NAUTILUS

CORE HEALTH & FITNESS

HUMAN SPORT TOTAL LEG

OWNER'S MANUAL



IMPORTANT SAFETY INSTRUCTIONS

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 operation 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:

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on at least one side to allow for ease of mounting and dismounting. Allow for 24 inches (0.6 meters) of clearance behind the machine (See Fig. 1). 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. Do not exceed the maximum allowable weight limit of:
   - 350 lbs. / 160 kg.
3. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Core Heath & Fitness.
4. Statement of Purpose: The Human Sport Total Leg is designed to provide a comprehensive lowerbody strength-training solution by enabling multiple leg-based movements within a single integrated frame. The unit enables users to develop the quadriceps, hamstrings, gluteals, and calf musculature through guided, resistance-based movements that maintain proper biomechanics and postural alignment throughout each exercise.
5. Ensure all adjustment and locking features are properly secured before using the equipment.
6. Care should be used when mounting or dismounting the equipment.
7. Keep top surface of the steps clean and dry. If the steps surface becomes wet, dry the surface before using. Do not use with wet shoes, wet feet, or socks.

   Gardez la surface supérieure des marches propre et sèche. Si la surface est mouillée, séchez-la avant utilisation. Ne pas utiliser avec des chaussures, des pieds ou des chaussettes mouillés.
8. 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.
9. 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.
10. ⚠**WARNING:** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately
11. ⚠**WARNING:** Risk of personal injury – Keep children under the age of 13 away from machine.
12. 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, keep them away from extended foot support (or other similar parts).
13. This equipment is designed for use in a commercial gymnasium or health club only. 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.
14. This machine is for indoor use only.
15. 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.
16. Use only replacement components supplied by Core Heath & Fitness. Substitutes are forbidden and will void all warranties.
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 equipment.
18. All facilities in which Core Health & Fitness or any installer installs any Core Health & Fitness equipment assume all risks associated with the surfaces to which such equipment is fastened, anchored, or installed, including risk that the installation is not proper owing to that structure.

SAVE THESE INSTRUCTIONS

MAINTENANCE

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

- Metric & Imperial Allen Key Sets
- Torque Wrench
- Metric & Imperial Open-Ended Wrench Sets
- Large Adjustable Crescent Wrench
- Metric & Imperial Socket Set

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.

Cleaning

Keeping your Strength units clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear. See the maintenance schedule for recommended frequency.

- Guide rods should be cleaned monthly with a cotton cloth prior to lubrication. It is critical to remove all old lubricants and accumulated contaminants prior to applying lubrication.
- Internal tower and weight stack should be cleaned once every six months with a mild soap and water dampened cloth to remove all dust and accumulated contaminants. Caution should be taken to not leave excess moisture after cleaning.

Inspection

Visual inspection of your units will insure a safe environment for your clients and alert you to any issues that may require maintenance prior to equipment failure. Proper, timely visual inspection is a critical component to the long term care of your product.

- Cables should be inspected weekly for damage including cracked vinyl housing, fraying metal strands, twisting or excessive rubbing on pulleys. Any incident of wear should elicit immediate replacement of damaged cable. While the full length of the cable should be inspected, particular focus should be placed on specific areas where the cable passes through pulleys or closely adjacent to stationary components of the product.
- Cables may become loose over time and require adjustment to maintain proper function – refer to your specific installation manual for cable tension instructions.
- Visually inspect all position selector pins weekly for damage and/or excessive wear and replace pin assembly if damage and/or excessive wear is identified.
- Fasteners, hardware and attachments should be checked monthly for looseness. Tighten as required using appropriate tools.
- Handgrips should be checked for wear or damage monthly and replaced as needed.
- Upholstery should be inspected for wear or damage monthly and replaced as needed.
- Pulleys should be inspected every six months for integrity, cracking or rubbing leading to excessive wear. Any incident of wear should elicit immediate replacement of damaged pulley.
- Main frame and tower should be inspected every six months for signs of unusual wear, corrosion or structural integrity issues.
- Inspect the cable end weekly for damage and to ensure the locknut is secured in place. Any issue in this area shall elicit immediate service and in the case of damage, replacement of the cable assembly.
- Also, upon inspection, if position selector pin cannot be fully engaged into the selector hole (as indicated on the warning label on the product), the product shall be marked out of service until an authorized service technician can evaluate the product for further necessary action.

Lubrication

Proper cleaning lubrication of guide rods will insure that each machine operates at its highest potential and that your clients continue to enjoy a smooth efficient motion while exercising. Often lubrication is either neglected or in many cases facilities over lubricate without cleaning the old dirty lubricant off prior to applying the new. This results in a build up of dirty contaminants that will cause premature wear and poor operational function.

- Use a general purpose lubricant that does not contain Teflon or solvent (such as 3-IN-ONE® oil.) Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed to apply a thin coat.
- Also apply oil to the incremental weight guide tracks.
- In some environments that are extremely dry or dusty more frequent cleaning and lubrication may be required.

