CAST ONE POUND WEIGHT
UU	17-6015	RECTANGULAR WEIGHT BUSHING
VV	17-6020	ANGLE BRACKET



OPTION 1 - NO WEIGHT STAND:
 2LR, 2PF
 WW 07-9292 SHORT MINIWEIGHT STACK PIN
 XX BSF512 SHORT MINIWEIGHT STAND

OPTION 2 - 3" WEIGHT STAND:
 2AB, 2BP, 2CR, 2IP, 2LCP, 2LE, 2LB, 2OP, 2TP, 2LC
 WW 17-4137 STANDARD MINI WEIGHT STACK PIN
 XX BSF511 STANDARD MINI WEIGHT STAND

OPTION 3 - 8" WEIGHT STAND:
 2HAAD, 2HAB, 2RT, 2SC
 WW 17-4137 STANDARD MINI WEIGHT STACK PIN
 XX BSF513 TALL MINI WEIGHT STAND



**USE CAUTION
 WHEN WORKING
 WITH WEIGHT
 STACK !**

**OPTION 1
 NO STAND**
 2LR, 2PF

OPTION 2
 2AB, 2BP, 2CR, 2IP, 2LCP,
 2LE, 2LB, 2OP, 2TP, 2LCS

OPTION 3
 2HAD, 2HAB, 2RT, 2SC

2ST VERTICAL CHEST

E.L. CODES:

2VCS FULLY SHIELDED VERTICAL CHEST
 2WVCS FULLY SHIELDED WOMENS' VERTICAL CHEST
 2VC PARTIAL SHIELDED VERTICAL CHEST
 2WVC PARTIAL SHIELDED WOMENS' VERTICAL CHEST
 2SVC PARTIAL SHIELDED SUPER VERTICAL CHEST

REF# PART# DESCRIPTION

E.L. CODE: 2VCS, 2WVCS, 2VC, 2WVC, 2SVC
 WL28 WELDMENT KIT VERTICAL CHEST
 1.....BF507.....BACK FRAME ASSEMBLY
 2.....CM534.....LOWER CROSSMEMBER ASSEMBLY
 3.....CM537.....UPPER CROSSMEMBER ASSEMBLY
 4.....FL505.....FOOT LEVER ASSEMBLY
 5.....LK524.....BVC RIGHT MA ASSEMBLY
 6.....LK525.....BVC LEFT MA ASSEMBLY
 7.....LK526.....LINKAGE ASSEMBLY
 8.....LK529.....BRACKET, ANTI-JUMP ROLLER
 9.....LK531.....LINKAGE ASSEMBLY
 10.....MA553.....MOVEMENT ARM ASSEMBLY
 11.....MA554.....MOVEMENT ARM ASSEMBLY
 12.....SE502.....SEAT ASSEMBLY
 13.....SF513.....SEAT FRAME ASSEMBLY

E.L. CODE: 2VCS, 2WVCS, 2VC, 2WVC, 2SVC
 BLT27 BELT & PULLEY KIT VERTICAL CHEST
 14.....01-1321.....BOLT HH5 1/2 X 2 1/2 BLACK
 15.....01-2180.....BOLT HH5 5/8 X 1 1/2 BLACK
 16.....01-2185.....BOLT HH5 5/8 X 2 1/2 BLACK
 17.....01-4030.....1/4 X 1 WHIZ FLANGE SM PATTERN BLACK
 18.....03-1055.....NUT BLACK FLANGE 1/2-13
 19.....03-4290.....1/4-20 WHIZ FLANGE L/N SM PATTERN BLACK
 20.....04-5214.....1/2 INT LOK WASHER BLACK
 21.....04-5215.....5/8 INT LOK WASHER BLACK
 22.....06-5045.....ROLLER BELT
 23.....07-5072.....SPACER, ANTI-JUMP BRACKET
 24.....07-5827.....IDLER PLATES
 25.....07-8363.....IDLER PULLEY SPACER 33/64 ID X 13/16 LONG
 26.....07-8982.....END STRAP CLAMP
 27.....09-8327.....PULLEY 3"
 28.....09-8330.....PULLEY 4"
 29.....24-6030.....KEVLAR BELT 1"
 30.....24-6030.....KEVLAR BELT 1"

