



Assembly Of The XPLoad Zone System



**Med-Fit Systems Inc., exclusive
manufacturers of Nautilus® Commercial
Fitness Equipment**

PRODUCT SPECIFICATIONS

Model XZ XPLoad Zone

Dimensions: 96" W x 163" L x 103" H (244cm x 414cm x 262cm)

Unit Weight: 570 lbs (259kg)

Workout Area: 120" W x 187" L (305cm x 475cm)

Model XZ-M XPLoad Zone Mini

Dimensions: 96" W x 103" L x 103" H (244cm x 262cm x 262cm)

Unit Weight: 488 lbs (222kg)

Workout Area: 120" W x 127" L (305cm x 323cm)

Model XZ-2 XPLoad Zone 2-Tower

Dimensions: 96" W x 190" L x 103" H (244cm x 483cm x 262cm)

Unit Weight: 412 lbs (187kg), not including weight of Towers

Workout Area: 120" W x 214" L (305cm x 544cm)

Model XZ-2M XPLoad Zone Mini 2-Tower

Dimensions: 96" W x 130" L x 103" H (244cm x 330cm x 262cm)

Unit Weight: 313 lbs (142kg), not including weight of Towers

Workout Area: 120" W x 154" L (305cm x 391cm)

Model XZ-4 XPLoad Zone 4-Tower

Dimensions: 97" W x 228" L x 103" H (246cm x 579cm x 262cm)

Unit Weight: 199 lbs (90kg), not including weight of Towers

Workout Area: 121" W x 252" L (307cm x 640cm)

Model XZ-4M XPLoad Zone Mini 4-Tower

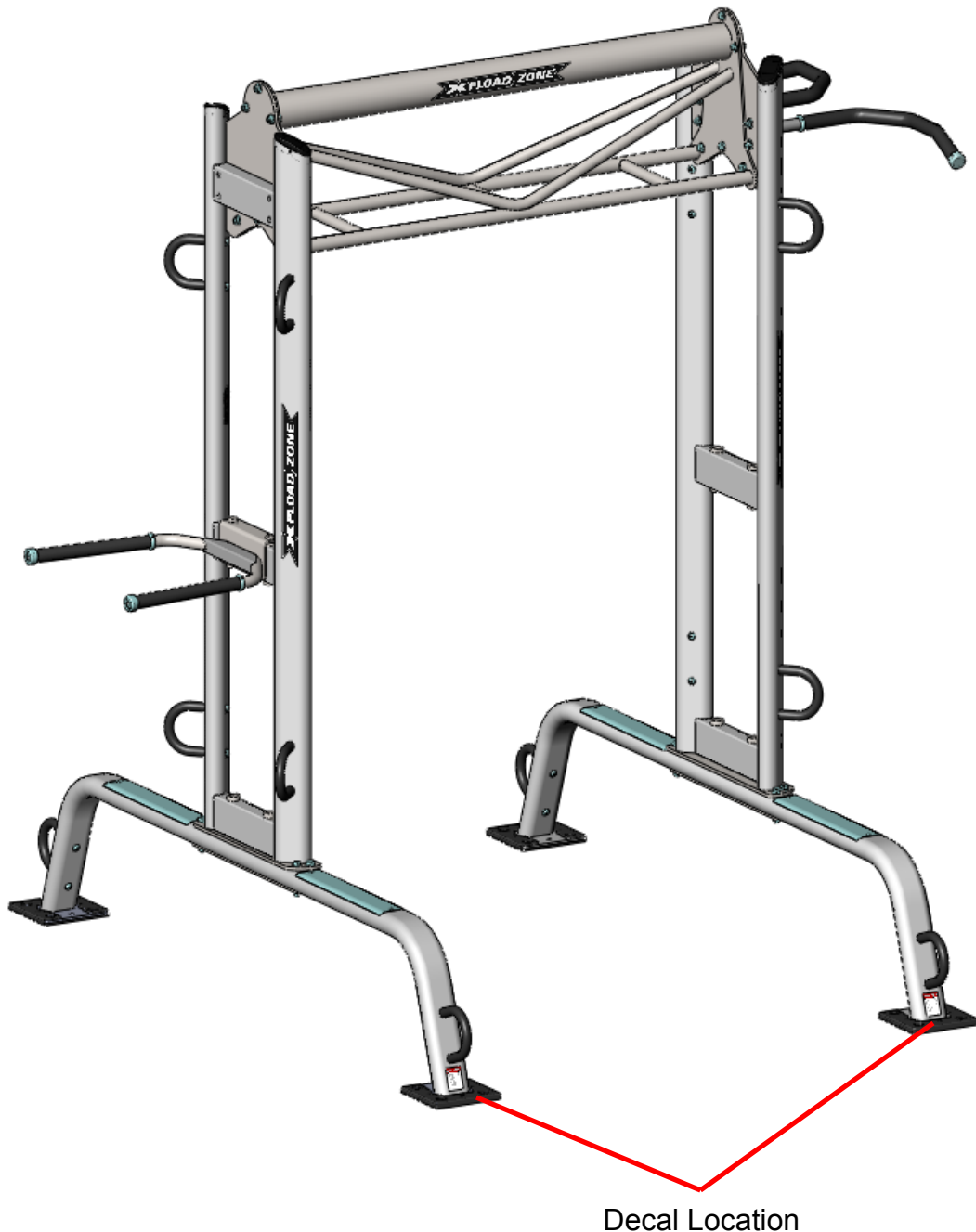
Dimensions: 97" W x 168" L x 103" H (246cm x 427cm x 262cm)

