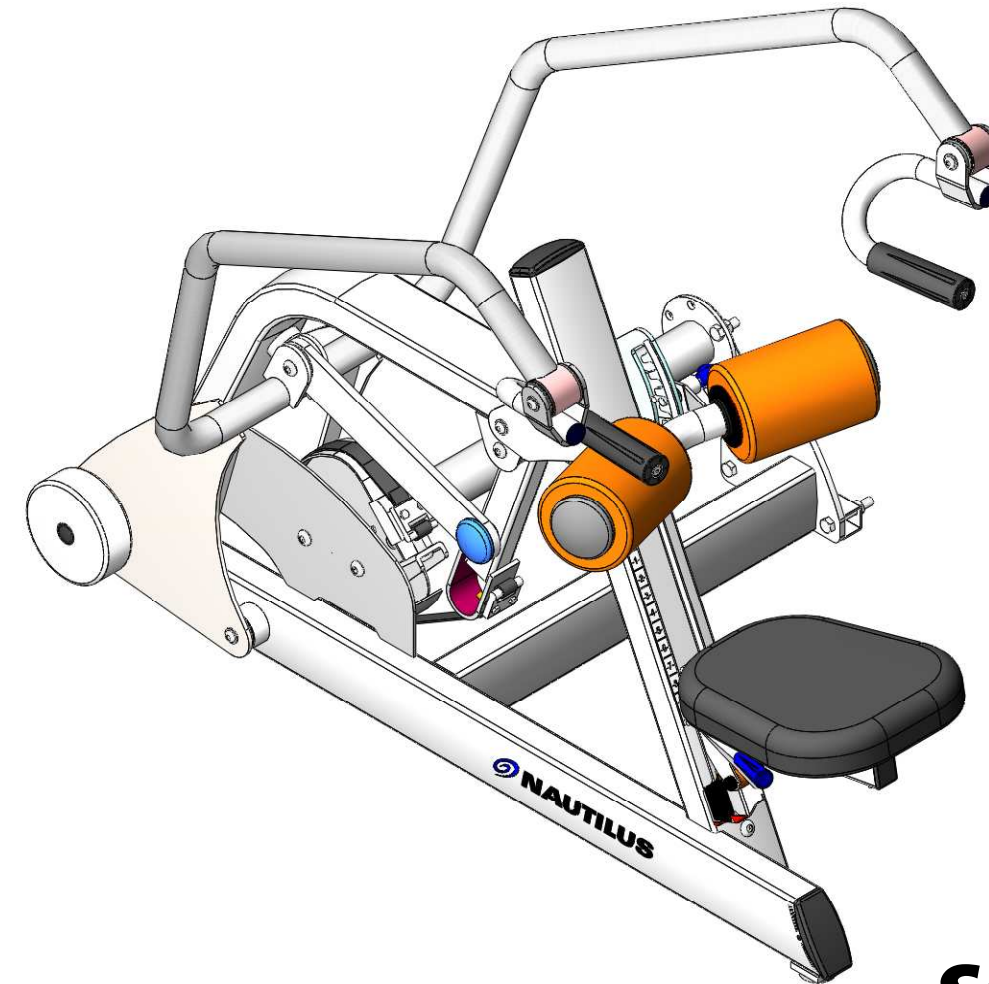




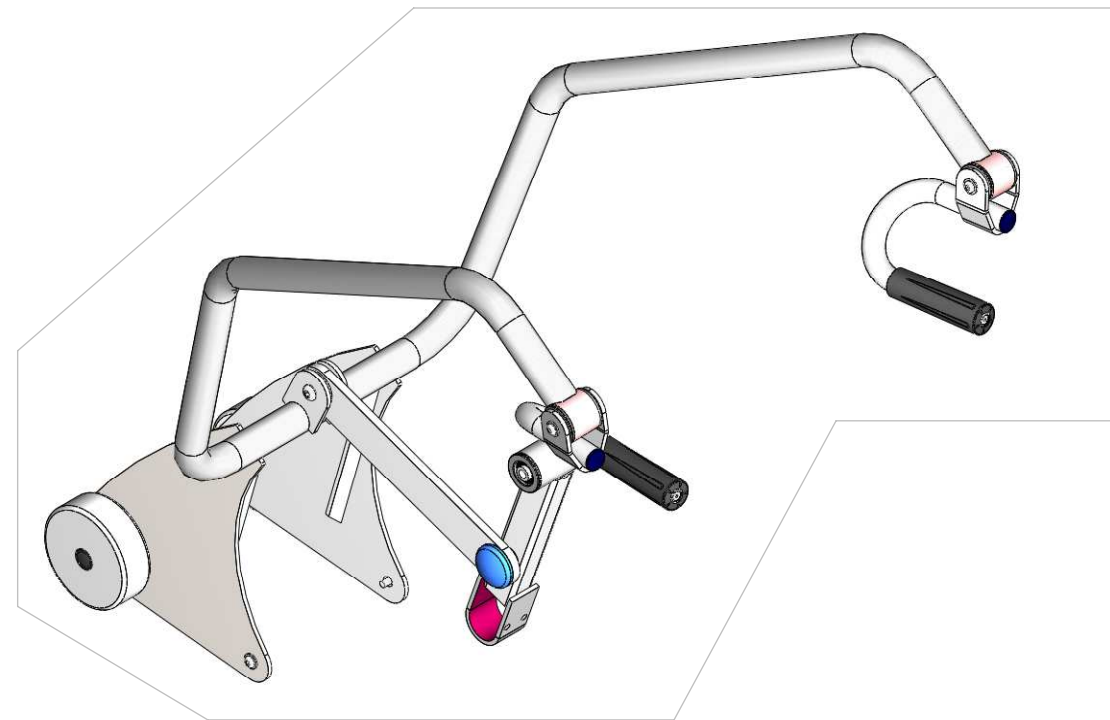
NO.	S6"ONE" TP/QTY.	DESCRIPTION	NO.	S6"ONE" TP/QTY.	DESCRIPTION
01-0011	2	1/2 -13 UNC x 3 Bolt	08-2053	1	Movement Arm Hub Spacer
01-1271	3	1/2 -13 UNC x 1 1/4 Bolt	08-2058	4	SPACER
01-1402	2	1/2 -13 UNC x 2 1/4 Bolt	09-1210	1	Plug Frame 2 X 4 "ONE"
01-1552	2	3/8 -16 UNC x 4 Bolt	09-1224	1	GRIP ASSEMBLY HYD SEAT ADJUSTMENT
01-3060	1	SHSS 1/2" x 1 1/2"	09-2060	1	1 1/2 X 3 11 GA FRAME PLUG
01-4030	2	1/4 -20 UNC x 1 Wiz Lock Bolt	09-3078	2	BLACK HOLE PLUG MP-1093
01-4031	2	1/4 -20 UNC x 3/4 Wiz Lock Bolt	09-3084	2	HOLE PLUG 1.25 OD X 1.0 ID X .75
01-4036	6	BUTTON HEAD SOCKET CAP SCREW, 3/8 -16 x 3/4" BRIGHT ZINC	09-4004	2	MOLDED UPH. ROLLER END CAP
01-4046	1	BUTTON HEAD SOCKET CAP SCREW, 3/8 -16 x 1"	09-5030	3	FOOTPAD MOLDED BLACK
01-4051	2	BUTTON HEAD SOCKET CAP SCREW, 3/8 -16 x 1" BRIGHT ZINC	09-5901	1	CAP MOLDED 07-9607 BEARING
01-4054	1	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 1 1/2" BRIGHT ZINC	10-3049	1	SPRING GAS LOCKING
01-4063	1	BUTTON HEAD SOCKET CAP SCREW 3/8 -16 x 2 1/2" BRIGHT ZINC	12-1173	1	SEAT ADJUSTMENT DECAL 1-11
01-4075	2	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 1 1/4" BRIGHT ZINC	12-5619	1	TRANSFER DECAL NAUTILUS X-SMALL BLACK
01-4079	1	BUTTON HEAD SOCKET CAP SCREW 1/2 -13 UNC x 4 1/2" - BRIGHT ZINC	12-5668	1	S6LATP THIGH PAD ADJUSTMENT DECAL
01-4081	1	BUTTON HEAD SOCKET CAP SCREW 1/2 -13 UNC x 3/4" BRIGHT ZINC	12-5669	1	S6 INSTRUCTION PLACARD FOAM
01-4082	1	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 2" BRIGHT ZINC	12-5670	1	S6TP INSTRUCTION PLACARD
01-4098	1	BUTTON HEAD SOCKET CAP SCREW, 5/8 -11 x 3.5" BRIGHT ZINC	12-5671	1	S6TP Lenticular Disc
