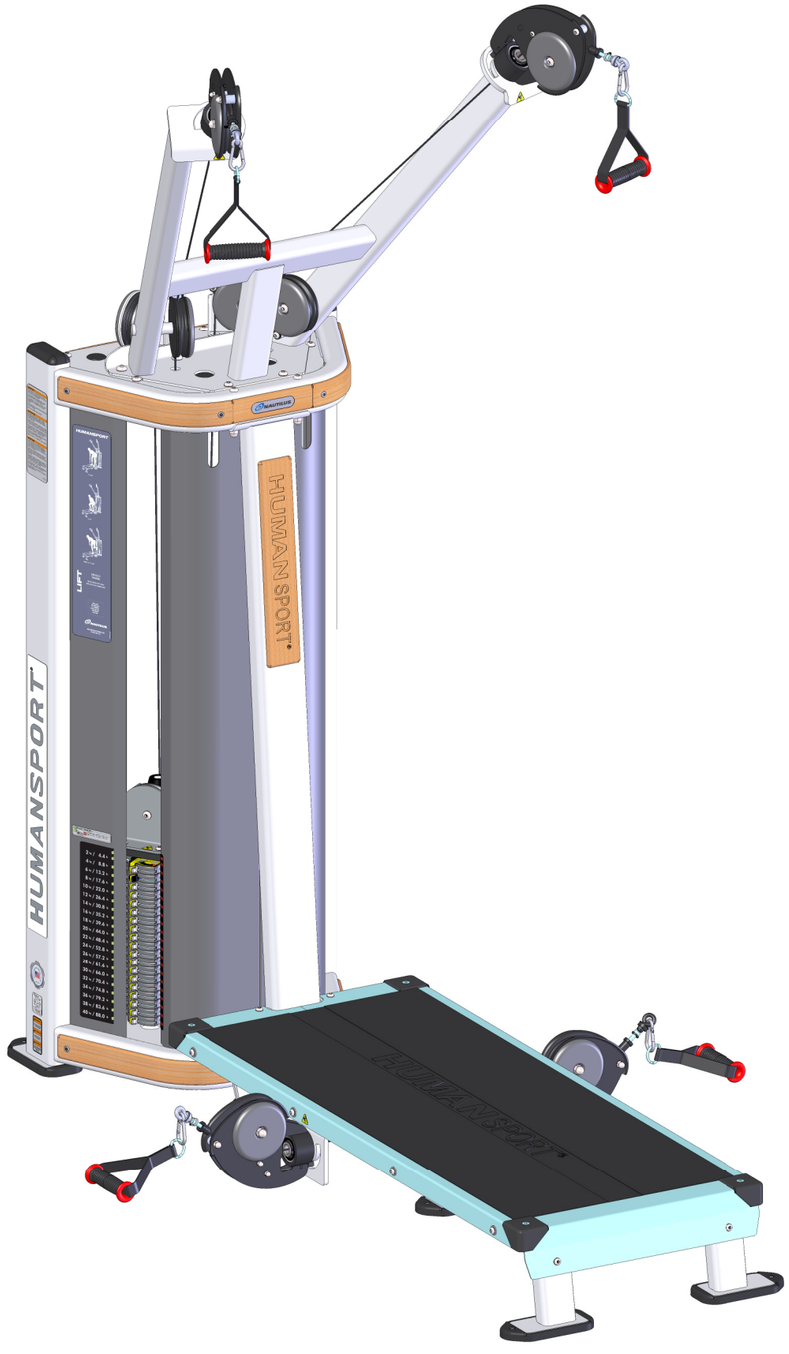
Red: PAINTED ITEMS

Blue: KITS

ITEM NO.	PART NO.	QTY.	DESCRIPTION
1	01-1011	2	Allen Socket Cap Head Bolt Serrated Shoulder M12-1.75x70mm
2	01-9315	4	BOLT,M6X1.00,16MM,HHC,HE,CS
3	01-9316	2	BOLT,M8X1.25,40MM,HHC,HE,CS
4	01-9317	2	BOLT M10 X 1.5 45MM HHC HE CS ZP
5	01-9319	2	SCREW,M10 X 1.5,90MM,BHC,HK, ZP
6	01-9320	4	SCREW,M12 X 1.75,25MM,BHC,HK, ZP
7	01-9321	4	BOLT M10 X 1.5 25MM HHC HE CS ZP
8	01-9331	4	BOLT,M12 X 1.5,20MM,HHC , ZP
9	02-4086	8	SCREW, M6 X 16 PAN TORX, ZP, THD FORMER
10	02-9329	6	SCREW M10 X 1.5, 25 MM BHC HK, ZP
11	03-4067	4	EXTRUDED U-NUT M8 X 1.25
12	03-4248	6	Cage Nut 10mm for Panel 4.1 - 5.3mm
13	03-5203	2	NUT,M10x1.5,ACORN, CL6
14	03-5204	4	NUT,M12x1.75,ACORN, CL6
15	04-5251	4	LOCK WASHER, M6
16	04-5252	39	LOCK WASHER, M8
17	04-5253	24	LOCK WASHER, M10
18	04-5256	10	LOCK WASHER M12
19	050-2212	2	STICKER,SWITCH,HS
20	050-2213	1	DECAL, WEIGHT STACK - HS
21	050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)
22	050-2225	2	DECAL, WARNING MULTI LANGUAGE - HS
23	050-5424	1	PLACARD, HSPL3, LIFT, LEFT
24	050-5425	1	PLACARD, HSPL3, PULL, RIGHT
25	06-8012	1	CABLE HSPL2 RIGHT
26	06-8012	1	CABLE HSPL2 LEFT
27	09-8341	10	120mm OD pulley with 17mm ID Bearing
28	12-1655	4	PLUG-PRY OUT, .205 DIA
29	12-8009	1	TAG, ASSEM. DIMS, HSPL
30	12-8023	1	Made In USA-Core Decal
31	12-8024	1	DECAL, NAUTILUS,DECO, 0.91" x 3.90"
32	12-8025	2	DECAL, HUMANSPORT, 3.12" x 23" (tower)
33	19-1052	1	SERIAL NUMBER DECAL
34	19-9007	1	Cardboard 50" X 29.5"
35	19-9070	1	HumanSport Weight Stack Spacer Box
36	19-9072	2	HumanSport Cardboard padding
37	19-9072	2	HumanSport Cardboard padding
38	19-9074	2	HumanSport Corrugated Angle Pad
39	19-9075	1	Pallet 46" x 59"
40	27-0023	1	Mat, HS Pull Lift
41	27-0035	10	Cover, Pulley, Flat Steel
42	27-0036	12	SPACER, PULLEY BRACKET, HUMAN SPORT
43	27-0040	2	Bracket, Pulley Top Weight, Front, HS
44	27-0041	2	Bracket, Pulley Top Weight, Rear, HS
45	27-0047	4	ASSY,SWIVEL,HANDLE,HUMAN SPORT
46	27-0060	1	Shield, HS Tower, Front, Left
47	27-0061	1	Shield, HS Tower, Front Right
48	27-0062	1	Shield, HS Tower, Rear
49	27-0063	2	Shield, HS Tower, Left/Right
50	27-0109	2	Counter Weight for HS Swivel Brkt, Thin
51	27-0110	2	Counter Weight for HS Swivel Brkt, Thick

