

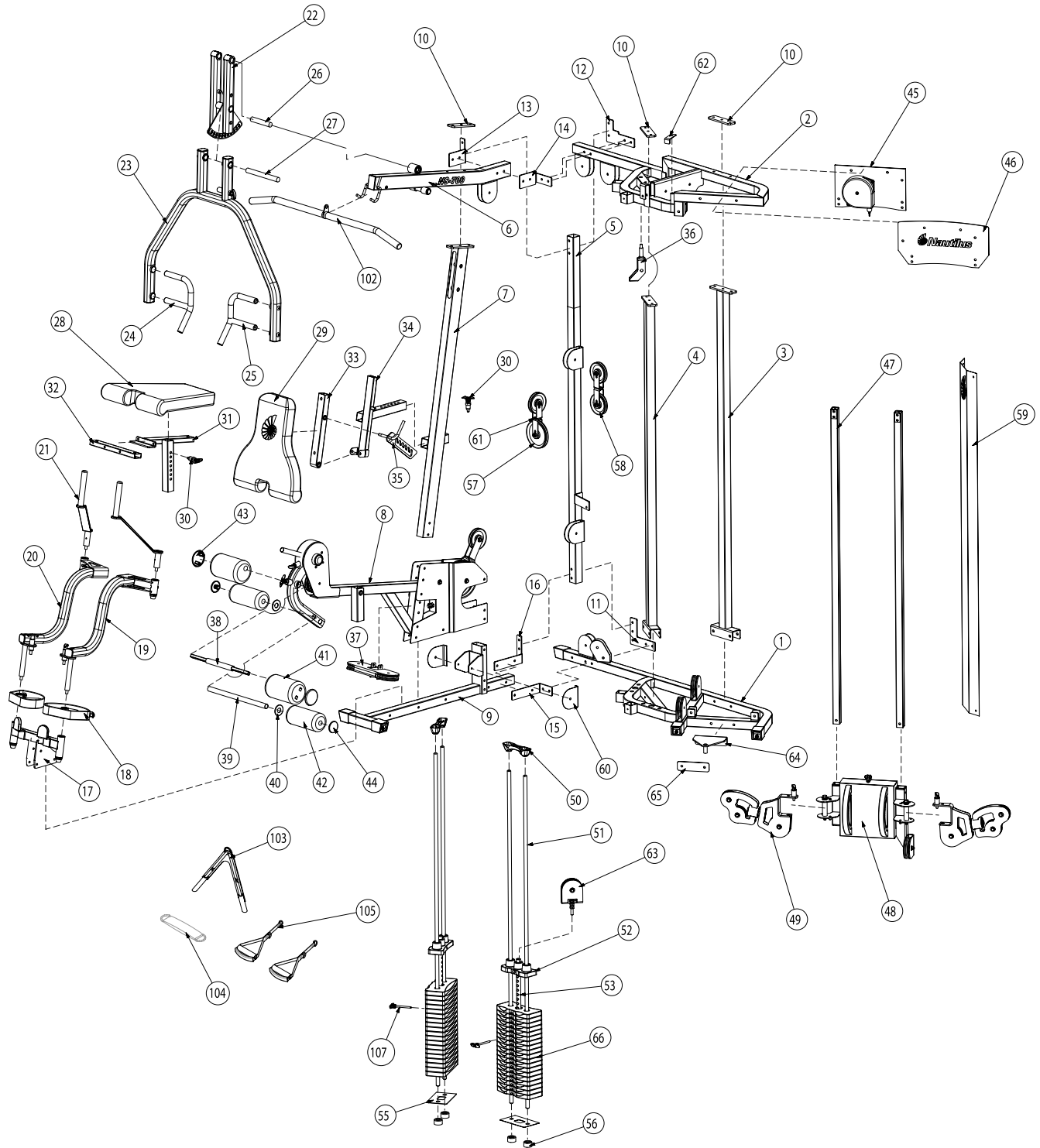
Assembly Instructions



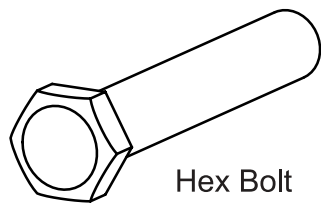
Nautilus NS-700

#	Gym Component	Qty.	Part#	#	Gym Component	Qty.	Part#
1	Rear Base Frame	1	15823	64	Connecting Bench Bracket	1	15827
2	Rear Top Frame	1	15824	65	Bench Connecting Plate	1	15838
3	Rear Support Upright A	1	15828	66	Weight Plate	38	14342
4	Rear Support Upright B	1	15829	67	Plastic Cap	4	14158
5	Rear Upright	1	15820	68	Snap Cap	2	14182
6	Top Beam	1	15821				
7	Front Upright	1	15819		Cable		
8	Leg Extension Frame	1	15800	69	#1 - Pull down Cable 263.75"L	1	15865
9	Main Base	1	15817	70	#2 - High/Low Pulley Cable 356"L	1	15866
10	Backing Plate	3	14105	71	#3 - Pec Fly Cable 150"L	1	15867
11	Corner Plate	1	15805	72	#4 - Secondary Cable 179.5"L	1	15868
12	Connecting Plate A	1	15806				
13	Connecting Plate B	1	15807		Hardware		
14	Connecting Plate C	1	15808	73	Hex Bolt - 1/2" x 5 1/4"L	2	15887
15	Connecting Plate D	1	15809	74	Hex Bolt - 1/2" x 3 1/4"L	1	14243
16	Connecting Plate E	1	15810	75	Hex Bolt - 3/8" x 4 3/4"L	1	15890
17	Pec Fly Mount	1	14135	76	Hex Bolt - 3/8" x 4 1/4"L	5	14246
18	Pec Fly Cam	2	15839	77	Hex Bolt - 3/8" x 3 1/2"L	1	15889
19	Left Pec Fly Arm	1	14149	78	Hex Bolt - 3/8" x 3 1/4"L	8	14267
20	Right Pec Fly Arm	1	14148	79	Hex Bolt - 3/8" x 3"L	34	14245
21	Pec Fly Handle	2	14151	80	Hex Bolt - 3/8" x 2 3/4"L	6	14241
22	Press Arm Support Assembly	1	14132	81	Hex Bolt - 3/8" x 2 1/4"L	3	14265
23	Press Arm	1	14131	82	Hex Bolt - 3/8" x 2"L	17	14266
24	Right Press Arm Handle	1	14133	83	Hex Bolt - 3/8" x 1 3/4"L	4	14239
25	Left Press Arm Handle	1	14134	84	Hex Bolt - 3/8" x 1 1/2"L		
26	Press Arm Support Shaft	1	14111		with thread lock	3	14249
27	Press Arm Pivot Shaft	1	14110	85	Cap Head Allen Screw		
28	Seat Pad	1	14190		3/8" x 3"L with thread lock	2	15884
29	Back Pad	1	14189	86	Cap Head Allen Screw		
30	T handle Pop Pin	1	14211		1/4" x 1"L with thread lock	4	15882
31	Seat Adjuster	1	14128	87	Cap Head Allen Screw		
32	Seat Cross Tube	1	14101		1/4" x 1/2"L with thread lock	2	15883
33	Back Pad Tube	1	15831	88	Button Head Allen Screw		
34	Back Pad Adjustment	1	15822		3/8" x 1 3/4"L	2	14256
35	Back Pad Adjustment Plate	1	15835	89	Button Head Allen Screw		
36	Pulley Bracket	1	14136		3/8" x 1"L (half threads)	1	15878
37	Pec Fly Pulley Bracket	1	15804	90	Button Head Allen Screw		
38	Locking Roller Bar	1	15826		3/8" x 1"L with thread lock	4	15879
39	Roller Bar	1	14100	91	Button Head Allen Screw		
40	Plastic Washer	2	92058		3/8" x 1/2"L with thread lock	4	15880
41	PU Roller	2	15859	92	5/16" Set Screw 1/4"L	6	15872
42	8"L Foam Roller	2	14270	93	1 11/32 x 1/2" Flat Washer	4	15842
43	PU Roller End Cap	2	15852	94	1/2" Flat Washer	6	14273
44	Round End Cap	2	14165	95	3/8" Flat Washer	158	14233
45	Power Spring Assembly	1	14538	96	1/2" Lock Nut	7	14232
46	Front Plate	1	15812	97	3/8" Lock Nut	76	14234
47	Guide Tube	2	15830	98	3/8" x 9/32t Lock Nut	1	15894
48	High/Low Pulley Adjuster	1	15832	99	Shim Washer	4	14156
49	Swivel Arm Assembly	2	15833	100	Step Spacer 19/32"H	8	14195
50	Guide Rod Holder	2	14174	101	Pulley Spacer 1/2"L	4	14198
51	Guide Rod	4	15801				
52	Top Weight	2	14205		Accessories		
53	Selector Stem	2	14204	102	Lat Bar	1	14142
55	Weight Stack Bottom Plate	2	14106	103	AB Strap	1	14215
56	Weight Stack Bumper	4	14176	104	Felt Back Ankle Strap	1	14217
57	6" Pulley	1	15848	105	Handle Strap with 2 rings	2	14384
58	4 1/2" Pulley	27	14537	106	Cable Clip	3	92054
59	Shroud	1	15858	107	Weight Selector Pin	2	14210
60	Low Pulley Cover	2	15803	108	M5 Allen Wrench	1	15898
61	Double Floating Pulley Bracket	2	14138	109	M6 Allen Wrench	1	15899
62	Cable Retaining Bracket	2	14355	110	M8 Allen Wrench	1	15900
63	Top Weight Pulley Housing	1	15813	111	Workout Placard	1	

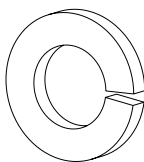
Complete Gym Component Diagram



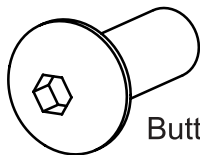
- A. Compare the Bill of Materials to the box contents to insure that all parts are present before installation begins.
- B. Unpackage parts and place them near the final assembled location to avoid moving the gym when fully assembled.



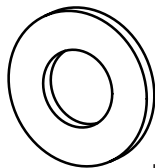
Hex Bolt



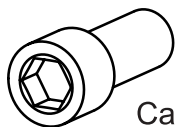
Spring Washer



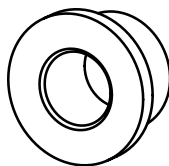
Button Head



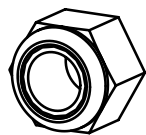
Flat Washer



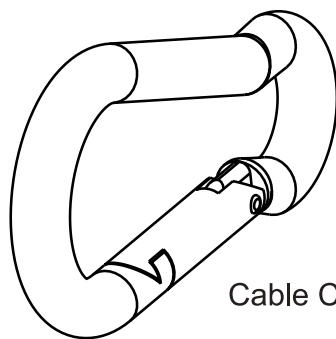
Cap Head



Step Spacer



Lock Nut



Cable Clip



Required Tools:

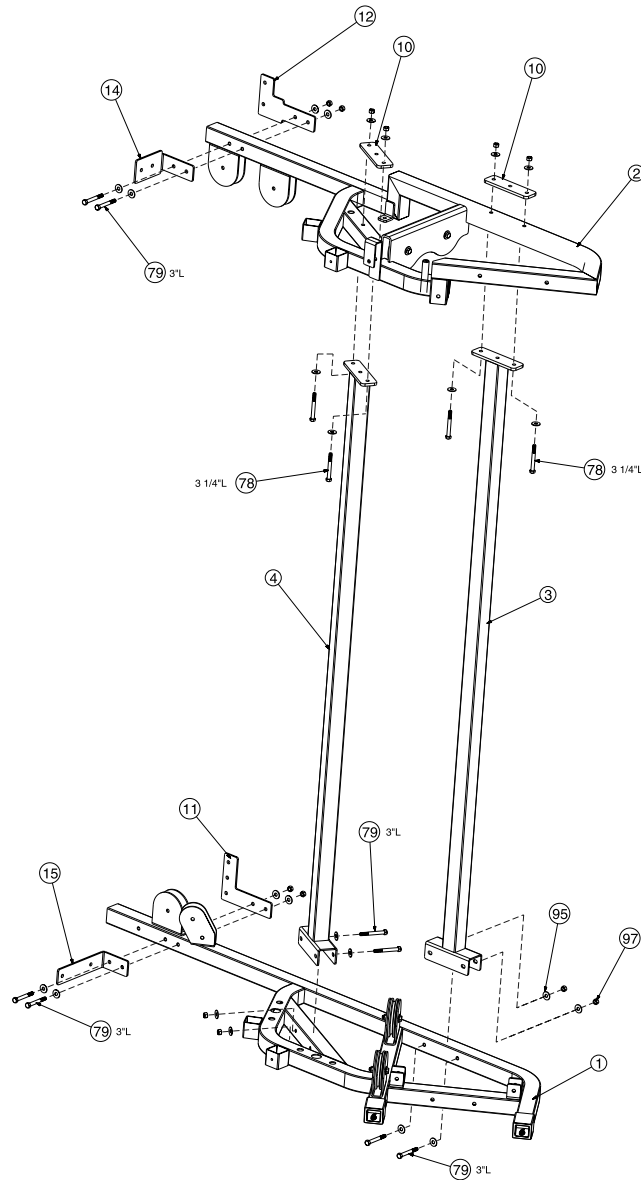
9/16" or 14mm Wrench or Socket (Two Required)

