

Be Strong.™



 **NAUTILUS** NS 600X
Assembly Manual

Model: NS 600X

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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® NS600X. 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 NS600X 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.

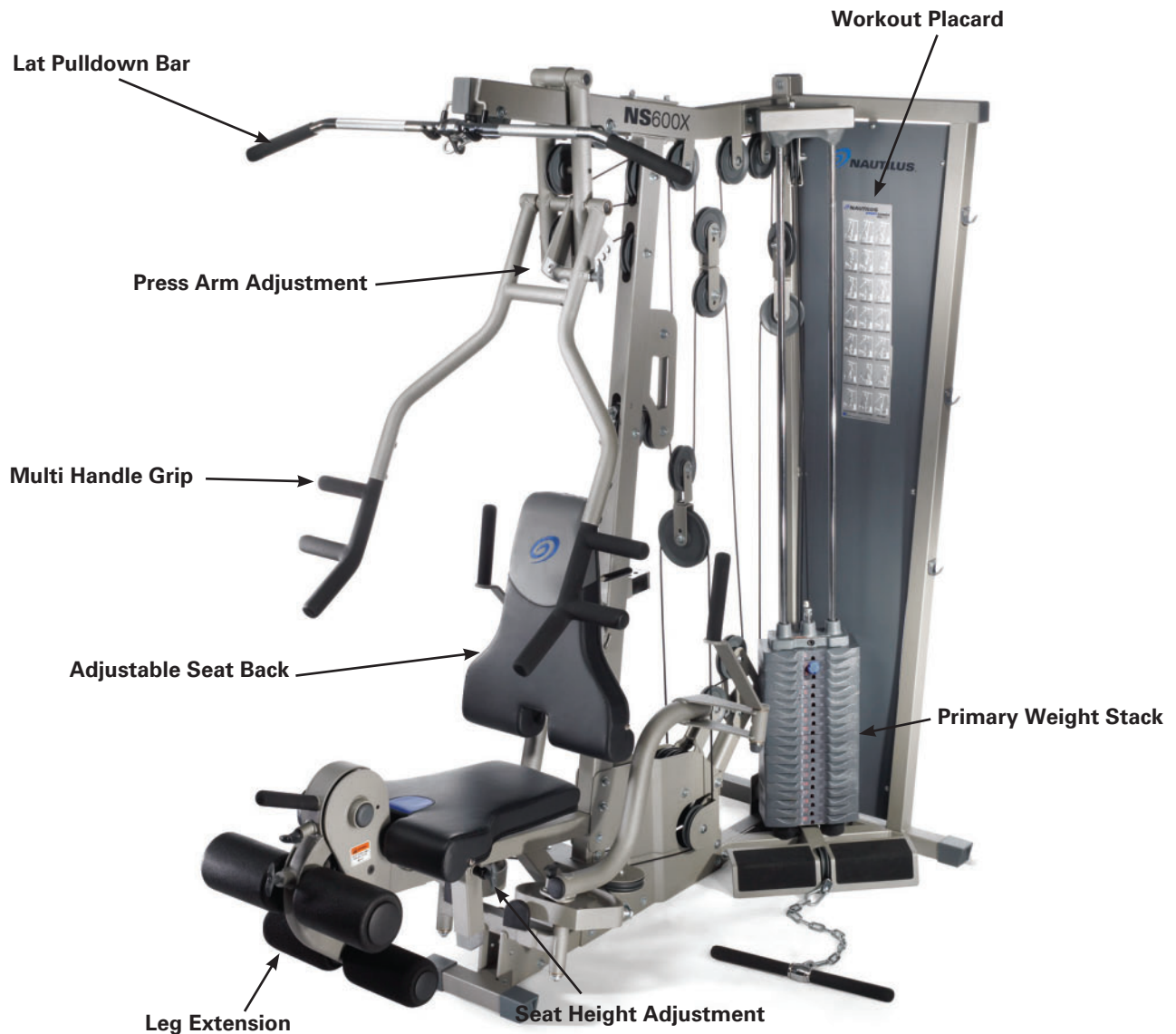
Familiarize yourself with the illustrations to understand what the assembled NS600X will look like. Select where you are going to locate your NS600X carefully. Assemble your NS600X in the location and position where you intend to use it. You will need at least 36 inches (.91 meters) on each side of the NS600X and 36 inches (.91 meters) behind your NS600X during assembly. The rear of the NS600X 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:	47" w x 72" l x 83" h / 119 cm x 183 cm x 211cm
Shipping Weight:	474.4 lbs / 215.2 kg
Net Weight:	408.3 lbs / 185.2 kg