Preventive Maintenance Cautions

- While maintaining equipment you will want to avoid spraying any liquids directly onto any surface of the unit. Always spray cleaning solutions onto a clean towel first then wipe the unit.
- Should other cleaning methods or products be employed, carefully try them in an inconspicuous area to determine potential damage to the material. Never use harsh solvents or cleaners which are intended for industrial applications. To clean stained or soiled areas, a soft white cloth is recommended. Avoid use of paper towels.
- Cleaners/Disinfectants should be used at manufacturer recommended dilutions and never in concentrated form.
- Never use abrasive cleaning liquids, cleaning liquids with an oil base, ammonia, or alcohol.
- Cleaning solutions can be made of a 5:1 dilution ratio, where 5 parts water are mixed with 1 part of Simple Green®, Fantastik®, or 409®.
- Inclusion in this document does not imply “fit for use.” Customers should first determine if products are appropriate for use on their surfaces

⚠ **CAUTION:** Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well-ventilated area. Follow all product manufacturer’s warnings. CORE Health and Fitness cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

⚠WARNING: Replace all worn cables immediately.

The following conditions indicate some types of wear.

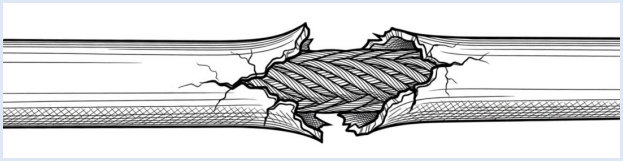


Fig. 1 Torn or Cracked Cable Sheath that exposes cable

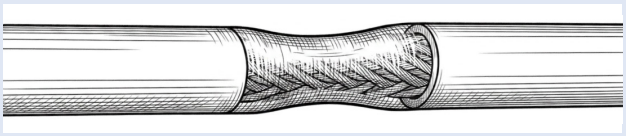


Fig. 2 Stretched Cable Sheath



Fig. 3 Kink in the Cable

MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

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.

Maintenance Schedule	Daily	Weekly	Monthly	Every 6 Months
Inspect				
Cables		✓		
ROM Pins		✓		
Upholstery			✓	
Handgrips			✓	
Fasteners			✓	
Labels			✓	
Pulleys				✓
Main Frame				✓
General Maintenance				
Lubricate Guide Rods			✓	
Cleaning				
Upholstery	✓			
Main Frame		✓		
Weight Stack and Guide Rods			✓	
Inside the Weight Tower				✓

Table 1

SAVE THESE INSTRUCTIONS

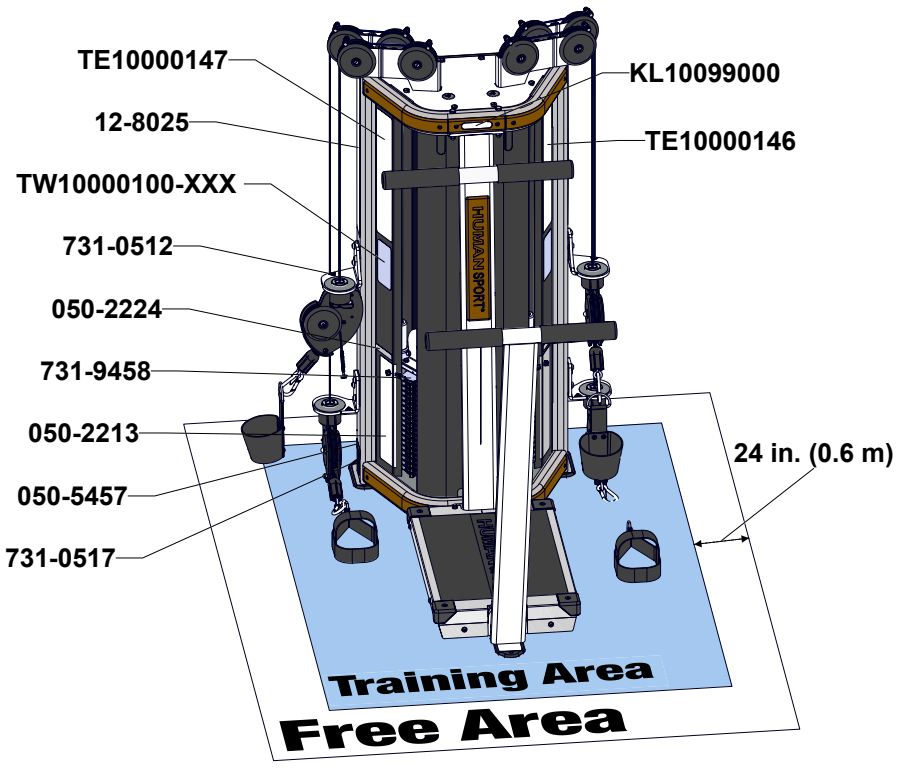


Fig. 4 Required Clearance & Label Locations

Product Details

Product SKU	Name	
9-HSTL3	**Human Sport Total Leg**	
Weight:	691lbs	314kg
Stack Weight:	88lbs x2	40kg x2
Dimensions:	39 x 64 x 65in	
	99 x 163 x 165cm	

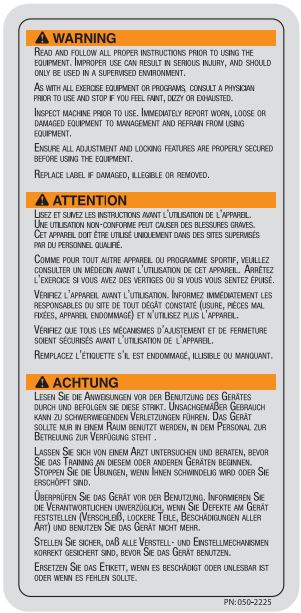
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NAUTILUS StairMaster STAR TRAC SCHWINN THROWDOWN COREFIT COLLECTIVE GYM RAX Wexer

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 in Fig. 4. Contact Support and Service to order replacements.

