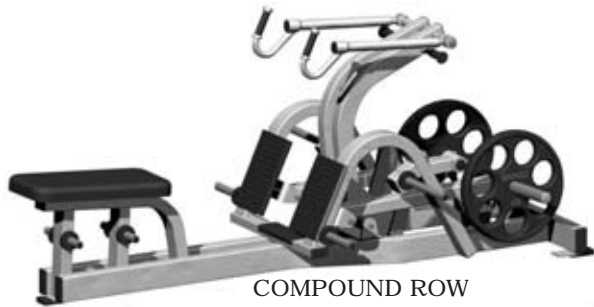


NAUTILUS
XPLOAD



COMPOUND ROW



SEATED CALF



OVERHEAD PRESS



LAT PULLDOWN



INCLINE PRESS



VERTICAL CHEST



LEG PRESS



INCLINE LEG PRESS



BICEP CURL



LEG CURL PRONE



DEAD LIFT / SHRUG



TRICEP EXTENSION



SEATED DIP



LEG EXTENSION

NAUTILUS

XPLOAD

PARTS DIAGRAM

INCLINE LEG PRESS

19-5222

August 22, 2006

PARTS AND SERVICE u 709 Powerhouse Road u Independence,
VA 24348

SERIAL # _____
through _____

P3ILP INCLINE LEG PRESS

COMP# COMPONENT DESCRIPTION

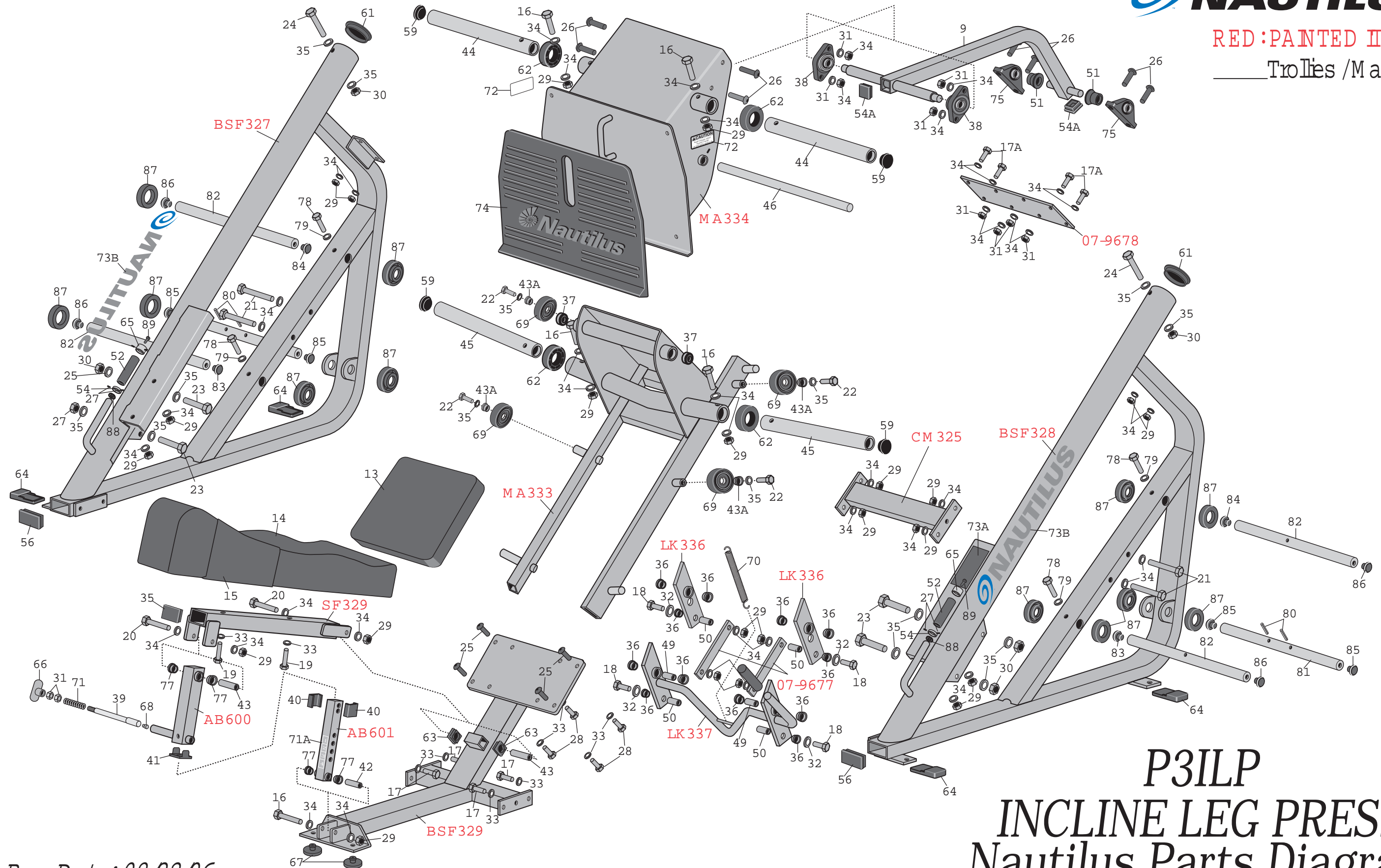
- 1 ..AB600 ...ADJUSTABLE BACK ASSEMBLY
- 2 ..AB601 ...SEAT SLIDE ASSEMBLY
- 3 ..BSF327 .P3ILP LEFT BASEFRAME
- 4 ..BSF328 .P3ILP RIGHT BASEFRAME
- 5 ..BSF329 .P3ILP CENTER BASEFRAME
- 6 ..CM325 ...P3ILP CROSSMEMBER
- 7 ..LK336 ...P3ILP WEIGHT STOP
- 8 ..LK337 ...P3ILP WEIGHT STOP HANDLE
- 9 ..LK338 ...P3ILP CONTROL LNK
- 10 ..MA333 ..P3ILP WEIGHT CARRIAGE
- 11 ...MA334 ..P3ILP FOOT PLATFORM
- 12 ..SF329 ...P3ILP SEAT BACK
- 13 ..UP9210 .PAD SEAT
- 14 ..UP9931 .PAD BACK
- 15 ..UP726 ...SLIPCOVER
- 16 ...01-0011 .1/2 X 3 HH5 BOLT
- 17 ...01-1077 .3/8 X 3/4 HH5 BOLT
- 17A ..01-1271 .1/2 X 1 1/4 HH5 BOLT
- 18 ...01-1282 .1/2 X 1 1/2 HH5 BOLT
- 19 ...01-1550 .3/8 X 3 HH5 BOLT
- 20 ...01-1564 .1/2 X 4 1/2 HH5 BOLT
- 21 ...01-1565 .1/2 X 5 HH5 BOLTT
- 22 ...01-2182 .5/8-18 X 2 HH5 BOLT
- 23 ...01-2205 .5/8 X 2 3/4 HH5 BOLT
