

Be Strong.™



 **NAUTILUS** NS 200X
Assembly Manual

Model: NS 200X

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BEFORE YOU ASSEMBLE

BASIC ASSEMBLY PRINCIPLES

Here are a few basic tips that will aid in the assembly of the Nautilus® NS200X. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your NS200X Home Gym, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

BEFORE YOU ASSEMBLE

- At least 2 persons recommended for assembly and installation.

Familiarize yourself with the illustrations to understand what the assembled NS200X will look like. Select where you are going to locate your NS200X carefully. Assemble your NS200X in the location and position where you intend to use it. You will need at least 36 inches (.91 meters) on each side of the NS200X and 36 inches (.91 meters) behind your NS200X during assembly. The rear of the NS200X can be closer to the wall during use but it is difficult to move after assembly and some room is needed during assembly.

PRODUCT SPECIFICATIONS

NOTE: All instructions in the manual are given with the orientation of sitting on the machine ready to exercise.

User Weight Capacity:	300lbs / 136.1Kg
Dimensions:	45" w x 61" l x 83" h / 114 cm x 155 cm x 211cm
Shipping Weight:	342.6 lbs / 155.4 kg
Net Weight:	305.2 lbs / 138.4 kg

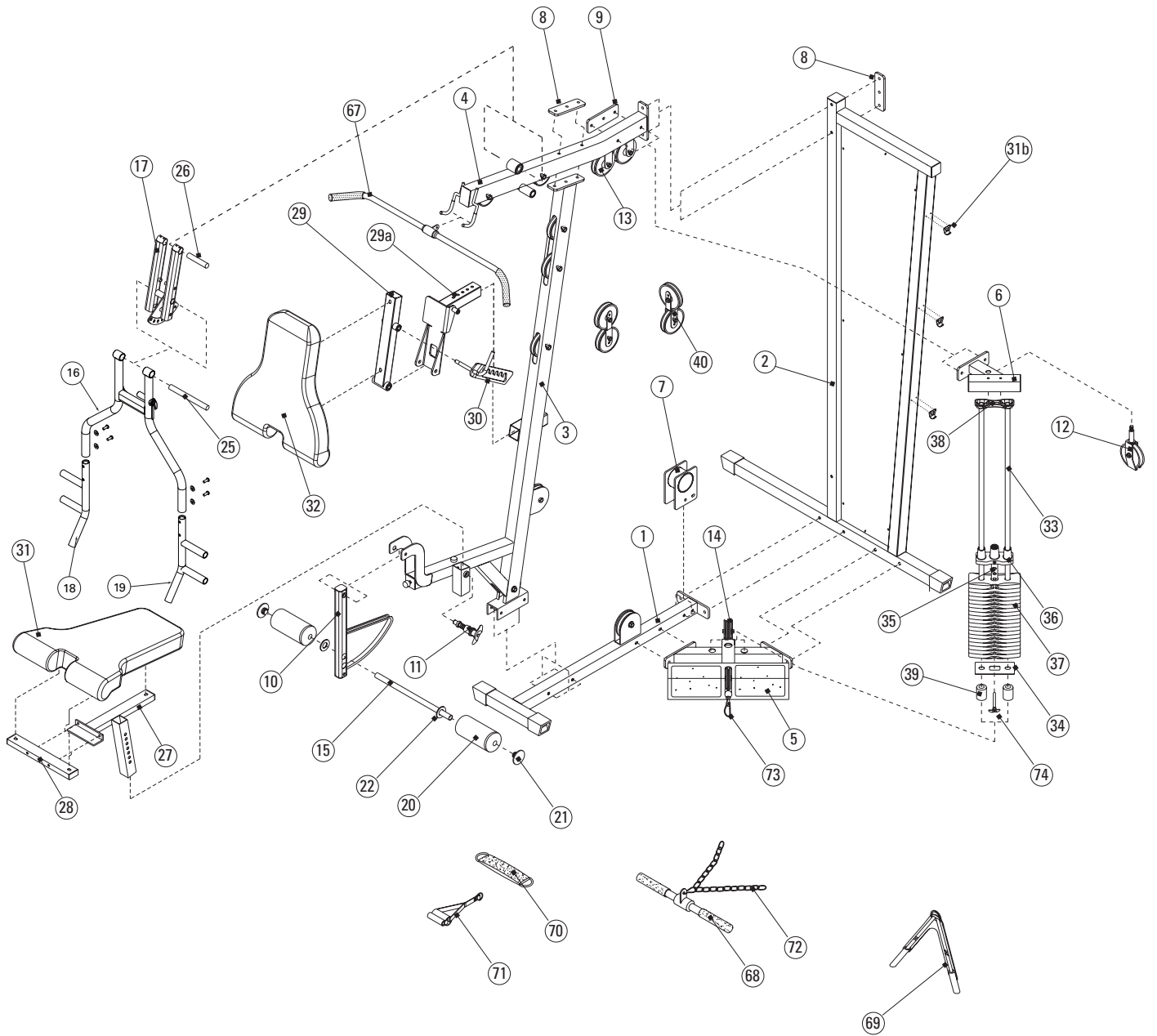
PRODUCT FEATURES



PARTS LIST / BOX CONTENTS

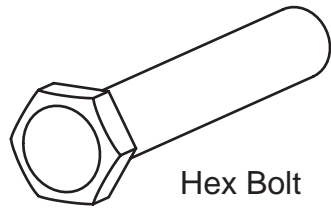
#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Base Frame.....	1		CABLES	
2	Rear Frame.....	1	41	Cable #1 - Low Row (136.5").....	1
3	Front Upright Frame.....	1	42	Cable #2 - Pulldown (216.25")	1
4	Top Frame.....	1	43	Cable #3 - Leg Extension (164.25")	1
5	Calf Raise / Low Pulley Frame	1		HARDWARE	
6	Top Stack Support Frame	1	44	Flat Head Screw - M8	1
7	Cable Housing.....	1	45	Flat Head Screw - M4	1
8	2 inch Backing Plate.....	2	46	Hex Bolt 1/2" x 4 1/2"L	1
9	3 inch Backing Plate.....	1	47	Hex Bolt 3/8" x 4 1/4"L	2
10	Leg Extension Assembly.....	1	48	Hex Bolt 3/8" x 4"L	1
11	Pop Pin - Seat Adjustment.....	1	49	Hex Bolt 3/8" x 3 1/4"L	4
12	Floating Pulley Bracket.....	1	50	Hex Bolt 3/8" x 3"L	12
13	4 1/2" Pulley	16	51	Hex Bolt 3/8" x 2 3/4"L	6
14	3 1/2" Pulley	3	52	Hex Bolt 3/8" x 2 1/2"L	1
15	Roller Bar.....	1	53	Hex Bolt 3/8" x 2 1/4"L	2
16	Press Arm.....	1	54	Hex Bolt 3/8" x 2"L	11
17	Press Arm Support Assembly	1	55	Hex Bolt 3/8" x 1 3/4"L	3
18	Press Arm Handle - Right.....	1	56	Cap Head Allen Screw 1"L.....	2
19	Press Arm Handle - Left	1	57	Button Head Allen Screw 3/4"L.....	4
20	Foam Roller 8"L.....	2	58	1/2" Flat Washer	4
21	Roller End Cap	2	59	3/8" Flat Washer	65
22	Plastic Washer.....	2	60	1/2" Lock Nut.....	3
23	Snap Cap - Small	2	61	3/8" Lock Nut.....	37
24	Snap Cap - Large	2	62	Pulley Spacer	1
25	Press Arm Pivot Shaft	1	63	Step Spacer - 5/8"H	12
26	Press Arm Support Shaft.....	1	64	Step Spacer - 7/8"H	2
27	Seat Adjuster.....	1	65	Set Screw 5/16" x 1/4"L	6
28	Seat Cross Tube.....	1	66	Cap Head Allen Screw 3"L.....	2
29	Back Pad Tube.....	1	80	3/8" Curved Washer	4
29a	Back Pad Adjuster.....	1		ACCESSORIES and TOOLS	
30	Back Pad Adjustment	1	67	Lat Bar.....	1
31	Seat Pad.....	1	68	Rower Bar.....	1
32	Back Pad	1	69	AB Strap	1
33	Guide Rod.....	2	70	Felt Back Ankle Strap.....	1
34	Weight Stack Bottom Plate	1	71	Dual Ring Handle.....	1
35	Selector Stem.....	1	72	Chain.....	1
36	Top Weight.....	1	73	Cable Clip	4
37	Weight Plate.....	19	74	Weight Selector Pin.....	1
38	Guide Rod Holder	1	75	Workout Chart.....	1
39	Weight Stack Cushion	2	76	M4 Allen Wrench	1
40	Double Floating Pulley Bracket	2	77	M5 Allen Wrench	1
			78	M6 Allen Wrench	1
			79	M8 Allen Wrench	1