3/4" Wrench or Socket

Adjustable Wrench

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

step 1

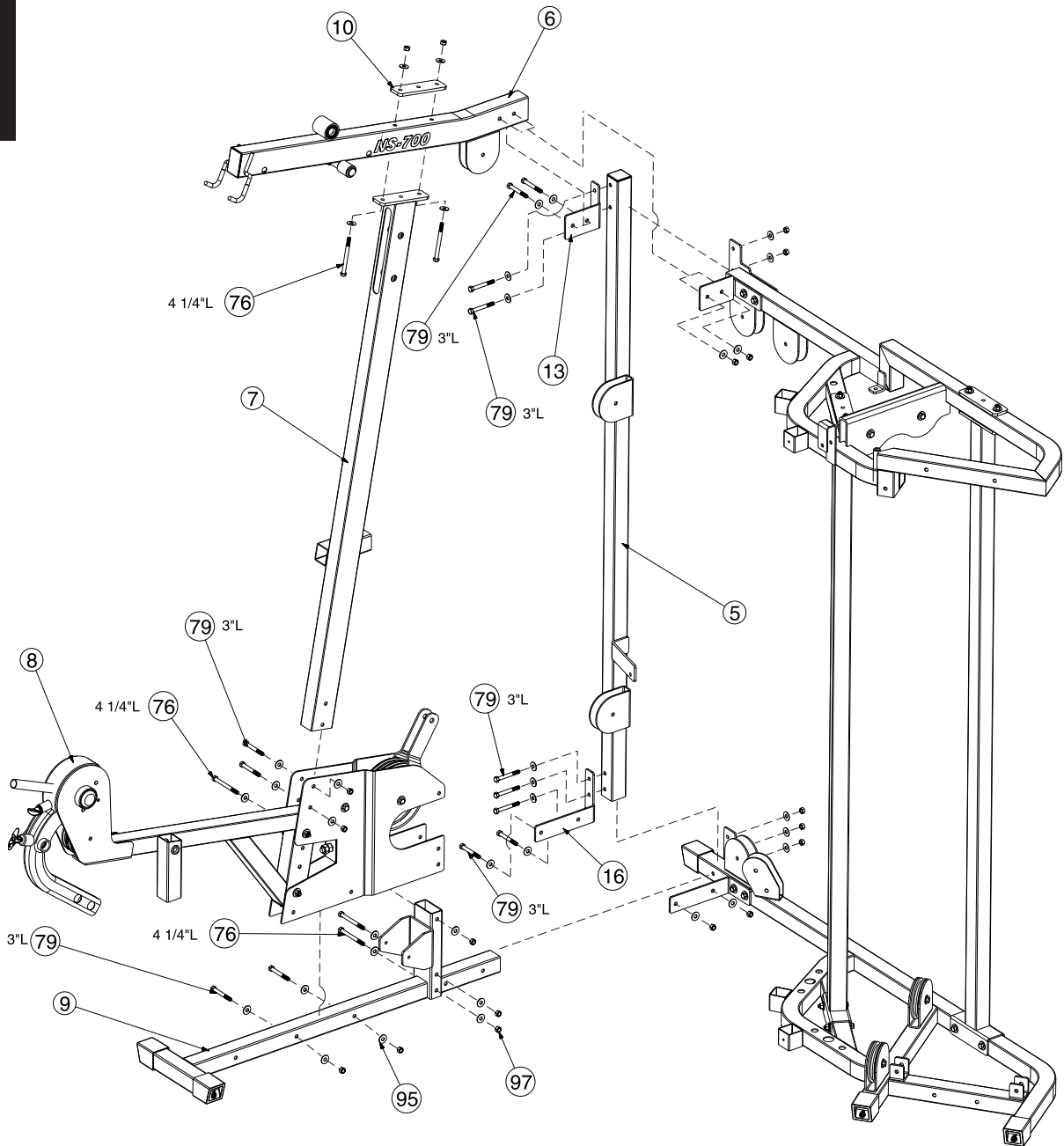


Step #1 Materials:

#	Component	Qty
<input type="checkbox"/> 1	Rear Base Frame	1
<input type="checkbox"/> 2	Rear Top Frame	1
<input type="checkbox"/> 3	Rear Support Upright A	1
<input type="checkbox"/> 4	Rear Support Upright B	1
<input type="checkbox"/> 10	Backing Plate	2
<input type="checkbox"/> 11	Corner Plate	1
<input type="checkbox"/> 12	Connecting Plate A	1
<input type="checkbox"/> 14	Connecting Plate C	1
<input type="checkbox"/> 15	Connecting Plate D	1
<input type="checkbox"/> 78	Hex Bolt - 3/8" x 3 1/4"L	4
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	8
<input type="checkbox"/> 95	3/8" Flat Washer	24
<input type="checkbox"/> 97	3/8" Lock Nut	12

- A.** Set the Rear Base Frame (1) in a position close to the gym's final position.
- B.** Attach Rear Support Upright A and B (3) (4) to Rear Base Frame (1) using the hardware shown. Do not tighten hardware. NOTE: Rear Support Upright A (3) is the longer piece.
- C.** Attach Rear Top Frame (2) to Rear Support Upright A and B (3) (4) using Backing Plate (10) and the hardware shown. Tighten all hardware securely.
- D.** Attach Corner Plate (11) and Connecting Plate D (15) to the Rear Base Frame (1) using the hardware shown. Do not tighten hardware.
- E.** Attach Connecting Plate A and C (12) (14) to Rear Top Frame (2) using the hardware shown. Do not tighten hardware.

step 2

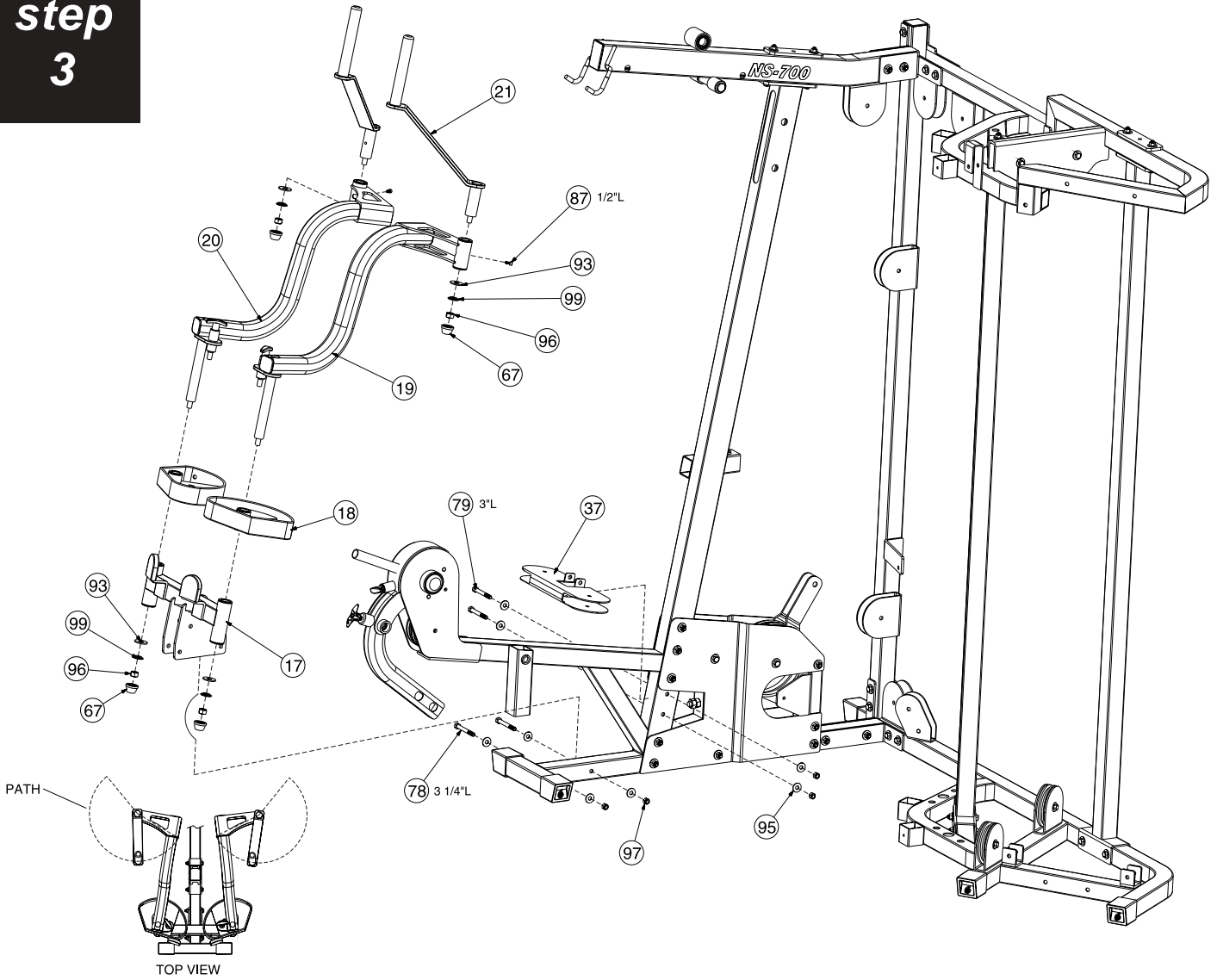


Step #2 Materials:

#	Component	Qty
<input type="checkbox"/> 5	Rear Upright	1
<input type="checkbox"/> 6	Top Beam	1
<input type="checkbox"/> 7	Front Upright	1
<input type="checkbox"/> 8	Leg Extension Frame	1
<input type="checkbox"/> 9	Main Base	1
<input type="checkbox"/> 10	Backing Plate	1
<input type="checkbox"/> 13	Connecting Plate B	1
<input type="checkbox"/> 16	Connecting Plate E	1
<input type="checkbox"/> 76	Hex Bolt - 3/8" x 4 1/4"L	5
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	13
<input type="checkbox"/> 95	3/8" Flat Washer	36
<input type="checkbox"/> 97	3/8" Lock Nut	18

- A.** Attach Main Base (9) to Rear Base Frame (1) using Connecting Plate E (16) and the hardware shown. Do not tighten hardware.
- B.** Attach Rear Upright (5) to Rear Base Frame (1) and Rear Top Frame (2) using Connecting Plate B (13) and the hardware shown. Do not tighten hardware.
- C.** Attach Leg Extension Frame (8) to Main Base (9) using the hardware shown. Tighten hardware securely. **CAUTION:** Leg Extension Frame (8) is heavy. Use two people to assemble this component.
- D.** Attach Front Upright (7) to Leg Extension Frame (8) using the hardware shown. Tighten hardware securely.
- E.** Attach Top Beam (6) to Front Upright (7) and Rear Top Frame (2) using Backing Plate (10) and the hardware shown. Tighten all frame hardware securely.

step 3

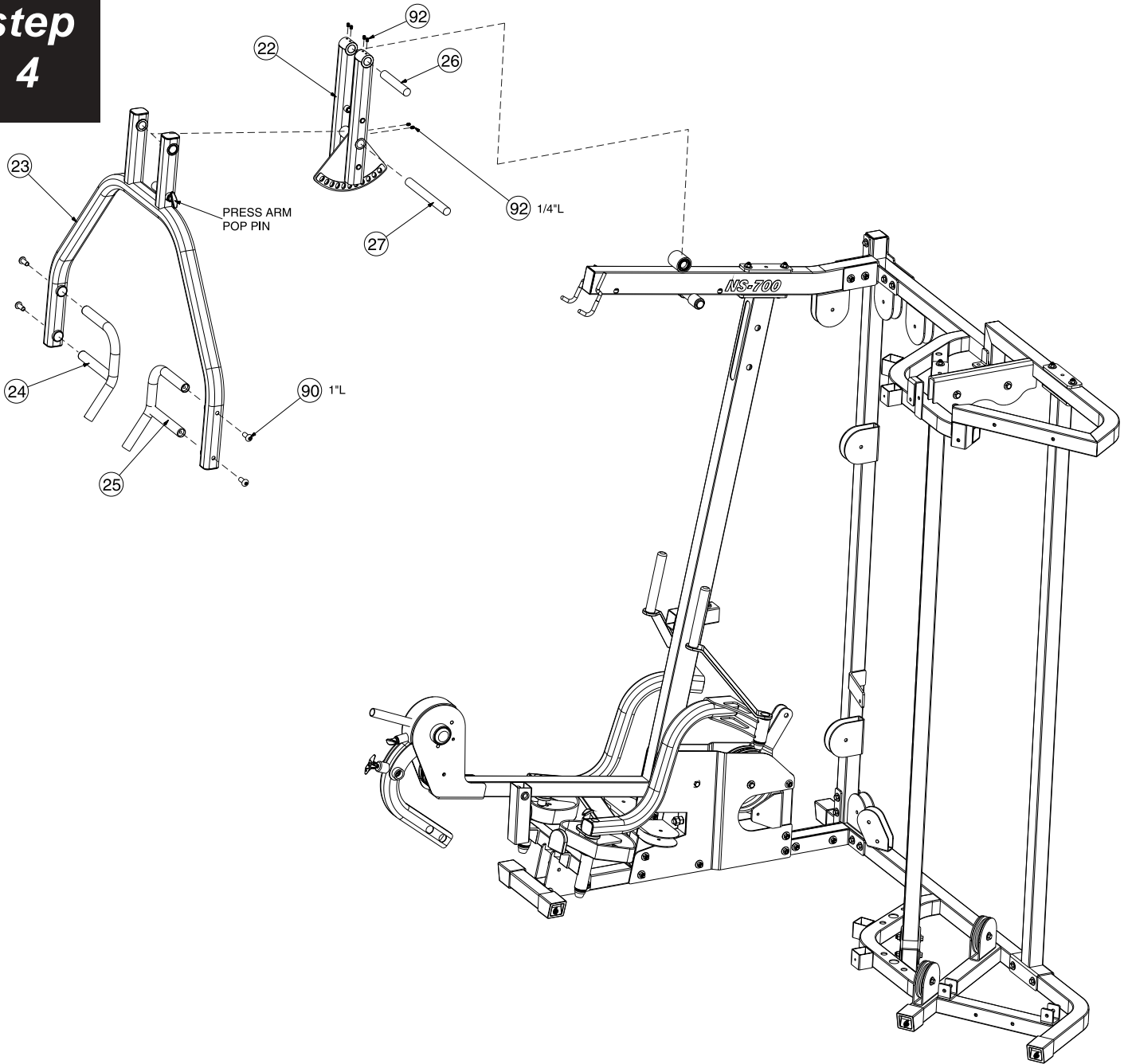


Step #3 Materials:

#	Component	Qty
<input type="checkbox"/> 17	Pec Fly Mount	1
<input type="checkbox"/> 18	Pec Fly Cam	2
<input type="checkbox"/> 19	Left Pec Fly Arm	1
<input type="checkbox"/> 20	Right Pec Fly Arm	1
<input type="checkbox"/> 21	Pec Fly Handle	2
<input type="checkbox"/> 37	Pec Fly Pulley Bracket	1
<input type="checkbox"/> 67	Plastic Cap	4
<input type="checkbox"/> 78	Hex Bolt - 3/8" x 3 1/4"L	2
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	2
<input type="checkbox"/> 87	Cap Head Allen Screw 1/4" x 1/2"L with thread lock	2
<input type="checkbox"/> 93	1 11/32 x 1/2" Flat Washer	4
<input type="checkbox"/> 95	3/8" Flat Washer	8
<input type="checkbox"/> 96	1/2" Lock Nut	4
<input type="checkbox"/> 97	3/8" Lock Nut	4
<input type="checkbox"/> 99	Shim Washer	4

- A.** Attach Pec Fly Pulley Bracket (37) to Leg Extension Frame (8) using the hardware shown. Tighten hardware securely.
- B.** Attach Pec Fly Mount (17) to Main Base (9) using the hardware shown. Tighten hardware securely.
- C.** Slide Pec Fly Cam (18) 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 (17) using the hardware shown. Tighten hardware securely making sure that the Pec Fly Arm can rotate freely.
- D.** Repeat Step C using Right Pec Fly Arm (20).
- E.** Install Pec Fly Handle (21) in Left Pec Fly Arm (19) using the hardware shown. Tighten hardware securely making sure that the Pec Fly Handle (21) can rotate freely. Install Cap Head Allen Screw (87) to Pec Fly Handle (21) as shown. Tighten firmly. NOTE: Make sure that the path of the Pec Fly Handle has a similar path shown in the TOP VIEW.
- F.** Repeat Step E using the Right Pec Fly Arm (20).
- G.** Install Plastic Cap (67) in the four locations shown. The Plastic Cap (67) should snap into place locking around the Shim Washer (99).

step 4

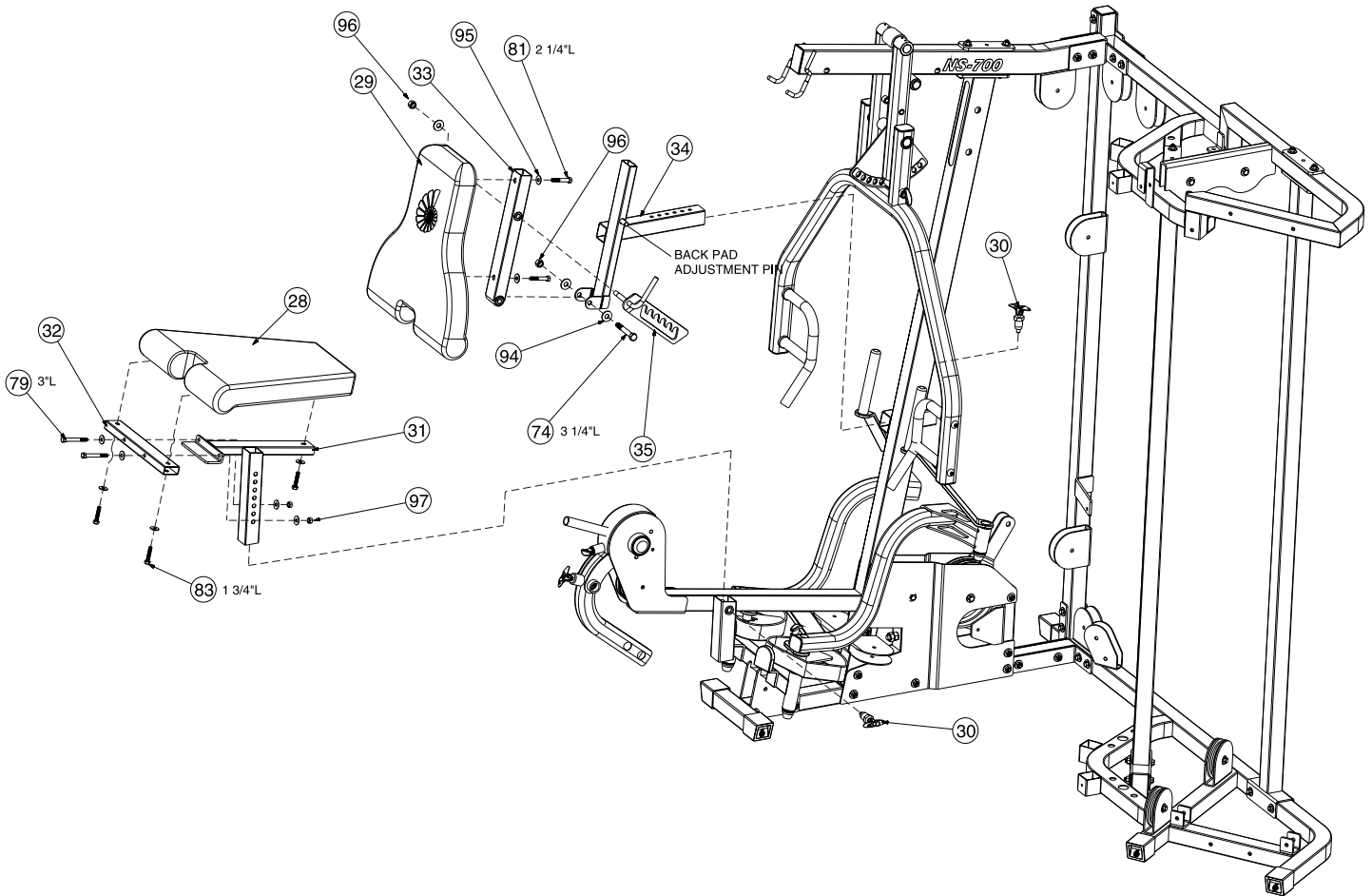


Step #4 Materials:

#	Component	Qty
<input type="checkbox"/> 22	Press Arm Support Assembly	1
<input type="checkbox"/> 23	Press Arm	1
<input type="checkbox"/> 24	Right Press Arm Handle	1
<input type="checkbox"/> 25	Left Press Arm Handle	1
<input type="checkbox"/> 26	Press Arm Support Shaft	1
<input type="checkbox"/> 27	Press Arm Pivot Shaft	1
<input type="checkbox"/> 90	Button Head Allen Screw 3/8" x 1"L with thread lock	4
92	5/16" Set Screw 1/4"L	6

- A.** Attach Press Arm Support Assembly (22) to the Top Beam (6) using the Press Arm Support Shaft (26). Align shaft and tighten the 4 Set Screws (92) firmly.
- B.** Remove Pop Pin from Press Arm (23). Attach Press Arm (23) to Press Arm Support Assembly (22) using the Press Arm Pivot Shaft (27). Align shaft and tighten the two Set Screws (92) firmly.
- C.** Attach Press Arm Handles (24) (25) using hardware shown. Tighten hardware firmly.

step 5

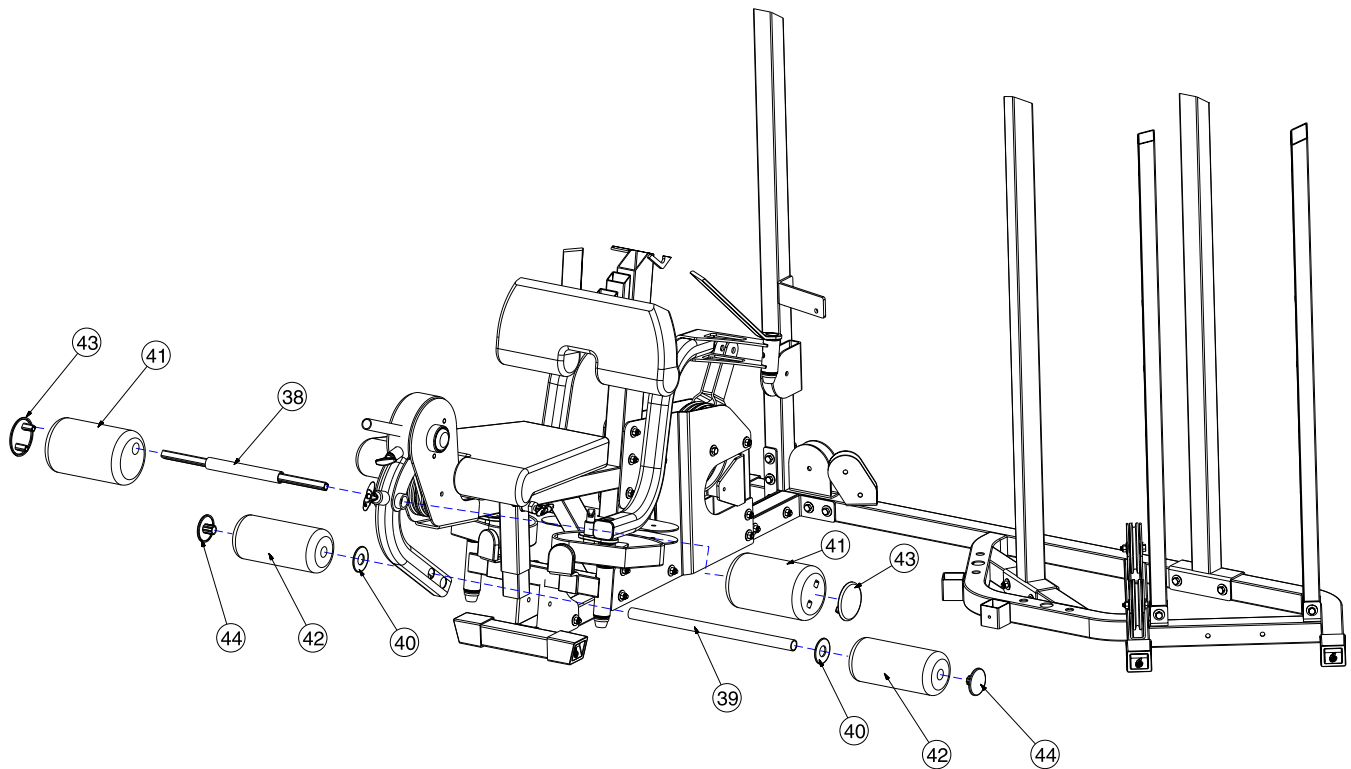


Step #5 Materials:

#	Component	Qty
<input type="checkbox"/> 28	Seat Pad	1
<input type="checkbox"/> 29	Back Pad	1
<input type="checkbox"/> 30	T handle Pop Pin	2
<input type="checkbox"/> 31	Seat Adjuster	1
<input type="checkbox"/> 32	Seat Cross Tube	1
<input type="checkbox"/> 33	Back Pad Tube	1
<input type="checkbox"/> 34	Back Pad Adjustment	1
<input type="checkbox"/> 35	Back Pad Adjustment Plate	1
<input type="checkbox"/> 74	Hex Bolt - 1/2" x 3 1/4"L	1
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	2
<input type="checkbox"/> 81	Hex Bolt - 3/8" x 2 1/4"L	2
<input type="checkbox"/> 83	Hex Bolt - 3/8" x 1 3/4"L	3
<input type="checkbox"/> 94	1/2" Flat Washer	3
<input type="checkbox"/> 95	3/8" Flat Washer	9
<input type="checkbox"/> 96	1/2" Lock Nut	2
<input type="checkbox"/> 97	3/8" Lock Nut	2

- A.** Attach Seat Cross Tube (32) to Seat Adjuster (31) using hardware shown. Tighten hardware securely.
- B.** Attach Seat Pad (28) to Seat Cross Tube (32) and Seat Adjuster (31) using hardware shown. Tighten hardware securely.
- C.** Install Seat Adjuster (31) in Leg Extension Frame (8) in the slot shown. Install Pop Pin (30) using an adjustable wrench. NOTE: Pop Pin is threaded so that the seat can be locked into position.
- D.** Attach Back Pad Tube (33) to Back Pad (29) using hardware shown. Tighten hardware securely.
- E.** Attach Back Pad Tube (33) to Back Pad Adjuster (34) using hardware shown. Tighten hardware securely making sure that the Back Pad Tube can rotate freely.
- F.** Attach Back Pad Adjustment Plate (35) to Back Pad Tube (33) using hardware shown, making sure that the Back Pad Adjustment Pin rests inside the slot of the Back Pad Adjustment Plate (35). Tighten hardware securely make sure the Back Pad Adjustment Plate can rotate freely.
- G.** Install Back Pad Adjuster (34) in Front Upright (7) in the slot shown. Install Pop Pin (30) using an adjustable wrench.

