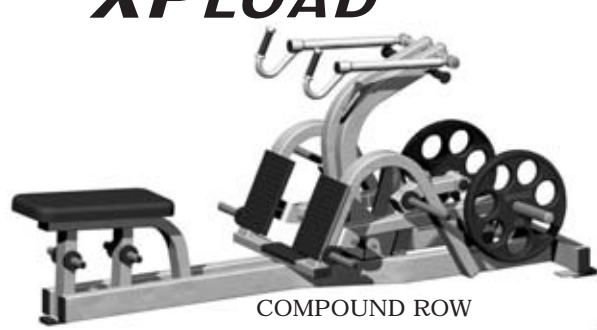


# NAUTILUS XPLOAD



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

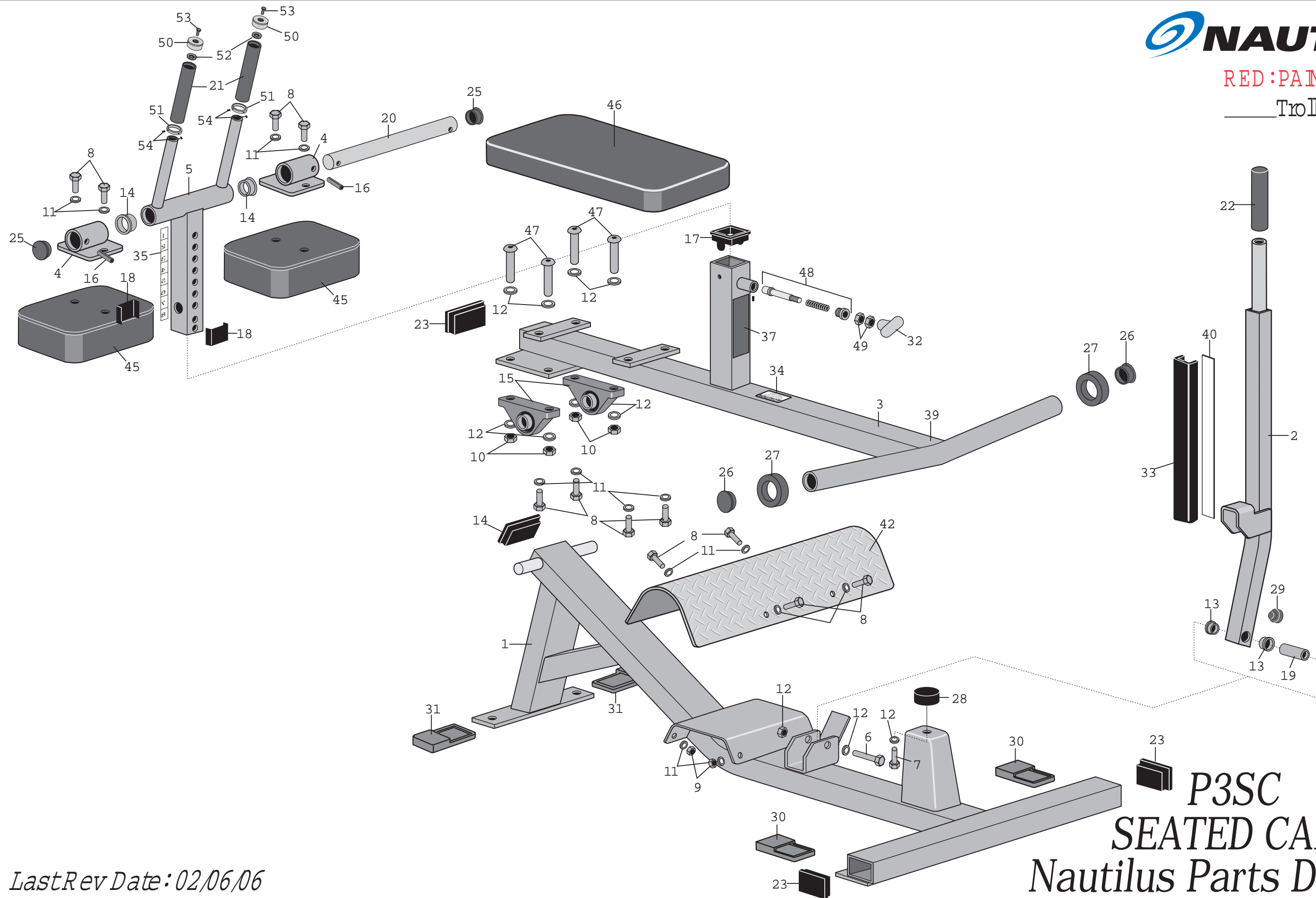
SERIAL # \_\_\_\_\_  
through \_\_\_\_\_



