

Assembly Instructions



Change to Rev. F



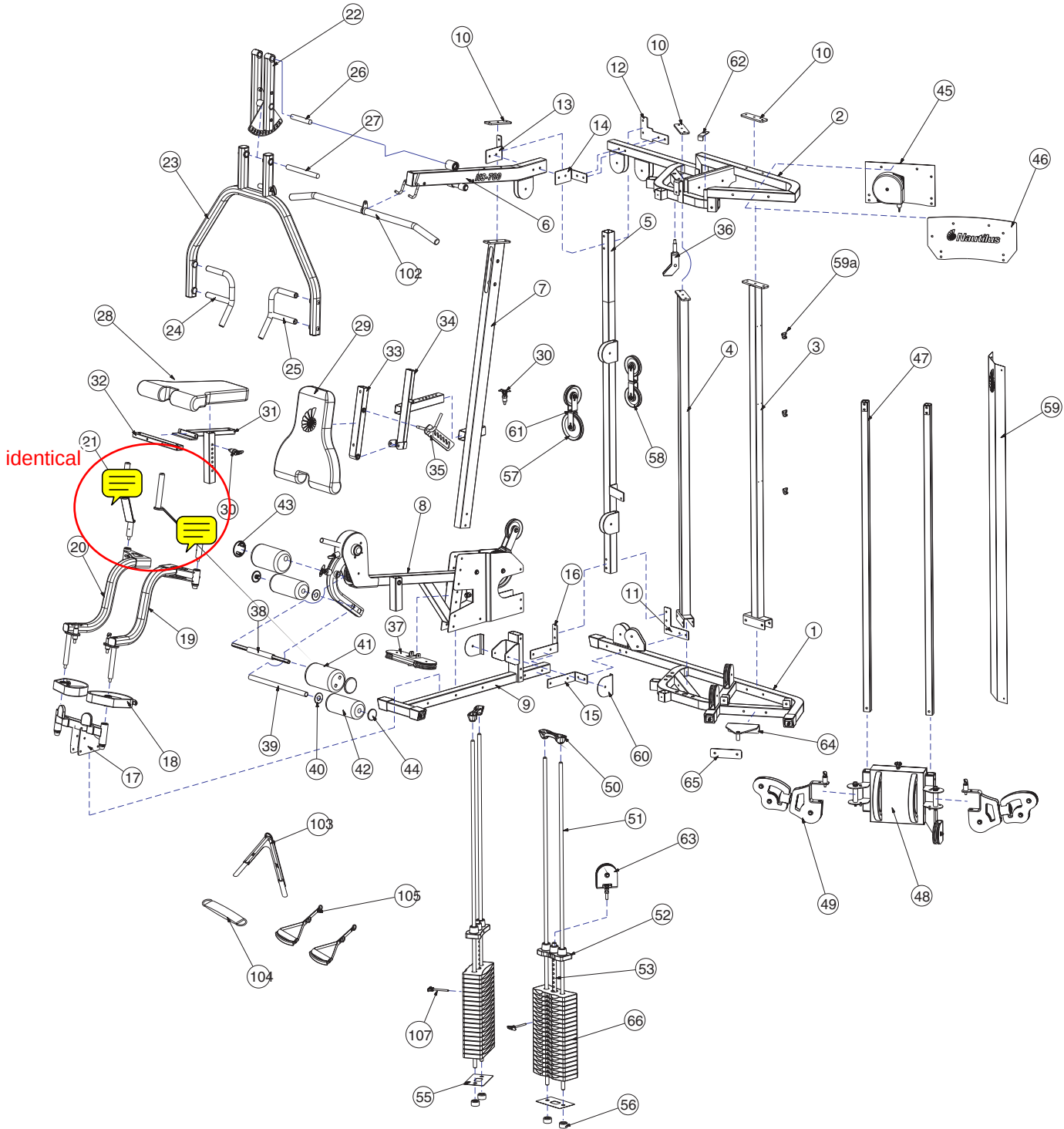
Rev. E

Nautilus NS-700

#	Gym Componenets	Qty.	Part#	#	Gym Componenets	Qty.	Part#
1	Rear Base Frame	1		63	Top Weight Pulley Housing	1	
2	Rear Top Frame	1		64	Connecting Bench Bracket	1	
3	Rear Support Upright A	1		65	Bench Connecting Plate	1	
4	Rear Support Upright B	1		66	Weight Plate	38	
5	Rear Upright	1		67	Plastic Cap	4	
6	Top Beam	1		68	Snap Cap	2	
7	Front Upright	1			Cable		
8	Leg Extension Frame	1		69	#1 - Pull down Cable 263.75"L	1	
9	Main Base	1		70	#2 - High/Low Pulley Cable 355.5"L	1	
10	Backing Plate	3		71	#3 - Pec Fly Cable 150.5"L	1	
11	Corner Plate	1		72	#4 - Secondary Cable 179.5"L	1	
12	Connecting Plate A	1			Hardware		
13	Connecting Plate B	1		73	Hex Bolt - 1/2" x 5 1/4"L	2	
14	Connecting Plate C	1		74	Hex Bolt - 1/2" x 3 1/4"L	1	
15	Connecting Plate D	1		75	Hex Bolt - 3/8" x 4 3/4"L	1	
16	Connecting Plate E	1		76	Hex Bolt - 3/8" x 4 1/4"L	5	
17	Pec Fly Mount	1		77	Hex Bolt - 3/8" x 3 1/2"L	1	
18	Pec Fly Cam	2		78	Hex Bolt - 3/8" x 3 1/4"L	8	
19	Left Pec Fly Arm	1		79	Hex Bolt - 3/8" x 3"L	34	
20	Right Pec Fly Arm	1		80	Hex Bolt - 3/8" x 2 3/4"L	6	
21	Pec Fly Handle	2		81	Hex Bolt - 3/8" x 2 1/4"L	3	
22	Press Arm Support Assembly	1		82	Hex Bolt - 3/8" x 2"L	15	
23	Press Arm	1		83	Hex Bolt - 3/8" x 1 3/4"L	4	
24	Right Press Arm Handle	1		84	Hex Bolt - 3/8" x 1 1/2"L		
25	Left Press Arm Handle	1			with thread lock	3	
26	Press Arm Support Shaft	1		85	Cap Head Allen Screw		
27	Press Arm Pivot Shaft	1			3/8" x 3"L with thread lock	2	
28	Seat Pad	1		86	Cap Head Allen Screw		
29	Back Pad	1			1/4" x 1"L with thread lock	4	
30	T handle Pop Pin	1		87	Cap Head Allen Screw		
31	Seat Adjuster	1			1/4" x 1/2"L with thread lock	2	
32	Seat Cross Tube	1		88	Button Head Allen Screw		
33	Back Pad Tube	1			3/8" x 1 3/4"L	2	
34	Back Pad Adjustment	1		89	Button Head Allen Screw		
35	Back Pad Adjustment Plate	1			3/8" x 1"L (half threads)	1	
36	Pulley Bracket	1		90	Button Head Allen Screw		
37	Pec Fly Pulley Bracket	1			3/8" x 1"L with thread lock	4	
38	Locking Roller Bar	1		91	Button Head Allen Screw		
39	Roller Bar	1			3/8" x 1/2"L with thread lock	4	
40	Plastic Washer	2		91a	Button Head Self tapping screw 1/2"L	6	
41	PU Roller	2		92	5/16" Set Screw 1/4"L	6	
42	8"L Foam Roller	2		93	1 11/32 x 1/2" Flat Washer	4	
43	PU Roller End Cap	2		94	1/2" Flat Washer	6	
44	Round End Cap	2		95	3/8" Flat Washer	154	
45	Power Spring Assembly	1		96	1/2" Lock Nut	7	
46	Front Plate	1		97	3/8" Lock Nut	74	
47	Guide Tube	2		98	3/8" x 9/32t Lock Nut	1	
48	High/Low Pulley Adjuster	1		99	Shim Washer	4	
49	Swivel Arm Assembly	2		100	Step Spacer 19/32"H	8	
50	Guide Rod Holder	2		101	Pulley Spacer 1/2"L	4	
51	Guide Rod	4			Accessories		
52	Top Weight	2		102	Lat Bar	1	
53	Selector Stem	2		103	AB Strap	1	
54	TopWeight/SelectorRodAssembly(52/53)	2		104	Felt Back Ankle Strap	1	
55	Weight Stack Bottom Plate	2		105	Handle Strap with 2 rings	2	
56	Weight Stack Bumper	4		106	Cable Clip	3	
57	6" Pulley	1		107	Weight Selector Pin	2	
58	4 1/2" Pulley	25		108	M4 Allen Wrench	1	
59	Shroud	1		109	M5 Allen Wrench	1	
59a	Accessory Hook	3		110	M6 Allen Wrench	1	
60	Low Pulley Cover	2		111	M8 Allen Wrench	1	
61	Double Floating Pulley Bracket	2		112	Weight Stack Decals	38	
62	Cable Retaining Bracket	2		113	Shoulder Strap	2	

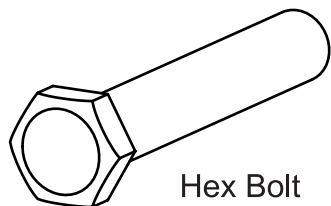
the pec fly handle is interchangeable

Complete Gym Component Diagram

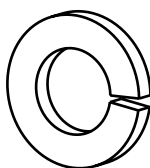


A. Compare the Bill of Materials to the box contents to insure that all parts are present before installation begins.

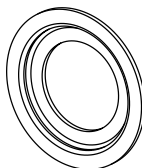
B. Unpackage parts and place them near the final assembled location to avoid moving the gym when fully assembled.



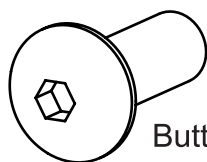
Hex Bolt



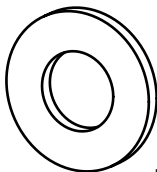
Spring Washer



Shim Washer



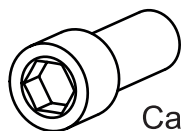
Button Head



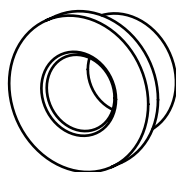
Flat Washer



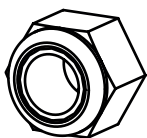
Self Tapping



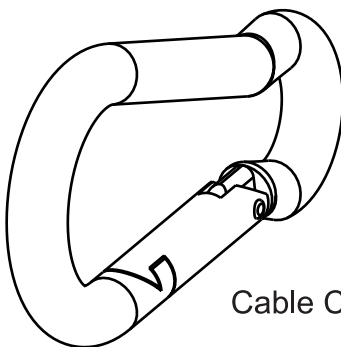
Cap Head



Step Spacer



Lock Nut



Cable Clip



Required Tools:

9/16" or 14mm Wrench or Socket (Two Required)

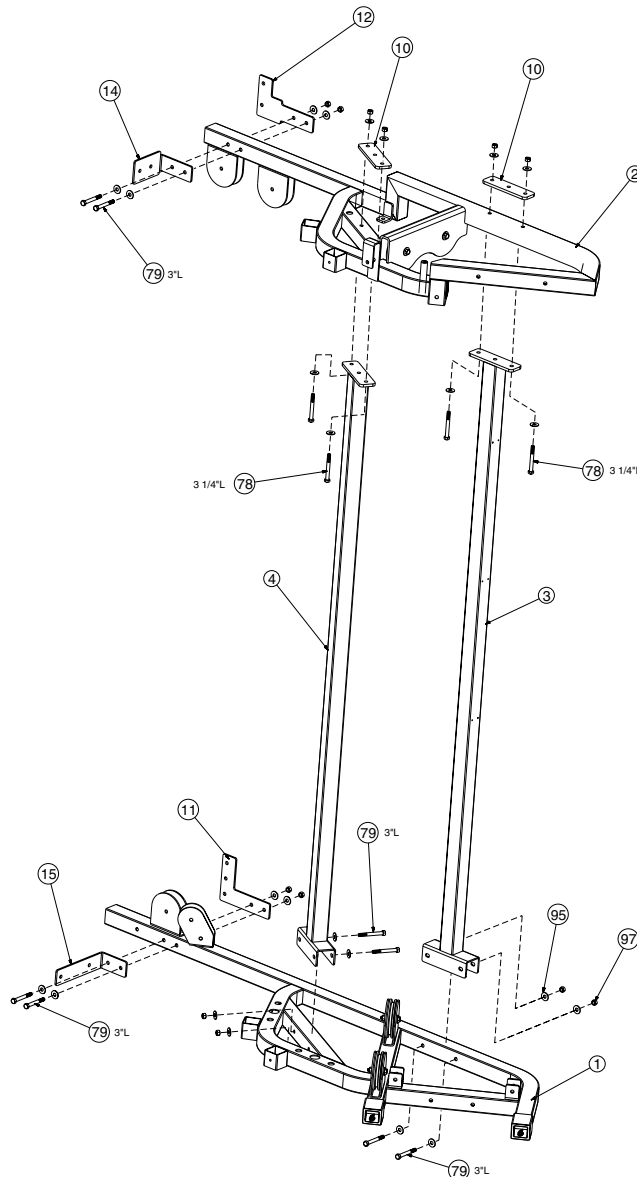
3/4" Wrench or Socket

Adjustable Wrench

4, 5, 6 and 8mm Allen Wrenches (Included w/ Gym)