EXPLODED VIEW

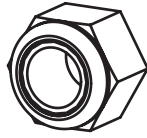


- A. Compare the Bill of Materials to the box contents to insure that all parts are present before installation begins.
- B. Unpackage parts and place them near the final assembled location to avoid moving the gym when fully assembled.

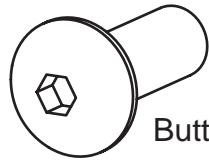
HARDWARE AND TOOLS



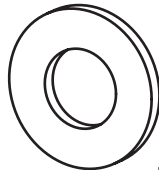
Hex Bolt



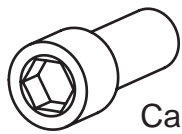
Lock Nut



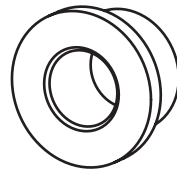
Button Head



Flat Washer



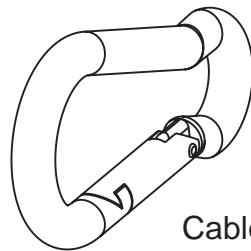
Cap Head



Step Spacer



Flat Head



Cable Clip



Self Tapping



Required Tools:

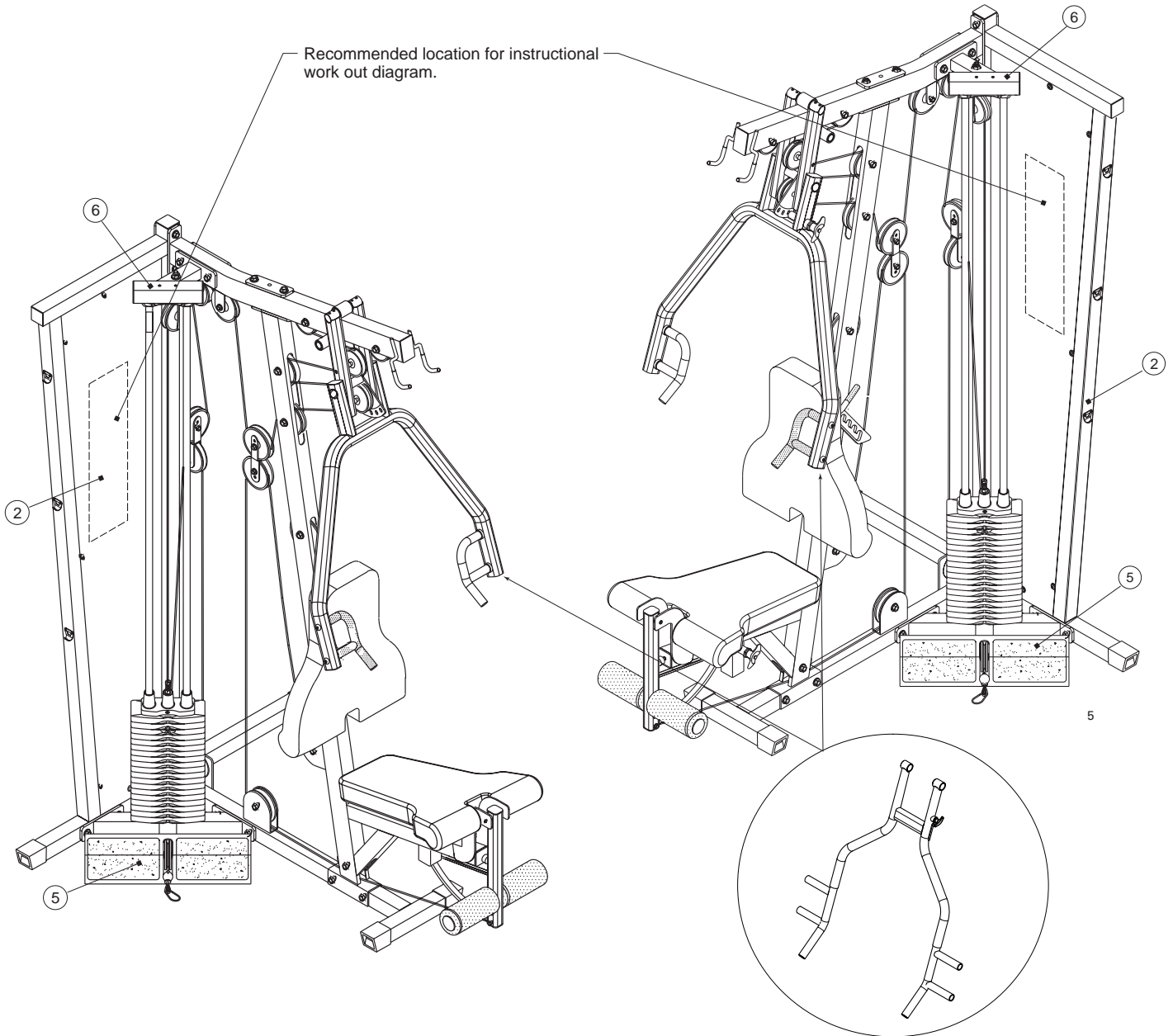
9/16" or 14mm Wrench or Socket (Two Required)

3/4" Wrench or Socket

Adjustable Wrench

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

ASSEMBLY



NS200X Press Arm

Before assembling this gym, please be aware that this piece of equipment can be assembled in two different configurations.

The Weight Stack can be assembled on either side of the gym depending on what best fits your living space. This is accomplished simply by assembling the Rear Frame (2), Top Stack Support Frame (6), and Calf Raise / Low Pulley Frame (5) on the opposite side of the machine.

