



**2ST**

# VERTICAL CHEST

## OWNER'S MANUAL

REVISED: May 3, 2006

SERIAL NO.'S

through

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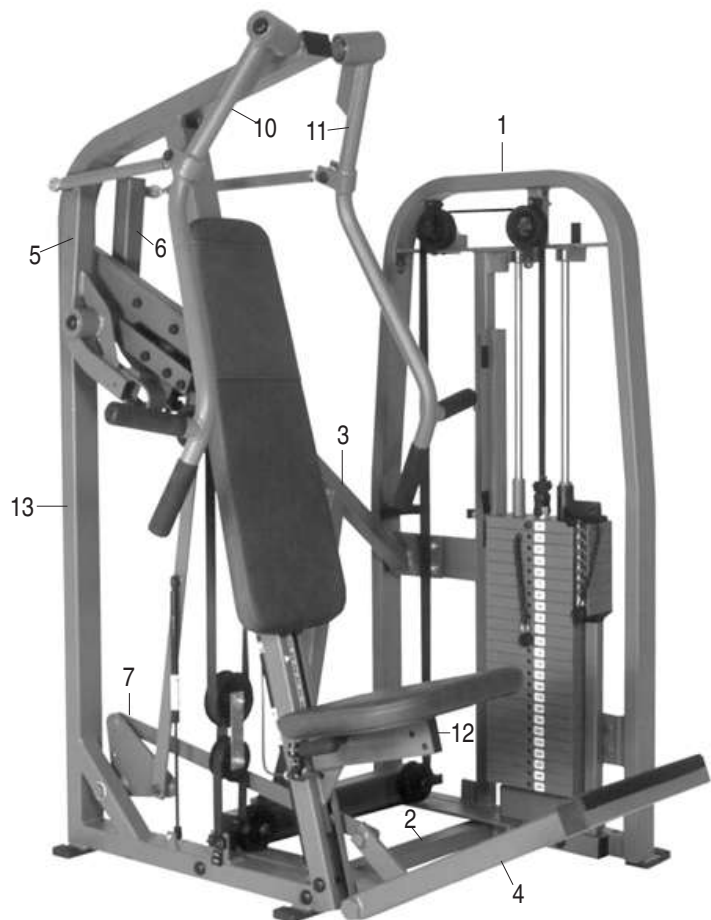
### Maintenance Manual

Follows page 10

See last pages of this manual for 2ST Strength Circuit Exercise Order Diagram and 2ST Floor Plan Kit.



PARTS AND SERVICE  
709 Powerhouse Road  
Independence, Virginia 24348  
800-235-2233  
Fax: 276-773-2298