02-2290	2	SCW-FHSCS 0250-20x1.25 G8-SS	19-1291	1	SERIAL NO. DECAL
03-1035	4	3/8" Lock Nut	56-0050	1	PIN PLUNGER ASSEMBLY BLUE
03-1055	12	1/2" Lock Nut	56-0170	1	PLATE SELECTOR THIGH PAD
03-1067	1	5/8" Lock Nut	56-0174	1	Clamp mount
03-4035	2	1/4-20 INSERT 11/16" LONG	56-0181	1	CLAMP BELT ADJUSTABLE
03-5106	1	10mm Jam Nut	56-0187	1	SPACER MOVEMENT ARM MR
04-5202	8	WASHER, FLAT, 5/16" USS	56-0189	1	Thigh Pad Pivot Axle
04-5213	4	3/8" Internal Loc Washer	56-0217	2	Clamp Belt ONE
04-5214	4	1/2" Internal Loc Washer	56-0339	1	BRACKET SHOCK MOUNT
04-5215	1	5/8" Internal Loc Washer	56-0341	4	ROLLER SEAT 2" X 4" PROFILE TUBE
04-6000	4	Washer Wave	56-0342	4	Spacer Shaft 17mm
05-5130	2	IGUS BEARING 1/2 ID X 1/4 LONG	56-0345	1	Link Seat
05-5135	2	RFI-1214-16	56-0348	2	Plug Frame 4" Angled 60 DEG
06-8162	2	SNAP RING 3/4" EXTERNAL	56-0356	1	SPACER DRIVE LINK HUB S6TP
06-8285	2	Snap Ring, 1 3/4 External Black Zinc	56-0357	2	Axle Threaded S6TP Handles
07-4005	1	Efson PF1008	56-0359	1	Drive Link S6TP
07-5064	4	6203 RADIAL BEARING	56-0365	1	Jack Shaft Support
07-5568	10	IDLER PULLEY SPACER	56-0368	1	Caster Mount
07-8025	1	CLEVIS PIN, 5/16" X 1 1/2"	56-0405	1	Thigh Pad Pivot Axle
07-8135	1	5/16" RUE RING COTTER - RUE-10	56-0411	1	PIN RETAINING 3/4 DIA
07-9417	1	LINK DRIVE PIVOT	56-0412	1	PIN SHOCK RELEASE 3D BENT 3/16 DIA
07-9607	10	MOLDED BEARING CUP	62-1206B	1	HANDLE SEAT RELEASE - LATP, MR, TP
07-9771	1	IDLER PULLEY SPACER	62-1228	1	Triceps Press Handle Left
07-9821	1	Movement Arm Hub Spacer	62-1229	1	Triceps Press Handle Right
07-9941	2	COUNTERWEIGHT	63-1227	1	LINKAGE DRIVE S6TP
			64-1233	1	S6TP MOVEMENT ARM