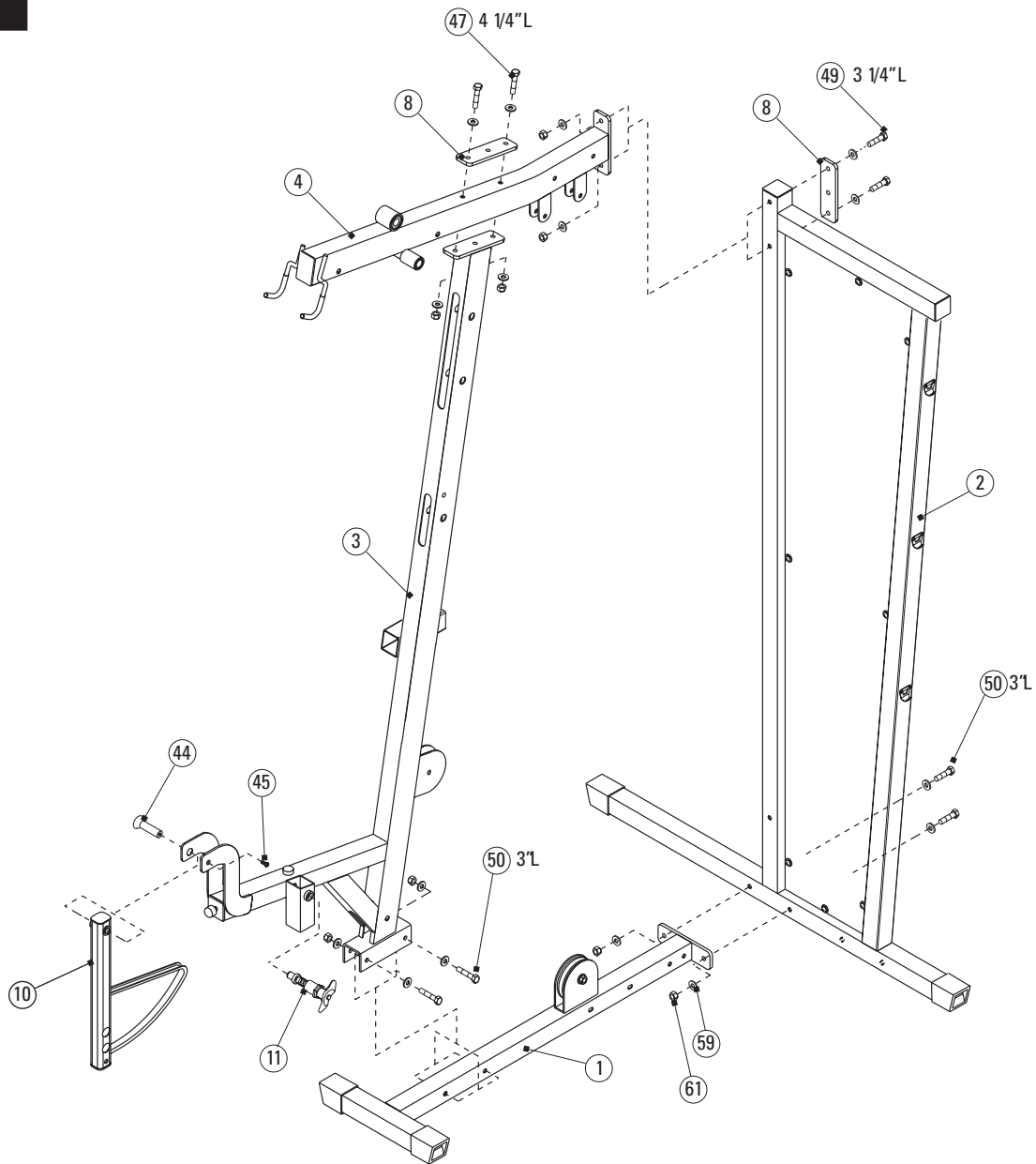
This gym is supplied with an instructional work out diagram which is to be adhered to the Rear Frame (2) back panel. See note in diagram above for recommended location.

The following assembly instructions show the gym assembled with the weight stack on the left side. To assemble the gym with the weight stack on the right side, simply assemble the Rear Frame (2), Top Stack Support Frame (6), and Calf Raise / Low Pulley Frame (5) on the opposite side of the machine as shown in the instructions.

Be sure to place the NS200X gym as close to its final location before adding weight plates. The gym is designed so that the rear of the frame can sit directly against a wall. Please allow a minimum of 24" on each side of the gym from the nearest wall or obstruction. The weight stack side of the gym will need a minimum of 48" from any obstruction. If an attachment such as a leg press is used now or in the future, please allow for 48" on the side opposite the weight stack.

STEP 1

ASSEMBLY



Step 1 Components:

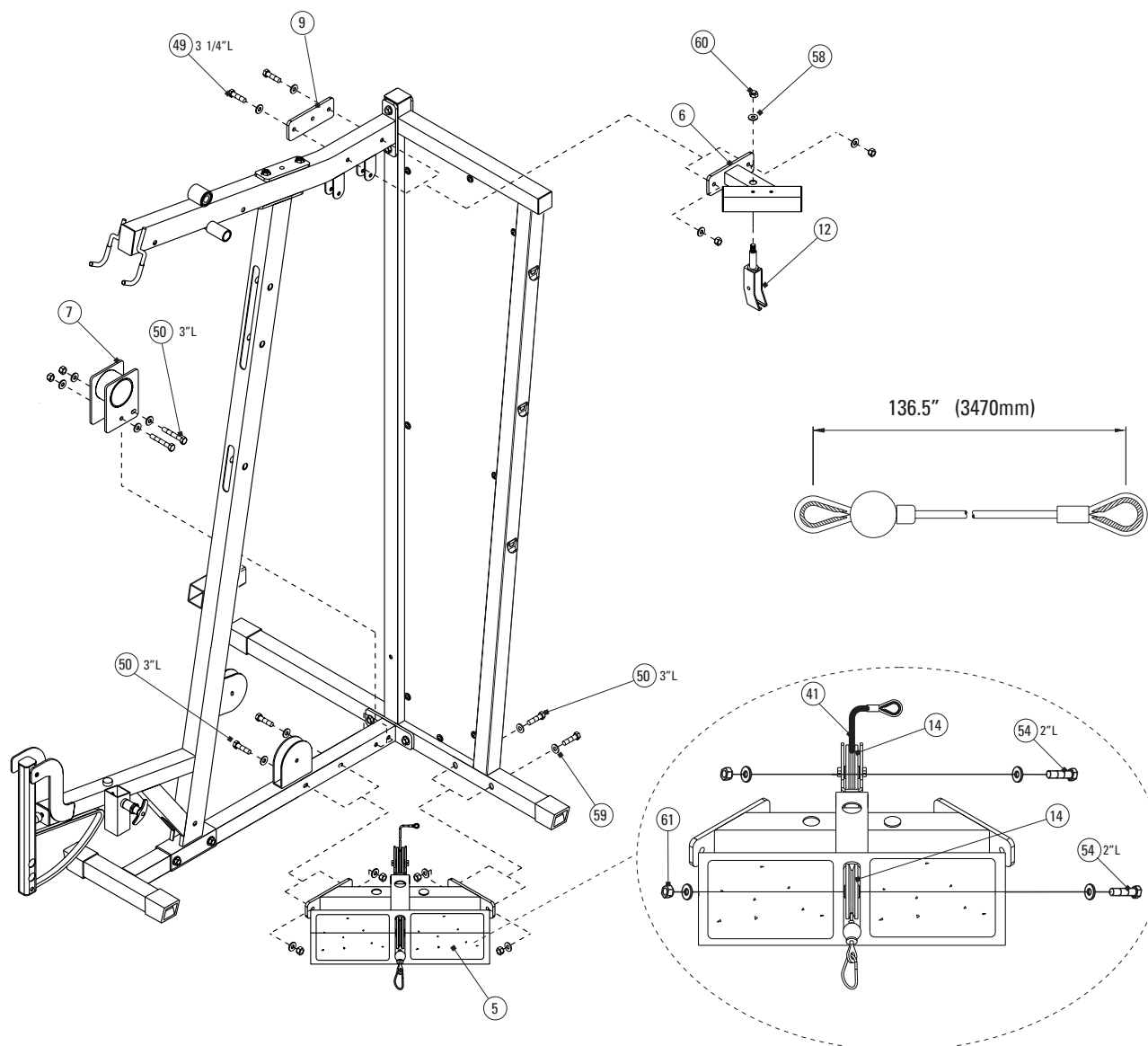
#	Component	Qty
1	Main Base Frame	1
2	Rear Frame	1
3	Front Upright Frame	1
4	Top Frame	1
8	2 inch Backing Plate	2
10	Leg Extension Assembly	1
11	Pop Pin - Seat Adjustment	1
44	Flat Head Screw - M8	1
45	Flat Head Screw - M4	1
47	Hex Bolt 3/8" x 4 1/4" L	2
49	Hex Bolt 3/8" x 3 1/4" L	2
50	Hex Bolt 3/8" x 3" L	4
59	3/8" Flat Washer	16
61	3/8" Lock Nut	8