step 6

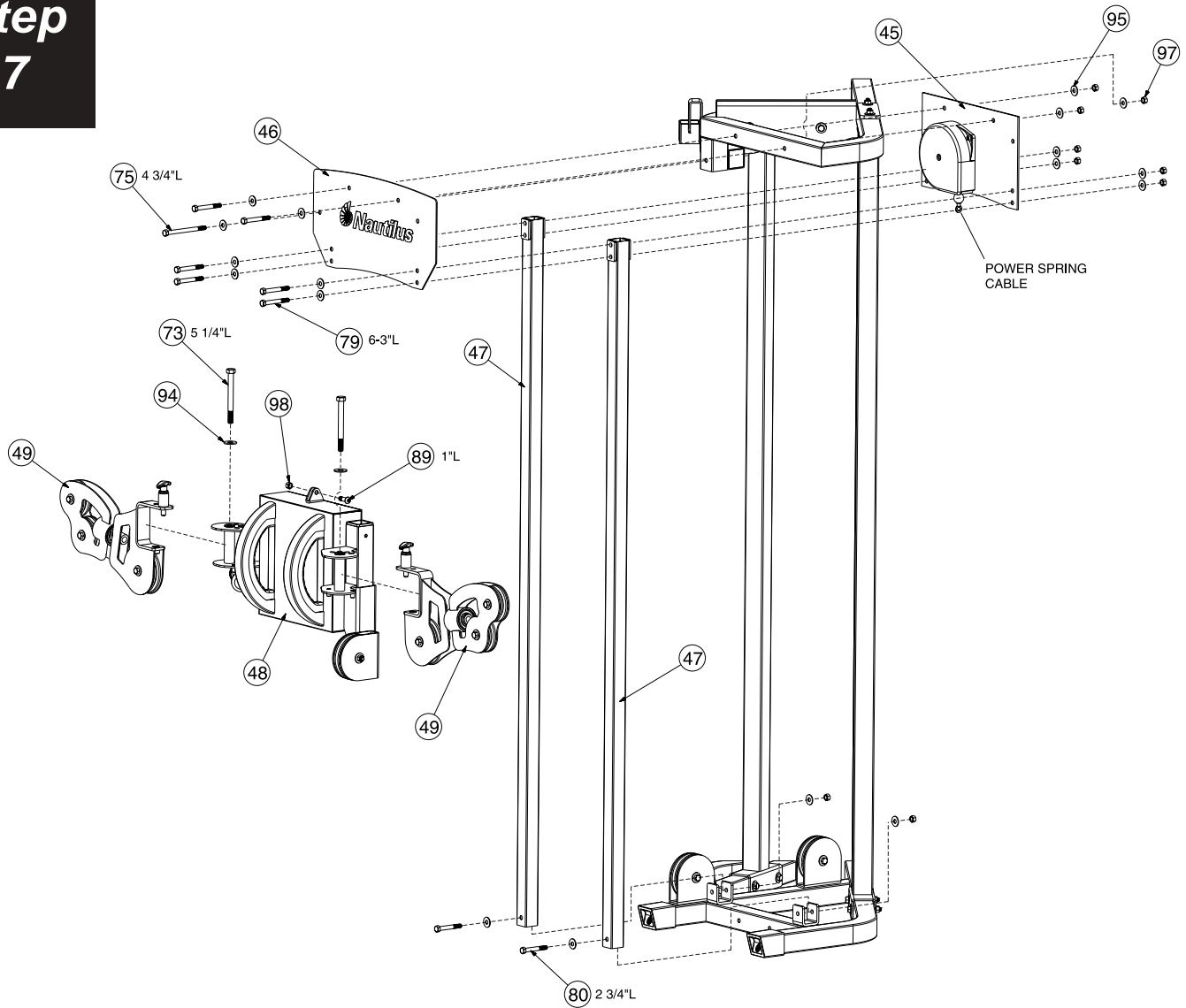


Step #6 Materials:

#	Component	Qty
<input type="checkbox"/> 38	Locking Roller Bar	1
<input type="checkbox"/> 39	Roller Bar	1
<input type="checkbox"/> 40	Plastic Washer	2
<input type="checkbox"/> 41	PU Roller	2
<input type="checkbox"/> 42	8\"/>	
<input type="checkbox"/> 43	PU Roller End Cap	2
<input type="checkbox"/> 44	Round End Cap	2

- A.** Slide Roller Bar (39) through the Leg Extension Tube. Either of the bottom two holes can be used depending on the best fit for the user.
- B.** Slide a Plastic Washer (40) followed by a Foam Roller (42) on the Roller Bar (39). Press the Roller End Cap (44) firmly into the Roller Bar (39). Repeat for the opposite side.
- C.** Slide the Locking Roller Bar (38) through the Leg Extension Tube as shown making sure that it is centered. Slide the Eccentric Roller (41) on the Locking Roller Bar (38). Press the Locking Roller End Cap (43) into the Locking Roller Bar (38). Repeat for the opposite side making sure that the Eccentric Rollers are aligned.

step 7

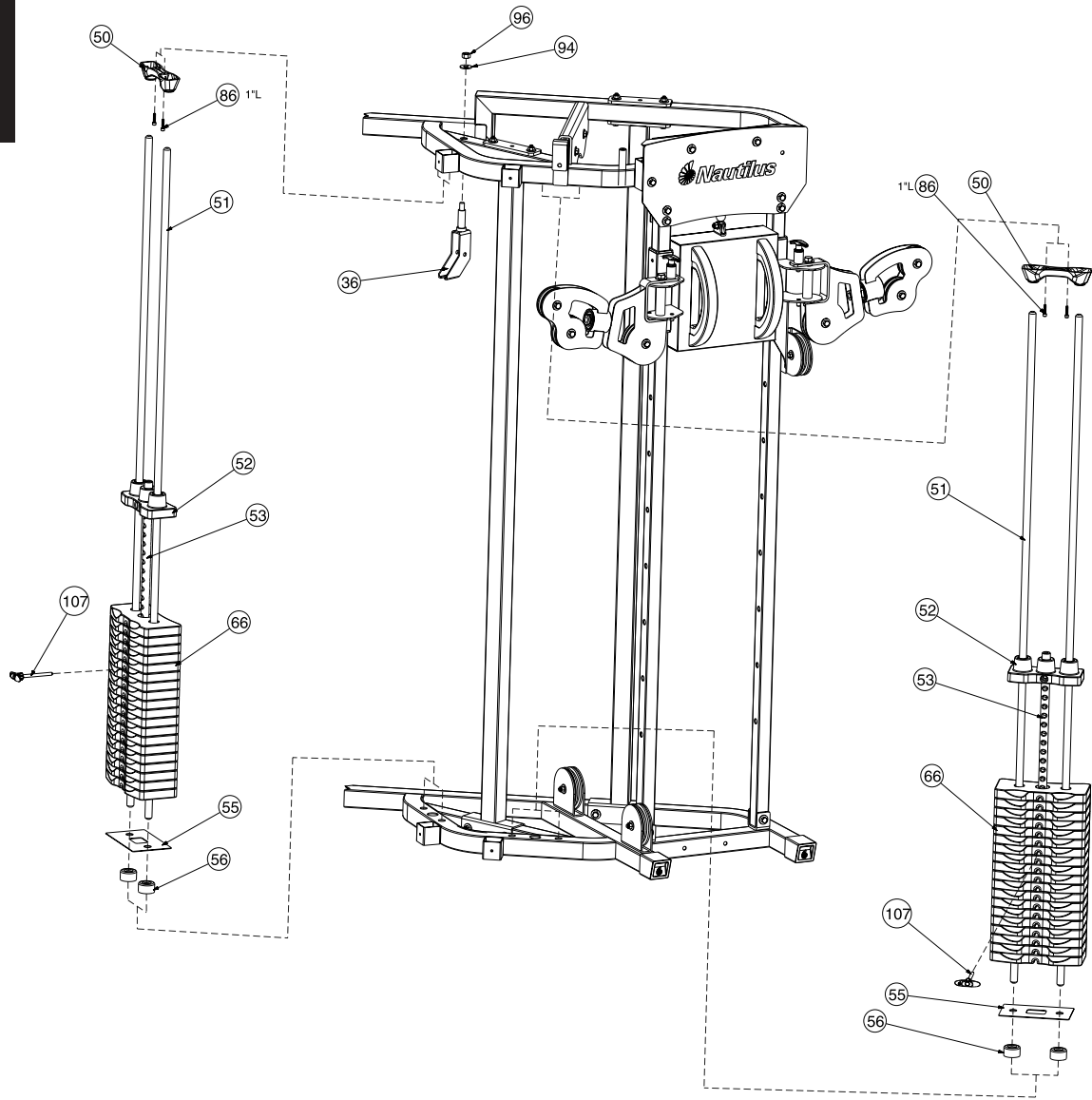


Step #7 Materials:

#	Component	Qty
<input type="checkbox"/> 45	Power Spring Assembly	1
<input type="checkbox"/> 46	Front Plate	1
<input type="checkbox"/> 47	Guide Tube	2
<input type="checkbox"/> 48	High/Low Pulley Adjuster	1
<input type="checkbox"/> 49	Swivel Arm Assembly	2
<input type="checkbox"/> 73	Hex Bolt - 1/2" x 5 1/4"L	2
<input type="checkbox"/> 75	Hex Bolt - 3/8" x 4 3/4"L	1
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	6
<input type="checkbox"/> 80	Hex Bolt - 3/8" x 2 3/4"L	2
<input type="checkbox"/> 89	Button Head Allen Screw 3/8" x 1"L (half threads)	1
<input type="checkbox"/> 94	1/2" Flat Washer	2
<input type="checkbox"/> 95	3/8" Flat Washer	18
<input type="checkbox"/> 97	3/8" Lock Nut	9
<input type="checkbox"/> 98	3/8" x 9/32t Lock Nut	1

- A.** Place Guide Tubes (47) side by side on the floor with the adjustment holes facing each other. Slide the Hi/Low Pulley Adjuster (48) onto the Guide Tubes (47) making sure that the Guide Tubes are even and the Hi/Low Pulley Adjuster is locked into the middle adjustment holes.
- B.** Attach the Guide Tubes (47) to the Rear Base Frame (1) using the hardware shown. Do not tighten hardware.
- C.** Attach the Power Spring Assembly (45) and Front Plate (46) to the Rear Top Frame (2) and Guide Tubes (47) using the hardware shown. Make sure that the Guide Tubes (47) are well aligned and tighten all hardware securely.
- D.** Lift the Hi/Low Pulley Adjuster (48) to the top adjustment hole. Connect the Hi/Low Pulley Adjuster (48) to the Power Spring Cable using the hardware shown. Tighten hardware securely.
- E.** Attach the Swivel Arms (49) to the Hi/Low Pulley Adjuster (48) using the hardware shown. Tighten hardware securely but allowing the Swivel Arms to rotate freely.

step 8

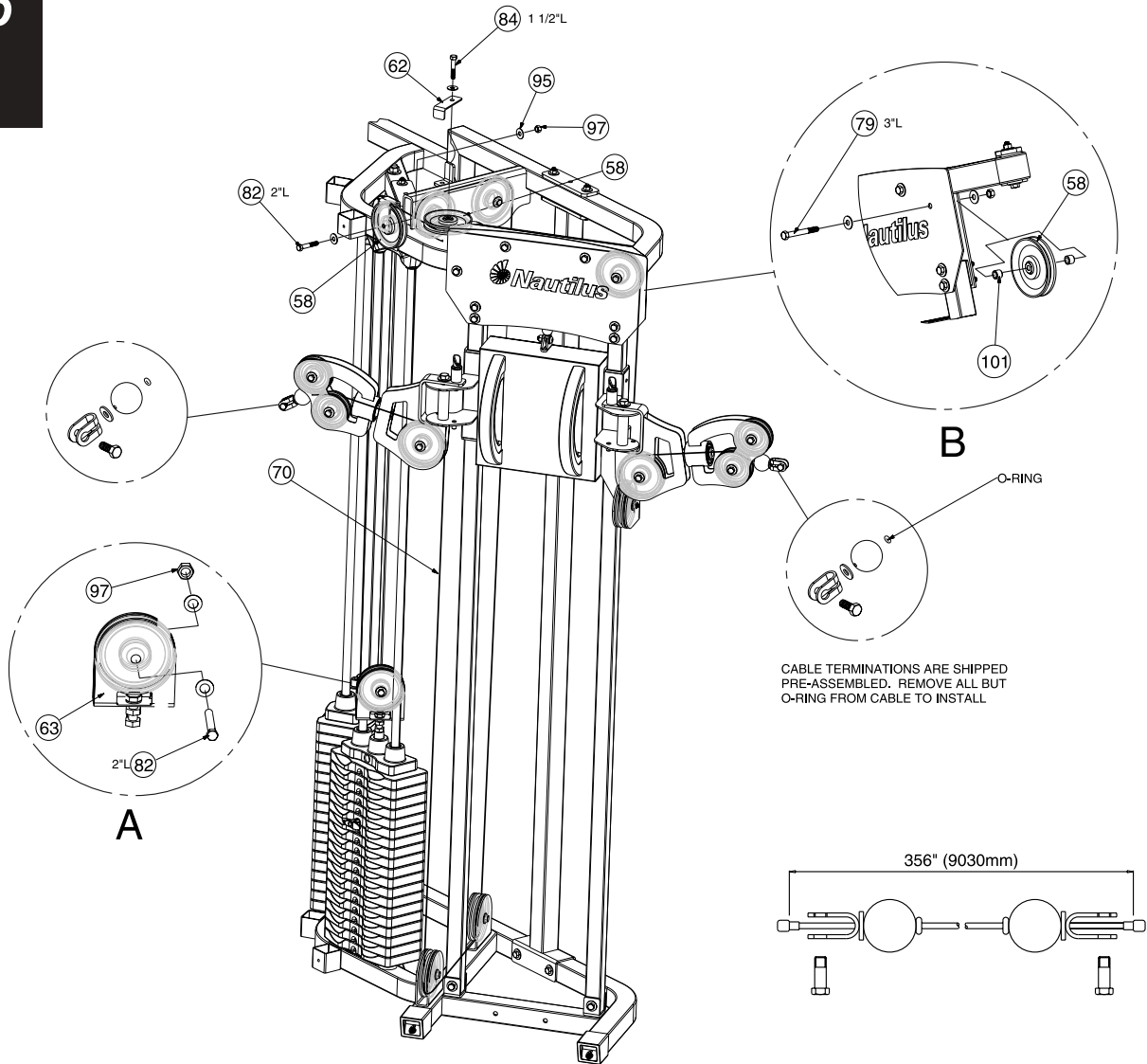


Step #8 Materials:

#	Component	Qty
<input type="checkbox"/> 36	Pulley Bracket	1
<input type="checkbox"/> 50	Guide Rod Holder	2
<input type="checkbox"/> 51	Guide Rod	4
<input type="checkbox"/> 52	Top Weight	2
<input type="checkbox"/> 53	Selector Stem	2
<input type="checkbox"/> 55	Weight Stack Bottom Plate	2
<input type="checkbox"/> 56	Weight Stack Bumper	4
<input type="checkbox"/> 66	Weight Plate	38
<input type="checkbox"/> 86	Cap Head Allen Screw 1/4" x 1"L with thread lock	4
<input type="checkbox"/> 94	1/2" Flat Washer	1
<input type="checkbox"/> 96	1/2" Lock Nut	1
<input type="checkbox"/> 107	Weight Selector Pin	2

- A.** Slide Weight Stack Cushion (56) on two Guide Rods (51) allowing approximately 3" of Guide Rod showing below the Weight Stack Cushion. Insert Guide Rods (51) into the holes in the Rear Base Frame (1) as shown.
- B.** Slide Weight Stack Bottom Plate (55) on top of Weight Stack Cushions (56).
- C.** Place nineteen Weight Plates (66) and the Selector Rod/Top Plate Assembly (52 & 53) on the Guide Rods (51) as shown. Install Weight Plates (66) so that the selector pin hole faces forward and is located on the bottom of the plate. Install the Selector Rod/Top Plate Assembly (52 & 53) 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 (50) on the top of the Guide Rods (51) and attach the Guide Rod Holder (50) to the Rear Top Frame (2) using the hardware shown. Tighten hardware securely.
- E.** Place Weight Selector Pin (107) in the bottom weight plate.
- F.** Repeat Steps A-E for the second weight stack.
- G.** Attach Pulley Bracket (36) to Rear Top Frame (2) using the hardware shown. Do not tighten hardware.

step 9



Step #9 Materials:

#	Component	Qty
<input type="checkbox"/> 58	4 1/2" Pulley	4
<input type="checkbox"/> 62	Cable Retaining Bracket	1
<input type="checkbox"/> 70	Cable #2 - High/Low Pulley Cable 356"L	1
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	1
<input type="checkbox"/> 82	Hex Bolt - 3/8" x 2"L	2
<input type="checkbox"/> 84	Hex Bolt - 3/8" x 1 1/2"L with thread lock	1
<input type="checkbox"/> 95	3/8" Flat Washer	7
<input type="checkbox"/> 97	3/8" Lock Nut	3
<input type="checkbox"/> 101	Pulley Spacer 1/2"L	2

- A.** Remove the Ball, Washer, and U-Bracket from one side of Cable #2 (70).
- B.** Route Cable #2 (70) through the Pulleys in the left Swivel Arm as shown. Continue to route Cable around the two pulleys connected to the Rear Base Frame and then around the pulleys located in the Rear Top Frame as shown.
- C.** Loop Cable #2 (70) around a 4 1/2" Pulley (58) and attach pulley to the Top Weight Pulley Housing (63) using the hardware shown in detail A. Tighten hardware securely. Attach the Top Weight Pulley Housing (63) to the Selector Rod/Top Weight Assembly (52 & 53). Do not tighten hardware.
- D.** Loop Cable #2 (70) over a 4 1/2" Pulley (58) and attach pulley to the Rear Top Frame using the hardware shown. Loop cable around a 4 1/2" Pulley (58) and attach pulley to the Rear Top Frame using the Cable Retaining Bracket (62) and the hardware shown. Tighten hardware securely.
- E.** Route Cable #2 (70) through the top tube of the Rear Top Frame making sure that the cable is above the bolts. Loop Cable around a 4 1/2" Pulley (58) and attach pulley using the hardware shown in detail B. Tighten hardware securely.
- F.** Route Cable #2 (70) around the pulley located on the Hi/Low Pulley Adjuster and continue to route cable through the pulleys in the right swivel arm as shown.
- G.** Re-Install the Ball, Washer, and U-bracket to Cable #2 (70).

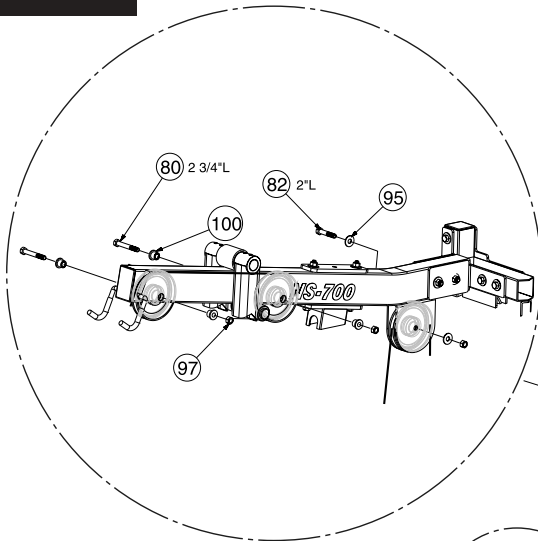
step 10

- A.** Thread one end of Cable #1 (69) into the Selector Rod/Top Plate Assembly as shown in Detail A. Do not tighten locking nut.
- B.** Draw Cable #1 (69) over a 4 1/2" Pulley (58) and place it in the Pulley Bracket (36) making sure that the lower section on the Pulley Bracket is between the guide rods. Attach the Pulley to the Pulley Bracket using the hardware shown. Tighten hardware securely.
- C.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the Rear Top Frame (2) using the Cable Retaining Bracket (62) and the hardware shown. Tighten hardware securely.
- D.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the bracket on the Rear Top Frame (2) using the hardware shown. Proceed by looping the cable around another 4 1/2" Pulley (58) and attaching it to inner hole of the Double Floating Pulley Bracket (61) using the hardware shown. Tighten hardware securely.
- E.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the second bracket on the Rear Top Frame (2) using the hardware shown. Proceed by looping the cable around another 4 1/2" Pulley (58) and attach it to the top bracket on the Front Upright (7) using the hardware shown. Tighten hardware securely.
- F.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the bracket on the Top Beam (6) using the hardware shown. Proceed by looping the cable around another 4 1/2" Pulley (58) and attaching it to the outer hole of the Double Floating Pulley (61) using the hardware shown. Tighten hardware securely.
- G.** Draw Cable #1 (69) over a 4 1/2" Pulley (58) and place the pulley in the slot on the Front Upright (7) using the lower hole. Attach the pulley with the hardware shown in Detail B. Tighten hardware securely.
- H.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and place it in the Press Arm Support Assembly (22). Attach the pulley using the lower hole with the hardware shown in Detail B. Tighten Hardware securely.
- I.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and place the pulley in the slot on the Front Upright (7) using the upper hole. Attach the pulley using the hardware shown in Detail B. Proceed by looping the cable around another 4 1/2" Pulley (58) and attaching the pulley to the top hole in the Press Arm Support Assembly (22) using the hardware shown in Detail B. Tighten hardware securely.
- J.** Loop Cable #1 (69) around a 4 1/2" Pulley (58) and attach the pulley to the Top Beam (6) using the hardware shown in Detail C. Tighten hardware securely. NOTE: Leave the end of the cable inside the Top Beam tube.
- K.** Feed Cable #1 (69) through the Top Beam tube and out the front slot. Draw cable around a 4 1/2" Pulley (58) and attach the pulley in the front slot using the hardware shown in Detail C. Tighten hardware securely.
- L.** Attach Snap Caps (68) in the Press Arm Support Assembly (22) as shown.

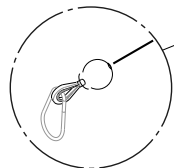
Step #10 Materials:

#	Component	Qty
<input type="checkbox"/> 58	4 1/2" Pulley	14
<input type="checkbox"/> 61	Double Floating Pulley Bracket	2
<input type="checkbox"/> 62	Cable Retaining Bracket	1
<input type="checkbox"/> 68	Snap Cap	2
<input type="checkbox"/> 69	Cable #1 - Pull down Cable 263.75"L	1
<input type="checkbox"/> 80	Hex Bolt - 3/8" x 2 3/4"L	4
<input type="checkbox"/> 82	Hex Bolt - 3/8" x 2"L	8
<input type="checkbox"/> 85	Cap Head Allen Screw 3/8" x 3"L with thread lock	2
<input type="checkbox"/> 95	3/8" Flat Washer	16
<input type="checkbox"/> 97	3/8" Lock Nut	12
<input type="checkbox"/> 100	Step Spacer 19/32"H	8