NO.	S6"ONE" TP/QTY.	DESCRIPTION
65-1213	1	SEAT ROLLING CARRIAGE DECLINE
65-1215B	1	SEAT THIGH ROLLER
66-1227	1	SEAT FRAME S6 TP
67-1206B	1	JACK SHAFT MR
91-999	1	Paint (1.5 lbs)
UP8080	1	TAPPERED SEAT PAD
UP9955	2	UPHOLSTERY ROLLER
18-0003 (45")	1	MECTROL BELT 1" (45")
01-1580	1	3/8 -16 UNC x 4 3/4 Bolt
56-0392	2	CAP END DECORATIVE
56-0391	2	GRIP MOLDED LARGE 1 1/4" I.D.
09-9600	2	TUBE INSERT 1.010 ID PN3045-4-1



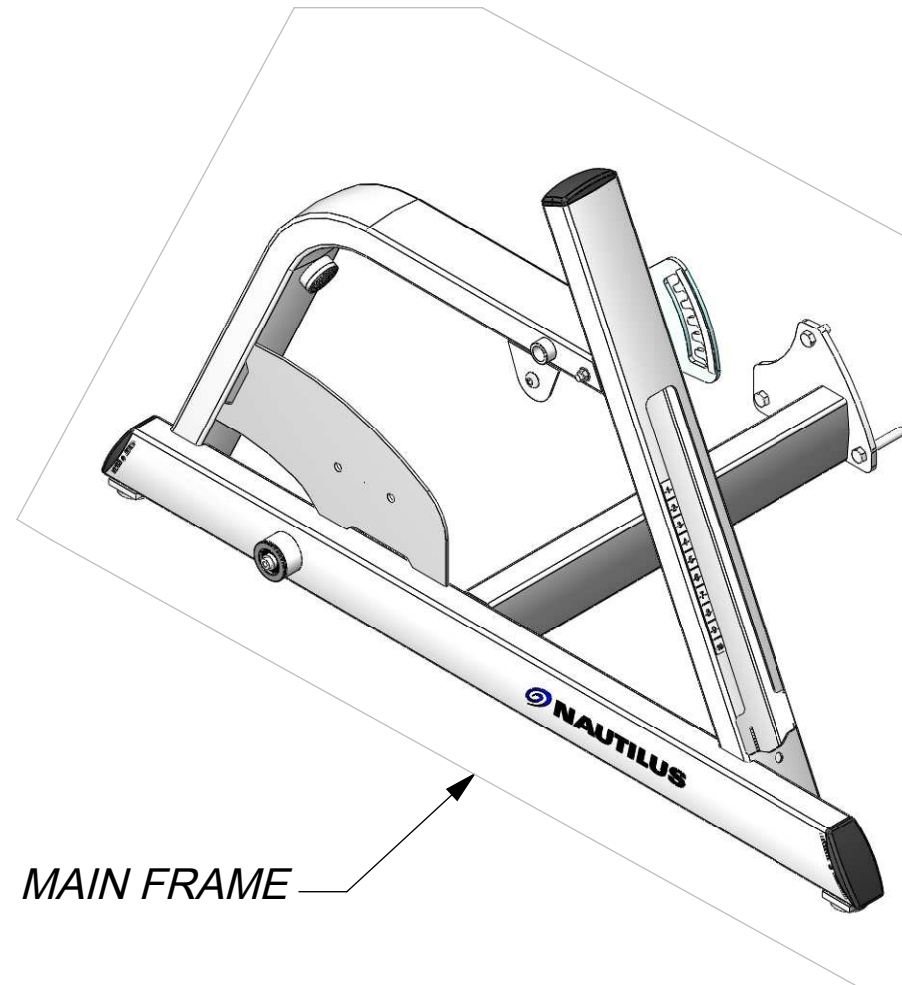
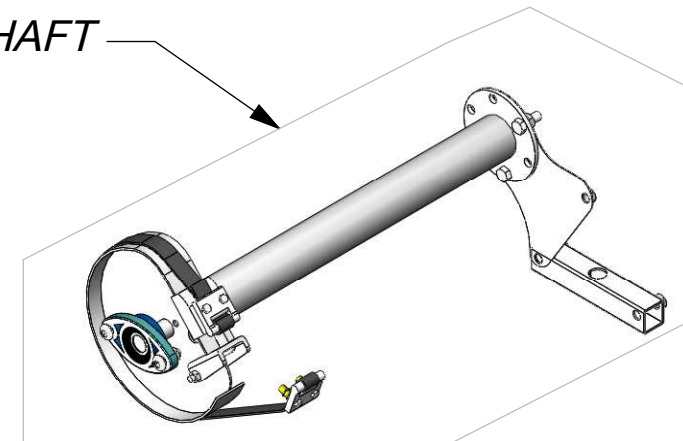
**S6TP  
'ONE'  
TRICEPS PRESS  
Parts Diagram**

