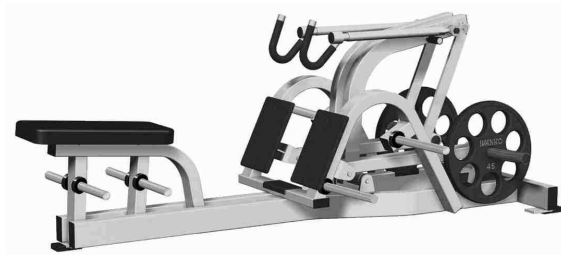


# NAUTILUS XPLOAD



COMPOUND ROW



SEATED CALF



OVERHEAD PRESS



INCLINE PRESS



LAT PULLDOWN



LEG PRESS



VERTICAL CHEST



BICEP CURL



DEAD LIFT / SHRUG



INCLINE LEG PRESS



TRICEP EXTENSION



SEATED DIP



LEG CURL PRONE



FOUR WAY NECK



LEG EXTENSION

# NAUTILUS XPLOAD PARTS DIAGRAM

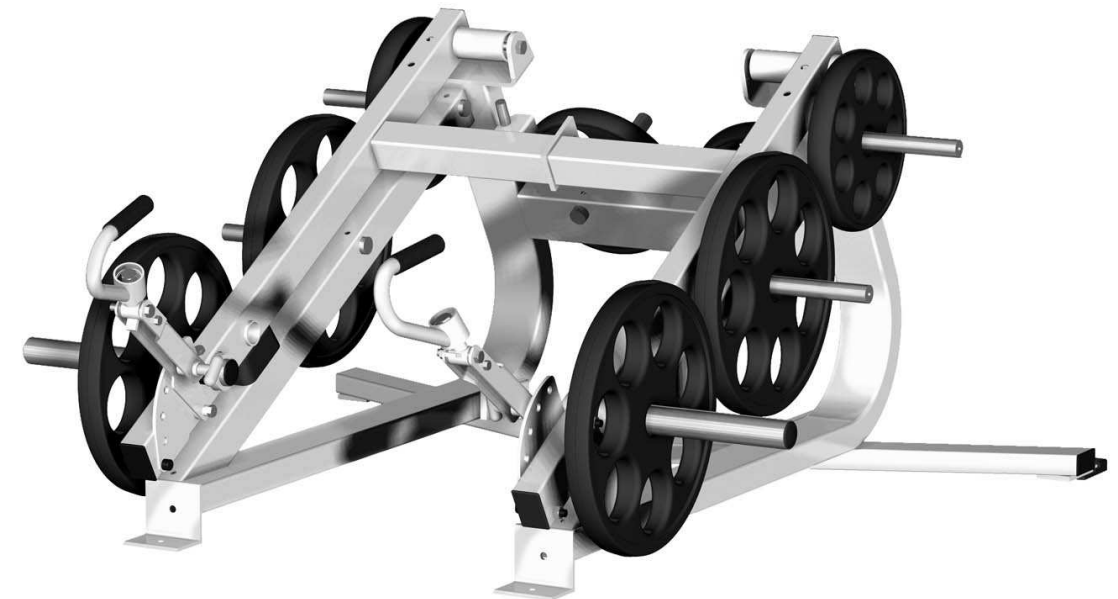
## DEAD LIFT / SHRUG

19-5226

REVISED:  
July 11, 2008

PARTS AND SERVICE ► 709 Powerhouse Road ► Independence, VA 24348

SERIAL # \_\_\_\_\_  
through \_\_\_\_\_



### P3DLS P3 DEAD LIFT / SHRUG

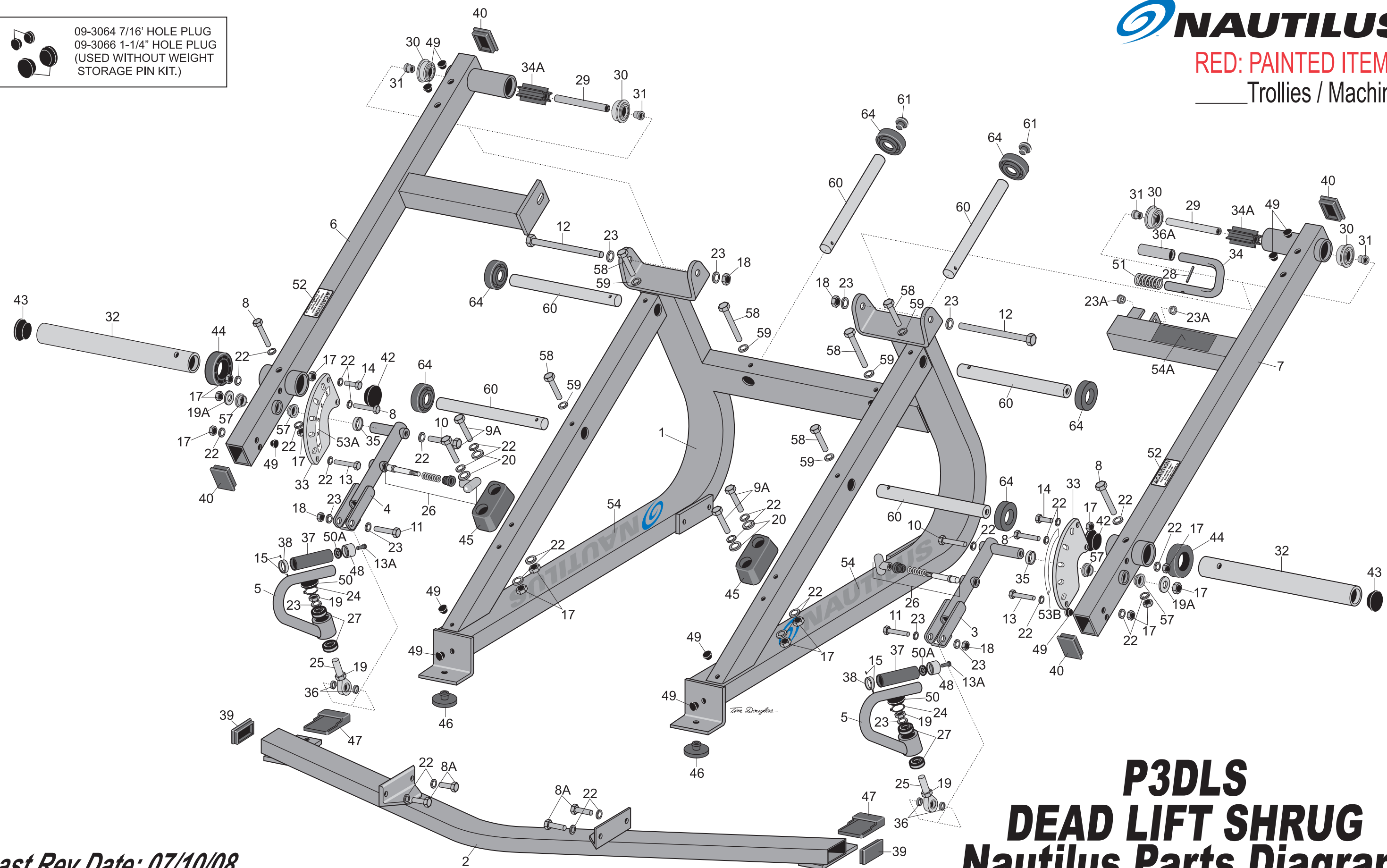
COMP#	COMPONENT DESCRIPTION
1....BSF334	.....BASEFRAME P3DLS
2....BSF339	.....BASE FOOT P3DLS
3....HB328	.....HANDLE PIVOT RIGHT P3DLS
4....HB329	.....HANDLE PIVOT LEFT P3DLS
5....HB603	.....HANDLE COMMON
6....WA337	.....WEIGHT ARM LEFT P3DLS
7....WA340	.....WEIGHT ARM RIGHT P3DLS
8....01-1331	.....BOLT HH5 1/2 X 2 3/4
8A....01-1259	.....BOLT HH5 1/2 X 3/4
9....01-1115	.....BOLT HH5 3/8 X 2 1/2
9B....01-1400	.....BOLT HH5 1/2 X 4 1/2