ITEM NO.	PART NO.	QTY.	DESCRIPTION
52	27-0114	4	Cap, Corner Platform, HSPL & HSTL
53	27-0122	1	Rear Kickplate, SS, HS Pull Lift (CAPS)
54	27-0123	1	Front Left Kickplate, SS, HS Pull Lift (CAPS)
55	27-0124	1	Front Right Kickplate, SS, HS Pull Lift (CAPS)
56	27-0125	1	Left Trim SS, HS Pull Lift (CAPS)
57	27-0126	1	Right Trim SS, HS Pull Lift (CAPS)
58	27-0234	4	GRIP HANDLE, STARTRAC,RED, 6"
59	60-2000	1	Human Sport Weight Tower
60	61-2000B	1	Crossmember Upright HSPL2
61	61-2002B	1	Crossmember, HSPL2 Platform
62	61-2003	1	Crossmember, HSPL2-Top Plate
63	63-2000	1	Linkage, Tower Pulley, HS
64	68-2000	1	Extension Arm, HSPL2
65	730-0143	4	CLIP, CARABINER, 1/4" DIA X 2 3/4 L.
66	730-1559	4	GUIDE RODE,Ø22MM X 1438MM
67	731-0040	2	STOP,Ø50X26,RUBBER
68	731-0111	4	STOP,BUMPER,WGT PLT
69	731-0112	4	SET COLLAR, GUIDE ROD, 22.4mm I.D.
70	731-0124	4	CAP,GUIDE ROD,RUBBER
71	731-0165	6	CAP,PLASTIC,PULLEY,Ø120mm
72	731-0169	8	SCREW, M8X1.25,20MM, BHC, HK, ZP
73	731-0209	2	CAP, END, 110 X 50
74	731-0225	2	SCREW,M3.5 X 9.5,SELF TAPPING
75	731-0359	14	SCREW,M8 X 1.25,25mm,BHC,HK, ZP
76	731-0362	4	SCREW,M10 X 1.5,45MM,BHC,HK, ZP
77	731-0363	4	NUT,M10X1.5,NYLOC
78	731-0364	2	SCREW, M8X1.25, 45mm, BHC, HK, ZP
79	731-0365	16	NUT,M8 X 1.25,NYLOC JAM
80	731-0366	4	SCREW,M10 X 1.5,50MM,BHC,HK, ZP
81	731-0367	14	WASHER,PLAIN,M10
82	731-0368	6	SCREW,M8 X 1.25,40mm,BHC,HK, ZP
83	731-0373	4	WASHER,PLAIN,M6
84	731-0389	6	SCREW,M8 X 1.25,35mm,BHC,HK, ZP
85	731-0397	4	SCREW,M8 X 1.25,25mm,FHM,HK, ZP
86	731-0512	6	STICKER,CAUTION,PINCH
87	731-0517	1	STICKER, WARNING, BOLT DOWN
88	731-1448	4	NUT,M8 x 1.25,ACORN, CL6
89	731-2647	6	FOOT,LONG,LEVERAGE
90	731-3195	2	SCREW,M10 X 1.5,30MM,BHC,HK, ZP
91	731-3780	2	SCREW,M6 X1.0, 35mm, BHC,HK, ZP
92	731-5725	12	RIVET NUT, HEX HEAD,M8
93	731-5762	2	NUT,M6 x 1.0, ACORN, CL6
94	91-999	1	Paint (1.5 lbs)
95	95-0695	1	Human Sport Carbon Fiber Trim Kit
96	95-0696	1	Human Sport Carbon Fiber Trim Kit
97	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
98	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
99	OPT-WT-33	1	Human Sport Weight Stack-Right
100	OPT-WT-33	1	Human Sport Weight Stack-Left
101	SM20473	1	TYRAP, 1/8" X 4"



Human Sport Pull Lift

HSPL3

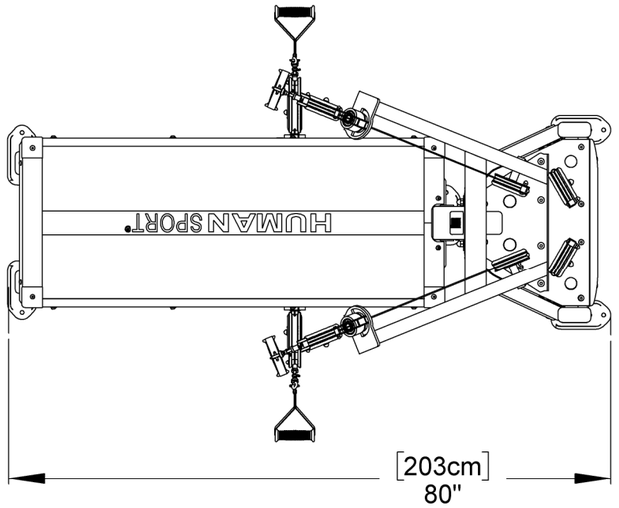
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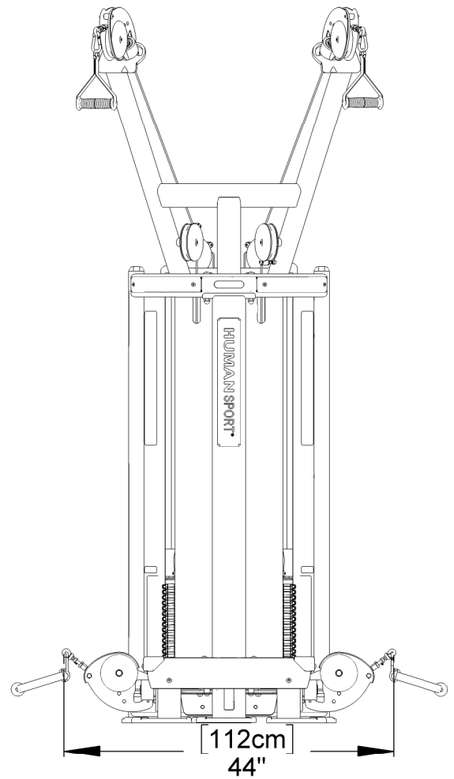
Bolt Torque Specifications			
Size	Grade 5 CL 8.8 Torque	Grade 8 CL 10.9 Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

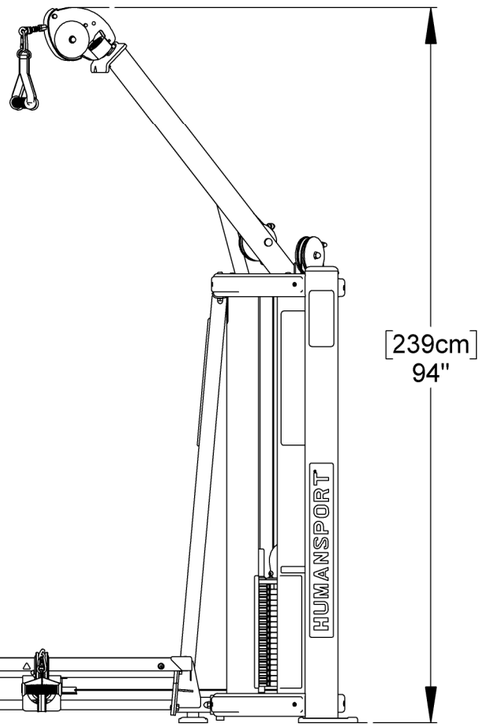
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General Parts Requests: parts@nautiluscommercial.com
Core Health and Fitness, LLC.