**Last Rev Date: 10/07/09**

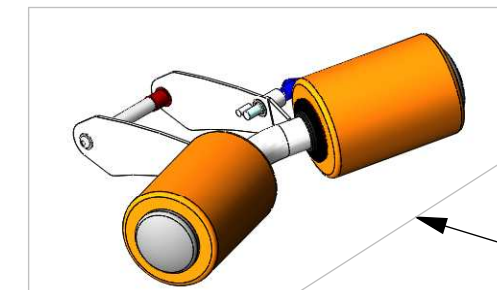


MOVEMENT ARM

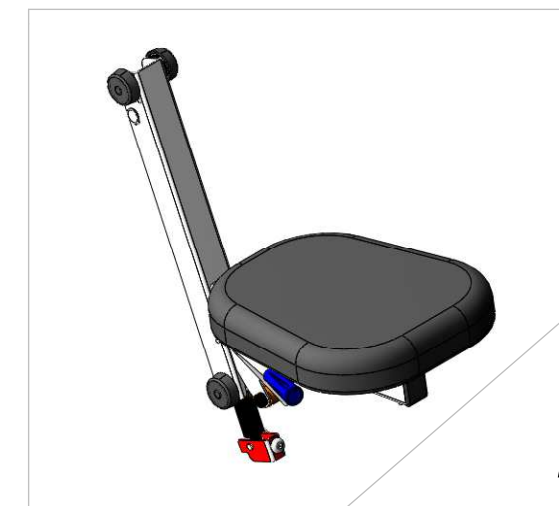
CAM AND JACKSHAFT



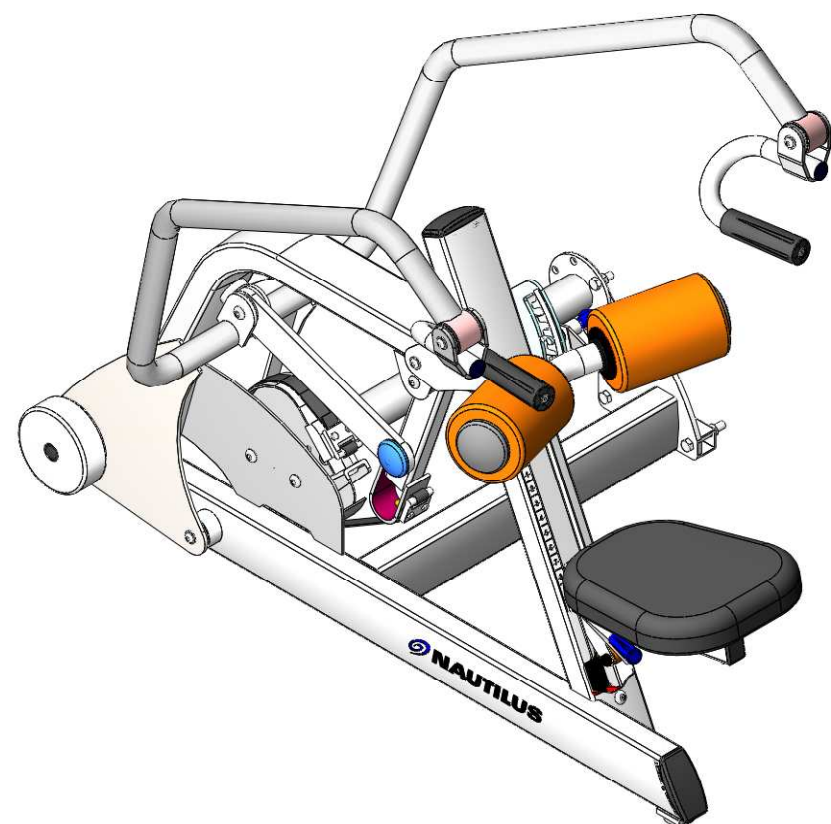
MAIN FRAME



SEAT THIGH ROLLER