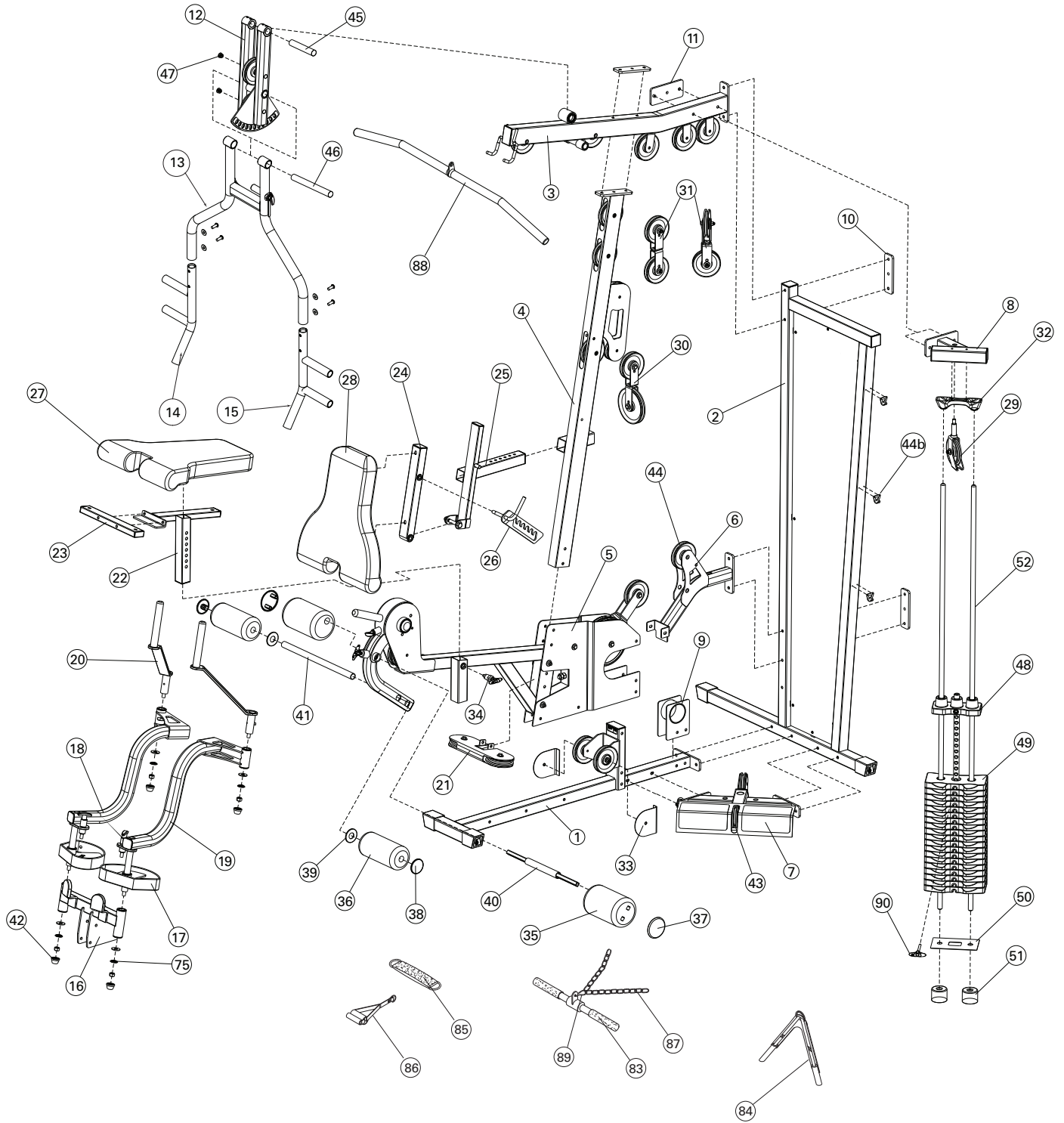
PRODUCT FEATURES



PARTS LIST / BOX CONTENTS

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Base	1	CABLE		
2	Rear Frame	1	53	Cable #1 - Pulldown Cable (226")	1
3	Top Frame.....	1	54	Cable #2 - Mid Pulley Cable (96.75")	1
4	Front Upright.....	1	55	Cable #3 - Low Row Cable (137.75")	1
5	Leg Extension Frame	1	56	Cable #4 - Pec Fly Cable (122.5")	1
6	Pulley Mount	1	HARDWARE		
7	Calf Raise / Low Pulley Frame.....	1	57	Hex Bolt - 1/2" x 3 1/4"L	1
8	Top Stack Support Frame.....	1	58	Hex Bolt - 3/8" x 4 1/2"L	1
9	Cable Housing	1	59	Hex Bolt - 3/8" x 4 1/4"L	4
10	2 inch Backing Plate.....	3	60	Hex Bolt - 3/8" x 4"L	1
11	3 inch Backing Plate.....	1	61	Hex Bolt - 3/8" x 3 1/4"L	8
12	Press Arm Support Assembly.....	1	62	Hex Bolt - 3/8" x 3"L	16
13	Press Arm	1	63	Hex Bolt - 3/8" x 2 3/4"L	4
14	Right Press Arm Handle	1	64	Hex Bolt 3/8" x 2 1/4"L.....	3
15	Left Press Arm Handle.....	1	65	Hex Bolt 3/8" x 2"L.....	5
16	Pec Fly Mount.....	1	66	Hex Bolt - 3/8" x 1 3/4"L	3
17	Pec Fly Cam	2	67	Hex Bolt - 3/8" x 1 1/2" L Threadlock.....	2
18	Right Pec Fly Arm.....	1	68	Cap Head Screw 1/4 x 1"L Threadlock	2
19	Left Pec Fly Arm	1	69	Cap Head Screw 1/4" x 1/2"L Threadlock	2
20	Pec Fly Handle.....	2	70	Button Head Screw 1 3/4"L	2
21	Pec Fly Pulley Bracket.....	1	71	Button Head Screw 3/4"L	4
22	Seat Adjuster	1	72	1 3/8" x 1/2" Flat Washer.....	4
23	Seat Cross Tube	1	73	1" x 1/2" Flat Washer.....	4
24	Back Pad Tube.....	1	74	3/8" Flat Washer.....	79
25	Back Pad Adjuster	1	75	Shim Washer	4
26	Back Pad Adjustment Plate	1	76	1/2" Lock Nut.....	7
27	Seat Pad	1	77	3/8" Lock Nut.....	42
28	Back Pad.....	1	78	Pulley Spacer 1"L.....	1
29	Pulley Bracket.....	1	79	Step Spacer 5/8"H.....	4
30	Pec Double Floating Pulley Bracket	1	80	Step Spacer 1"H.....	2
31	Double Floating Pulley Bracket.....	2	81	Step Spacer 21/32"H.....	2
32	Guide Rod Holder.....	1	82	Set Screw 5/16" x 1/4"L.....	6
33	Low Pulley Cover	2	99	3/8" Curved Washer.....	4
34	T Handle Pop Pin.....	1	ACCESSORIES AND TOOLS		
35	Locking Roller Pad	2	83	Rower Bar	1
36	Foam Roller Pad 8"L.....	2	84	AB Strap.....	1
37	Locking Roller End Cap.....	2	85	Felt Back Ankle Strap.....	1
38	Roller End Cap.....	2	86	Dual Ring Handle Strap	1
39	Plastic Washer.....	2	87	Chain	1
40	Locking Roller Bar	1	88	Lat Bar.....	1
41	Roller Bar	1	89	Cable Clip.....	4
42	Plastic Cap	4	90	Weight Selector Pin	1
43	3 1/2" Pulley.....	2	91	M4 Allen Wrench.....	1
44	4 1/2" Pulley	9	92	M5 Allen Wrench.....	1
45	Press Arm Support Shaft.....	1	93	M6 Allen Wrench.....	1
46	Press Arm Pivot Shaft.....	1	94	M8 Allen Wrench.....	1
47	Snap Cap Large.....	2	95	Touch Up Paint White.....	1
48	Top Weight Assembly	1	96	Touch Up Paint Gray.....	1
49	Weight Plate	19	97	NS 600 Documentation.....	1
50	Weight Stack Bottom Plate.....	1	98	Decal Kit.....	1
51	Weight Stack Cushion.....	2			
52	Guide Rod.....	2			

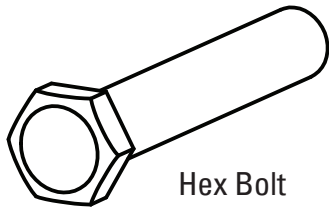
EXPLODED VIEW



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.

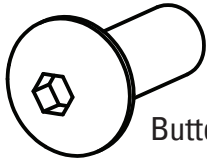
HARDWARE AND TOOLS



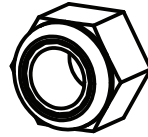
Hex Bolt



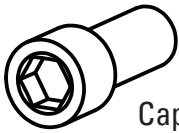
Shim Washer



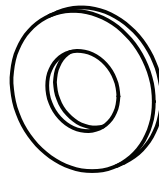
Button Head



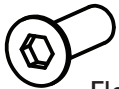
Lock Nut



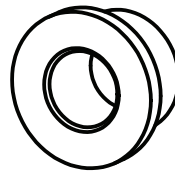
Cap Head



Flat Washer



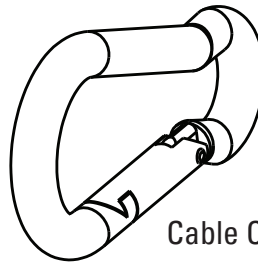
Flat Head



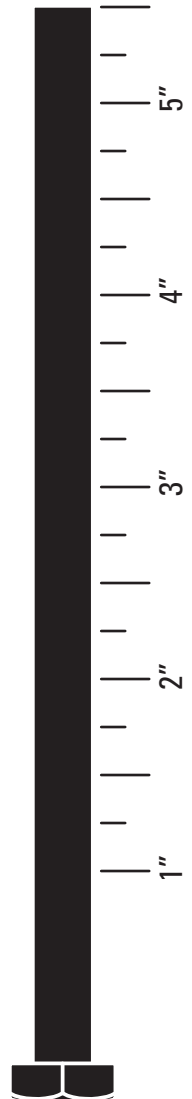
Step Spacer



Self Drilling



Cable Clip



Required Tools:

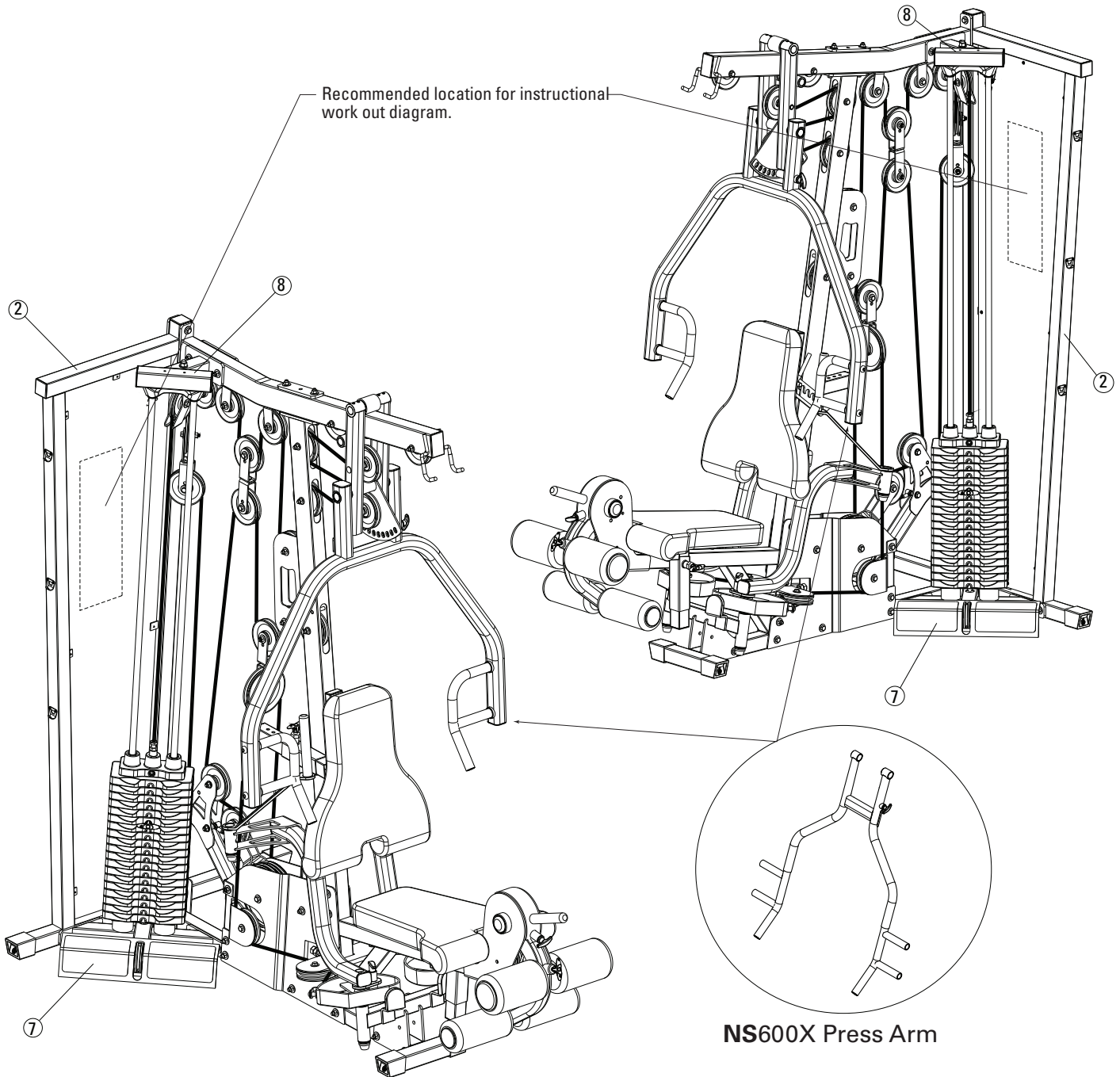
9/16" or 14mm Wrench or Socket (Two Required)

3/4" Wrench or Socket

Adjustable Wrench

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

ASSEMBLY



NS600X 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 (8), and Calf Raise / Low Pulley Frame (7) on the opposite side of the machine.

