

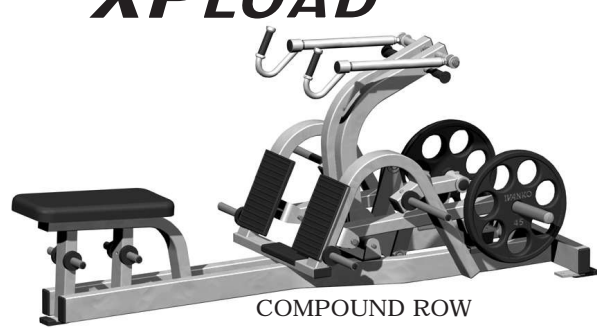
LAT PULLDOWN

19-5233

REVISED:
March 30, 2006

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

SERIAL # _____
through _____



COMPOUND ROW



SEATED CALF



OVERHEAD PRESS



LAT PULLDOWN



INCLINE PRESS



VERTICAL CHEST



LEG PRESS



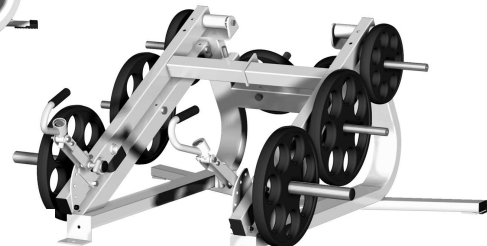
BICEP CURL



LEG CURL PRONE



INCLINE LEG PRESS



DEAD LIFT / SHRUG



TRICEP EXTENSION



SEATED DIP



LEG EXTENSION



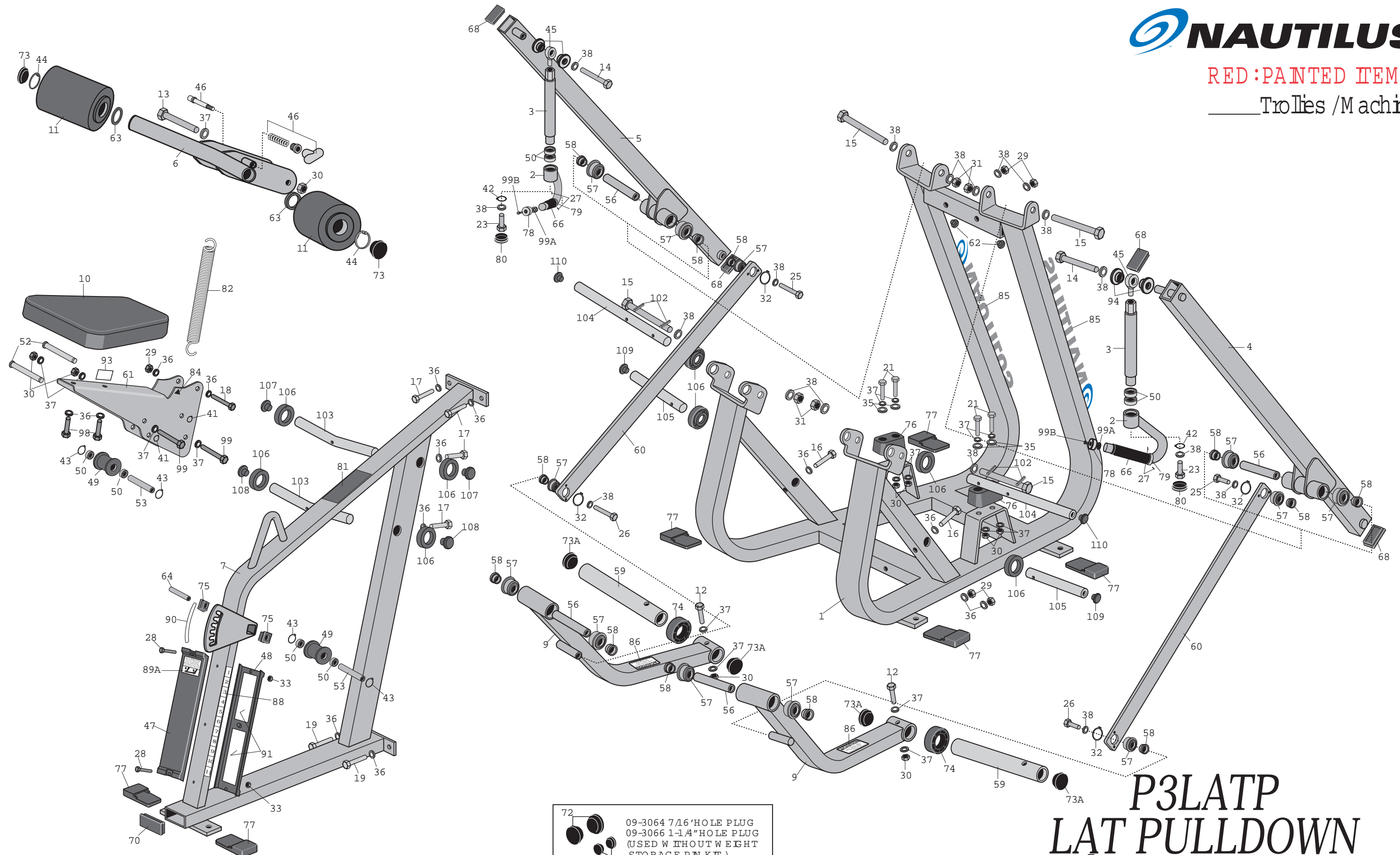
P3LATP LATERAL PULLDOWN
COMP# COMPONENT DESCRIPTION

