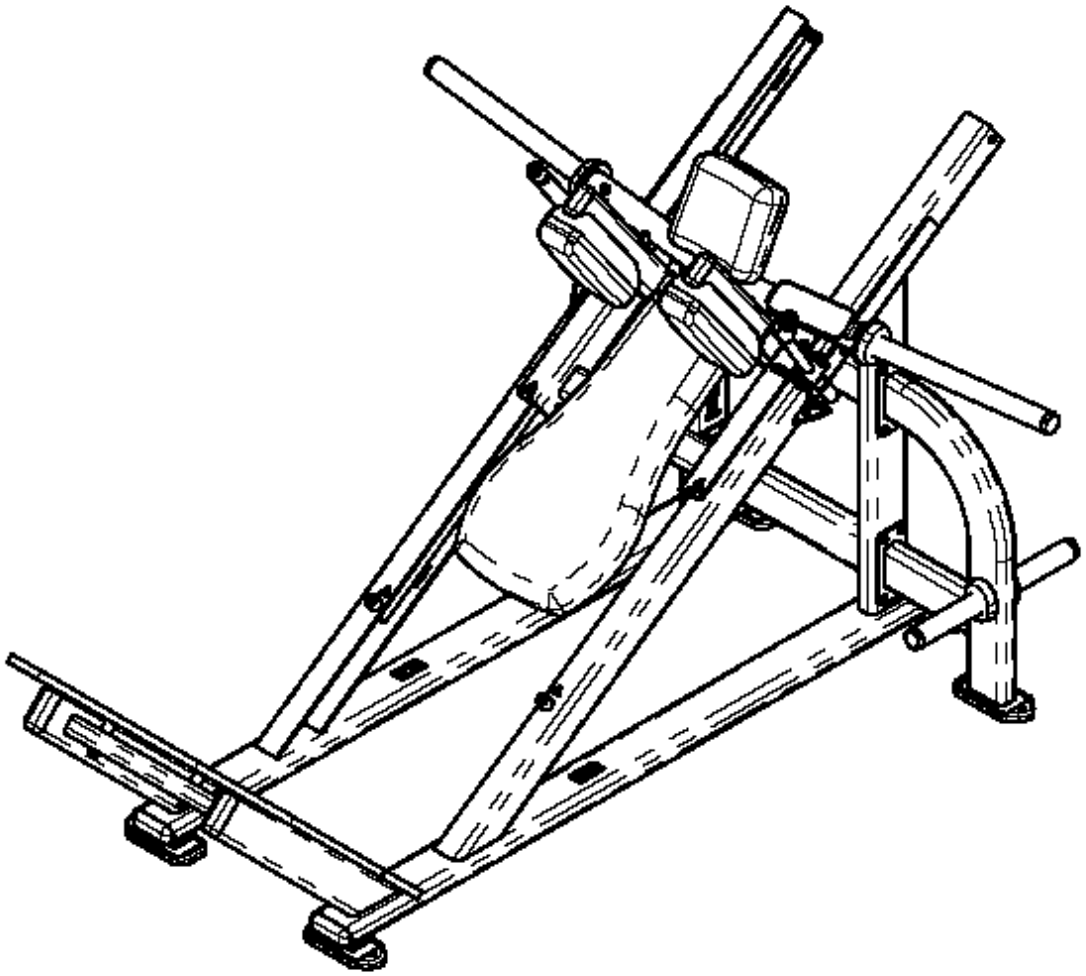
INSPIRATION
STRENGTH™



NP-L1130

HACK SQUAT

OWNER'S MANUAL and INSTALLATION INSTRUCTIONS

NAUTILUS

Hack Squat Owner's Manual

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Plate Loaded safety and warning information



It is very important that you read and review this manual before operating the Product and keep this manual for future reference. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

It is the sole responsibility of the purchaser of Nautilus® Plate Loaded equipment to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of the Nautilus equipment be informed of the following information prior to its use.

Nautilus recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

Proper Usage

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Nautilus equipment be used properly to avoid injury.

Keep hands and feet clear at all times from moving parts to avoid injury.

Read all machine warnings and seek the instruction of a qualified fitness professional prior to using any Nautilus strength product.