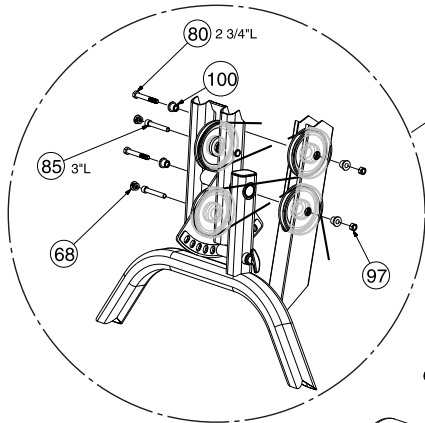
step
10



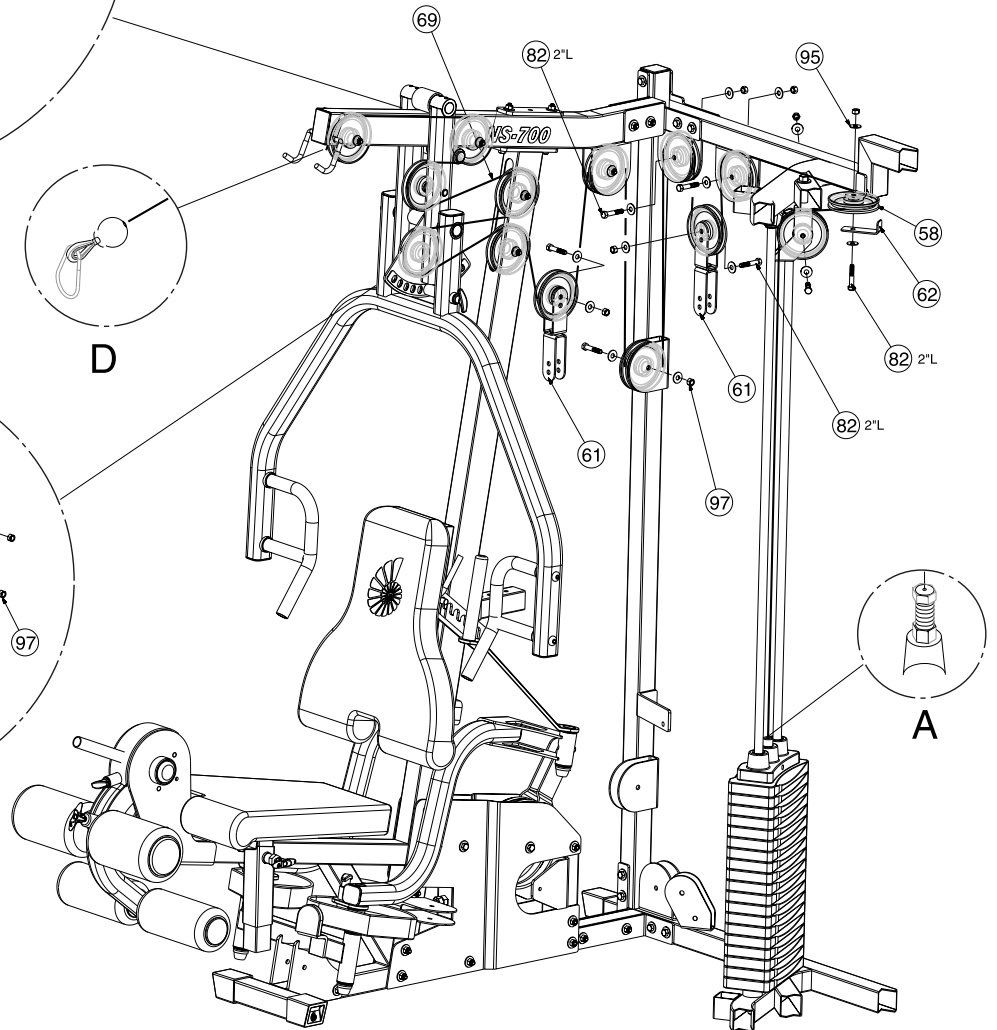
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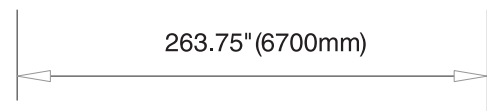
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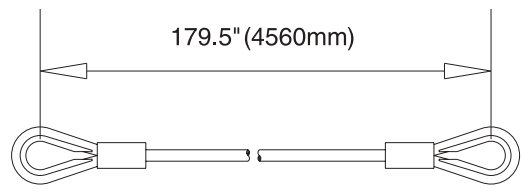
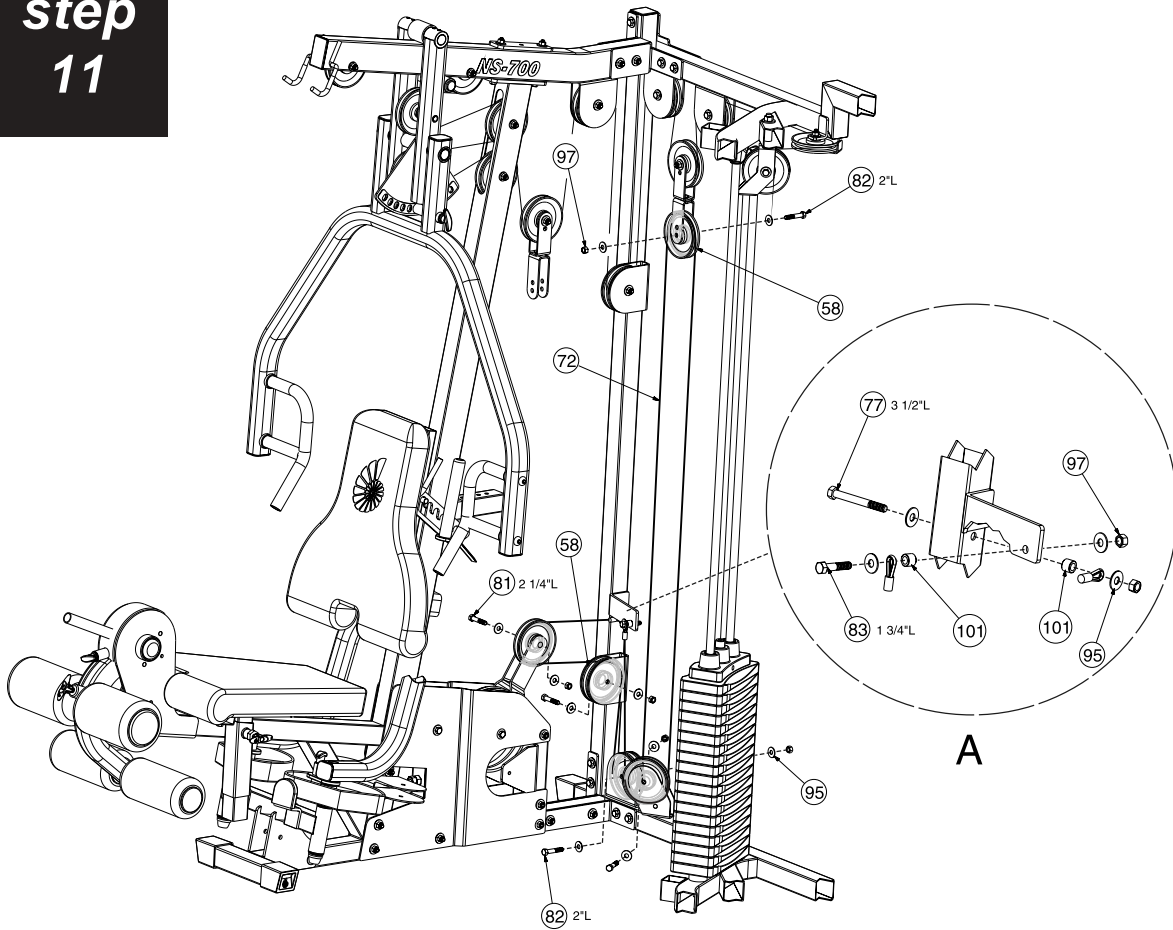
B



A



step 11

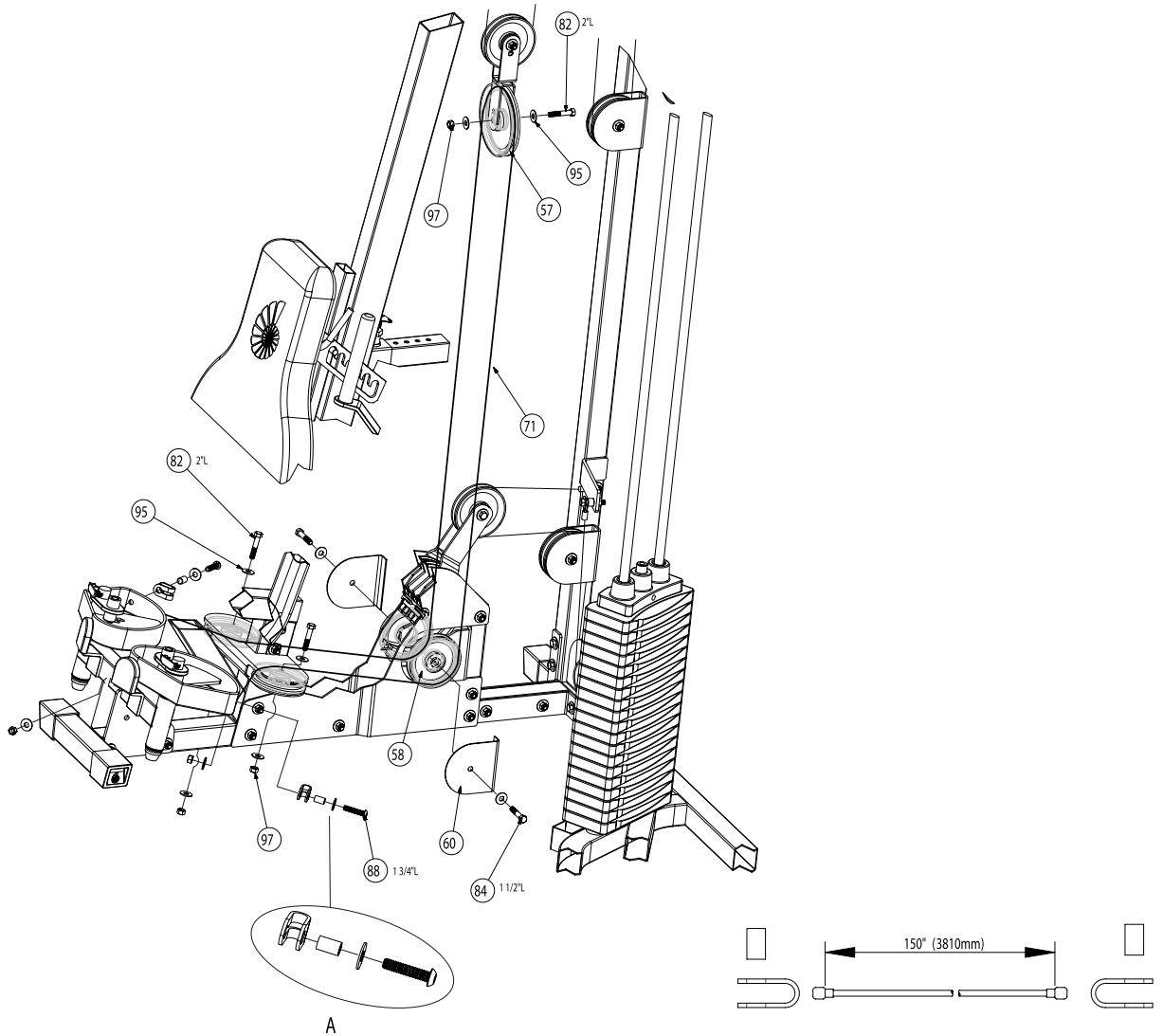


Step #11 Materials:

#	Component	Qty
<input type="checkbox"/> 58	4 1/2" Pulley	5
<input type="checkbox"/> 72	Cable #4 - Secondary Cable 179.5"L	1
<input type="checkbox"/> 77	Hex Bolt - 3/8" x 3 1/2"L	1
<input type="checkbox"/> 81	Hex Bolt - 3/8" x 2 1/4"L	1
<input type="checkbox"/> 82	Hex Bolt - 3/8" x 2"L	4
<input type="checkbox"/> 83	Hex Bolt - 3/8" x 1 3/4"L	1
<input type="checkbox"/> 95	3/8" Flat Washer	14
<input type="checkbox"/> 97	3/8" Lock Nut	7
<input type="checkbox"/> 101	Pulley Spacer 1/2"L	2

- A.** Attach the looped end of Cable #4 (72) to the side of the Rear Upright (5) using the hardware shown in Detail A. Tighten hardware securely, but do not overtighten.
- B.** Loop Cable #4 (72) around a 4 1/2" Pulley (58) and attach the pulley to the lever bracket on the Leg Extension Frame (8) using the hardware shown. Tighten hardware securely.
- C.** Loop Cable #4 (72) around a 4 1/2" Pulley (58) and attach the pulley to the lower bracket on the Rear Upright (5) using the hardware shown. Proceed by looping the cable around a 4 1/2" pulley (58) and attaching the pulley to the bracket on the Rear Base Frame (1) using the hardware shown. Tighten hardware securely.
- D.** Loop Cable #4 (72) around a 4 1/2" Pulley (58) and attach it to the lower hole in the Double Floating Pulley (61) using the hardware shown. Proceed by looping the cable around a 4 1/2" Pulley (58) and attach the pulley to the angled bracket on the Rear Base Frame (1) using the hardware shown. Tighten hardware securely.
- E.** Attach the looped end of Cable #4 (72) to the bracket on the Rear Upright (5) using the hardware shown. Tighten hardware firmly, but do not overtighten. NOTE: This cable termination can be used for exercise attachments such as the leg press. If an attachment is installed, attach the looped end of the Cable #4 (72) to the coupling on the attachment cable. Please refer to attachment instructions for more details.

step 12

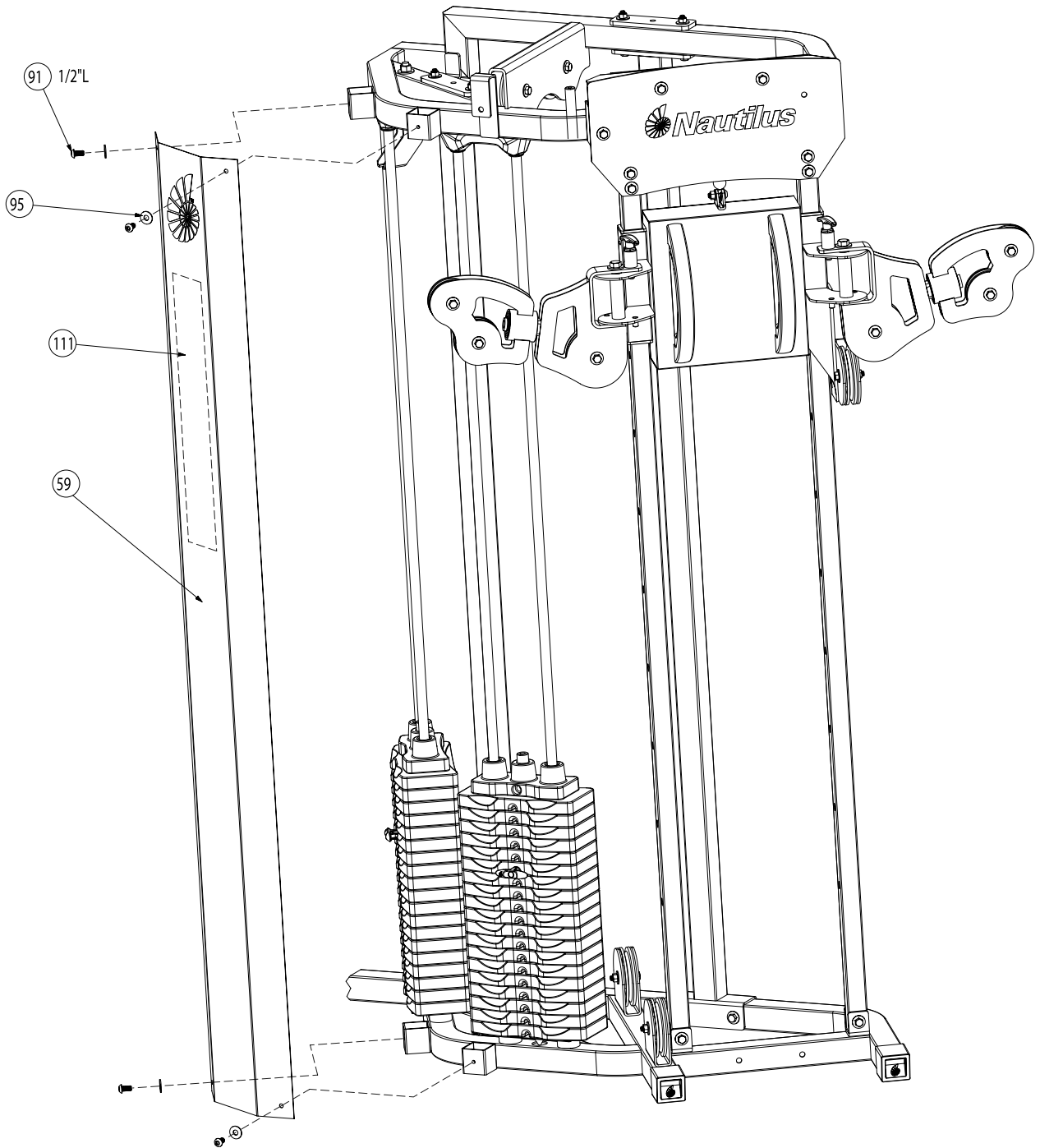


Step #12 Materials:

#	Component	Qty
<input type="checkbox"/> 57	6" Pulley	1
<input type="checkbox"/> 58	4 1/2" Pulley	4
<input type="checkbox"/> 60	Low Pulley Cover	2
<input type="checkbox"/> 82	Hex Bolt - 3/8" x 2"L	3
<input type="checkbox"/> 84	Hex Bolt - 3/8" x 1 1/2"L with thread lock	2
<input type="checkbox"/> 88	Button Head Allen Screw 3/8" x 1 3/4"L	2
<input type="checkbox"/> 95	3/8" Flat Washer	12
<input type="checkbox"/> 97	3/8" Lock Nut	5

- A.** Attach two 4 1/2" Pulleys (58) to the Pec Fly Pulley Bracket (37). Attach two 4 1/2" Pulleys (58) to either side of the Leg Extension Frame (8) using the Low Pulley Cover (60) and the hardware shown. Note the orientation of the Low Pulley Cover. Attach 6" Pulley (57) to the lower hole of the Double Floating Pulley Bracket (61) using the hardware shown. Tighten all hardware securely.
- B.** Attach Cable #3 (71) termination to the left Pec Fly Cam (18) using the hardware shown. Be sure to place the groove on the termination bracket against the Pec Fly Cam as shown in Detail A. Tighten hardware securely
- C.** Draw Cable #3 (71) around the left pulley in the Pec Fly Pulley Bracket (37) as shown. Proceed by looping the cable around the pulley on the left side of the Leg Extension Frame (8) as shown. Be sure that the Low Pulley Cover does not interfere with the cable.
- D.** Loop Cable #3 (71) around the 6" Pulley in the Double Pulley Bracket (61) as shown. Proceed by looping the cable around the pulley on the right side of the Leg Extension Frame (8) as shown. Be sure that the Low Pulley Cover does not interfere with the cable.
- E.** Draw Cable #3 (71) around the right pulley in the Pec Fly Pulley Bracket (37) as shown and attach the cable termination to the right Pec Fly Cam (18) using the hardware shown. Be sure to place the groove on the termination bracket against the Pec Fly Cam as shown in Detail A. Tighten hardware securely. NOTE: If the cable termination does not reach the connection hole on the Pec Fly Cam, adjust the Pulleys (58) in the Double Floating Pulley Brackets (61) to increase cable length.

step 13



Step #13 Materials:

#	Component	Qty
<input type="checkbox"/> 59	Shroud	1
<input type="checkbox"/> 91	Button Head Allen Screw 3/8" x 1/2"L with thread lock	4
<input type="checkbox"/> 95	3/8" Flat Washer	4
<input type="checkbox"/> 111	Workout Placard	1

- A.** Attach the Shroud (59) to the gym using the hardware shown.
- B.** Adhere the Workout Placard (111) to the Shroud (59) in the position shown.

Attach Accessories

- A. Attach the Handles, Lat Bar, Ankle Cuff, and Ab Strap to the cable ends using the Cable Clips.

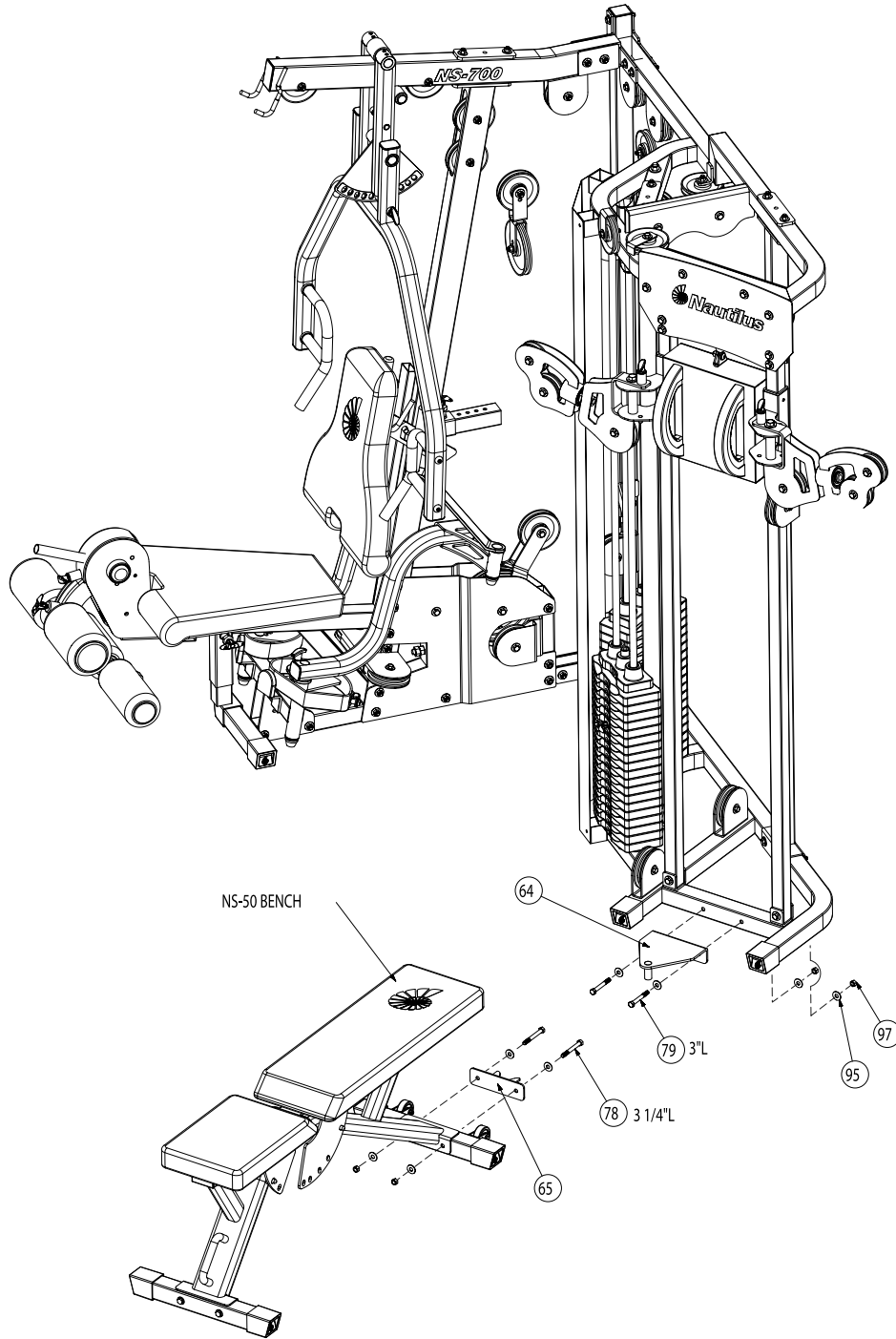
Lubrication and Final Check

- 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 a combination of five adjustment locations. These locations are the Double Floating Pulley Brackets, the Selector Rod Top Plate Assembly, the Top Weight Pulley Housing, the Set Screws on the Leg Extension Cams, and the Leg Extension Tensioner Pulley.
- 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.

step 15



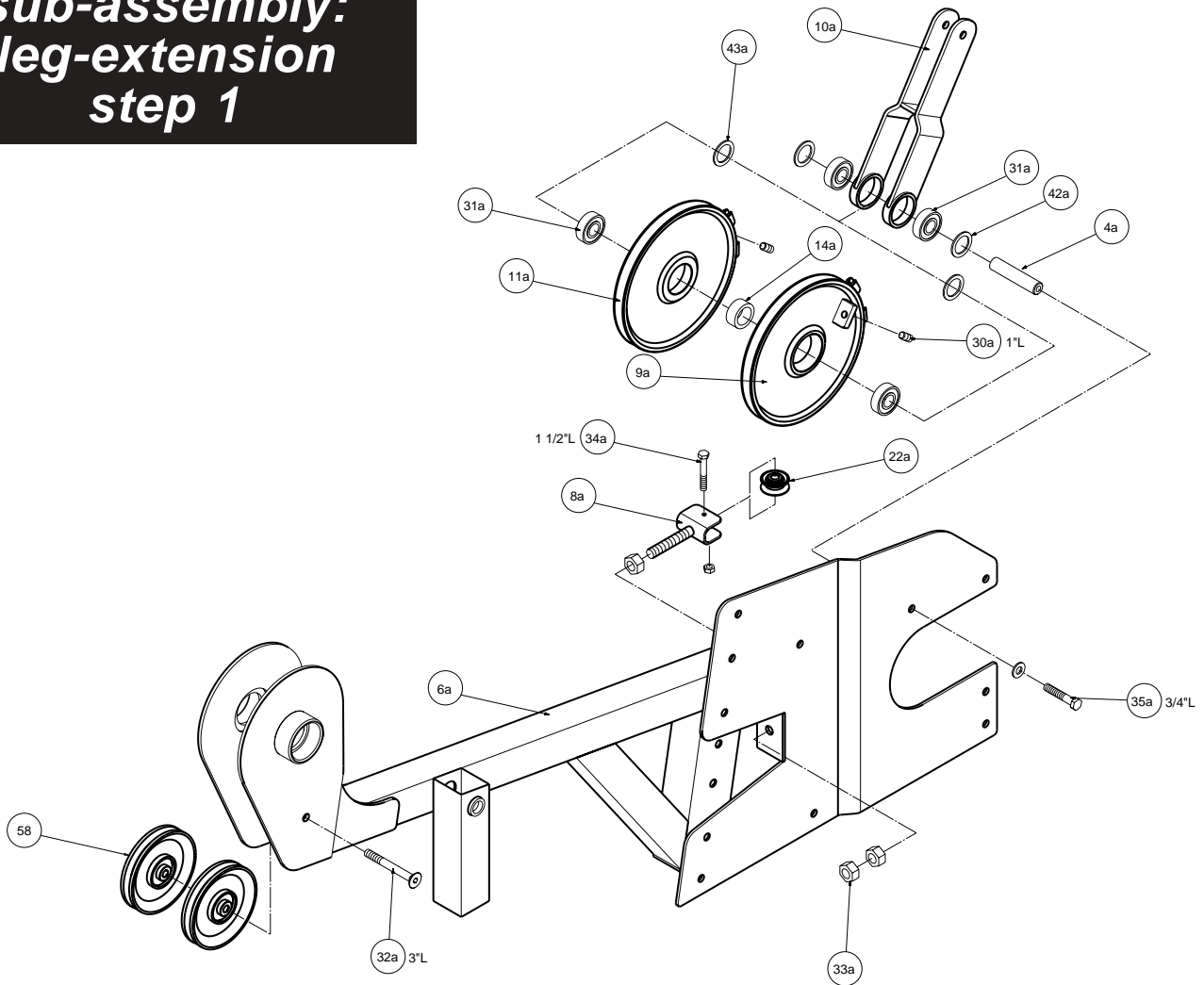
Step #15 Materials:

#	Component	Qty
<input type="checkbox"/>	NS-50 Bench	1
<input type="checkbox"/> 64	Connecting Bench Bracket	1
<input type="checkbox"/> 65	Bench Connecting Plate	1
<input type="checkbox"/> 78	Hex Bolt - 3/8" x 3 1/4"L	2
<input type="checkbox"/> 79	Hex Bolt - 3/8" x 3"L	2
<input type="checkbox"/> 95	3/8" Flat Washer	8
<input type="checkbox"/> 97	3/8" Lock Nut	4

- A. Attach the Connecting Bench Bracket (64) to the Rear Base Frame (1) using the hardware shown. Tighten hardware securely.
- B. Remove the hardware used on the NS-50 Bench that connects the Bench Frame Assembly to the Rear Stabilizer Assembly. Attach the Bench Connecting Plate (65) to the NS-50 Bench using the new hardware shown. Tighten hardware securely.

