O NAUTILUS XPLOAD







SEATED CALF





INCLINE PRESS



LEG PRESS





INCLINE LEG PRESS

VERTICAL CHEST

BICEP CURL

LAT PULLDOWN





TRICEP EXTENSION SEATED DIP





LEG EXTENSION

ONAUTILUS 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

1BSF226F2SC BASE FRAME 2LK214F2SC STOP LEVER

3MA208F2SC W EGHTARM 4MA209F2SC LEG PAD MOUNT

5MA210F2SC ADJUSTABLE LEG PAD MOUNT

601-0011BOLT HH5 1/2 X 3 701-1258BOLT HH5 1/2 X 3/4

802-9220BOITHH5 3/8 X 1 1/4

903-1035 3/8 NUT

1003-9075NUTNTE 1/2-13

1003-9075NUTNIE 1/2-13
1104-30203/8 IOK WASHER
1204-52141/2 IOK WASHER
1305-1190BRASS BUSHING .760 D X 1 OD X 3/4 IONG
1405-51161 1/2 D PIASTC BUSHING ,MODIFED GUS
1519-1575BEARING ,1"PIASTC ,FIANGE

1607-70953/8 X 1 3/4"ROLL PIN 1707-9286SLIDE FOR 2"TUBE

1807-9287SLIDE GUIDES FOR 2"TUBE 1907-9434BEARING SIEEVE , 3/4 X 1 7/8

2007-9435LEG PAD SHAFT, 1 1/4 DIA X 15"

2109-10587/8 X 4 1/2 OPEN END HAND GR ${\rm I\!P}$ 2209-11051 1/8 X 5 HAND GR IP

2309-2090PLUG ,FRAME ,2X3

2409-30552 X 4 FRAME PLUG

2509-3075PLUG ,HOLE 1-1./4 $\rm ID~X~1\text{--}3./8~OD$ 2609-30921 1/4 OD X 1.00 ID X .750 LONG HOLE PLUG

2709-4068W EGHT STORAGE, 3/4 X 3"OD RUBBER

COMP# COMPONENT DESCRIPTION

2809-40752 OD X 1 THK .RUBBER BUMPER ,LORD

2909-4092BUM PER RETURN AIR #209

3009-5035MOLDED FOOTPADS

3109-5045FOOTPAD RECT (NEW)

3209-81361*KNOB YELLOW ,3,8-16 INSERT 3309-91841./4"X 1 1/2"PLASTC CHANNELX 14"LONG

3412-1026KEEP HANDS AW AY (YELLOW)

3412-1026.....KEEP HANDS AW AY (YELLOW)
3512-1104DECAL SEAT BLACK 1-11 (1" NC .)
3612-1380NSPECTON STCKER DECAL
3712-5356NSTRUCTONALPIACARD P3SC
3812-1165W ARNING DECALFOR SELECTOR PIN
3912-5149NAUTILUS "SIGNATURECAL" 2000 16 1/2" LSMOKE
4019-1012TAPE DOUBLE SIDED 1 1/2" 14" LONG
4119-1291DECALSER AL# BAR CODE
4219-1356SEATED CALF FOOT PLATE GRIP 1/8" DIAMOND TREAD ZINC
4319-5218PARTS DIAGRAM P3SC