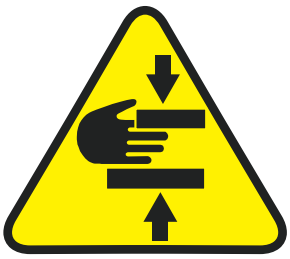
Note: Sticker/Label images are not to scale.



731-0517
STICKER, WARNING, BOLT DOWN



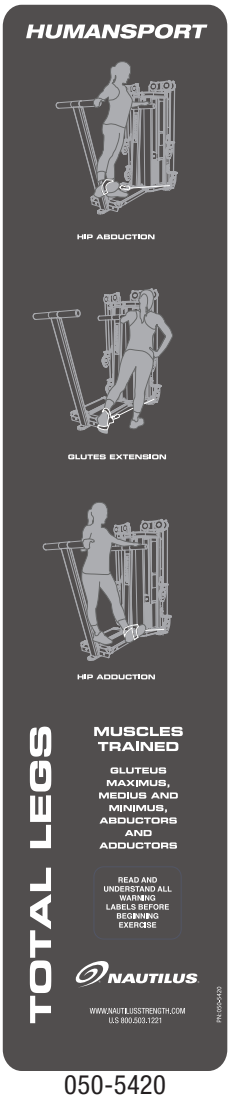
050-2225
WARNING DECAL MULTI LANGUAGE



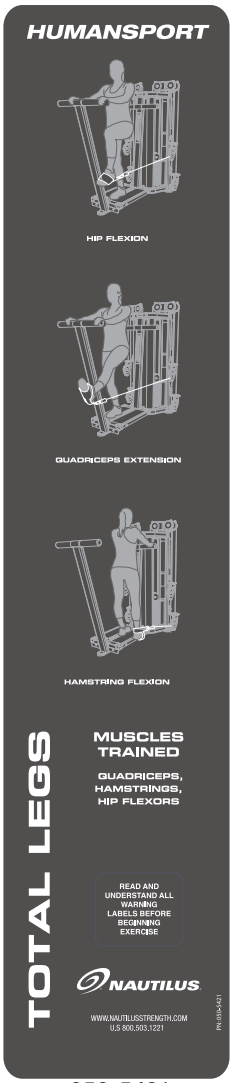
731-0512
STICKER, CAUTION, PINCH



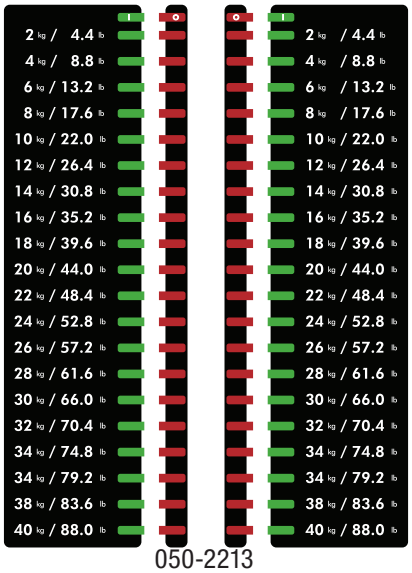
N12-8025
DECAL HUMANSPORT DECO



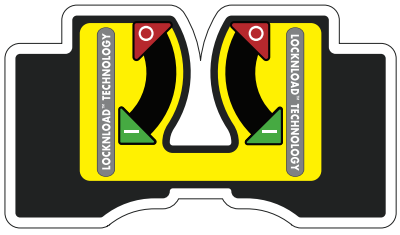
050-5420
PLACARD, HSTL3, LEFT



050-5421
PLACARD, HSTL3, RIGHT



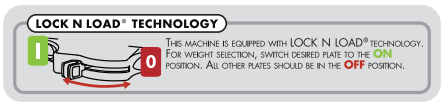
050-2213
DECAL, WEIGHT STACK - HS

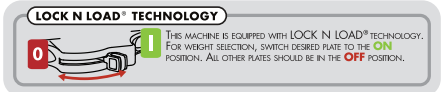


050-2212
STICKER, SWITCH, HS



N12-8024
DECAL,NAUTILUS,DECO, 0.91” x 3.90”





050-2224
STICKER,LNL, HS (LEFT & RIGHT)

ASSEMBLY
REQUIRED TOOLS

- Standard (Imperial) Allen Socket Set
- Metric & Standard (Imperial) Allen Key Set
- Metric & Standard (Imperial) Open-Ended Wrench Set
- Torque Wrench



PACKAGING REMOVAL:

Carefully remove all packaging materials that wrap the equipment. If parts are missing see **Support & Service**

DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.

Before beginning to assemble the product, 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. The list of available components is in Table 2 and Fig. 5 to the right.

Should a purchased component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE**.

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. Fasteners must be a 16mm bolt of grade 12.9 or a 5/8" bolt of grade 8 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.

