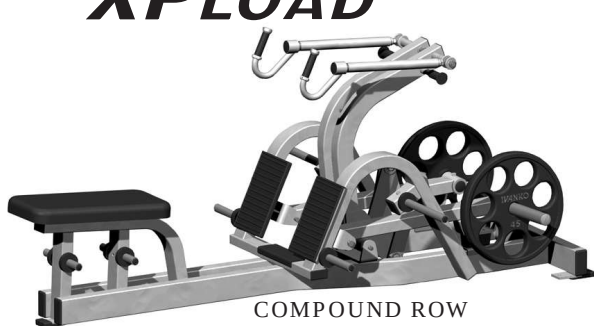


NAUTILUS
XPLOAD



COMPOUND ROW



SEATED CALF



OVERHEAD PRESS



INCLINE PRESS



LAT PULLDOWN



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

OVERHEAD PRESS

19-5223

REVISED:
February 6, 2006

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

SERIAL # _____
through _____

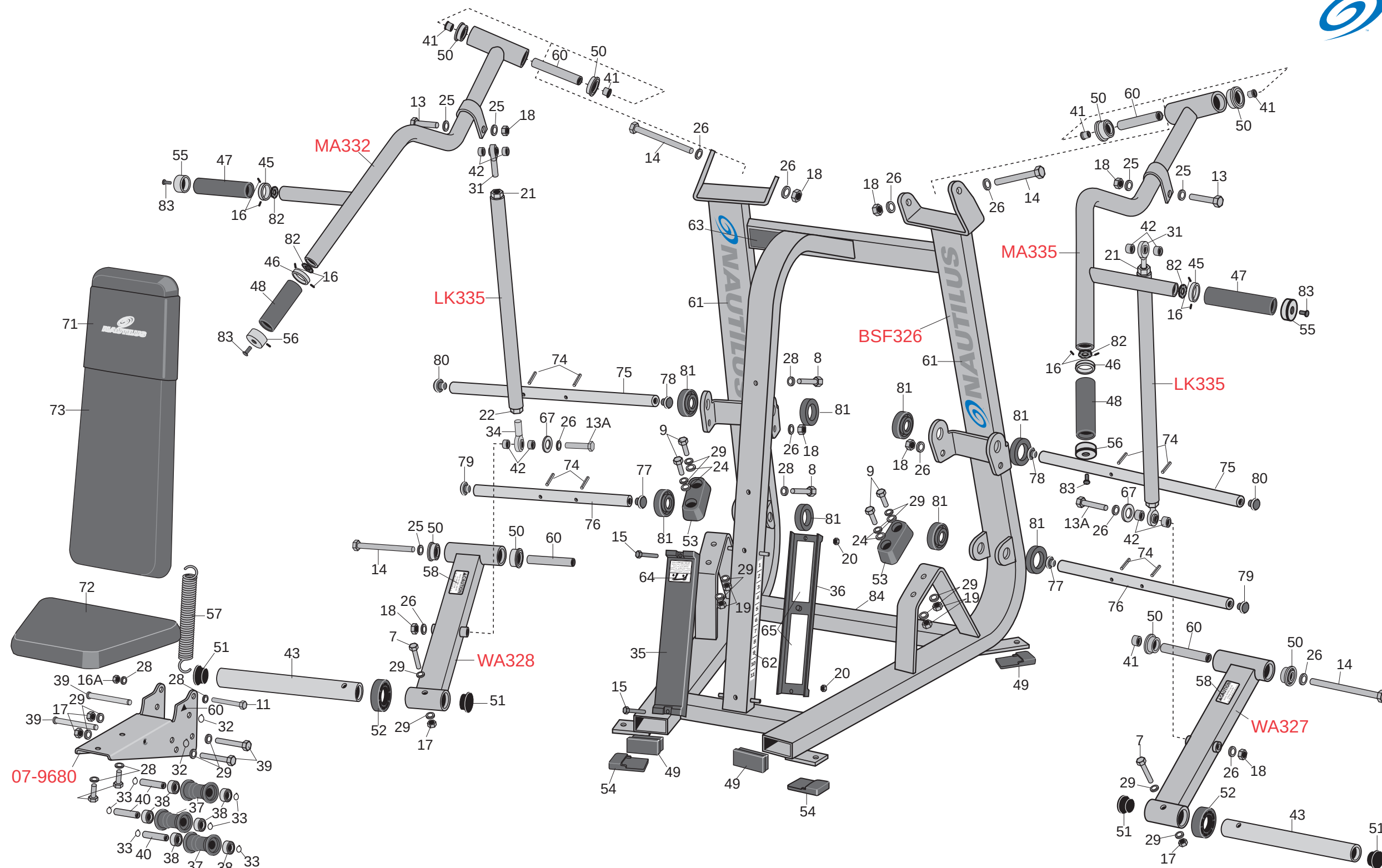
P3OP OVERHEAD PRESS

- | COMP# | COMPONENT DESCRIPTION |
|---------------|---|
| 1....BF326 | BACK FRAME OHP |
| 2....MA335 | LEFT OHP MOVEMENT ARM |
| 3....MA332 | RIGHT OHP MOVEMENT ARM |
| 4....LK335 | CONNECTING LINE OHP |
| 5....WA327 | WEIGHT ARM LEFT Standard |
| 6....WA328 | WEIGHT ARM RIGHT Standard |
| 7....01-0011 | BOLT HH5 1/2 X 3 |
| 8....01-1551 | BOLT HH5 3/8 X 3 1/4 |
| 9....01-1560 | BOLT HH5 1/2 X 1 3/4 |
| 10....01-1490 | BOLT HH5 5/8 X 2 |
| 11....01-1553 | BOLT HH5 3/8 X 4 1/2 |
| 12....01-1564 | BOLT HH5 1/2 X 4 1/2 |
| 13....01-2190 | BOLT HH5 5/8 X 3 |
| 13A.01-2240 | BOLT HH5 5/8-11 X 5 1/2 |
| 14....01-2283 | BOLT HH5 5/8 X 8 5/8 CUT OFF |
| 15....02-4065 | BOLT 1/4-20 X 2 3/4 SLOTTED SCREW |
| 16....02-3055 | 1/4 -28 X 1/4 SET SCREW |
| 16A.03-1035 | 3/8 LOCK NUT |
| 17....03-1055 | 1/2 LOCK NUT |
| 18....03-1067 | 5/8 LOCK NUT |
| 19....03-2050 | NUT NTE 1/2 |
| 20....03-5101 | NUT BLACK 1/4-20 HEX |
| 21....03-5118 | 5/8-18 LH FINE THD JAM NUT |
| 22....03-5119 | 5/8-18 RIGHT HAND THREAD JAM NUT |
| 23....03-5119 | 5/8-18 RH FINE THD JAM NUT |
| 24....04-2030 | WASHER FLAT 1/2 SAE |
| 25....04-2040 | WASHER FLAT SAE 5/8 |
| 26....04-3055 | WASHER INT LOK 5/8 |