4319-5218PARTS D'AGRAM P3SC 4440-7167BAG 50 X 46 X 86 X .002 TH.CK

45UP9536KNEE PAD

46UP9915SEAT PAD

4701-40411/2 X 1 1/2 BOLT BUTTON HEAD

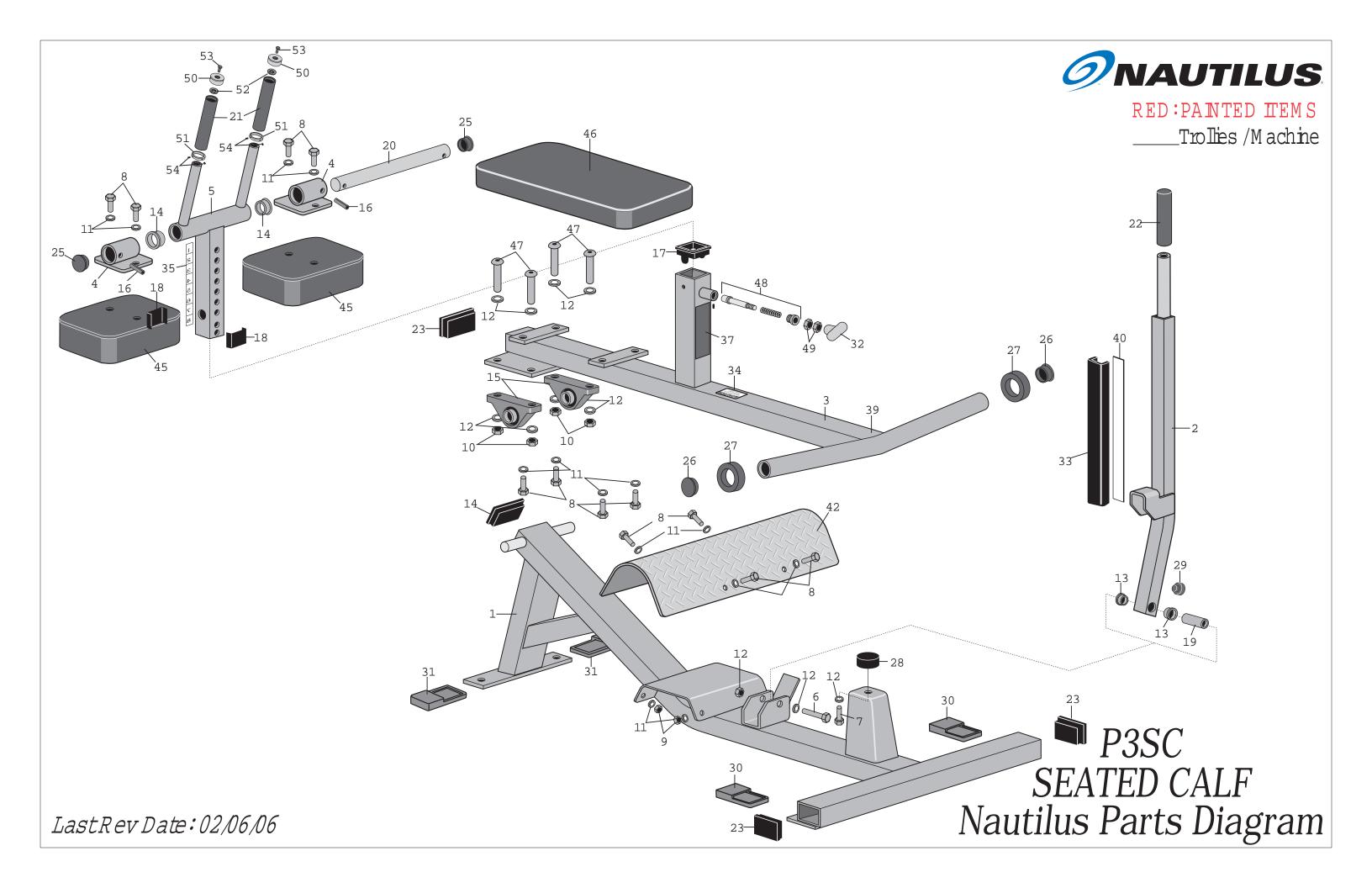
48**07-4125**......PULL P.N UNII

4903-41425/16 JAM NUT 50**09-9525**.....1.75"END CAP

5109-95551.75"R **N**G

5209-9620 TUBE INSERT

5302-2290 1/4 X 1 AFH SCREW 5402-30551/4-28 X 1/4 SET SCREW





Warranty Information

Store indoors only. Do not subject machine to high hum idity ordam p conditions.

