Number	S5 LR/QTY.	DESCRIPTION
01-1115	7	3/8 -16 UNC x 2½ Bolt
01-1552	1	3/8 -16 UNC x 4 Bolt
01-1185	2	3/8 -16 UNC x 3½ Bolt
01-1282	4	½ -13 UNC x 1½ Bolt
01-4030	2	¼ -20 UNC x 1 Wiz Lock Bolt
01-1331	3	½ -13 UNC x 2¾ Bolt
01-0011	1	½ -13 UNC x 3 Bolt
01-1321	2	½ -13 UNC x 2½ Bolt
02-9250	2	3/8 -16 UNC x 2¼ Bolt
04-5213	12	3/8" Internal Loc Washer
04-5214	10	½" Internal Loc Washer
12-5459	1	PLACARD "NITRO PLUS" BACK (NEW LOGO)
12-5466	1	PLACARD "NITRO PLUS LR" (NEW LOGO) front
09-5046	4	Nitro Plus Footpad
UP8236	1	STANDARD SEAT BOTTOM
UP8237	1	STD TALL TOP BACK PAD
UP8238	1	LOWER CONTOURED BACK PAD
09-3072	1	3/8" DIA HOLE PLUG
10-1022	1	Extension Spring
09-3055	3	2 X 4 11 GA FRAME PLUG
03-1035	2	3/8" Lock Nut
03-1055	10	1/2" Lock Nut
03-5101	2	1/4" Hex Nut
03-5103	2	3/8" Hex Nut
09-8990	1	MOLDED BELT ROLLER
09-2020	2	1 1/2 SQ 11 GA FRAME PLUG
17-1260	2	STANDARD 45" GUIDE ROD
09-9007	2	Sleeve
45-1052	4	.755 ID BUSHING (IGUS REPLACEMENT)
CW600B	2	LR COUNTERWEIGHT ASSEMBLY
HB602	2	LR2000 Handle Assy
LK631	2	CAM BELT CLAMP
MA610	1	LEFT S3LR MOVEMENT ARM
MA611	1	RIGHT S3LR MOVEMENT ARM
BF606B	1	LR BACK FRAME
09-8018	2	GUIDE ROD BUSHING
number	1	desc
OPT-WT-02	1	WEIGHTSTACK ASSEMBLY #02
12-5611	1	Standard Nautilus Transfer Decal
12-1026	2	KEEP HANDS AWAY
19-1015	16	2" Square Duo-Loc
07-9890	2	NITRO UPPER WEIGHT SHIELD
---	1	---
12-1155	2	CLIP RED PINE TREE CUT OFF
UP9015	2	LATERAL RAISE ARM PAD
07-9850	4	1" BEARING MOLDED FLANGE
06-8160	2	Snap Ring, 3/4" External
07-9873	2	MOLDED BEARING CAP WITH HOLE
07-9944	2	MOLDED BEARING CAP, Ti SERIES
09-1023	2	HAND GRIP OPEN ENDS

Number	S5 LR/QTY.	DESCRIPTION
09-9505	2	GRIP CAP 1.030 ID (FOR 1" BAR)
09-9535	2	GRIP RING 1.045 ID (FOR 1" BAR)
09-9590	2	TUBE INSERT .760 ID PN3043-4-1
02-3030	4	SCREW, SET, ¼ -20 UNC x ¼
02-2290	2	¼ -28 UNF THREAD x 1" LENGTH FLAT HEAD SOCKET CAP SCREW
07-8363	2	IDLER PULLEY SPACER
24-6035	1	S3-S5LR WEIGHT STACK BELT
24-6035	1	BELT MOVEMENT ARM S3-S5LR
07-8359	2	IDLER PULLEY SPACER
07-8982	2	STRAP CLAMP END (5/16 HOLES)
01-4038	1	BUTTON HEAD SOCKET CAP SCREW, ½ -13 x 2 ½"
07-9760	8	IDLER PULLEY SPACER
09-8330	1	REDIRECTIONAL PULLEY 4"
09-8327	1	REDIRECTIONAL PULLEY 3"
09-8000	2	Belt Keeper
07-9902	1	TRAVEL PULLEY MOUNT
09-8323	4	2" MOLDED PULLEY
12-1450	1	Upholstery Foam Label
12-1164	1	WARNING DECAL, MINI WEIGHT SELECTOR PIN
12-1380	1	MADE IN USA
---	1	---