| 27....04-5205 | WASHER FLAT 1/4 SAE |
| 28....04-5213 | WASHER INT LOCK 3/8 |
| 29....04-5214 | WASHER INT LOCK 1/2 |
| 30....04-5225 | WASHER INT LOCK BLACK 1/4 |
| 31....06-9037 | ROD ENDS 5/8-18 LH THREADS CTMDL |
| 32....06-8180 | RING SNAP 1/2 ID, 5100-50 EXTERNAL THIN |
| 33....06-8275 | RING SNAP EXT. 17mm |
| 34....06-9035 | ROD ENDS 5/8-18 RH THREADS CTMD-10 |
| 35....07-5032 | MOLDED SEAT TRACK |
| 36....07-5033 | MOLDED SEAT TRACK 2 |
| 37....07-5034 | MOLDED WHEELS |
| 38....07-5064 | 6203 BEARINGS (NOT FAFNIR) |
| 39....07-8230 | CLEVIS PIN 1/2 dia X 4 1/2 L |
| 40....07-9376 | SEAT BEARING SLEEVE |
| 41....07-9610 | BEARING SPACERS .188 FLANGE X 5/8 ID ALUM. |
| 42....07-9618 | HEIM JOINT SPACER |
| 43....07-9625 | WEIGHT TUBE (PLATE BAR) PALTED 1 7/8 DIA X 1/4 WALL |
| 44....07-9680 | SEAT BOTTOM |
| 45....09-9550 | GRIP RING 1.530 ID (FOR 1 1/2 BAR) |
| 46....09-9555 | GRIP RING 1.780 ID (FOR 1 3/4 BAR) |
| 47....09-1111 | 1.438 ID X 7" OPEN ENDED GRIP |
| 48....09-1116 | 1.625 ID X 5 1/2" OPEN ENDED GRIP |
| 49....09-3055 | FRAME PLUG 2 X 4 TUBE |
| 50....07-9607 | MOLDED BEARING |
| 51....09-3091 | HOLE PLUG (YELLOW) |
| 52....09-4064 | 1 7/8 ID X 3/4 X 3 RUBBER BUMPER |
| 53....09-5010 | BUMPER FOR WEIGHT BAR |
| 54....09-5045 | FOOTPAD NITRO MOLDED SERIES |
| 55....09-9520 | GRIP CAP 1.530 ID (FOR 1 1/2 BAR) |
| 56....09-9525 | GRIP RING 1.780 ID (FOR 1 3/4 BAR) |
| 57....10-1022 | EXTENSION SPRING |
| 58....12-1026 | KEEP HANDS AWAY (YELLOW) |
| 59....12-1001 | SEAT INDICATOR ARROW (BLACK) |
| 60....07-9605 | MA SLEEVE |
| 61....12-1185 | SMALL NAUTILUS LOGO DECAL |



