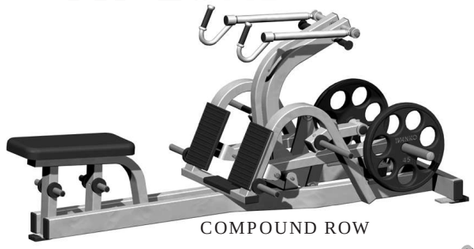
NAUTILUS XPLOAD


COMPOUND ROW

SEATED CALF

OVERHEAD PRESS

LAT PULLDOWN

INCLINE PRESS

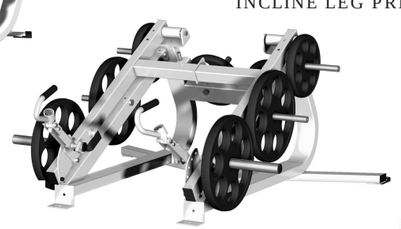
VERTICAL CHEST

LEG PRESS

INCLINE LEG PRESS

BICEP CURL

LEG CURL PRONE


DEAD LIFT / SHRUG

TRICEP EXTENSION

SEATED DIP

LEG EXTENSION

NAUTILUS XPLOAD PARTS DIAGRAM

SEATED CALF 19-5218

REVISED: February 6, 2006

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

SERIAL #_____
through _____

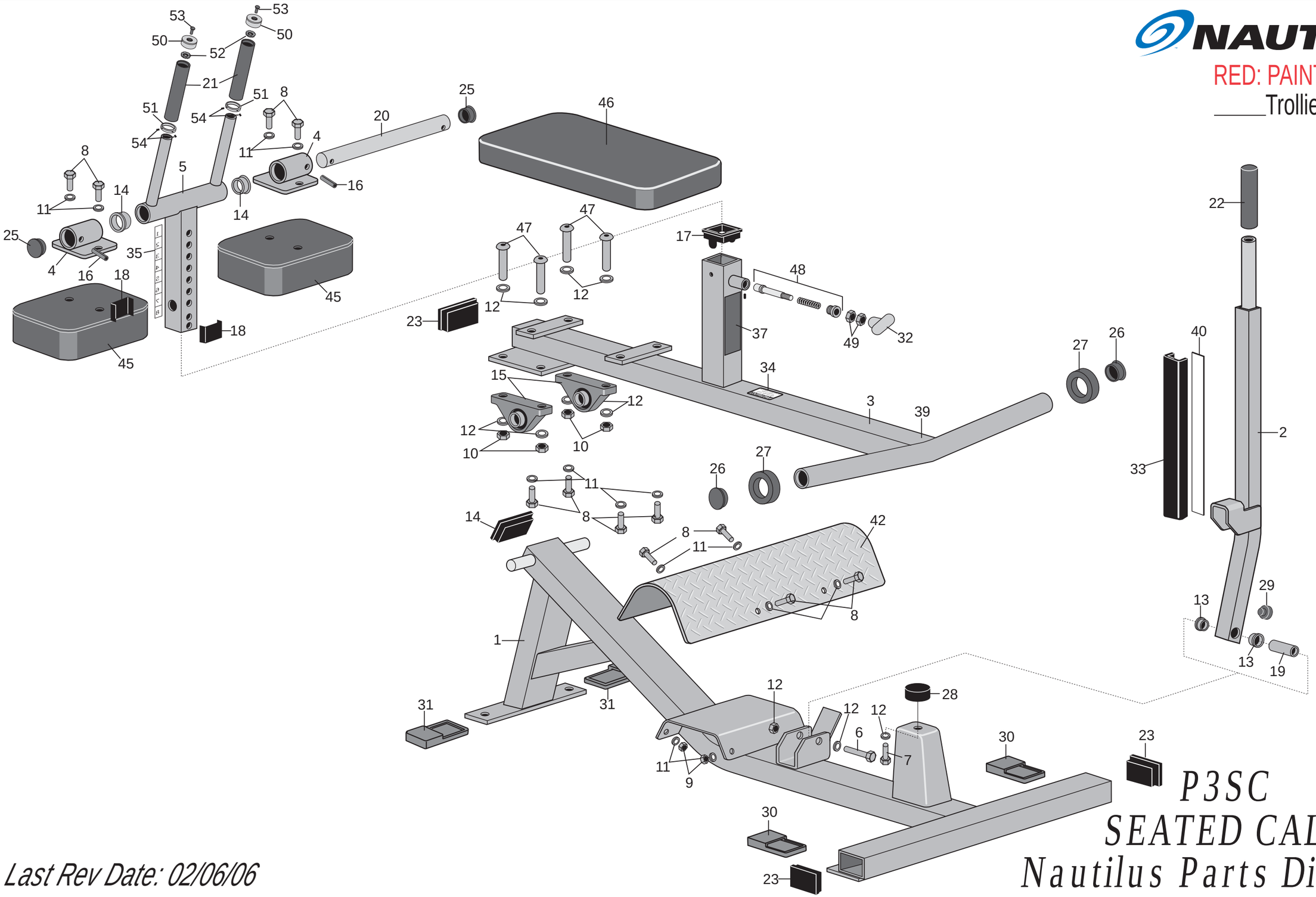
P3SC FREEWEIGHT SEATED CALF

COMP#	COMPONENT DESCRIPTION
1	BSF226 F2SC BASE FRAME
2	LK214 F2SC STOP LEVER
3	MA208 F2SC WEIGHT ARM
4	MA209 F2SC LEG PAD MOUNT
5	MA210 F2SC ADJUSTABLE LEG PAD MOUNT
6	01-0011 BOLT HH5 1/2 X 3
7	01-1258 BOLT HH5 1/2 X 3/4
8	02-9220 BOLT HH5 3/8 X 1 1/4
9	03-1035 3/8 NUT
10	03-9075 NUT NTE 1/2-13
11	04-3020 3/8 LOK WASHER
12	04-5214 1/2 LOK WASHER
13	05-1190 BRASS BUSHING .760 ID X 1 OD X 3/4 LONG
14	05-5116 1 1/2 ID PLASTIC BUSHING, MODIFIED IGUS
15	19-1575 BEARING, 1" PLASTIC, FLANGE
16	07-7095 3/8 X 1 3/4" ROLL PIN
17	07-9286 SLIDE FOR 2" TUBE
18	07-9287 SLIDE GUIDES FOR 2" TUBE
19	07-9434 BEARING SLEEVE, 3/4 X 1 7/8
20	07-9435 LEG PAD SHAFT, 1 1/4 DIA X 15"
21	09-1058 7/8 X 4 1/2 OPEN END HAND GRIP
22	09-1105 1 1/8 X 5 HAND GRIP