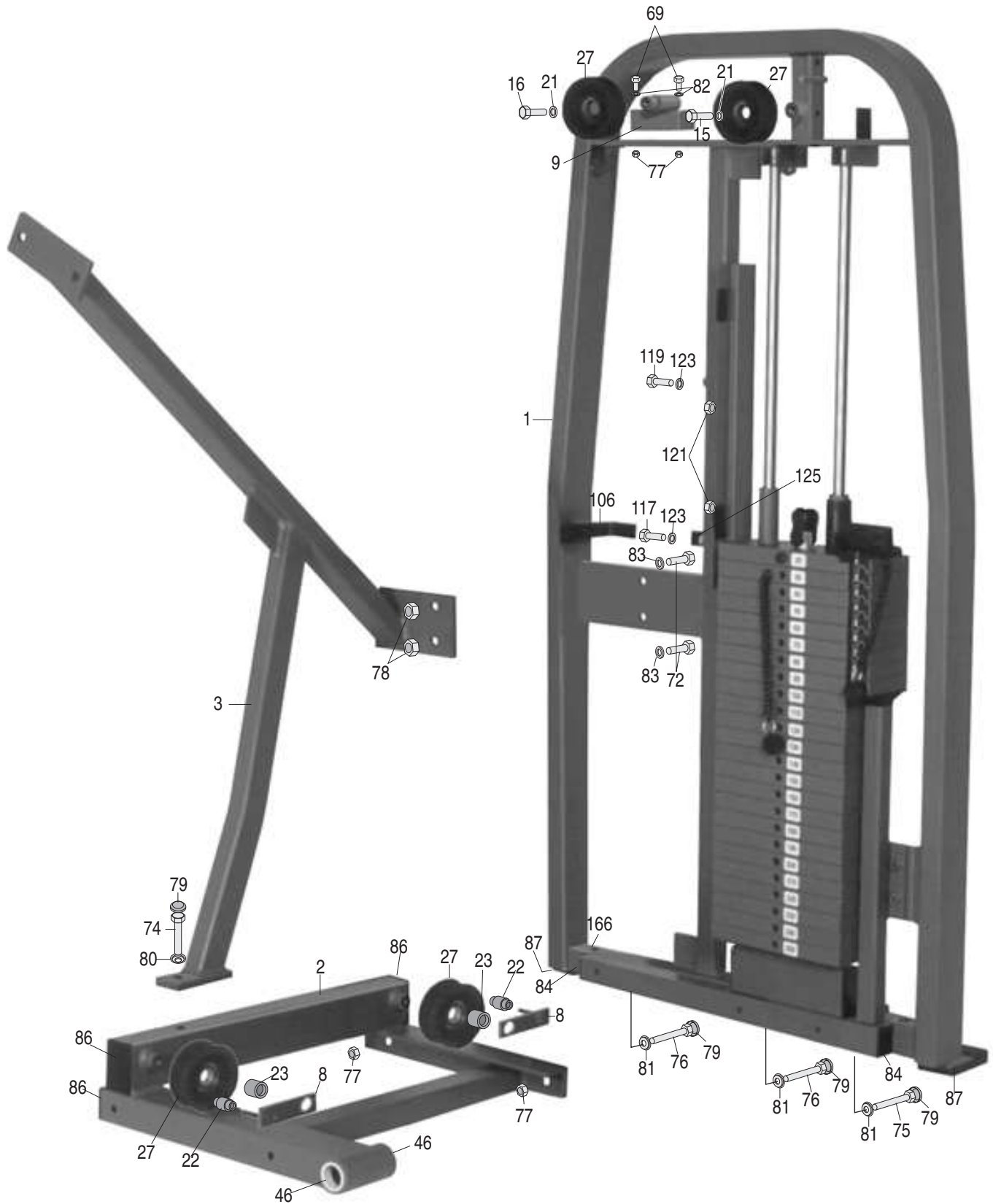


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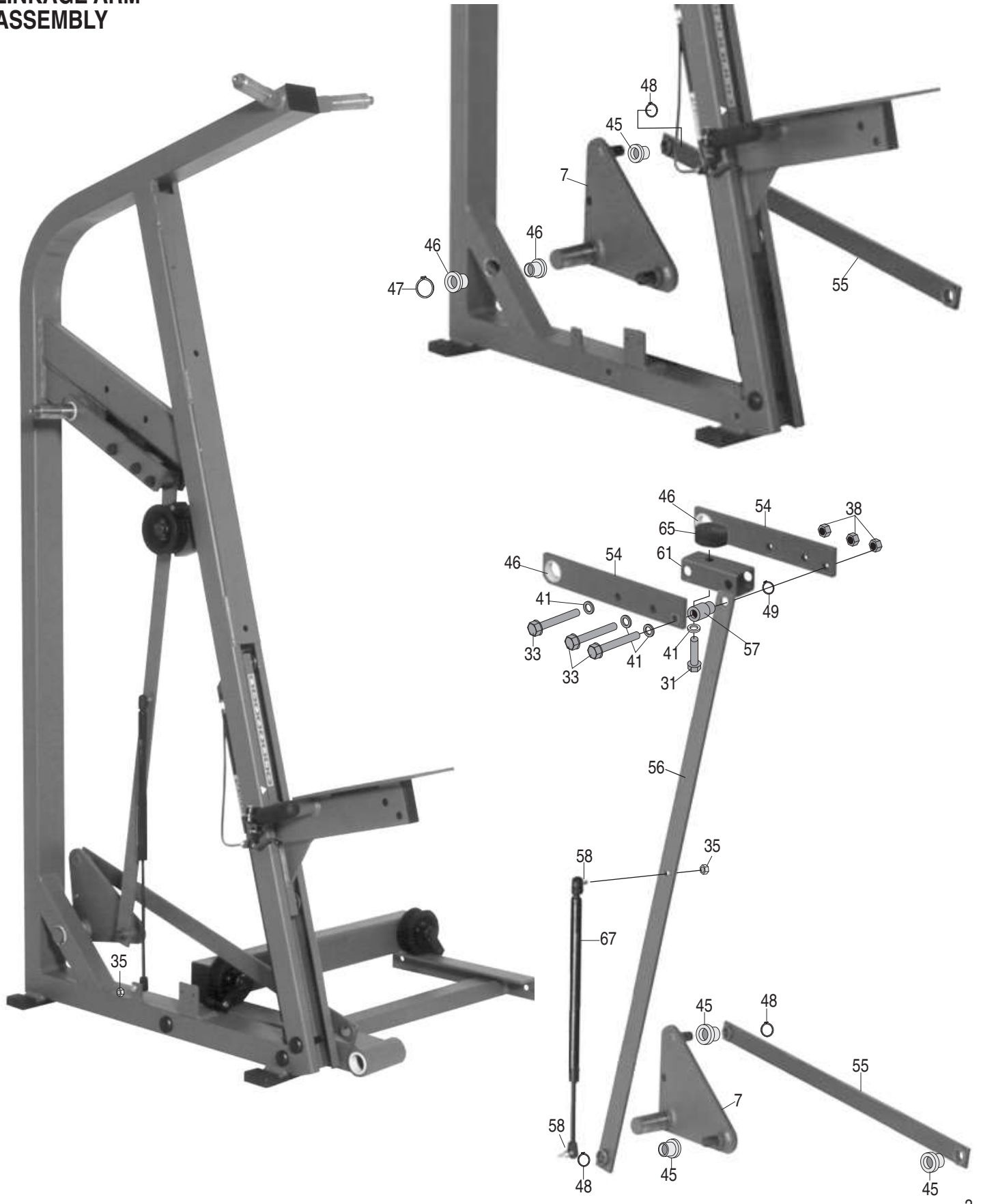
**MAIN FRAME TO  
SEAT FRAME ASSEMBLY**