Anchoring Equipment

All equipment MUST be secured (bolted and tightened) to a solid, level surface, using a minimum of 3 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.

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.

WARNING: 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.

Check for damaged parts

DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by Nautilus® and Core Health & Fitness.

MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Nautilus for a replacement.

MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.

Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Nautilus will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

Safety and warning information

Specific operating warnings

1. 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.

2. This machine is not intended to be used by children. It 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. Do not leave children unsupervised around the machine.

3. 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.

4. 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.

5. DO NOT attempt to fix a broken or jammed machine. Contact appropriate staff or Nautilus Service.

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

7. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries. DO NOT exceed maximum load of 900 lbs. (480 kgs).

8. Use a spotter for all activities.

9. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device, including specific weight rod and band peg limits. See machine specific sections for load limit information.

10. Use only Olympic style weight plates (2.0" Bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance.

11. Always utilize weight plate retention devices such as clamps or pins.

12. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.

13. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device, including specific weight rod and band peg limits. See page 5 for maximum resistance loading capacity.

14. Make sure there is enough room for safe access and operation of the NAUTILUS equipment.

15. Make sure that all users are properly trained on how to use the NAUTILUS equipment.

16. 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.

17. 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.

18. Stay clear of any components while in a dynamic state of motion. Keep hands and feet away from all moving parts. The convergence of these components can cause serious injury.

19. Ensure that any person (s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

20. Routinely inspect all fasteners that join attachments and framework tighten as needed to maintain the integrity of the unit.

21. Perform regular maintenance checks on the NAUTILUS equipment. Also, pay close attention to all areas most susceptible to wear.

22. Keep a repair log of all maintenance activities.

23. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove the NAUTILUS piece of equipment from service until the repair is made.

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

Exercise Guidelines

- Like most exercise, strength training involves an element of risk. Utilize this information to assist you and/or your members in making the experience on NAUTILUS both productive and safe.
- Prior to engaging in any strength-training program, individuals with known health conditions and/or individuals whom are unfamiliar with the risk (s) involved with weight training, should first consult with a physician.
- All training sessions should be supervised by trained personnel.
- Be certain that the warning stickers affixed on NAUTILUS, remain on the product and unaltered. Also, be certain that all the stickers (safety, instructional and/or other) are read and understood by each user.
- All users should be instructed on the proper use of NAUTILUS as well as those actions that should be avoided.
- The NAUTILUS Half Rack has safety catches specifically designed to enhance the use of the product and protect the user – ALWAYS use the safety catches as outlined on the user placards.

In an attempt to minimize user and/or bystander injury:

- Do not lean against framework, plate holders or any component whether it is in-motion or static.
- Stay clear of any components while in a dynamic state of motion. Keep hands and feet away from all moving parts. The convergence of these components can cause serious injury.
- Exercising on free weight and selectorized products should be performed with the assistance of a spotter.
- Always insure proper positioning of the safety stops during each exercise set.

INSTALLATION INSTRUCTIONS

REQUIRED TOOLS:

	QTY		QTY
• 1/2” Box / Open End Wrench……	2	• Hex Key 5/16”……..	2
• 3/8” Box / Open End Wrench……	2	• Hex Key 7/32”……..	2
• 5/16” Box / Open End Wrench…….	2	• Hex Key 3/16”……..	2

GENERAL NOTES:

- 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.)
- All NAUTILUS Strength equipment MUST be secured to the floor using either 10mm or 3/8in. (grade 5 minimum) bolts.
- This Installation Instructions Manual must be used in conjunction with the equipment’s Owner’s Manual. The Owner’s manual describes equipment setup and instructs members on how to use it correctly and safely.
- The Half Rack requires at least two people to perform the installation.