23	09-2090 PLUG, FRAME, 2X3
24	09-3055 2 X 4 FRAME PLUG
25	09-3075 PLUG, HOLE 1-1/4 ID X 1-3/8 OD
26	09-3092 1 1/4 OD X 1.00 ID X .750 LONG HOLE PLUG
27	09-4068 WEIGHT STORAGE, 3/4 X 3" OD RUBBER
28	09-4075 2 OD X 1 THK. RUBBER BUMPER, LORD
29	09-4092 BUMPER RETURN AIR#209
30	09-5035 MOLDED FOOTPADS
31	09-5045 FOOTPAD RECT (NEW)
32	09-8136 T-KNOB YELLOW, 3/8-16 INSERT
33	09-9184 1/4" X 1 1/2" PLASTIC CHANNEL X 14" LONG
34	12-1026 KEEP HANDS AWAY(YELLOW)
35	12-1104 DECAL SEAT BLACK 1-11 (1" INC.)
36	12-1380 INSPECTION STICKER DECAL
37	12-5356 INSTRUCTIONAL PLACARD P3SC
38	12-1165 WARNING DECAL FOR SELECTOR PIN
39	12-5149 NAUTILUS "SIGNATURECAL" 2000 16 1/2" L SMOKE
40	19-1012 TAPE DOUBLE SIDED 1 1/2" 14" LONG
41	19-1291 DECAL SERIAL # BAR CODE
42	19-1356 SEATED CALF FOOT PLATE GRIP 1/8" DIAMOND TREAD ZINC
43	19-5218 PARTS DIAGRAM P3SC
44	40-7167 BAG 50 X 46 X 86 X .002 THICK
45	UP9536 KNEE PAD
46	UP9915 SEAT PAD
47	01-4041 1/2 X 1 1/2 BOLT BUTTON HEAD
48	07-4125 PULL PIN UNIT
49	03-4142 5/16 JAM NUT
50	09-9525 1.75" END CAP
51	09-9555 1.75" RING
52	09-9620 TUBE INSERT
53	02-2290 1/4 X 1 AFH SCREW
54	02-3055 1/4-28 X 1/4 SET SCREW

NAUTILUS

RED: PAINTED ITEMS

_____Trollies / Machine



P3SC
SEATED CALF
Nautilus Parts Diagram

Last Rev Date: 02/06/06