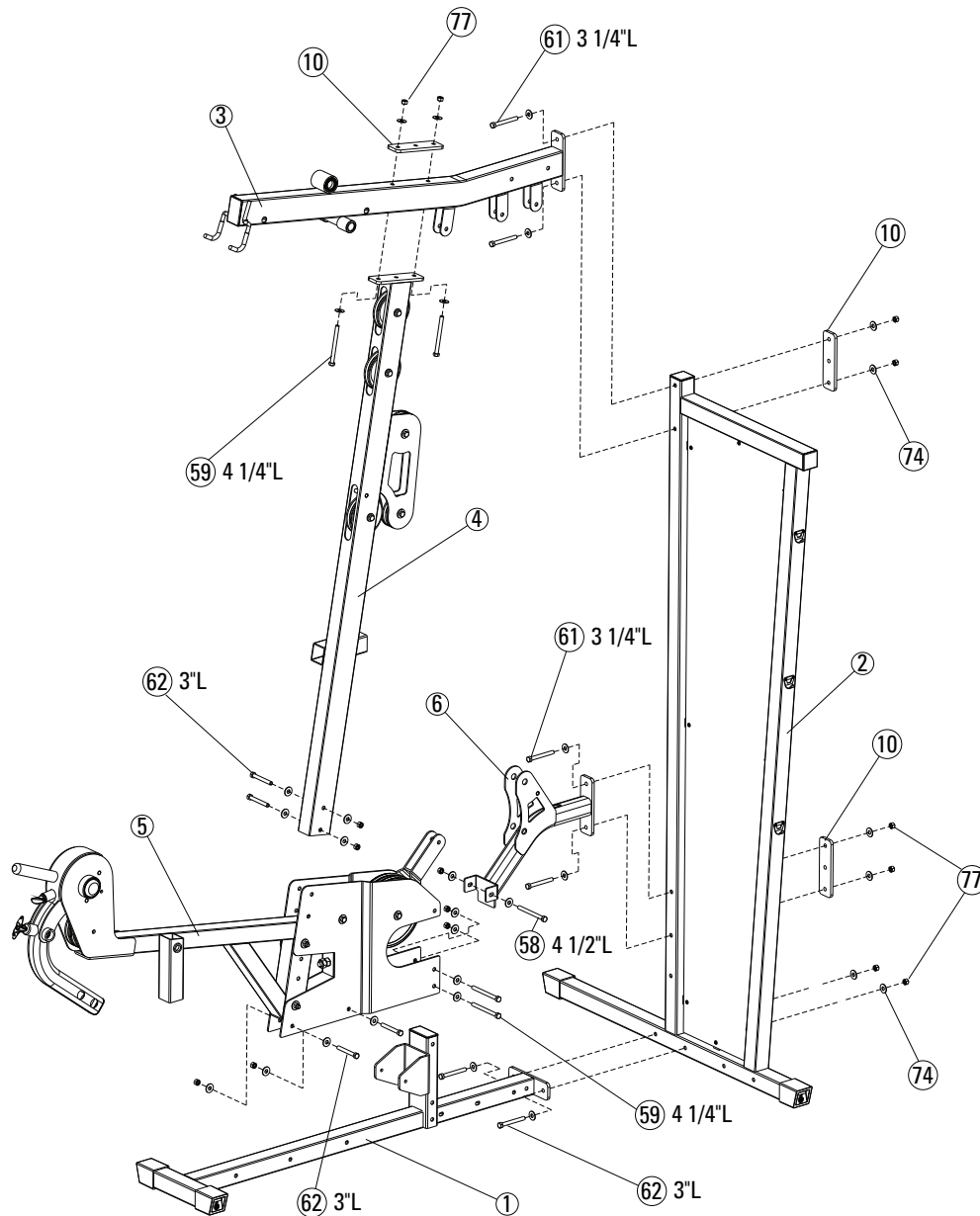
This gym is supplied with an instructional work out diagram which is to be adhered to the Rear Frame (2) back panel. See note in diagram above for recommended location.

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 (8), and Calf Raise / Low Pulley Frame (7) on the opposite side of the machine as shown in the instructions.

Be sure to place the NS 600X 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:

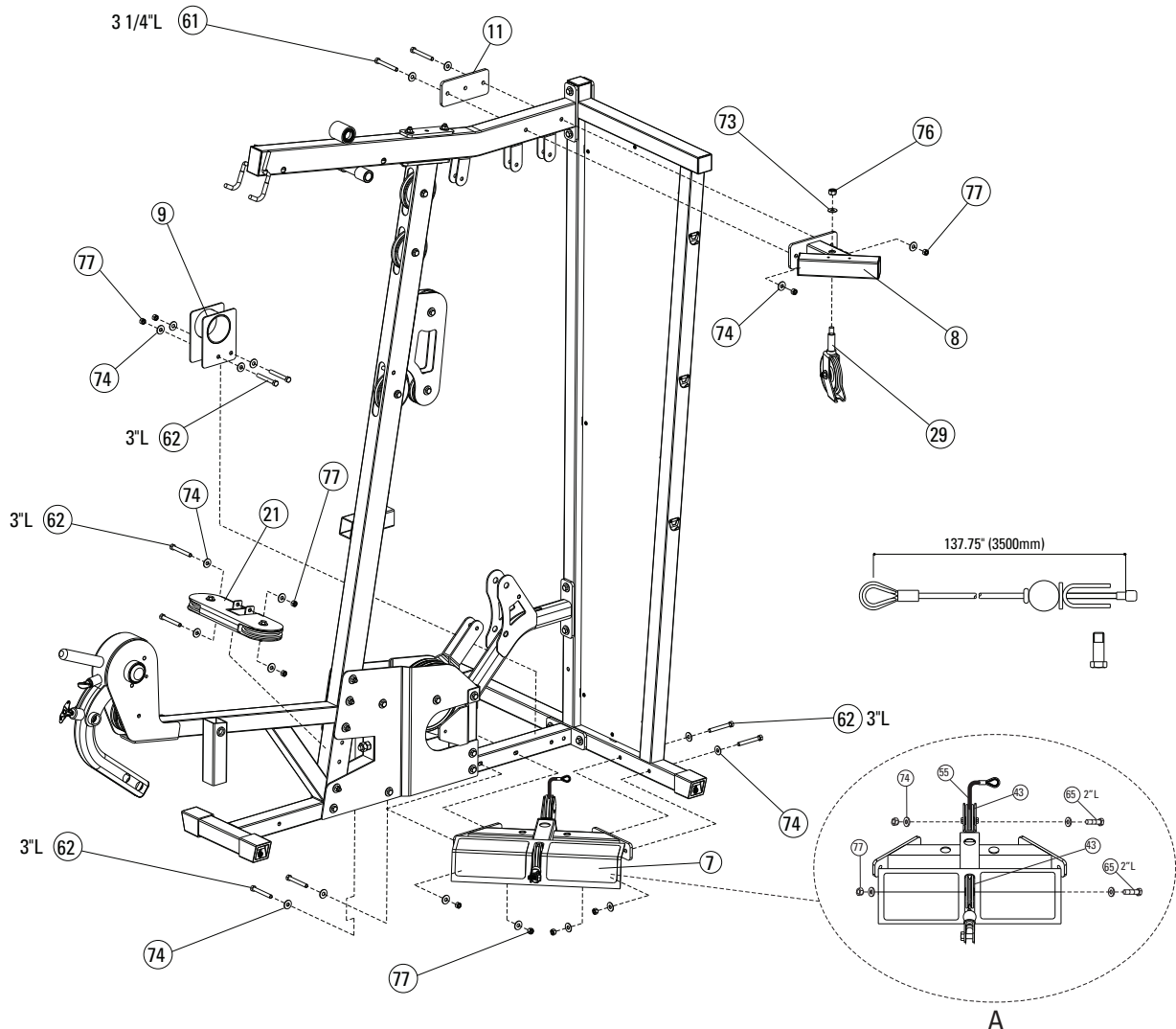
#	Component	Qty
1	Main Base	1
2	Rear Frame	1
3	Top Frame	1
4	Front Upright	1
5	Leg Extension Assembly	1
6	Pulley Mount	1
10	2 Inch Backing Plate	3
58	Hex Bolt 3/8" x 4 1/2"L	1
59	Hex Bolt 3/8" x 4 1/4"L	4
61	Hex Bolt 3/8" x 3 1/4"L	4
62	Hex Bolt 3/8" x 3"L	6
74	3/8" Flat Washer	30
77	3/8" Lock Nut	15

Procedure:

- A.** Attach Main Base (1) to Rear Frame (2) using hardware shown. Do not tighten hardware.
- B.** Attach Leg Extension Assembly (5) to Main Base (1) using hardware shown. Do not tighten hardware.
- C.** Attach Front Upright (4) to Leg Extension Assembly (5) using hardware shown. Do not tighten hardware.
- D.** Attach Top Frame (3) to Front Upright (4) and Rear Frame (2) using hardware shown and 2 Inch Backing Plate (10). Do not tighten hardware.
- E.** Attach Pulley Mount (6) to Leg Extension Assembly (5) and Rear Frame (2) using hardware shown and 2 Inch Backing Plate (10). Tighten all hardware used in this step securely.