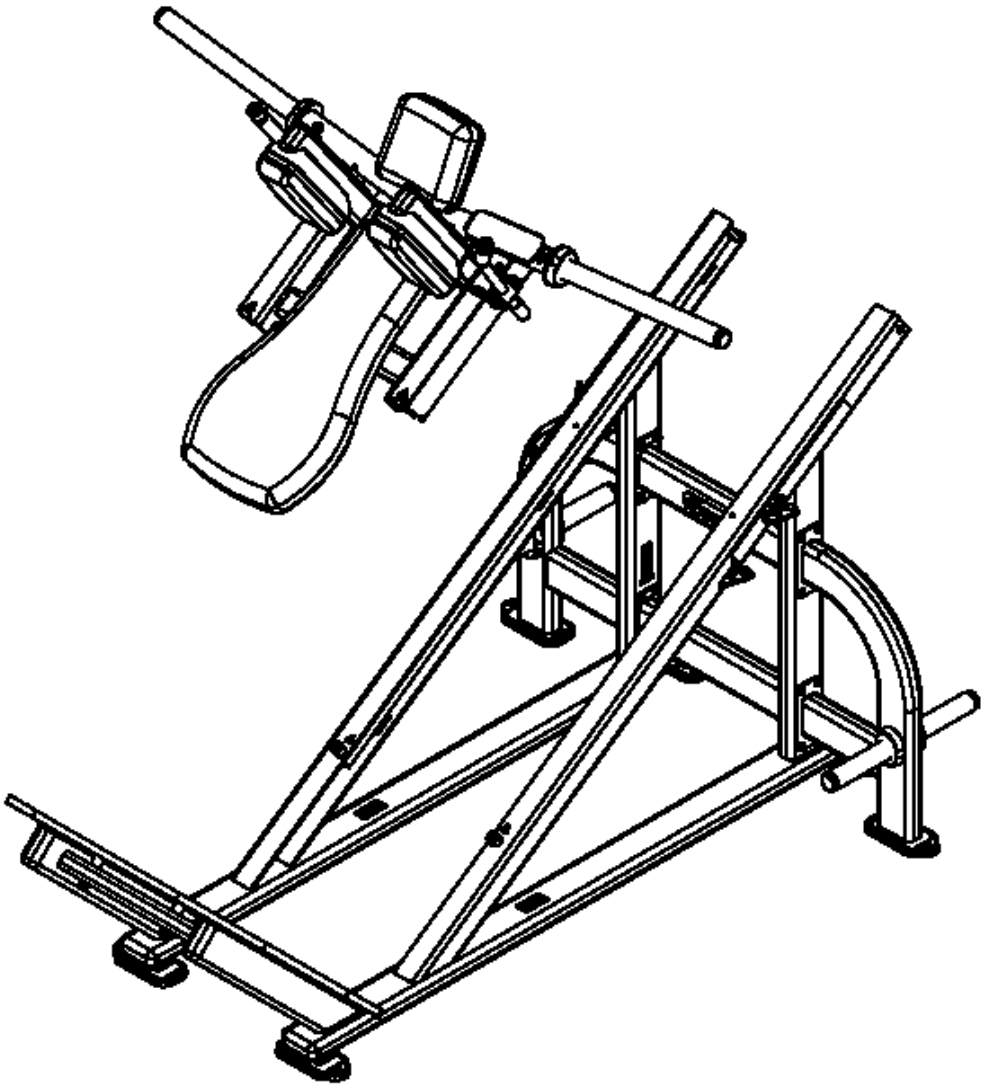
Should any component not be present or if you have any operational questions, please refer to your owner’s manual or on the web @ www.nautilus.com. Specifically refer to your serial number and model number labeled on your equipment.

PACKAGING REMOVAL:

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.