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

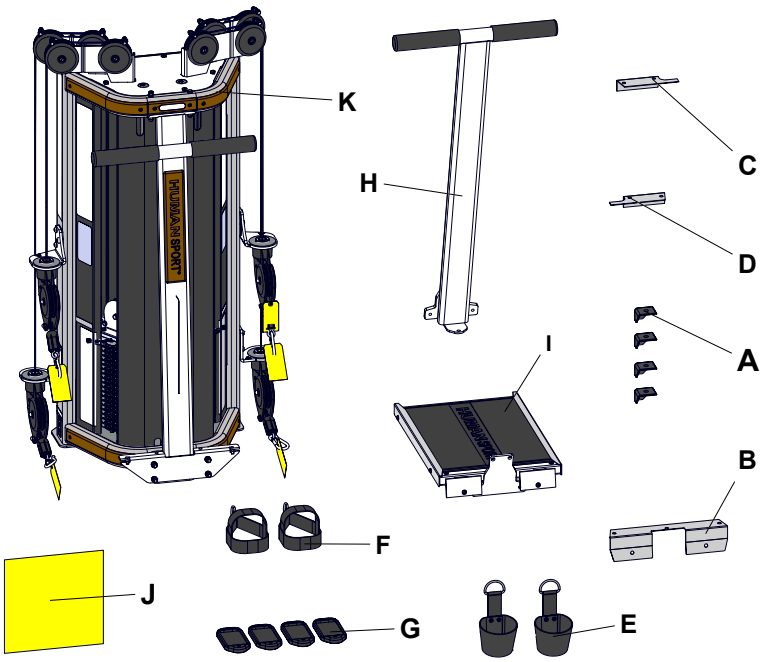


Fig. 5 What's In The Box

#	PN	Description
A	27-0114	Cap, Corner Platform, HSPL & HSTL
B	27-0127	Rear Kickplate, SS, HS Total Legs (CAPS)
C	27-0128	Front Left Kickplate, SS, HS Total Legs (CAPS)
D	27-0129	Front Right Kickplate, SS, HS Total Legs (CAPS)
E	730-0139	HARNESS, TOE, HS
F	730-0140	HARNESS, HEEL, HS
G	731-2647	FOOT,LONG,LEVERAGE
H	HSTL3-02	ASSY, WELDMENT, HANDLE BAR
I	HSTL3-03	ASSY, PLATFORM
J	HSTL3-HC	HARDWARE CARD, HSTL3
K	HSTL3-XXXXX	HUMAN SPORT TOTAL LEG

Table 2

ASSEMBLY PROCEDURE Note that some hardware has been enlarged for clarity

1. Install the Rubber Feet (731-2647) onto the Main Frame and Hand Rail Weldment.
2. Use a ratchet wrench with an 18mm socket to secure Deck to the Weight Stack Frame using four M12 X 40mm bolts (GB-T 5782 M12X40), eight M12 toothed lock washers (GB-T 861.1 12), and four M12 nyloc nuts (GBT889.1 M12T 0DCZ).