SEAT

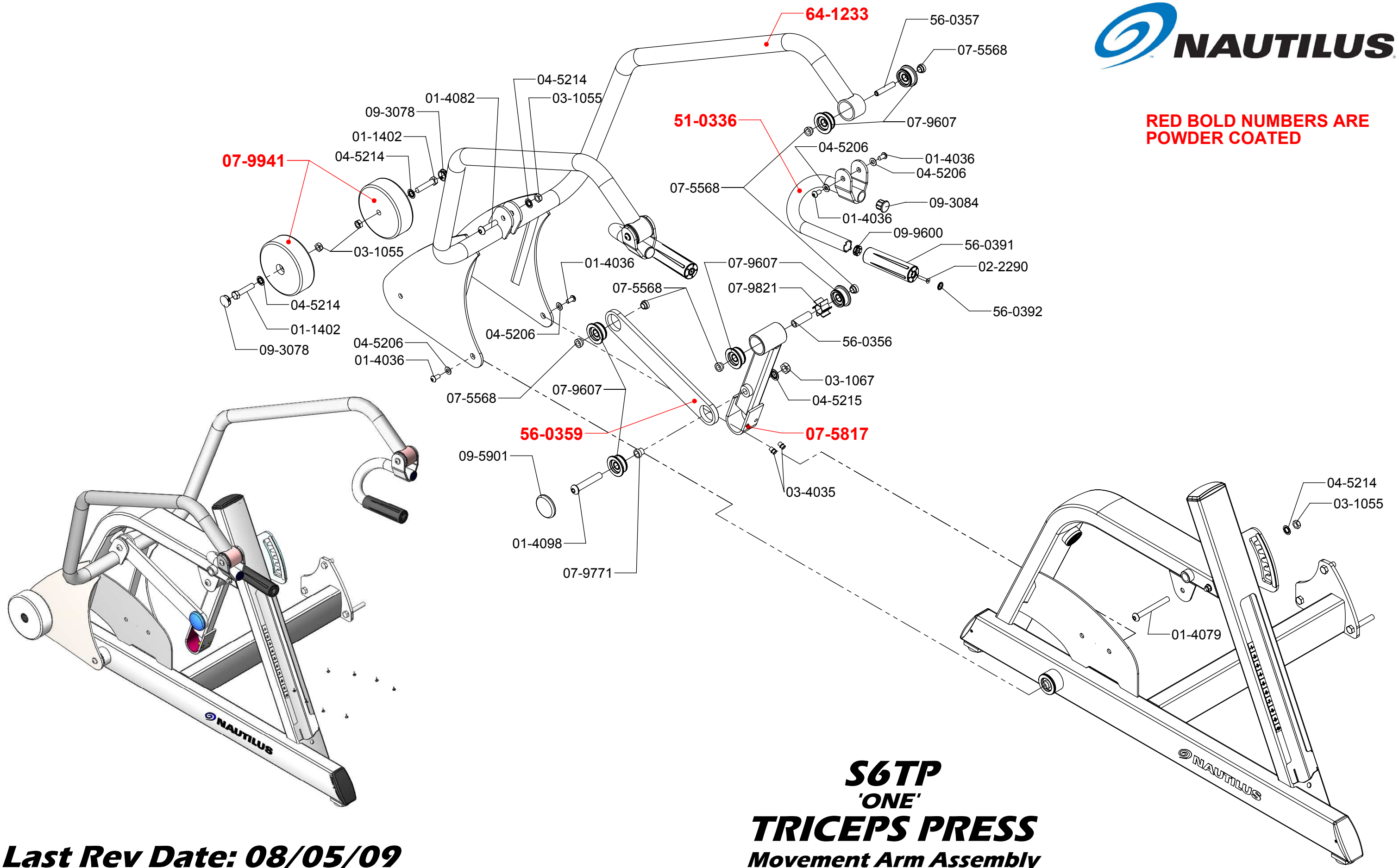


Last Rev Date: 08/05/09

**S6TP**  
**'ONE'**  
**TRICEPS PRESS**  
Frame Sub-Assembly



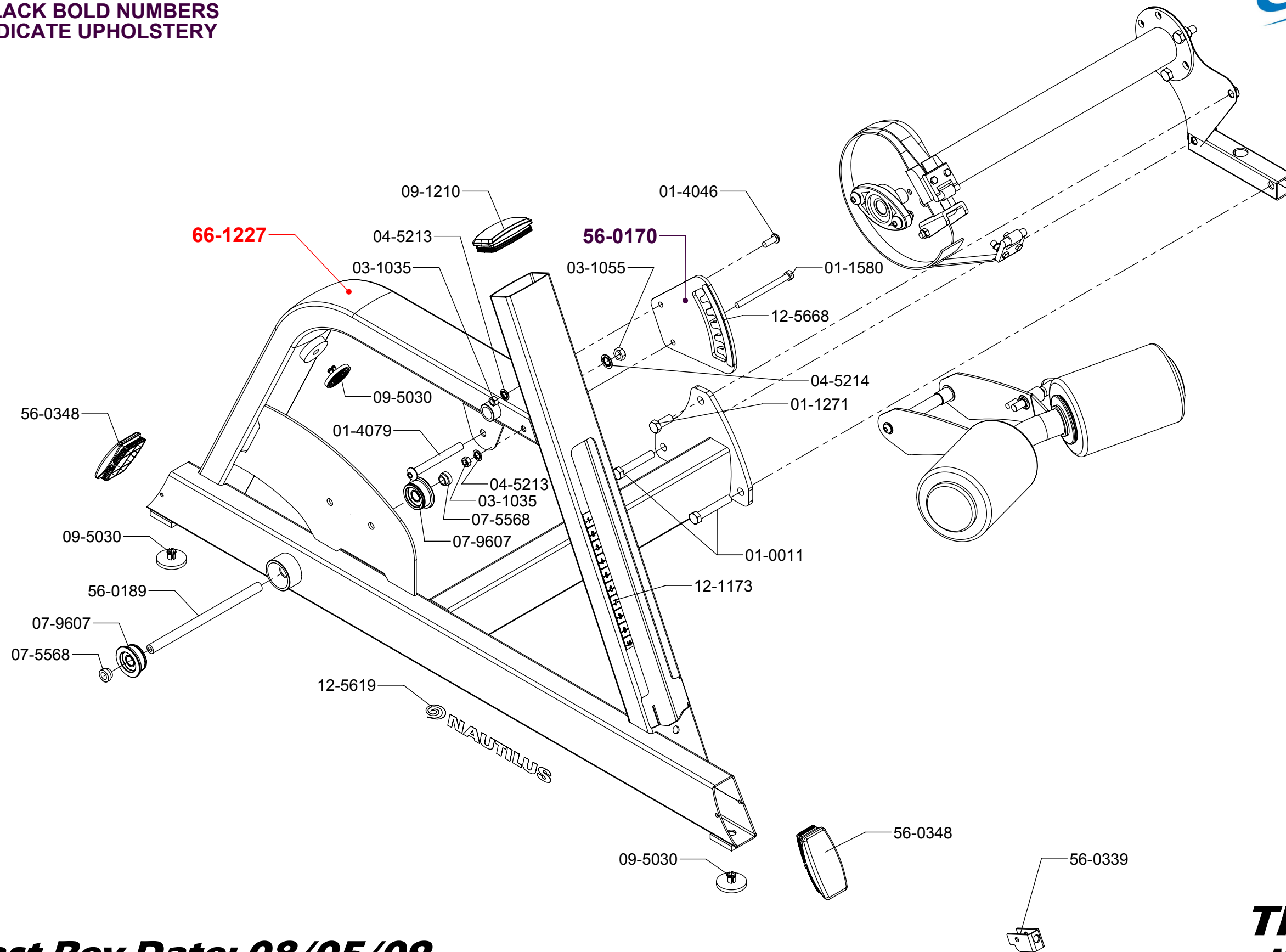
**RED BOLD NUMBERS ARE  
POWDER COATED**