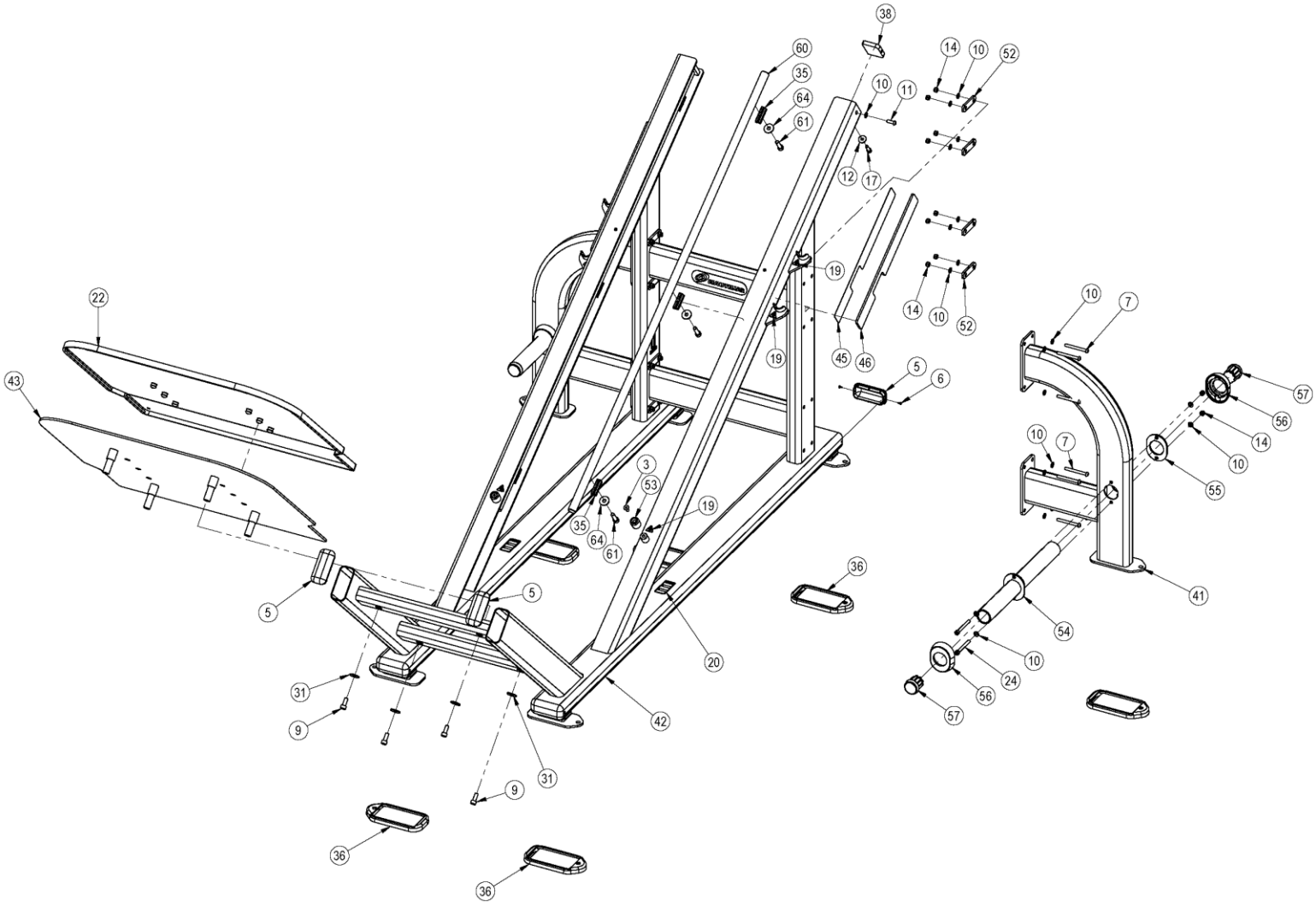


Exploded Assembly Drawing of NP-L1130 Hack Squat

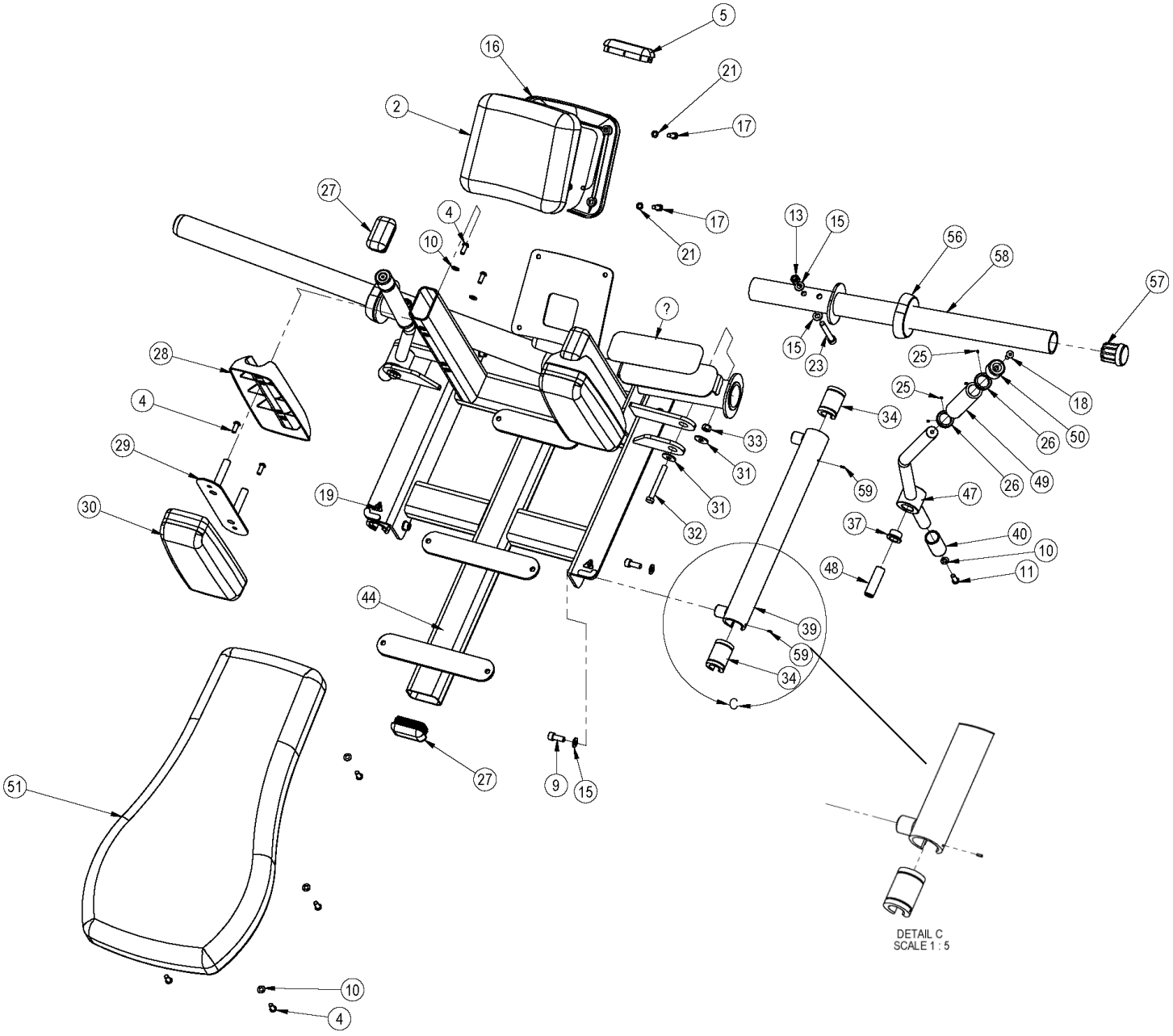


The following pages provide close-up, sectioned exploded assembly views of the Half Rack, bolt torque specifications and a complete hardware and parts listing.