Unit Weight: 117 lbs (53kg), not including weight of Towers

Workout Area: 121" W x 192" L (307cm x 488cm)

Safety Warning Decals

Safety warnings are located on the XPLoad Zone System as shown below. Please read all safety precautions and warning information prior to using the machine. Be sure to replace any safety warning decal that is damaged, illegible, or missing. For replacement decals, please contact a Med-Fit Systems Customer Excellence representative at 800-235-2233, or 276-773-2881 outside the United States.



GETTING STARTED

Installation Notice

The XPLoad Zone System must be properly installed before being used. Med-Fit recommends that you contact your dealer or sales representative when your machine arrives.

The representative will help unpack, install, and demonstrate proper use of the machine to ensure that the machine is free from shipping damage, and that installation and operation are in accordance with Med-Fit standards.

Each user must be instructed in the proper use of the machine and its accessories.



DANGER - The XPLoad Zone frame must be bolted to the floor during routine use. Failure to secure it to the floor could result in toppling, leading to serious injury or death.

Guidelines For Safe Operation

1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. Secure long hair and loose clothing before using the machine.
3. The intensity and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to override your personal judgement while exercising.
4. Overweight or severely deconditioned individuals should be particularly cautious when using the machine for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intensive than it really is, resulting in the possibility of overexertion or injury.
5. Although all products manufactured by Med-Fit have been thoroughly inspected prior to shipment, proper installation and regular maintenance are required to ensure safety. Inoperable components should be replaced immediately or the machine be put out of use until it is repaired. Maintenance is the sole responsibility of the owner.



WARNING - If you have not been exercising regularly, consult a physician before starting an exercise program. If you feel any unusual pain, dizziness, or shortness of breath, STOP, and consult a physician.

XZ AND XZ-M ASSEMBLY

Tools And Components

Fasteners Included:

- (24) 3/8-16 x 3/4 Button Head Screw
- (24) 3/8 Flat Washer
- (18) or (12) 1/2-13 x 1-1/4 Hex Head Screw
- (8) 1/2-13 x 3-1/2 Hex Head Screw
- (16) 1/2 x 3 Lag Bolt
- (16) 1/2 x 3-3/4 Concrete Anchor
- (26) or (20) 1/2 Nylock Hex Nut
- (60) or (48) 1/2 Flat Washer

Tools Required:

- Shears or Razor Knife
- (2) 3/4 Hex Socket and Ratchet
- 7/32 Allen Wrench
- Adjustable Wrench
- Adjustable Pliers
- Hammer
- 1/2" Masonry Bit (for concrete)

Components Included:

- | | |
|-----------------------------------|--------------------------|
| (2) Tower End Assembly | (12) Rope Loop |
| (2) Base End Assembly | (1) Heavy Bag Hanger |
| (2) or (1) 60-Inch Truss Assembly | (1) Dip Bar Assembly |
| (2) Reinforcement Plate | (1) Pull-Up Bar Assembly |
| (4) Rubber Footpad | |

Proper Lifting Technique



XZ-2 AND XZ-2M ASSEMBLY

Tools And Components

Fasteners Included:

- (12) 3/8-16 x 3/4 Button Head Screw
- (12) 3/8 Flat Washer
- (20) or (14) 1/2-13 x 1-1/4 Hex Head Screw
- (2) 1/2-13 x 3-1/4 Hex Head Screw
- (4) 1/2-13 x 3-1/2 Hex Head Screw
- (2) 1/2-13 x 5 Button Head Screw
- (8) 1/2 x 3 Lag Bolt
- (8) 1/2 x 3-3/4 Concrete Anchor
- (26) or (20) 1/2 Nylock Hex Nut
- (58) or (46) 1/2 Flat Washer