Phillips Screw Driver

step 1

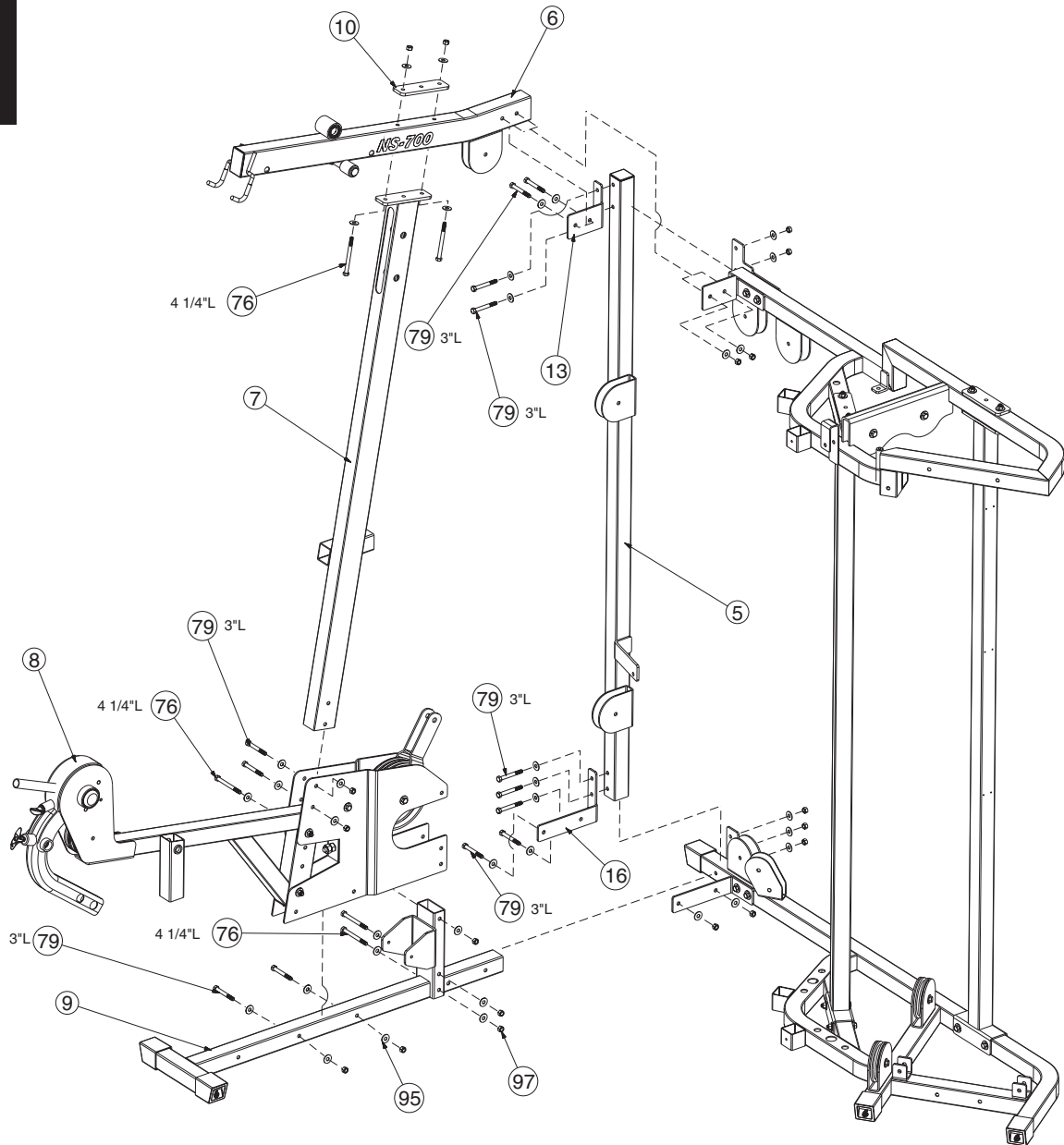


Step #1 Materials:

#	Component	Qty
☐ 1	Rear Base Frame	1
☐ 2	Rear Top Frame	1
☐ 3	Rear Support Upright A	1
☐ 4	Rear Support Upright B	1
☐ 10	Backing Plate	2
☐ 11	Corner Plate	1
☐ 12	Connecting Plate A	1
☐ 14	Connecting Plate C	1
☐ 15	Connecting Plate D	1
☐ 78	Hex Bolt - 3/8" x 3 1/4"L	4
☐ 79	Hex Bolt - 3/8" x 3"L	8
☐ 95	3/8" Flat Washer	24
☐ 97	3/8" Lock Nut	12

- A.** Set the Rear Base Frame (1) in a position close to the gym's final position.
- B.** Attach Rear Support Upright A and B (3) (4) to Rear Base Frame (1) using the hardware shown. Do not tighten hardware. NOTE: Rear Support Upright A (3) is the longer piece.
- C.** Attach Rear Top Frame (2) to Rear Support Upright A and B (3) (4) using Backing Plate (10) and the hardware shown. Tighten all hardware securely.
- D.** Attach Corner Plate (11) and Connecting Plate D (15) to the Rear Base Frame (1) using the hardware shown. Do not tighten hardware.
- E.** Attach Connecting Plate A and C (12) (14) to Rear Top Frame (2) using the hardware shown. Do not tighten hardware.

step 2

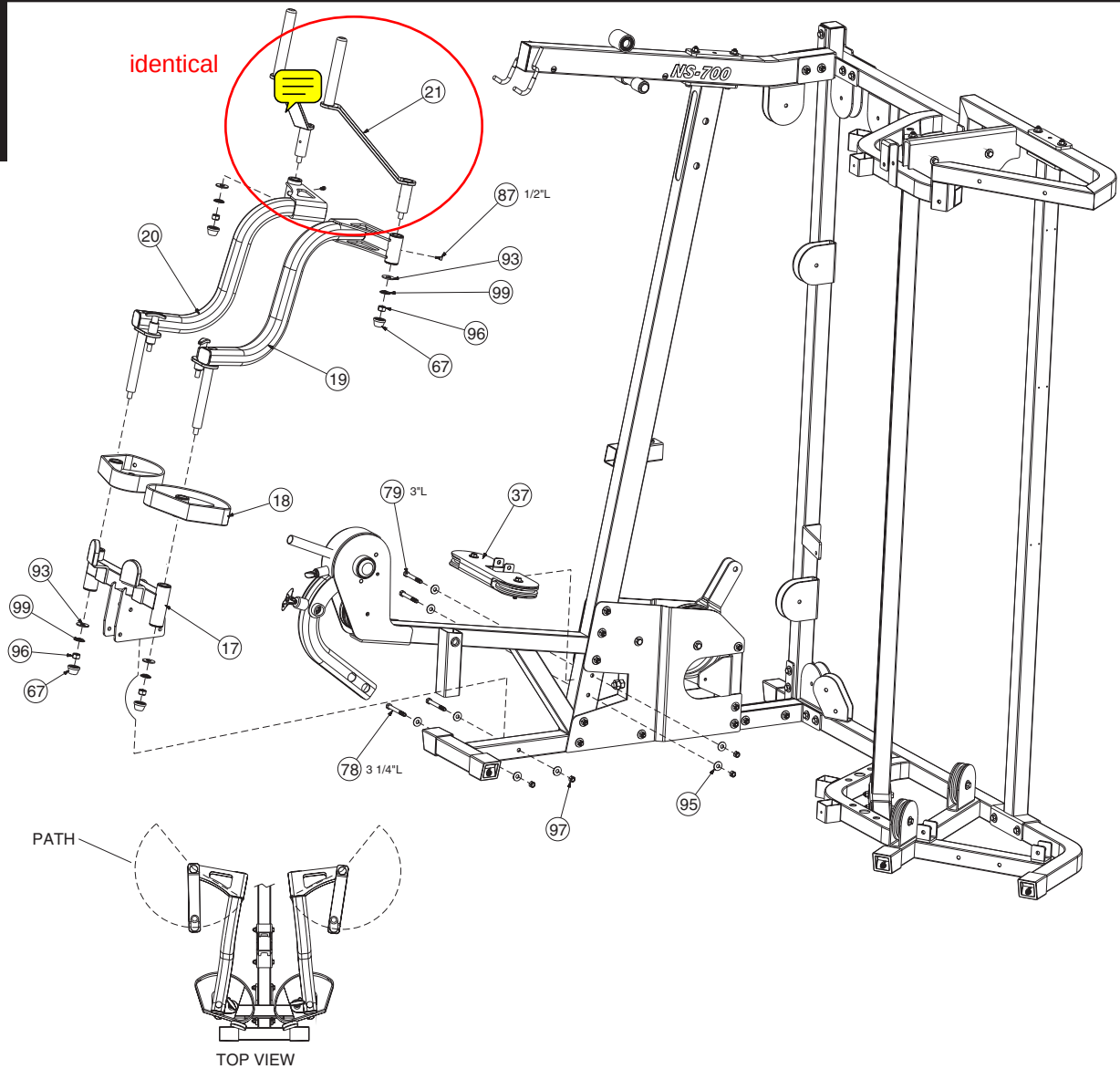


Step #2 Materials:

#	Component	Qty
☐ 5	Rear Upright	1
☐ 6	Top Beam	1
☐ 7	Front Upright	1
☐ 8	Leg Extension Frame	1
☐ 9	Main Base	1
☐ 10	Backing Plate	1
☐ 13	Connecting Plate B	1
☐ 16	Connecting Plate E	1
☐ 76	Hex Bolt - 3/8" x 4 1/4"L	5
☐ 79	Hex Bolt - 3/8" x 3"L	13
☐ 95	3/8" Flat Washer	36
☐ 97	3/8" Lock Nut	18

- A.** Attach Main Base (9) to Rear Base Frame (1) using Connecting Plate E (16) and the hardware shown. Do not tighten hardware.
- B.** Attach Rear Upright (5) to Rear Base Frame (1) and Rear Top Frame (2) using Connecting Plate B (13) and the hardware shown. Do not tighten hardware.
- C.** Attach Leg Extension Frame (8) to Main Base (9) using the hardware shown. Tighten hardware securely. CAUTION: Leg Extension Frame (8) is heavy. Use two people to assemble this component.
- D.** Attach Front Upright (7) to Leg Extension Frame (8) using the hardware shown. Tighten hardware securely.
- E.** Attach Top Beam (6) to Front Upright (7) and Rear Top Frame (2) using Backing Plate (10) and the hardware shown. Tighten all frame hardware securely.

step 3

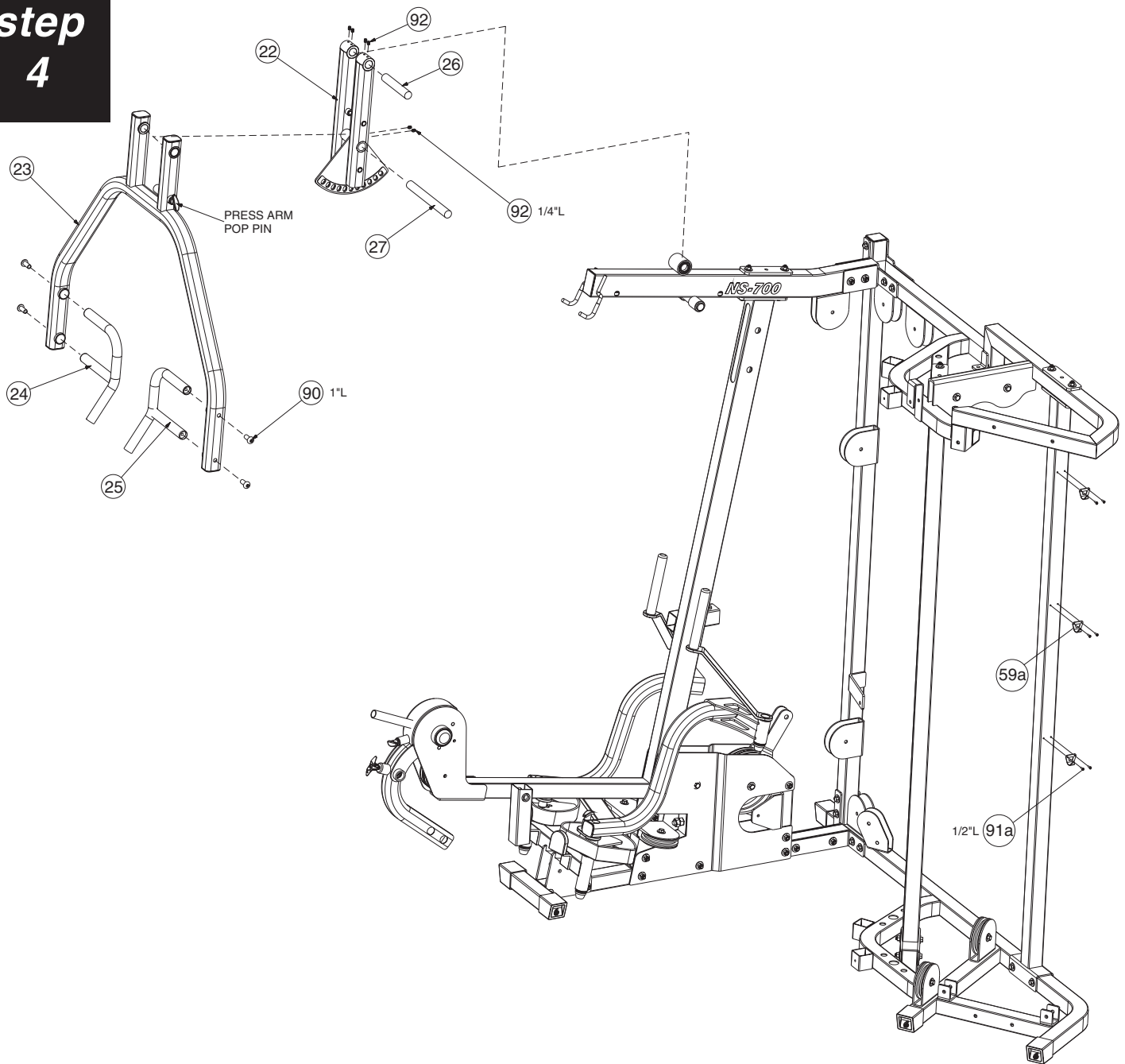


Step #3 Materials:

#	Component	Qty
☐ 17	Pec Fly Mount	1
☐ 18	Pec Fly Cam	2
☐ 19	Left Pec Fly Arm	1
☐ 20	Right Pec Fly Arm	1
☐ 21	Pec Fly Handle	2
☐ 37	Pec Fly Pulley Bracket	1
☐ 67	Plastic Cap	4
☐ 78	Hex Bolt - 3/8" x 3 1/4"L	2
☐ 79	Hex Bolt - 3/8" x 3"L	2
☐ 87	Cap Head Allen Screw 1/4" x 1/2"L with thread lock	2
☐ 93	1 11/32 x 1/2" Flat Washer	4
☐ 95	3/8" Flat Washer	8
☐ 96	1/2" Lock Nut	4
☐ 97	3/8" Lock Nut	4
☐ 99	Shim Washer	4

- A.** Attach Pec Fly Pulley Bracket (37) to Leg Extension Frame (8) using the hardware shown. Tighten hardware securely.
- B.** Attach Pec Fly Mount (17) to Main Base (9) using the hardware shown. Tighten hardware securely.
- C.** Slide Pec Fly Cam (18) onto Left Pec Fly Arm (19) paying close attention to the orientation shown above. Attach the Left Pec Fly Arm (19) to the Pec Fly Mount (17) using the hardware shown. Tighten hardware securely making sure that the Pec Fly Arm can rotate freely.
- D.** Repeat Step C using Right Pec Fly Arm (20).
- E.** Install Pec Fly Handle (21) in Left Pec Fly Arm (19) using the hardware shown. Tighten hardware securely making sure that the Pec Fly Handle (21) can rotate freely. Install Cap Head Allen Screw (87) to Pec Fly Handle (21) as shown. Tighten firmly. NOTE: Make sure that the path of the Pec Fly Handle has a similar path shown in the TOP VIEW.
- F.** Repeat Step E using the Right Pec Fly Arm (20).
- G.** Install Plastic Cap (67) in the four locations shown. The Plastic Cap (67) should snap into place locking around the Shim Washer (99).

step 4

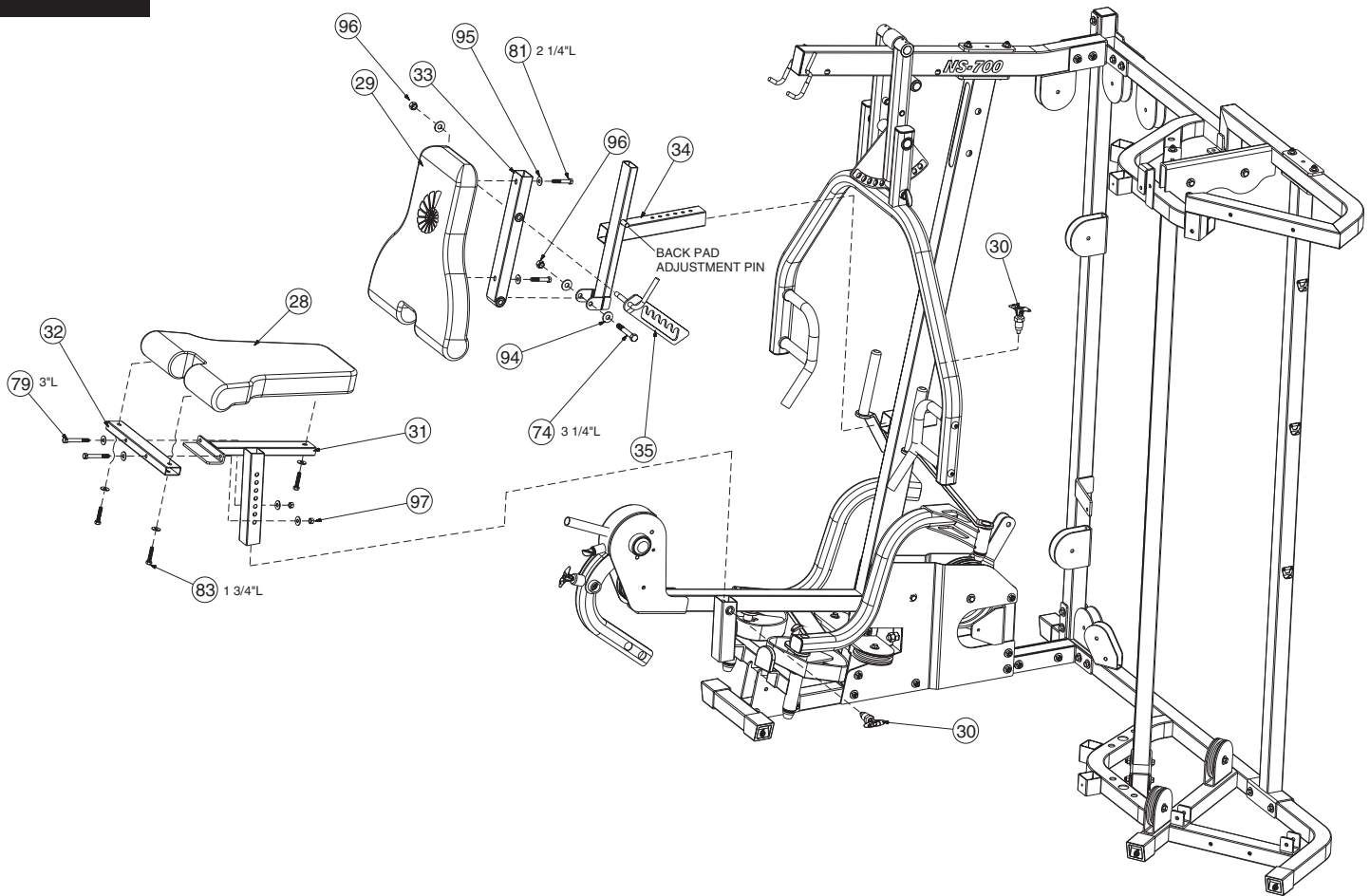


Step #4 Materials:

#	Component	Qty
☐ 22	Press Arm Support Assembly	1
☐ 23	Press Arm	1
☐ 24	Right Press Arm Handle	1
☐ 25	Left Press Arm Handle	1
☐ 26	Press Arm Support Shaft	1
☐ 27	Press Arm Pivot Shaft	1
☐ 59a	Accessory Hook	3
☐ 90	Button Head Allen Screw 3/8" x 1"L with thread lock	4
☐ 91a	Button Head Self tapping Screw 1/2"L	6
☐ 92	5/16" Set Screw 1/4"L	6

- A.** Attach Press Arm Support Assembly (22) to the Top Beam (6) using the Press Arm Support Shaft (26). Align shaft and tighten the 4 Set Screws (92) firmly.
- B.** Remove Pop Pin from Press Arm (23). Attach Press Arm (23) to Press Arm Support Assembly (22) using the Press Arm Pivot Shaft (27). Align shaft and tighten the two Set Screws (92) firmly.
- C.** Attach Press Arm Handles (24) (25) using hardware shown. Tighten hardware firmly.
- D.** Attach three Accessory Hooks (59a) using the self-tapping screws (91a) shown. Tighten hardware securely.

step 5

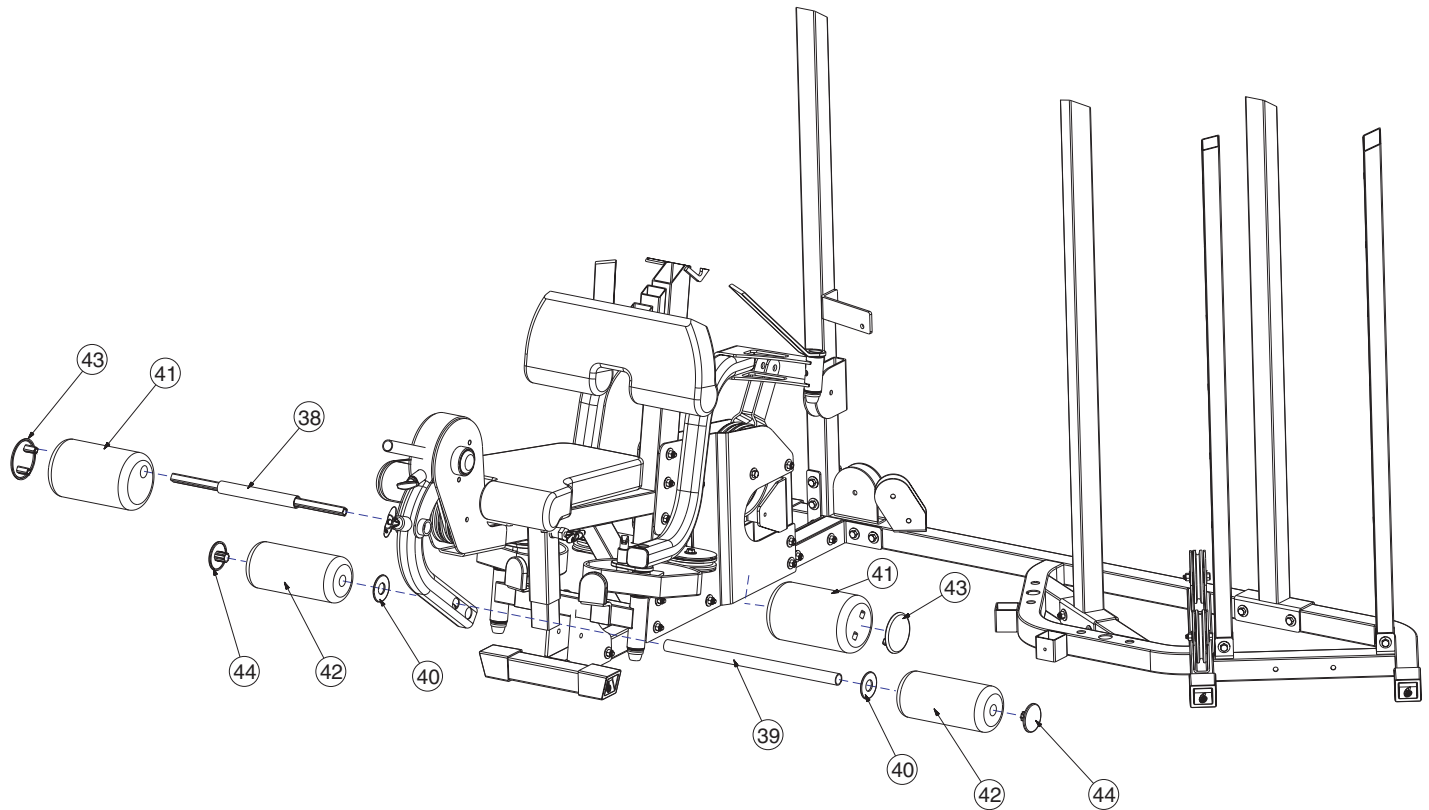


Step #5 Materials:

#	Component	Qty
☐ 28	Seat Pad	1
☐ 29	Back Pad	1
☐ 30	T handle Pop Pin	2
☐ 31	Seat Adjuster	1
☐ 32	Seat Cross Tube	1
☐ 33	Back Pad Tube	1
☐ 34	Back Pad Adjustment	1
☐ 35	Back Pad Adjustment Plate	1
☐ 74	Hex Bolt - 1/2" x 3 1/4"L	1
☐ 79	Hex Bolt - 3/8" x 3"L	2
☐ 81	Hex Bolt - 3/8" x 2 1/4"L	2
☐ 83	Hex Bolt - 3/8" x 1 3/4"L	3
☐ 94	1/2" Flat Washer	3
☐ 95	3/8" Flat Washer	9
☐ 96	1/2" Lock Nut	2
☐ 97	3/8" Lock Nut	2

- Attach Seat Cross Tube (32) to Seat Adjuster (31) using hardware shown. Tighten hardware securely.
- Attach Seat Pad (28) to Seat Cross Tube (32) and Seat Adjuster (31) using hardware shown. Tighten hardware securely.
- Install Seat Adjuster (31) in Leg Extension Frame (8) in the slot shown. Install Pop Pin (30) using an adjustable wrench. NOTE: Pop Pin is threaded so that the seat can be locked into position.
- Attach Back Pad Tube (33) to Back Pad (29) using hardware shown. Tighten hardware securely.
- Attach Back Pad Tube (33) to Back Pad Adjuster (34) using hardware shown. Tighten hardware securely making sure that the Back Pad Tube can rotate freely.
- Attach Back Pad Adjustment Plate (35) to Back Pad Tube (33) using hardware shown, making sure that the Back Pad Adjustment Pin rests inside the slot of the Back Pad Adjustment Plate (35). Tighten hardware securely make sure the Back Pad Adjustment Plate can rotate freely.
- Install Back Pad Adjuster (34) in Front Upright (7) in the slot shown. Install Pop Pin (30) using an adjustable wrench.

