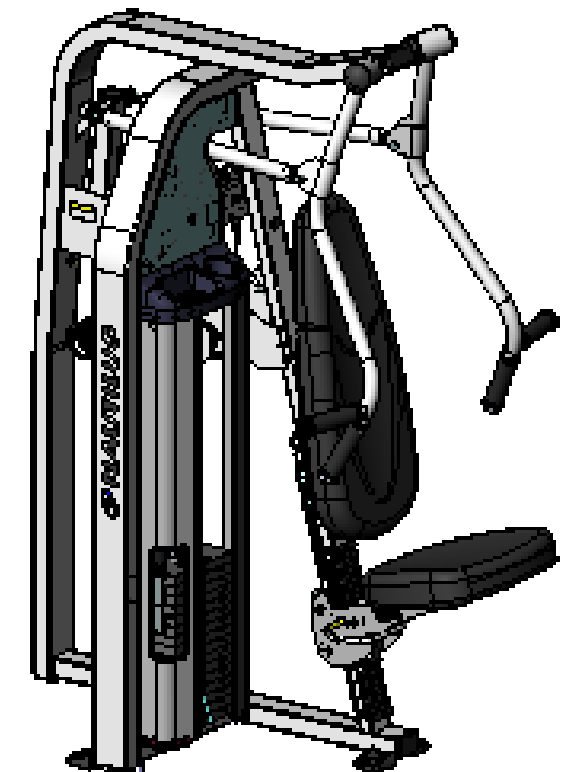




Number	S5VC/QTY.	DESCRIPTION
BF604B	1	NITRO PLUS VC BACKFRAME
HB601	1	SEAT ADJUSTMENT RACK
SF610	1	NITRO VC SEAT BACK
MA606	1	NITRO PLUS VC LEFT MA
MA607	1	NITRO PLUS VC RIGHT MA
SE613	1	RELEASE HANDLE
LK609B	1	NITRO PLUS VC LINKAGE ASSEMBLY
LK650	2	NITRO PLUS VC DRAG LINK
01-4038	1	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 2 1/2"
	2	BUTTON HEAD SOCKET CAP SCREW
01-0013	1	5/16 -18 UNC x 5 1/2 Bolt
01-1564	3	1/2 -13 UNC x 4 1/2 Bolt
01-1565	1	1/2 -13 UNC x 5 Bolt
01-1381	1	1/2 -13 UNC x 4 Bolt
01-1362	1	1/2 -13 UNC x 3 1/2 Bolt
01-0011	1	1/2 -13 UNC x 3 Bolt
01-2205	2	5/8-11 UNC x 2 3/4 Bolt Cutoff
01-1520	1	5/8-11 UNC x 4 Bolt
02-9220	2	3/8 -16 UNC x 1 1/4 Bolt
01-1185	3	3/8 -16 UNC x 3 1/2 Bolt
01-1552	1	3/8 -16 UNC x 4 Bolt
01-1553	1	3/8 -16 UNC x 4 1/2 Bolt
01-4035	2	1/4 -20 UNC x 1 1/4 Wiz Lock Bolt
01-4030	8	1/4 -20 UNC x 1 Wiz Lock Bolt
01-1115	4	3/8 -16 UNC x 2 1/2 Bolt
03-1067	3	5/8" Lock Nut
03-1035	5	3/8" Lock Nut
03-5101	2	1/4" Hex Nut
03-3043	1	5/16" Lock Nut
03-1055	8	1/2" Lock Nut
04-5214	6	1/2" Internal Loc Washer
04-5213	13	3/8" Internal Loc Washer
04-5202	1	WASHER, FLAT, 5/16" USS
02-2290	4	1/4 -20 UNC x 1 1/4" LENGTH FLAT HEAD SOCKET CAP SCREW SS
02-3055	8	SCREW, SET, 1/4 -28 UNF x 1/4
12-6024	1	VC PLACARD SHIELD
09-5046	4	Nitro Plus Footpad
Shield Assembly- Painted	1	SHIELD ASSEMBLY
UP8238	1	LOWER CONTOURED BACK PAD
UP8237	1	STD TALL TOP BACK PAD
03-4035	10	1/4-20 INSERT 11/16" LONG
07-9850	4	1" BEARING MOLDED FLANGE
07-9607	2	MOLDED BEARING CUP
OPT-AW	1	Add On Weight Assembly