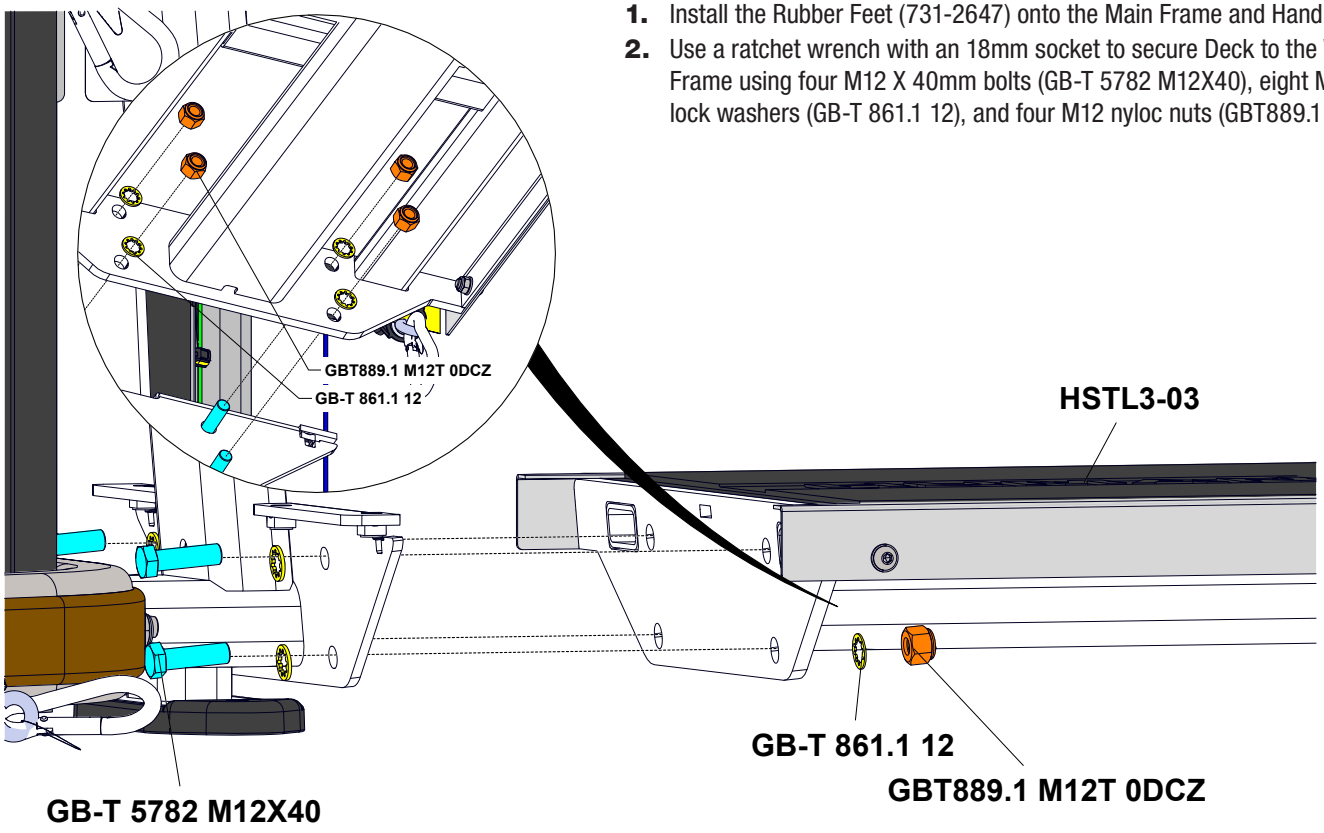


Fig. 6

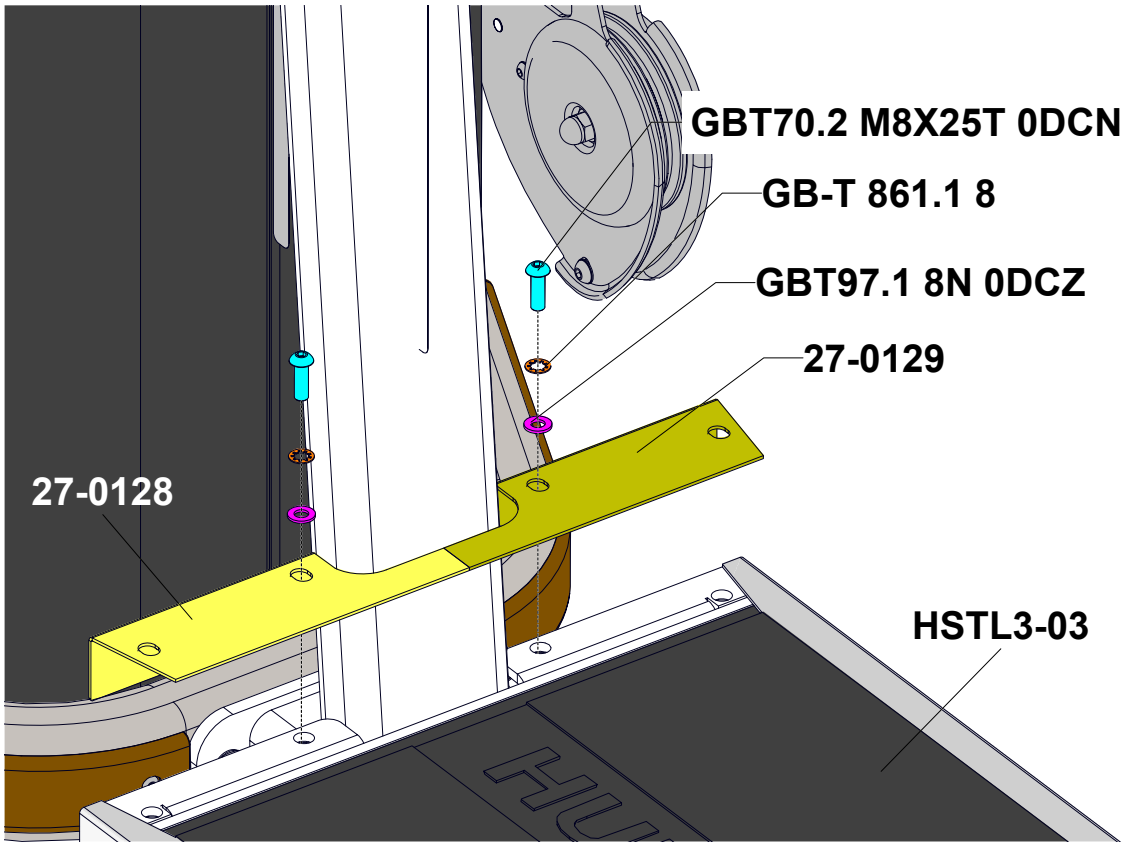


Fig. 7

3. Using a 5mm allen key, secure the Left and Right Front Kickplates (27-0128 and 27-0129) to the Deck (HSTL3-03) with two M8 X 25mm bolts (GBT70.2 M8X25T 0DCN), two M8 toothed lock washers (GB-T 861.1 8), and two M8 flat washers (GBT97.1 8N 0DCZ).

4. Using a ratchet wrench with an 18mm socket, secure the Handle Bar Weldment (HSTL3-02) to the Deck (HSTL3-03) with four M12 X 25mm bolts (GBT 5783 M12X25) and four M12 toothed lock washers (GB-T 861.1 12).