Procedure:

- Attach Main Base Frame (1) to Rear Frame (2) using hardware shown. Tighten hardware firmly.
- Attach Front Upright Frame (3) to Main Base Frame (1) using hardware shown. Do not tighten hardware.
- Attach Top Frame (4) to Front Upright Assembly (3) using hardware shown and 2" Backing Plate (8). Do not tighten hardware.
- Attach Top Frame (4) to Rear Frame (2) using hardware shown and 2" Backing Plate (8). Tighten all hardware used in steps B, C, and D firmly.
- Attach Leg Extension Assembly (10) to Front Upright Frame (3) using hardware shown. Tighten hardware securely making sure that the Leg Extension Assembly can rotate freely.
- Attach Pop Pin (11) to Front Upright Assembly (3) as shown. Tighten securely using adjustable wrench.

STEP 2

ASSEMBLY



Step 2 Components:

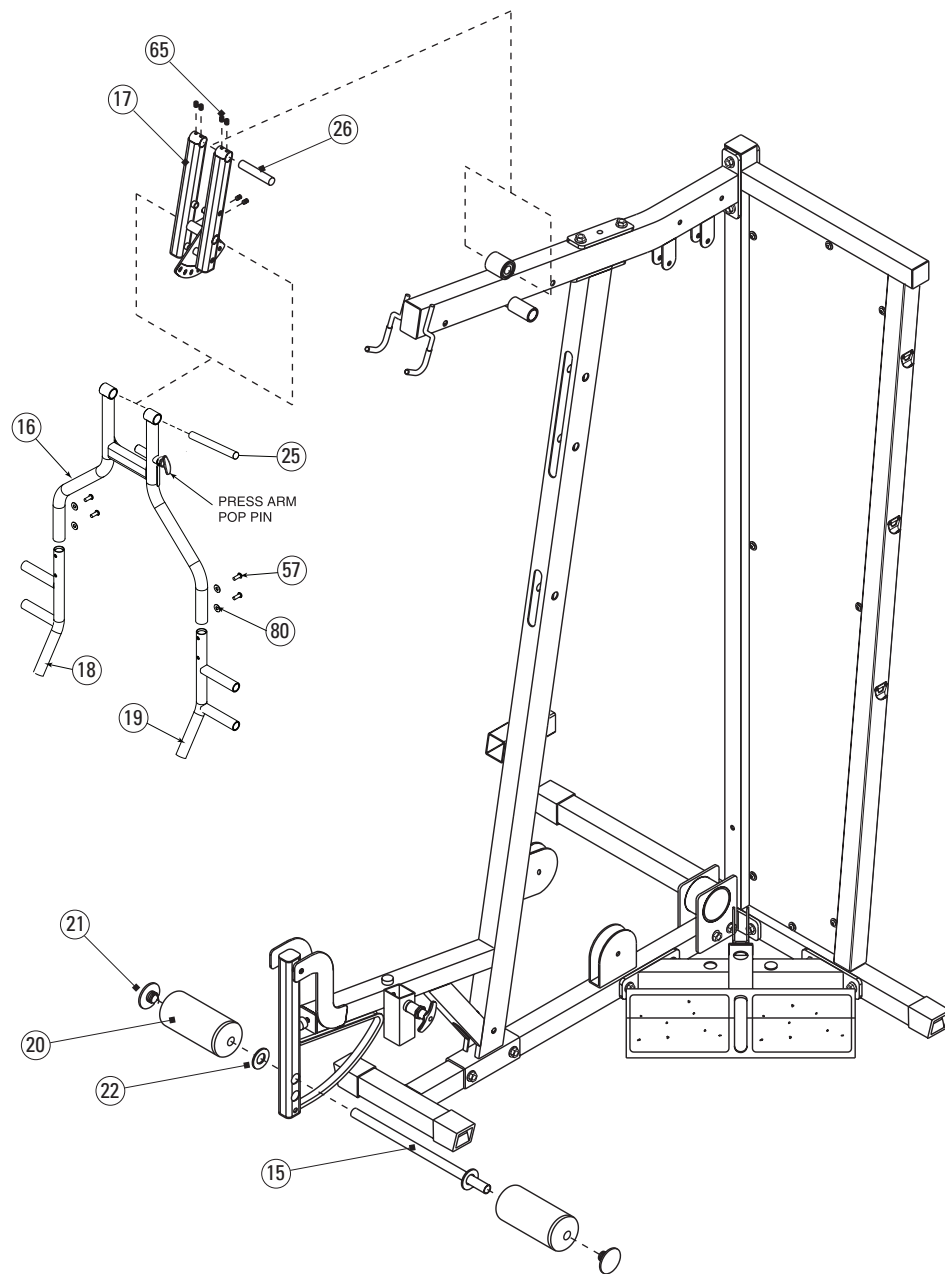
#	Component	Qty
5	Calf Raise / Low Pulley Frame	1
6	Top Stack Support Frame	1
7	Cable Housing	1
9	3 inch Backing Plate	1
12	Floating Pulley Bracket	1
14	3½" Pulley	2
41	Cable #1 - Low Row (136.5")	1
49	Hex Bolt 3/8" x 3 1/4"L	2
50	Hex Bolt 3/8" x 3"L	6
54	Hex Bolt 3/8" x 2"L	2
58	1/2" Flat Washer	1
59	3/8" Flat Washer	20
60	1/2" Lock Nut	1
61	3/8" Lock Nut	10

Procedure:

- Attach Top Stack Support Frame (6) to Top Frame using 3" Backing Plate (9) and the hardware shown. Tighten hardware firmly.
- Attach Floating Pulley Bracket (12) to Top Stack Support Frame (6) using hardware shown. Do not tighten.
- Attach Cable Housing (7) to Main Base Frame using hardware shown. Tighten hardware firmly.
Note: If an exercise attachment such as a leg press is used, do not install Cable Housing (7).
- Install Cable #1 (41) through Calf Raise / Low Pulley Frame (5). Feed the looped end of the cable (without ball) through the foot plate side of the Calf Raise / Low Pulley Frame (5). Attach two 3½" pulleys (14) using hardware shown, making sure that the cable runs in the groove on the low side of the pulley. Final installation of the cable will be completed on Step 8. NOTE: Make sure that the cable is NOT wrapped around the cable stop.
- Attach Calf Raise / Low Pulley Frame (5) to Main Base Frame and Rear Frame using hardware shown. Tighten hardware firmly.