Assembly of Main Frame and Footplate



Assembly of Carriage Frame and Weight Loading Horns



Hardware and Parts Identification

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-5457	Label, S/N, Non-Powered, Primary, Core H&F	1
2	731-0022-00XX	ASSY,UPHOLSTERY,HEAD REST	1
3	731-0120	SCREW, M8 X 1.25, 20MM, FHM.HK	2
4	731-0169	SCREW, M8X1.25,20MM, BHC, HK	14
5	731-0209	CAP, END, 110 X 50	7
6	731-0225	SCREW,M3.5 X 9.5,SELF TAPPING	8
7	731-0235	SCREW,M8 X 1.25,75mm,BHC,HK	16
8	731-0335	STICKER, MADE IN CHINA, IP	1
9	731-0350	Screw, M10X1.5, 25mm, SHC, HK	8
10	731-0355	WASHER,PLAIN,M8,NARROW	54
11	731-0359	SCREW,M8 X 1.25,25mm,BHC,HK	4
12	731-0360	WASHER,PLAIN,M8,LARGE,GRADE A	2
13	731-0363	NUT,M10X1.5,NYLOC	2
14	731-0365	NUT,M8 X 1.25,NYLOC JAM	20
15	731-0367	WASHER,PLAIN,M10	8
16	731-0383	Cover, Head Rest	1
17	731-0390	SCREW,M8 X 1.25,25mm,SHC,HK	6
18	731-0397	SCREW,M8 X 1.25,25mm,FHM,HK	2
19	731-0512	STICKER,WARNING,PINCH	8
20	731-0517	STICKER, WARNING, BOLT DOWN	2
21	731-0561	WASHER,M8,1MM THK	4
22	731-0797	PAD, FOOT SUPPORT, LEG PRESS	1
23	731-1043	SCREW, M10X1.5, 75MM, SHC, HK, NP	2
24	731-1450	SCREW,M8 X 1.25,75mm,SHC,HK,AS,ZP	4
25	731-1785	SCREW,SET,M4X.7,4MM	8
26	731-1917	TRIM RING,GRIP	4
27	731-2073	CAP,TUBE,44.5 X 76.2	3
28	731-2258	PLASTIC,TRIM,FOREARM PAD	2
29	731-2259	WELDMENT,FORARM,HOLDOWN	2
30	731-2285-00XX	PAD,FOREARM	2
31	731-2346	WASHER,M10,FENDER,BZ	8
32	731-2400	SCREW,M10X1.5,80MM,HHC,HE,CS,BZ	2
33	731-2420	NUT,M10X1.5,NYLOC,BZ	2
34	731-2434	BEARING, ROLLER 25MM, OPEN	4
35	731-2500	STAND-OFF,ROD,SMITH	6
36	731-2647	FOOT,LONG,LEVERAGE	6
37	731-3320	BRONZE BUSHING,32X20	4
38	731-4347	BAR, FLAT, MACH, .5 X 2 X 2.625	2
39	731-4357	WELDMENT,LEG PRESS, BEARING TUBE	2
40	731-4378	PLASTIC,LEG PRESS,STOP COVER	2