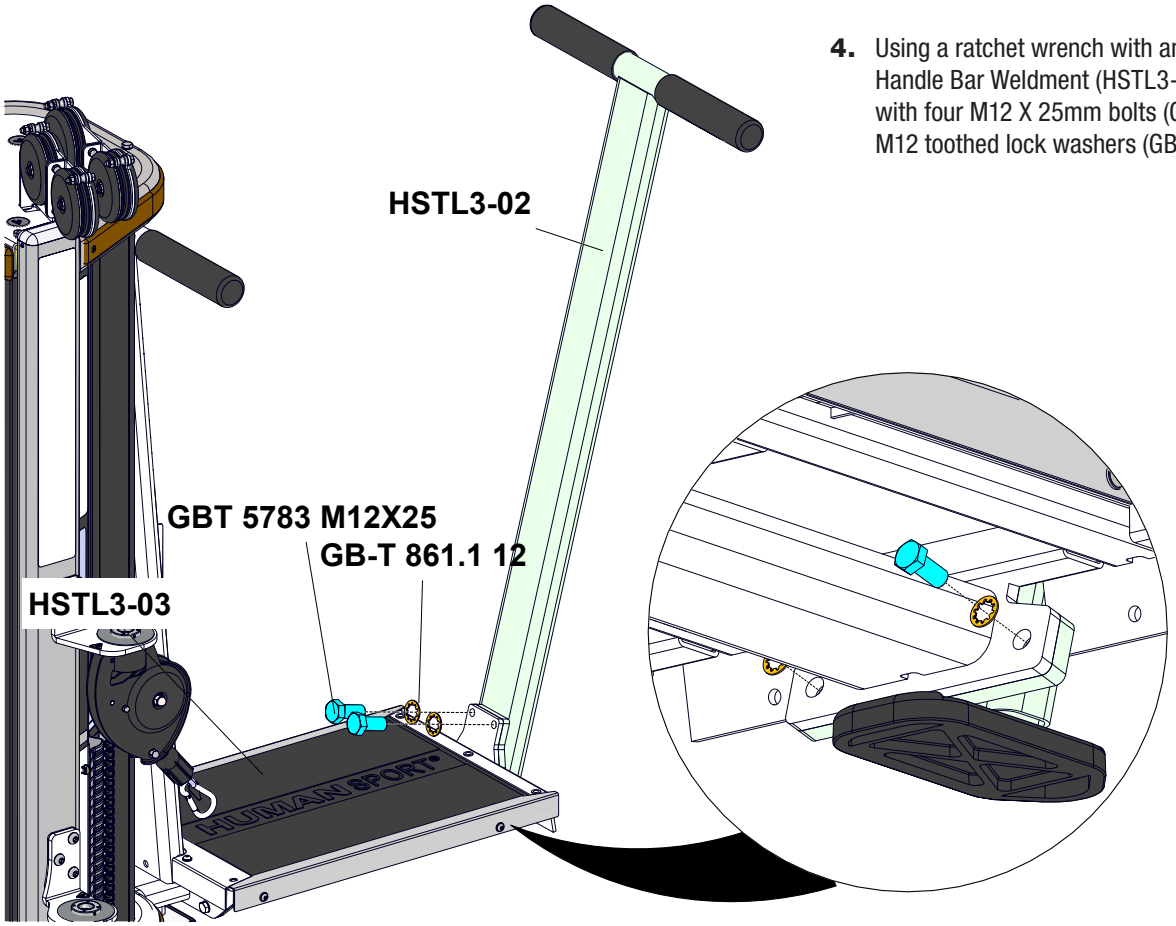


Fig. 8

5. Secure the Rear Kickplate (27-0127) to the Deck (HSTL3-03) with two M8 X 20mm screws (731-1023), one M8 X 25mm screw (GBT70.2 M8X25T 0DCN), three M8 flat washers (GBT97.1 8N 0DCZ), and one M8 toothed lock washer (GB-T 861.1 8). Use a 5mm allen key.

