NAUTILUS®

CORE HEALTH & FITNESS

MULTI-ADJUSTABLE BENCH

OWNER'S MANUAL



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WARNING!

Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment assembly and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.

Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

⚠ **WARNING:** to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

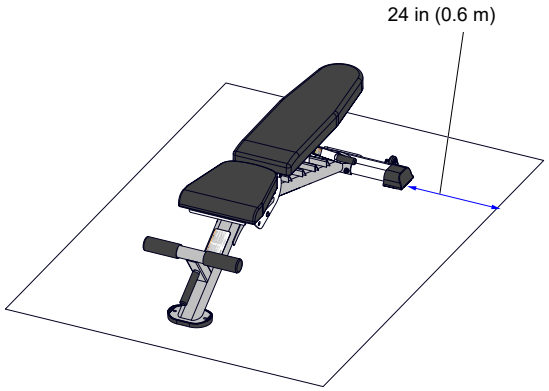


Fig. 1 Required Clearance

1. Assemble and operate the unit on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on one side to allow for ease of mounting and dismounting. Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. These dimensions are the recommended minimum distances.

   The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

2. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination form their health care provider before beginning any exercise program.

3. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

4. Do not exceed the maximum allowable weight limit of:

   - 350 lbs. (160 kg.)

5. Use only replacement components supplied by Nautilus®. Substitutes are forbidden and will void all warranties.

6. This machine is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety.

7. Keep children away.

8. Ensure all adjustment and locking features are properly secured before using the equipment.

9. When adjusting any seat, knee stabilization pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury. If any of the adjustment devices are left projecting, they could interfere with the user's movement.

10. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.

11. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.

12. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all Nautilus equipment.

SAVE THESE INSTRUCTIONS

IMPORTANT LABEL LOCATIONS

This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and following pages. See Support and Service to order replacements.

