

ONAUTILUS XPLOAD

SEATED DIP

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

	P3 SEATED DIP COMPONENT DESCRIPTION
	BASEFRAME P3SD
	MOVEMENT ARM P3SD LEFT
	MOVEMENT ARM P3SD RIGHT
HB326	HANDLEBAR P3SD ROLLER PAD MOUNT
	HANDLEBAR P3SD SEAT ADJ. HANDLE
	SEAT P3SD ADJUSTABLE SEAT
	WEIGHT ARM LEFT P3 CR
	.WEIGHT ARM RIGHT P3 CR
	BOLT HH5 1/2 X 3
	BOLT HH5 1/2 X 3 1/4
	BOLT HH5 1/2 X 5
	BOLT HH5 5/8 X 4 1/2
	BOLT HH5 5/8 X 5 1/2
	BOLT HH5 5/8 X 8 5/8 CUT-OFF
	1/4-28 X 1/4 SET SCREW
	BOLT HH5 3/8 X 1 1/4
	3/8-16 LOCK NUT
	1/2-13 LOCK NUT
9 03-1067	5/8-11 LOCK NUT
0 04-5207	1/2 FLAT WASHER
	1/2 LOCK WASHER
	BUSHING IGUS MFI0608-03 3/8" ID
	LINK CHAIN SINGLE COUPLE
606-3070 .	
	SNAP RING 1.875 ID BASIC EXTERNAL 51-187
	SNAP RING INTERNAL 1 3/4
	PULL PIN ASSEMBLY (STRAIGHT)
0 07-4124	SELECTOR PIN MADE FROM 07-4125 ASSEMBLY
	203 BEARING
	SLIDE CAP PLASTIC
	SLIDE CAP END
	BEARING SLEEVE 1 OD X 5 33/64 L
	BEARING CUPS WITH BEARINGS
	BEARING SPACERS
	WEIGHT TUBE 1 7/8 X .25W TUBE X 16" LONG
	1/2 X 2 1/2 X 18 39/64" L CONTROL LINK
007-9090.	
	RING GRIP 1 3/4" DIA
808-5067.	SLEEVE 1/2 X 3 CLOSED END GRIP (YELLOW)
	GRIP RING ALUMINUM (FOR 1 3/4 DIA BAR)
	1.780 X 5 1/2 OPEN END GRIP
109-1110 2 00.2055	2 X 4 FRAME PLUG
	HOLE PLUG 1/2 DIA WHITE
	HOLE PLUG 9/16 DIA WHITE
	1" ID RUBBER BUMPER #20
	WEIGHT STORAGE, 1.875 ID X 3/4 X 3" OD RUBB
	SQUARE BUSHINGS
	DOCK BUMPER
	NEW RECTANGULAR FOOTPAD
	GRIP CAP ALUMINUM (FOR 1 3/4 DIA BAR)
ZA95-0490.	FOOTGUARD KIT/SS, 15.25" LONG
312-1026.	KEEP HANDS AWAY (YELLOW)
4 12-1104	DECAL SEAT BLACK 1-11 (1" INC. USE 1-8)
	INSPECTION STICKER DECAL
	THIGH PAD PIVOT DECAL
	TUBE INSERT