**Last Rev Date: 08/05/09**

**S6TP  
'ONE'  
TRICEPS PRESS  
Movement Arm Assembly**

**RED BOLD NUMBERS ARE  
POWDER COATED**  
**BLACK BOLD NUMBERS  
INDICATE UPHOLSTERY**

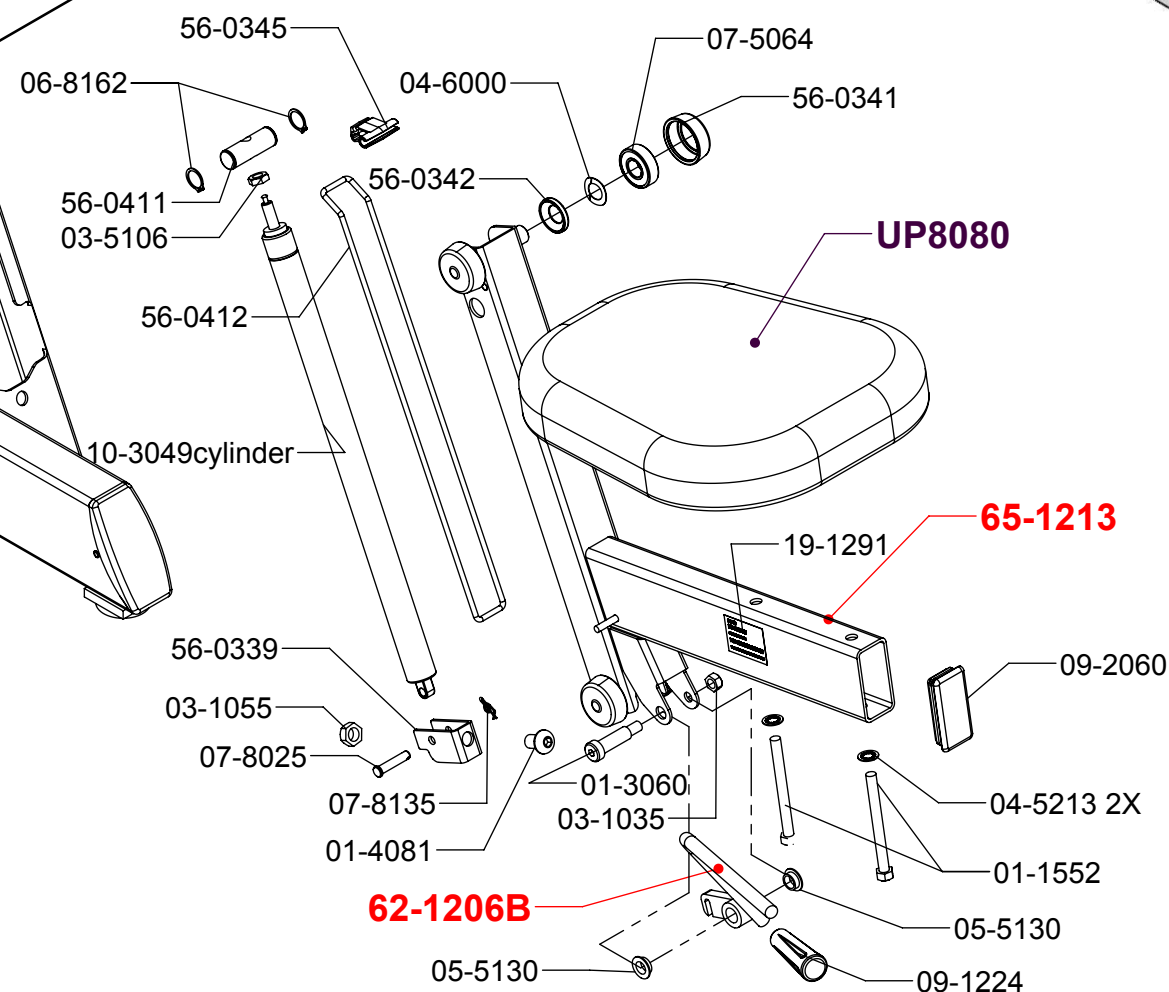
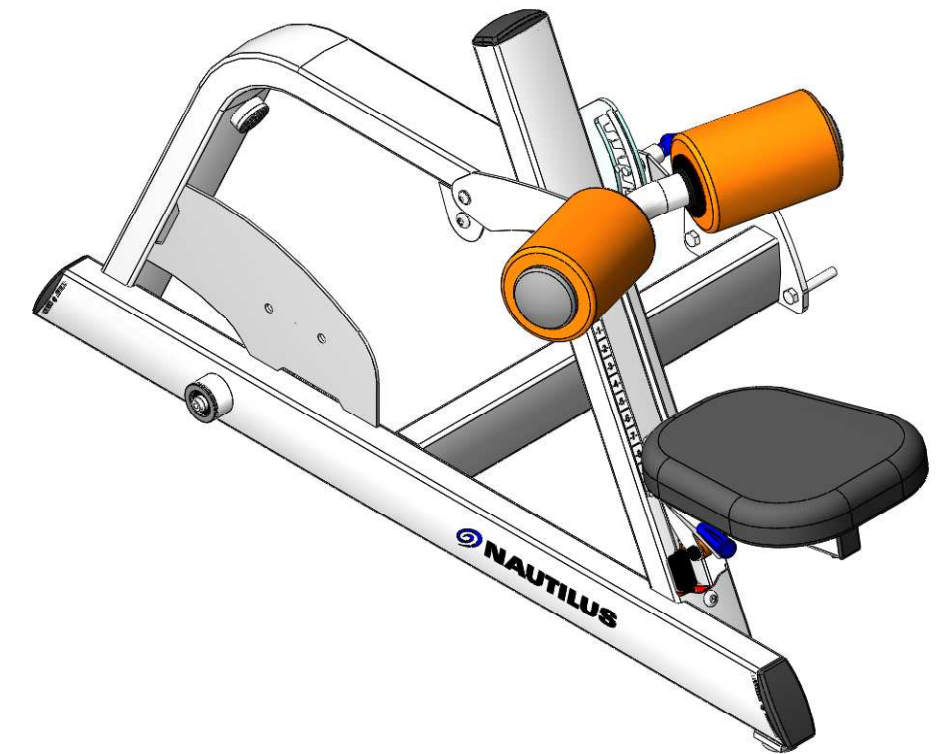
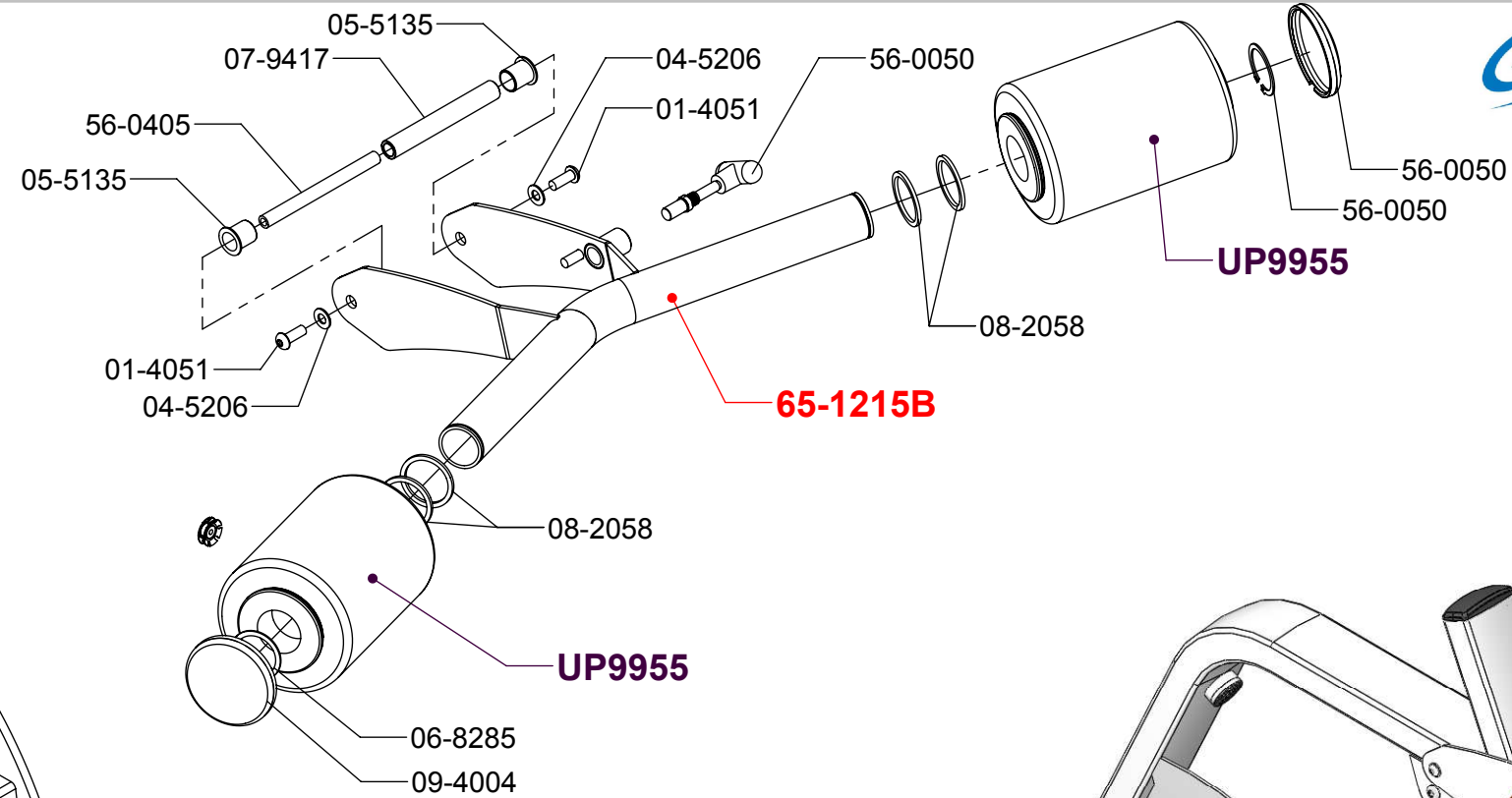