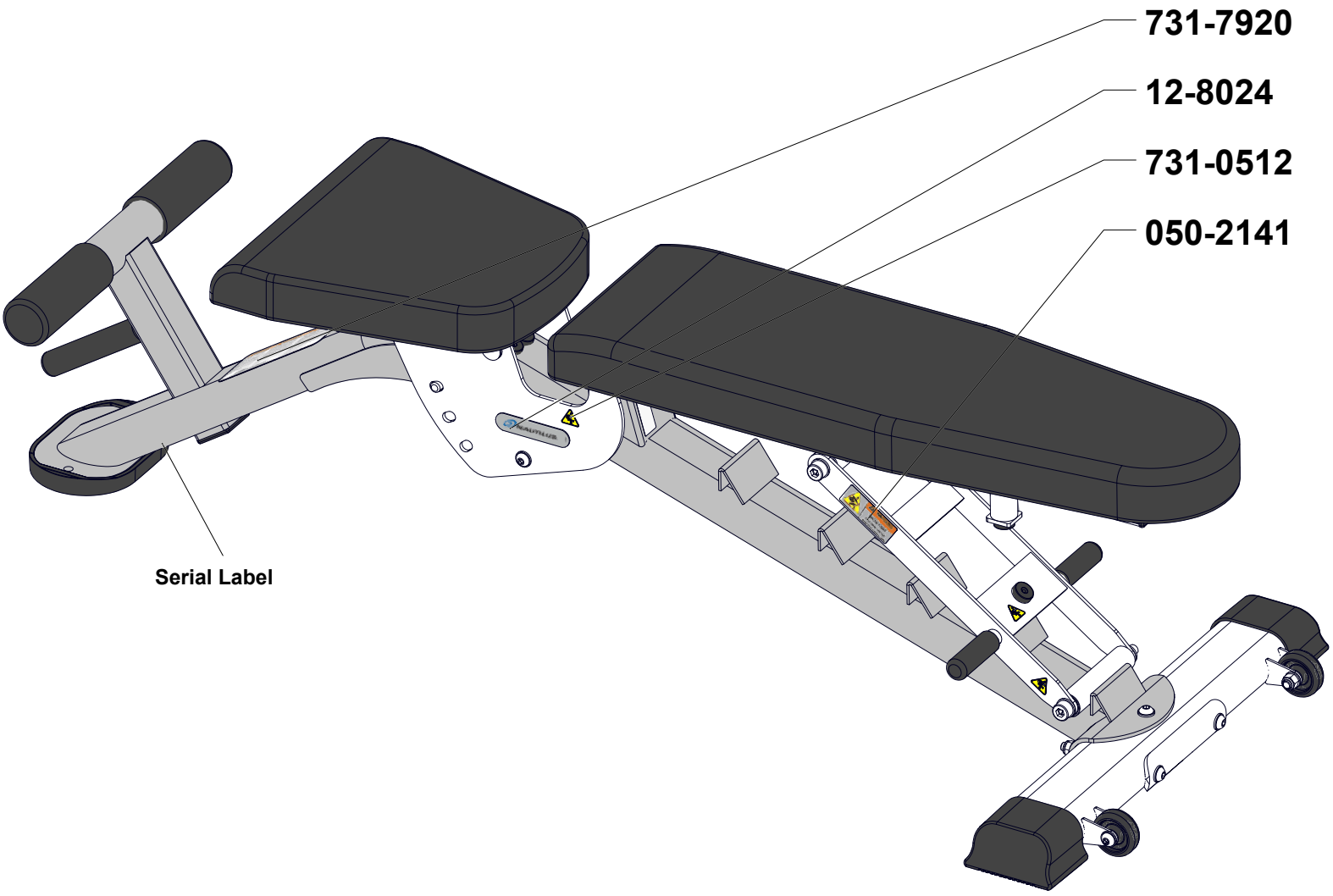


Fig. 2

NN-B7506 **Instinct Multi-Adjustable Bench**

Unit Weight		Width		Length		Height		Max User Weight	
86	lbs	**25.5**	in	**62.7**	in	**17.4**	in	**350**	lbs
39	kg	**65**	cm	**159**	cm	**44**	cm	**160**	kg

CORE HEALTH & FITNESS
StairMaster SCHWINN NAUTILUS STAR TRAC THROWDOWN



N12-8024

DECAL, NAUTILUS,DECO, 0.91” X 3.90”



731-0512

STICKER,CAUTION,PINCH



731-7920

STICKER,WARNING,NP STANDARD INSTRUCTIONS



050-2141

LABEL, WARNING, SHEAR POINT

Notice: images are not to scale

All equipment MUST be secured (bolted and tightened) to a solid, level surface, using all of the anchoring holes provided, to stabilize and eliminate rocking or tipping over. Shim any mounting surface that does not rest thoroughly on the floor using flat washers, DO NOT force the foot to contact the ground with anchors.

Metric Steel Bolts Torque Specifications

Bolt Size	Thread Pitch	Torque, N-m (lbs-ft)
6mm	1.25	10 to13.5 (8 to10)
8mm	1.25	25.5 to 28.5 (19 to 21)
10mm	1.75	55.5 to 58 (41 to 43)
12mm	1.25	61 to 65 (45 to 48)

- Torque all hardware to values as specified above, unless noted otherwise.
- See procedure of this manual for fastener sizing information; for reference only.

Note: All torque values are in N-m unless otherwise stated.

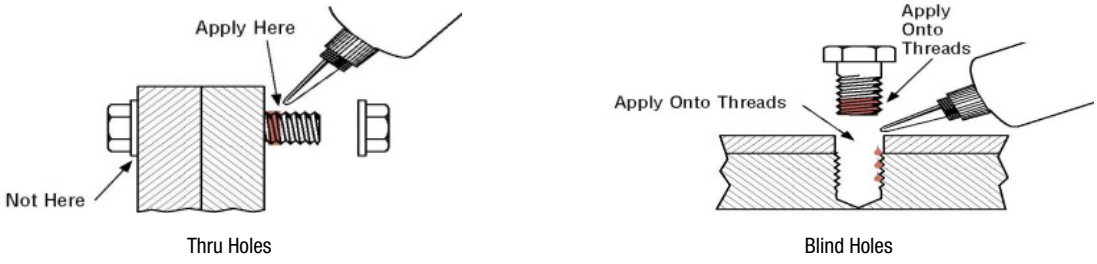
Fasteners must have a minimum of 500 lbs. tensile capacity, be a bolt of grade 2 or better and be installed per the bolt manufacturer's specifications.

Due to the wide variety of flooring on which equipment may be anchored or installed and differences in applicable local building codes, Core Health & Fitness is not responsible for any damage to the flooring that may result due to anchoring or installing equipment to the floor and for compliance with local building codes. Only licensed contractors or certified installers should be used to insure proper anchoring, installation, and compliance with local building code.

Required Tools:

- Metric Allen Key Set
- Loctite Blue[1]
- Metric Open-Ended Wrench Set

THREAD LOCKER APPLICATION: Clean all threads and holes, apply no more than 3-4 drops per bolt.





PACKAGING REMOVAL:

Unit is heavy and requires two people for assembly.

Carefully remove all packaging materials that wrap the equipment.
DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.

At this time remove any sub-components from the pallet and set aside for later assembly. Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly. Should any component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE**

After assembly, a complete visual inspection, and test of the features and functions of the assembled unit must be made prior to use.

1 Unless otherwise noted Loctite 242/243 or equivalent thread locker must be used on all threaded fasteners. (Do not use thread locker when a Nyloc nut is used.)