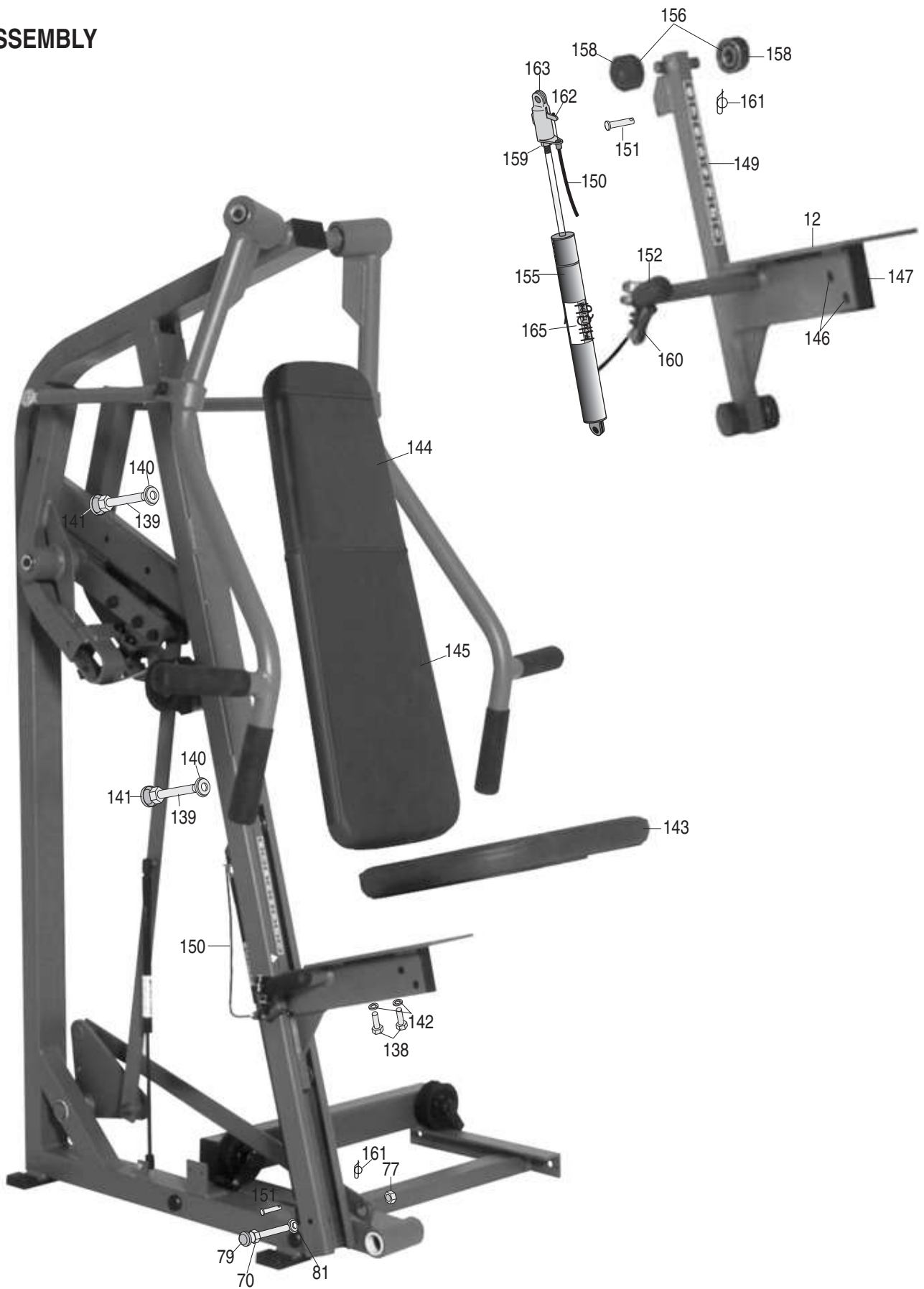
## CROSSMEMBER ASSEMBLY



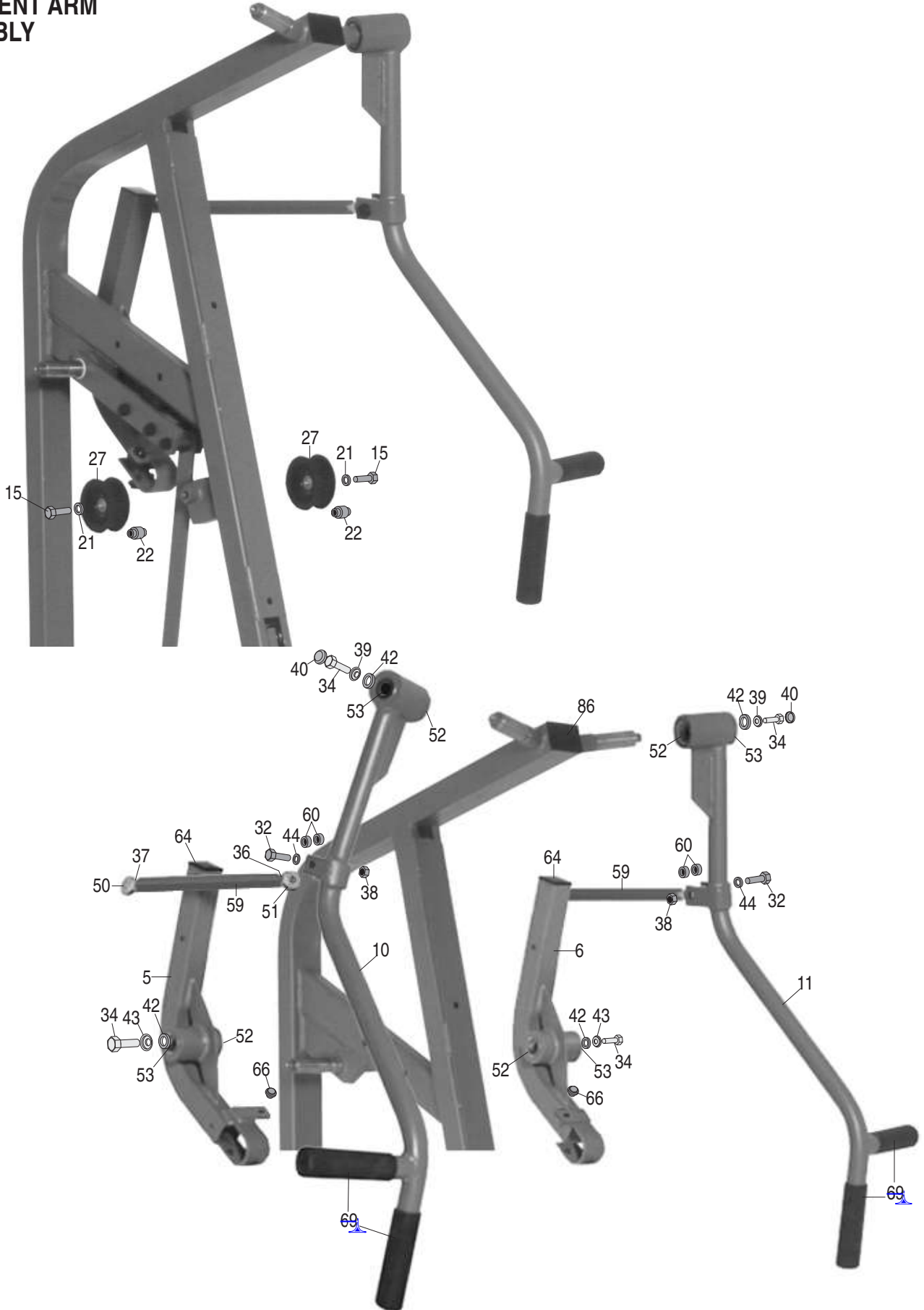
**LINKAGE ARM  
ASSEMBLY**



## SEAT ASSEMBLY

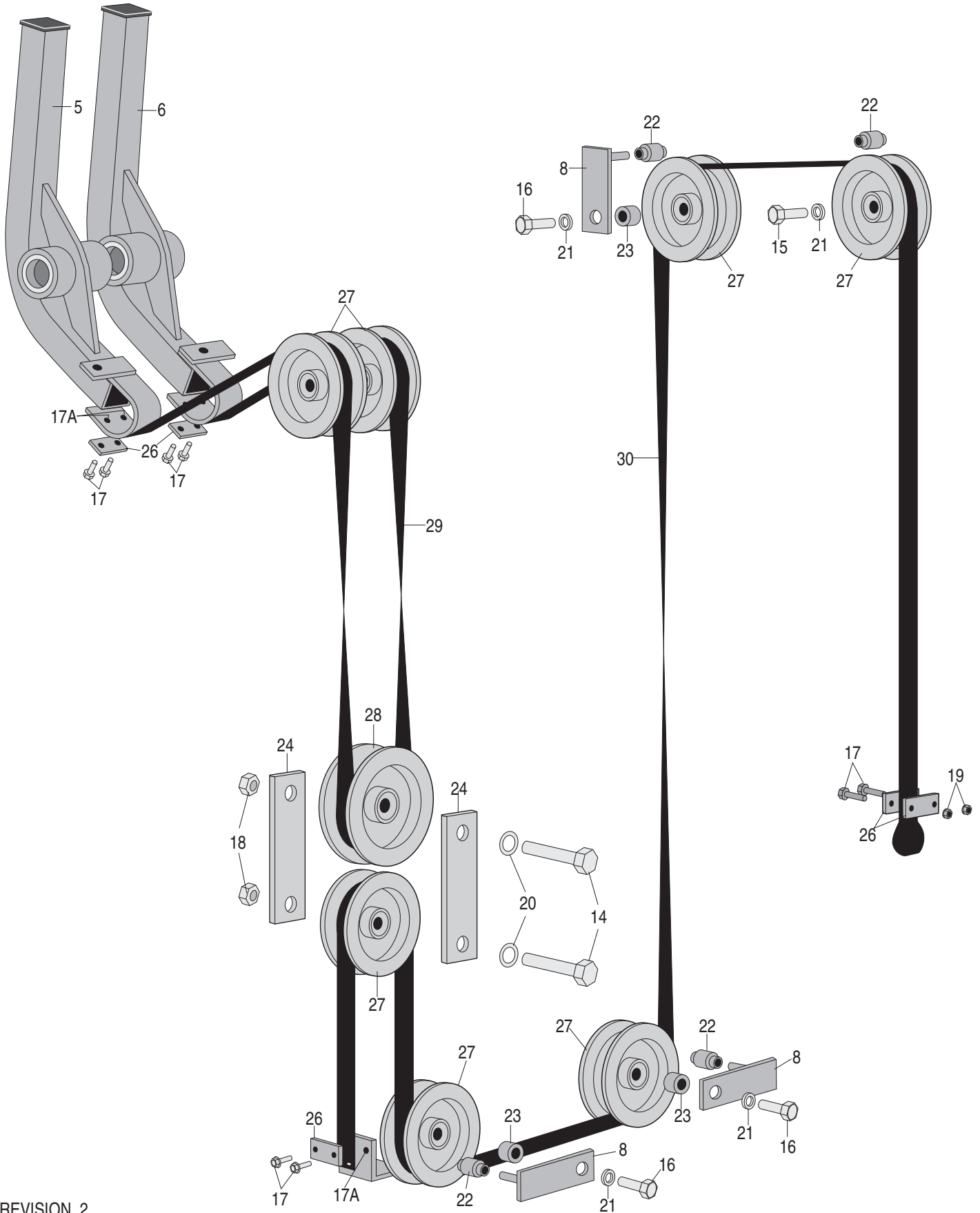


**MOVEMENT ARM  
ASSEMBLY**





## BELT & PULLEY ASSEMBLY



24 WEIGHT STACK

- STANDARD
- REF # .....PART # .....200 lb. WEIGHT STACK (20-250)
  - A .....01-0010 .....BOLT HH2 7/16-14 X 4 1/2 BLACK
  - B .....02-9190 .....1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
  - C .....03-1045 .....NUT NTE 7/16 BLACK
  - D .....04-5070 .....RUBBER WEIGHT STACK WASHER
  - E .....05-4020 .....BOTTOM WEIGHT BUSHING
  - F .....05-4055 .....TOP WEIGHT BUSHING
  - G .....06-2005 .....CHAIN LINK #100 CONNECTING LINK
  - H .....06-7064 .....COIL SUPER 6"
  - I .....06-8150 .....1 1/4 EXTERNAL SNAP RING
  - J .....06-8254 .....SNAP RING 1"
  - K .....07-4000 .....NYLINER PLASTIC BUSHING
  - L .....07-8296 .....PIN WEIGHT SELECTOR W/MAGNET 4 3/4" LENGTH
  - M .....07-9268 .....TOP WEIGHT SLEEVE
  - N .....09-3066 .....HOLE PLUG 1 1/4 DIA WHITE
  - O .....09-6135 .....BELT ROLLER
  - P .....12-1102 .....DECAL WARNING 4 3/4"
  - Q .....12-1282 .....WEIGHT STACK DECAL 20-310 lbs/kgs
  - R .....17-2204 .....1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
  - S .....17-2206 .....1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
  - T .....17-2203 .....1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
  - U .....17-2203 .....1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
  - V .....17-4115 .....WEIGHT STACK PIN 24 HOLE
  - W .....BSF509 .....WEIGHT STACK STAND 8"
  - X .....07-9269 .....3" WEIGHT STACK SPACER
  - Y .....09-2060 .....1 1/2 X 3" HOLE PLUG