Red: PAINTED ITEMS
Blue: KITS

HSPL3		
Description	US	Metric
Width	80"	203 cm
Depth	44"	112 cm
Height	94"	239cm
Weight	850 lbs	385 Kgs





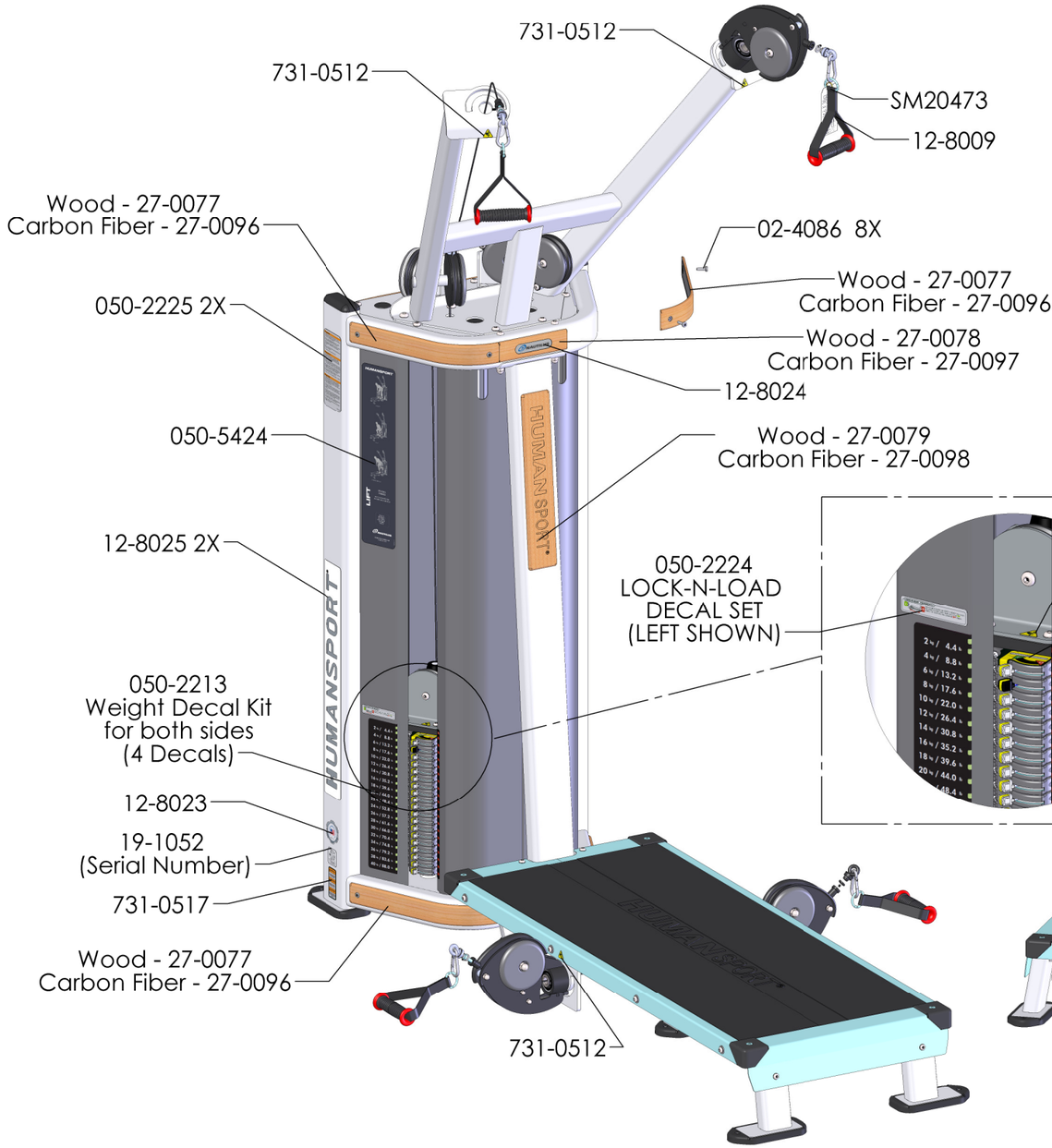


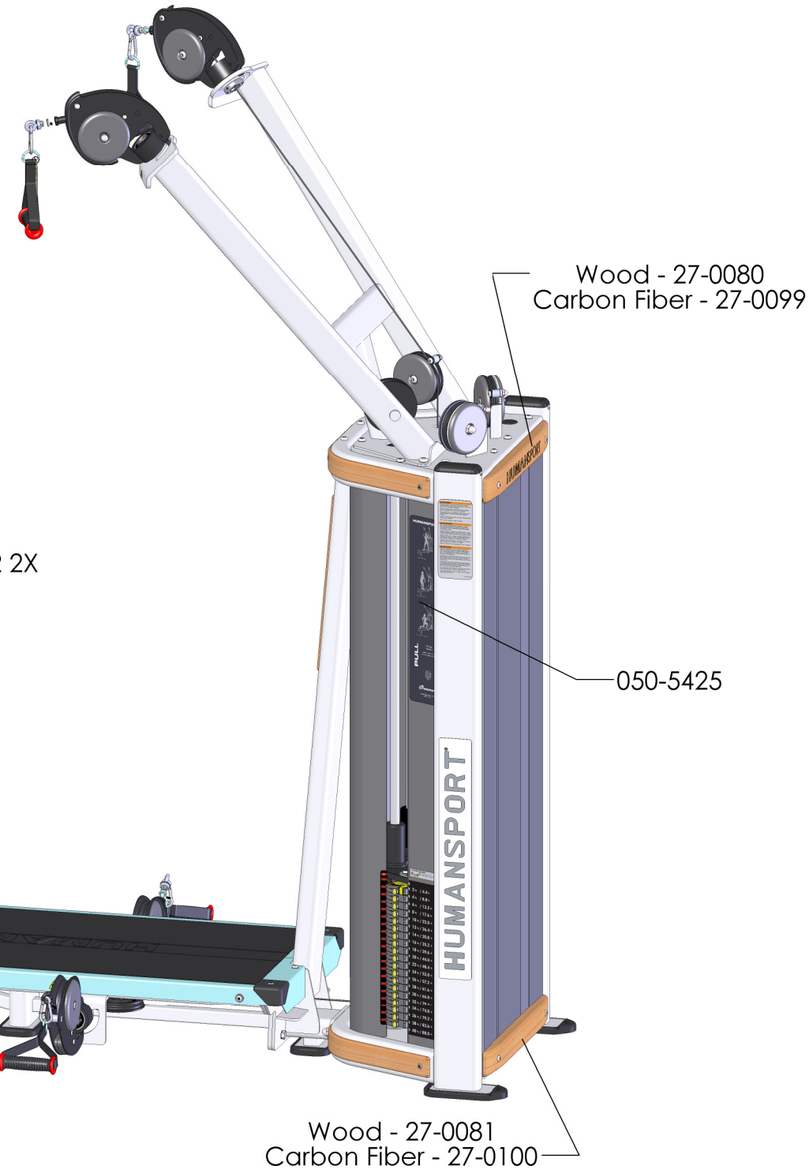
Human Sport Pull Lift
HSPL3

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NOTE:
DECAL APPLICATIOINS IS THE SAME FOR BOTH SIDES.