PROCEDURE

1. Install the rear stabilizer assembly into the bench frame, then use an allen key to secure the stabilizer using a M10 flat washer and a M10 x 25mm button head cap screw.
2. Use an allen key and an open-ended wrench to finish securing the stabilizer to the frame using the end plate, two of the M10 nylock nuts and M10 x 130mm button head bolts, and four of the M10 flat washers.

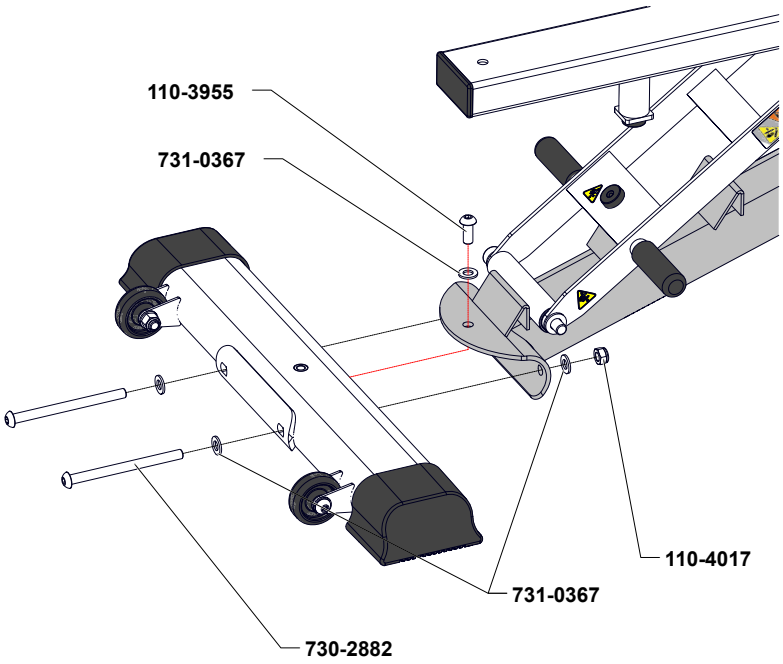


Fig. 3

3. Elevate the seat frame to install the seat. Use an allen key to secure the seat pad to the frame using two of the M10 x 30mm button head cap screws and M10 flat washers
4. Use an allen key to secure the back pad to the frame using two of the M10 x 60mm button head cap screws and M10 flat washers.
5. Assembly is complete.

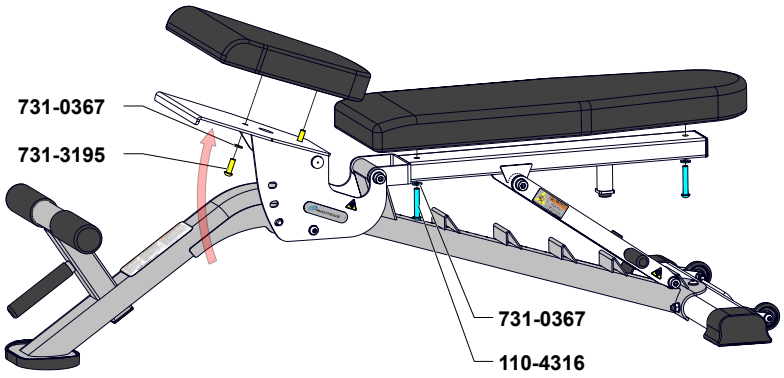


Fig. 4

SUPPORT & SERVICE

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us direct by phone, email, or through our 24 hour support site:

GLOBAL SUPPORT CENTER
4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662
Tel: (360) 326-4090 • (888) 678-2476 • service@corehandf.com

Warranty information: https://corehandf.com/warranty

To help us support you, please provide the following information when requesting assistance with your equipment:

- Facility Name & Address
- Product Serial Number
- Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

PREVENTATIVE MAINTENANCE

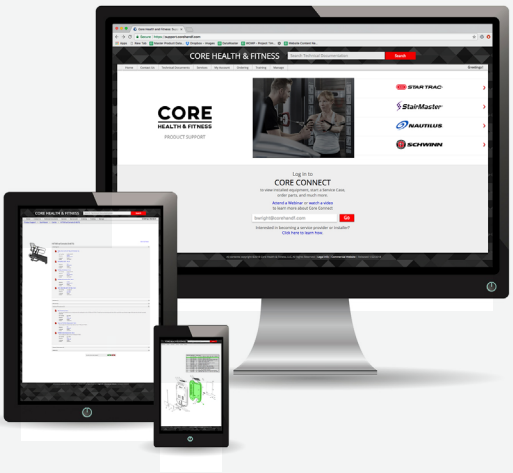
Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: servicecontracts@corehandf.com

CORE CONNECT

Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
- 24-Hour Automated Assistant
- Live Chat



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