STEP 2

ASSEMBLY



Step 2 Components:

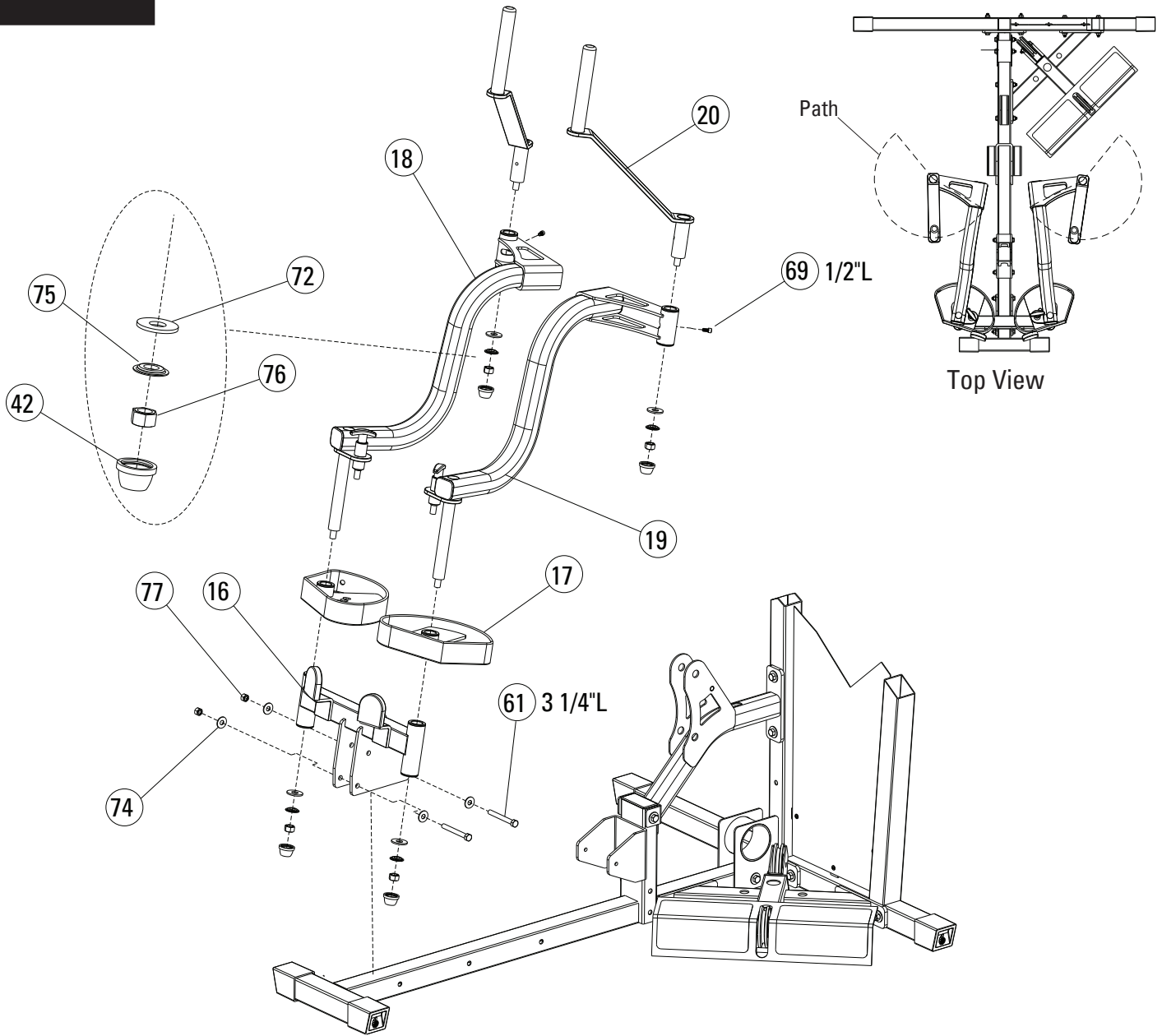
#	Component	Qty
7	Calf Raise / Low Pulley Frame	1
8	Top Stack Support Frame	1
9	Cable Housing	1
11	3 Inch Backing Plate	1
21	Pec Fly Pulley Bracket	1
29	Pulley Bracket	1
43	3 1/2" Pulley	2
55	Low Row Cable	1
61	Hex Bolt 3/8" x 3 1/4"L	2
62	Hex Bolt 3/8" x 3"L	8
65	Hex Bolt 3/8" x 2"L	2
73	1/2" Flat Washer Narrow	1
74	3/8" Flat Washer	24
76	1/2" Lock Nut	1
77	3/8" Lock Nut	12

Procedure:

- Attach Top Stack Support Frame (8) to Top Frame using a 3 Inch Backing Plate (11) and the hardware shown. Tighten hardware firmly.
- Attach Pulley Bracket (29) to Top Stack Support Frame (8) using hardware shown. Do not tighten hardware.
- Attach Cable Housing (9) to Main Base using hardware shown. Tighten hardware firmly. NOTE: If an exercise attachment such as the NS75X is used, do not install Cable Housing (9).
- Attach Pec Fly Pulley Bracket (21) to Leg Extension Assembly using hardware shown. Tighten hardware firmly.
- Install Low Row Cable (55) under Calf Raise / Low Pulley Frame (7). See Detail A. Feed the looped end of the cable through the foot plate side of the Calf Raise / Low Pulley Frame (7). Attach two 3 1/2" Pulleys (43) 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 9. NOTE: Make sure that the cable is NOT wrapped around the cable stop.
- Attach Calf Raise / Low Pulley (7) to the Main Base and Rear Frame using hardware shown. Tighten hardware firmly.

STEP 3

ASSEMBLY



Step 3 Components:

#	Component	Qty
16	Pec Fly Mount	1
17	Pec Fly Cam	2
18	Right Pec Fly Arm	1
19	Left Pec Fly Arm	1
20	Pec Fly Handle	2
42	Plastic Cap	4
61	Hex Bolt 3/8" x 3 1/4"L	2
69	Cap Head Allen Bolt 1/4" x 1/2"L Threadlock	2
72	1 3/8" x 1/2" Flat Washer	4
74	3/8" Flat Washer	4
75	Shim Washer	4
76	1/2" Lock Nut	4
77	3/8" Lock Nut	2

Procedure:

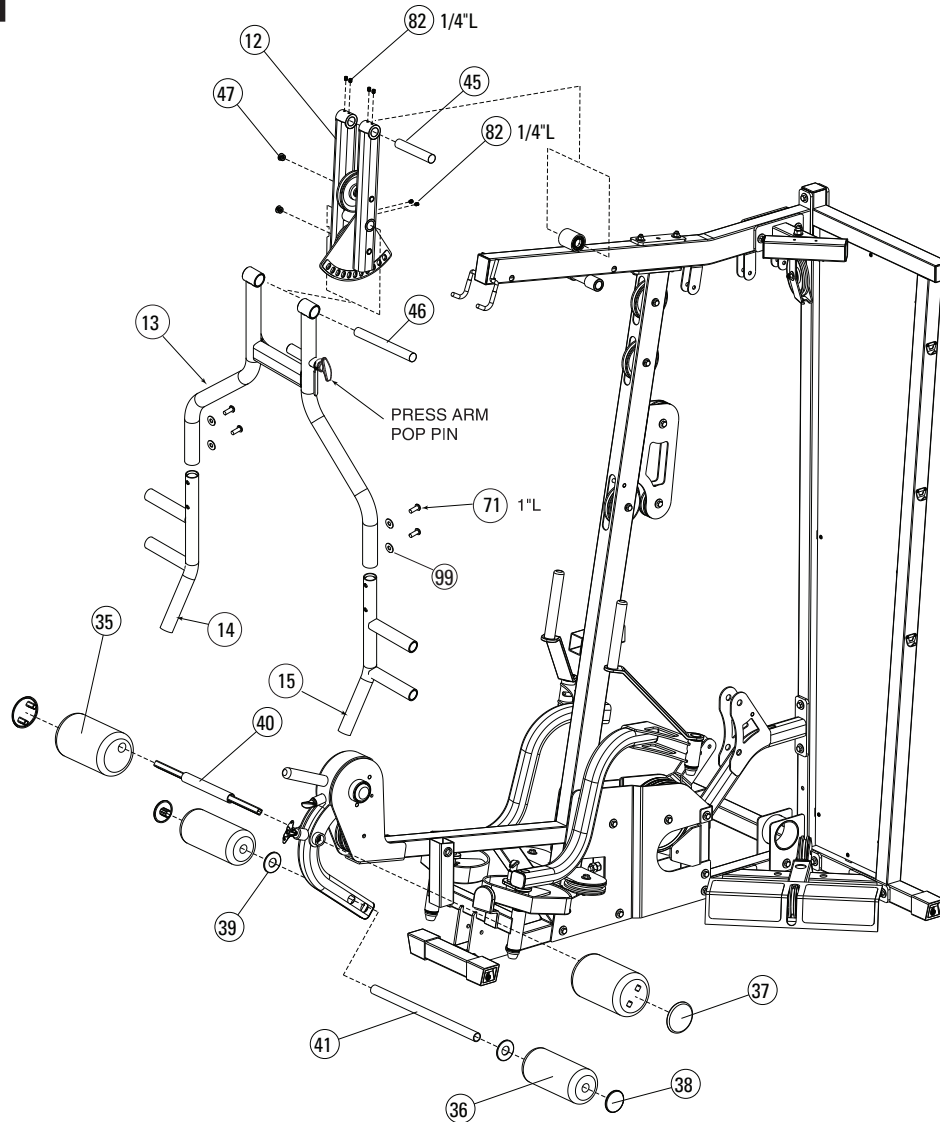
- Attach Pec Fly Mount (16) to Main Base using hardware shown. Tighten hardware firmly.
- Slide Pec Fly Cam (17) onto Left Pec Fly Arm (19) paying close attention to the orientation shown above. Attach the Left Pec Fly Arm (19) to the Pec Fly Mount (16) using the hardware shown. Tighten hardware securely making sure that the Pec Fly Arm can rotate freely.
- Repeat step B using the Right Pec Fly Arm (18).
- Install Pec Fly Handle (20) in the Left Pec Fly Arm (19) using the hardware shown. Tighten hardware securely making sure that the Pec Fly Handle (20) can rotate freely. Install Allen Bolt (69) to Pec Fly Handle (20) as shown. Tighten firmly.