- 24 ...01-2230 .5/8 X 5 HH5 BOLT
- 25 ...01-4039 .BOLT 1/2 X 1 BUTTON HEAD BLACK
- 26 ...01-4041 .BOLT 1/2 X 1 1/2 BUTTON HEAD BLACK
- 27 ...02-3055 .1/4-28 X 1/4 SET SCREW
- 28 ...02-9220 .BOLT HH5 3/8 X 1 1/4
- 29 ...03-2050 .1/2 LOC NUT
- 30 ...03-2060 .5/8 LOC NUT
- 31 ...03-9075 .1/2-13 THIN LOCKING JAM NUT BLACK
- 32 ...04-2030 .1/2 FLAT WASHER
- 33 ...04-5213 .3/8 LOC WASHER
- 34 ...04-5214 .1/2 LOC WASHER
- 35 ...04-5215 .5/8 LOC WASHER
- 36 ...05-5113 .GUS 1 D X 1 1/8 OD X 1/2 L
- 37 ...07-1100 .BEARING ROLLER 7512 GENERAL
- 38 ...07-4005 .1" FLANGE BEARINGS
- 39 ...07-8291 .PIN SELECTOR 1/2 DIA X 7 9/16 L ZNC PLATED
- 40 ...07-9276 .END SLIDES
- 41 ...07-9277 .TUBE PLUG /SLIDE
- 42 ...07-9420 .PIVOT SPACER 3/4 X 11 GA TUBE 1 63/64" LONG
- 43 ...07-9421 .PIVOT SPACER 3/4 X 11 GA TUBE 2 63/64" LONG
- 43A ..07-9610 .LNKAGE BUSHING
- 44 ...07-9625 .WEIGHT TUBE 1 7/8 X .25W TUBE X 16" LONG
- 45 ...07-9663 .WEIGHT TUBE
- 46 ...07-9676 .AXLE
- 47 ...07-9677 .P3ILP CONNECTOR
- 48 ...07-9678 .BEARING MOUNT
- 49 ...07-9687 .1" DIA .SLEEVE, 1 1/2 LONG
- 50 ...07-5577 .3/4" DIA .SLEEVE, 21/32 LONG
- 51 ...08-2056 .MOLDED MAIN SHAFT SPACERS
- 52 ...09-1006 .1" D X 4 1/2 OPEN END GRIP
- 53 ...09-1022 .1 X 5 VINYLGRIP-YELLOW
- 54 ...09-9535 .GRIP RING 1.030 ID (FOR 1" BAR)
- 54A ..09-2070 .2" SQ .FRAME PLUG
- 55 ...09-2090 .2 x 3 x 11 GA FRAME PLUG