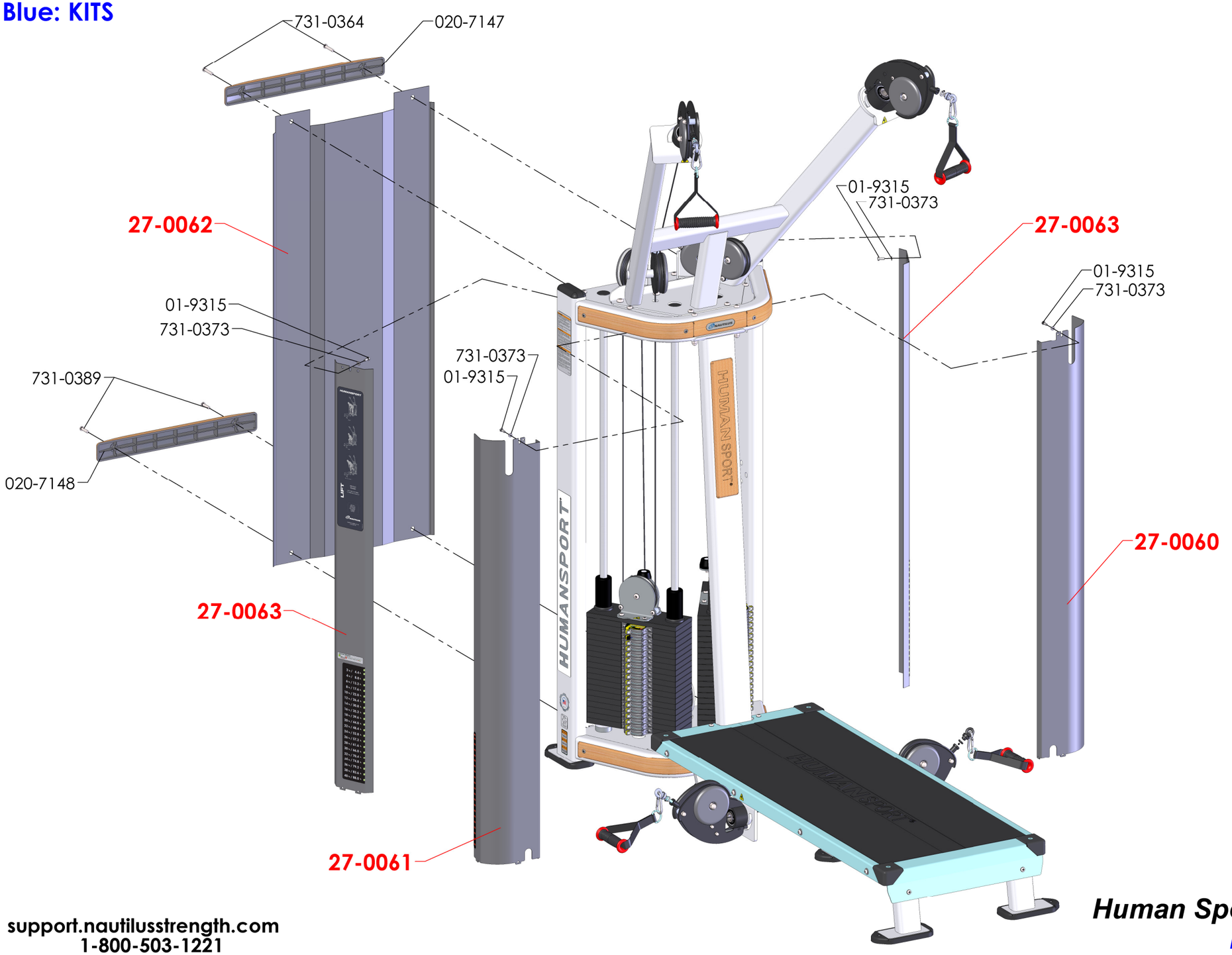
Human Sport Pull Lift
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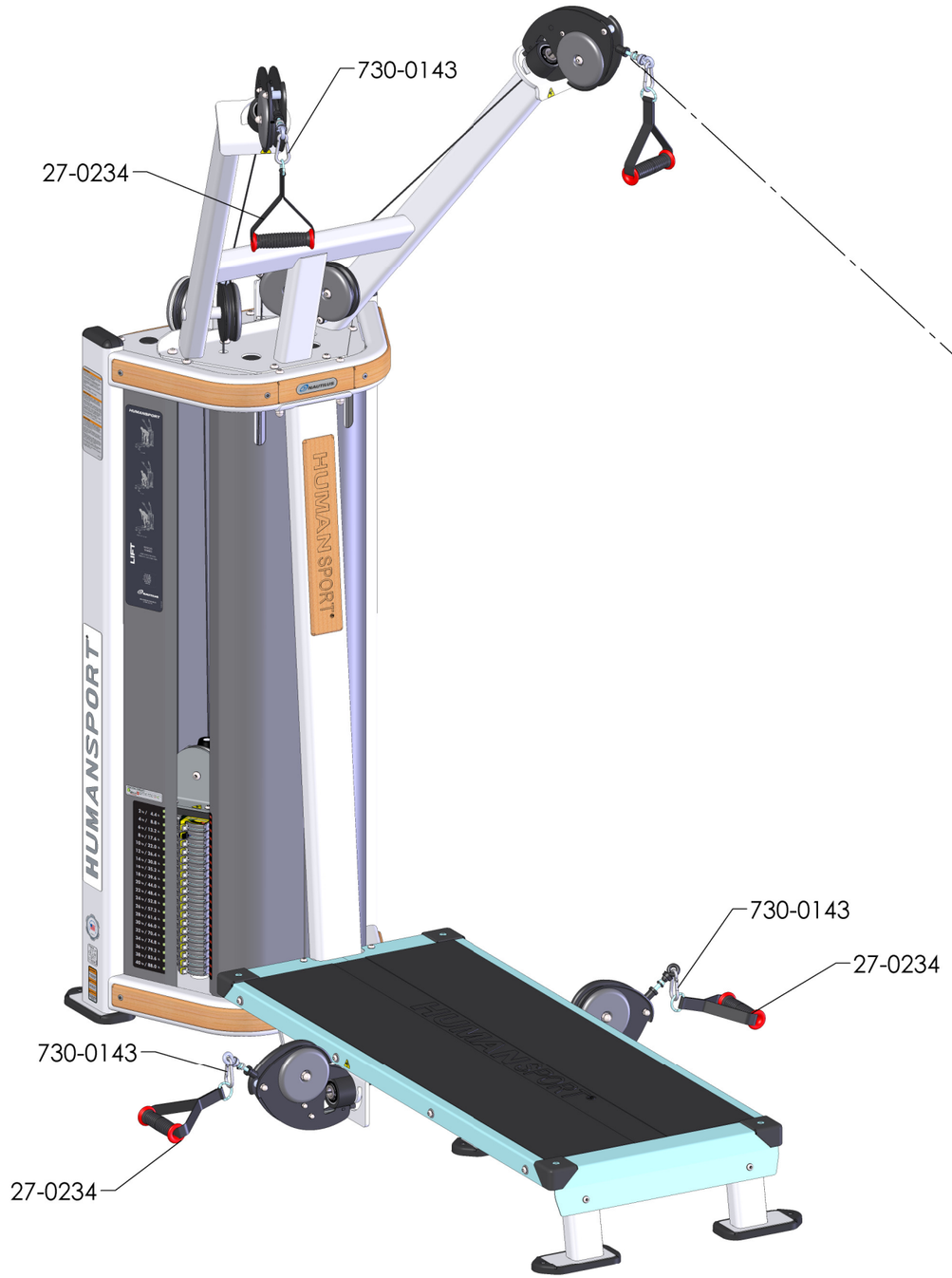
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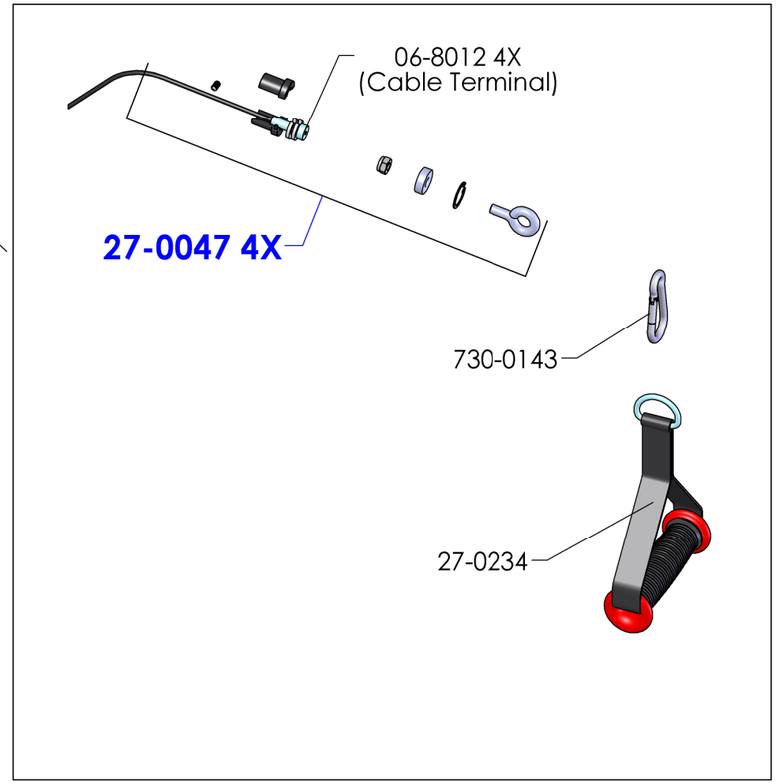
Human Sport Pull Lift