step 6

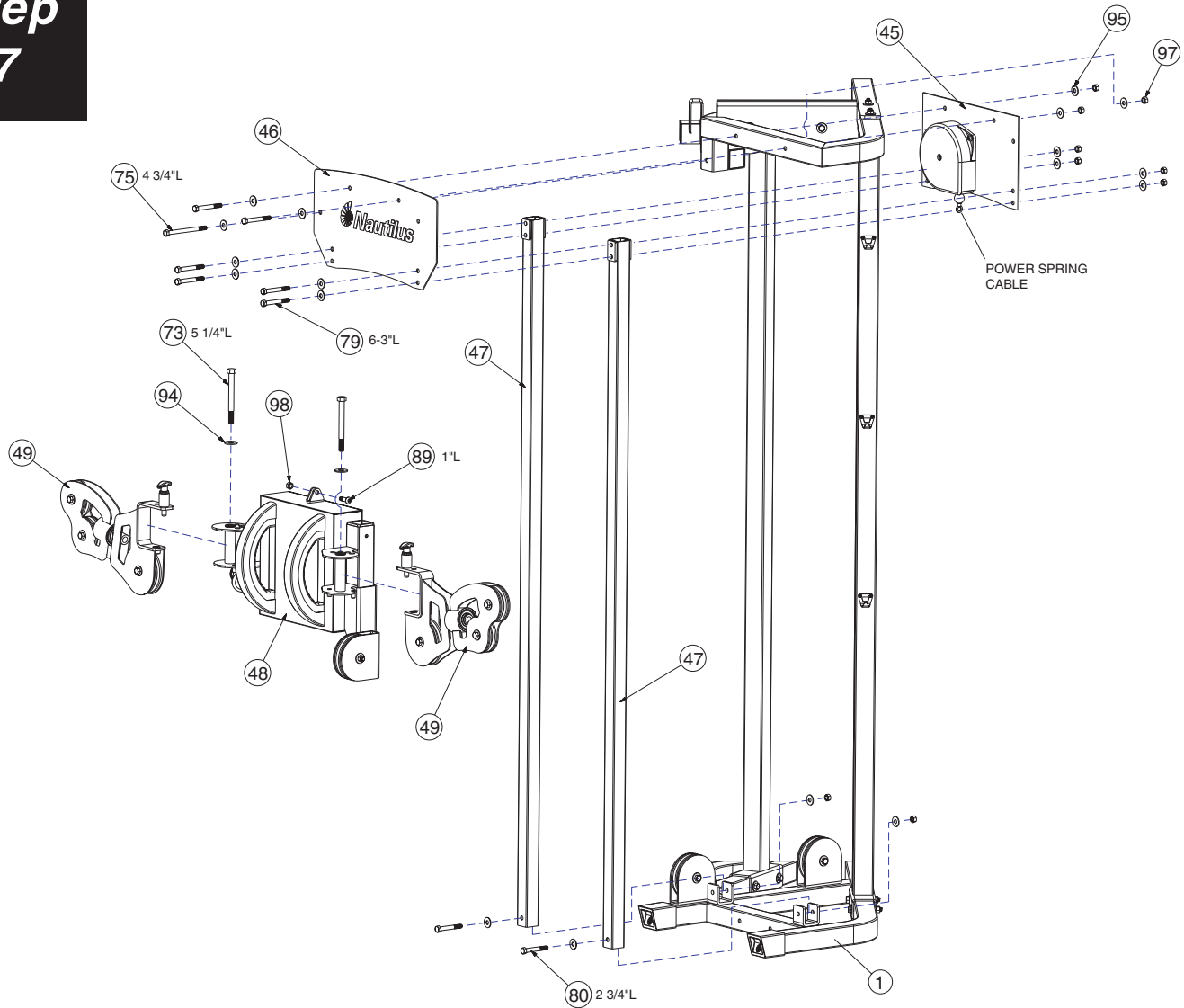


Step #6 Materials:

#	Component	Qty
☐ 38	Locking Roller Bar	1
☐ 39	Roller Bar	1
☐ 40	Plastic Washer	2
☐ 41	PU Roller	2
☐ 42	8\"L Foam Roller	2
☐ 43	PU Roller End Cap	2
☐ 44	Round End Cap	2

- A.** Slide Roller Bar (39) through the Leg Extension Tube. Either of the bottom two holes can be used depending on the best fit for the user.
- B.** Slide a Plastic Washer (40) followed by a Foam Roller (42) on the Roller Bar (39). Press the Roller End Cap (44) firmly into the Roller Bar (39). Repeat for the opposite side.
- C.** Slide the Locking Roller Bar (38) through the Leg Extension Tube as shown making sure that it is centered. Slide the Eccentric Roller (41) on the Locking Roller Bar (38). Press the Locking Roller End Cap (43) into the Locking Roller Bar (38). Repeat for the opposite side making sure that the Eccentric Rollers are aligned.

step 7

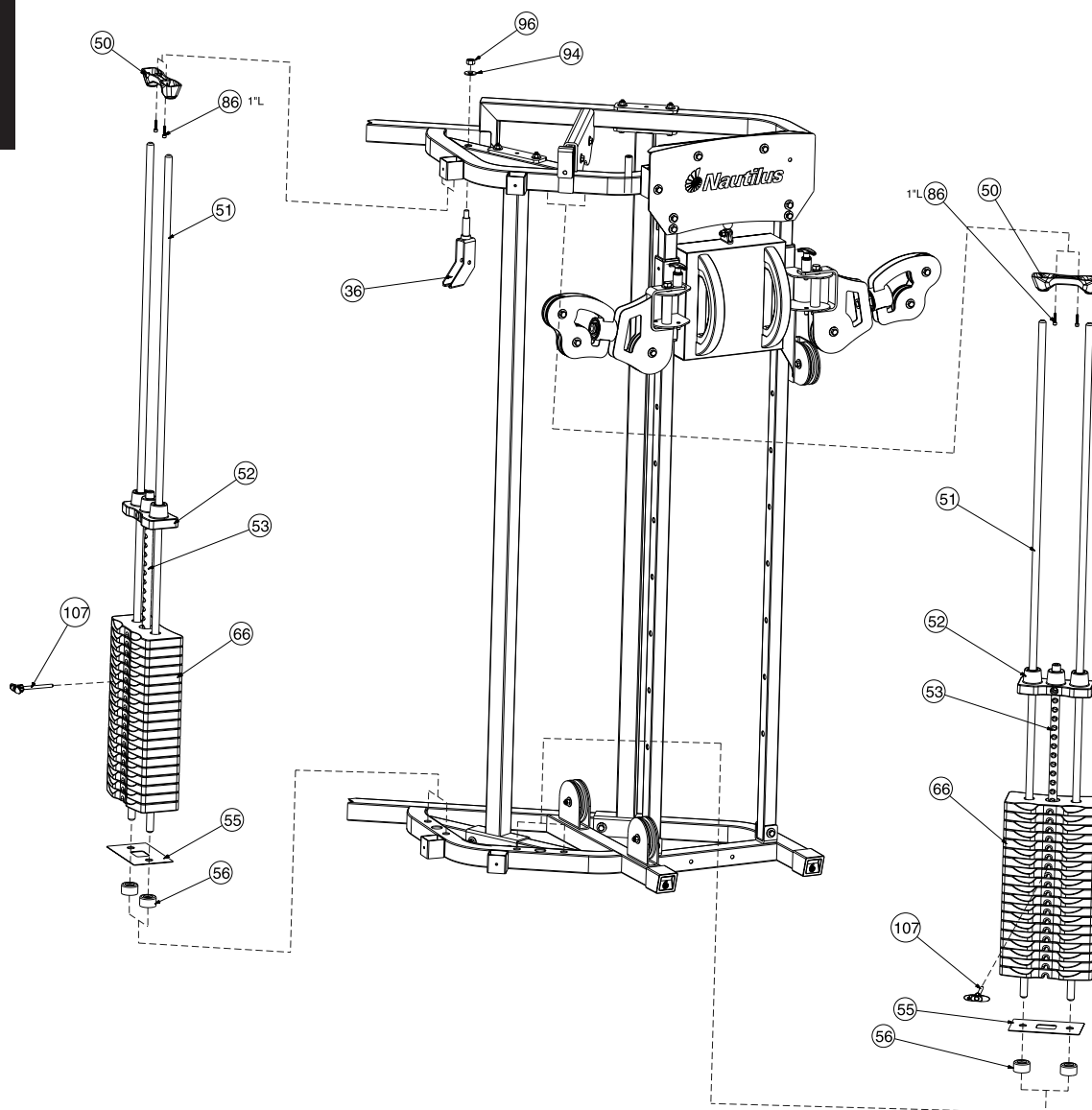


Step #7 Materials:

#	Component	Qty
☐ 45	Power Spring Assembly	1
☐ 46	Front Plate	1
☐ 47	Guide Tube	2
☐ 48	Hi/Low Pulley Adjuster	1
☐ 49	Swivel Arm Assembly	2
☐ 73	Hex Bolt - 1/2" x 5 1/4"L	2
☐ 75	Hex Bolt - 3/8" x 4 3/4"L	1
☐ 79	Hex Bolt - 3/8" x 3"L	6
☐ 80	Hex Bolt - 3/8" x 2 3/4"L	2
☐ 89	Button Head Allen Screw 3/8" x 1"L (half threads)	1
☐ 94	1/2" Flat Washer	2
☐ 95	3/8" Flat Washer	18
☐ 97	3/8" Lock Nut	9
☐ 98	3/8" x 9/32t Lock Nut	1

- Place Guide Tubes (47) side by side on the floor with the adjustment holes facing each other. Slide the Hi/Low Pulley Adjuster (48) onto the Guide Tubes (47) making sure that the Guide Tubes are even and the Hi/Low Pulley Adjuster is locked into the middle adjustment holes. Make sure that the plastic sleeves are still properly attached to the Hi/Low Pulley Adjuster (48).
- Attach the Guide Tubes (47) to the Rear Base Frame (1) using the hardware shown. Do not tighten hardware. Carefully slide the Hi/Low Pulley Adjuster (48) to the bottom adjustment hole. Align the guide rods and snug the hardware but do not tighten.
- Attach the Power Spring Assembly (45) and Front Plate (46) to the Rear Top Frame (2) and Guide Tubes (47) using the hardware shown. Once assembled, tighten all hardware except for the four bolts attaching the Guide Tubes (47) to the plates. Carefully raise the Hi/Low Pulley Adjuster (48) to the top adjustment hole. Align the guide rods and snug the hardware but do not tighten.
- Connect the Hi/Low Pulley Adjuster (48) to the Power Spring Cable using the hardware shown. Tighten hardware securely.
- Slide the Hi/Low Pulley Adjuster (48) up and down the Guide Tubes (47) making sure that it does not bind. If necessary, loosen the connecting hardware for the Guide Tubes (47) and reposition for better alignment. Once the Guide Tubes (47) are well aligned, tighten hardware securely.
- Attach the Swivel Arms (49) to the Hi/Low Pulley Adjuster (48) using the hardware shown. Tighten hardware securely but allowing the Swivel Arms to rotate freely.

step 8

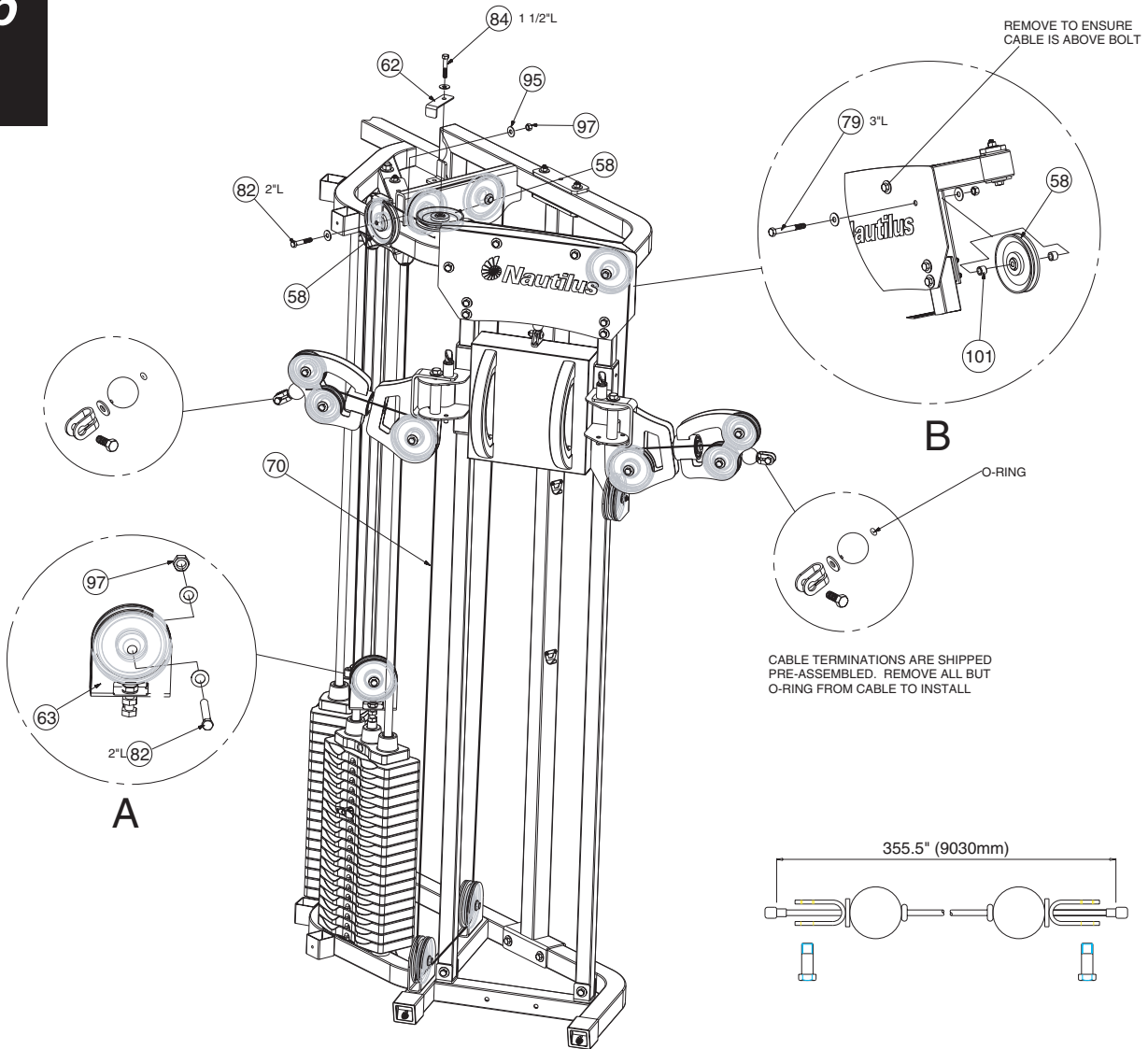


Step #8 Materials:

#	Component	Qty
☐ 36	Pulley Bracket	1
☐ 50	Guide Rod Holder	2
☐ 51	Guide Rod	4
☐ 52	Top Weight	2
☐ 53	Selector Stem	2
☐ 55	Weight Stack Bottom Plate	2
☐ 56	Weight Stack Bumper	4
☐ 66	Weight Plate	38
☐ 86	Cap Head Allen Screw 1/4" x 1"L with thread lock	4
☐ 94	1/2" Flat Washer	1
☐ 96	1/2" Lock Nut	1
☐ 107	Weight Selector Pin	2

- A.** Slide Weight Stack Cushion (56) on two Guide Rods (51) allowing approximately 3" of Guide Rod showing below the Weight Stack Cushion. Insert Guide Rods (51) into the holes in the Rear Base Frame (1) as shown.
- B.** Slide Weight Stack Bottom Plate (55) on top of Weight Stack Cushions (56).
- C.** Place nineteen Weight Plates (66) and the Selector Rod/Top Plate Assembly (52 & 53) on the Guide Rods (51) as shown. Install Weight Plates (66) so that the selector pin hole faces forward and is located on the bottom of the plate. Install the Selector Rod/Top Plate Assembly (52 & 53) so that the head of the bolt is facing forward. This gym is supplied with individual weight plate numbering decals that should be applied to the gym after the weight stack is assembled.
- D.** Slide Guide Rod Holder (50) on the top of the Guide Rods (51) and attach the Guide Rod Holder (50) to the Rear Top Frame (2) using the hardware shown. Tighten hardware securely.
- E.** Place Weight Selector Pin (107) in the bottom weight plate.
- F.** Repeat Steps A-E for the second weight stack.
- G.** Attach Pulley Bracket (36) to Rear Top Frame (2) using the hardware shown. Do not tighten hardware.

step 9



Step #9 Materials:

#	Component	Qty
☐ 58	4 1/2" Pulley	4
☐ 62	Cable Retaining Bracket	1
☐ 70	Cable #2 - High/Low Pulley Cable 356"L	1
☐ 79	Hex Bolt - 3/8" x 3"L	1
☐ 82	Hex Bolt - 3/8" x 2"L	2
☐ 84	Hex Bolt - 3/8" x 1 1/2"L with thread lock	1
☐ 95	3/8" Flat Washer	7
☐ 97	3/8" Lock Nut	3
☐ 101	Pulley Spacer 1/2"L	2

- Remove the Ball, Washer, and U-Bracket from one side of Cable #2 (70).
- Route Cable #2 (70) through the Pulleys in the left Swivel Arm as shown. Continue to route Cable around the two pulleys connected to the Rear Base Frame and then around the pulleys located in the Rear Top Frame as shown.
- Loop Cable #2 (70) around a 4 1/2" Pulley (58) and attach pulley to the Top Weight Pulley Housing (63) using the hardware shown in detail A. Tighten hardware securely. Attach the Top Weight Pulley Housing (63) to the Selector Rod/Top Weight Assembly (52 & 53). Do not tighten hardware.
- Loop Cable #2 (70) over a 4 1/2" Pulley (58) and attach pulley to the Rear Top Frame using the hardware shown. Loop cable around a 4 1/2" Pulley (58) and attach pulley to the Rear Top Frame using the Cable Retaining Bracket (62) and the hardware shown. Tighten hardware securely.
- Route Cable #2 (70) through the top tube of the Rear Top Frame making sure that the cable is above the bolts. Remove bolt if necessary Loop Cable around a 4 1/2" Pulley (58) and attach pulley using the hardware shown in detail B. Tighten hardware securely.
- Route Cable #2 (70) around the pulley located on the Hi/Low Pulley Adjuster and continue to route cable through the pulleys in the right swivel arm as shown.
- Re-Install the Ball, Washer, and U-bracket to Cable #2 (70).

step 10

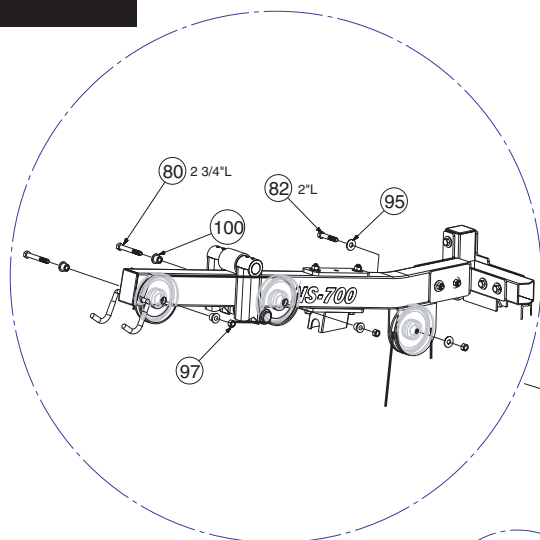
See diagram on next page.

Step #10 Materials:

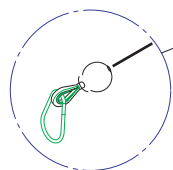
#	Component	Qty
☐ 58	4 1/2" Pulley	14
☐ 61	Double Floating Pulley Bracket	2
☐ 62	Cable Retaining Bracket	1
☐ 68	Snap Cap	2
☐ 69	Cable #1 - Pull down Cable 263.75"L	1
☐ 80	Hex Bolt - 3/8" x 2 3/4"L	4
☐ 82	Hex Bolt - 3/8" x 2"L	8
☐ 85	Cap Head Allen Screw 3/8" x 3"L with thread lock	2
☐ 95	3/8" Flat Washer	16
☐ 97	3/8" Lock Nut	12
☐ 100	Step Spacer 19/32"H	8

- A.** Thread one end of Cable #1 (69) into the Selector Rod/Top Plate Assembly as shown in Detail A. Do not tighten locking nut.
- B.** Draw Cable #1 (69) over a 4 1/2" Pulley (58) and place it in the Pulley Bracket (36) making sure that the lower section on the Pulley Bracket is between the guide rods. Attach the Pulley to the Pulley Bracket using the hardware shown. Tighten hardware securely.
- C.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the Rear Top Frame (2) using the Cable Retaining Bracket (62) and the hardware shown. Tighten hardware securely.
- D.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the bracket on the Rear Top Frame (2) using the hardware shown. Proceed by looping the cable around another 4 1/2" Pulley (58) and attaching it to inner hole of the Double Floating Pulley Bracket (61) using the hardware shown. Tighten hardware securely.
- E.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the second bracket on the Rear Top Frame (2) using the hardware shown. Proceed by looping the cable around another 4 1/2" Pulley (58) and attach it to the top bracket on the Front Upright (7) using the hardware shown. Tighten hardware securely.
- F.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the bracket on the Top Beam (6) using the hardware shown. Proceed by looping the cable around another 4 1/2" Pulley (58) and attaching it to the outer hole of the Double Floating Pulley (61) using the hardware shown. Tighten hardware securely.
- G.** Draw Cable #1 (69) over a 4 1/2" Pulley (58) and place the pulley in the slot on the Front Upright (7) using the lower hole. Attach the pulley with the hardware shown in Detail B. Tighten hardware securely.
- H.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and place it in the Press Arm Support Assembly (22). Attach the pulley using the lower hole with the hardware shown in Detail B. Tighten Hardware securely.
- I.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and place the pulley in the slot on the Front Upright (7) using the upper hole. Attach the pulley using the hardware shown in Detail B. Proceed by looping the cable around another 4 1/2" Pulley (58) and attaching the pulley to the top hole in the Press Arm Support Assembly (22) using the hardware shown in Detail B. Tighten hardware securely.
- J.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the Top Beam (6) using the hardware shown in Detail C. Tighten hardware securely. NOTE: Leave the end of the cable inside the Top Beam tube.
- K.** Feed Cable #1 (69) through the Top Beam tube and out the front slot. Draw cable around a 4 1/2" Pulley (58) and attach the pulley in the front slot using the hardware shown in Detail C. Tighten hardware securely.
- L.** Attach Snap Caps (68) in the Press Arm Support Assembly (22) as shown.