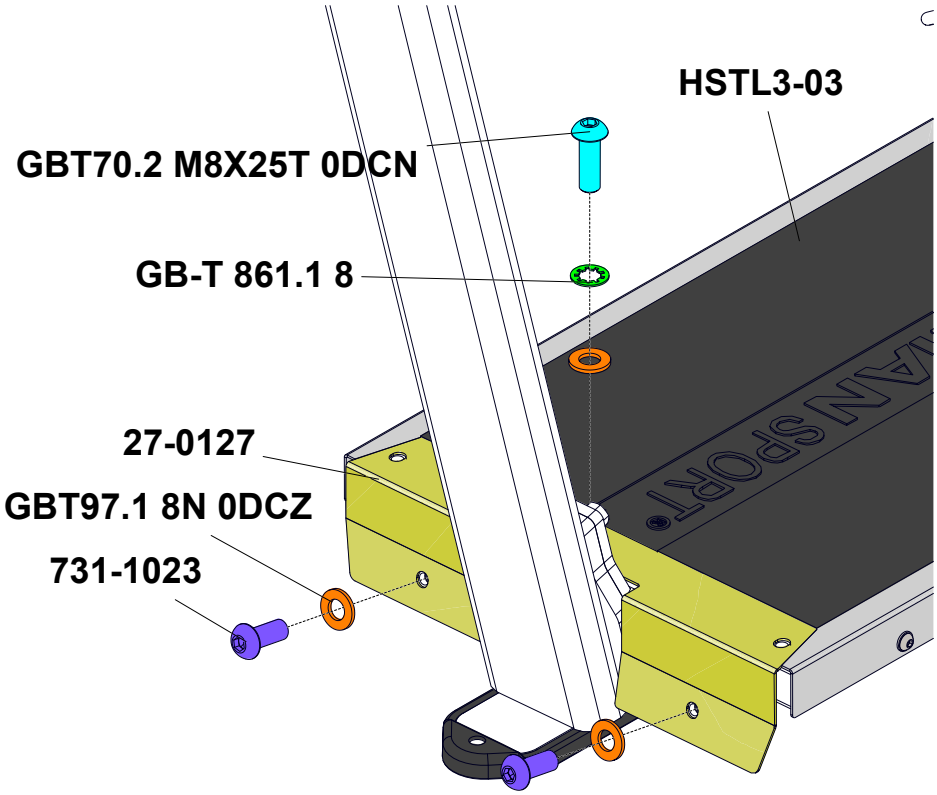


Fig. 9

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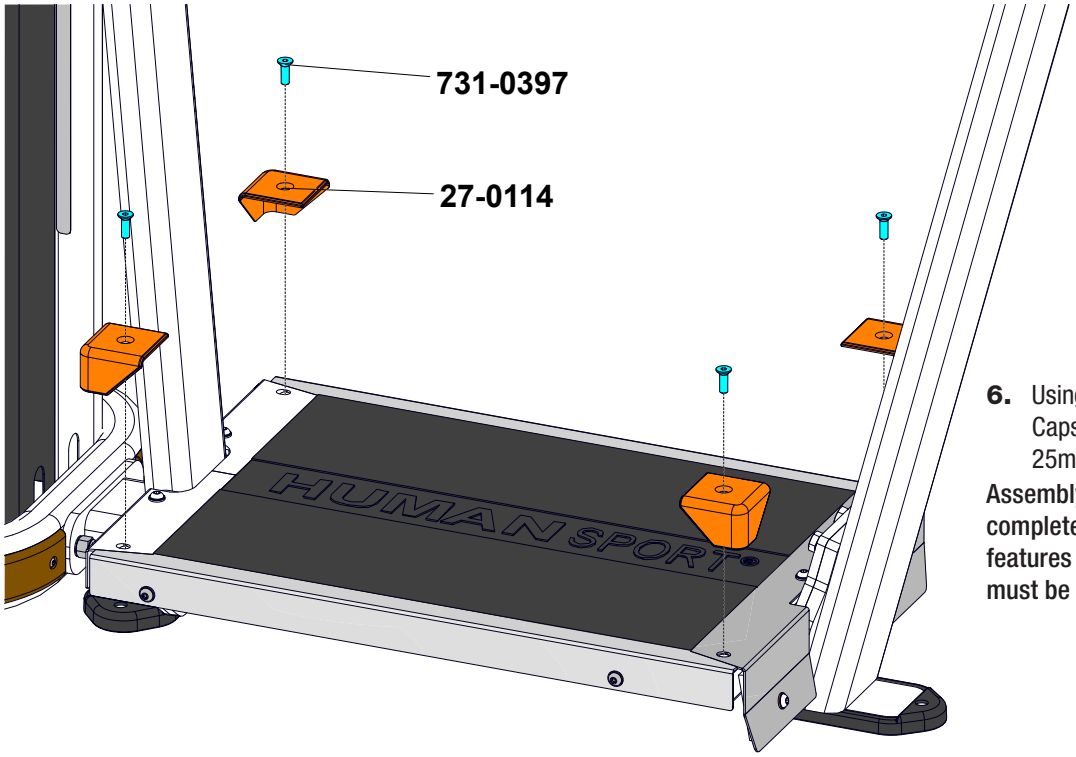


Fig. 10

6. Using a 5mm allen key, secure four Corner Caps (27-0114) to the Deck with four M8 X 25mm screws (731-0397).

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

REPLACEMENT PARTS

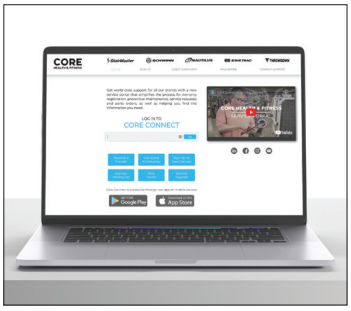
Replacement parts for this unit are available through SUPPORT & SERVICE. Parts listed are shown on the following pages and interactive drawings available on Core Connect. Listed parts may change, please check Core Connect for latest versions and other SKU's covered by this manual:

9-HSTL3-XXXXX - HUMAN SPORT TOTAL LEG

Part Number	Qty	Description
03-5201	2	NUT, ACORN, M10, BEC
09-8341	14	120mm OD pulley with 17mm ID Bearing
12-8025	2	DECAL, HUMANSPORT, 3.12" x 23" (tower)
020-6994	4	GRIP, SUPPORT, PLASTIC, HS
27-0009	1	Swivel Bracket Top Left HSTL2
27-0010	1	Swivel Bracket Top Right HSTL2
27-0011	1	Swivel Bracket Bottom Left HSTL2
27-0012	1	Swivel Bracket Bottom Right HSTL2
27-0024	1	Mat, HSTL2
27-0035	8	Cover, Pulley, Flat Steel
27-0037	2	Bracket, Pulley Top Left, HSTL2
27-0038	2	Bracket, Pulley Top Right, HSTL2
27-0040	2	Bracket, Pulley Top Weight, Rear, HS
27-0041	2	Bracket, Pulley Top Weight, Rear, HS
27-0058	2	Plate, Lower Spacer, Side Tower Swivel Brackets, HSTL2
27-0060-XX	1	Shield, HS Tower, Front, Left
27-0061-XX	1	Shield, HS Tower, Front Right
27-0063-XX	2	Shield, HS Tower, Left/Right
27-0090	2	Plate, Upper Spacer, Side Tower Swivel Brackets, HSTL2
27-0091-XX	4	Finger Guard HS
27-0096	4	Simulated Wood Grain Trim Tower Sides
27-0097	1	Simulated Wood Grain Trim Tower Front Top
27-0098	1	Simulated Wood Grain Trim Front Seat Frame
27-0099	2	TRIM, BACK, TOP & BOTTOM, PLASTIC, GRAY, HS
27-0114	4	Cap, Corner Platform, HSPL & HSTL
27-0127	1	Rear Kickplate, SS, HS Total Legs (CAPS)
27-0128	1	Front Left Kickplate, SS, HS Total Legs (CAPS)
27-0129	1	Front Right Kickplate, SS, HS Total Legs (CAPS)
27-0130	1	Left Trim SS, HS Total Legs (CAPS)
27-0131	1	Right Trim SS, HS Total Legs (CAPS)
27-0525	4	CAP,GUIDE ROD
27-0776	4	SPACER, PULLEY BRACKET, HUMAN SPORT
050-2213	1	DECAL, WEIGHT STACK - HS
050-2224	1	STICKER,LNL, HS (LEFT AND RIGHT)
61-2008	1	HSTL2 Top Plate Assembly
95-0785	4	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
110-4017	16	NUT,M10X1.5,NYLOC
120-3301	32	WASHER, M10
730-0139	2	HARNESS, TOE, HS
730-0140	2	HARNESS, HEEL, HS
730-0845	4	SPEED NUT,U-STYLE CLIP-ON NUT,M8

Part Number	Qty	Description
731-0110	4	BUSHING,TOP PLATE,GUIDE RODE
731-0111	4	STOP,BUMPER,WGT PLT
731-0112	4	SET COLLAR,GUIDE ROD,Ø22.4mm
731-0119	6	NUT,M12X1.75, NYLOC
731-0163	4	SCREW,M6 X 1.0,12MM,CPS,HK
731-0165	24	CAP,PLASTIC,PULLEY,Ø120mm
731-0209	2	CAP, END, 110 X 50
731-0355	31	WASHER,PLAIN,M8,NARROW
731-0359	3	SCREW,M8 X 1.25,25mm,BHC,HK
731-0365	26	NUT,M8 X 1.25,NYLOC JAM
731-0374	10	SCREW,M6 X 1.0,16mm,BHC,HK
731-0389	4	SCREW,M8 X 1.25,35mm,BHC,HK
731-0397	4	SCREW,M8x1.25,25mm,FHM,HK
731-0512	4	STICKER,WARNING,PINCH
731-0517	1	STICKER, WARNING, BOLT DOWN
731-0732	4	GUIDE ROD, Ø22MM X 1440MM
731-1023	6	SCREW,M8 X 1.25,20mm,BHC,HK
731-1448	4	NUT,M8x1.25,ACORN
731-2016	4	CLIP,CARABINEER,3/8 IN.,CLP
731-2333	8	SCREW,M10X1.5,25MM,HHC,HE
731-2647	4	FOOT,LONG,LEVERAGE
731-5762	4	NUT,ACORN,NYLOC 6/6,M6 1.0
731-7501	80	SCREW,M4,25MM,PHT,PH
731-8832	16	RACE,WEAR SLEEVE,CABLE, w/RELEAF
731-9458	2	STICKER,SWITCH, HS
DIN985 M8T 8DCZ	8	NUT, HEX, NYLOK, M8, FULL THD, GRD 8, STL, DAC
GB-T 77 M5x10	4	SCREW,M5,10mm,CPS
GB-T 893.1 22	4	RETAINER,RING,22MM
GB-T 5782 M10X50	8	SCREW, M10X50MM, DACROMET
GBT78 M10X12T 4ECZ	8	SCREW, SET, CUP, M10X12, FULL THD, GRD 45H, STL, E-COAT
GBT97.1 10N 0DCZ	12	WASHER, FLAT, SMALL OD, M10, STL, DAC
GBT97.1 6N 0DCZ	4	WASHER, FLAT, SMALL OD, M6, STL, DAC
GBT97.1 8N 0DCZ	19	WASHER, FLAT, SMALL OD, M8, STL, DAC
GBT845 ST3.5X9.5C 0DCZ	2	SCREW, PHT, WA, ST3.5X9.5, TYPE C, GRD 10.9, STL, DAC
GBT889.1 M10T 0DCZ	2	NUT, HEX, M10, FULL THD, GRD 10.9, STL, DAC
GBT889.1 M8T 8DCZ	7	NUT, HEX, M8, FULL THD, GRD 8, STL, DAC

Part Number	Qty	Description
GBT923 M10T 6NPZ	4	NUT, CAP, M10, FULL THD, GRD 6, STL, NK
GBT5782 M10X50P 2DCZ	2	BOLT, HHC, M10X50, PART THD, GRD 12.9, STL, DAC
GBT5782 M8X45P 2DCZ	4	BOLT, HHC, M8X45, PART THD, GRD 12.9, STL, DAC
GBT5783 M8X20T 2DCN	8	SCREW, SHC, M8X20, FULL THD, GRD 10.9, STL, DAC, BLUE
GBT5783 M8X25T 2DCZ	2	BOLT, HHC, M8X25, FULL THD, GRD 12.9, STL, DAC
TW10000100-XXX	2	GENERAL WARNING, VERTICAL, LANGUAGE DEPENDENT, WARNING LABEL



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