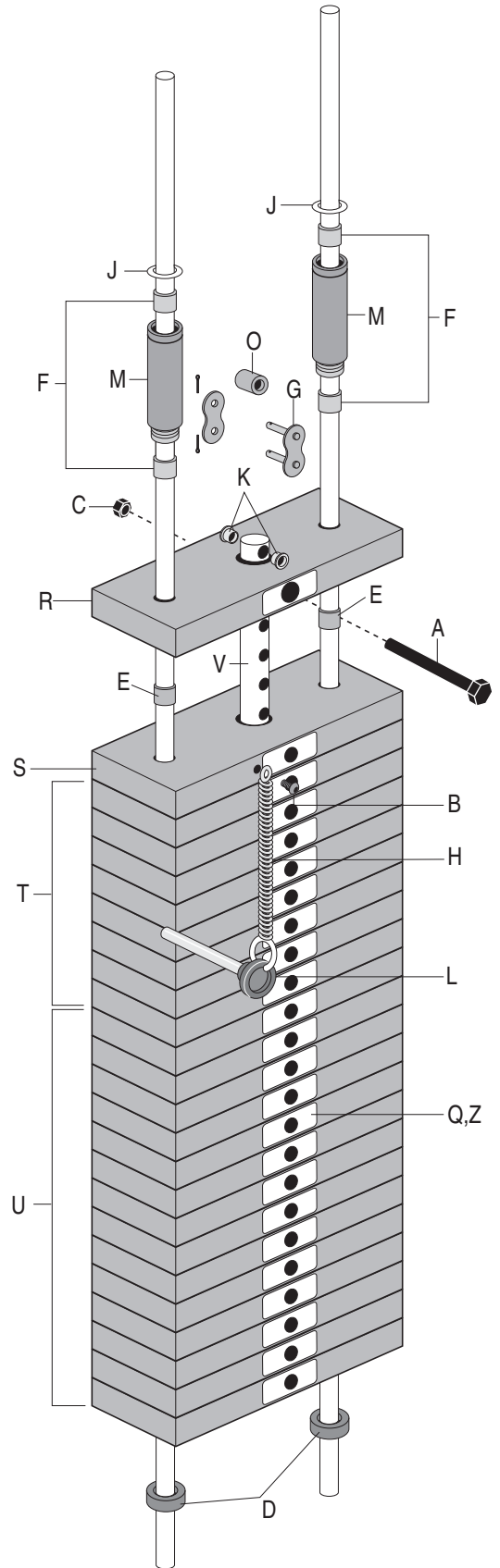
WOMEN'S/MEDICAL

- REF # .....PART # .....130 lb. WEIGHT STACK (10-200)
- A .....01-0010 .....BOLT HH2 7/16-14 X 4 1/2 BLACK
- B .....02-9190 .....1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
- C .....03-1045 .....NUT NTE 7/16 BLACK
- D .....04-5070 .....RUBBER WEIGHT STACK WASHER
- E .....05-4020 .....BOTTOM WEIGHT BUSHING
- F .....05-4055 .....TOP WEIGHT BUSHING
- G .....06-2005 .....CHAIN LINK #100 CONNECTING LINK
- H .....06-7064 .....COIL SUPER 6"
- I .....06-8150 .....1 1/4 EXTERNAL SNAP RING
- J .....06-8254 .....SNAP RING 1"
- K .....07-4000 .....NYLINER PLASTIC BUSHING
- L .....07-8296 .....PIN WEIGHT SELECTOR W/MAGNET 4 3/4" LENGTH
- M .....07-9268 .....TOP WEIGHT SLEEVE
- N .....09-3066 .....HOLE PLUG 1 1/4 DIA WHITE
- O .....09-6135 .....BELT ROLLER
- P .....12-1102 .....DECAL WARNING 4 3/4"
- Q .....12-1281 .....WEIGHT STACK DECAL (WOMEN'S) 10-260 lbs/kgs
- R .....17-2210 .....1 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
- S .....17-2212 .....1 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
- T .....17-2211 .....1 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
- U .....17-2203 .....1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
- V .....17-4115 .....WEIGHT STACK PIN 24 HOLE
- W .....BSF509 .....WEIGHT STACK STAND 8"
- X .....07-9269 .....3" WEIGHT STACK SPACER
- Y .....09-2060 .....1 1/2 X 3" HOLE PLUG
- Z .....12-1048 .....WEIGHT STACK DECAL (MEDICAL) #1-30

SUPER STACK

- REF# .....PART # .....290 lb. WEIGHT STACK (20-365)
- A .....01-0010 .....BOLT HH2 7/16-14 X 4 1/2 BLACK
- B .....02-9190 .....1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
- C .....03-1045 .....NUT NTE 7/16 BLACK
- D .....04-5070 .....RUBBER WEIGHT STACK WASHER
- E .....05-4020 .....BOTTOM WEIGHT BUSHING
- F .....05-4055 .....TOP WEIGHT BUSHING
- G .....06-2005 .....CHAIN LINK #100 CONNECTING LINK
- H .....06-7064 .....COIL SUPER 6"
- I .....06-8150 .....1 1/4 EXTERNAL SNAP RING
- J .....06-8254 .....SNAP RING 1"
- K .....07-4000 .....NYLINER PLASTIC BUSHING
- L .....07-8296 .....PIN WEIGHT SELECTOR W/MAGNET 4 3/4" LENGTH
- M .....07-9268 .....TOP WEIGHT SLEEVE
- N .....09-3066 .....HOLE PLUG 1 1/4 DIA WHITE
- O .....09-6135 .....BELT ROLLER
- P .....12-1102 .....DECAL WARNING 4 3/4"
- Q .....12-1283 .....WEIGHT STACK DECAL 20-455 lbs/kgs
- R .....17-2204 .....1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
- S .....17-2207 .....1 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
- T .....17-2205 .....1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
- U .....17-2205 .....1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
- V .....17-4115 .....WEIGHT STACK PIN 24 HOLE
- W .....BSF509 .....WEIGHT STACK STAND 8"
- X .....07-9269 .....3" WEIGHT STACK SPACER
- Y .....09-2060 .....1 1/2 X 3" HOLE PLUG