COMP# COMPONENT DESCRIPTION

- 56 ...09-3055 .2 x 4 x 11 GA FRAME PLUG
- 57 ...09-3064 .7/16" WHITE HOLE PLUG
- 58 ...09-3066 .1 1/4" WHITE HOLE PLUG
- 59 ...09-3091 .HOLE PLUG (YELLOW)
- 60 ...OMIT
- 61 ...09-4009 .ROUND HOLE PLUG FOR 3 1/2 ID
- 62 ...09-4064 .WEIGHT STORAGE, 1.875 ID X 3/4 X 3" OD RUBBER
- 63 ...09-4077 .BEARING 1 1/2 SQ X 3/4 ID
- 64 ...09-5045 .FOOTPAD RECT
- 65 ...09-9505 .GRIP CAP 1.030 ID (FOR 1" BAR)
- 66 ...09-8135 .T-KNOB YELLOW
- 67 ...09-5030 .ROUND FOOTPAD
- 68 ...09-8146 .SELECTOR PNTIP
- 69 ...09-8345 .MOLDED URETHANE WHEELW /BEARINGS
- 70 ...10-1042 .6 1/2" EXT.SPRING, 3/4" DIA.
- 71 ...10-3070 .SPRING FL .042 X 1/2 OD X 4
- 71A 12-1004 .SEAT DECAL 1-4
- 72 ...12-1026 .KEEP HANDS AWAY (YELLOW)
- 73 ...12-1080 .INSPECTION STICKER DECAL
- 73A 12-5321 .INSTRUCTIONAL PLACARD P3ILP
- 73B 12-5149 .NAUTILUS DECAL SMALL
- 74 ...14-6087 .MOLDED URETHANE FOOTBOARD
- 75 ...19-1575 .BEARING -PILLOW BLOCK 1"
- 75B 19-5222 .P3ILP PARTS DIAGRAM
- 76 ...45-1051 .GUS 3/4 D X 7/8 OD X 1/2 L
- 77 ...45-1052 .GUS 3/4 D X 7/8 OD X 3/4 L
OPT-WT-BAR05 P3ILP WEIGHT STORAGE KIT
- 78 ...01-1105 .3/8 X 1 1/2 HH5 BOLT
- 79 ...04-5213 .3/8 INT LOK WASHER
- 80 ...07-7010 .PIN ROLL 1/4 X 1
- 81 ...07-9671 .WEIGHT STORAGE PIN 1 1/4 DIA CR X 22" LONG ZNC
- 82 ...07-9684 .LONG WT STORAGE PIN 1 1/4 DIA CR X 22 1/8" LONG ZNC
- 83 ...09-4000 .P3 NUMBER PLUG 5 lb
- 84 ...09-4001 .P3 NUMBER PLUG 10 lb
- 85 ...09-4002 .P3 NUMBER PLUG 25 lb
- 86 ...09-4003 .P3 NUMBER PLUG 45 lb
- 87 ...09-4066 .WEIGHT STORAGE BUMPER, 3/4 X 3" OD RUBBER
- 88 ...09-9590 .TUBE INSERT
- 89 ...02-2290 .1/4 X 1 AFH SCREW



RED: PAINTED ITEMS
 _____ Trolleys / Machine



P3ILP INCLINE LEG PRESS Nautilus Parts Diagram



Warranty Information

Nautilus® XP Load™ Variable Resistance Warranty
Limited Warranty Terms & General Specifications

Nautilus warrants only to the original purchaser that Nautilus® commercial exercise equipment from the manufacturer is free from defects in material and workmanship under normal use and service. Our obligation under this warranty shall be limited to the repair or exchange at our plant (a) of any part or parts of the structural frame, moving weldments or weight stacks which may thus prove defective under normal use and service for 12 years from delivery to the original purchaser; (b) of any moving part or parts not otherwise disclosed within this warranty which thus may prove defective under normal use and service within one (1) year from delivery to the original purchaser; and (c) of any upholstery, pads, grips or tethered weight pin connectors which thus may prove defective under normal use and service within 6 months from delivery to the original purchaser. This warranty only applies to those parts that our own examination discloses to our satisfaction to be thus defective. Nautilus will replace, free of charge, safety /caution decals which are missing or damaged.