PARTS DIAGRAM

19-5229

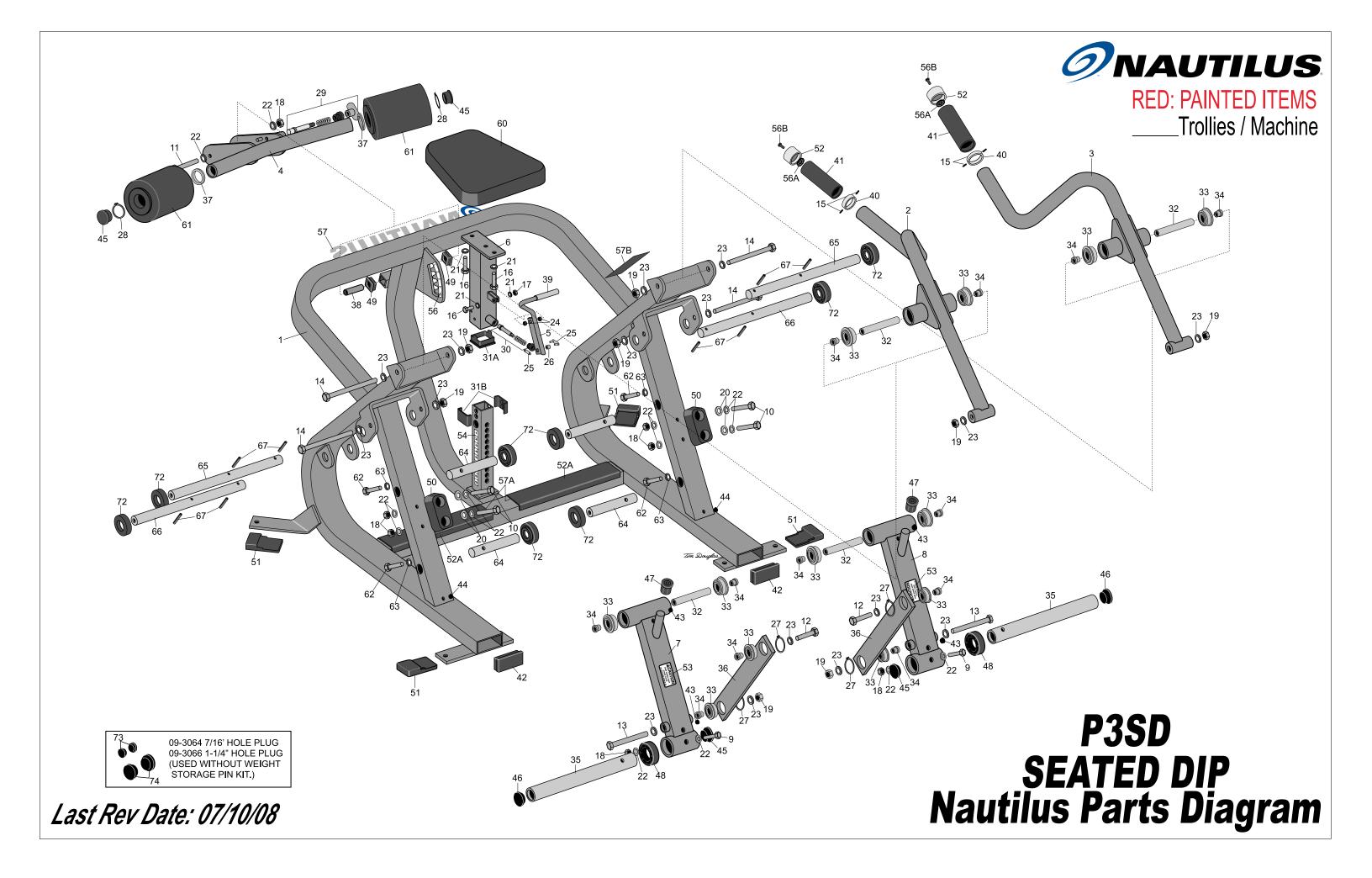
REVISED: July 10, 2008

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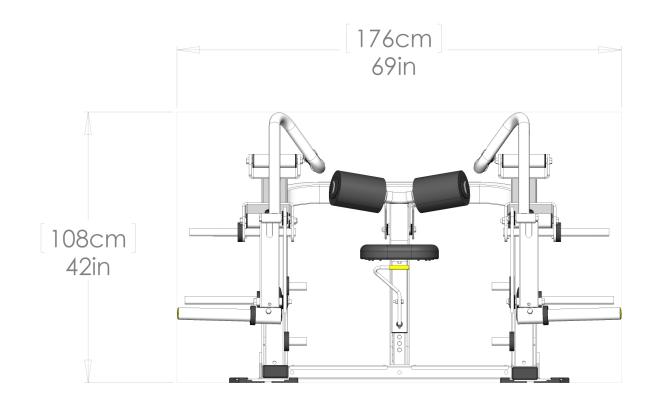


COMP# COMPONENT DESCRIPTION 56B02-22901/4 X 1 1/4 AFH SCREW 5712-1185NAUTILUS LOGO DECAL 57A19-10142" DOUBLE-SIDED TAPE 57B12-5361INSTRUCTIONAL PLACARD P3SD 5819-1291DECAL SERIAL # BAR CODE 5919-5229PARTS DIAGRAM "P3SD" 60UP8080SEAT BOTTOM PAD 61UP9955ROLLER PAD
WEIGHT STORAGE PARTS KIT (P3SD)
6201-1105 BOLT HH5 3/8 X 1 1/2
6304-52133/8 INT LOK WASHER
6407-9701WEIGHT STORAGE PIN 1 1/4 DIA CR X 6 3/4" LONG
6507-9702WEIGHT STORAGE PIN 1 1/4 DIA CR X 16 1/2" LONG
6607-9703WEIGHT STORAGE PIN 1 1/4 DIA CR X 16 1/4" LONG
67 07-7010 PIN ROLL 1/4 X 1
68OMIT
69 OMIT
70 OMIT
71OMIT
7209-4066WEIGHT STORAGE, 1 1/4 ID X 3/4 X 3" OD RUBBER
7309-30647/16" WHITE HOLE PLUG
7409-30661 1/4" WHITE HOLE PLUG