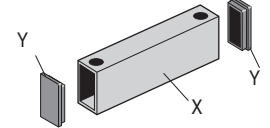
  
**USE CAUTION  
 WHEN WORKING  
 WITH WEIGHT  
 STACK !**



**OPTION 1  
NO STAND**

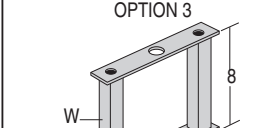
2LR, 2PF

**OPTION 2**



2AB, 2BP, 2CR, 2IP, 2LCP, 2LE,  
2LB, 2OP, 2TP, 2LCS, 210, 2VC

**OPTION 3**

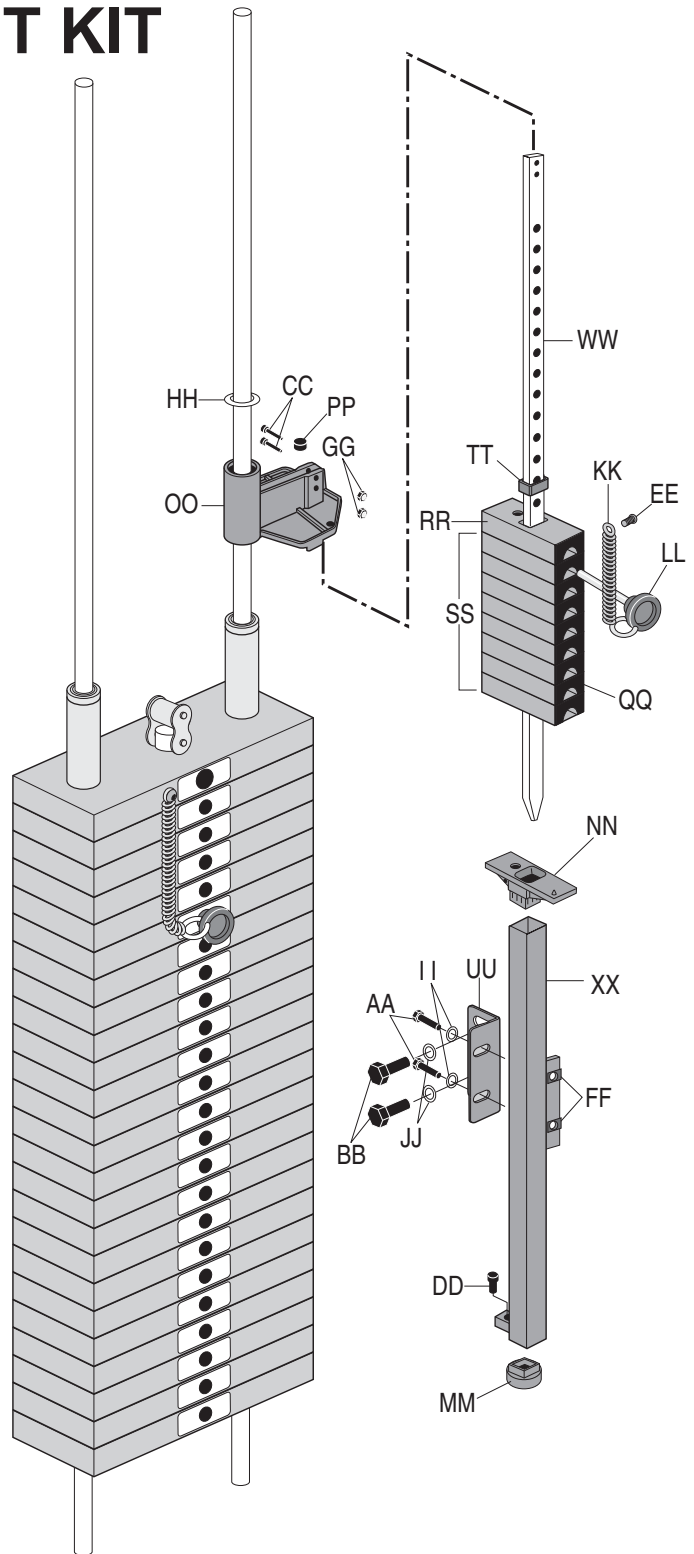


2HAD, 2HAB, 2RT, 2SC



# MINI 24 ADD-ON WEIGHT KIT

REF #	PART #	DESCRIPTION
AA	02-4108	3/8-16 X 3/4 ALLEN CAP SCREW
BB	01-1258	1/2 X 3/4 HEX BOLT BLACK
CC	01-4035	1/4 X 1-1/4 WIZ BOLT BLACK
DD	02-4110	3/8 X 1-1/4 ALLEN CAP SCREW
EE	02-9190	1/4-20 X 3/4 TORX HD TYPE "F" SCREW BLACK
FF	03-5111	3/8 CLIP NUT
GG	03-4290	1/4 WIZ NUT BLACK ZINC
HH	06-8150	1 1/4 EXT. SNAP RING
II	04-5206	3/8 SAE FLAT WASHER BLACK
JJ	04-5214	1/2 LOCK WASHERS BLACK
KK	06-7062	.450 OD 5" SUPER COIL
LL	07-8045	ADD ON WEIGHT SELECTOR PIN & KNOB
MM	07-9245	MOLDED WEIGHT STAND INSERT
NN	07-9250	MOLDED ADD-ON-WEIGHT BASE
OO	07-9255	MOLDED ADD-ON-WEIGHT LINK
PP	09-3072	HOLE PLUG 3/8" BLACK
QQ	12-1117	ADD ON WEIGHT DECAL LBS/KGS
RR	17-5998	CAST ADD-ON SECOND PLATE
SS	17-5999	CAST ONE POUND WEIGHT
TT	17-6015	RECTANGULAR WEIGHT BUSHING
UU	17-6020	ANGLE BRACKET



OPTION 1 - NO WEIGHT STAND:  
 2LR, 2PF  
 WW .....07-9292 .....SHORT MINI WEIGHT STACK PIN  
 XX .....BSF512.....SHORT MINI WEIGHT STAND

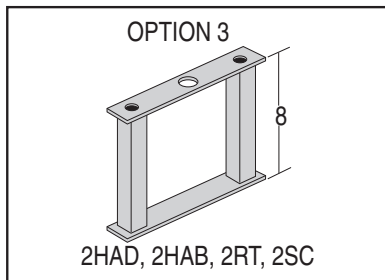
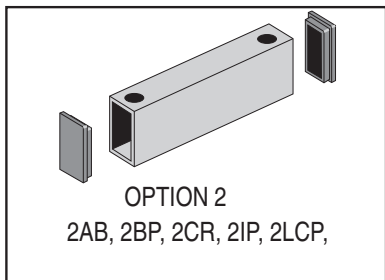
OPTION 2 - 3" WEIGHT STAND:  
 2AB, 2BP, 2CR, 2IP, 2LCP, 2LE, 2LB, 2OP, 2TP, 2LC, 210, 2VC  
 WW .....17-4137 .....STANDARD MINI WEIGHT STACK PIN  
 XX .....BSF511 .....STANDARD MINI WEIGHT STAND

OPTION 3 - 8" WEIGHT STAND:  
 2HAD, 2HAB, 2RT, 2SC  
 WW .....17-4137 .....STANDARD MINI WEIGHT STACK PIN  
 XX .....BSF513.....TALL MINI WEIGHT STAND