Nautilus Equipment Warranty

2ST, Nitro Plus, Nitro, XP Load, and Free Weights

12 Years	To original owner for frames, welded moving parts and weight stacks.
3 Years	To original owner under normal use and service for any moving part or parts not otherwise disclosed in this warranty.
1 Year	Labor warranty - To original owner.
6 months	Upholstery, pads, grips and tethered weight stack pins.

Equipment schematics available online at www.nautilus.com for faster repair diagnosis and parts delivery.

This warranty is expressly in lieu of all other warranties, express or implied, including the warranties of merchantability and fitness for use and of all other obligations or liabilities on our part, and we neither assume nor authorize any other person to assume for us any other liability in connection with the sale of this NAUTILUS® commercial exercise equipment. This warranty shall not apply to this NAUTILUS® commercial exercise equipment or to any part thereof which has been subject to accident, negligence, alteration, abuse, misuse, or a lack of maintenance in accordance with our recommended maintenance instructions. We make no warranty whatsoever in respect to accessories or parts not manufactured by us and disclaim all warranties, express or implied, as to such accessories and parts. The term "original purchaser", as used in this warranty, shall be deemed to mean that person or entity for whom this NAUTILUS® commercial exercise equipment is originally installed. This warranty shall apply only within the boundaries of the continental United States.

NAUTILUS® shall not be liable for any loss or damage, including incidental or consequential damages resulting directly or indirectly from the use or loss of use of our NAUTILUS® commercial exercise equipment. Without limiting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for downtime or for making up downtime, damages for which the purchaser may be liable to other persons, damages to property, and injury to or death of any persons. We neither assume nor authorize any person to assume for us any liability in connection with sale or use of our equipment. There are no oral agreements or warranties collateral to or affecting this agreement.

Dealer Acknowledgment Notice:

Nautilus Commercial Warranty times begin 30 days after product has been shipped from our manufacturing plant to your warehouse or storage site, unless otherwise specified at time of customer pickup.

WARNING

Store indoors only. Do not subject machine to high humidity or damp conditions.



Maintenance
INSTRUCTIONS

For XP Load Strength Training
Equipment



Getting maximum results from Nautilus® machines depends on proper maintenance of equipment.

Welcome

Congratulations on choosing Nautilus® XP Load™ strength training equipment. The addition of several exciting new features to the Nautilus® line, as outlined in these instructions, ensures that your equipment will operate with little scheduled maintenance. We know this is important to you and your customers, so please take a few minutes to read the following instructions for keeping your Nautilus® equipment in the best working condition.

Contents

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General Maintenance3

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Parts & Services

Regular and scheduled maintenance will prolong the life of your Nautilus equipment. Should you have to replace parts, use only genuine Nautilus parts. The Nautilus Customer Service Team invites you to call in your order for replacement parts. They're never too busy to discuss or offer a tip on your maintenance tasks.

Nautilus machines — the culmination of years of research and refinement — are made from the highest quality materials, under exacting conditions. The quality control tag attached to each machine before shipping ensures that each unit has been thoroughly inspected to meet Nautilus' strict requirements.

Should you, the owner of a Nautilus machine, need to replace any parts because of normal wear and tear, or should your machine ever need maintenance, Nautilus invites you to call our Virginia Headquarters office for information on parts and service.

Nautilus has available: detailed isometric drawings on the website @ www.nautilus.com for each machine manufactured, genuine Nautilus Upholstery Pads, Naugahyde® Spray Cleaner/Conditioner recommended for Nautilus upholstery pads and TFL #50 Wet Lubricant recommended for the care of the guide rods of Nautilus selectorized resistance machines.

Nautilus' concern for the customer does not end with the purchase of equipment. Your comments are always welcomed. In the unlikely event that a problem occurs, call us toll free:



Nautilus
Customer Service
800-NAUTILUS
Fax: 276-773-2298

S a f e t y

- 1. Supervision is necessary when the machine is used by or near children, invalids, or disabled persons.
- 2. Follow the instructions for specific exercises on each machine
- 3. Get in and out of the equipment carefully.
- 4. Never operate the machine without shields in place.
- 5. Use only Nautilus selector pins in weight stack. Never drop or insert any other object into machine opening.
- 6. Use this machine only as intended or described in this manual.
- 7. Do not operate equipment with loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Notify authorized personnel of the problem.
- 8. Keep hands and feet clear of weights and other moving parts when in use. Keep hands and feet only on the hand grips and footpads provided.
- 9. Failure to comply with these instructions may result in personal injury.