WARNING

Nautilus® XP Load™ Variable Resistance W arranty Lim ited W arranty Term s & General Specifications

Nautilus warrants only to the original purchaser that Nautilus® commercial exercise equipment from the m anufacturer is free from defects in m aterial and w orkm anship under norm aluse and service. O urobligation under this warranty shall be limited to the repair or exchange at our plant (a) of any part or parts of the structural fram e, m oving 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 m oving part or parts not otherw ise disclosed within this w arranty w high 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 m on this from delivery to the original purchaser. This warranty only applies to those parts that our own exam ination discloses to our satisfaction to be thus defective. Nautilus will replace, free of charge, safety /caution decals which are missing or dam aged.

Nautilus Equipm ent Warranty

2ST, N itro Plus/N itro, XP Load, and Free W eights

To original owner for frames, we bed moving parts and weight stacks.

disclosed in this warranty.

Equipm entschem atics available online atwww nautilus.com for faster repair diagnosis and

This warranty is expressly in lieu of all otherwarranties, express or implied, including the warranties of m erchantability and fitness for use and of all other obligations or liabilities on our part, and we neither assume norauthorize any other person to assum e forus any other liability in connection with the sale of this NAUTILUS® com m ercial exercise equipm ent. This warranty shall not apply to this NAUTILUS® com mercial exercise equipm entor to any part thereof which has been subject to accident, negligence, alteration, abuse, misuse, or a lack of m aintenance in accordance with our recomm ended maintenance instructions. We make no warranty w hatsoever in respect to accessories or parts not m anufactured 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 deem ed to m ean 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 dam age, including incidental or consequential dam ages resulting directly or indirectly from the use or loss of use of our NAUTILUS® commercial exercise equipment. W ithout lim iting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for downtime or formaking up downtime, damages for which the purchasermay be liable to other persons, dam ages to property, and in jury to ordeath of any persons. We neither assume not authorize any person to assum e forus any liability in connection with sale oruse of our equipm ent. There are no oral agreem ents or warranties collateral to or affecting this agreem ent.

Dealer Acknowledgment Notice:

Nautilus Commercial Warranty times begin 30 days after product has been shipped from our manufacturing plant to yourw arehouse or storage site, unless otherw ise specified at time of custom expickup.

ONAUTILUS

Maintenance INSTRUCTIONS

For XP Load Strength Training Equipm ent



Getting maximum results from Nautilus® m achines 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 equipm entwill operate with little scheduled maintenance. We know this is important to you and your custom ers, so please take a few m inutes to read the following instructions for keeping your Nautilus® equipm ent in the bestworking condition.

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Parts & Services

Regularand scheduled maintenance will probng the life of your Nautilus equipment. Should you have to replace parts, use only genuine Nautilus parts. The Nautilus Custom erService Team invites you to callin your order for replacem entparts. They re never too busy to discuss oroffera tip on yourm aintenance tasks.

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

Should you, the owner of a Nautilus machine, need to replace any parts because of norm alw ear and tear, or should yourm achine everneed m aintenance, N autilus invites you to callour V irginia Headquarters office for information on parts and service.

Nautilus has available: detailed isom etric draw ings on the website@www.nautilus.com for each machine manufactured, genuine Nautilus Upholstery Pads, Naugahyde® Spray C leaner/C onditioner recom m ended for N autilus upholstery pads and TFL #50 W etLubricant recommended for the care of the quide rods of Nautilus selectorized resistance machines.