**Last Rev Date: 08/05/09**

**S6TP  
'ONE'  
TRICEPS PRESS  
Main Frame Assembly**

**RED BOLD NUMBERS ARE  
POWDER COATED**

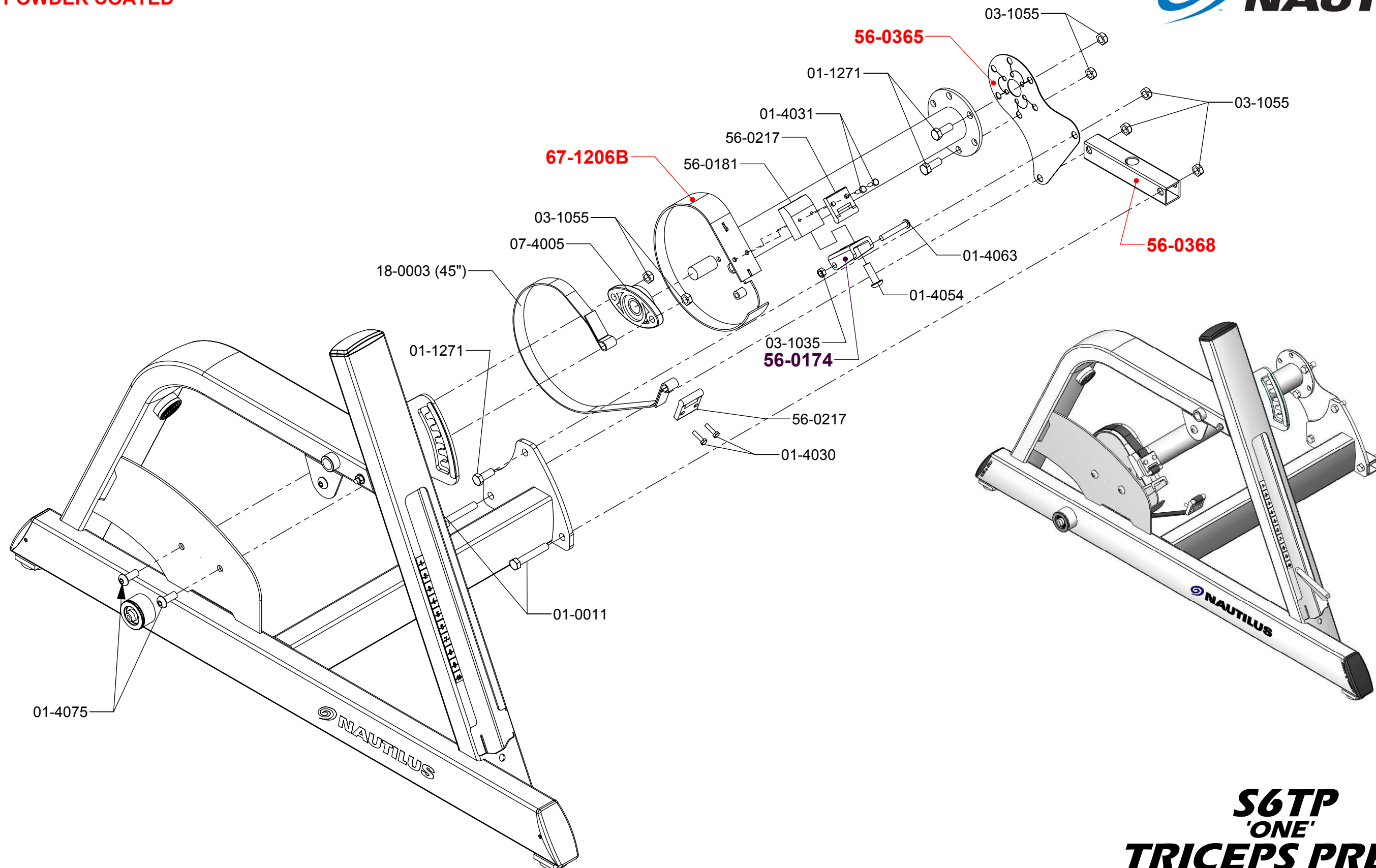
**BLACK BOLD NUMBERS  
INDICATE UPHOLSTERY**



**Last Rev Date: 10/07/09**

**S6TP  
'ONE'  
TRICEPS PRESS  
Seat & Thigh Assembly**

RED BOLD NUMBERS ARE  
POWDER COATED



**Last Rev Date: 10/08/09**

**S6TP  
'ONE'  
TRICEPS PRESS  
Cam & Jackshaft Assembly**



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.

REVISIONS				
ECO	REVISION	REV DESCRIPTION	APPROVED	DATE

95-0362

64-1223

62-1229

95-0364

95-0368

62-1228

66-1227

95-0367

65-1215B

95-0363

95-0361

95-0369

92-0365

95-0366

63-1227

65-1213

56-0359

95-0370

62-1206B

**S6 "ONE" TRICEP PRESS**  
**S6TP**

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