- 1BSF326BASEFRAME P3LATP
- 2HB603HANDLE
- 3LK329LNK MA,HB P3LATP
- 4MA329MOVEMENT ARM RIGHT P3LATP
- 5MA330MOVEMENT ARM LEFT P3LATP
- 6HB326THIGH PAD ADJUSTER
- 7SF325SEAT FRAME P3LATP
- 8WA329WEIGHT ARM RIGHT P3LATP
- 9WA330WEIGHT ARM LEFT P3LATP
- 10JP8080SEAT BOTTOM (SEAM NARROW END)
- 11JP9955ROLLER PAD 8" LONG
- 1201-0011BOLT HH5 1/2 X 3
- 1301-1565BOLT HH5 1/2 X 5
- 1401-2286BOLT HH5 5/8 X 6 3/8 CUT-OFF FROM 01-2287
- 1501-2283BOLT HH5 5/8 X 8 5/8 PLATED
- 1601-1105BOLT HH5 3/8 X 1 1/2
- 1701-1115BOLT HH5 3/8 X 2 1/2
- 1801-1553BOLT HH5 3/8 X 4 1/2
- 1901-1220BOLT HH5 3/8 X 5
- 2001-1560BOLT HH5 1/2 X 1 3/4
- 2101-1561BOLT HH5 1/2 X 2
- 2201-1564BOLT HH5 3/8 X 3/4
- 2301-2182BOLT HH5 5/8-18 X 2
- 2401-2190BOLT HH5 5/8-11 X 3"
- 2501-2220BOLT HH5 5/8-11 X 4 1/2
- 2601-2240BOLT HH5 5/8 X 5 1/2
- 2702-30551/4-28 X 1/4 SET SCREW
- 2802-4065BOLT 1/4-20 X 2 3/4 SLOTTED SCREW
- 2903-10353/8 NUT
- 3003-1055NUT FLANGE 1/2-13
- 3103-10675/8-11 LOCK NUT
- 3206-81661.875 SNAP RING
- 3303-5101NUT BLACK 1/4-20 HEX
- 3403-51195/8-18 RIGHT HAND THREAD JAM NUT
- 3504-52071/2 FLAT W WASHER
- 3604-52133/8 NT LOK W WASHER
- 3704-52141/2 LOK W WASHER
- 3804-52155/8 LOK W WASHER
- 3904-5225WASHER NT LOCK BLACK 1/4
- 4005-51051/2 D IGUS BUSHING
- 4106-81801/2 THIN SNAP RING
- 4206-8263SNAP RING INTERNAL 1 9/16" DIA 5000-156
- 4306-8275RING SNAP EXT.17mm
- 4406-8285SNAP RING INTERNAL 1 3/4
- 4506-9035ROD ENDS 5/8-18 RH THREADS CTMD-10
- 4607-4124PULL PIN ASSY. (STRAIGHT LONG PIN)
- 4707-5032SEAT TRACK FRONT
- 4807-5033SEAT TRACK REAR
- 4907-5034MOLDED WHEELS
- 5007-50646203 BEARINGS (NOT FAFNR)
- 5107-5065203PP BEARING
- 5207-8230STANDARD SEAT PIN
- 5307-9376SEAT BEARING SLEEVE
- 5407-94213" SPACER
- 5507-94253/4 SEAT ADJUSTMENT SPACER
- 5607-9605BEARING SLEEVE 1 OD X 5 15/16 L
- 5707-9607BEARING CUPS WITH BEARINGS
- 5807-9610LINKAGE BUSHING
- 5907-9625WEIGHT TUBE 1 7/8 X 25W TUBE X 16" LONG
- 6007-96521/2 X 2 X 44" L CONTROL LINK
- 6107-9680SEAT SHEET METAL
- 6209-4092RUBBER BUMPER STOP
- 6308-2058SPACERS FOR UPH. ROLLER PADS
- 6408-5067SLEEVE
- 6509-10041/2 X 3 CLOSED END GRP (YELLOW)
- 6609-1023HAND GRP 7/8" D X 3 3/4" OPEN END
- 6709-20702X2 FRAME PLUG
- 6809-20902 X 3 FRAME PLUG
- 6909-30421 3/4 OD X 1 3/8 D FRAME PLUG
- 7009-30552 X 4 FRAME PLUG
- 7109-30647/16" WHITE HOLE PLUG
- 7209-30661 1/4" WHITE HOLE PLUG
- 7309-3090HOLE PLUG (BLACK)
- 73A09-3091HOLE PLUG (YELLOW)
- 7409-4064WEIGHT STORAGE BUMPER, 1.875 D X 3/4 X 3" OD RUBBER
- 7509-4077SQUARE BUSHINGS 3/4" D
- 7609-5010DOCK BUMPER
- 7709-5045NEW RECTANGULAR FOOTPAD
- 7809-9505GRP CAP ALUM NUM (FOR 1" DIA BAR)
- 7909-9535GRP RING ALUM NUM (FOR 1" DIA BAR)