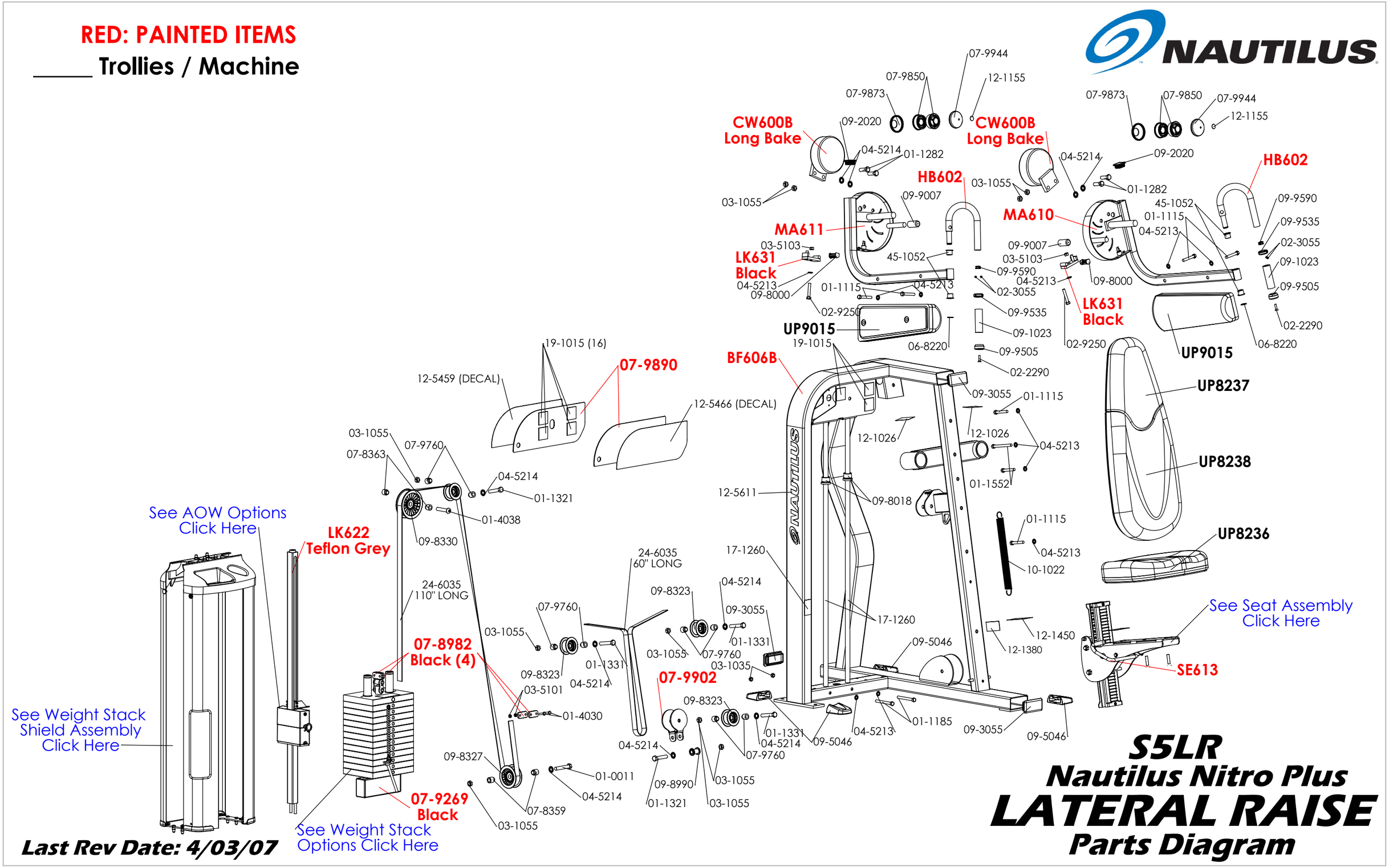


S5LR
Lateral Raise
Parts List

Date: 02/12/07

RED: PAINTED ITEMS

_____ Trollies / Machine



S5LR
Nautilus Nitro Plus
LATERAL RAISE
Parts Diagram

Last Rev Date: 4/03/07

Number	S3 LR/QTY.	DESCRIPTION
01-1115	6	3/8 -16 UNC x 2½ Bolt
01-1185	2	3/8 -16 UNC x 3½ Bolt
01-1282	4	½ -13 UNC x 1½ Bolt
01-4030	2	¼ -20 UNC x 1 Wiz Lock Bolt
01-1331	3	½ -13 UNC x 2¾ Bolt
01-0011	1	½ -13 UNC x 3 Bolt
01-1321	2	½ -13 UNC x 2½ Bolt
02-9250	2	3/8 -16 UNC x 2¼ Bolt
04-5213	10	3/8" Internal Loc Washer
04-5214	10	½" Internal Loc Washer
09-3072	1	3/8" DIA HOLE PLUG
10-1022	1	Extension Spring
09-3055	3	2 X 4 11 GA FRAME PLUG
03-1035	2	3/8" Lock Nut
03-1055	10	1/2" Lock Nut
03-5101	2	1/4" Hex Nut
03-5103	2	3/8" Hex Nut
09-8990	1	MOLDED BELT ROLLER
09-2020	2	1 1/2 SQ 11 GA FRAME PLUG
17-1260	2	STANDARD 45" GUIDE ROD
09-9007	2	Sleeve
45-1052	4	.755 ID BUSHING (IGUS REPLACEMENT)
CW600B	2	LR COUNTERWEIGHT ASSEMBLY
HB602	2	LR2000 Handle Assy
LK631	2	CAM BELT CLAMP
MA610	1	LEFT S3LR MOVEMENT ARM
MA611	1	RIGHT S3LR MOVEMENT ARM
BF606B	1	LR BACK FRAME
09-3064	2	1/2" DIA HOLE PLUG
UP8010	1	SEAT BOTTOM
UP8209	1	BACK PAD UP8209
09-5045	4	NITRO SERIES MOLDED FOOTPAD
12-5561	1	PLACARD LR, OP, PF, LATP (BACK) S3 "REVISED" (NEW LOGO)
12-5572	1	PLACARD LR (FRONT) S3 "REVISED" (NEW LOGO)