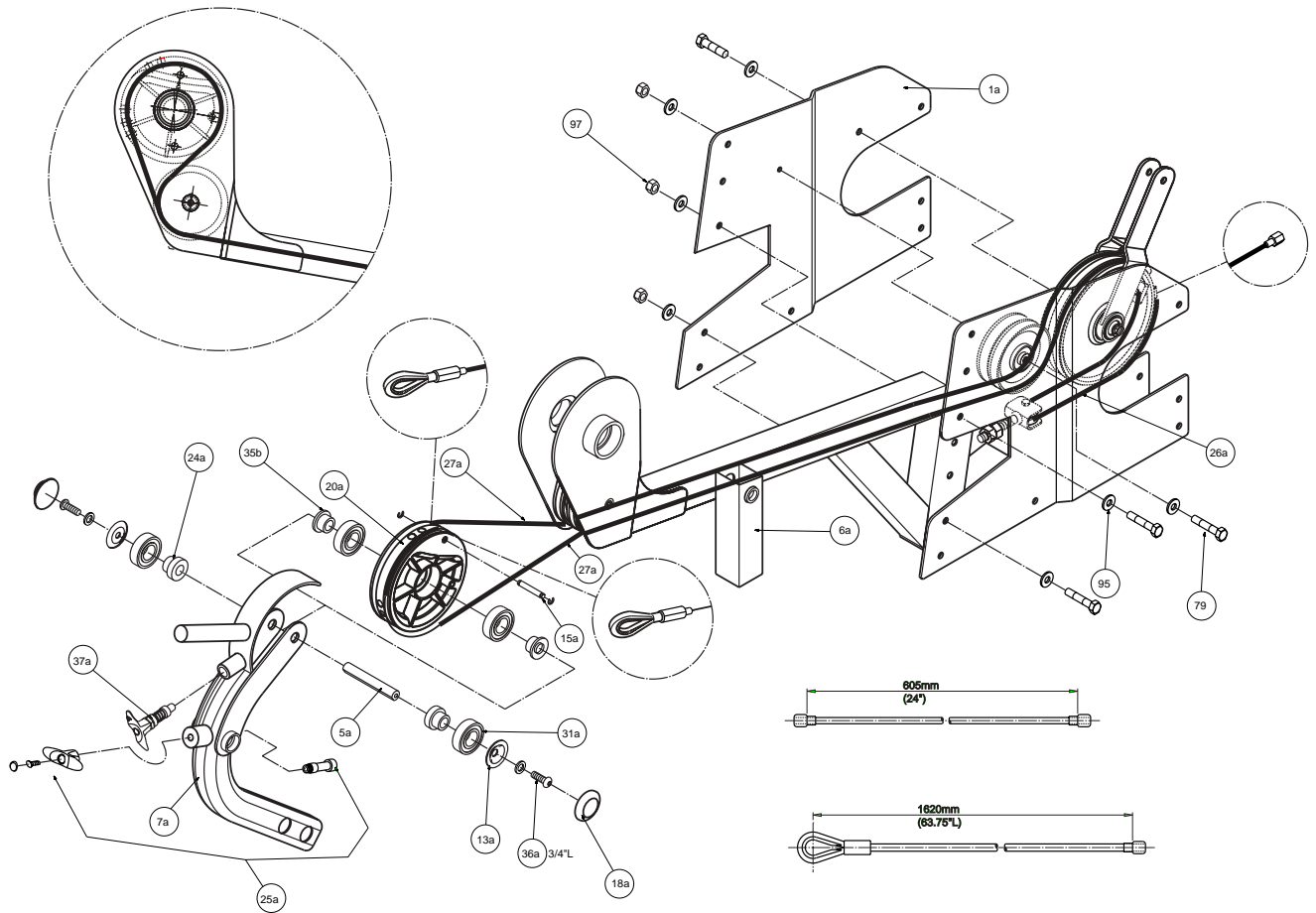
#	Part#	Gym Componentets	Qty.	#	Gym Componentets	Part#	Qty.
Sub-Assembled Parts Not Shown				Sub-Assembled Parts Shown			
1b	14159	1 3/4" Square End Cap	3	1a	Cam Mechanism Assembly		
2b	14160	Pec Fly Bumper	2		Cover Plate	15802	1
3b	14161	Lat Bar Hook Cover	2	2a	Handle Support	15811	2
4b	14162	2" Square End Cap	10	3a	Handle Support Spacer	15814	4
5b	14163	1" x 2" Rectangular End Cap	5	4a	Steel Pulley Shaft	15815	1
6b	14164	1" Round End Cap	1	5a	Leg Extension pivot shaft	15816	1
7b	14170	2" x 3" Rectangular End Cap	1	6a	Seat Assembly	15818	1
8b	14168	1 1/2" x 2" Rectangular End Cap	1	7a	Leg Extension Assembly	15825	1
9b	15847	Swivel Arm Guide Sleeve	4	8a	Small Pulley Bracket	15834	1
10b	14172	Foot Cap	5	9a	Left Steel Pulley	15836	1
11b	14173	3 1/2" Pulley	4	10a	Lever Bracket	15837	1
12b	14175	Top Weight Bushing	4	11a	Right Steel Pulley	15840	1
13b	14177	1 3/4" x 2" Rectangular End Cap	11	12a	Power Spring Rear Plate	15841	1
14b	14178	Press Arm Stop	2	13a	Shim Washer	14385	2
15b	14179	Back Adjustment Stop	1	14a	Steel Pulley Spacer		
16b	14180	Back Adjustment Handle Cover	1		35 x 26 x 12.8t	15843	1
17b	14181	Snap Cap - small	2	15a	Double Pulley Lock Pin with		
18b	17183	Seat Adjuster Cushion	1		2 C clips	15844	1
19b	14184	ROM Protection Label	1	16a	Ball Stop Crimp	15845	1
20b	15855	Hand Grip 6"L	1	17a	Handle Locking Pin with		
21b	15856	Pec Fly Hand Grip 28.6 x 190L	2		2 C clips	15846	4
22b	14193	Pec Fly Bushing 31 x 25.1 x 20h	12	18a	Plastic Cap	14187	2
23b	14201	Press Arm Bushing 31.1 x 25.1 x 47.5h	2	19a	Power Spring Cover	15849	1
24b	14424	Decal Kit	1	20a	Double Pulley with 2 bearings		
25b	14212	T Handle Pop Pin - Press Arm	1		and bushings	15850	1
26b	14213	Pec Fly T Handle Pop Pin	2	21a	Mechanism Handles	15851	2
27b	15873	Swivel Arm Bearing	4	22a	Small Pulley	15853	1
28b	14271	Press Arm Bearing	2	23a	Cushion	15854	4
29b	15877	Button Head allen Screw 1/4" x 3/4"L	1	24a	Step Spacer 25 x 17 x 25.7h	15857	2
30b	14235	Top Weight / Selector Stem Allen Screw	2	25a	Leg Hold Down Locking Pin	15861	1
31b	15886	1/2" Flat Washer	1	26a	Steel Pulley Cable 24"L	15863	1
32b	15892	Hex Bolt - 1/2" x 2 3/4"L	1	27a	Leg Extension Cable 64"L	15864	2
33b	15895	1/2" Lock Nut	2	28a	Adjustment Cable	15869	2
34b	15897	C Clips	2	29a	Power Spring	15870	1
35b	14200	Bushing 19.45 x 12.8 x 18h	8	30a	Allen Screw 3/8" x 1"L with		
					thread lock	15871	2
				31a	6205 Bearing	15874	6
				32a	Pan Head Allen Screw		
					3/8" x 3"L with thread lock	15896	1
				33a	1/2" Hex Nut	15893	3
				34a	Hex Bolt - 3/8" x 1 1/2"L	15888	1
				35a	Hex Bolt - 3/8" x 3/4"L with		
					thread lock	15891	2
				36a	Button Head Allen Screw		
					3/8" x 3/4"L with thread lock	15881	2
				37a	Pop Pin - Leg Extension /		
					Swivel Arm	15862	3
				38a	Button Head Allen Screw		
					1/4" x 1/2"L	15876	9
				39a	Flat Washer 5/8" X 5/16"	14276	14
				40a	1/4" Lock Nut	14253	2
				41a	Button Head Allen Screw		
					1/4" x 1"L	15875	2
				42a	Spacer 35 x 26 x 2.0t	14432	2
				43a	Spacer 41.5 x 25.6 x 1.1t	14433	2

sub-assembly: leg-extension step 1



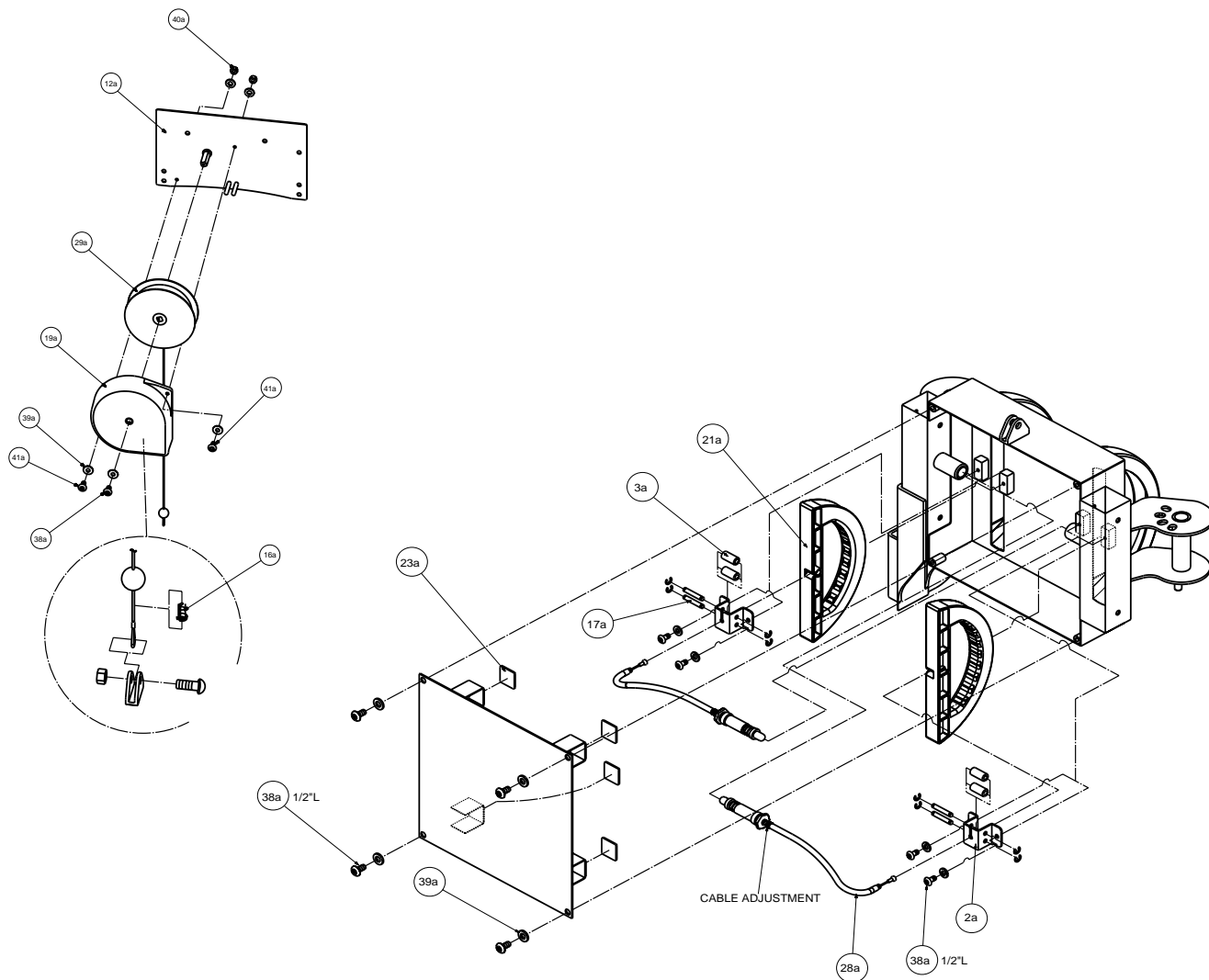
#	Description	Qty	P/N
4a	Steel Pulley Shaft	1	15815
8a	Small Pulley Bracket	1	15834
9a	Left Steel Pulley	1	15836
10a	Lever Bracket	1	15837
11a	Right Steel Pulley	1	15840
14a	Steel Pulley Spacer 35 x 26 x 12.8t	1	15843
22a	Small Pulley	1	15853
30a	Allen Screw 3/8" x 1"L w/Thread Lock	2	15871
31a	6205 Bearing	4	15874
32a	Pan Head Allen 3/8" x 3"L w/Thread Lock	1	15896
33a	1/2" Hex Nut	3	15893
34a	Hex Bolt - 3/8" x 1 1/2"L	1	15888
35a	Hex Bolt - 3/8" x 3/4"L w/Thread Lock	1	15891
42a	Spacer 35 x 26 x 2.0t	2	14432
43a	Spacer 41.5 x 25.6 x 1.1t	2	14433
58	4 1/2" Pulley	2	14185

sub-assembly: leg-extension step 2



#	Description	Qty	P/N
1a	Cam Mechanism Assy Cover Plate	1	15802
5a	Leg Ext Pivot Shaft	1	15816
6a	Seat Assembly	1	15818
7a	Leg Extension Assembly	1	15825
13a	Shim Washer	2	14385
15a	Double Pulley Lock Pin w/ 2 C-Clips	1	15844
18a	Plastic Cap	2	14187
20a	Double Pulley w/ Bearings and Bushings	1	15850
35b	Bushing 19.45 x 12.8 x 18h	2	14200
24a	Step Spacer 25 x 17 x 25.7h	2	15857
25a	Leg Hold Down Locking Pin	1	15861
26a	Steel Pulley Cable 24"L	1	15863
27a	Leg Extension Cable 62.5"L	2	15864
31a	6205 Bearing	4	15874
35a	Hex Bolt - 3/8" x 3/4"L w/Thread Lock	1	15891
36a	Button Head Screw 3/8" x 3/4"L w/ TL	2	15881
37a	Pop Pin - Leg Ext / Swivel Arm	1	15862
79	Hex Bolt - 3/8" x 3"L	3	14245
95	3/8" Flat Washer	9	14233
97	3/8" Lock Nut	3	14234

sub-assembly: high/low pulley adjuster power spring



#	Description	Qty	P/N
2a	Handle Support	2	15811
3a	Handle Support Spacer	4	15814
12a	Power Spring Rear Plate	1	15841
16a	Ball Stop Crimp	1	15845
17a	Handle Locking Pin w/ 2 C-Clips	4	15846
19a	Power Spring Cover	1	15849
21a	Handles	2	15851
23a	Cushion	4	15854
28a	Adjustment Cable	2	15869
29a	Power Spring	1	15870
38a	Button Head Allen 1/4" x 1/2"L	9	15876
39a	Flat Washer 5/8" x 5/16"	13	14276
40a	1/4" Lock Nut	2	14253
41a	Button Head Allen 1/4" x 1"L	2	15875



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