E.L. CODE: 2VCS, 2WVCS, 2VC, 2WVC, 2SVC
 MV16 MOVEMENT ARM KIT VERTICAL CHEST
 31.....01-1258.....BOLT HH5 1/2 X 3/4 BLACK
 32.....01-1321.....BOLT HH5 1/2 X 2 1/2 BLACK
 33.....01-1351.....BOLT HH5 1/2 X 3 1/4 BLACK
 34.....02-9210.....BOLT HH5 3/8 X 1 BLACK
 35.....03-4142.....NUT 5/16 JAM BLACK
 36.....03-5114.....STANDARD 1/2-20 RIGHT HAND THREAD NUT
 37.....03-5115.....STANDARD 1/2-20 LEFT HAND THREAD NUT
 38.....03-1055.....NUT 1/2 BLACK
 39.....04-5135.....3/8 BOLT CAP WASHER
 40.....04-5155.....PLASTIC BOLT CAP BLACK
 41.....04-5207.....WASHER FLAT 1/2 BLACK
 42.....04-5206.....WASHER FLAT 3/8 BLACK
 43.....04-5213.....3/8 INT LOK WASHER BLACK
 44.....04-5214.....1/2 INT LOK WASHER BLACK
 45.....05-1070.....BUSHING BRASS 3/4 X 1 OD X 3/4 L
 46.....05-5116.....BUSHING IGUS 32 mm
 47.....06-8150.....SNAP RING 1 1/4 EXTERNAL
 48.....06-8160.....SNAP RING 3/4 EXTERNAL
 49.....06-8230.....SNAP RING 1" EXTERNAL (5100-100)
 50.....06-9032.....SEALMASTER ROD ENDS CTMDL-8Y DELRIN
 (LH THREADS)

REF# PART# DESCRIPTION

51.....06-9034.....SEALMASTER ROD ENDS CTMD-8 DELRIN
 (RH THREADS)
 52.....07-1250.....30MM ROLLER BNGS
 53.....07-5065.....BEARING FAFNIR 203 PP
 54.....07-5260.....FOOT LEVER LIFT LINK 12 1/4 LONG
 55.....07-8223.....FOOT LEVER DRAG LINK 31 1/2 LONG
 56.....07-8224.....WEIGHT ARM DRAG LINK 37 5/16 LONG
 57.....07-8226.....PIVOT TUBE NYLON
 58.....07-9170.....BALL STUD (5/16)
 59.....07-9280.....DRAG LINKS (RH & LH THREADS)
 60.....07-9310.....SPACER 1/2 ID X 7/16 LONG
 61.....08-5077.....LIFT LINK SPACER 1 1/2 X 2 TUBE
 62.....09-1085.....HAND GRIP 1 3/8 X 7
 63.....09-1157.....FOOT GRIP 1/4 X 2.5 X 1 PVC CH 13 5/8 L
 64.....09-2070.....2" SQ HOLE PLUG
 65.....09-4075.....2" DIA X 1" LONG RUBBER BUMPER
 66.....09-4092.....MOLDED URETHANE STOP
 67.....10-3035.....LIFT-O-MAT.GAS SPRING STABILUS 9506AZ -
 500N
 68.....19-1012.....TAPE DOUBLE SIDED 1.5" WIDE 13.5" LONG