10....01-1403	.....BOLT HH5 1/2 X 4 3/4
11....01-2185	.....BOLT HH5 5/8-18 X 2 1/2
12....01-2283	.....BOLT HH5 5/8 X 8 5/8 CUT-OFF
13....02-1370	.....BOLT AC 1/2 X 3
13A .02-2290	.....1/4 X 1 1/4 AFH SCREW
14....02-4115	.....BOLT AC 1/2 X 3/4
15....02-3055	.....1/4-28 X 1/4 SET SCREW
16....03-1035	.....3/8 NUT
17....03-1055	.....NUT FLANGE 1/2-13
18....03-1067	.....NUT 5/8
19....03-5119	.....NUT RT THREAD 5/8 X 18 JAM NUT
19A .04-5203	.....1/2 USS FLAT WASHER
20....04-5207	.....1/2 FLAT WASHER
21....04-5213	.....3/8 INT LOK WASHER
22....04-5214	.....1/2 LOK WASHER
23....04-5215	.....5/8 LOK WASHER
23A .05-5140	.....BUSHING SNAP 3/4 ID
24....06-8263	.....SNAP RING INTERNAL 1 9/16" DIA 5000-156
25....06-9035	.....ROD ENDS 5/8-18 RH THREADS CTMD-10
26....07-4124	.....PLUNGER ASSEMBLY
27....07-5064	.....6203 BEARINGS (NOT FAFNIR)
28....07-7041	.....ROLL PIN 1/4 X 2
29....07-9605	.....BEARING SLEEVE 1 OD X 5 33/64 L
30....07-9607	.....BEARING CUPS WITH BEARINGS
31....07-9610	.....BEARING SPACERS
32....07-9625	.....WEIGHT TUBE 1 7/8 X .25W TUBE X 16" LONG