Nautilus' concern for the custom erdoes not end with the purchase of equipm ent. Your com m ents are always welcomed. In the unlikely event that a problem occurs, call us toll free:



Nautilus Custom erService 800-NAUTIUS Fax: 276-773-2298

Safety

- 1. Supervision is necessary when the machine is used by ornear children, invalids, or disabled persons.
- 2. Follow the instructions for specific exercises on each machine
- 3. Get in and out of the equipm ent carefully.
- 4. Never operate the machine without shields in place.
- 5. Use only Nautilus selectorpins in weight stack. Never drop or insertany other object into machine opening.
- 6. Use this machine only as intended ordescribed in this manual.
- 7. Do not operate equipm entwith loose ordam aged parts. If m achine fails to operate correctly, do not attempt to repair. Notify authorized personnel of the problems.
- 8. Keep hands and feet clear of weights and otherm oving 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 ordamaged.

Before Exercising

To guard againstinjury, all equipm entusers should follow these instructions.

- n Check with your physician and get approval before beginning a training routine.
- n Become familiarwith the equipment before beginning a training routine.
- \ensuremath{n} A lw $\ensuremath{\text{ays}}\,\ensuremath{\text{w}}$ arm $\ensuremath{\text{-up}}$ before and cooldow \ensuremath{n} after exercising.
- \ensuremath{n} M ove slow by during each exercise. Do not jerk or "throw" the weight.
- n Breathe freely. Do not hold your breath while lifting or low ering weight.
- n Holdmovementams and handles firmly, do not squeeze organip tightly.
- \ensuremath{n} Structure each workout to exercise the largest muscles first. Suggested routines are found in the Nautilus TotalFitness Program .
- n Experim ent 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.

CAUTION

Stop exercising in mediately if you experience a sharp nerve or pintpain, and seek medical advice.

Maintenance Schedule

	DAIY	W EEKLY	MONTHLY	EVERY 6 MONTHS
GeneralMaintenance				
Check Safety & Warning Decals	n			
InspectBelts & Cables	n			
SpotCheckBelt			n	
SpotCheck Nuts and Bolts			n	
SpotCheck All Pegs and Stops			n	
Exam ine Rotation Points				n_
Cleaning				
Clean Upholstery	n			
Use Quick Fill A-33 Disinfectant Cleaner.				
Clean Surface Area		<u>n</u>		
Remove Dust				n_
Lubrication				
Lubricate and Clean Guide Rods Using TFL 50		n		
Do not lubricate hydraulic cylinders.		11		
DO HOCEMOLEGIC HYDRAULE CYLLIACIS.				

GeneralMaintenance

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 im m ediately. A lso check forw orn parts, seat belts and upholstery pads.
- 2.UPHOLSTERY PAD TIGHTEN ING

 Mostbolts on upholstery pads can be tightened with a 9/16"

 combination wrench.
- 3.SH ELD 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.SHELD INSTALLATION

Snap Quick-Release in place. Tighten screws only snugly. Use correct phillips screw driver.

Lubrication

MOVING PARTS

To clean and lubricate guide rods, apply TFL #50 W et Lubricant to a clean cloth then use to wipe rods.



*TFL 50 W et Lubricant Recom m ended for Nautilus Machines.

W ARNING Donotlubricate M INIW EIGHTS

May cause dam age and VOID

WARRANTY.



Do notplace equipmentin directsunlightas ulta violet mays can damage shields and upholstery.

Cleaning

1.UPHOLSTERY CLEANING AND PROTECTION

- A.Keep pads free of perspiration at all times.
- B.C lean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
- C.Clean alloutside surfaces with non-abrasive, nonchlorinated household cleaners. Virahol® Disinfectant Cleaner is an effective upholstery care product.

2.CLEANING AND CARE OF PAINTED SURFACES

- A .W ipe painted surfaces with a dam p cloth and carwax.
- B.Letdry and buffw ith a dry cloth.

19-1175

OUK FLLA-33

Detergent Disinfectant Odor Counterac



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

TO PLACE AN ORDER

Give our friendly Custom er Service Representatives a call to order this productor any other Genuine Nautilus Parts

1-800-235-2233

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