E.L. CODE: 2VCS, 2WVCS, 2VC, 2WVC, 2SVC
 FR24 FRAME KIT VERTICAL CHEST
 69.....01-1121.....BOLT HH5 3/8 X 2 BLACK
 70.....01-1185.....BOLT HH5 3/8 X 3-1/2 BLACK
 71.....01-1558.....BOLT HH5 3/8 X 6 1/2 BLACK
 72.....01-1271.....BOLT HH5 1/2 X 1 1/4 BLACK
 73.....01-1321.....BOLT HH5 1/2 X 2 1/2 BLACK
 74.....01-1381.....BOLT HH5 1/2 X 4 BLACK
 75.....02-9071.....BOLT HH5 3/8 X 3 3/4 BLACK
 76.....02-9074.....BOLT HH5 3/8 X 4 1/4 BLACK
 77.....03-1035.....NUT BLACK FLANGE 3/8-16
 78.....03-1055.....NUT BLACK FLANGE 1/2-13
 79.....04-5145.....PLASTIC BOLT CAP
 80.....04-5130.....1/2 BOLT CAP WASHER
 81.....04-5135.....3/8 BOLT CAP WASHER
 82.....04-5213.....3/8 INT LOK WASHER BLACK
 83.....04-5214.....1/2 INT LOK WASHER BLACK
 84.....09-2040.....FRAME PLUG 1 1/2 X 2
 85.....09-2060.....FRAME PLUG 1 1/2 X 3
 86.....09-2090.....FRAME PLUG 2 X 3
 87.....09-5035.....RECTANGLE FOOTPAD

E.L. CODE: 2VCS, 2WVCS, 2VC, 2WVC, 2SVC
 SH57 SHIELD KIT VERTICAL CHEST
 88.....03-3040.....1/4-20 THREAD INSERT
 89.....12-1026.....KEEP HANDS AWAY DECAL
 90.....12-2798.....PLACARD VERTICAL CHEST
 91.....14-2173.....LINKAGE SHIELD LEFT
 92.....14-2174.....LINKAGE SHIELD RIGHT
 93.....19-4948.....DIAGRAM PARTS VERTICAL CHEST

E.L. CODE: 2VCS, 2WVCS, 2VC, 2WVC, 2SVC
 GR01 GUIDE ROD KIT 1
 94.....07-9269.....3" WEIGHTSTACK SPACER
 95.....09-2060.....FRAME PLUG 1 1/2 X 3 11 GA
 96.....17-1375.....GUIDE RODS 51 15/16 LONG

E.L. CODE: 2VCS, 2VC, 2SVC
 IN01 INSPECTION KIT
 97.....12-1080.....INSPECTION STICKER DECAL
 98.....12-1088.....DECAL.NAUTILUS NAMEPLATE 2 1/2 x 9 1/4 long.....
 WAS 12-1095
 99.....19-1291.....DECAL SERIAL # BAR CODE
 100.....40-7167.....BAG 50 X 46 X 86 X .002 THICK

REF#	PART#	DESCRIPTION
	<i>E.L. CODE:</i> 2WVCS, 2WVC	
	IN03	INSPECTION KIT WOMENS
101	12-1080	INSPECTION STICKER DECAL
102	12-1175	NAUTILUS WOMENS NAMEPLATE 2 1/2 x 9 1/4
103	19-1291	DECAL SERIAL # BAR CODE
104	40-7167	BAG 50 X 46 X 86 X .002 THICK

	<i>E.L. CODE:</i> 2VC, 2WVC, 2SVC	
	SH06	OUTER PARTIAL SHIELD BF507 KIT
105	03-4060	1/4-20 CLIP NUT
106	07-9137	FRONT FRAME WORKBOX BRACKET
107	07-9138	UPPER MAIN FRAME SHIELD BRACKET
108	19-1015	2" SQ SERIES 170 DUAL LOC
109	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
110	02-4070	SCREW SHIELD 1/4 X 3/4
111	14-2694	SHIELD 2ST OUTER BF507

	<i>E.L. CODE:</i> 2VCS, 2WVCS	
	SH07	OUTER SHIELD BF507 KIT
112	03-4060	1/4-20 CLIP NUT
113	07-9137	FRONT FRAME WORKBOX BRACKET
114	07-9138	UPPER MAIN FRAME SHIELD BRACKET
115	19-1015	2" SQ SERIES 170 DUAL LOC
116	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
117	02-4070	SCREW SHIELD 1/4 X 3/4
118	14-2691	SHIELD OUTER MAIN BF507