STEP 3

ASSEMBLY



Step 3 Components:

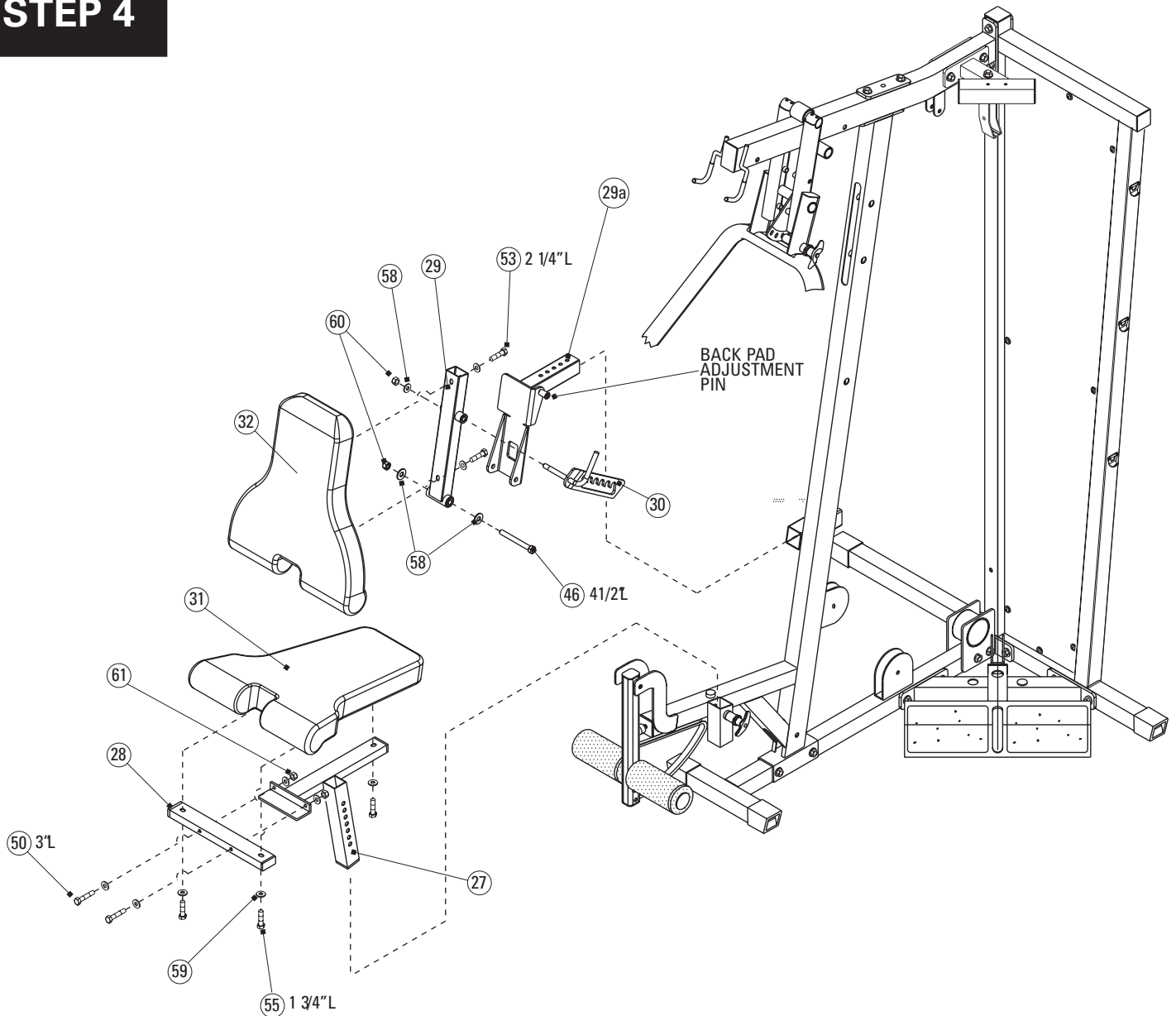
#	Component	Qty
15	Roller Bar	1
16	Press Arm	1
17	Press Arm Support Assembly	1
18	Press Arm Handle - Right	1
19	Press Arm Handle - Left	1
20	Foam Roller 8"L	2
21	Roller End Cap	2
22	Plastic Washer	2
25	Press Arm Pivot Shaft	1
26	Press Arm Support Shaft	1
57	Button Head Allen Screw 3/4"L	4
80	3/8" Curved Washer	4
65	Set Screw 5/16" x 1/4"L	6

Procedure:

- Attach Press Arm Support Assembly (17) to the Top Frame using the Press Arm Support Shaft (26). Align Shaft and tighten the 4 set screws (65) shown.
- Remove Pop Pin from Press Arm (16). Attach Press Arm (16) to Press Arm Support Assembly (17) using the Press Arm Pivot Shaft (25), making sure that the shaft is centered. Secure by tightening the two set screws (65) firmly. Attach Pop Pin. Tighten using adjustable wrench.
- Attach Press Arm Handles (18) (19) using hardware shown. Tighten hardware firmly.
- Slide Roller Bar (15) through the Leg Extension Assembly. Either hole can be used depending on best fit for user.
- Slide a Plastic Washer (22) followed by a Foam Roller (20) on to roller bar (15). Press the Roller End Cap (21) firmly into the Roller Bar (15). Repeat for the opposite side

STEP 4

ASSEMBLY



Step 4 Components:

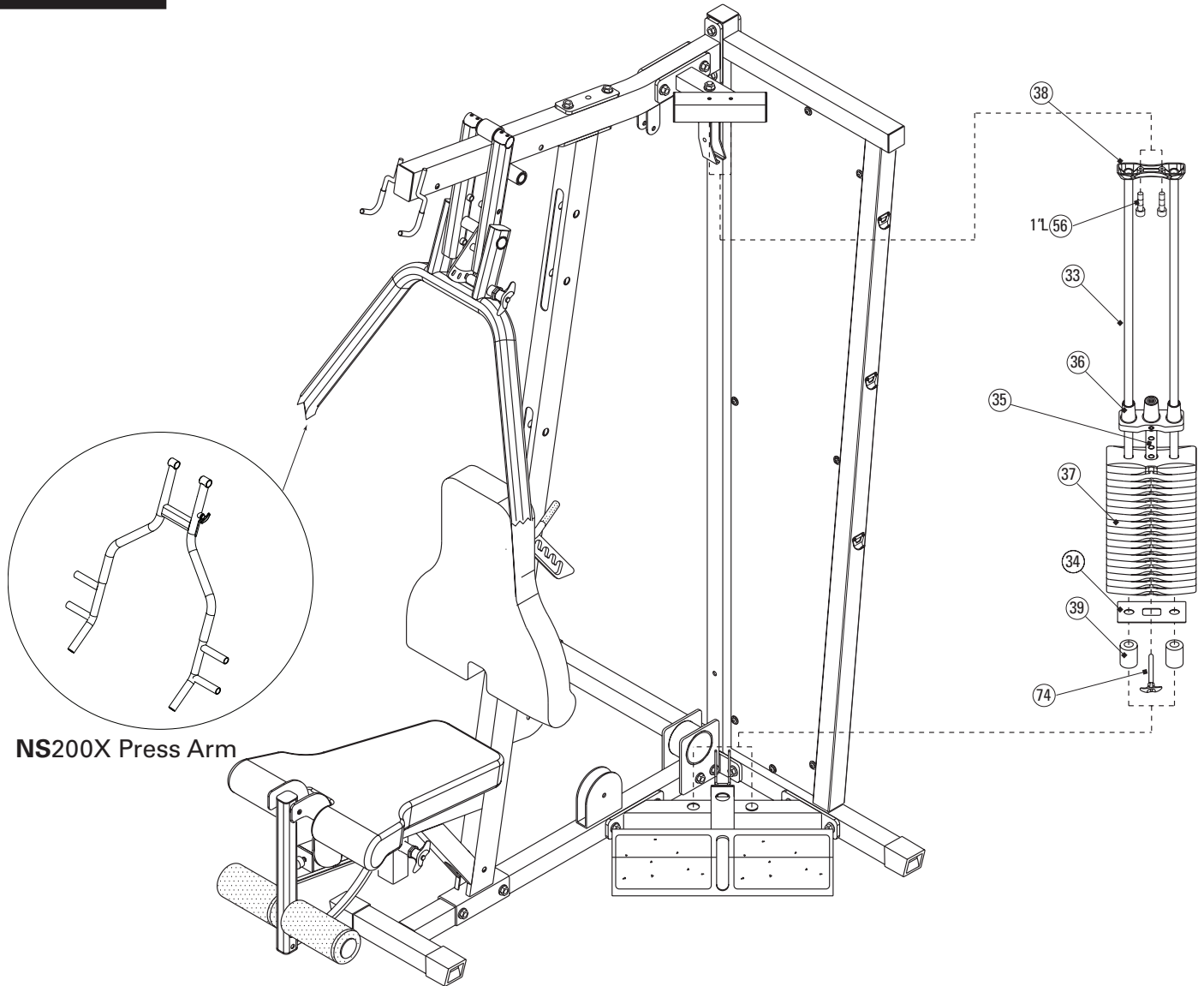
#	Component	Qty
27	Seat Adjuster	1
28	Seat Cross Tube	1
29	Back Pad Tube	1
29a	Back Pad Adjuster	1
30	Back Pad Adjustment	1
31	Seat Pad	1
32	Back Pad	1
46	Hex Bolt 1/2" x 4 1/2"L	1
50	Hex Bolt 3/8" x 3"L	2
53	Hex Bolt 3/8" x 2 1/4"L	2
55	Hex Bolt 3/8" x 1 3/4"L	3
58	1/2" Flat Washer	3
59	3/8" Flat Washer	9
60	1/2" Lock Nut	2
61	3/8" Lock Nut	2