Tools Required:

- Shears or Razor Knife
- (2) 3/4 Hex Socket and Ratchet
- 7/32 Allen Wrench
- 5/16 Allen Wrench
- Adjustable Wrench
- Adjustable Pliers
- Hammer
- 1/2" Masonry Bit (for concrete)

Components Included:

- | | |
|-----------------------------------|--------------------------|
| (1) Tower End Assembly | (2) Rubber Footpad |
| (1) Base End Assembly | (6) Rope Loop |
| (2) or (1) 60-Inch Truss Assembly | (1) Heavy Bag Hanger |
| (1) Reinforcement Plate | (1) Dip Bar Assembly |
| (1) Upper F3 Tower Bracket | (1) Pull-Up Bar Assembly |
| (1) Lower F3 Tower Bracket | |

XZ-4 AND XZ-4M ASSEMBLY

Tools And Components

Fasteners Included:

- (22) or (16) 1/2-13 x 1-1/4 Hex Head Screw
- (4) 1/2-13 x 3-1/4 Hex Head Screw
- (4) 1/2-13 x 5 Button Head Screw
- (26) or (20) 1/2 Nylock Hex Nut
- (56) or (44) 1/2 Flat Washer

Tools Required:

- Shears or Razor Knife
- (2) 3/4 Hex Socket and Ratchet
- 5/16 Allen Wrench
- Adjustable Wrench
- Adjustable Pliers

Components Included:

- (2) or (1) 60-Inch Truss Assembly
- (2) Upper F3 Tower Bracket
- (2) Lower F3 Tower Bracket
- (1) Heavy Bag Hanger

Receiving

When the carrier delivers your order, verify that the number and type of items matches what is listed on the freight bill or express receipt.

Inspect the containers for damage. Itemize discrepancies and damage on the waybill and have the carrier sign it. Failure to adequately describe external evidence of loss may result in the carrier refusing to honor the claim. Do not discard the packing materials until you have verified physical condition and proper operation.

Moving The XPLoad Zone System

The XPLoad Zone System is heavy and awkward, and should not be moved from one location to another while fully assembled; always disassemble the unit before moving it. With the help of another person, lift each disassembled component and place it near the desired location. Re-assemble the unit in the new location.

Assembly Questions

If you have any questions or concerns regarding the assembly process, please contact a Med-Fit System Customer Excellence representative at 800-235-2233, or 276-773-2881 outside the United States.

Unpacking And Assembling The XPLoad Zone System

1. Inspect the containers for damage as described above.
2. Use shears or a razor knife to cut the straps securing the component boxes to the pallet.
3. With the help of another person, move the components off of the pallet and place them on the floor near the desired location for use.
4. Remove the packing materials from around the components.
5. Identify the different components and their assembled location by referring to the appropriate exploded-view illustrations on the following pages.
6. With the help of another person, assemble the components as shown. Do not completely tighten the fasteners until all of the components are assembled.
7. In order to reduce the risk of serious injury or death, the unit must be secured to the floor during routine use! Use the supplied anchoring kit to ensure the unit is secure to the floor.