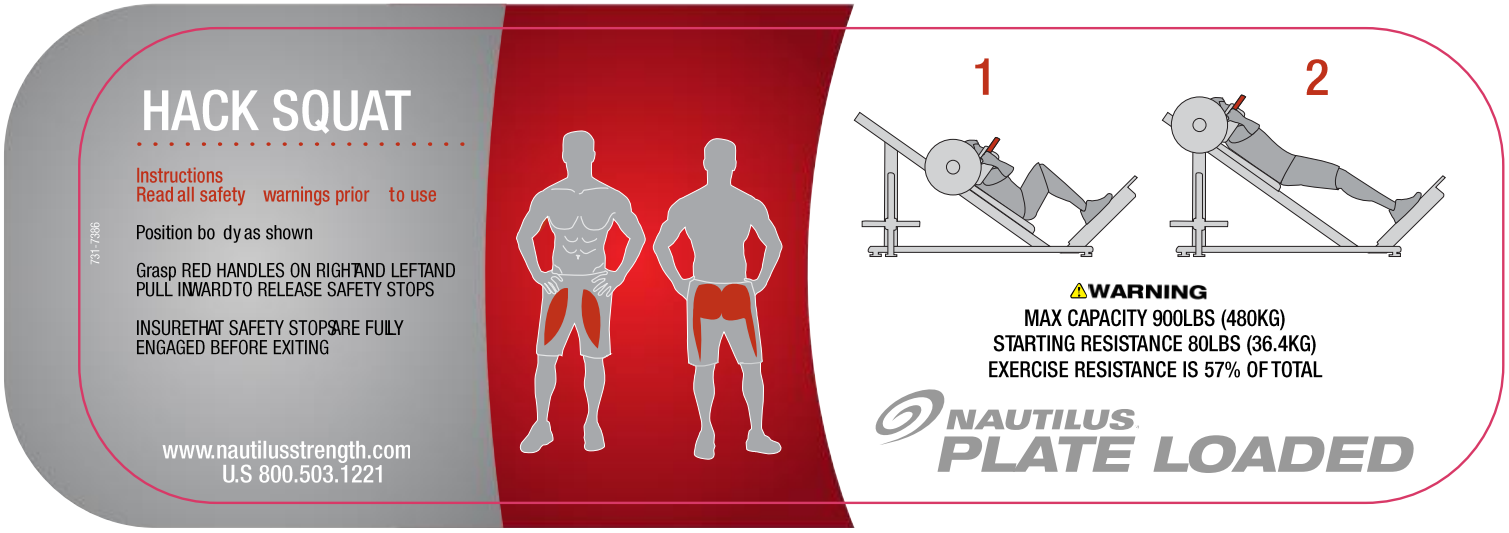
Hardware and Parts Identification

ITEM NO	PART NUMBER	DESCRIPTION	QTY.
40	731-4378	PLASTIC,LEG PRESS,STOP COVER	2
41	731-4381	WELDMENT,LEG PRESS, WEIGHT STORAGE	2
42	731-4444-XX	WELDMENT,FRAME,RIGHT,HACK	1
43	731-4454	WELDMENT,HACK,FOOTPLATE	1
44	731-4457-XX	WELDMENT,HACK,SLED	1
45	731-4465	WEAR GUARD, HACK SQUAT, TAPE	2
46	731-4466	WEAR GUARD, HACK SQUAT, UHMW	2
47	731-4467-XX	WELDMENT,SAFTEY STOP,HACK	2
48	731-4470	SHAFT,PIVOT,HACK	2
49	731-4471	GRIP,RUBBER,HACK	2
50	731-4473	END CAP	2
51	731-4600-00XX	ASSY,BACK REST, STD,ONE COLOR	1
52	731-4777	PLATE,MOUNT,WEIGHT ST.,SMALL	8
53	731-5167	STOP COVER,LEVERAGE	2
54	731-5250	WELD, WGT HOLDER, 45LB	2
55	731-5251-XX	PLATE,MOUNT,WGT HOLDER	2
56	731-5259	BUMPER,STOP,WGT	6
57	731-5272	CAP,PLUG,WEIGHT HORN,BLANK	6
58	731-5369	WELD,LEG PRESS,WT HORN,CHROME	2
59	731-5483	3x8mm PIN	4
60	731-5485	ROD,GUIDE,25mm x 1524,THRD	2
61	731-5559	SCREW, M10 X 1.5, 35mm, SHC, HK, CS, NP	6
62	731-7311	STICKER,NAUTILUS,DECO,45MMX191MM	1
63	731-7386	PLACARD,LEV,HACK SQUAT, NAU	1
64	740-7846	Washer, M10, Ø10.5xØ30x2.5mm, CS, NKL	6

Warning labels and communication stickers

The following pages show examples of the Nautilus® Plate Loaded Strength 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 each sample indicated includes its corresponding part number so that replacements may be ordered.