### COMP# COMPONENT DESCRIPTION

33....07-9751	.....ADJUSTMENT PLATE
34....07-9758	.....LOCK PIN
34A .08-2053	.....SPACER HUB EXTRUDED PLASTIC 3"
35....08-2055	.....SPACER
36....08-3077	.....SPACER
36A .09-1002	.....HAND GRIP 3/4 X 3" YELLOW
37....09-1023	.....HAND GRIP 7/8 ID X 3.75" OPEN END
38....09-9535	.....GRIP RING ALUMINUM (FOR 1" BAR)
39....09-2060	.....1 1/2 X 3 FRAME PLUG
40....09-2090	.....2 X 3 FRAME PLUG
41....09-3055	.....2 X 4 FRAME PLUG
42....09-3090	.....HOLE PLUG BLACK
43....09-3091	.....HOLE PLUG YELLOW
44....09-4064	.....WEIGHT STORAGE BUMPER, 1.875 ID X 3/4 X 3" OD
45....09-5010	.....DOCK BUMPER
46....09-5030	.....FOOT PAD ROUND
47....09-5045	.....NEW RECTANGULAR FOOTPAD
48....09-9505	.....GRIP CAP ALUMINUM (FOR 1" DIA BAR)
49....09-3065	.....HOLE PLUG 9/16 DIA. WHITE
50....09-8172	.....1 3/4 DIA HOLE PLUG BLACK
50A .09-9590	.....TUBE INSERT
51....10-1013	.....SPRING LC072L06S(LEE SPR.), L 2", WIRE DIA. .072, OD .970
52....12-1026	.....KEEP HANDS AWAY (YELLOW)
53....12-1380	.....INSPECTION STICKER DECAL
53A .12-1685	.....P3DLS PLATE DECAL LEFT (1-5)
53B .12-1686	.....P3DLS PLATE DECAL RIGHT (1-5)
54....12-1185	.....NAUTILUS SMALL GRAY DECAL
54A .12-5311	.....INSTRUCTIONAL PLACARD P3DLS
55....19-1291	.....DECAL SERIAL # BAR CODE
56....19-5226	.....PARTS DIAGRAM / OWNERS MANUAL
57....45-1062	.....1 X 1.125 .75 IGUS FLANGE BUSHING
<b>OPT-WT-BAR07 P3DLS WEIGHT STORAGE KIT</b>	
58....01-1105	.....BOLT HH5 3/8 X 1 3/4
59....04-5213	.....3/8 INT LOK WASHER
60....07-9682	.....WEIGHT STORAGE PIN 1 1/4 DIA CR X 11 5/8" LONG
61....OMIT	
62....OMIT	
63....OMIT	
64....09-4066	.....WEIGHT STORAGE, 1 1/4 ID X 3/4 X 3" OD RUBBER

RED: PAINTED ITEMS  
\_\_\_\_\_ Trolleys / Machine

09-3064 7/16" HOLE PLUG  
09-3066 1-1/4" HOLE PLUG  
(USED WITHOUT WEIGHT  
STORAGE PIN KIT.)



Last Rev Date: 07/10/08

# P3DLS DEAD LIFT SHRUG Nautilus Parts Diagram