NOTE: Make sure that the path of the Pec Fly Handle is similar to the path shown in the Top View.
- Repeat step D using the Right Pec Fly Arm (18).
- Install Plastic Cap (42) in the four locations shown. The Plastic Cap (42) should snap into place locking around the Shim Washer (75).

NOTE: Rubber Mallet may be needed to install Plastic Cap.

STEP 4

ASSEMBLY



Step 4 Components:

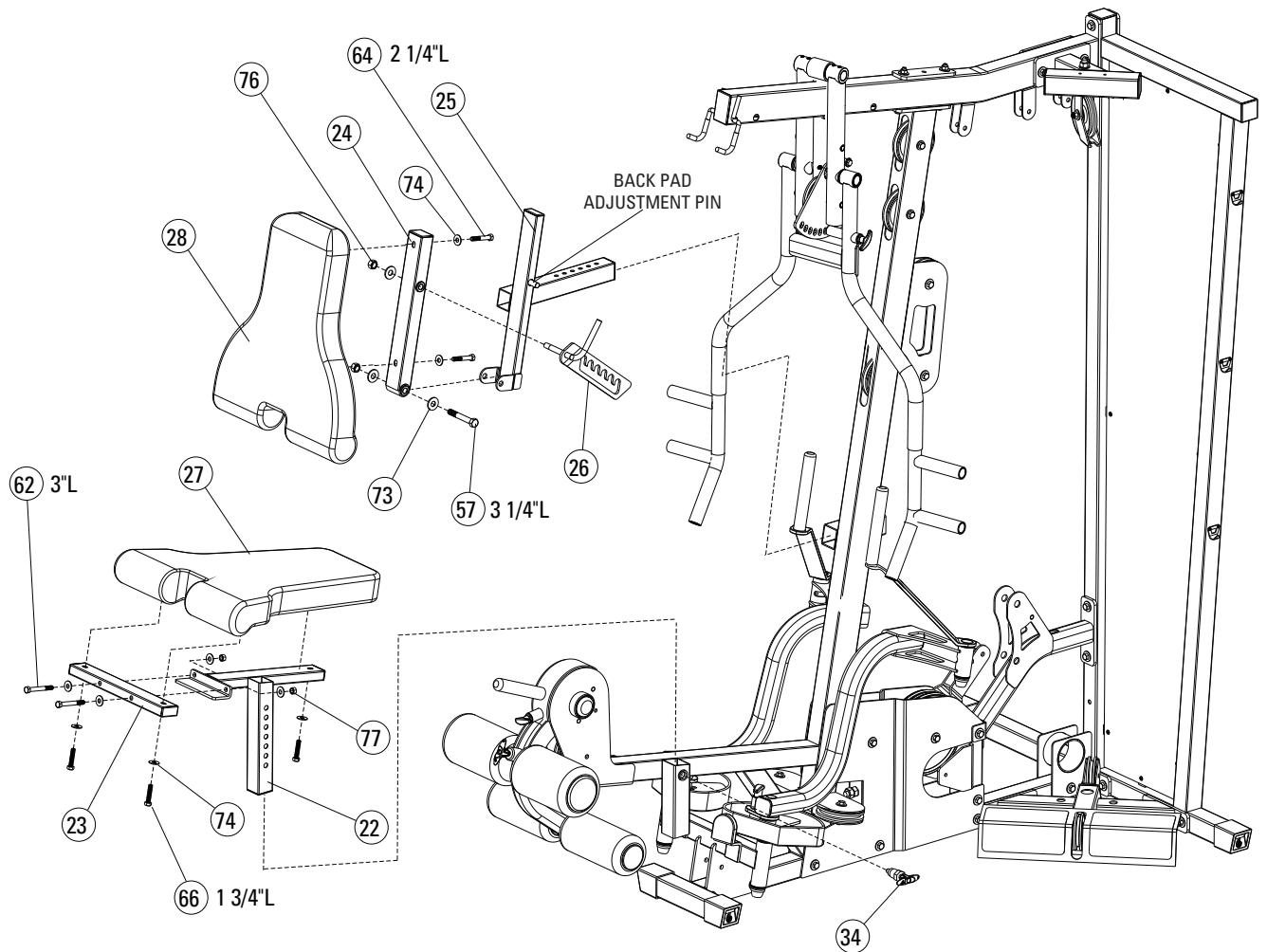
#	Component	Qty
12	Press Arm Support Assembly	1
13	Press Arm	1
14	Right Press Arm Handle	1
15	Left Press Arm Handle	1
35	Locking Roller Pad	2
36	Foam Roller Pad 8" L	2
37	Locking Roller End Cap	2
38	Roller End Cap	2
39	Plastic Washer	2
40	Locking Roller Bar	1
41	Roller Bar	1
45	Press Arm Support Shaft	1
46	Press Arm Pivot Shaft	1
47	Snap Cap Large	2
71	Button Head Screw 3/4" L	4
99	3/8" Curved Washer	4
82	Set Screw 5/16" x 1/4" L	6

Procedure:

- Attach Press Arm Support Assembly (12) to the Top Frame using the Press Arm Support Shaft (45). Align shaft and tighten with 4 set screws (82) as shown.
- Attach Press Arm (13) to Press Arm Support Assembly (12) using the Press Arm Pivot Shaft (46). Pull Back on Press Arm Pop Pin or remove for ease of assembly. Align Shaft and tighten two set screws (82) as shown.
- Attach Press Arm Handles (14) (15) using the hardware shown. Tighten hardware firmly.
- Slide the Roller Bar (41) through the Leg Extension tube. Either of the bottom two holes can be used depending on best fit for user.
- Slide a Plastic Washer (39) followed by a Foam Roller Pad (36) on the Roller Bar (41). Press the Roller End Cap (38) firmly into the Roller Bar (41). Repeat for the opposite side.
- Slide the Locking Roller Bar (40) through the leg extension tube as shown making sure that it is centered. Slide the Locking Roller Pad (35) on the Locking Roller Bar (40). Press the Locking Roller End Cap (37) into the Locking Roller Bar (40). Repeat for the opposite side making sure that the Locking Rollers are aligned.

