

LEG EXTENSION

19-5228

REVISED:
Aug. 31, 2010

PARTS AND SERVICE ▶ 709 Powerhouse Road ▶ Independence, VA 24348
800-235-2233 • Fax: 276-773-2298

P3LE P3 LEG EXTENSION

COMP# COMPONENT DESCRIPTION

- 1...58335...P3LE OVERHEAD PRESS ASSY
- 2...11847...P3LE LOWER ROLLER PAD
- 3...11847...HANDLE BAR ASSEMBLY
- 4...58603...SEAT FRAME BACK ASSEMBLY
- 5...11847...WEIGHT ARM ASSY
- 6...58603...SEAT FRAME BACK ASSEMBLY
- 7...01-1115...BOLT HH5 3/8 X 2 1/2
- 8...01-1180...BOLT HH5 3/8 X 3
- 9...01-1280...BOLT HH5 1/2 X 1 1/2
- 10...01-1340...BOLT HH5 1/2 X 3
- 11...01-1380...BOLT HH5 1/2 X 3 1/2
- 12...01-1460...BOLT HH5 1/2 X 6 1/2
- 13...01-2220...BOLT HH5 5/8 X 4 1/2
- 14...01-2240...BOLT HH5 5/8 X 5 1/2
- 15...01-2283...BOLT HH5 5/8 X 8 5/8 CUT-OFF
- 16...02-3055...1/4-28 X 1/4 SET SCREW
- 17...03-2030...NUT NTE 3/8
- 18...03-2050...NUT NTE 1/2
- 19...03-1067...NUT NTE 5/8
- 20...04-5207...WASHER FLAT 1/2 SAE
- 21...04-5214...1/2 INT LOK WASHER
- 22...04-5213...3/8 INT LOK WASHER
- 23...05-8166...SNAP RING 1 3/4 LOCK COLLARS
- 24...07-6071...MODIFIED 1 3/4 LOCK COLLARS
- 25...07-9417...PIVOT SPACER 3/4 X 11 GA TUBE 5 1/2 L
- 26...07-9430...TOP SEAT BACK LINKAGE
- 27...07-9431...BOTTOM SEAT BACK LINKAGE
- 28...07-9605...BEARING CUPS W/ MOLDED BEARING
- 29...07-9610...BEARING SPACERS
- 30...07-9746...WEIGHT TUBE 1 7/8 X .25W X 22" L DOUBLE ENDED
- 31...07-9738...CONTROL LINK 1/2 X 2 1/2 CRF X 14" L
- 32...08-5096...NYLON SLEEVE 510 ID X 5/8 X 13 1/16 L
- 33...09-1004...1/2 X 3" CLOSED END GRIP (YELLOW)
- 34...09-9530...GRIP RING .905 ID ALUMINUM
- 35A...56-4566...FOOT GUARD .SS, 10"
- 36...09-1115...HAND GRIP FOAM 7/8 X 8 1/2 OPEN END
- 37...09-2040...1 1/2 X 2 FRAME PLUG
- 38...09-2060...1 1/2 X 3 1/4 GA FRAME PLUG
- 39...09-3065...2 X 4 1/4 GA FRAME PLUG
- 40...09-3074...HOLE PLUG 1/2 DIA WHITE
- 41...09-3074...HOLE PLUG 1/2 DIA BLACK
- 42...09-3074...HOLE PLUG 3/8 DIA
- 43...09-3081...HOLE PLUG YELLOW
- 44...09-4064...W/ HORN DOWEL 1 875 ID X 3/4 X 3" OD RUBBER
- 45...09-4077...BEARING 3/4 ID X 1 1/2 SQUARE
- 46...09-5010...DOCK BUMPER
- 47...09-5030...FOOTPAD MOLDED ROUND
- 48...09-5045...FOOTPAD RECT (NEW)
- 48A...09-8025...CAP END RED, 1" ID X 1/2" LONG

COMP# COMPONENT DESCRIPTION

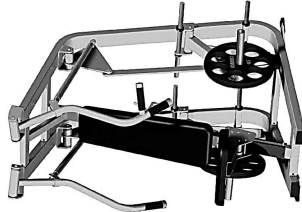
- 49...09-9560...GRIP CAP .905 ID ALUMINUM
- 50...10-1060...EXTENSION SPRING
- 51...05-5105...1/2 ID IGUS BUSHING
- 52...12-1026...KEEP HANDS AWAY (YELLOW)
- 53...12-1380...INSPECTION STICKER DECAL
- 54...12-1865...NAUTILUS LOGO DECAL
- 54A...12-5366...INSTRUCTIONAL PLACARD P3LE
- 55...12-1167...DECAL SEAT ADJ. (1-6)
- 55A...02-3015...SCREW
- 56...19-1291...DECAL SERIAL#BAR CODE
- 57...19-5228...PARTS DIAGRAM P3LE
- 58...40-7167...BAG 50 X 46 X 86 X .002 THICK
- 59...91-999...PAINT POWDER
- 60...OMT
- 61...31-0023...UPHOLSTERY SEAT BACK
- 62...32-0019...UPHOLSTERY SEAT BOTTOM
- 63...OMT
- 64...UP9824...ROLLER PAD