NOTE: **STICKERS AND LABELS ARE NOT SHOWN TO SCALE**



Exercise Placard
731-7386

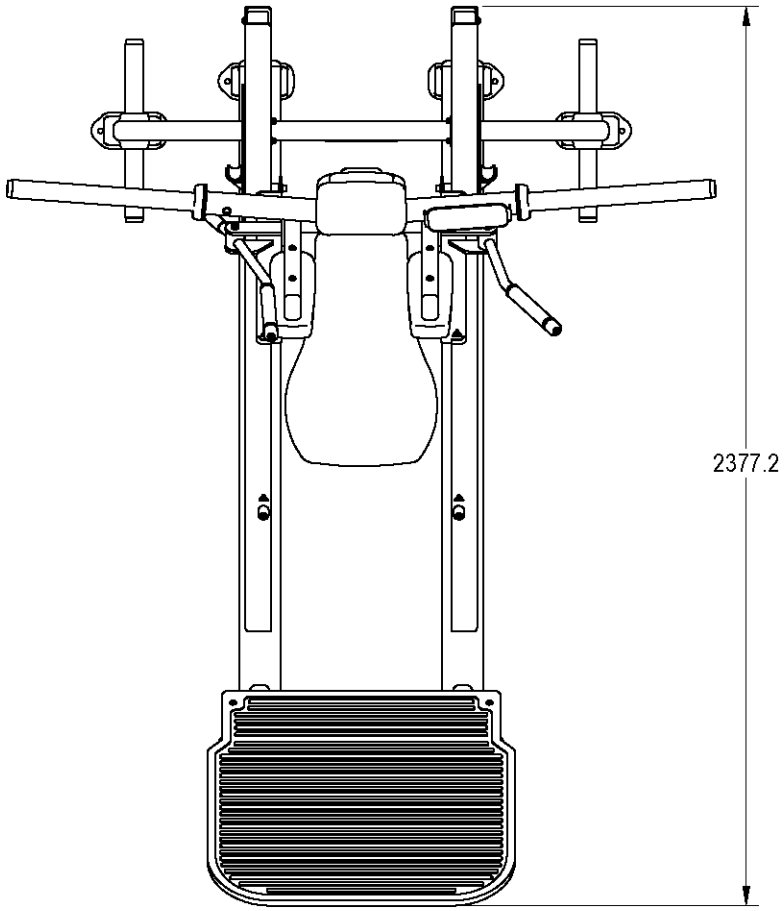


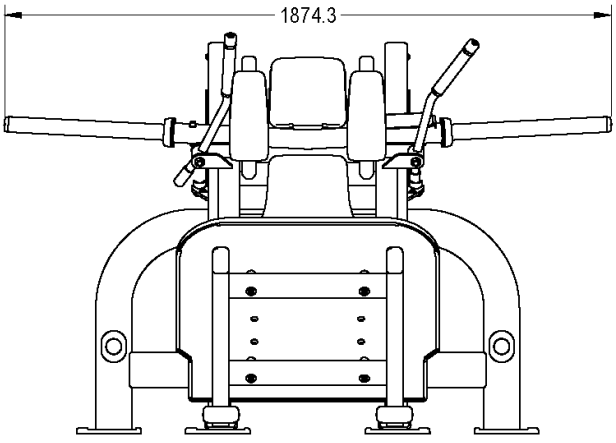
Bolt Down Decal
731-0517

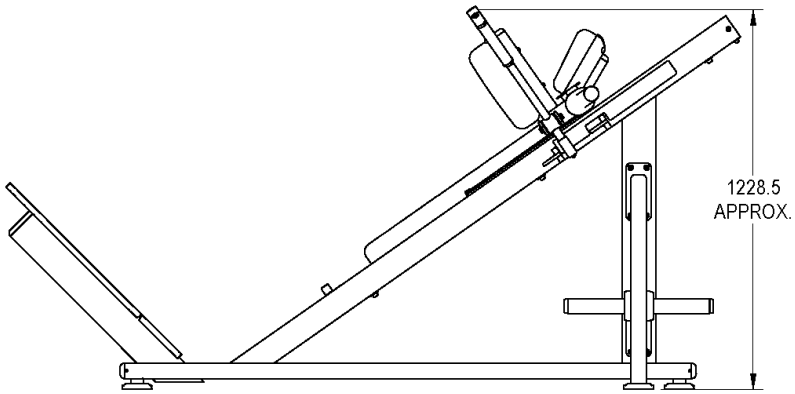
Pinch Point found at Moving Parts
731-0512



Completed View and Dimensions







FINAL ASSEMBLE CHECK SHEET

1. Make sure ALL fasteners are tightened to specifications in this manual.
2. See Maintenance and Service page.
    1. Perform all steps.

MACHINE CLEARANCE AND SPACING

For the safe operation of NAUTILUS® Strength recommends that a clearance of 24 inches (60.96cm) be maintained between and behind machines including moving arms and levers. To insure safe entry and exit to each unit a walkway of at least 36 inches (91.44cm) inches is recommended front of, or on the entry side of each machine.

WARNING!



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



Health related injuries may result from incorrect or excessive use of exercise equipment. NAUTILUS 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.

MAINTENANCE AND SERVICE

The Half Rack requires very little upkeep. To keep your Half Rack performing at its best, the following guidelines are suggested.

GENERAL CLEANING

- ☑ Wipe the equipment with a light all-purpose cleaner, such as diluted Simple Green at a 30:1 solution.
- ☑ Dry the equipment with a soft cloth to prevent rust.



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