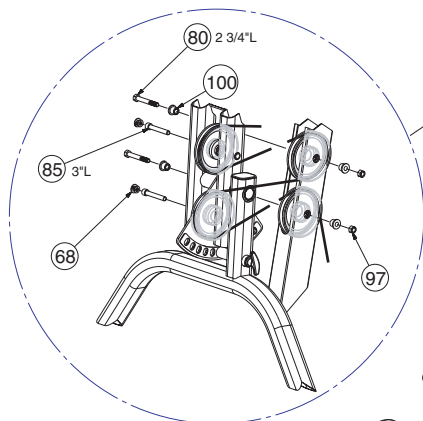
step 10



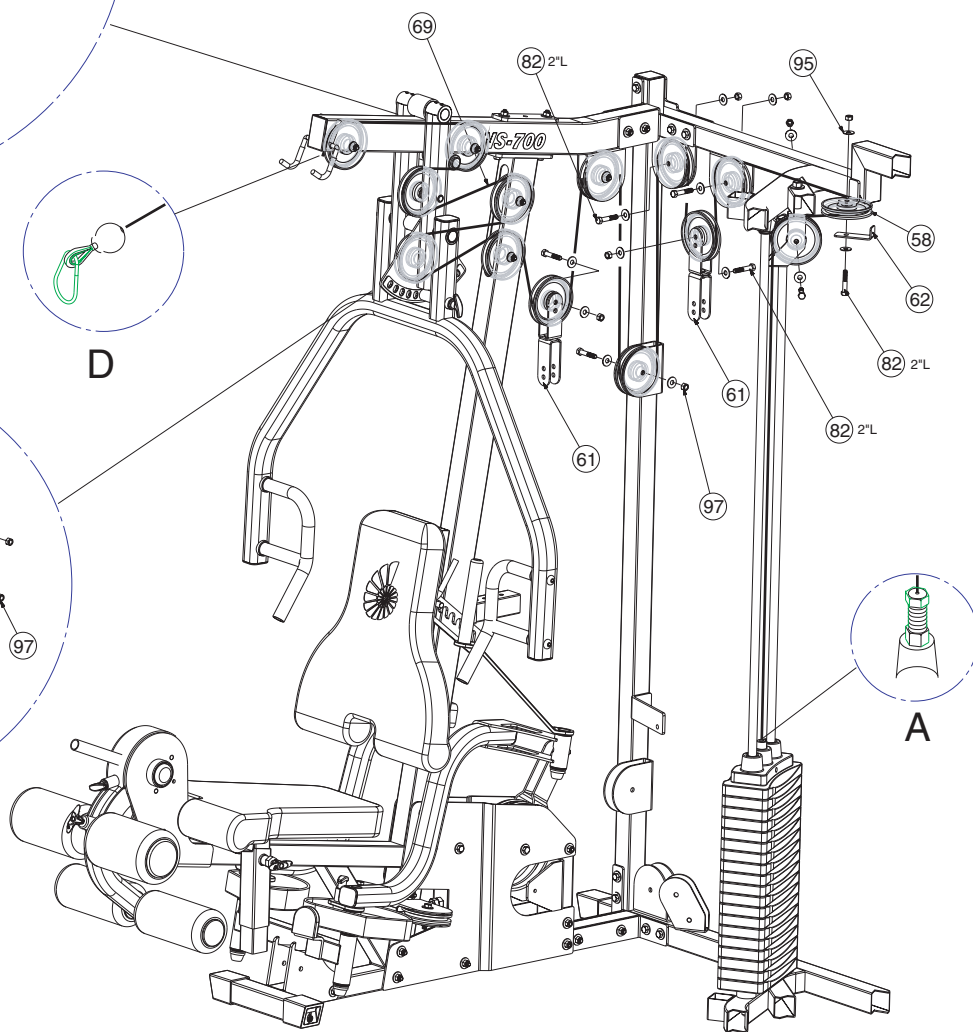
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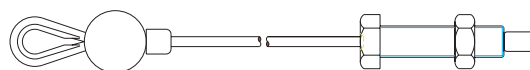
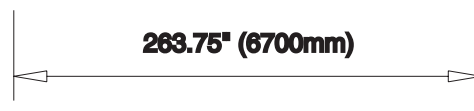
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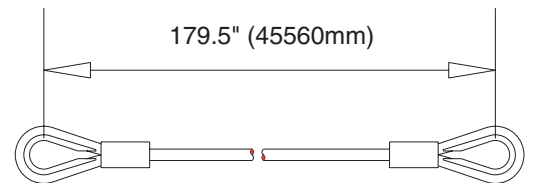
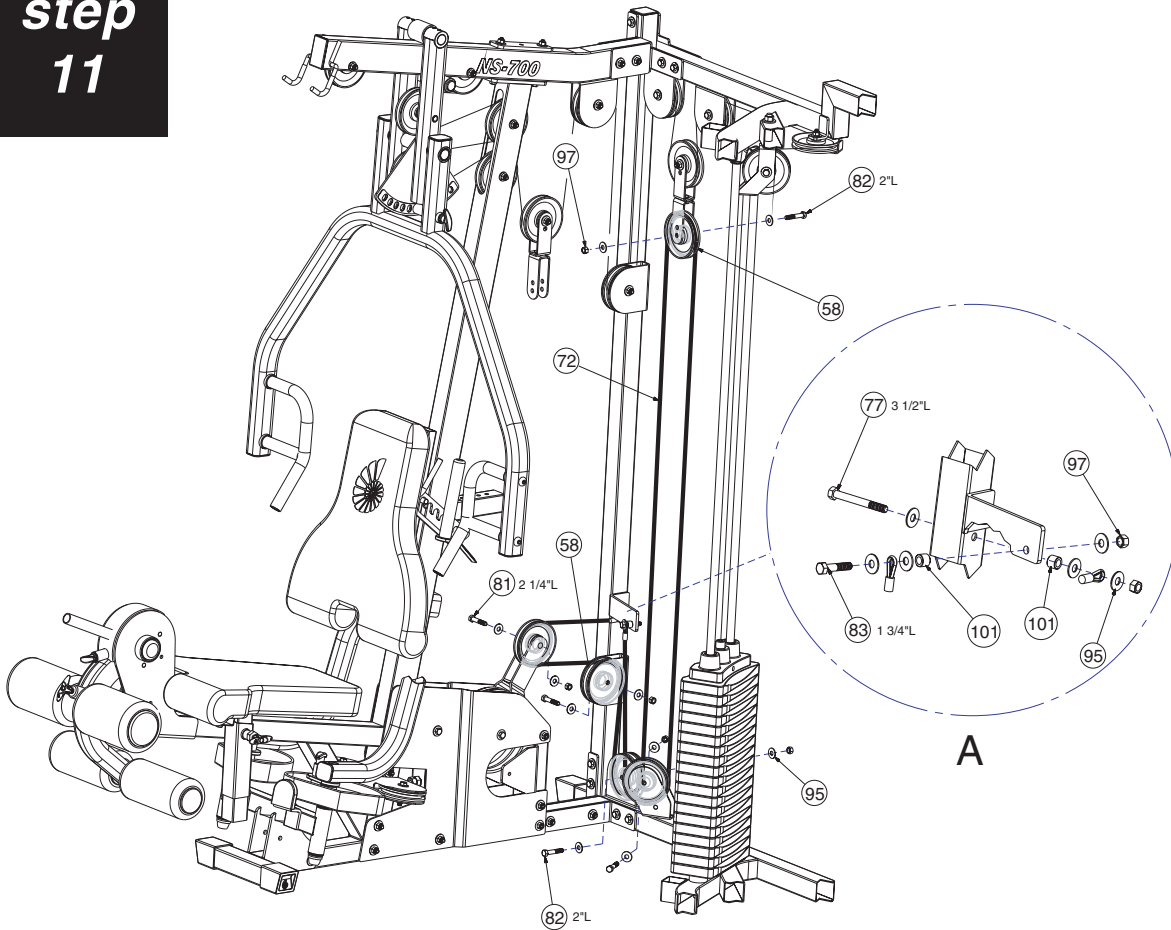
B



A



step 11

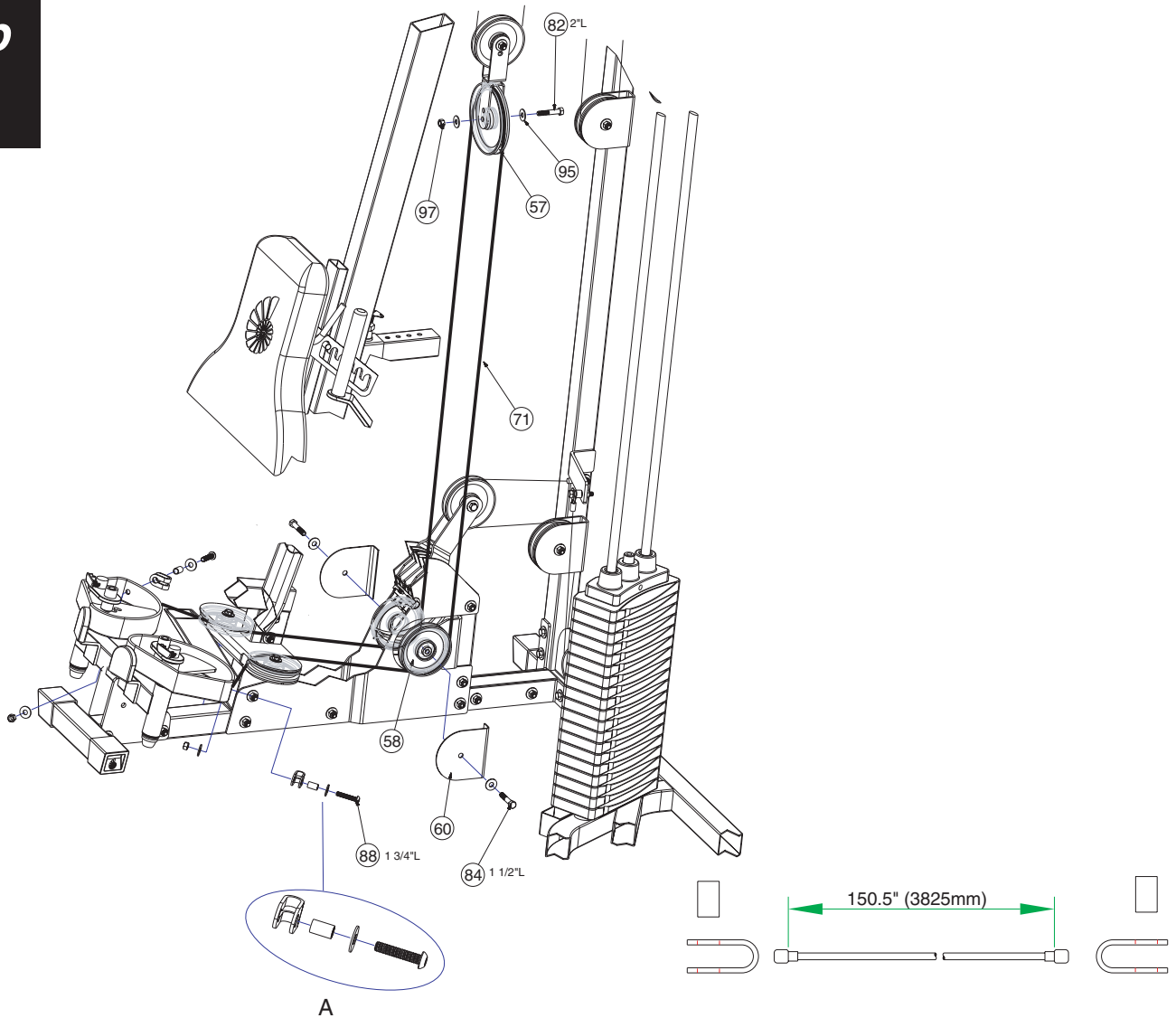


Step #11 Materials:

#	Component	Qty
☐ 58	4 1/2" Pulley	5
☐ 72	Cable #4 - Secondary Cable 179.5"L	1
☐ 77	Hex Bolt - 3/8" x 3 1/2"L	1
☐ 81	Hex Bolt - 3/8" x 2 1/4"L	1
☐ 82	Hex Bolt - 3/8" x 2"L	4
☐ 83	Hex Bolt - 3/8" x 1 3/4"L	1
☐ 95	3/8" Flat Washer	14
☐ 97	3/8" Lock Nut	7
☐ 101	Pulley Spacer 1/2"L	2

- Attach the looped end of Cable #4 (72) to the side of the Rear Upright (5) using the hardware shown in Detail A. Tighten hardware securely, but do not overtighten.
- Loop Cable #4 (72) around a 4 1/2" Pulley (58) and attach the pulley to the lever bracket on the Leg Extension Frame (8) using the hardware shown. Tighten hardware securely.
- Loop Cable #4 (72) around a 4 1/2" Pulley (58) and attach the pulley to the lower bracket on the Rear Upright (5) using the hardware shown. Proceed by looping the cable around a 4 1/2" pulley (58) and attaching the pulley to the bracket on the Rear Base Frame (1) using the hardware shown. Tighten hardware securely.
- Loop Cable #4 (72) around a 4 1/2" Pulley (58) and attach it to the lower hole in the Double Floating Pulley (61) using the hardware shown. Proceed by looping the cable around a 4 1/2" Pulley (58) and attach the pulley to the angled bracket on the Rear Base Frame (1) using the hardware shown. Tighten hardware securely.
- Attach the looped end of Cable #4 (72) to the bracket on the Rear Upright (5) using the hardware shown. Tighten hardware firmly, but do not overtighten. NOTE: This cable termination can be used for exercise attachments such as the leg press. If an attachment is installed, attach the looped end of the Cable #4 (72) to the coupling on the attachment cable. Please refer to attachment instructions for more details.

step 12

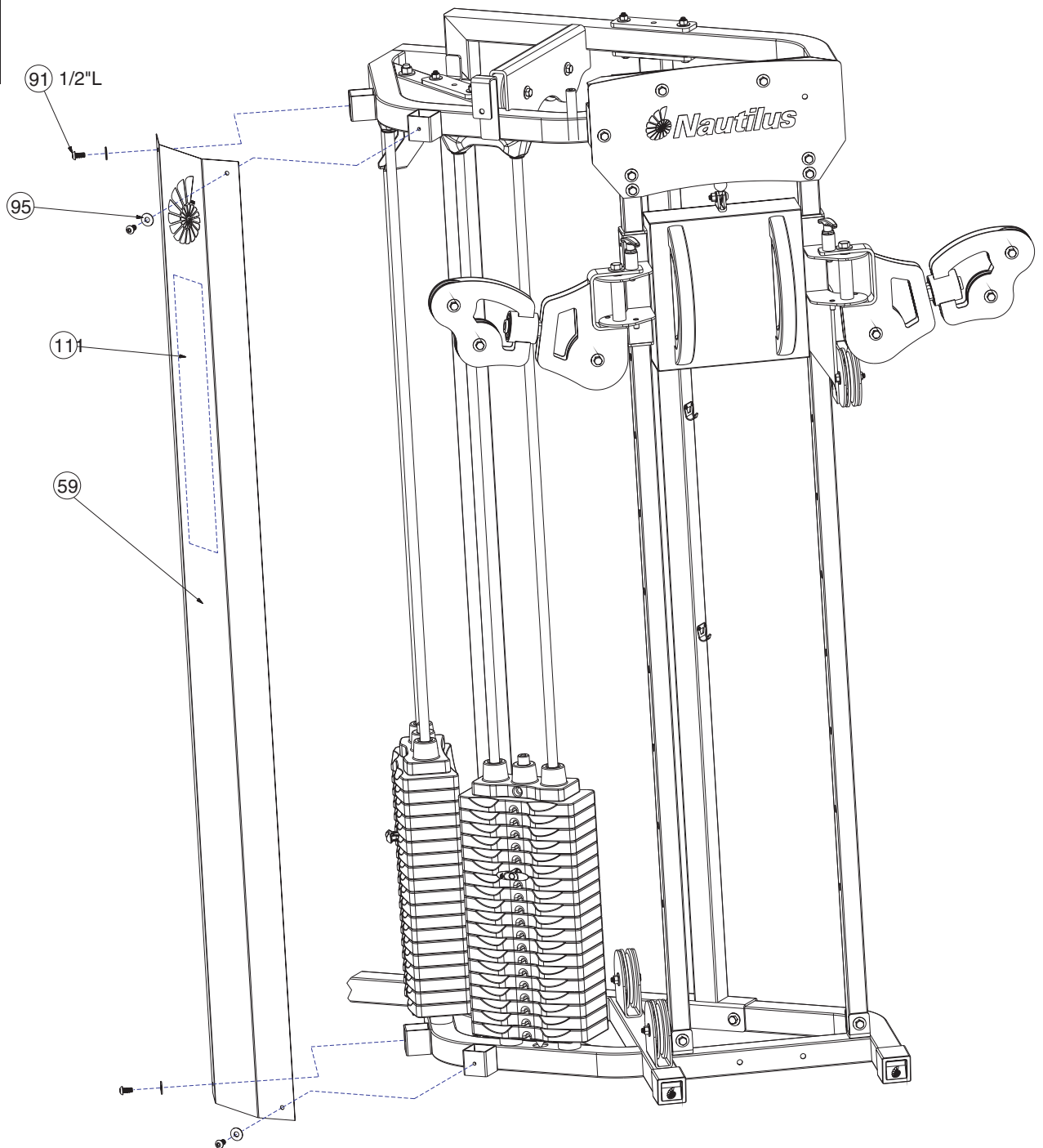


Step #12 Materials:

#	Component	Qty
☐ 57	6" Pulley	1
☐ 58	4 1/2" Pulley	2
☐ 60	Low Pulley Cover	2
☐ 71	#3 Pec Fly cable 150.5"L	1
☐ 82	Hex Bolt - 3/8" x 2"L	1
☐ 84	Hex Bolt - 3/8" x 1 1/2"L with thread lock	2
☐ 88	Button Head Allen Screw 3/8" x 1 3/4"L	2
☐ 95	3/8" Flat Washer	8
☐ 97	3/8" Lock Nut	3

- Attach two 4 1/2" Pulleys (58) to either side of the Leg Extension Frame (8) using the Low Pulley Cover (60) and the hardware shown. Note the orientation of the Low Pulley Cover. Attach 6" Pulley (57) to the lower hole of the Double Floating Pulley Bracket (61) using the hardware shown. Tighten all hardware securely.
- Attach Cable #3 (71) termination to the left Pec Fly Cam (18) using the hardware shown. Be sure to place the groove on the termination bracket against the Pec Fly Cam as shown in Detail A. Tighten hardware securely.
- Draw Cable #3 (71) around the left pulley in the Pec Fly Pulley Bracket (37) as shown. Proceed by looping the cable around the pulley on the left side of the Leg Extension Frame (8) as shown. Be sure that the Low Pulley Cover does not interfere with the cable.
- Loop Cable #3 (71) around the 6" Pulley in the Double Pulley Bracket (61) as shown. Proceed by looping the cable around the pulley on the right side of the Leg Extension Frame (8) as shown. Be sure that the Low Pulley Cover does not interfere with the cable.
- Draw Cable #3 (71) around the right pulley in the Pec Fly Pulley Bracket (37) as shown and attach the cable termination to the right Pec Fly Cam (18) using the hardware shown. Be sure to place the groove on the termination bracket against the Pec Fly Cam as shown in Detail A. Tighten hardware securely. NOTE: If the cable termination does not reach the connection hole on the Pec Fly Cam, adjust the Pulleys (58) in the Double Floating Pulley Brackets (61) to increase cable length.

step 13



Step #13 Materials:

#	Component	Qty
☐ 59	Shroud	1
☐ 91	Button Head Allen Screw 3/8" x 1/2"L with thread lock	4
☐ 95	3/8" Flat Washer	4
☐ 112	Weight Stack decals	38

- A.** Attach the Shroud (59) to the gym using the hardware shown.
- B.** Adhere the Weight stack decals (112) to the Weight Plates in the position shown.

Attach Accessories

- A.** Attach the Handles, Lat Bar, Ankle Cuff, Shoulder Straps, and Ab Strap to the cable ends using the Cable Clips.

Lubrication and Final Check

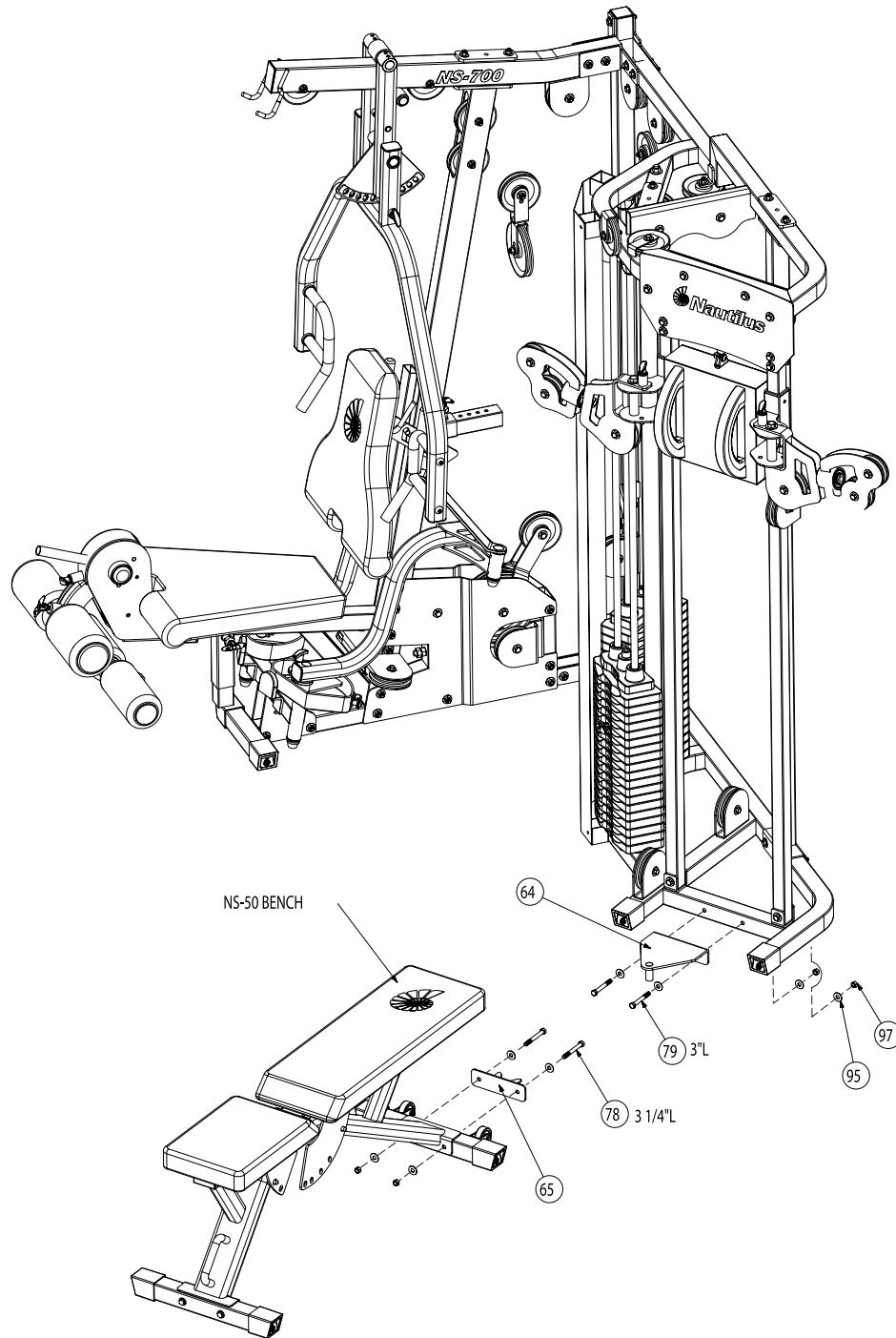
- A.** Lubricate Guide Rods and Guide Tubes using a silicon based lubricant.
- B.** Carefully inspect all cables and insure that they are properly seated on the pulleys and that they pass between the cable stops and pulleys.
- C.** Double check all hardware and make sure everything is tightened properly.

Cable Tensioning

- A.** Tighten the Cable System using a combination of five adjustment locations. These locations are the Double Floating Pulley Brackets, the Selector Rod Top Plate Assembly, the Top Weight Pulley Housing, the Set Screws on the Leg Extension Cams, and the Leg Extension Tensioner Pulley.
- B.** After the cables are tensioned, load the gym with as high a weight as you feel comfortable with and pull each cable several times to set and stretch the cables.
- C.** After the cables are set and stretched, the Cable System may need to be re-tensioned. Tension the cables as described in Step A.
- D.** The cables may need to be tensioned periodically as they may stretch slightly over time.

step 15

Optional



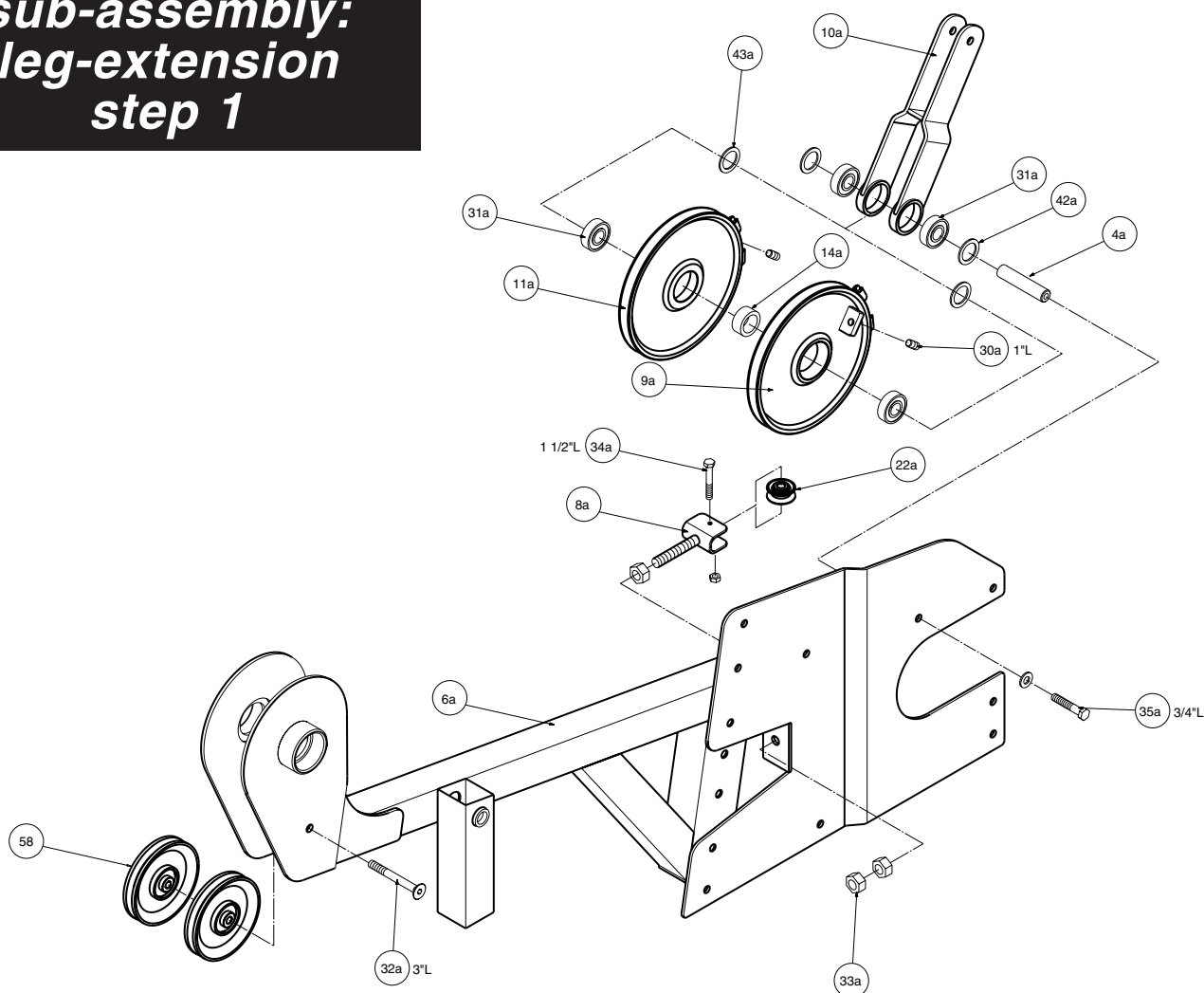
Step #15 Materials:

#	Component	Qty
☐	NS-50 Bench	1
☐ 64	Connecting Bench Bracket	1
☐ 65	Bench Connecting Plate	1
☐ 78	Hex Bolt - 3/8" x 3 1/4"L	2
☐ 79	Hex Bolt - 3/8" x 3"L	2
☐ 95	3/8" Flat Washer	8
☐ 97	3/8" Lock Nut	4

- A. Attach the Connecting Bench Bracket (64) to the Rear Base Frame (1) using the hardware shown. Tighten hardware securely.
- B. Remove the hardware used on the NS-50 Bench that connects the Bench Frame Assembly to the Rear Stabilizer Assembly. Attach the Bench Connecting Plate (65) to the NS-50 Bench using the new hardware shown. Tighten hardware securely.