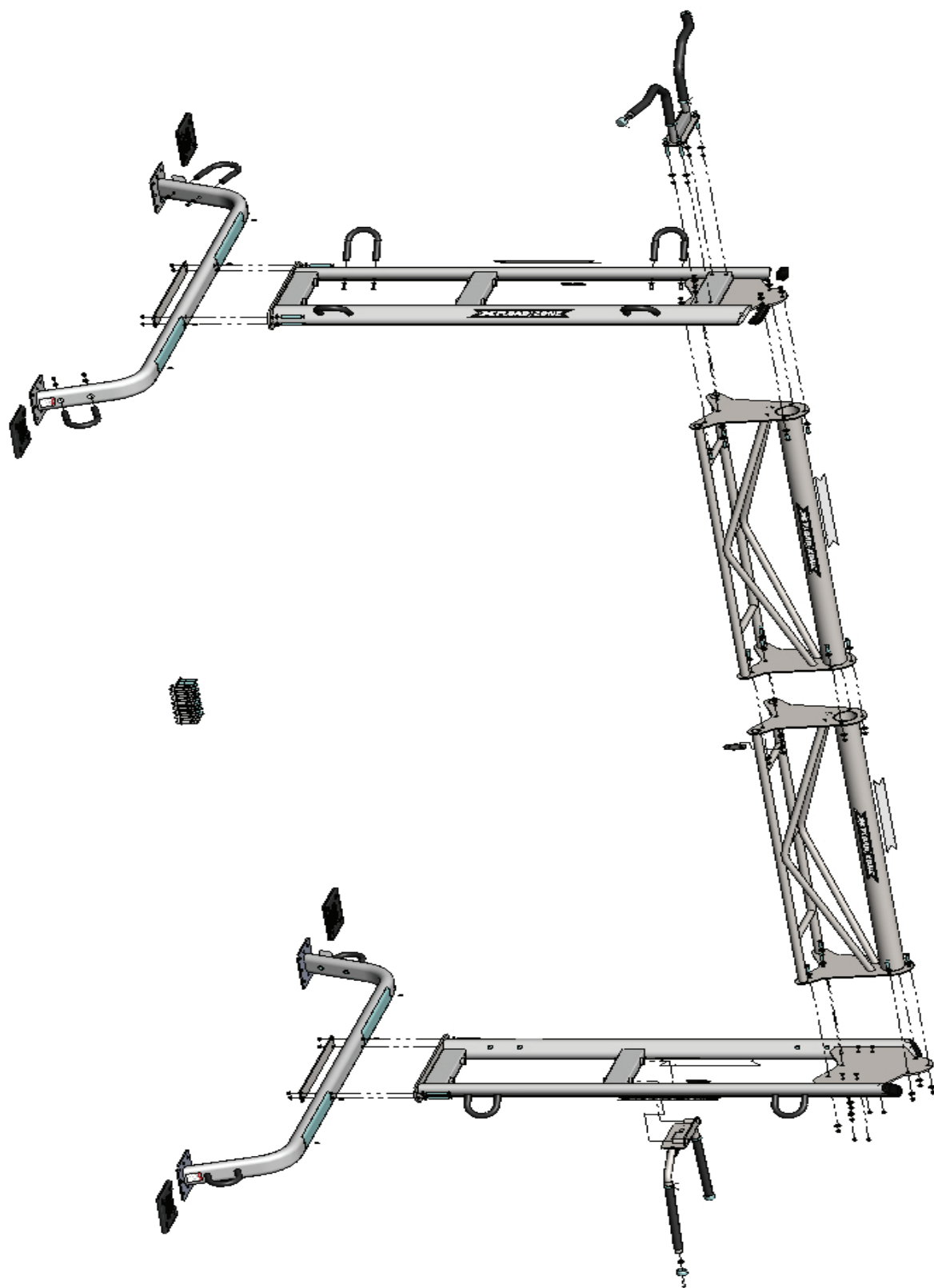


Figure XZ

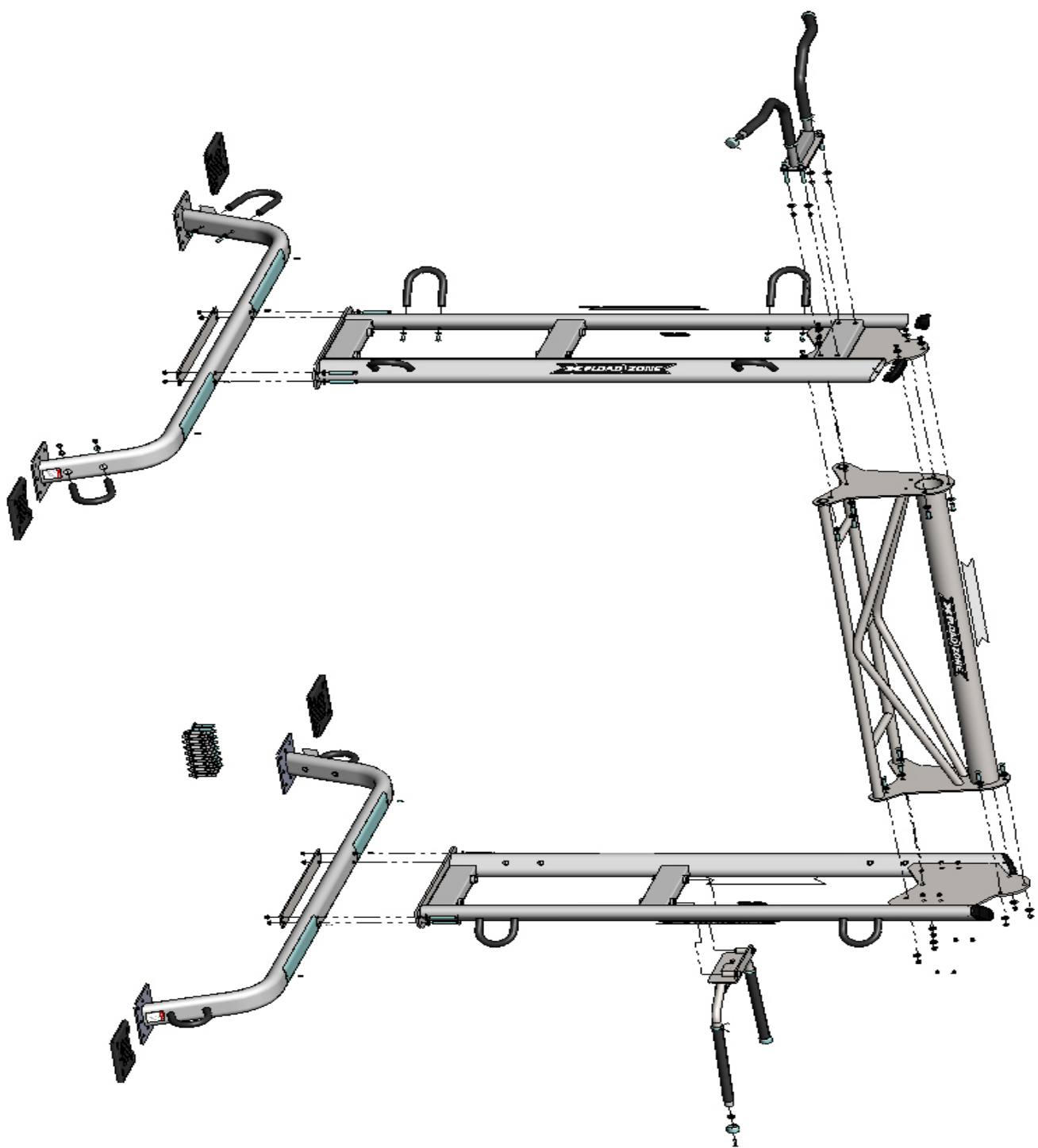


Figure XZ-M