STEP 5

ASSEMBLY



Step 5 Components:

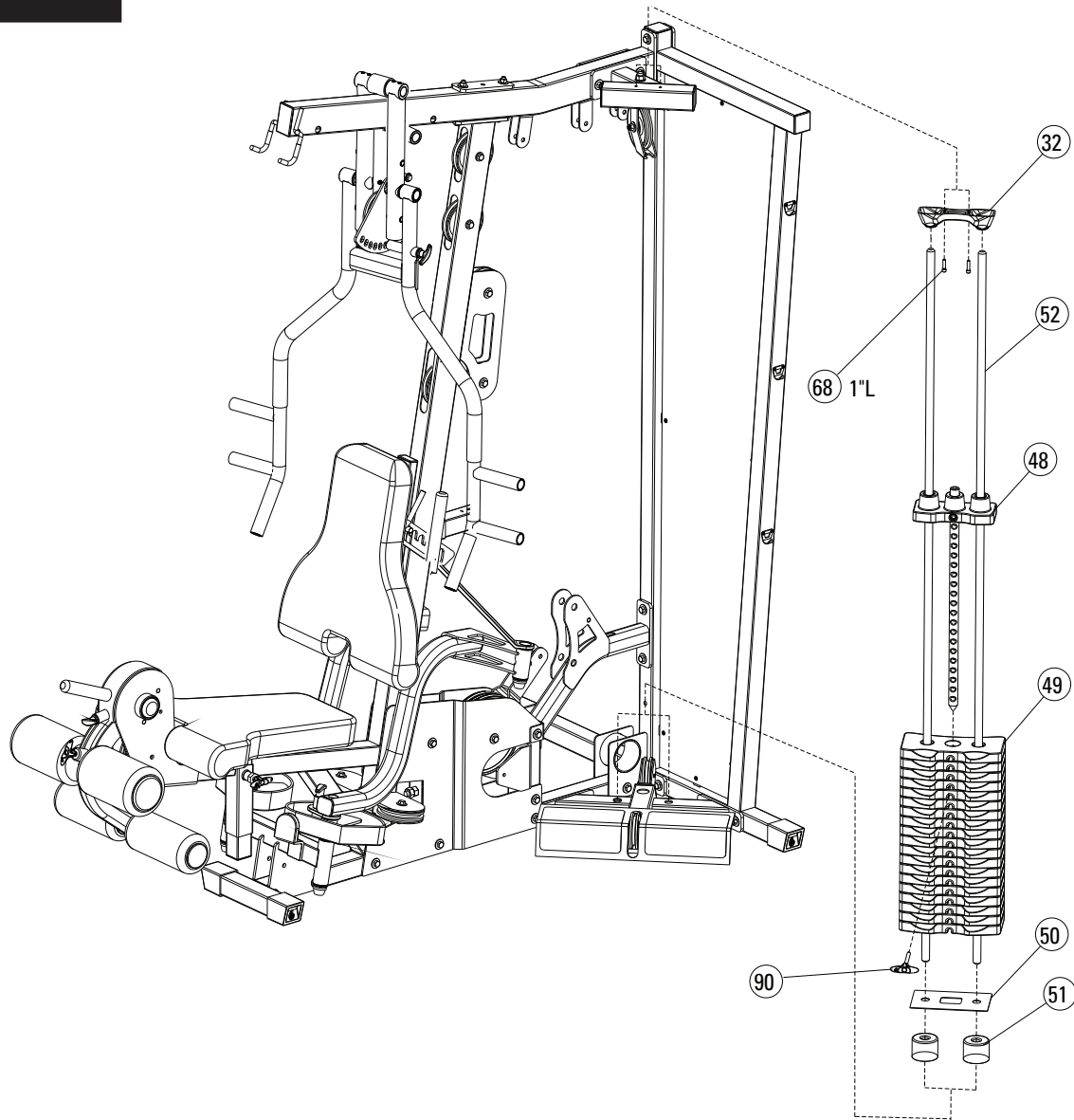
#	Component	Qty
22	Seat Adjuster	1
23	Seat Cross Tube	1
24	Back Pad Tube	1
25	Back Pad Adjuster	1
26	Back Pad Adjustment Plate	1
27	Seat Pad	1
28	Back Pad	1
34	T Handle Pop Pin	1
57	Hex Bolt 1/2" x 3 1/4"L	1
62	Hex Bolt 3/8" x 3"L	2
64	Hex Bolt 3/8" x 2 1/4"L	2
66	Hex Bolt 3/8" x 1 3/4"L	3
73	1/2" Flat Washer Narrow	3
74	3/8" Flat Washer	9
76	1/2" Lock Nut	2
77	3/8" Lock Nut	2

Procedure:

- Attach Seat Cross Tube (23) to Seat Adjuster (22) using hardware shown. Tighten hardware securely.
- Attach Seat Pad (27) to Seat Cross Tube (23) and Seat Adjuster (22) using hardware shown. Tighten hardware securely.
- Attach T Handle Pop Pin (34) to the Leg Extension Assembly with adjustable wrench.
- Install Seat Adjuster (22) in Leg Extension Assembly in the slot shown. Use the Pop Pin (34) to adjust height. NOTE: Pop Pin is threaded so that the seat can be locked in place.
- Attach Back Pad Tube (24) to Back Pad (28) using hardware shown. Tighten hardware securely.
- Attach Back Pad Tube (24) to Back Pad Adjuster (25) using hardware shown. Tighten hardware securely making sure the Back Pad Tube (24) can rotate freely.
- Attach Back Pad Adjustment Plate (26) to Back Pad Tube (24) using hardware shown. Make sure that the Back Pad Adjustment Pin rests inside the slot of the Back Pad Adjustment Plate (26). Tighten hardware securely making sure the Back Pad Adjustment Plate (26) can rotate freely.
- Install Back Pad Adjuster (25) in Front Upright in the slot shown.

STEP 6

ASSEMBLY



Step 6 Components:

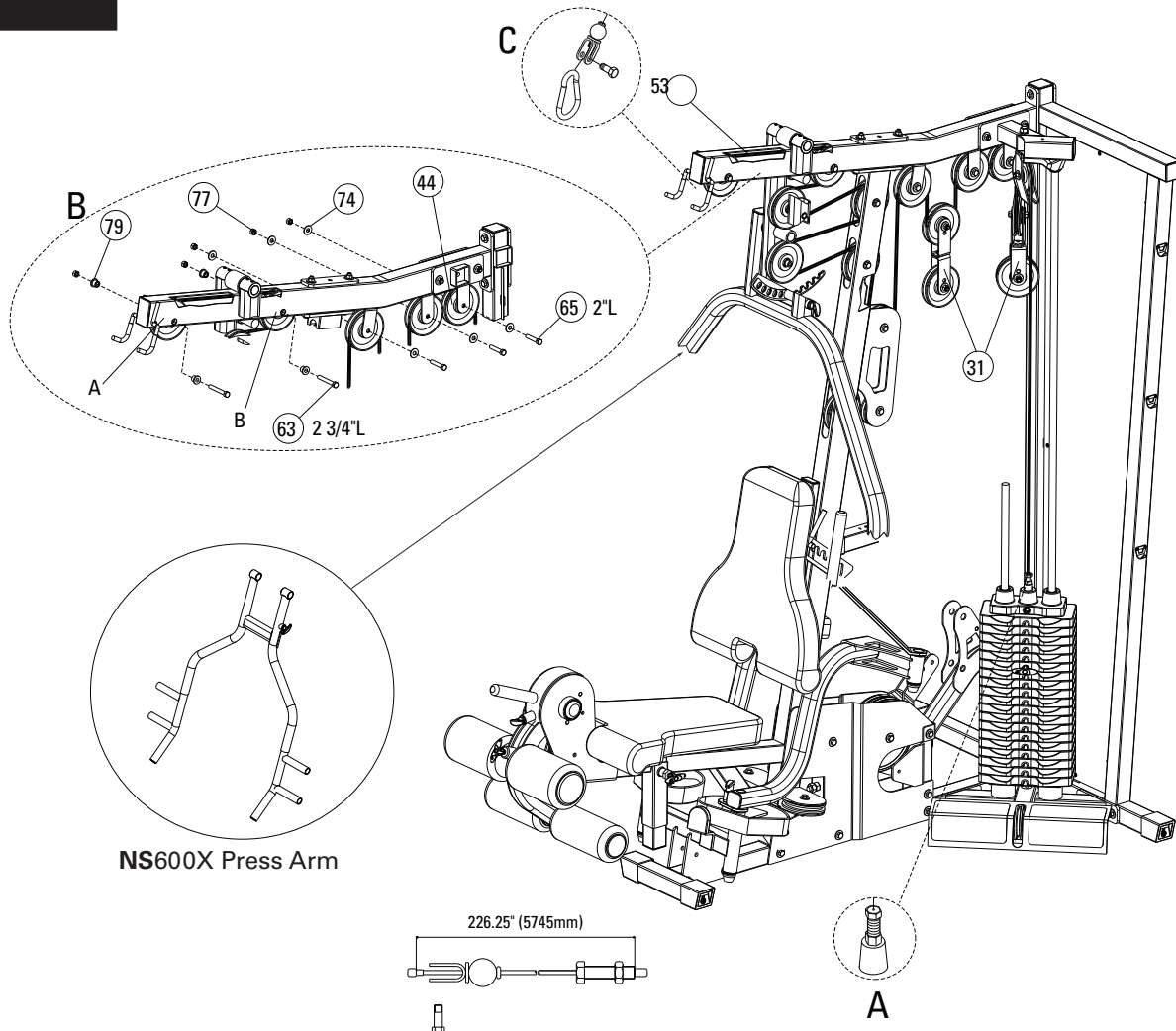
#	Component	Qty
32	Guide Rod Holder	1
48	Top Weight Assembly	1
49	Weight Plate	19
50	Weight Stack Bottom Plate	1
51	Weight Stack Cushion	2
52	Guide Rod	2
68	Cap Head Allen Bolt 1/4" x 1" L Threadlock	2
90	Weight Selector Pin	1

Procedure:

- A.** Slide Weight Stack Cushion (51) on each Guide Rod (52) allowing approximately 3 inches of Guide Rod showing below the Weight Stack Cushion (51). Insert Guide Rods (52) into holes in the Calf Raise/Low Pulley Frame as shown.
- B.** Slide Weight Stack Bottom Plate (50) on top of Weight Stack Cushions (51).
- C.** Place Nineteen Weight Plates (49) and the Top Weight Assembly (48) on the Guide Rods (52) as shown. Install Weight Plates (49) so that the selector pin hole faces forward and is located on the bottom of the plate. Install the Top Weight Assembly (48) 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 (32) on the top of the Guide Rods (52) and attach the Guide Rod Holder (32) to the Top Stack Support Frame using the hardware shown. Tighten hardware securely.
- E.** Place Weight Selector Pin (90) in the bottom Weight Plate (49).