Procedure:

- Attach Seat Cross Tube (28) to Seat Adjuster (27) using hardware shown. Tighten hardware securely.
- Attach Seat Pad (31) to Seat Cross Tube (28) and Seat Adjuster (27) using hardware shown. Tighten hardware securely.
- Install Seat adjuster (27) in Front Upright Frame in the slot shown. Use Pop Pin to adjust seat height.
Note: Pop Pin is threaded so that seat can be locked in position.
- Attach Back Pad Tube (29) to Back Pad (32) using hardware shown. Tighten hardware securely.
- Attach Back Pad Tube (29) to Back Pad Adjuster (29a) using hardware shown. Tighten hardware securely but still allowing Back Pad Tube to rotate freely.
- Install Back Pad Adjuster (29a) in Front Upright Frame in the slot shown. Use the Pop Pin to adjust the Back Pad location.
NOTE: Pop Pin is threaded so that the seat can be locked in position.
- Attach Back Pad Adjustment (30) to Back Pad Tube (29) using hardware shown making sure that the Back Pad Adjustment Pin rests inside the slot of the Back Pad Adjustment. Tighten hardware securely but still allowing Back Pad Adjustment to rotate freely.

STEP 5

ASSEMBLY



NS200X Press Arm

Step 5 Components:

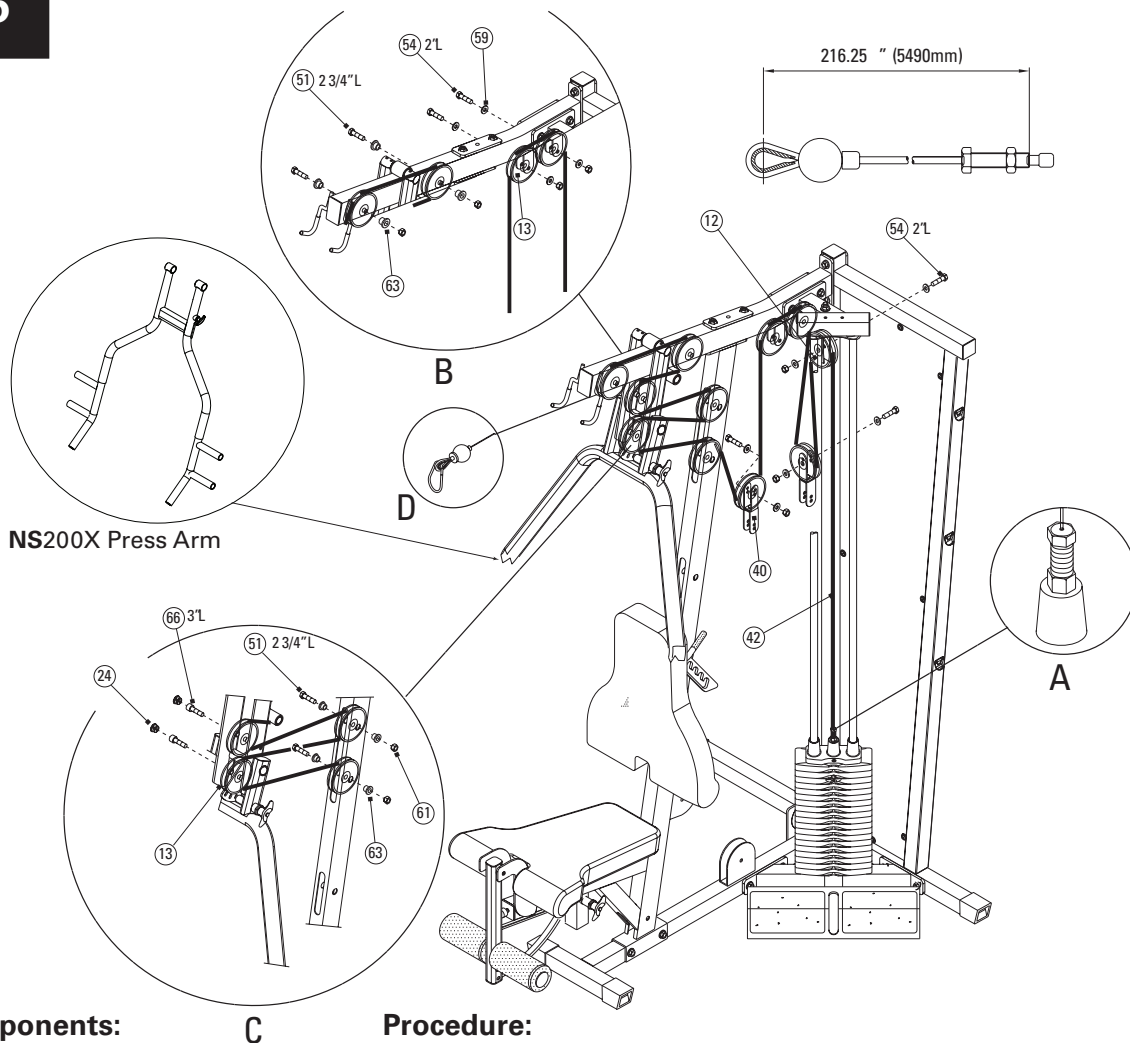
#	Component	Qty
33	Guide Rod	2
34	Weight Stack Bottom Plate	1
35	Selector Stem	1
36	Top Weight	1
37	Weight Plate	19
38	Guide Rod Holder	1
39	Weight Stack Cushion	2
56	Cap Head Allen Screw 1"L	2
74	Weight Selector Pin	1

Procedure:

- A.** Slide Weight Stack Cushion (39) on each Guide Rod (33) allowing approximately 3" of Guide Rod showing below the Weight Stack Cushion. Insert Guide Rods (33) into holes in the Calf Raise/Low Pulley Frame as shown.
- B.** Slide Weight Stack Bottom Plate (34) on top of Weight Stack Cushions (39).
- C.** Place nineteen Weight Plates (37) and the Selector Rod/Top Plate Assembly (35 & 36) on the Guide Rods (33) as shown. Install Weight Plates (37) so that the selector pin hole faces forward and is located on the bottom of the plate. Install the Selector Rod/Top Plate Assembly 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 (38) on the top of the Guide Rods (33) and attach the Guide Rod Holder (38) to the Top Stack Support Frame using the hardware shown. Tighten hardware securely.
- E.** Place Weight Selector Pin (74) in the bottom Weight Plate (37).