WEIGHT STORAGE PARTS KIT (P3LCP, P3LE)

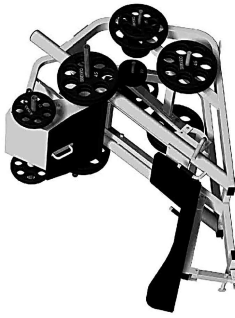
- 65...07-9671...WEIGHT STORAGE PIN 1 1/4 DIA CR X 22" LONG ZINC
- 66...07-9703...WEIGHT STORAGE PIN 1 1/4 DIA CR X 16 1/4" LONG
- 67...07-7010...PIN ROLL 1/4 X 1
- 68...09-4066...WEIGHT STORAGE, 1 1/4 ID X 3/4 X 3" OD P/ BEER



OVERHEAD PRESS



VERTICAL CHEST



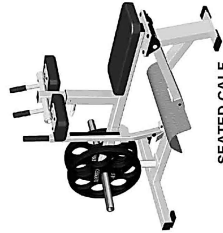
INCLINE LEG PRESS



SEATED DIP



LEG EXTENSION



SEATED CALF



INCLINE PRESS



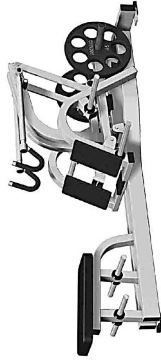
LEG PRESS



DEAD LIFT / SHRUG



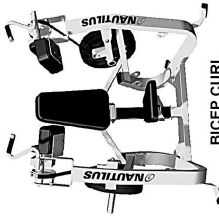
FOUR WAY NECK



COMPOUND ROW



LAT PULLDOWN



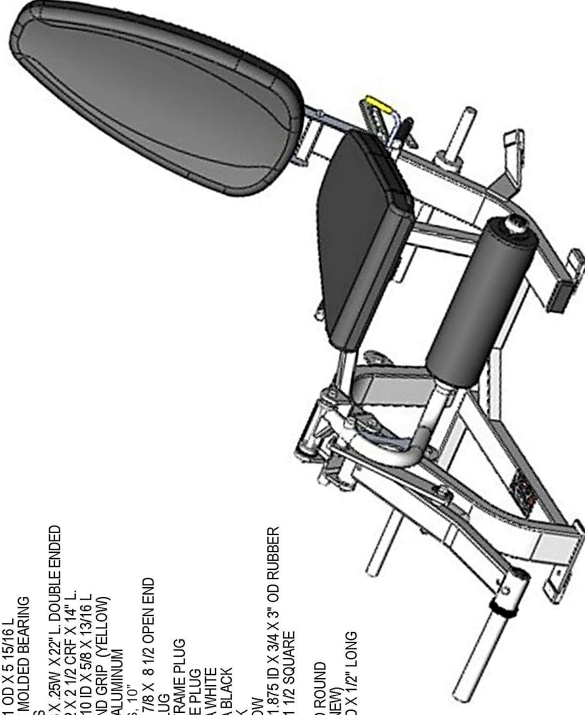
BICEP CURL

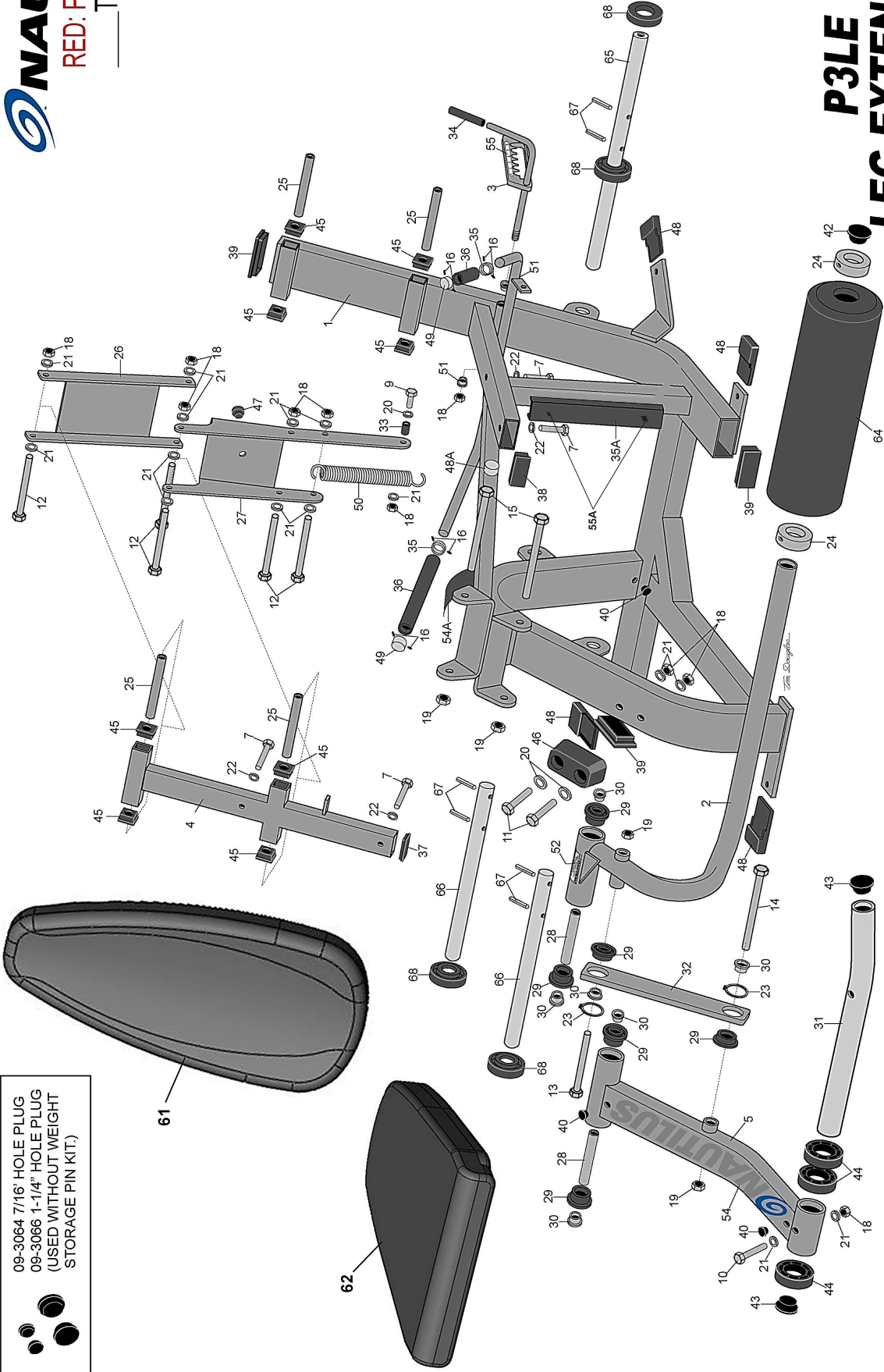


TRICEP EXTENSION



LEG CURL PRONE



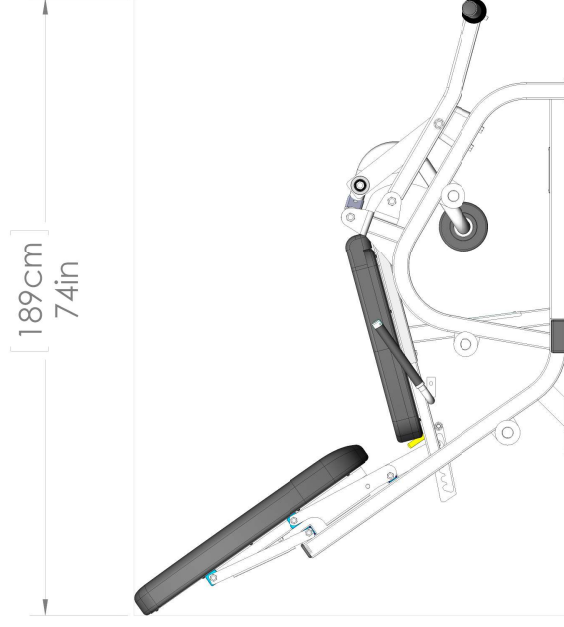
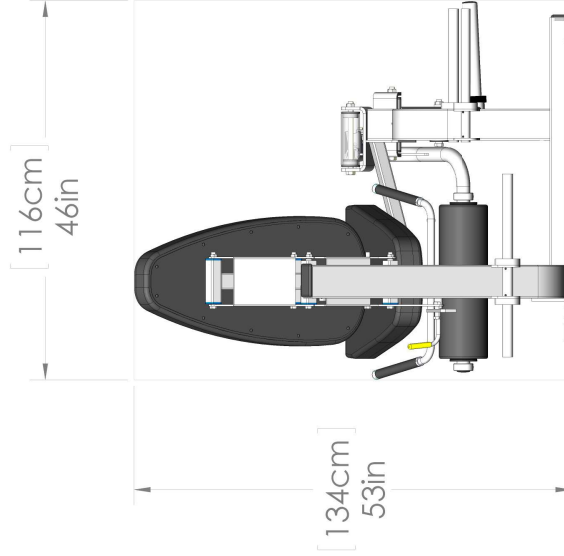
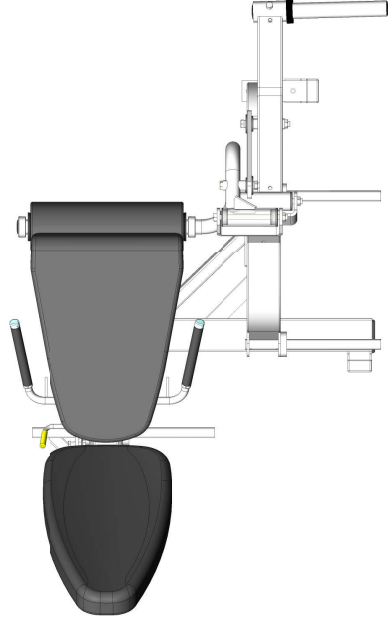