HSPL3

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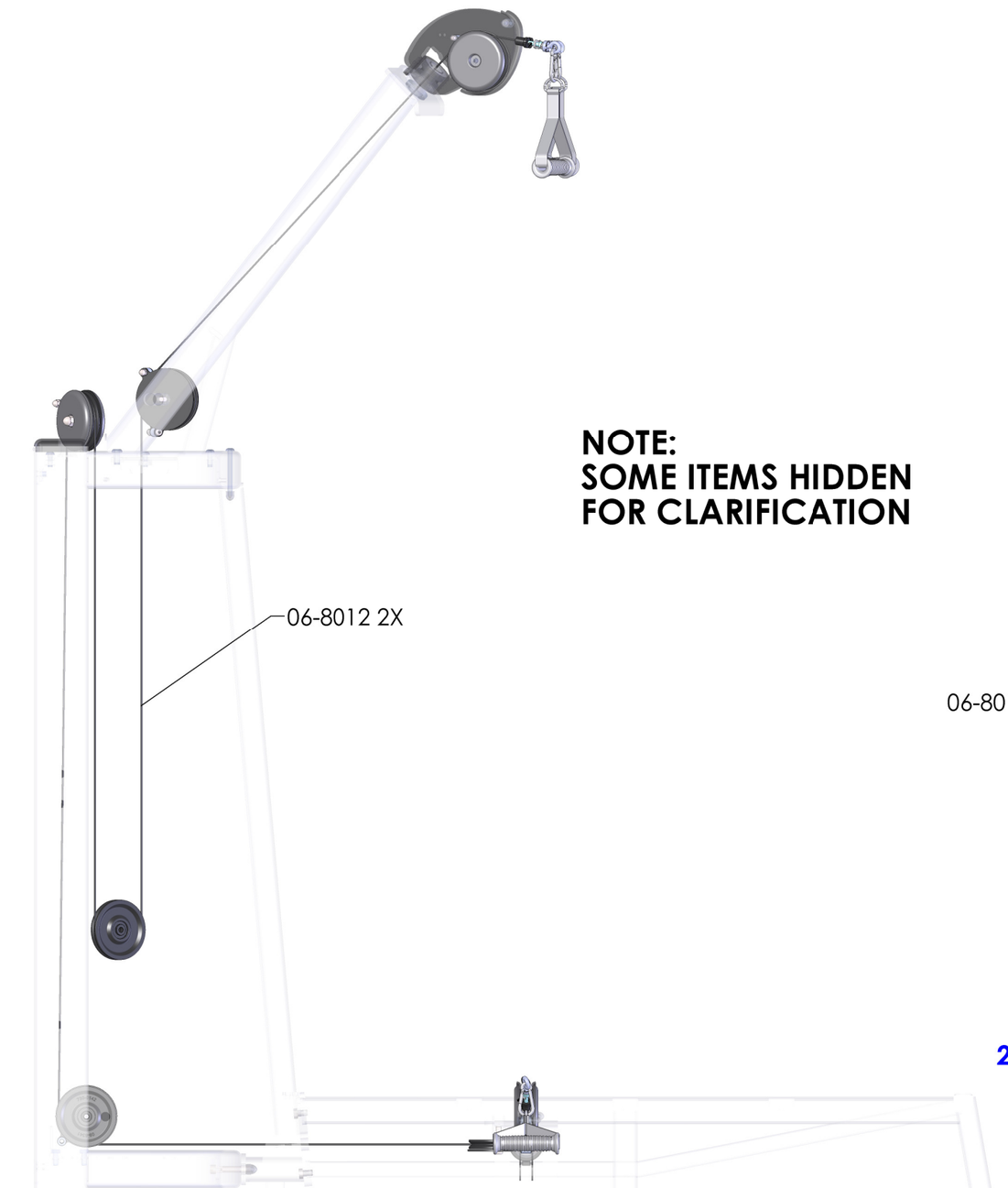
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Human Sport Pull Lift

HSPL3

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NOTE:
SOME ITEMS HIDDEN
FOR CLARIFICATION