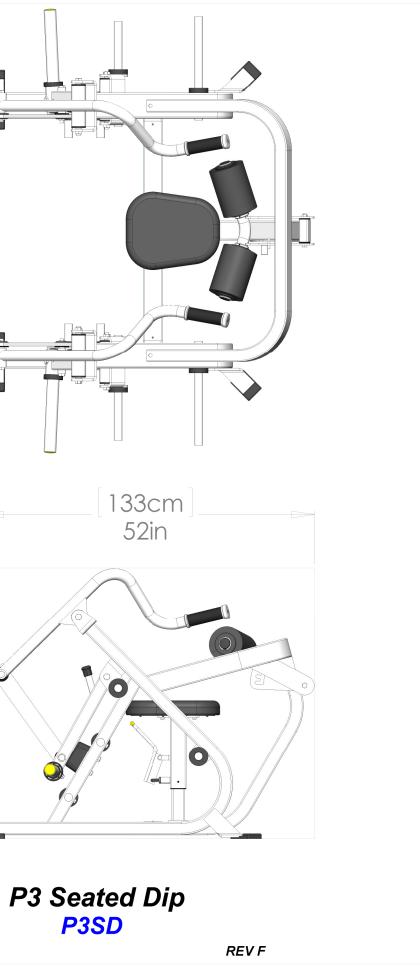


10/9/12	P3SD
<u>Units</u>	<u>Weight</u>
lbs	316
kg	143



Customer Service & Parts 800/ 235-2233 General Parts Requests: parts@medfitsys.com Warranty Field Service Requests: servicerequest@medfitsys.com Med-Fit Systems, Inc. 800/ 831-7665

www.medfitsystems.com



ONAUTILUS

Warranty Information

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

Nautilus[®] XP LoadTM Variable Resistance W arranty Lim ited W arranty Term s & General Specifications

N autilus warrants only to the original purchaser that N autilus® com m ercial exercise equipm ent from the m anufacturer is free from defects in m aterial and w orkm anship under norm aluse and service. O ur obligation 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, 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 otherw ise disclosed within this w arranty w hich thus m ay prove defective under norm aluse and service w ithin 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 norm aluse and service within 6 m on the 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.

	quipm entW arranty Plus/N itro,XP Load, and FreeW eights			
12 Years	To originalow ner for fram es, welded moving parts and weight stacks.			
3 Y ears	To originalow ner under norm aluse and service for any moving partor parts not otherwise disclosed in this warranty.			
1 Year	Laborw arranty – To original ow ner.			
6 m onths	U pholstery, pads, grips and tethered w eight stack pins.			
	Equipm ent schem atics available on line 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 m erchantability 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® com m ercial exercise equipm ent. This warranty shall not apply to this NAUTILUS® com m ercial 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 w hatsoever 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 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 limiting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for dow ntime or form aking up dow ntime, dam ages for which the purchaserm ay be liable to other persons, dam ages to property, and in jury to or death of any persons. We neither assume not authorize any person to assume for us any liability in connection with sale or use of our equipment. There are no oral agreements or w arranties collateral to or affecting this agreem ent.

DealerAcknow ledgm entNotice:

N autilus C om m ercial W ananty tim es begin 30 days after product has been shipped from ourm anufacturing plant to your warehouse or storage site, unless otherwise specified at time of custom erpickup.

ONAUTILUS

Maintenance IN STRUCTIONS

For XP Load Strength Training Equipment



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 N autilus® line, as outlined in these instructions, ensures that your equipm entw ill operate with little scheduled m aintenance. W e know this is important to you and your custom ers, so please take a few m inutes to read the follow ing instructions for keeping your N autilus® equipm ent in the bestworking condition.



Contents

Parts & Services

Regularand scheduled maintenance will probing 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 he never too busy to discuss oroffera tip on yourm aintenance tasks.