**USE CAUTION  
 WHEN WORKING  
 WITH WEIGHT  
 STACK !**

OPTION 1  
 NO STAND  
  
 2LR,





REF#...PART# .....DESCRIPTION  
.....  
E.L. CODE:..2WVCS, 2WVC  
IN03.....INSPECTION KIT WOMENS  
101.....12-1080 .....INSPECTION STICKER DECAL  
102.....12-1175.....NAUTILUS WOMENS NAMEPLATE 2 1/2 x 9 1/4  
103.....19-1291 .....DECAL SERIAL # BAR CODE  
104.....40-7167 .....BAG.50.X 46 X 86 X .002 THICK  
.....  
E.L. CODE:..2VC,.2WVC, 2SVC  
SH06.....OUTER PARTIAL SHIELD BF507 KIT  
105.....03-4060 .....1/4-20 CLIP NUT  
106.....07-9137 .....FRONT FRAME WORKBOX BRACKET  
107.....07-9138 .....UPPER MAIN FRAME SHIELD BRACKET  
108.....19-1015 .....2" SQ SERIES 170 DUAL LOC  
109.....19-1016 .....1 X 2 RECT. SERIES 400 DUAL LOC  
110.....02-4070 .....SCREW SHIELD 1/4 X 3/4  
111.....14-2694 .....SHIELD.2ST OUTER BF507  
.....  
E.L. CODE:..2VCS,.2WVCS  
SH07.....OUTER SHIELD BF507 KIT  
112.....03-4060 .....1/4-20 CLIP NUT  
113.....07-9137 .....FRONT FRAME WORKBOX BRACKET  
114.....07-9138 .....UPPER MAIN FRAME SHIELD BRACKET  
115.....19-1015 .....2" SQ SERIES 170 DUAL LOC  
116.....19-1016 .....1 X 2 RECT. SERIES 400 DUAL LOC  
117.....02-4070 .....SCREW SHIELD 1/4 X 3/4  
118.....14-2691 .....SHIELD. OUTER MAIN BF507  
.....  
E.L. CODE:..2VCS,.2WVCS  
SH14.....INNER SHIELD HARDWARE KIT 2  
119.....01-1402 .....BOLT HH5 1/2 X 2 1/4  
120.....02-4134 .....1/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW  
121.....03-1055 .....NUT BLACK FLANGE 1/3-13  
122.....03-4060 .....1/4-20 CLIP NUT  
123.....04-5214 .....1/2 LOK WASHER  
124.....07-5071 .....LOWER SHORT FRAME HOOK  
125.....07-9004 .....MOUNT SHIELD LEFT LOWER  
126.....07-9136 .....BRACKET LARGE LOWER BASE SHIELD  
127.....02-4070 .....SCREW SHIELD 1/4 X 3/4  
.....  
E.L. CODE:..2VC,.2WVC, 2SVC  
SH22.....INNER PARTIAL SHIELD KIT 2  
128.....01-1402 .....BOLT HH5 1/2 X 2 1/4  
129.....03-1055 .....1/2 NTE  
130.....03-4060 .....1/4-20 CLIP NUT  
131.....04-5214 .....1/2 LOK WASHER  
132.....07-9004 .....SHIELD MOUNT CENTER  
133.....07-9274 .....16GA SHEET METAL 2ST SHIELD SHROUD  
134.....19-1015 .....2" SQ SERIES 170 DUAL LOC  
135.....19-1016 .....1 X 2 RECT. SERIES 400 DUAL LOC  
136.....02-4070 .....SHIELD SCREWS  
137.....14-2695 .....2ST.INNER SHIELD  
.....  
E.L. CODE:..2VCS,.2WVCS, 2VC, 2WVC, 2SVC  
UPH23.....UPHOLSTERY KIT VERTICAL CHEST  
138.....02-9220 .....BOLT HH5 3/8 X 1 1/4 BLACK  
139.....01-1550 .....BOLT HH5 3/8 X 3 BLACK  
140.....04-5135 .....3/8 BOLT CAP WASHER  
141.....04-5145 .....PLASTIC BOLT CAP  
142.....04-5213 .....3/8 INT LOK WASHER BLACK  
143.....UP8015.....UPHOLSTERY SEAT BOTTOM  
144.....UP720.....SLIPCOVER  
145.....UP8050.....UPHOLSTERY SEAT BACK  
.....  
E.L. CODE:..2VCS,.2WVCS, 2VC, 2WVC, 2SVC  
ST06.....SEAT KIT 1  
146.....09-3063 .....7/16" WHITE HOLE PLUG  
147.....09-3080 .....1 X 3 HOLE PLUG  
148.....12-1001 .....SEAT POSITION INDICATOR ARROW

REF#...PART# .....DESCRIPTION  
149.....12-1009 .....SEAT.DECAL 1 BOTTOM -10 TOP (5/8 WIDE)  
BLACK  
150.....06-8006 .....SEAT ADJUSTMENT CABLE, 18"  
151.....07-8027 .....PIN CLEVIS 5/16 X 1 3/16  
152.....09-1058 .....RUBBER HAND GRIP, 7/8 X 4 1/2  
153.....07-9298 .....GAS SPRING COVER TUBE  
154.....07-9299 .....GAS SPRING COVER PLUG  
155.....10-3045 .....RIGID IN COMPRESSION, 250 N #7613IL  
156.....07-5064 .....BEARING 203 PP  
157.....10-4012 .....40 MM O.D. WAVE SPRING SSB-0158-S17  
158.....19-1235 .....NYLON SEAT ROLLERS  
159.....03-5106 .....NUT HEX 10MM  
160.....06-8000 .....SEAT ADJUSTMENT HANDLE 7/8"  
161.....07-8135 .....COTTER PIN #RUE-10 mfg. PIVOT POINT  
162.....07-9201 .....SHOCK LEVER P/N 783234  
163.....07-9205 .....HEAD THREAD ON CAST ALUM  
164.....12-1109.....SEAT SHOCK ADJ. TAG  
165.....12-1113.....SHOCK WARNING DECAL  
.....  
E.L. CODE:..2VC, 2WVC, 2SVC  
166.....09-3067 .....PLUG HOLE 1/4 WHITE  
167.....14-2171 .....INNER.PARTIAL SHIELD (MF 14-2695)  
.....  
E.L. CODE:..2VCS, 2WVCS  
168.....14-2172 .....INNER FULL SHIELD (14-2042)

# Kevlar™ Belt Adjustment Instructions

# Nautilus® Warranty Information

Belts require tightening when a lack of resistance and uneven feel is noticed at the beginning of an exercise. **USE CAUTION AROUND THE WEIGHT STACK WHEN TIGHTENING KEVLAR™ BELTS.**

## Nautilus® Variable Resistance Warranty Limited Warranty Terms & General Specifications

### To adjust belt:

1. Remove the Shielding.
2. Remove the Tethered Weight-Pin from weight stack hole. See Figure 3.
3. Lift top weight using the appropriate lifting mechanism - in most cases the moving arms for exercising.
4. While top weight is suspended, insert a shim between the first and second weight (two quarters will suffice).
5. Release top weight so the first stack is resting on the shim.
6. Loosen the two bolts at the end of the belt and pull through excess belting until tight.
7. Tighten belt bolts and lift top weight to remove the shim.
8. Lower the mechanism to rest on the weight stack.
9. If belt is still loose, repeat this procedure until there is no looseness at the beginning of an exercise.
10. If you experience difficulties in tightening the belts, please contact your Nautilus service professional or call 1-800-NAUTILUS (1-800-235-2233), Parts & Service Department, for assistance.

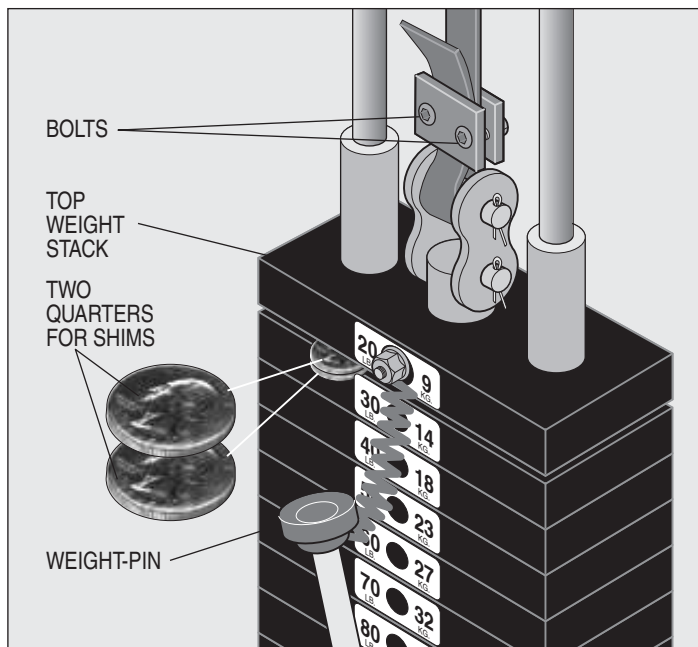


Figure 3

### WARNING

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

Nautilus warrants only to the original purchaser that Nautilus® 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 the lifetime of the product 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 120 days 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.