Number	S5VC/QTY.	DESCRIPTION
OPT-WT-04	1	WEIGHTSTACK ASSEMBLY #04
03-5118	2	5/8" LH Fine Thread Jam Nut
03-5119	2	5/8" RH Fine Thread Jam Nut
05-5105	4	.500 ID Bushing (IGUS Replacement)
06-5045	2	NYLON BELT ROLLER
06-9036	2	---
06-9036	2	SEALMASTER CTMD-10Y
06-9035	2	---
06-9035	2	---
07-5032	1	SEAT TRACK
07-5033	1	SEAT TRACK BACK
07-5034	3	SEAT ROLLERS
07-5064	6	6203 RADIAL BEARING
07-5545	1	LOWER BRACKET MOUNT
07-5579	2	IDLER PULLEY SPACER
07-8230	1	STANDARD SEAT CLEVIS PIN
07-8363	3	IDLER PULLEY SPACER
07-9376	3	SEAT ROLLER SLEEVE
07-8359	2	IDLER PULLEY SPACER
07-8683	1	STANDARD SEAT 0 degree
56-0217	1	Clamp Belt ONE
07-9771	2	IDLER PULLEY SPACER
07-9821	1	Movement Arm Hub Spacer
07-9849	2	MOLDED BEARING CAP, Ti SERIES
07-9868	1	IDLER PULLEY SPACER
07-9372	1	---
07-9873	2	MOLDED BEARING CAP WITH HOLE
08-1535	4	Rod End Spacer 5/8"
08-5067	1	SLEEVE
08-5098	1	BUSHING NYLON
09-1004	2	.500 ID X 3" CLOSED END
09-1102	4	1.438 ID X 5 1/2 OPEN END GRIP
09-2040	1	1 1/2 X 2 11 GA FRAME PLUG
09-2070	2	2 X 2 11 GA FRAME PLUG
09-2090	1	2 X 3 X 11 GA FRAME PLUG
09-3055	2	2 X 4 11 GA FRAME PLUG
09-4077	2	BEARING 1 1/2 SQ X 3/4 ID
09-4080	1	RUBBER BUMPER OLD RB#1
09-4092	3	BUMPER
09-8018	2	GUIDE ROD BUSHING
09-8327	3	REDIRECTIONAL PULLEY 3"
09-8329	2	WIDE PULLEY 3" DIA
09-9520	4	GRIP CAP 1.530 ID (FOR 1 1/2 BAR)
09-9550	4	GRIP RING 1.530 ID (FOR 1 1/2" BAR)
09-9605	4	TUBE INSERT 1.125 ID PN3046-4-1

Number	S5VC/QTY.	DESCRIPTION
10-1022	1	Extension Spring
10-1025	1	SPRING, TORSION
12-1145	1	SEAT BACK ADJ. DECAL
17-1306	2	GUIDE ROD
19-1015	4	2" Square Duo-Loc
12-1104	1	SEAT ADJUSTMENT DECAL 1-11
12-5611	1	Standard Nautilus Transfer Decal
12-1146	1	SEAT ADJ DECAL 1
12-1026	2	KEEP HANDS AWAY
12-1380	1	MADE IN USA
12-1164	1	WARNING DECAL, MINI WEIGHT SELECTOR PIN
32-0001	1	PAD SEAT STANDARD "ONE" CONTOURED
12-6023	1	VC PLACARD SHIELD
18-0012 (86")	1	MECTROL BELT 1" (86")