Nautilus machines — the culm ination of years of research and refinem ent - are m ade from the highest quality m aterials, under exacting conditions. The quality control tag attached to each m achine 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 norm alw ear and tear, or should yourm achine everneed m aintenance, N autilus invites you to callour V irginia H eadquarters office for inform ation on parts and service.

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

Nautilus' concern for the custom er 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 CustomerService 800-NAUTILUS Fax: 276-773-2298

Safety

- 1. Supervision is necessary when the machine is used by or near children, invalids, or disabled persons.
- 2. Follow the instructions for specific exercises on each m achine
- 3. Get in and out of the equipm ent carefully.
- 4. Never operate the machine without shields in place.
- 5. U se only N autilus selectorpins in w eight stack. N ever drop or insertany other object into machine opening.
- 6. Use this machine only as intended or described in this m anual.
- 7. Do not operate equipm entwith loose or dam aged parts. If m achine fails to operate correctly, do not attem pt to repair. Notify authorized personnel of the problem s.
- 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 in jury.

Nautilus will replace, free of charge, safety /caution decals which are missing ordam aged.



Before Exercising

To guard against njury, all equipm entusers should follow these instructions.

n Check with your physician and get approval before beginning a training routine.

n Become fam iliarwith the equipment before beginning a training routine.

n Alwayswarm -up before and cooldown after exercising.

n M ove slow ly during each exercise. D o not jerk or "throw " the w eight.

n Breathe freely.Donothold your breath while lifting or low ering w eight.

n Hold movem entarm s and handles firm ly, do not squeeze or grip tightly.

n Structure each workout to exercise the largest m uscles first. Suggested routines are found in the Nautilus TotalFitness Program.

n Experim entto find the exact weight you need for each exercise. Select a resistance that allow s you to perform eight to twelve slow repetitions. Take two seconds to lift the weight. Pause briefly, and take four seconds to low er the w eight.

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

Maintenance Schedule

	DAILY	WEEKLY	MONTHLY	EVERY (MONTHS
GeneralMaintenance				
Check Safety & Warning Decals	n			
InspectBelts & Cables	n			
SpotCheck Belt			n	
SpotCheck Nuts and Bolts			n	
SpotCheck AllPegs and Stops				
Exam ine Rotation Points				<u> </u>
Cleaning				
C lean Upho Istery	n			
Use Quick FillA-33 Disinfectant Cleaner.				
C lean Surface A rea		<u>n</u>		
Remove Dust				n
Lubrication				
		n		
Do not lubricate hydraulic cylinders.				
4 4				

GeneralMaintenance

Frequency of maintenance is determined by several factors: tem perature, hum idity, use, ventilation and filtration, shielding and friction. External maintenance may vary from daily to m onthly, internal m aintenance from six m onths in a club environm ent 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 in mediately. A lso check for worn parts, seat belts and upholstery pads.
- 2.UPHOLSTERY PAD TIGHTENING

M ost bolts on upholstery pads can be tightened with a 9/16''com bination w rench.

3.SHELD REMOVAL

Som e N autilus® m achines are equipped with quick-release shield fasteners. To rem ove Quick-Release shielding, gently pull shielding aw ay from the fram e.U se a proper screw driver to rem ove shield, which is attached to the fram e with screw s. 4.SHELD INSTALLATION

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

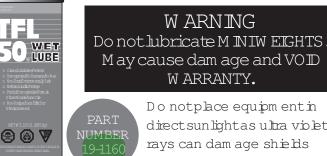
Lubrication

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 Recommended for Nautilus Machines.

WARNING



W ARRANTY. Do notplace equipm entin direct sun lightas ultra violet rays can dam age shields

and upholstery.

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Cleaning

1.UPHOLSTERY CLEAN NG 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 all outside surfaces with non-abrasive, nonchlorinated household cleaners. V irahol® D isinfectant. C leaner 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.

OUIK FILLA-33

Detergent/D is infectant O dor Counterac



An Outstanding liquid quaternary-based product for use in areas where there's heavy soiling. Provides the bestodor counteraction available from a disinfectant. Available in ready-to-use; nom ixing ordilution 16 oz.spray bottle. USDA Code 1, EPA Reg. 42964-

TO PLACE AN ORDER

Give our friendly Custom er Service Representatives a callto order this productorany other Genuine Nautilus Parts 1-800-235-2233