Nautilus will replace, free of charge, safety /caution decals which are missing or damaged.

CAUTION

Stop exercising immediately if you experience a sharp nerve or joint pain, and seek medical advice.

M a i n t e n a n c e S c h e d u l e

	DAILY	WEEKLY	MONTHLY	EVERY 6 MONTHS
General Maintenance				
Check Safety & Warning Decals	_____n			
Inspect Belts & Cables	_____n			
Spot Check Belt	_____		_____n	
Spot Check Nuts and Bolts	_____		_____n	
Spot Check All Pegs and Stops	_____		_____n	
Examine Rotation Points	_____			_____n
Cleaning				
Clean Upholstery	_____n			
Use Quick Fill A-33 Disinfectant Cleaner.				
Clean Surface Area	_____	_____n		
Remove Dust	_____			_____n
Lubrication				
Lubricate and Clean Guide Rods Using TFL 50	_____	_____n		
Do not lubricate hydraulic cylinders.				

B e f o r e E x e r c i s i n g

To guard against injury, all equipment users should follow these instructions.

- n Check with your physician and get approval before beginning a training routine.
- n Become familiar with the equipment before beginning a training routine.
- n Always warm-up before and cool down after exercising.
- n Move slowly during each exercise. Do not jerk or "throw" the weight.
- n Breathe freely. Do not hold your breath while lifting or lowering weight.
- n Hold moving arm/s and handles firmly, do not squeeze or grip tightly.
- n Structure each workout to exercise the largest muscles first. Suggested routines are found in the Nautilus Total Fitness Program.

n Experiment to find the exact weight you need for each exercise. Select a resistance that allows you to perform eight to twelve slow repetitions. Take two seconds to lift the weight. Pause briefly, and take four seconds to lower the weight.

G e n e r a l M a i n t e n a n c e

Frequency of maintenance is determined by several factors: temperature, humidity, use, ventilation and filtration, shielding and friction. External maintenance may vary from daily to monthly, internal maintenance from six months in a club environment to a year when used in a multi-user setting.

- 1. SPOT CHECK LOOSE NUTS AND BOLTS
 - A. Carefully check rotation points.
 - B. Tighten loose parts immediately. Also check for worn parts, seatbelts and upholstery pads.
- 2. UPHOLSTERY PAD TIGHTENING
 - Most bolts on upholstery pads can be tightened with a 9/16" combination wrench.
- 3. SHIELD REMOVAL
 - Some Nautilus® machines are equipped with quick-release shield fasteners. To remove Quick-Release shielding, gently pull shielding away from the frame. Use a proper screw driver to remove shield, which is attached to the frame with screws.
- 4. SHIELD INSTALLATION
 - Snap Quick-Release in place. Tighten screws only snugly. Use correct phillips screw driver.

L u b r i c a t i o n

MOVING PARTS
To clean and lubricate guide rods, apply TFL #50 Wet Lubricant to a clean cloth then use to wipe rods.



*TFL 50 Wet Lubricant
Recommended for
Nautilus Machines.

WARNING
Do not lubricate MOVING PARTS.
May cause damage and VOID
WARRANTY.

PART
NUMBER
19-1160

Do not place equipment in
direct sunlight as ultra violet
rays can damage shields
and upholstery.

C l e a n i n g

- 1. UPHOLSTERY CLEANING AND PROTECTION
 - A. Keep pads free of perspiration at all times.
 - B. Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
 - C. Clean all outside surfaces with non-abrasive, non-chlorinated household cleaners. Virahol® Disinfectant Cleaner is an effective upholstery care product.
- 2. CLEANING AND CARE OF PAINTED SURFACES
 - A. Wipe painted surfaces with a damp cloth and car wax.
 - B. Let dry and buff with a dry cloth.

Q U I K F I L L A - 3 3

D e t e r g e n t / D i s i n f e c t a n t O d o r C o u n t e r a c t



An Outstanding liquid quaternary-based product for use in areas where there is heavy soiling. Provides the best odor counteraction available from a disinfectant. Available in ready-to-use; no mixing or dilution 16 oz. spray bottle. USDA Code 1, EPA Reg. 42964-

T O P L A C E A N O R D E R

Give our friendly Customer Service Representatives a call to order this product or any other Genuine Nautilus Parts
1-800-235-2233

PART
NUMBER
19-1175