S5VC Vertical Chest Parts List

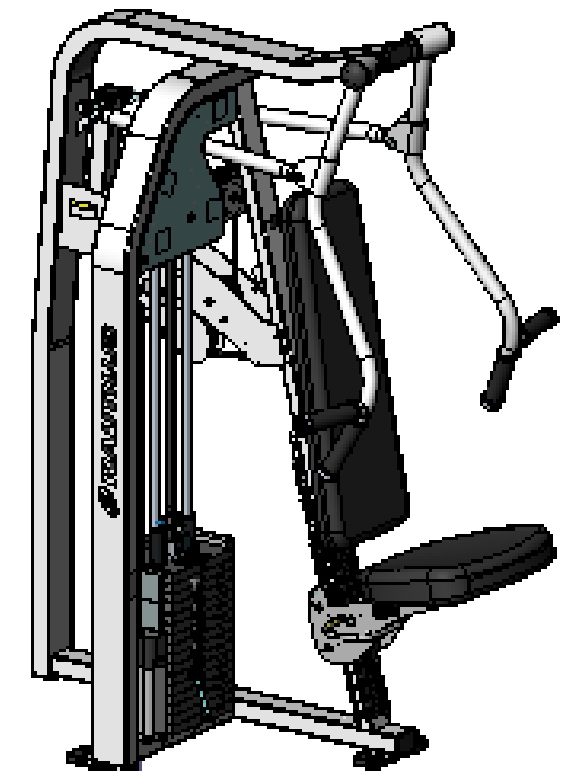
Date: 11/25/08

Number	S3VC/QTY.	DESCRIPTION
BF604B	1	NITRO PLUS VC BACKFRAME
HB601	1	SEAT ADJUSTMENT RACK
SF610	1	NITRO VC SEAT BACK
MA606	1	NITRO PLUS VC LEFT MA
MA607	1	NITRO PLUS VC RIGHT MA
SE613	1	RELEASE HANDLE
LK609B	2	NITRO PLUS VC LINKAGE ASSEMBLY
LK650	2	NITRO PLUS VC DRAG LINK
01-4038	1	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 2 1/2"
	2	BUTTON HEAD SOCKET CAP SCREW
01-0013	1	5/16 -18 UNC x 5 1/2 Bolt
01-1564	3	1/2 -13 UNC x 4 1/2 Bolt
01-1565	1	1/2 -13 UNC x 5 Bolt
01-1381	1	1/2 -13 UNC x 4 Bolt
01-1362	1	1/2 -13 UNC x 3 1/2 Bolt
01-1331	1	1/2 -13 UNC x 2 3/4 Bolt
01-2205	2	5/8-11 UNC x 2 3/4 Bolt Cutoff
01-1520	1	5/8-11 UNC x 4 Bolt
02-9220	2	3/8 -16 UNC x 1 1/4 Bolt
01-1115	2	3/8 -16 UNC x 2 1/2 Bolt
01-1185	3	3/8 -16 UNC x 3 1/2 Bolt
01-1552	1	3/8 -16 UNC x 4 Bolt
01-1553	1	3/8 -16 UNC x 4 1/2 Bolt
01-4030	4	1/4 -20 UNC x 1 Wiz Lock Bolt
01-4035	2	1/4 -20 UNC x 1 1/4 Wiz Lock Bolt
03-1067	3	5/8" Lock Nut
03-1035	5	3/8" Lock Nut
03-5101	2	1/4" Hex Nut
03-3043	1	5/16" Lock Nut
03-1055	8	1/2" Lock Nut
04-5214	6	1/2" Internal Loc Washer
04-5213	9	3/8" Internal Loc Washer
04-5202	1	WASHER, FLAT, 5/16" USS
02-2290	4	1/4 -20 UNC x 1 1/4" LENGTH FLAT HEAD SOCKET CAP SCREW SS
02-3055	8	SCREW, SET, 1/4 -28 UNF x 1/4
48-1095	1	TREAD STRIP ARMOR
09-5045	4	NITRO SERIES MOLDED FOOTPAD
07-9850	4	1" BEARING MOLDED FLANGE
07-9607	2	MOLDED BEARING CUP
OPT-AW	1	Add On Weight Assembly
OPT-WT-04	1	WEIGHTSTACK ASSEMBLY #04
03-4035	6	1/4-20 INSERT 1 1/16" LONG
03-5118	2	5/8" LH Fine Thread Jam Nut
03-5119	2	5/8" RH Fine Thread Jam Nut
05-5105	4	.500 ID Bushing (IGUS Replacement)

Number	S3VC/QTY.	DESCRIPTION
06-5045	2	NYLON BELT ROLLER
06-9036	2	---
06-9036	2	SEALMASTER CTMD-10Y
06-9035	2	---
06-9035	2	---
07-5032	1	SEAT TRACK
07-5033	1	SEAT TRACK BACK
07-5034	3	SEAT ROLLERS
07-5064	6	6203 RADIAL BEARING
07-5545	1	LOWER BRACKET MOUNT
07-5579	2	IDLER PULLEY SPACER
07-8230	1	STANDARD SEAT CLEVIS PIN
07-8363	3	IDLER PULLEY SPACER
07-9376	3	SEAT ROLLER SLEEVE
07-8359	2	IDLER PULLEY SPACER
07-8683	1	STANDARD SEAT 0 degree
56-0217	1	Clamp Belt ONE
07-9771	2	IDLER PULLEY SPACER
07-9821	1	Movement Arm Hub Spacer
07-9849	2	MOLDED BEARING CAP, Ti SERIES
07-9868	1	IDLER PULLEY SPACER
07-9869	2	VC PLACARD SHIELD
07-9372	1	---
07-9873	2	MOLDED BEARING CAP WITH HOLE
08-1535	4	Rod End Spacer 5/8"
08-5067	1	SLEEVE
08-5098	1	BUSHING NYLON
09-1004	2	.500 ID X 3" CLOSED END
09-1102	4	1.438 ID X 5 1/2 OPEN END GRIP
09-2040	1	1 1/2 X 2 11 GA FRAME PLUG
09-2070	2	2 X 2 11 GA FRAME PLUG
09-2090	1	2 X 3 X 11 GA FRAME PLUG
09-3055	2	2 X 4 11 GA FRAME PLUG
09-4077	2	BEARING 1 1/2 SQ X 3/4 ID
09-4080	1	RUBBER BUMPER OLD RB#1
09-4092	3	BUMPER
09-8018	2	GUIDE ROD BUSHING
09-8327	3	REDIRECTIONAL PULLEY 3"
09-8329	2	WIDE PULLEY 3" DIA
09-9520	4	GRIP CAP 1.530 ID (FOR 1 1/2 BAR)
09-9550	4	GRIP RING 1.530 ID (FOR 1 1/2" BAR)
09-9605	4	TUBE INSERT 1.125 ID PN3046-4-1
10-1022	1	Extension Spring
10-1025	1	SPRING, TORSION
12-1145	1	SEAT BACK ADJ. DECAL
17-1306	2	GUIDE ROD