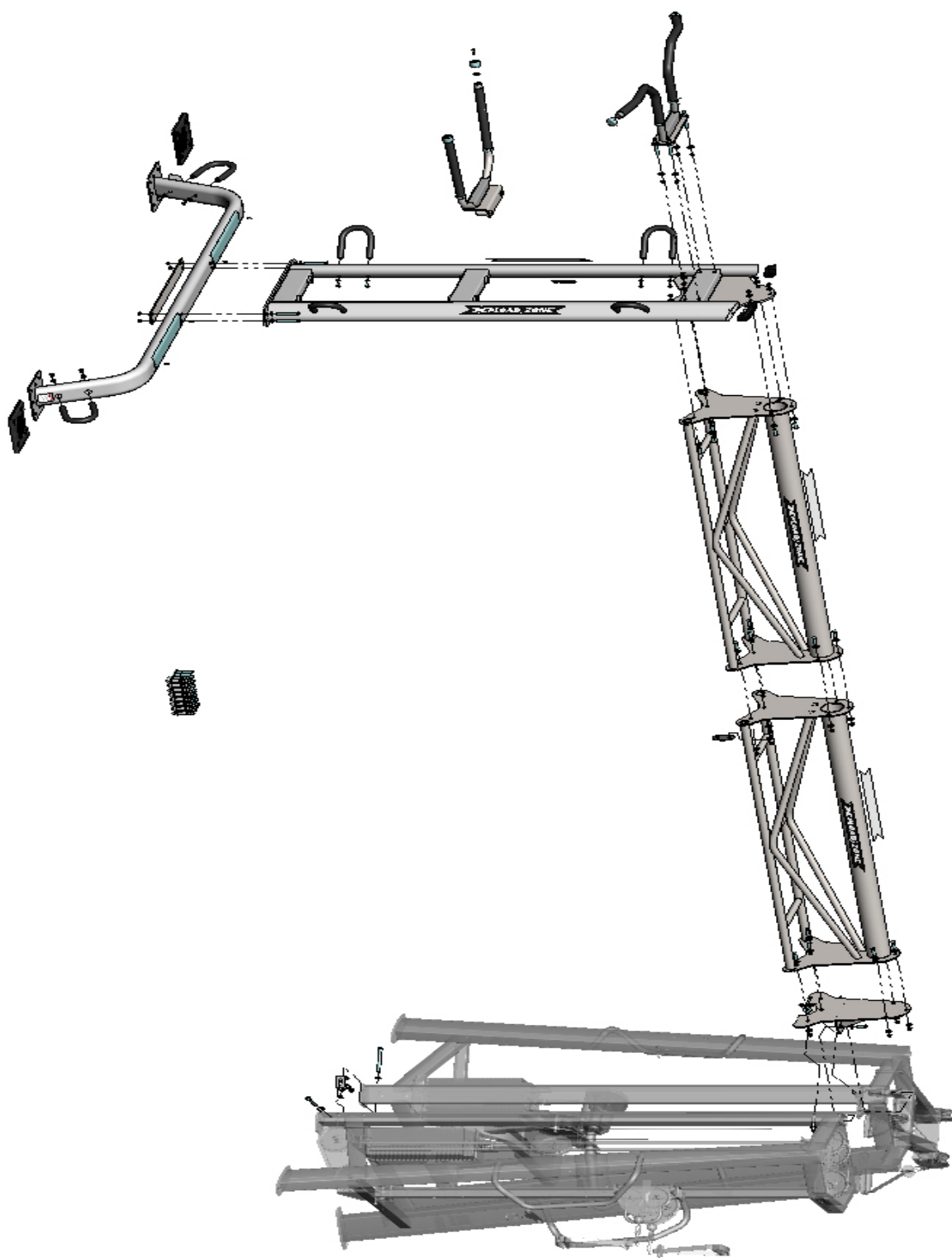


Figure XZ-2

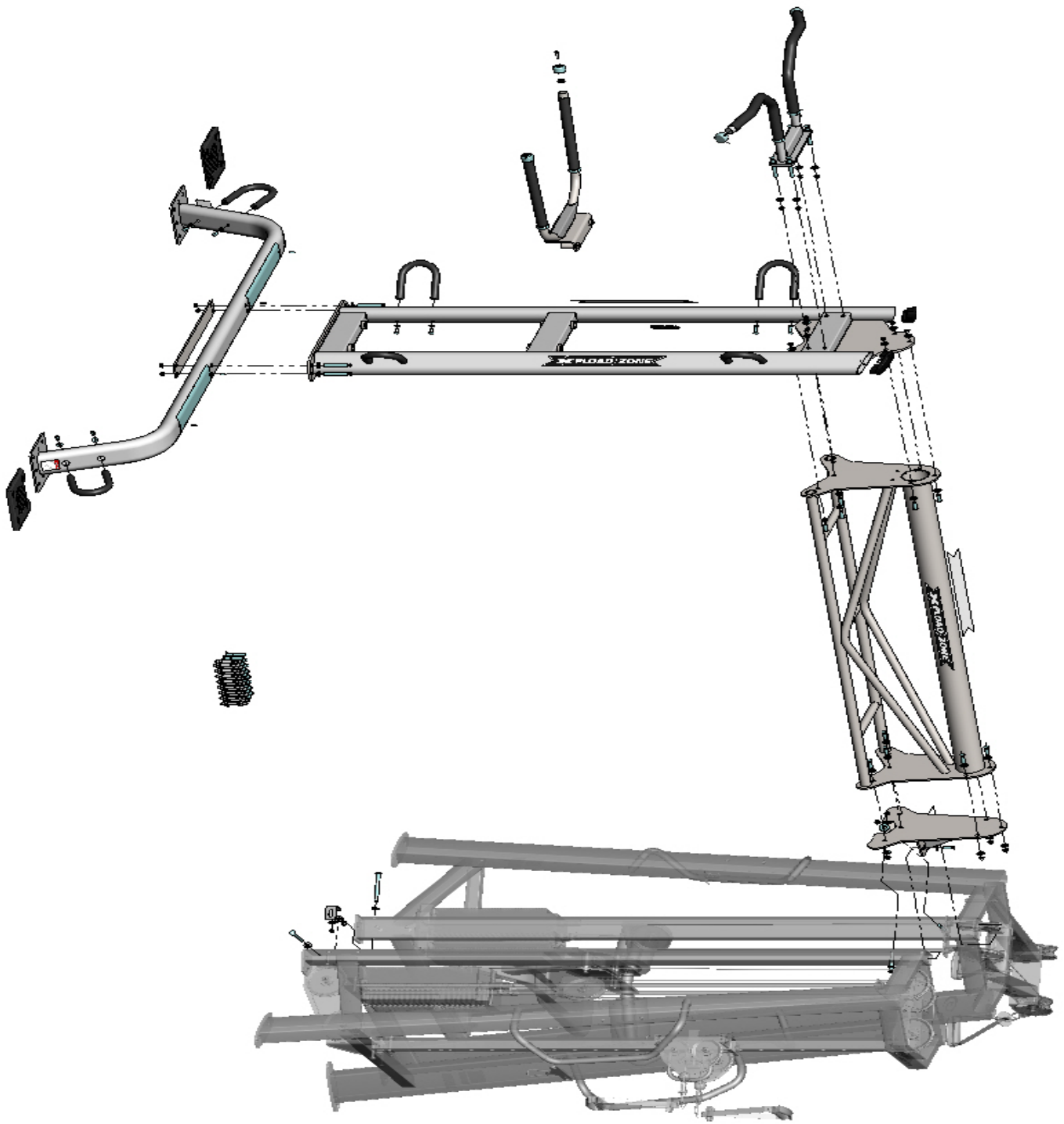


Figure XZ-2M