P3LE **LEG EXTENSION** **Nautilus Parts Diagram**

Last Rev Date: 8/31/10



10/9/12	P3LE	
Units	Weight	
lbs	236	
kg	107	



Customer Service & Parts 800/735-2733
General Parts Requests: parts@medfitsys.com
Warranty Field Service Requests: servicerequest@medfitsys.com
Med-Fit Systems, Inc. 800/831-7665

www.medfitsystems.com

P3 LEG EXTENSION

P3LE

REV F



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 elements 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 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, N Pro Plus Pro, 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 recommendations in 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 from taking 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 begins 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.

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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 you ever need maintenance, Nautilus invites you to call our Virginia headquarters office for information on parts and service.

Nautilus has available, detailed from either drawings on the website (www.nautilus.com) for each machine manufactured, genuine Nautilus upholstery pads, Nautilus® Spray Cleaner/Cleaner recommended for Nautilus upholstery pads and TFL #50 Wet Lubricant recommended for the care of the guide rods of Nautilus selected resistance machines.

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



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

Safety

- Supervision is necessary when the machine is used by or near children, invalids, or disabled persons.
- Follow the instructions for specific exercises on each machine
- Get in and out of the equipment carefully.
- Never operate the machine without shields in place.
- Use only Nautilus selector pins in weight stack. Never drop or insert any other object into machine opening.
- Use this machine only as intended or described in this manual.
- 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.
- Keep hands and feet clear of weights and other moving parts when in use. Keep hands and feet only on the hand grips and foot pads provided.
- 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.

Before Exercise

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

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

Maintenance Schedule

General Maintenance

	DAILY	WEEKLY	MONTHLY	EVERY 6 MONTHS
Check Safety & Warning Decals	_____	_____	_____	_____
Inspect Belts & Cables	_____	_____	_____	_____
Spot Check Belt	_____	_____	_____	_____
Spot Check Nuts and Bolts	_____	_____	_____	_____
Spot Check All Pins and Stops	_____	_____	_____	_____
Examine Rotation Points	_____	_____	_____	_____

Cleaning

Clean Upholstery _____

Use Quick-Fill-A-33 Disinfectant Cleaner.

Clean Surface Area _____

Remove Dust _____

Lubrication

Lubricate and Clean Guide Rods Using TFL 50 _____

Do not lubricate hydraulic cylinders.

General Maintenance

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 to a club environment to a year when used in a multi-user setting.

- SPOT CHECK LOOSE NUTS AND BOLTS**
 - Carefully check rotation points.
 - Tighten loose parts immediately. Also check for worn parts, seat belts and upholstery pads.
- UPHOLSTERY PAD TIGHTENING**

Motorbolls on upholstery pads can be tightened with a 9/16" combination wrench.
- 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. Snap Quick-Release in place. Tighten screws snugly. Use correct Phillips screw driver.

Lubrication

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.

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

Cleaning

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

QUICK-FILL-A-33

Detergent/Disinfectant Odor Counteractant



An outstanding liquid quatamary-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-

TO PLACE AN ORDER
Give our friendly Customer Service Representative a call to order this product or any other Genuine Nautilus Parts

1-800-235-2233

PART NUMBER 19-1175