Number	S3VC/QTY.	DESCRIPTION
19-1015	16	2" Square Duo-Loc
12-1104	1	SEAT ADJUSTMENT DECAL 1-11
12-5611	1	Standard Nautilus Transfer Decal
12-1146	1	SEAT ADJ DECAL 1
12-1026	2	KEEP HANDS AWAY
12-1380	1	MADE IN USA
12-1164	1	WARNING DECAL, MINI WEIGHT SELECTOR PIN
32-0001	1	PAD SEAT STANDARD "ONE" CONTOURED
12-5587	1	S3VC PLACARD BACK (NEW LOGO)
12-5586	1	S3VC PLACARD FRONT (NEW LOGO)
07-9994	1	Weight Stack Shield Assy
UP8050	1	BACK PAD UP8050
18-0012 (86")	1	MECTROL BELT 1" (86")



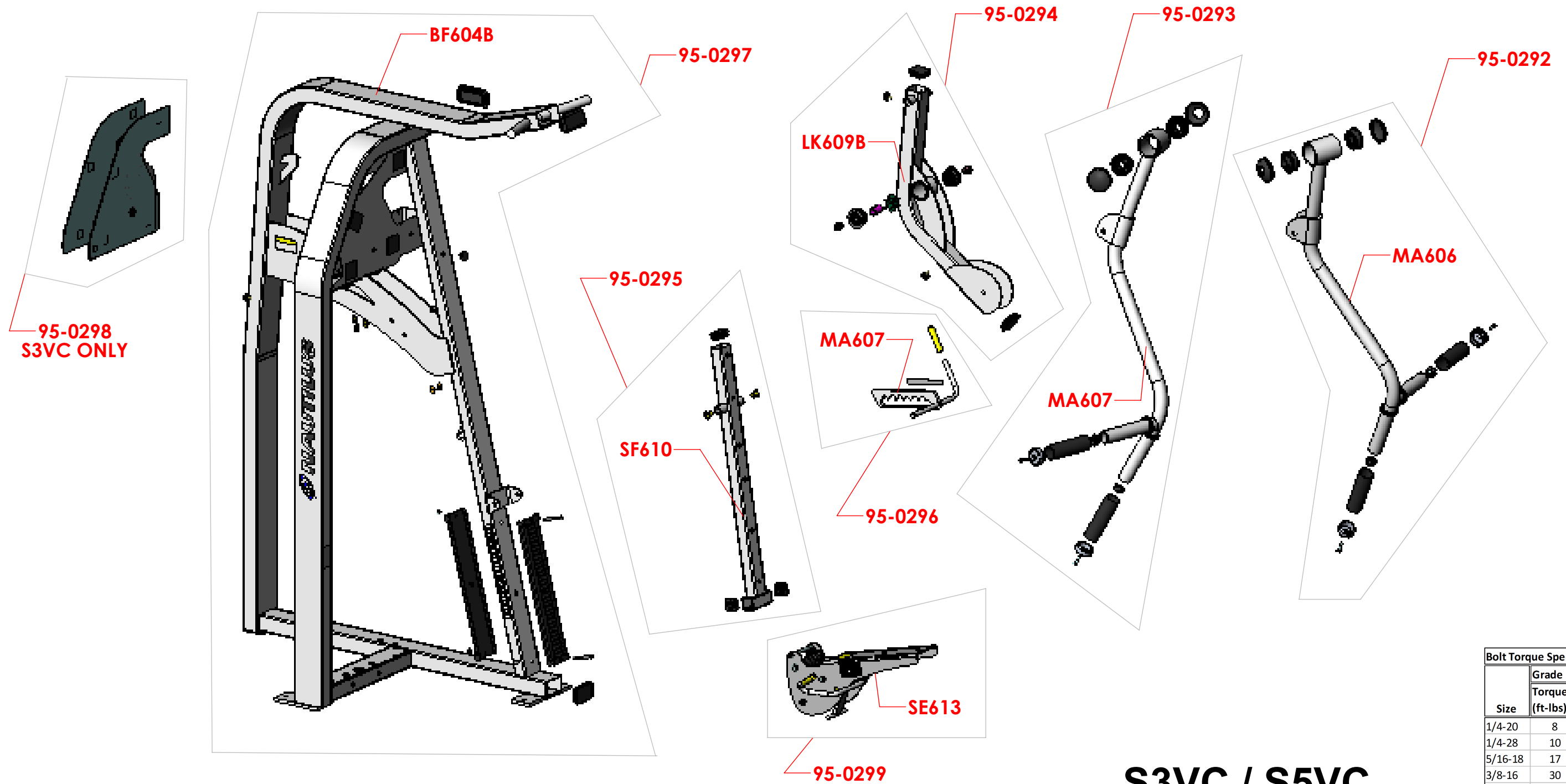
S3VC Vertical Chest Parts List

Date: 7/7/08



Red: PAINTED ITEMS
Blue: KITS

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