STEP 6

ASSEMBLY



Step 6 Components:

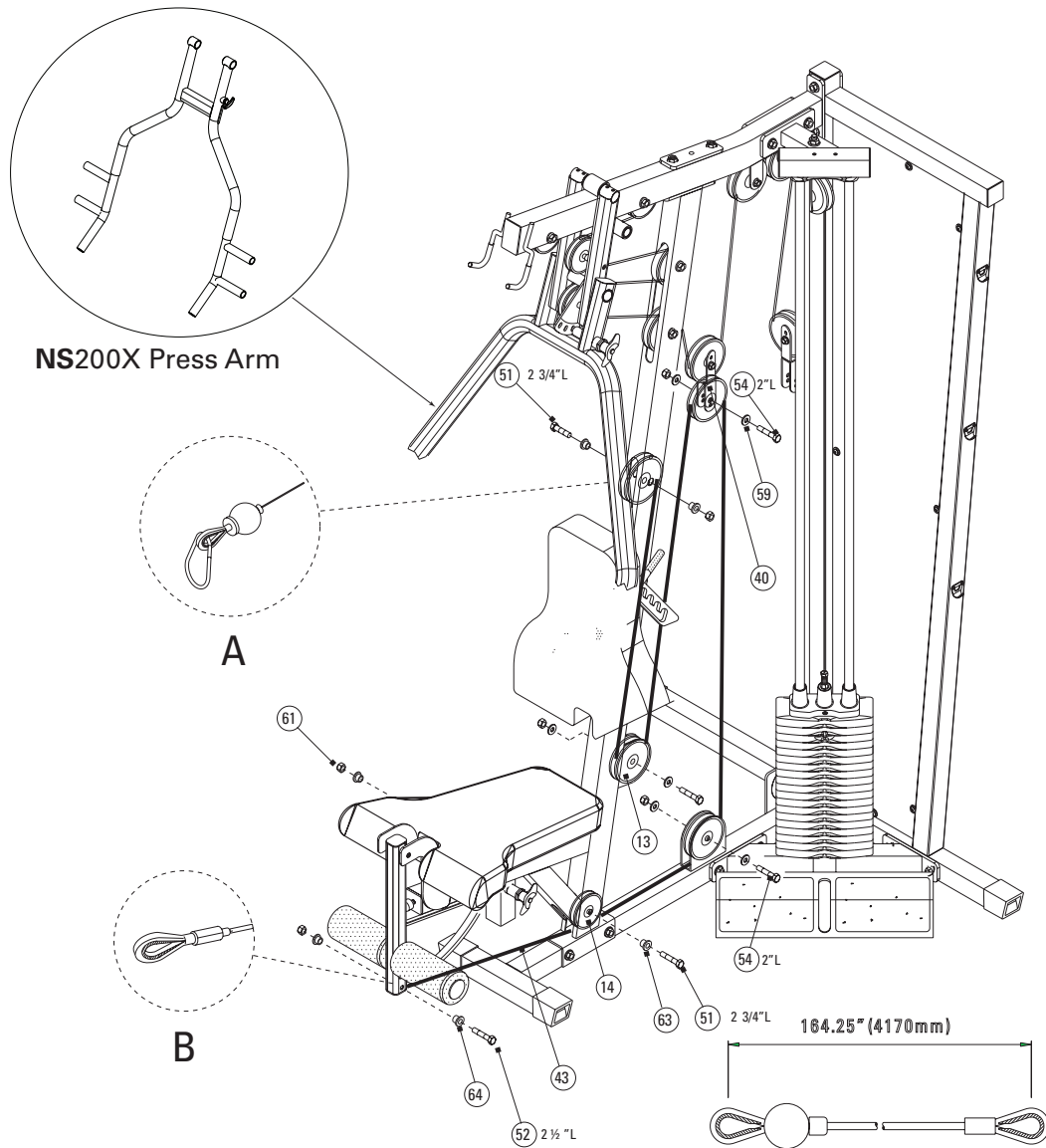
#	Component	Qty
13	4 1/2" Pulley	11
24	Snap Cap - Large	2
40	Double Floating Pulley Bracket	2
42	Cable #2 - Pull Down (216.25")	1
51	Hex Bolt 3/8" x 2 3/4"L	4
54	Hex Bolt 3/8" x 2"L	5
59	3/8" Flat Washer	10
61	3/8" Lock Nut	9
63	Step Spacer - 5/8"H	8
66	Cap Head Allen Screw 3"L	2

Procedure:

- Thread one end of Cable #2 (42) into the Selector Rod/Top Plate Assembly as shown in Detail A. Do not tighten locking nut.
- Draw Cable #2 (42) over a 4 1/2" Pulley (13) and place it in the Floating Pulley Bracket (12) making sure that the lower section of the Floating Pulley Bracket (12) is located between the Guide Rods. Attach Pulley to Bracket using hardware shown. Tighten hardware securely.
- Loop Cable #2 (42) around a 4 1/2" Pulley (13) and place it in a Double Floating Pulley Bracket (40). Attach Pulley in the inner hole of the bracket using the hardware shown. Tighten hardware securely.
- Draw Cable #2 (42) around two 4 1/2" Pulleys (13) and place them in the brackets shown in Detail B. Attach the Pulleys using hardware shown. Tighten hardware securely.
- Repeat Step C using a second Double Floating Pulley Bracket (40).
- Draw Cable #2 (42) around a 4 1/2" Pulley (13) and place it in the upper slot of the Front Upright Frame. Attach Pulley to the lower hole in the slot using hardware shown in Detail C. Tighten hardware securely.
- Loop Cable #2 (42) around a 4 1/2" Pulley (13) and place it in Press Arm Support Assembly. Attach Pulley using the lower hole using hardware shown in Detail C. Tighten hardware securely.
- Loop Cable #2 (42) around a 4 1/2" Pulley (13) and place it in the upper slot of the Front Upright Frame. Attach Pulley to the upper hole in the slot using hardware shown in Detail C. Tighten hardware securely.
- Repeat Step G attaching the Pulley (13) to the upper hole.
- Loop Cable #2 (42) around a 4 1/2" Pulley (13) and place it in the Top Frame. Attach Pulley using hardware shown in Detail B. Tighten hardware securely. Note: Leave end of Cable #2 inside the Top Frame tube.
- Feed Cable #2 (42) through the Top Frame tube and out the front slot. Draw Cable around a 4 1/2" Pulley (13). Attach Pulley in front slot using hardware shown in Detail B. Tighten hardware securely.
- Attach Snap Caps (24) in Press Arm Support Assembly as shown.