STEP 7

ASSEMBLY



NS600X Press Arm

Step 7 Components:

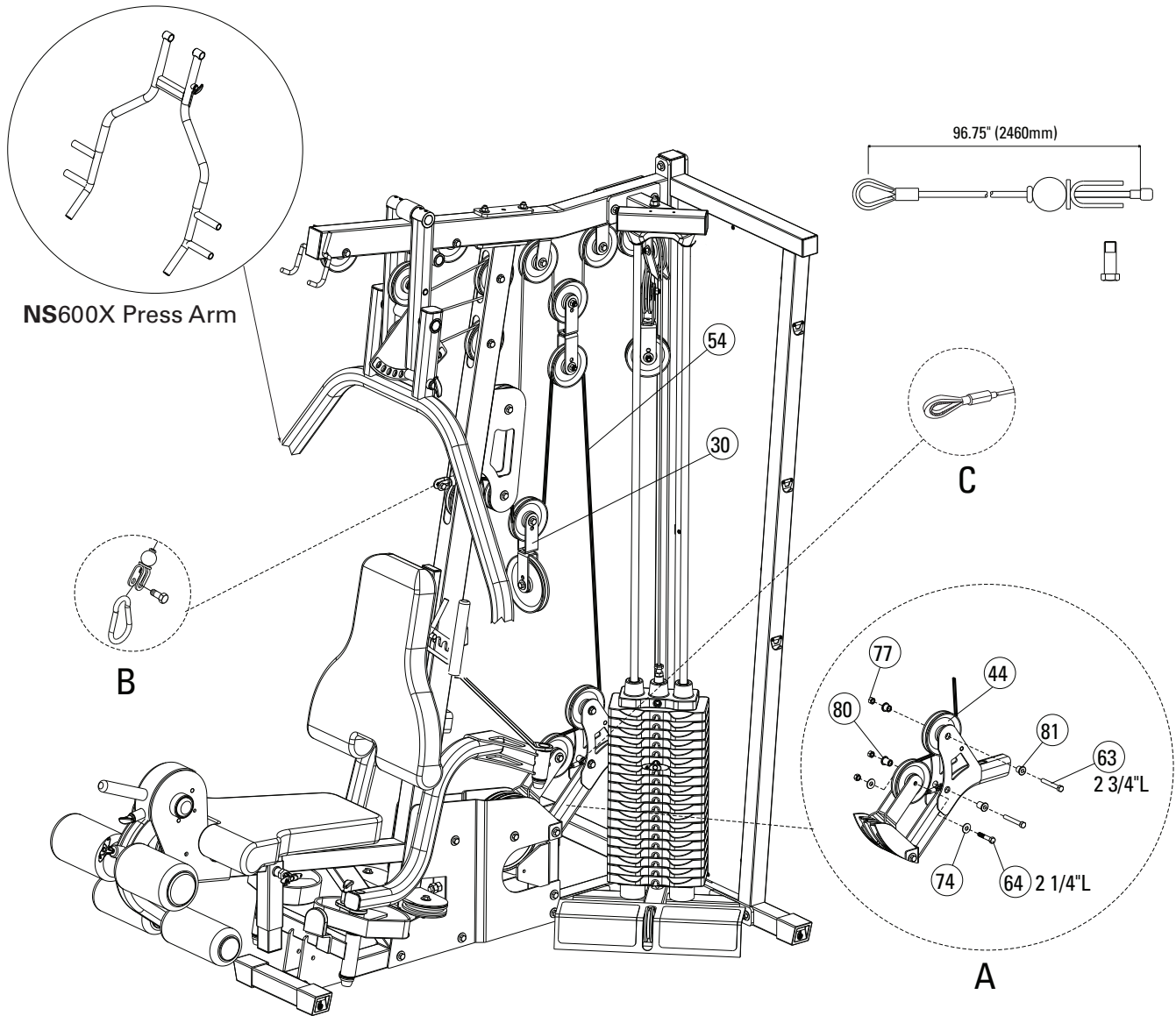
#	Component	Qty
31	Double Floating Pulley Bracket	2
44	4 1/2" Pulley	5
52	Cable #1 - Pull Down	1
63	Hex Bolt 3/8" x 2 3/4" L	2
65	Hex Bolt 3/8" x 2" L	3
74	3/8" Flat Washer	6
77	3/8" Lock Nut	5
79	Step Spacer 5/8"H	4

Procedure:

- A.** Attach Three 4 1/2" Pulleys (44) to the brackets located on the Top Frame using the hardware shown in detail B. Tighten hardware securely.
- B.** Thread one end of Cable #1 (53) into the Top Weight Assembly as shown in detail A. Do not tighten locking nut.
- C.** Remove the Ball, Washer, and U-Bracket from the other end of Cable #1.
- D.** Route Cable #1 (53) over the Pulley located above the weight stack and around a Pulley installed in a Double Floating Pulley Bracket (31) as shown.
- E.** Route Cable #1 (53) over two 4 1/2" Pulleys (44) located on the Top Frame and around a Pulley installed on a second Double Floating Pulley Bracket (31) as shown. Proceed by routing the Cable around a 4 1/2" Pulley on the Top Frame.
- F.** Route Cable #1 around the 4 1/2" Pulley installed in the bracket on the Front Upright and over the Pulley located just above the bracket. Proceed by routing the cable around the lower Pulley on the Press Arm Support, around the upper Pulley on the Front Upright, and around the upper Pulley on the Press Arm Support as shown.
- G.** Feed Cable #1 (53) Through the Top Frame tube and out the front slot. Re-install the Ball, Washer, and U-Bracket to the end of the cable. Make Sure the rubber o-ring is still in its original position.
- H.** Loop Cable #1 around a 4 1/2" Pulley (44) and attach it to the Top Frame in Location A using hardware shown. Proceed by looping the Cable around a 4 1/2" Pulley (44) and attach it to the Top Frame in Location B using the hardware shown. Make sure the cable is seated properly in the Pulleys, and tighten hardware securely.

STEP 8

ASSEMBLY



Step 8 Components:

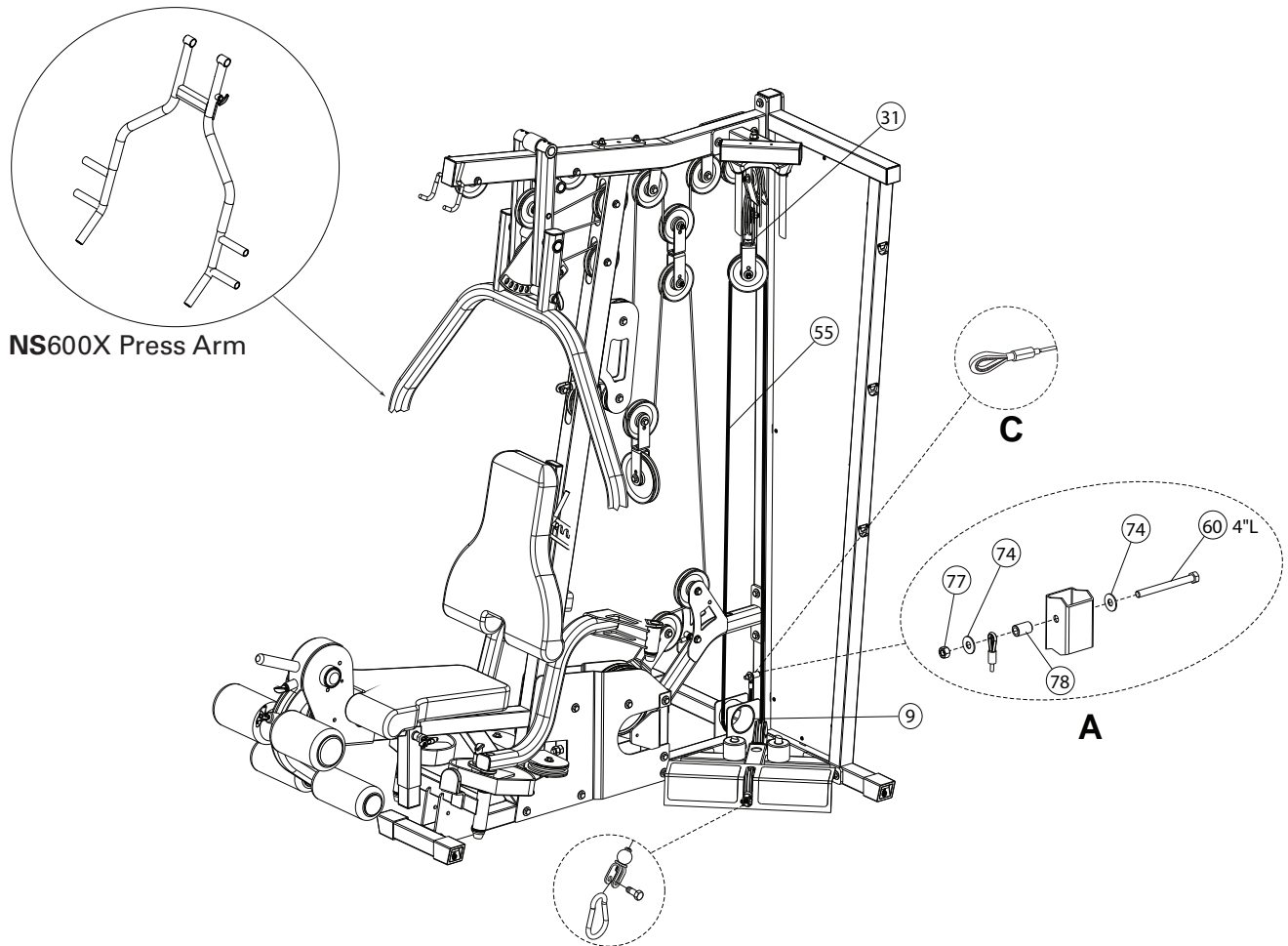
#	Component	Qty
30	Pec Fly Double Floating Pulley Bracket	1
44	4 1/2" Pulley	2
54	Cable #2 - Mid-Pulley Cable	1
63	Hex Bolt 3/8" x 2 3/4"L	2
64	Hex Bolt 3/8" x 2 1/4"L	1
74	3/8" Flat Washer	2
77	3/8" Lock Nut	3
80	Step Spacer 1"H	2
81	Step Spacer 21/32"H	2