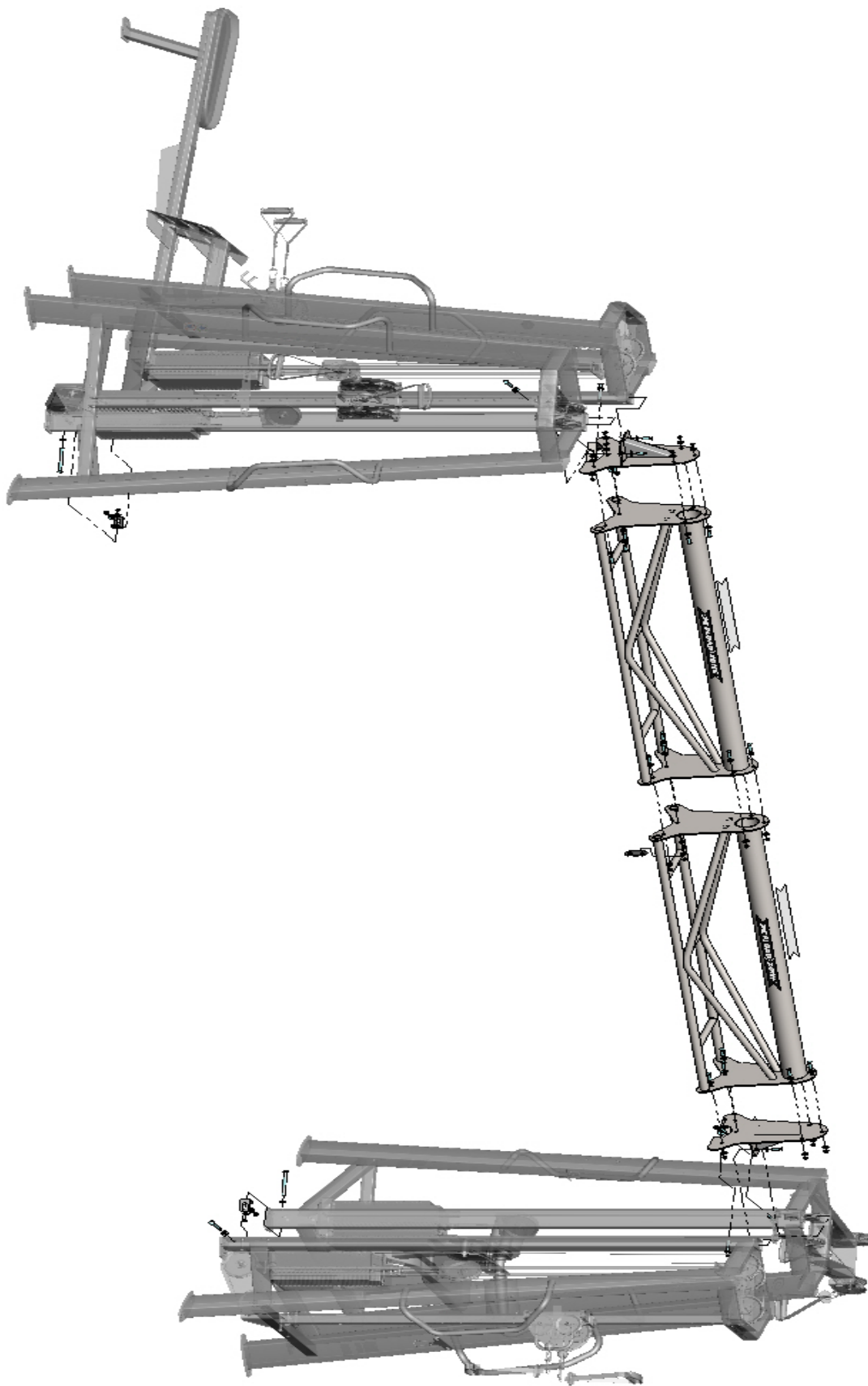


Figure XZ-4

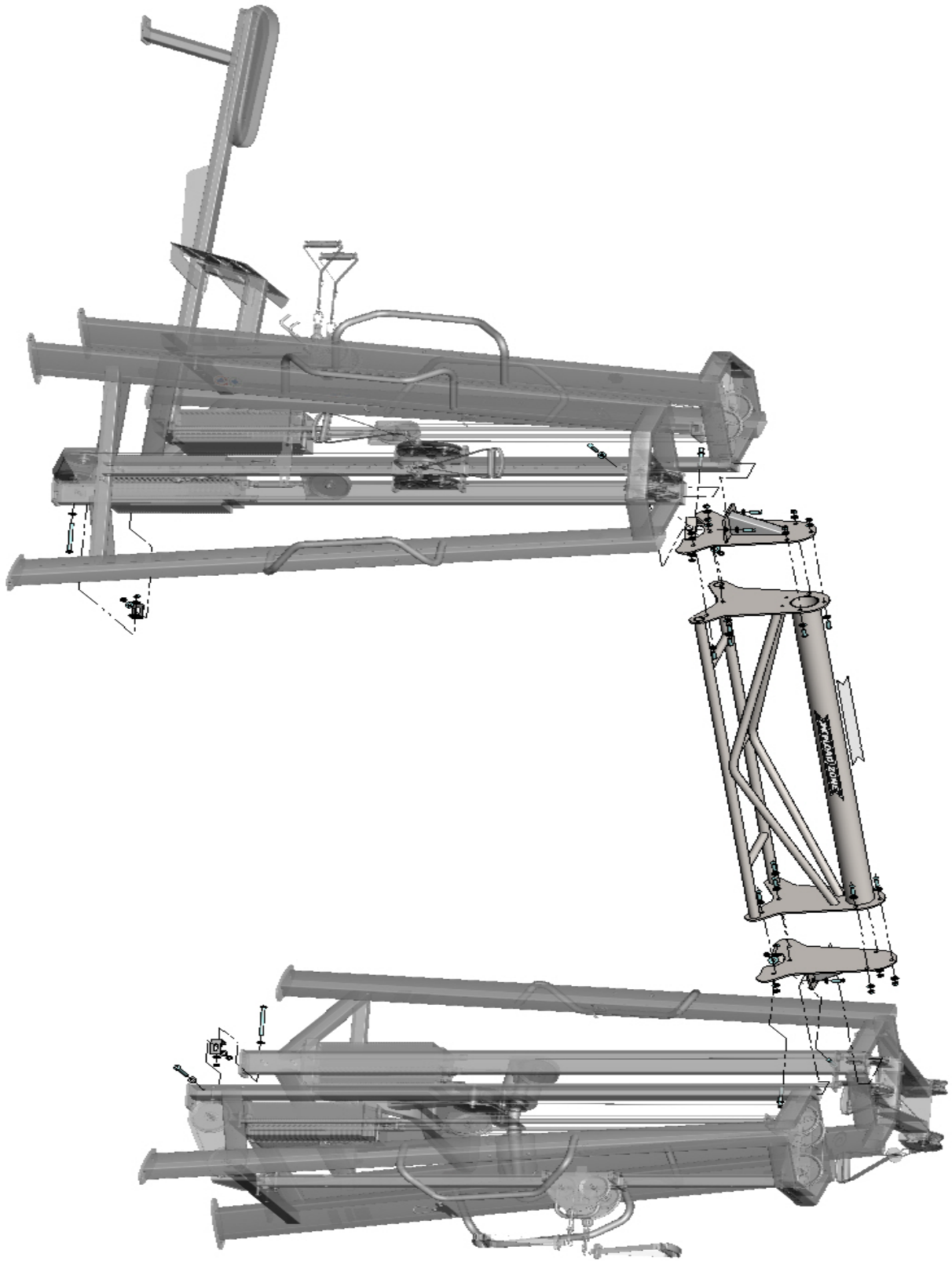


Figure XZ-4M

CONTACT INFORMATION

If you need assistance, please have both the serial number of your machine and the date of purchase available when you call Med-Fit Systems Customer Excellence.

TECHNICAL & CUSTOMER SERVICE

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