COMP# COMPONENT DESCRIPTION

- 8009-81721 3/4 DIA HOLE PLUG BLACK
 - 8112-5331INSTRUCTIONAL PLACARD P3LATP
 - 8210-1022EXTENSION SPRING
 - 8310-1025TORSION SPRING
 - 8412-1001SEAT INDICATOR ARROW BLACK
 - 8512-1185NAUTILUS DECAL GREY
 - 8612-1026KEEP HANDS AWAY (YELLOW)
 - 8712-1380INSPECTION STICKER DECAL
 - 8812-11045.8"W DE DECAL, 1/2" INCREMENTS (1 TOP-11 BOTTOM)
 - 8912-1129SEAT ADJ. DECAL (L-R)
 - 89A12-1166DECAL SEAT ADJ. INSTRUCTIONS
 - 9012-1194DECAL THIGH PAD ADJ. 1-6
 - 9119-10132 3/4 W DE DBL. SIDED TAPE
 - 9219-1012TAPE DOUBLE SIDED 1 1/2 X 1 1/2, 2 PCS.
 - 9319-1291DECAL SERIAL # BAR CODE
 - 9419-1342MOVEMENT ARM STOP
 - 9519-5233PARTS DIAGRAM (P3LATP RATCHET SEAT)
 - 9640-7167BAG 50 X 46 X 86 X .002 THICK
 - 9791-999PAINT POWDER
 - 9802-9220BOLT HH5 3/8 X 1 1/4
 - 9901-1564BOLT HH5 1/2 X 4 1/2
 - 99A09-9600TUBE INSERT
 - 99B02-22901/4 X 1 AFH SCREW
- P3LATP WEIGHT STORAGE KIT OPT-WT-BAR04**
- 10001-1105BOLT HH5 3/8 X 1 1/2
 - 10104-52133/8 NT LOK WASHER
 - 10207-7010PIN ROLL 1/4 X 1
 - 10307-9690WEIGHT STORAGE BENT
 - 10407-9792WEIGHT STORAGE 16 1/2"L.
 - 10507-9644WEIGHT STORAGE 14 3/4"L.
 - 10609-4066WEIGHT STORAGE BUMPER, 3/4 X 3" OD RUBBER
 - 10709-4000NUMBER PLUG 5 b.
 - 10809-4001NUMBER PLUG 10 b.
 - 10909-4002NUMBER PLUG 25 b.
 - 11009-4003NUMBER PLUG 45 b.

RED : PAINTED ITEMS
 _____ Trolleys / Machine



72
 09-3064 7/16" HOLE PLUG
 09-3066 1-1/4" HOLE PLUG
 (USED WITHOUT WEIGHT STORAGE P.N. KIT.)
 71

P3LATP
 LAT PULLDOWN
 Nautilus Parts Diagram

Last Rev Date: 03/30/06



Warranty Information

Nautilus® XP Load™ Variable Resistance Warranty Limited Warranty Terms & General Specifications

Nautilus warrants only to the original purchaser that Nautilus® commercial exercise equipment from the manufacturer is free from defects in material and workmanship under normal use and service. Our obligation under this warranty shall be limited to the repair or exchange at our plant (a) of any part or parts of the structural frame, moving weldments or weight stacks which may thus prove defective under normal use and service for 12 years from delivery to the original purchaser; (b) of any moving part or parts not otherwise disclosed within this warranty which thus may prove defective under normal use and service within one (1) year from delivery to the original purchaser; and (c) of any upholstery, pads, grips or tethered weight pin connectors which thus may prove defective under normal use and service within 6 months from delivery to the original purchaser. This warranty only applies to those parts that our own examination discloses to our satisfaction to be thus defective. Nautilus will replace, free of charge, safety /caution decals which are missing or damaged.