	<i>E.L. CODE:</i> 2VCS, 2WVCS	
	SH14	INNER SHIELD HARDWARE KIT 2
119	01-1402	BOLT HH5 1/2 X 2 1/4
120	02-4134	1/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW
121	03-1055	NUT BLACK FLANGE 1/3-13
122	03-4060	1/4-20 CLIP NUT
123	04-5214	1/2 LOK WASHER
124	07-5071	LOWER SHORT FRAME HOOK
125	07-5422	MOUNT SHIELD LEFT LOWER
126	07-9136	BRACKET LARGE LOWER BASE SHIELD
127	02-4070	SCREW SHIELD 1/4 X 3/4

	<i>E.L. CODE:</i> 2VC, 2WVC, 2SVC	
	SH22	INNER PARTIAL SHIELD KIT 2
128	01-1402	BOLT HH5 1/2 X 2 1/4
129	03-1055	1/2 NTE
130	03-4060	1/4-20 CLIP NUT
131	04-5214	1/2 LOK WASHER
132	07-9004	SHIELD MOUNT CENTER
133	07-9274	16GA SHEET METAL 2ST SHIELD SHROUD
134	19-1015	2" SQ SERIES 170 DUAL LOC
135	19-1016	1 X 2 RECT. SERIES 400 DUAL LOC
136	02-4070	SHIELD SCREWS
137	14-2695	2ST INNER SHIELD

	<i>E.L. CODE:</i> 2VCS, 2WVCS, 2VC, 2WVC, 2SVC	
	UPH23	UPHOLSTERY KIT VERTICAL CHEST
138	02-9220	BOLT HH5 3/8 X 1 1/4 BLACK
139	01-1550	BOLT HH5 3/8 X 3 BLACK
140	04-5135	3/8 BOLT CAP WASHER
141	04-5145	PLASTIC BOLT CAP
142	04-5213	3/8 INT LOK WASHER BLACK
143	UP8015	UPHOLSTERY SEAT BOTTOM
144	UP720	SLIPCOVER
145	UP8050	UPHOLSTERY SEAT BACK

	<i>E.L. CODE:</i> 2VCS, 2WVCS, 2VC, 2WVC, 2SVC	
	ST06	SEAT KIT 1
146	09-3063	7/16" WHITE HOLE PLUG
147	09-3080	1 X 3 HOLE PLUG
148	12-1001	SEAT POSITION INDICATOR ARROW

REF#	PART#	DESCRIPTION
149	12-1009	SEAT.DECAL 1 BOTTOM -10 TOP (5/8 WIDE) BLACK
150	06-8006	SEAT ADJUSTMENT CABLE, 18"
151	07-8027	PIN CLEVIS 5/16 X 1 3/16
152	09-1058	RUBBER HAND GRIP, 7/8 X 4 1/2
153	07-9298	GAS SPRING COVER TUBE
154	07-9299	GAS SPRING COVER PLUG
155	10-3045	RIGID IN COMPRESSION, 250 N #7613IL
156	07-5065	BEARING FAFNIR 203 PP
157	10-4012	40 MM O.D. WAVE SPRING SSB-0158-S17
158	19-1235	NYLON SEAT ROLLERS
159	03-5106	NUT HEX 10MM
160	06-8000	SEAT ADJUSTMENT HANDLE 7/8"
161	07-8135	COTTER PIN #RUE-10 mfg. PIVOT POINT
162	07-9201	SHOCK LEVER P/N 783234
163	07-9205	HEAD THREAD ON CAST ALUM
164	12-1109	SEAT SHOCK ADJ. TAG
165	12-1113	SHOCK WARNING DECAL

	<i>E.L. CODE:</i> 2VC, 2WVC, 2SVC	
166	09-3067	PLUG HOLE 1/4 WHITE
167	14-2171	INNER PARTIAL SHIELD (MF 14-2695)

	<i>E.L. CODE:</i> 2VCS, 2WVCS	
168	14-2172	INNER FULL SHIELD (14-2042)