OPT-WS-05	1	NITRO WEIGHT SHIELD ASSEMBLY #05
09-8018	2	GUIDE ROD BUSHING
number	1	desc
OPT-WT-02	1	WEIGHTSTACK ASSEMBLY #02
12-5611	1	Standard Nautilus Transfer Decal
12-1026	2	KEEP HANDS AWAY
19-1015	16	2" Square Duo-Loc

Number	S3 LR/QTY.	DESCRIPTION
07-9890	2	NITRO UPPER WEIGHT SHIELD
---	1	---
12-1155	2	CLIP RED PINE TREE CUT OFF
UP9015	2	LATERAL RAISE ARM PAD
07-9850	4	1" BEARING MOLDED FLANGE
06-8160	2	Snap Ring, 3/4" External
07-9873	2	MOLDED BEARING CAP WITH HOLE
07-9944	2	MOLDED BEARING CAP, Ti SERIES
09-1023	2	HAND GRIP OPEN ENDS
09-9505	2	GRIP CAP 1.030 ID (FOR 1" BAR)
09-9535	2	GRIP RING 1.045 ID (FOR 1" BAR)
09-9590	2	TUBE INSERT .760 ID PN3043-4-1
02-3030	4	SCREW, SET, ¼ -20 UNC x ¼
02-2290	2	¼ -28 UNF THREAD x 1" LENGTH FLAT HEAD SOCKET CAP SCREW
07-8363	2	IDLER PULLEY SPACER
24-6035	1	S3-S5LR WEIGHT STACK BELT
24-6035	1	BELT MOVEMENT ARM S3-S5LR
07-8359	2	IDLER PULLEY SPACER
07-8982	2	STRAP CLAMP END (5/16 HOLES)
01-4038	1	BUTTON HEAD SOCKET CAP SCREW, ½ -13 x 2 ½"
07-9760	8	IDLER PULLEY SPACER
09-8330	1	REDIRECTIONAL PULLEY 4"
09-8327	1	REDIRECTIONAL PULLEY 3"
09-8000	2	Belt Keeper
07-9902	1	TRAVEL PULLEY MOUNT
09-8323	4	2" MOLDED PULLEY
12-1450	1	Upholstery Foam Label
12-1164	1	WARNING DECAL, MINI WEIGHT SELECTOR PIN
12-1380	1	MADE IN USA