#### P3SC FREEWEIGHT SEATED CALF

| COMP# | COMPONENT DESCRIPTION                           | COMP# | COMPONENT DESCRIPTION                                     |
|-------|---|-------|---|
| 1     | BSF226 F2SC BASE FRAME                          | 28    | 09-4075 2 OD X 1 THK .RUBBER BUMPER ,LORD                 |
| 2     | LK214 F2SC STOP LEVER                           | 29    | 09-4092 BUMPER RETURN A/R#209                             |
| 3     | MA208 F2SC WEIGHT ARM                           | 30    | 09-5035 MOLDED FOOTPADS                                   |
| 4     | MA209 F2SC LEG PAD MOUNT                        | 31    | 09-5045 FOOTPAD RECT (NEW )                               |
| 5     | MA210 F2SC ADJUSTABLE LEG PAD MOUNT             | 32    | 09-8136 T/KNOB YELLOW , 3/8-16 INSERT                     |
| 6     | 01-0011 BOLT HH5 1/2 X 3                        | 33    | 09-9184 1/4" X 1 1/2" PLASTIC CHANNEL X 14" LONG          |
| 7     | 01-1258 BOLT HH5 1/2 X 3/4                      | 34    | 12-1026 KEEP HANDS AWAY (YELLOW )                         |
| 8     | 02-9220 BOLT HH5 3/8 X 1 1/4                    | 35    | 12-1104 DECAL SEAT BLACK 1-11 (1" INC.)                   |
| 9     | 03-1035 3/8 NUT                                 | 36    | 12-1380 INSPECTDN STICKER DECAL                           |
| 10    | 03-9075 NUT NTE 1/2-13                          | 37    | 12-5356 INSTRUCTDNL PLACARD P3SC                          |
| 11    | 04-3020 3/8 LOK W ASHER                         | 38    | 12-1165 WARNING DECAL FOR SELECTOR PIN                    |
| 12    | 04-5214 1/2 LOK W ASHER                         | 39    | 12-5149 NAUTILUS "SIGNATURECAL" 2000 16 1/2" L SMOKE      |
| 13    | 05-1190 BRASS BUSHING .760 ID X 1 OD X 3/4 LONG | 40    | 19-1012 TAPE DOUBLE SDED 1 1/2" 14" LONG                  |
| 14    | 05-5116 1 1/2 D PLASTIC BUSHING ,MODIFIED US    | 41    | 19-1291 DECAL SERIAL # BAR CODE                           |
| 15    | 19-1575 BEARING ,1" PLASTIC ,FLANGE             | 42    | 19-1356 SEATED CALF FOOT PLATE GRP 1.8" DIAMOND TREAD ZNC |
| 16    | 07-7095 3/8 X 1 3/4" ROLL PIN                   | 43    | 19-5218 PARTS DIAGRAM P3SC                                |
| 17    | 07-9286 SLIDE FOR 2" TUBE                       | 44    | 40-7167 BAG 50 X 46 X 86 X .002 THICK                     |
| 18    | 07-9287 SLIDE GUIDES FOR 2" TUBE                | 45    | JP9536 KNEE PAD   |
| 19    | 07-9434 BEARING SLEEVE ,3/4 X 1 7/8             | 46    | JP9915 SEAT PAD   |
| 20    | 07-9435 LEG PAD SHAFT ,1 1/4 DIA X 15"          | 47    | 01-4041 1/2 X 1 1/2 BOLT BUTTON HEAD                      |
| 21    | 09-1058 7/8 X 4 1/2 OPEN END HAND GRP           | 48    | 07-4125 PULL PIN UNIT                                     |
| 22    | 09-1105 1 1/8 X 5 HAND GRP                      | 49    | 03-4142 5/16 JAM NUT                                      |
| 23    | 09-2090 PLUG ,FRAME ,2X3                        | 50    | 09-9525 1.75" END CAP                                     |
| 24    | 09-3055 2 X 4 FRAME PLUG                        | 51    | 09-9555 1.75" RING  |
| 25    | 09-3075 PLUG ,HOLE 1-1/4 ID X 1-3/8 OD          | 52    | 09-9620 TUBE INSERT                                       |
| 26    | 09-3092 1 1/4 OD X 1.00 D X .750 LONG HOLE PLUG | 53    | 02-2290 1/4 X 1 AFH SCREW                                 |
| 27    | 09-4068 WEIGHT STORAGE ,3/4 X 3" OD RUBBER      | 54    | 02-3055 1/4-28 X 1/4 SET SCREW                            |

RED : PAINTED ITEMS  
\_\_\_\_ Trolleys / Machine



Last Rev Date: 02/06/06

**P3SC  
SEATED CALF  
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.

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

| 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 <a href="http://www.nautilus.com">www.nautilus.com</a> 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.



## 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

- Welcome .....1
- Parts & Service .....1
- Safety/Before Exercising .....2
- Maintenance Schedule .....2
- General Maintenance .....3
- Mini-Weight Stack Pin Replacement.....3
- Cleaning .....3
- Lubrication .....3
- Warranty Information .....4

## 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](http://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

# 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 footpads 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.

## Maintenance Schedule

|   | DAILY | WEEKLY | MONTHLY | EVERY 6 MONTHS |
|---|-------|--------|---------|----------------|
| <b>General Maintenance</b>                  |       |        |         |                |
| 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              |
| <b>Cleaning</b>                             |       |        |         |                |
| Clean Upholstery                            | n     |        |         |                |
| Use Quick Fill A-33 Disinfectant Cleaner.   |       |        |         |                |
| Clean Surface Area                          |       | n      |         |                |
| Remove Dust                                 |       |        |         | n              |
| <b>Lubrication</b>                          |       |        |         |                |
| Lubricate and Clean Guide Rods Using TFL 50 |       | n      |         |                |
| Do not lubricate hydraulic cylinders.       |       |        |         |                |

# Before Exercising

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 moving parts and handles 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.

# 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 in 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, seatbelts and upholstery pads.
- UPHOLSTERY PAD TIGHTENING**

Most bolts 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.
- SHIELD 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 Wet Lubricant to a clean cloth then use to wipe rods.

\*TFL 50 Wet Lubricant Recommended for Nautilus Machines.



PART NUMBER 19-1160

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

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

# Cleaning

- UPHOLSTERY CLEANING AND PROTECTION**
  - 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. Virahol® 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 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-

## TO PLACE AN ORDER

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