- | COMP# | COMPONENT DESCRIPTION |
|--|---|
| 62....12-1104 | .5/8" WIDE DECAL, 1/2" INCREMENTS (1 TOP-11 BOTTOM) |
| 63....12-5351 | INSTRUCTIONAL PLACARD P3OP |
| 64....12-1166 | DECAL SEAT ADJUSTMENT INSTRUCTIONS |
| 65....19-1014 | .2 3/4 WIDE DBL. SIDED TAPE |
| 66....19-1291 | DECAL SERIAL # BAR CODE |
| 67....04-5208 | 5/8 SAE WASHER |
| 68....19-5223 | P3OHP PARTS DIAGRAM |
| 69....40-7167 | BAG 50 X 46 X86 X .002 THICK |
| 70....91-999 | PAINT POWDER |
| 71....UP720 | SLIPCOVER |
| 72....UP8010 | STANDARD SEAT PAD |
| 73....UP8210 | STANDARD BACK PAD |
| P3OP WEIGHT STORAGE PARTS KIT OPT-WT-BAR02 | |
| 74....07-7010 | 1/4 X 1 ROLL PINS |
| 75....07-9613 | WEIGHT STORAGE PIN 1 1/4 DIA CR X 25 5/8 L |
| 76....07-9671 | WEIGHT STORAGE PIN 1 1/4 DIA CR X 22 L |
| 77....09-4000 | NUMBER PLUG 5 lb. |
| 78....09-4001 | NUMBER PLUG 10 lb. |
| 79....09-4002 | NUMBER PLUG 25 lb. |
| 80....09-4003 | NUMBER PLUG 45 lb. |
| 81....09-4066 | WEIGHT STORAGE 1.25 ID X 3/4 X 3: OD MOLDED BUMPER |
| 82....09-9620 | TUBE INSERT |
| 83....02-2290 | 1/4 X 1 AFH SCREW |
| 84....12-1380 | INSPECTION STICKER DECAL |

RED: PAINTED ITEMS
 _____ Trolleys / Machine



P30P

OVERHEAD PRESS
 Nautilus Parts Diagram

Last Rev Date: 02/06/06