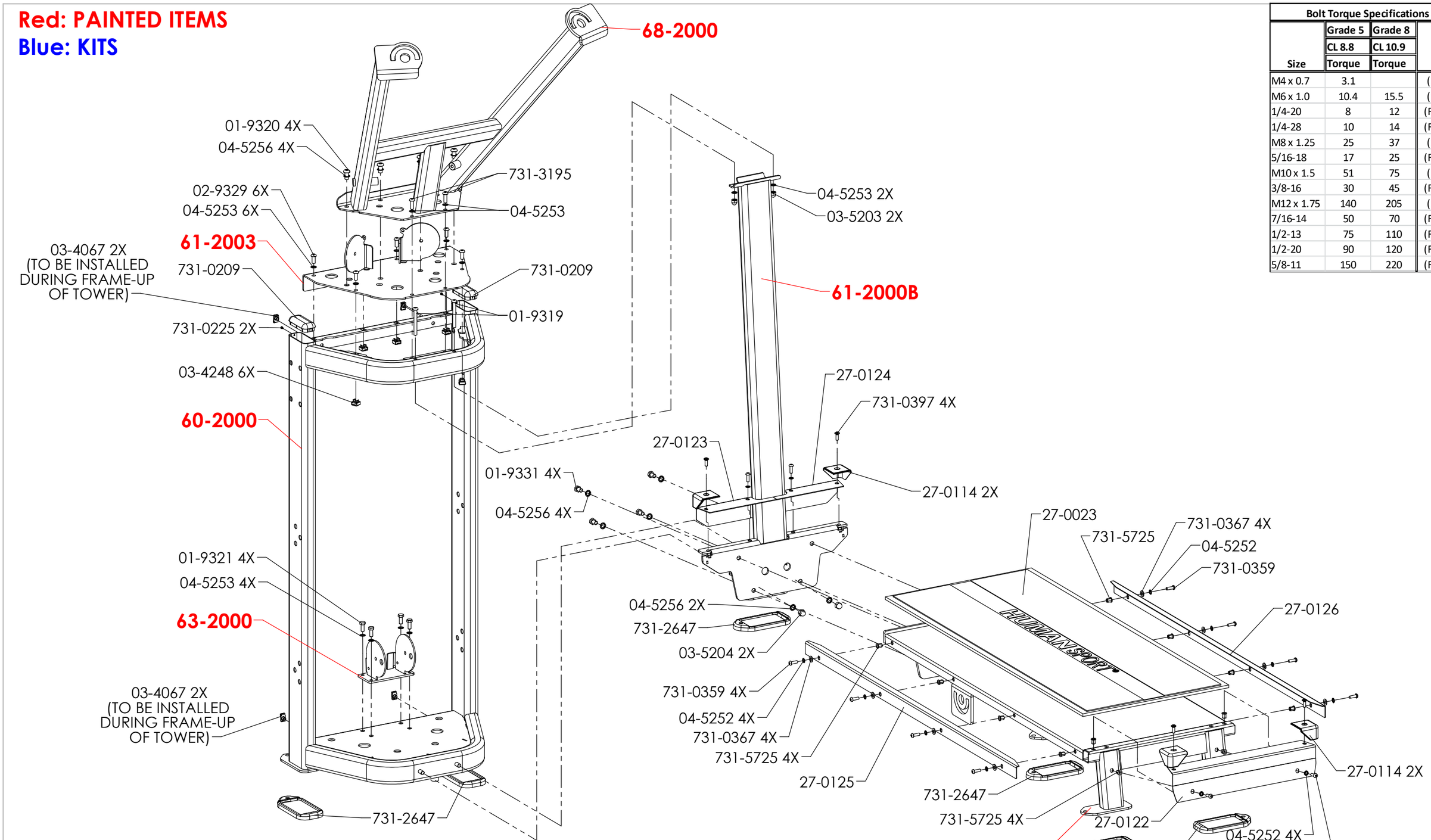


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Human Sport Pull Lift
HSPL3
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Bolt Torque Specifications			
	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
Size	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)

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Human Sport Pull Lift

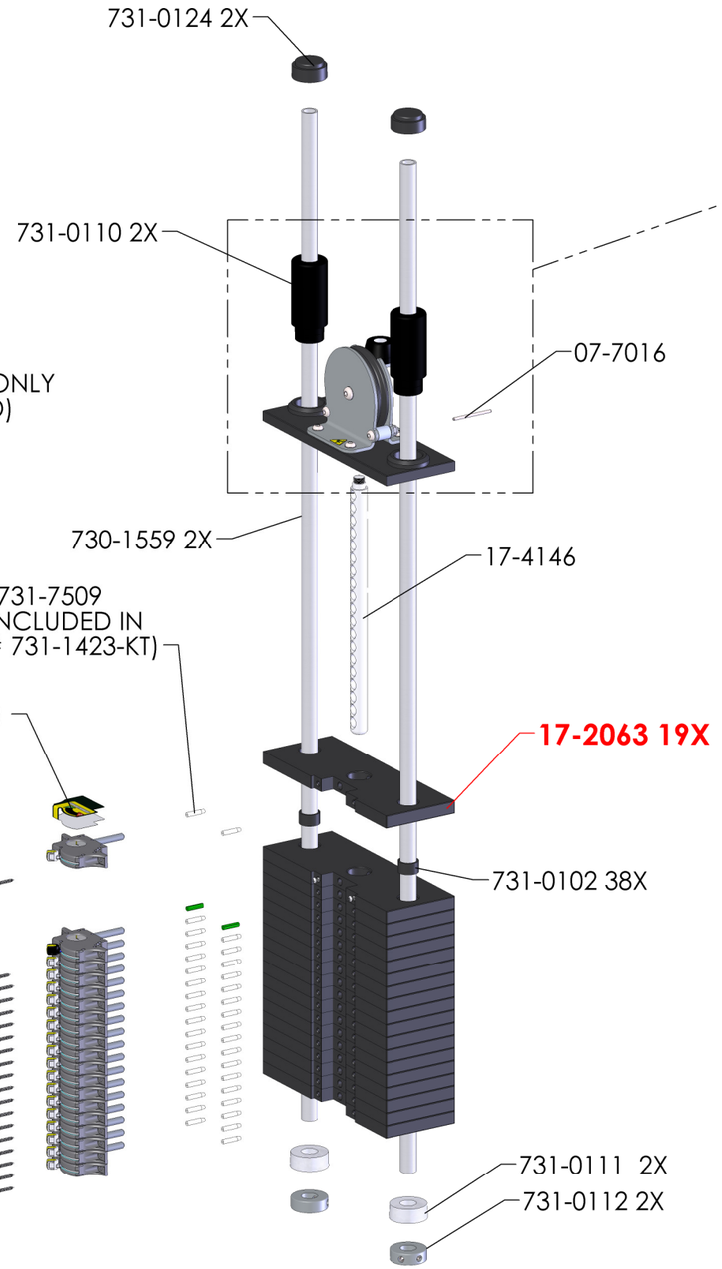
HSPL3

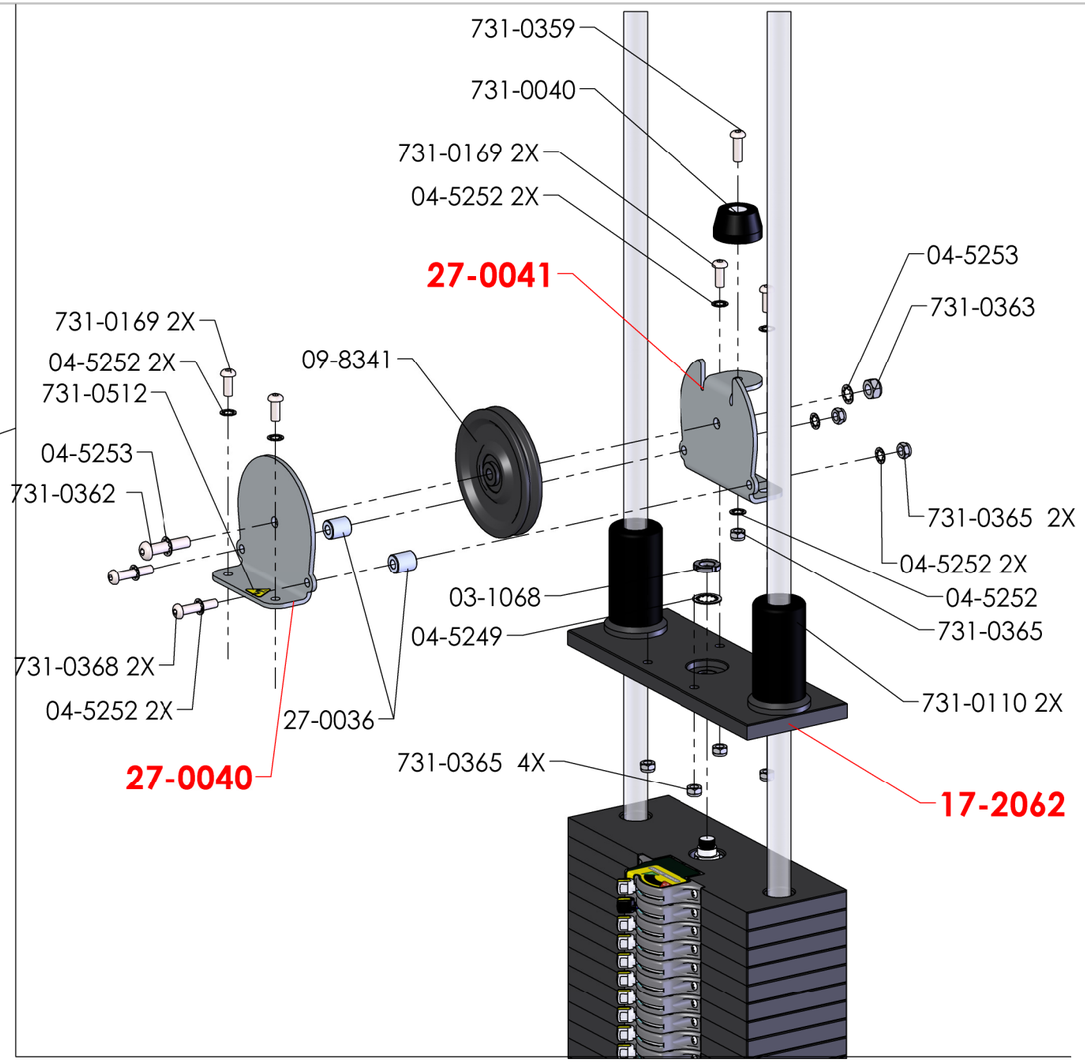
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19-9018 2X
(FOR SHIPPING ONLY
AS REQUIRED)