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® exercise equipment. This warranty shall not apply to this NAUTILUS® 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® 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® 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.



# **Nautilus®** **Maintenance** **INSTRUCTIONS**

For Variable Resistance Strength Training Equipment



**Getting maximum results from Nautilus® machines depends on proper maintenance of equipment.**

## Welcome

Congratulations on choosing Nautilus® Variable Resistance 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

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## 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**  
1-800-235-2233  
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 machine
3. Get in and out of the equipment carefully.
4. Never operate the machine without shields in place.
5. Use only Nautilus selector pins in weight stack. Never drop or insert any other object into machine opening.
6. Use this machine only as intended or described in this manual.
7. 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 problems.
8. Keep hands and feet clear of weights and other moving parts when in use. Keep hands and feet only on the hand grips and foot pads provided.
9. Failure to comply with these instructions may result in personal injury.

## CAUTION

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

## 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 movement arms 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.

## Maintenance Schedule

	DAILY	WEEKLY	MONTHLY	EVERY 6 MONTHS
<b>General Maintenance</b>				
Check Safety & Warning Decals	*****	■		
Inspect Belts & Cables	*****	■		
Spot Check Belt	*****	*****	■	
Spot Check Nuts and Bolts	*****	*****	■	
Spot Check All Pegs and Stops			■	
Examine Rotation Points				■
<b>Cleaning</b>				
Clean Upholstery		■		
<i>Use Nautilus Disinfectant Cleaner.</i>				
Clean Surface Area		■		
Remove Dust				■
<b>Lubrication</b>				
Lubricate and Clean Guide Rods Using TFL 50		■		
<i>Do not lubricate hydraulic cylinders.</i>				



### 3. SHIELD REMOVAL

Nautilus® 2ST machines are equipped with quick-release shield fasteners. To remove Quick-Release shielding, gently pull shielding away from the frame. Use a proper screwdriver to remove front shielding, which is attached to the frame with screws.

## Cleaning

#### 1. 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. Nautilus Disinfectant Cleaner is an effective upholstery care product.

#### 2. CLEANING AND CARE OF PAINTED SURFACES

- Wipe painted surfaces with a damp cloth and car wax.
- Let dry and buff with a dry cloth.

#### 3. CLEANING AND CARE OF ABS PLASTIC SHIELDING

- Clean with non-abrasive, non-chlorinated household cleaners.
- Vacuum or wipe dust from recessed areas and surfaces

PART NUMBER 19-1175

**QUIK FILL A-33**  
Detergent/Disinfectant Odor Counteractant



## Lubrication

#### MOVING PARTS

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

**WARNING**  
Do not lubricate  
MINI WEIGHTS.  
May cause damage  
and VOID  
WARRANTY.



PART NUMBER 19-1160

**\*TFL 50 Wet Lubricant Recommended for Nautilus Machines.**

## Hydraulic Unit Adjustment

**Note: The hydraulic unit only needs adjustment if the seat will not stay in position.**

1. Remove CLEVIS and COTTER PINS. Remove CIRCULAR COTTER PINS by lifting up the wire that crosses over straight end of pin, see Figure 1. Save all PINS.

2. Use a flat blade screwdriver to gently unsnap CABLE from LEVER MECHANISM. Be careful not to break cable fitting.

3. Remove hydraulic unit from machine, loosen NUT by backing it down ROD. Hold LEVER MECHANISM and twist SHAFT until there is free play in LEVER, as shown by "B" in Figure 1.

4. Hold LEVER MECHANISM and twist SHAFT (as shown by "C" in Figure 3) until LEVER free play is gone, then back off 1/8 turn. Tighten NUT against LEVER MECHANISM. **The NUT MUST BE PROPERLY TIGHTENED** to keep hydraulic unit in adjustment.

5. Twist SHAFT slightly to realign the top and bottom clevis pin holes.

6. Use pliers to snap and lock the CABLE on to the LEVER MECHANISM.

7. Reposition the hydraulic unit on machine and insert CLEVIS and COTTER PINS. The circular COTTER PINS can be pushed into holes.

8. The HANDLE NUT should be tight against the HANDLE HOUSING, see Figure 2. The HANDLE LEVER should touch the GRIP when squeezed. If it does not touch, adjust as follows:

- Loosen the HANDLE NUT by turning counter clockwise.
- Turn the ADJUSTMENT BARREL clockwise until the HANDLE LEVER has approximately 1/4" free play.
- Tighten the HANDLE NUT against the HANDLE HOUSING.

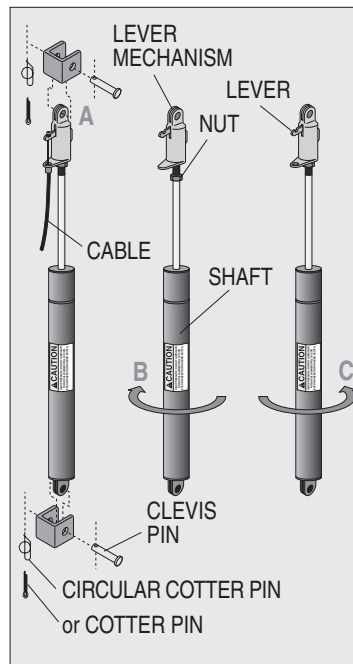


Figure 1

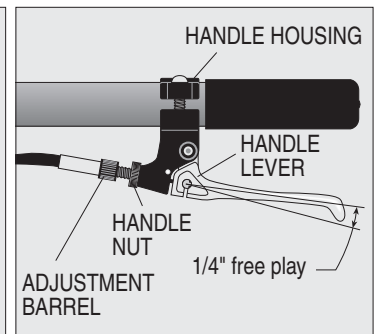


Figure 2

**CAUTION**

HIGH PRESSURE : DO NOT LUBRICATE ROD. SEAL DAMAGE WILL OCCUR. EYE AND INJECTION HAZARD EXISTS.

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