S3VC / S5VC PARTS KIT IDENTIFICATION

Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

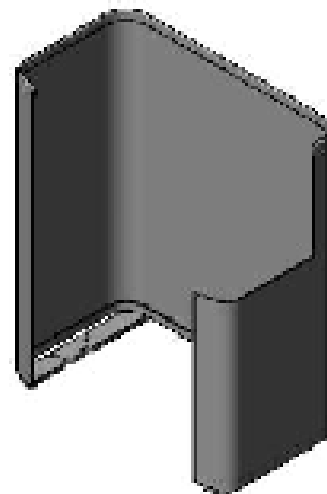


Red: PAINTED ITEMS
Blue: KITS

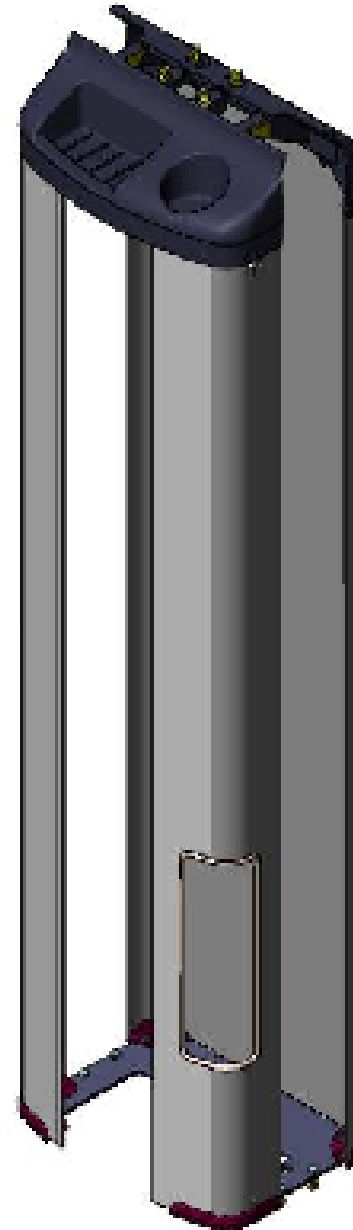
1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



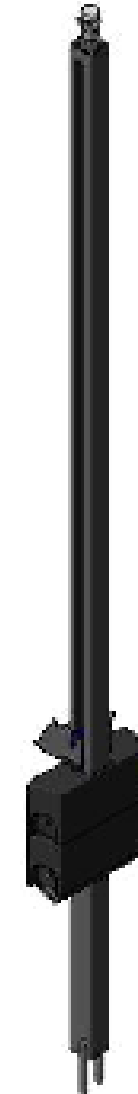
WEIGHTS
See Document
[95-0100](#)
for Exploded Diagrams



S3 SHIELDS
See Document
[95-0101](#)
for Exploded Diagrams



S5 SHIELDS
See Document
[95-0102](#)
for Exploded Diagrams



Add On Weights
See Document
[95-0103](#)
for Exploded Diagrams

Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240