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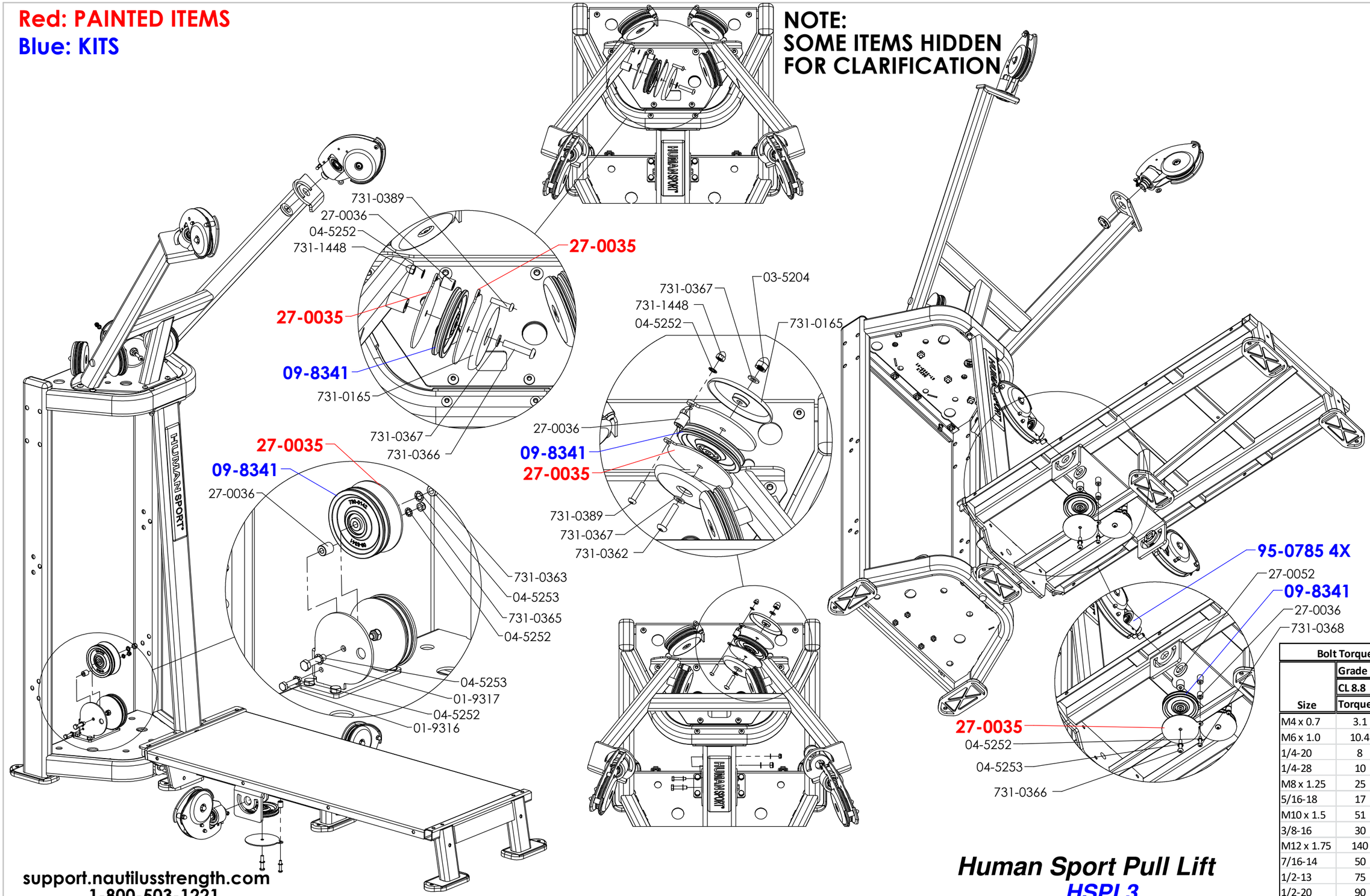
Human Sport Pull Lift

HSPL3

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NOTE:
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Human Sport Pull Lift