Procedure:

- Attach Two 4 1/2" Pulleys (44) to the brackets shown in detail A using the hardware shown. Tighten hardware securely.
- Remove the Ball, Washer, and U-Bracket from one end of Cable #2 (54).
- Attach looped end of Cable #2 (54) to the Pulley Mount bracket using the hardware shown in detail A.
- Route Cable #2 (54) around the 4 1/2" Pulley located on the Leg Extension assembly and around the 4 1/2" Pulley on the Pulley Mount Bracket. Proceed by routing the Cable around the lower Pulley on the Double Floating Pulley Bracket (30) as shown.
- Route Cable #2 (54) around the 4 1/2" Pulley on the Pec Fly Double Floating Pulley Bracket (30). Continue by routing Cable over the 3 1/2" Pulley in the bracket on the Front Upright and over the 4 1/2" Pulley adjacent to it.
- Re-install the Ball, Washer, and U-Bracket to the end of the cable. Be sure that the rubber o-ring is in its original position.

STEP 9

ASSEMBLY



NS600X Press Arm

Step 9 Components:

#	Component	Qty
55	Cable #1 - Low Row	1
60	Hex Bolt 3/8" x 4"L	1
74	3/8" Flat Washer	2
77	3/8" Lock Nut	1
78	Pulley Spacer 1"L	1

Procedure:

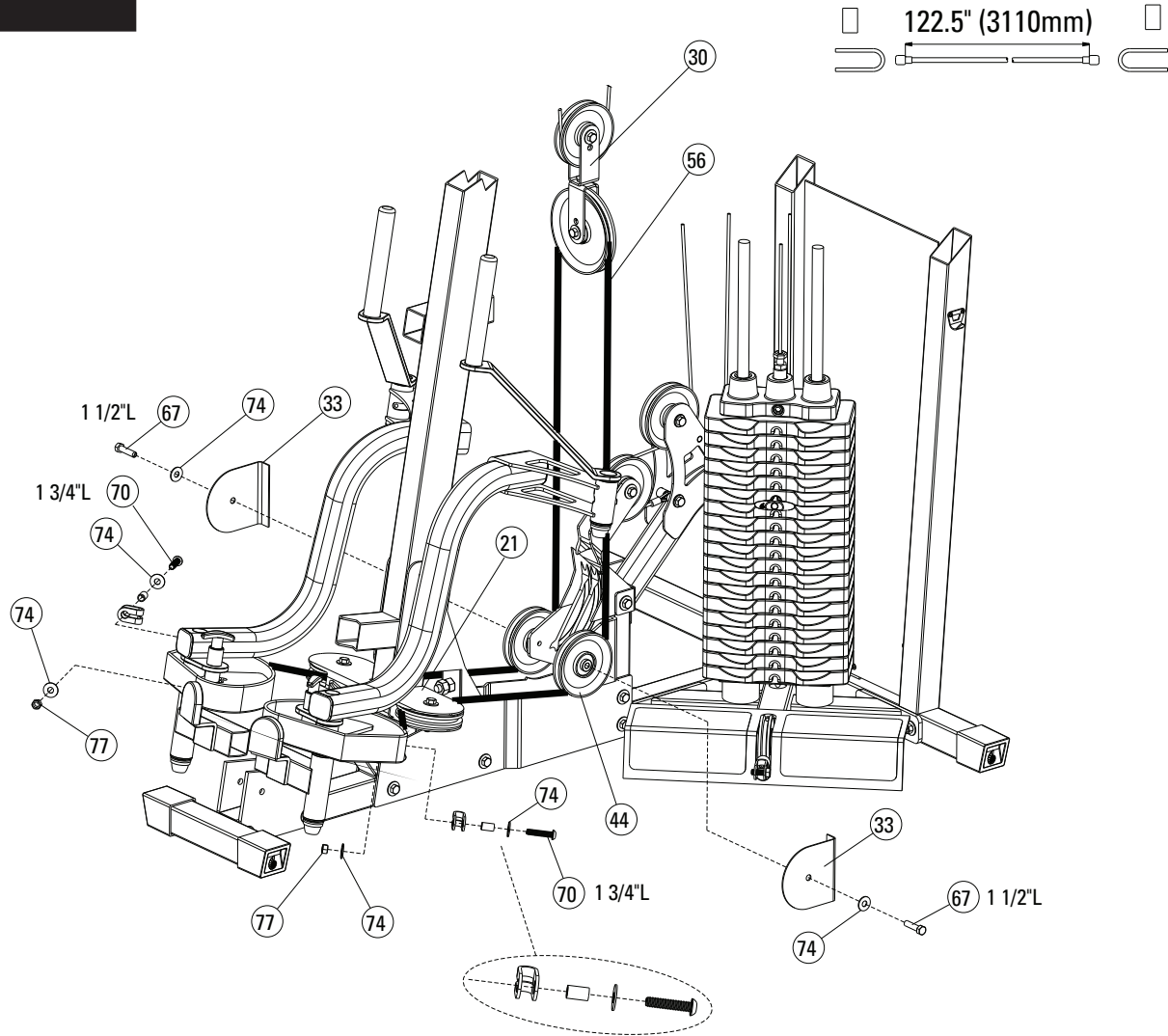
- Remove the lower Pulley from the Double Floating Pulley Bracket (31). Loop Cable #3 (55) around the Pulley and re-install the Pulley as shown. Tighten hardware firmly.
- Wrap Cable #3 (55) under the Cable Housing (9) and attach the termination to the Rear Frame using the hardware shown in detail A. **DO NOT OVERTIGHTEN.**
NOTE: Make sure to route Cable through the hole in the Pulley Mount tube.

NOTE:

This Cable termination is used for exercise attachments such as the NS-75. If an attachment is used, do not install Cable Housing (9). Please refer to attachment instructions for installation.

STEP 10

ASSEMBLY



Step 10 Components:

#	Component	Qty
33	Low Pulley Cover	2
44	4 1/2" Pulley	2
56	Cable #4 - Pec Fly Cable	1
67	Hex Bolt 3/8" x 1 1/2"L Threadlock	2
70	Button Head Screw 1 3/4"L	2
74	3/8" Flat Washer	6
77	3/8" Lock Nut	2

Procedure:

- Attach two 4 1/2" Pulleys (44) to either side of the Leg Extension Assembly using the Low Pulley Cover (33) and the hardware shown. Note the orientation of the Low Pulley Covers. Tighten hardware firmly.
- Attach the Cable #4 (56) termination to the left Pec Fly Cam using the hardware shown. Be sure to place the groove in the termination bracket against the cam. Tighten hardware securely.
- Remove the bracket and spacer from the other end of Cable #4 (56). Route the Cable around the left Pulley in the Pec Fly Pulley Bracket (21) as shown. Proceed by routing the Cable around the Pulley on the left side of the Leg Extension Assembly as shown. Be sure that the Low Pulley Cover (33) does not interfere with the Cable.
- Route Cable #4 (56) around the 6" Pulley in the Pec Fly Double Floating Pulley Bracket (30) and around the Pulley on the right side of the Leg Extension Assembly as shown. Be sure the Low Pulley Cover (33) does not interfere with the Cable.
- Route Cable #4 (56) around the right Pulley in the Pec Fly Pulley Bracket (21) as shown, and attach the cable termination to the right Pec Fly Cam using the hardware shown. Be sure to place the groove in the termination bracket against the cam. Tighten hardware securely.

NOTE: If the cable termination does not reach the connection hole on the cam, adjust the Pulleys in the Double Floating Pulley Brackets to increase cable length.

STEP 11**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 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.

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For more information about our Nautilus Home Gyms or other Nautilus® equipment for your home, visit www.Nautilus.com.

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