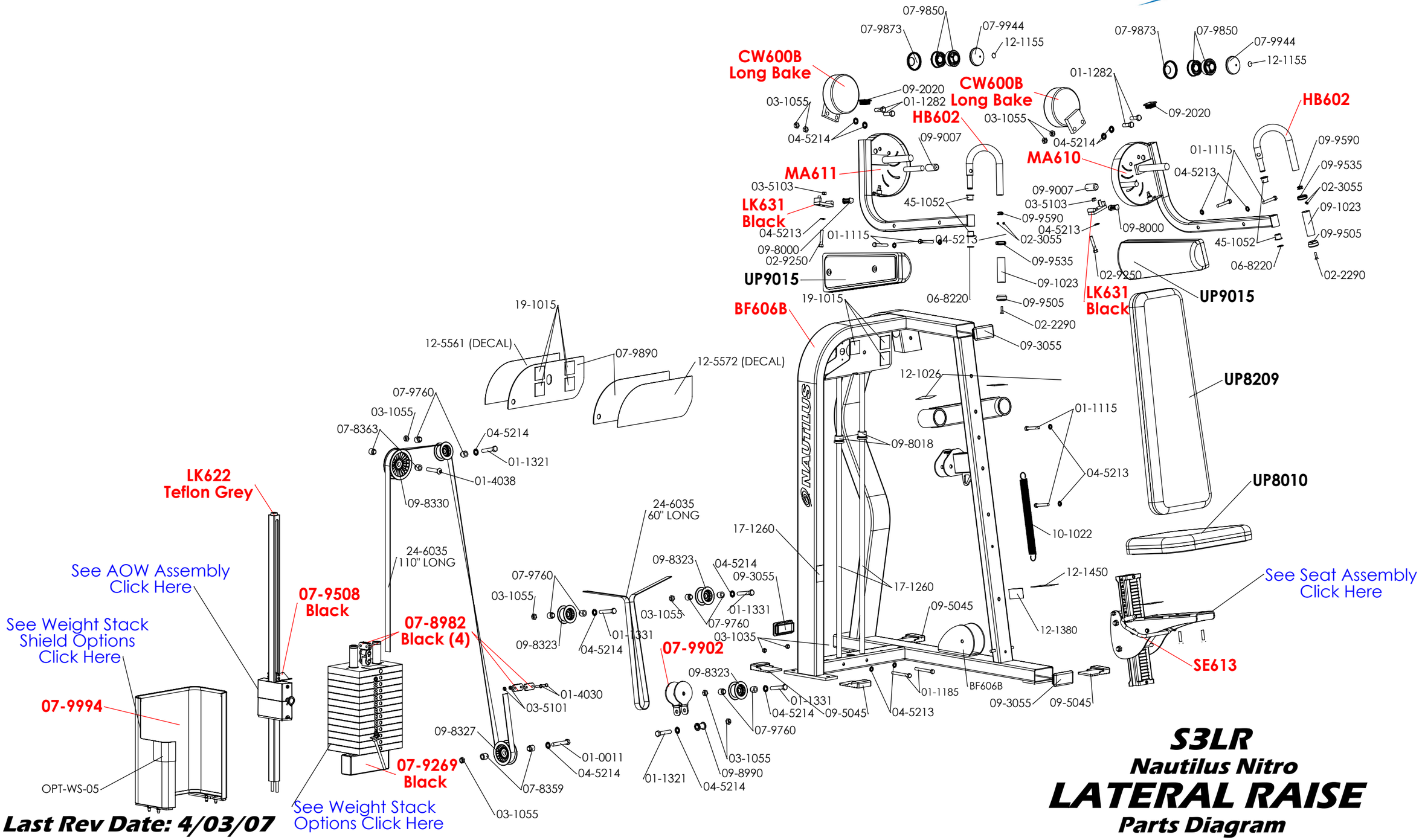


S3LR Lateral Raise Parts List

Date: 02/12/07

RED: PAINTED ITEMS

_____ **Trollies / Machine**



Last Rev Date: 4/03/07

S3LR

Nautilus Nitro

LATERAL RAISE

Parts Diagram