WARNING
Store indoors only. Do not subject machine to high humidity or damp conditions.

Nautilus Equipment Warranty	
2ST, Nitro Plus, Nitro, XP Load, and Free Weights	
12 Years	To original owner for frames, welded moving parts and weight stacks.
3 Years	To original owner under normal use and service for any moving part or parts not otherwise disclosed in this warranty.
1 Year	Labor warranty - To original owner.
6 months	Upholstery, pads, grips and tethered weight stack pins.
Equipment schematics available online at www.nautilus.com for faster repair diagnosis and parts delivery.	

This warranty is expressly in lieu of all other warranties, express or implied, including the warranties of merchantability and fitness for use and of all other obligations or liabilities on our part, and we neither assume nor authorize any other person to assume for us any other liability in connection with the sale of this NAUTILUS® commercial exercise equipment. This warranty shall not apply to this NAUTILUS® commercial exercise equipment or to any part thereof which has been subject to accident, negligence, alteration, abuse, misuse, or a lack of maintenance in accordance with our recommended maintenance instructions. We make no warranty whatsoever in respect to accessories or parts not manufactured by us and disclaim all warranties, express or implied, as to such accessories and parts. The term "original purchaser", as used in this warranty, shall be deemed to mean that person or entity for whom this NAUTILUS® commercial exercise equipment is originally installed. This warranty shall apply only within the boundaries of the continental United States.

NAUTILUS® shall not be liable for any loss or damage, including incidental or consequential damages resulting directly or indirectly from the use or loss of use of our NAUTILUS® commercial exercise equipment. Without limiting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for downtime or for making up downtime, damages for which the purchaser may be liable to other persons, damages to property, and injury to or death of any persons. We neither assume nor authorize any person to assume for us any liability in connection with sale or use of our equipment. There are no oral agreements or warranties collateral to or affecting this agreement.

Dealer Acknowledgment Notice:

Nautilus Commercial Warranty times begin 30 days after product has been shipped from our manufacturing plant to your warehouse or storage site, unless otherwise specified at time of customer pickup.



Maintenance INSTRUCTIONS

For XP Load Strength Training
Equipment



Getting maximum results from Nautilus® machines depends on proper maintenance of equipment.

Welcome

Congratulations on choosing Nautilus® XP Load™ strength training equipment. The addition of several exciting new features to the Nautilus® line, as outlined in these instructions, ensures that your equipment will operate with little scheduled maintenance. We know this is important to you and your customers, so please take a few minutes to read the following instructions for keeping your Nautilus® equipment in the best working condition.

Contents

- Welcome1
- Parts & Service1
- Safety/Before Exercising2
- Maintenance Schedule2
- General Maintenance3
- Mini-Weight Stack Pin Replacement.....3
- Cleaning3
- Lubrication3
- Warranty Information4

Parts & Services

Regular and scheduled maintenance will prolong the life of your Nautilus equipment. Should you have to replace parts, use only genuine Nautilus parts. The Nautilus Customer Service Team invites you to call in your order for replacement parts. They're never too busy to discuss or offer a tip on your maintenance tasks.

Nautilus machines — the culmination of years of research and refinement — are made from the highest quality materials, under exacting conditions. The quality control tag attached to each machine before shipping ensures that each unit has been thoroughly inspected to meet Nautilus' strict requirements.

Should you, the owner of a Nautilus machine, need to replace any parts because of normal wear and tear, or should your machine ever need maintenance, Nautilus invites you to call our Virginia Headquarters office for information on parts and service.

Nautilus has available: detailed isometric drawings on the website @ www.nautilus.com for each machine manufactured, genuine Nautilus Upholstery Pads, Naugahyde® Spray Cleaner/Conditioner recommended for Nautilus upholstery pads and TFL #50 Wet Lubricant recommended for the care of the guide rods of Nautilus selectorized resistance machines.

Nautilus' concern for the customer does not end with the purchase of equipment. Your comments are always welcomed. In the unlikely event that a problem occurs, call us toll free:



Nautilus
Customer Service
800-NAUTILUS
Fax: 276-773-2298