HSPL3

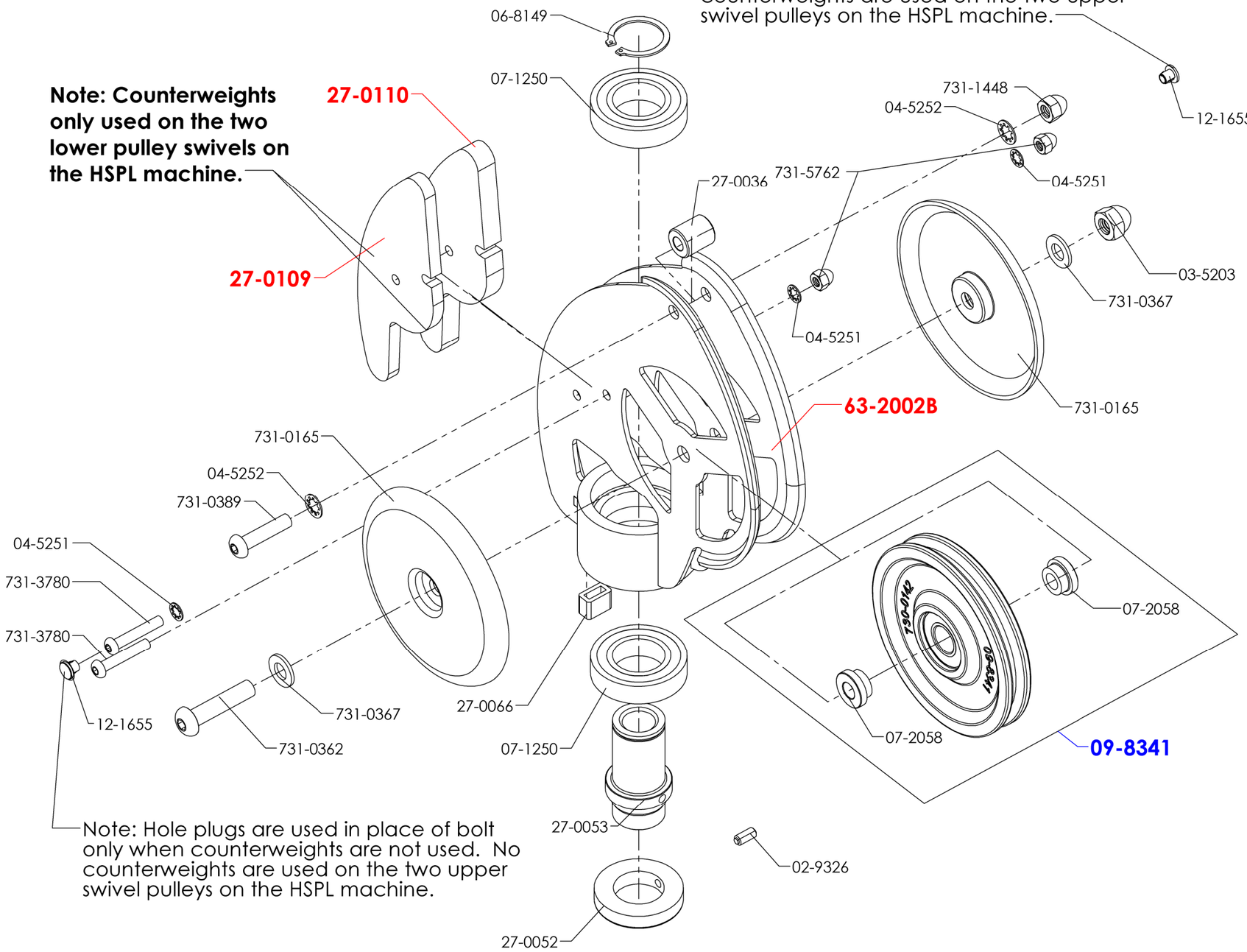
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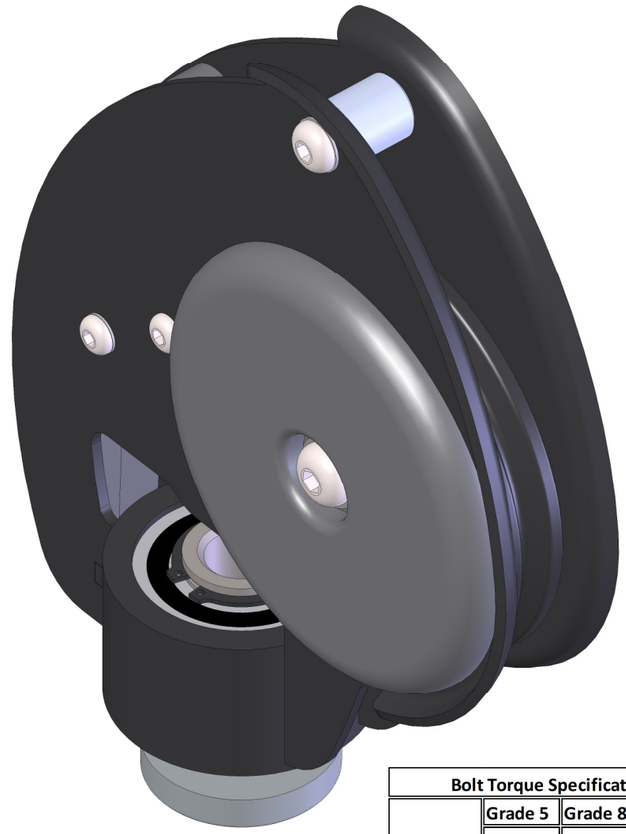
Bolt Torque Specifications			
Size	Grade 5 CL 8.8 Torque	Grade 8 CL 10.9 Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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Note: Hole plugs are used in place of bolt only when counterweights are not used. No counterweights are used on the two upper swivel pulleys on the HSPL machine.

Note: Counterweights only used on the two lower pulley swivels on the HSPL machine.





95-0785

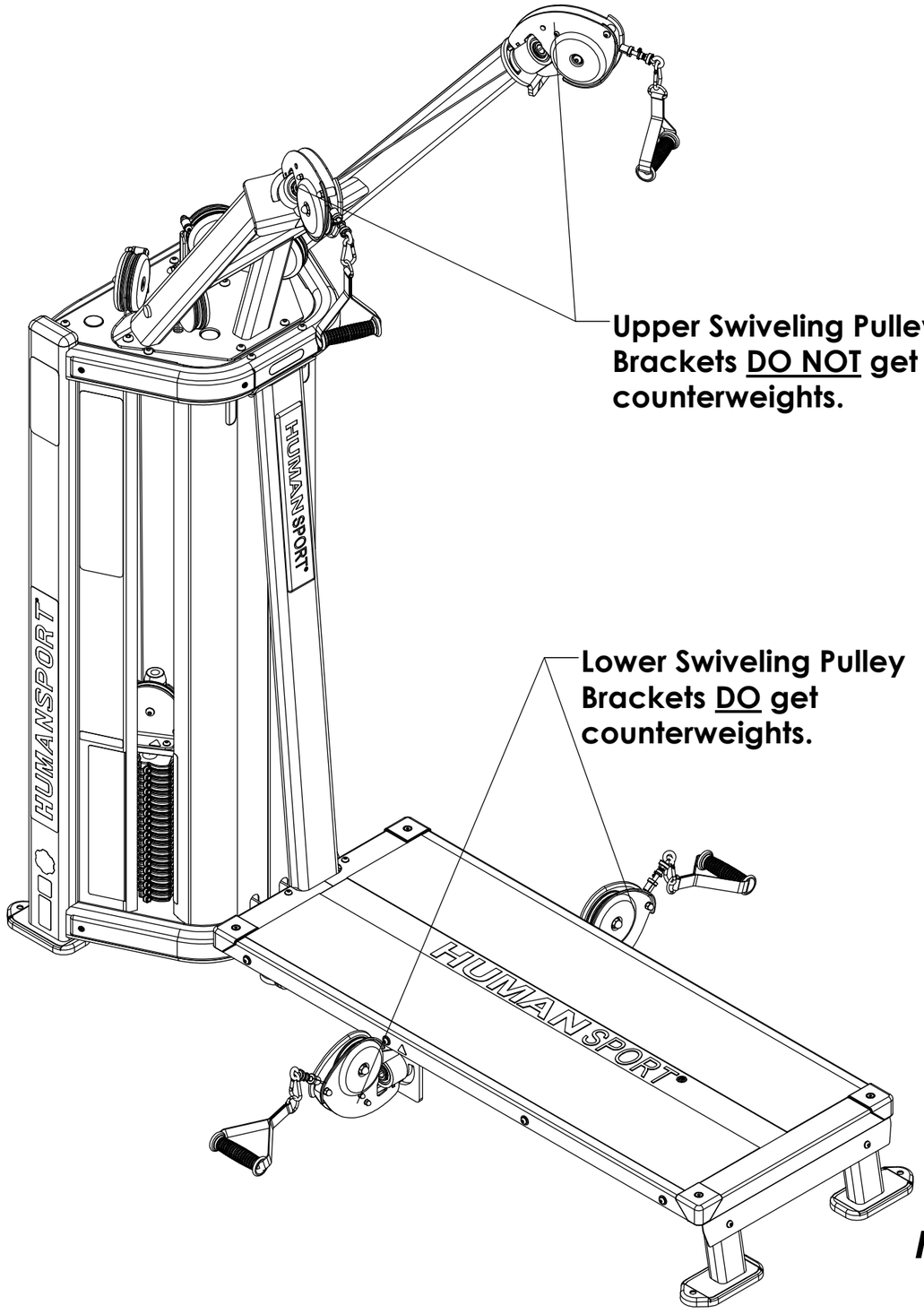
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1/4-20	8	12	(Ft-lbs)
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M8 x 1.25	25	37	(N-m)
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5/8-18	180	240	(Ft-lbs)

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Human Sport Pull Lift
HSPL3

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Upper Swiveling Pulley Brackets <u>DO NOT</u> get counterweights.

Lower Swiveling Pulley Brackets <u>DO</u> get counterweights.

HUMAN SPORT ARM CRUNCH:
Upper pulley brackets do not get counterweights.
Lower pulley brackets do get counterweights.

Bolt Torque Specifications			
Size	Grade 5 CL 8.8 Torque	Grade 8 CL 10.9 Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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Human Sport Pull Lift
HSPL3

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