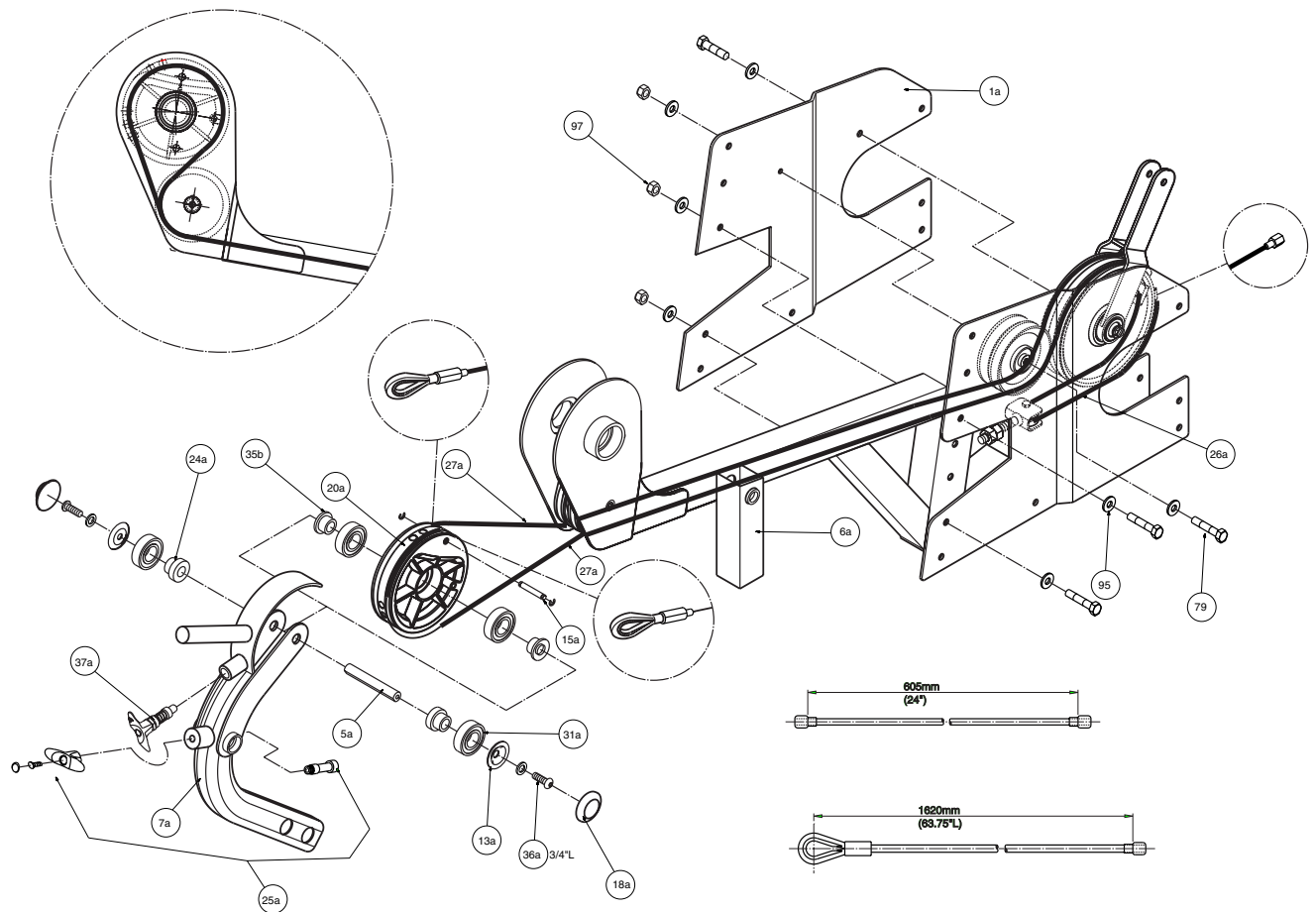
#	Part#	Gym Componenets	Qty.	#	Gym Componenets	Part#	Qty.
Sub-Assembled Parts Not Shown				Sub-Assembled Parts Shown			
1b		1 3/4" Square End Cap	3	1a	Cam Mechanism Assembly		
2b		Pec Fly Bumper	2		Cover Plate	1	
3b		Lat Bar Hook Cover	2	2a	Handle Support	2	
4b		2" Square End Cap	10	3a	Handle Support Spacer	4	
5b		1" x 2" Rectangular End Cap	5	4a	Steel Pulley Shaft	1	
6b		1" Round End Cap	1	5a	Leg Extension pivot shaft	1	
7b		2" x 3" Rectangular End Cap	1	6a	Seat Assembly	1	
8b		1 1/2" x 2" Rectangular End Cap	1	7a	Leg Extension Assembly	1	
9b		Swivel Arm Guide Sleeve	4	8a	Small Pulley Bracket	1	
10b		Foot Cap	5	9a	Left Steel Pulley	1	
11b		3 1/2" Pulley	4	10a	Lever Bracket	1	
12b		Top Weight Bushing	4	11a	Right Steel Pulley	1	
13b		1 3/4" x 2" Rectangular End Cap	11	12a	Power Spring Rear Plate	1	
14b		Press Arm Stop	2	13a	Shim Washer	2	
15b		Back Adjustment Stop	1	14a	Steel Pulley Spacer		
16b		Back Adjustment Handle Cover	1		35 x 26 x 12.8t	1	
17b		Snap Cap - small	2	15a	Double Pulley Lock Pin with		
18b		Seat Adjuster Cushion	1		2 C clips	1	
19b		ROM Protection Label	1	16a	Ball Stop Crimp	1	
20b		Hand Grip 6"L	1	17a	Handle Locking Pin with		
21b		Pec Fly Hand Grip 28.6 x 190L	2		2 C clips	4	
22b		Pec Fly Bushing 31 x 25.1 x 20h	12	18a	Plastic Cap	2	
23b		Press Arm Bushing 31.1 x 25.1 x 47.5h	2	19a	Power Spring Cover	1	
24b		Decal Kit	1	20a	Double Pulley with 2 bearings		
25b		T Handle Pop Pin - Press Arm	1		and bushings	1	
26b		Pec Fly T Handle Pop Pin	2	21a	Mechanism Handles	2	
27b		Swivel Arm Bearing	4	22a	Small Pulley	1	
28b		Press Arm Bearing	2	23a	Cushion	4	
29b		Button Head allen Screw 1/4" x 3/4"L	1	24a	Step Spacer 25 x 17 x 25.7h	2	
30b		Top Weight / Selector Stem Allen Screw	2	25a	Leg Hold Down Locking Pin	1	
31b		1/2" Flat Washer	1	26a	Steel Pulley Cable 24"L	1	
32b		Hex Bolt - 1/2" x 2 3/4"L	1	27a	Leg Extension Cable 64"L	2	
33b		1/2" Lock Nut	2	28a	Adjustment Cable	2	
34b		C Clips	2	29a	Power Spring	1	
35b		Bushing 19.45 x 12.8 x 18h	8	30a	Allen Screw 3/8" x 1"L with		
37b		Complete Decal Kit	1		thread lock	2	
38b		4 1/2" Pulley	6	31a	6205 Bearing	6	
				32a	Pan Head Allen Screw		
					3/8" x 3"L with thread lock	1	
				33a	1/2" Hex Nut	3	
				34a	Hex Bolt - 3/8" x 1 1/2"L	1	
				35a	Hex Bolt - 3/8" x 3/4"L with		
					thread lock	2	
				36a	Button Head Allen Screw		
					3/8" x 3/4"L with thread lock	2	
				37a	Pop Pin - Leg Extension /		
					Swivel Arm	3	
				38a	Button Head Allen Screw		
					1/4" x 1/2"L	9	
				39a	1/4" Flat Washer	14	
				40a	1/4" Lock Nut	2	
				41a	Button Head Allen Screw		
					1/4" x 1"L	2	
				42a	Spacer 35 x 26 x 2.0t	2	
				43a	Spacer 41.5 x 25.6 x 1.1t	2	

sub-assembly: leg-extension step 1



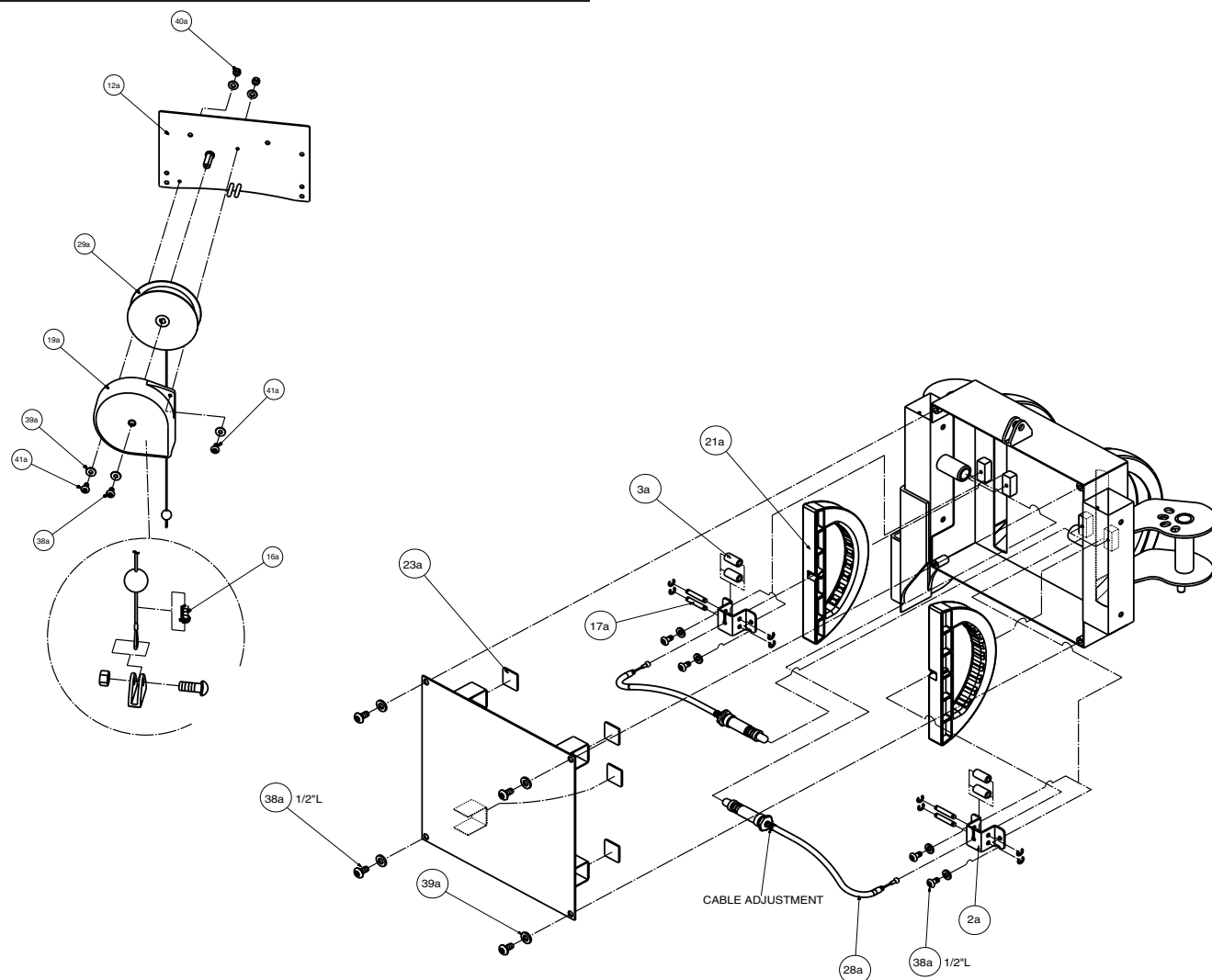
#	Description	Qty	P/N
4a	Steel Pulley Shaft	1	
8a	Small Pulley Bracket	1	
9a	Left Steel Pulley	1	
10a	Lever Bracket	1	
11a	Right Steel Pulley	1	
14a	Steel Pulley Spacer 35 x 26 x 12.8t	1	
22a	Small Pulley	1	
30a	Allen Screw 3/8" x 1"L w/Thread Lock	2	
31a	6205 Bearing	4	
32a	Pan Head Allen 3/8" x 3"L w/Thread Lock	1	
33a	1/2" Hex Nut	3	
34a	Hex Bolt - 3/8" x 1 1/2"L	1	
35a	Hex Bolt - 3/8" x 3/4"L w/Thread Lock	1	
42a	Spacer 35 x 26 x 2.0t	2	
43a	Spacer 41.5 x 25.6 x 1.1t	2	
58	4 1/2" Pulley	2	

sub-assembly: leg-extension step 2



#	Description	Qty	P/N
1a	Cam Mechanism Assy Cover Plate	1	
5a	Leg Ext Pivot Shaft	1	
6a	Seat Assembly	1	
7a	Leg Extension Assembly	1	
13a	Shim Washer	2	
15a	Double Pulley Lock Pin w/ 2 C-Clips	1	
18a	Plastic Cap	2	
20a	Double Pulley w/ Bearings and Bushings	1	
35b	Bushing 19.45 x 12.8 x 18h	2	
24a	Step Spacer 25 x 17 x 25.7h	2	
25a	Leg Hold Down Locking Pin	1	
26a	Steel Pulley Cable 24"L	1	
27a	Leg Extension Cable 62.5"L	2	
31a	6205 Bearing	4	
35a	Hex Bolt - 3/8" x 3/4"L w/Thread Lock	1	
36a	Button Head Screw 3/8" x 3/4"L w/ TL	2	
37a	Pop Pin - Leg Ext / Swivel Arm	1	
79	Hex Bolt - 3/8" x 3"L	3	
95	3/8" Flat Washer	9	
97	3/8" Lock Nut	3	

sub-assembly: high/low pulley adjuster power spring



#	Description	Qty	P/N
2a	Handle Support	2	
3a	Handle Support Spacer	4	
12a	Power Spring Rear Plate	1	
16a	Ball Stop Crimp	1	
17a	Handle Locking Pin w/ 2 C-Clips	4	
19a	Power Spring Cover	1	
21a	Handles	2	
23a	Cushion	4	
28a	Adjustment Cable	2	
29a	Power Spring	1	
38a	Button Head Allen 1/4" x 1/2"L	9	
39a	Flat Washer 5/8" x 5/16"	13	
40a	1/4" Lock Nut	2	
41a	Button Head Allen 1/4" x 1"L	2	



The Nautilus Group
1886 Prairie Way
Louisville, Colorado 80027
800.499.4322
www.nautilus.com