STEP 7

ASSEMBLY



Step 7 Components:

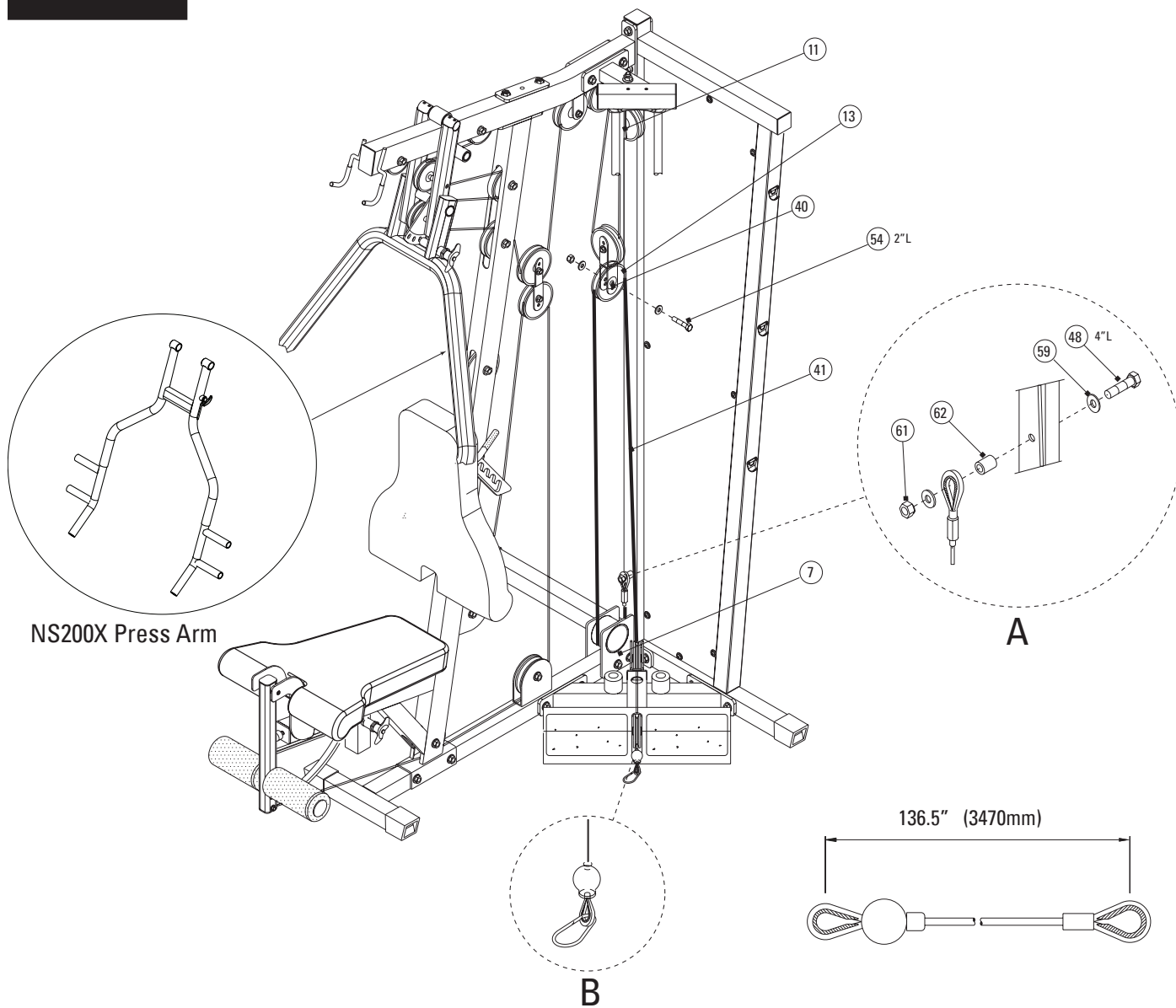
#	Component	Qty
13	4 ½" Pulley	4
14	3 ½" Pulley	1
43	Cable #3 - Leg Extension (164.25")	1
51	Hex Bolt 3/8" x 2 3/4" L	2
52	Hex Bolt 3/8" x 2 1/2" L	1
54	Hex Bolt 3/8" x 2" L	3
59	3/8" Flat Washer	6
61	3/8" Lock Nut	6
63	Step Spacer - 5/8"H	4
64	Step Spacer - 7/8"H	2

Procedure:

- Draw Cable #3 (43) over a 4 ½" Pulley (13) and place Pulley in middle slot of Front Upright Frame. Attach using hardware shown. Tighten hardware securely. Note cable termination in Detail A.
- Loop Cable #3 (43) around a 4 ½" Pulley (13) and attach Pulley to the low bracket on the Front Upright Frame using the hardware shown. Tighten hardware securely.
- Loop Cable #3 (43) around a 4 ½" Pulley (13) and place in the Double Floating Pulley Bracket shown. Attach Pulley to inner hole using hardware shown. Tighten hardware securely.
- Draw Cable #3 (43) around a 4 ½" Pulley (13) and attach Pulley to the bracket on the Main Base Frame using hardware shown. Tighten hardware securely.
- Draw Cable #3 (43) under a 3 ½" Pulley (14) and attach Pulley to the Front Upright Frame in the low slot using hardware shown. Tighten hardware securely.
- Attach Cable #3 (43) termination shown in Detail B to the Leg Extension Assembly using hardware shown. **DO NOT OVER TIGHTEN.**

STEP 8

ASSEMBLY



NS200X Press Arm

A

B

136.5" (3470mm)

Step 8 Components:

#	Component	Qty
13	4 1/2" Pulley	1
41	Cable #1 - Low Row (136.5")	1
48	Hex Bolt 3/8" x 4"L	1
54	Hex Bolt 3/8" x 2"L	1
59	3/8" Flat Washer	4
61	3/8" Lock Nut	2
62	Pulley Spacer	1

Procedure:

- Loop Cable #1 (41) around a 4 1/2" Pulley (13) and place in Double Floating Pulley Bracket (40) shown. Attach Pulley to bracket in the inner hole using the hardware shown. Tighten hardware securely.
- Wrap Cable #1 (41) under Cable Housing (7) and attach termination to Rear Frame using hardware shown in Detail B. **DO NOT OVER TIGHTEN.** If cable termination does not reach the connection hole on Rear Frame, adjust Pulleys (13) in the Double Floating Pulley Bracket (40) to Increase cable length.
- Once all cables have been installed, align Floating Pulley Bracket (11) so that Cable #2 is vertical and does not rub against the Floating Pulley Bracket. Tighten hardware firmly so that the Floating Pulley Bracket (11) will not spin.

Note: This cable termination is used for exercise attachments such as a leg press. If an attachment is used, do not install Cable Housing (7). Please refer to attachment instructions for installation.

STEP 9**Attach Accessories**

- A. Attach the Handles, Curl Bar, Lat Bar, Chain, Ankle Cuff 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 the combination of four adjustment locations. These locations are the Double Floating Pulley Brackets and the Selector Rod Top Plate Assembly. The Cable System should be tightened as tight as possible yet still allow the Selector Pin to freely engage all weights.
- 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.

WARRANTY INFORMATION

What Is Covered

Nautilus Fitness Products warrants to the original purchaser of this Nautilus Home Gym to be free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser.

Nautilus Home Gyms

The frame and welds of the Nautilus Home Gyms are warranted to the original purchaser for life from date of original purchase. Upholstery, pulleys, bushings and bearings are warranted for ten years to the original purchaser from date of purchase. Cables, grips, and all other parts are warranted to the original purchaser for a period of 1 year from date of purchase.

Warranties Do Not Cover

- A machine purchased for commercial or institutional use.
- Damage due to use by persons who weigh more than 300 pounds.
- Damage due to abuse, misuse, accident or acts of God (such as floods).
- Consequential or incidental damages.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

What We Will Do

Nautilus Fitness Products will repair any product that proves to be a defect in materials or workmanship. In the event repair is not possible, Nautilus Fitness Products, at its option, will either replace your Nautilus Home Gym or refund your purchase price.

How To Get Service

To obtain service for a Nautilus Fitness Product, contact an authorized Nautilus Fitness Retailer. You may also contact a Nautilus company representative at 800-864-1270 to help you locate a dealer in your area.

How State Law Applies

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

WORLDWIDE CUSTOMER SERVICE

• NORTH AMERICA OFFICE

Nautilus, Inc.
World Headquarters
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