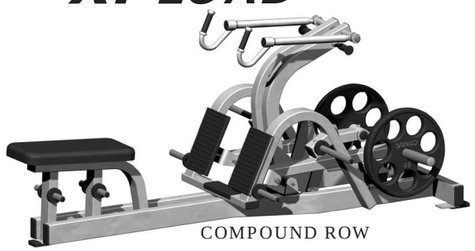
NAUTILUS XPLOAD



COMPOUND ROW



SEATED CALF



OVERHEAD PRESS



LAT PULLDOWN



INCLINE PRESS



VERTICAL CHEST



LEG PRESS



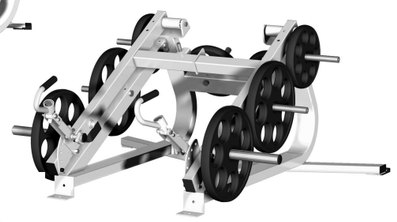
INCLINE LEG PRESS



BICEP CURL



LEG CURL PRONE



DEAD LIFT / SHRUG



TRICEP EXTENSION



SEATED DIP



LEG EXTENSION

NAUTILUS XPLOAD PARTS DIAGRAM

OVERHEAD PRESS 19-5223

REVISED: February 6, 2006

PARTS AND SERVICE u 709 Powerhouse Road u Independence, VA 24348

SERIAL #_____

through _____



P3OP OVERHEAD PRESS

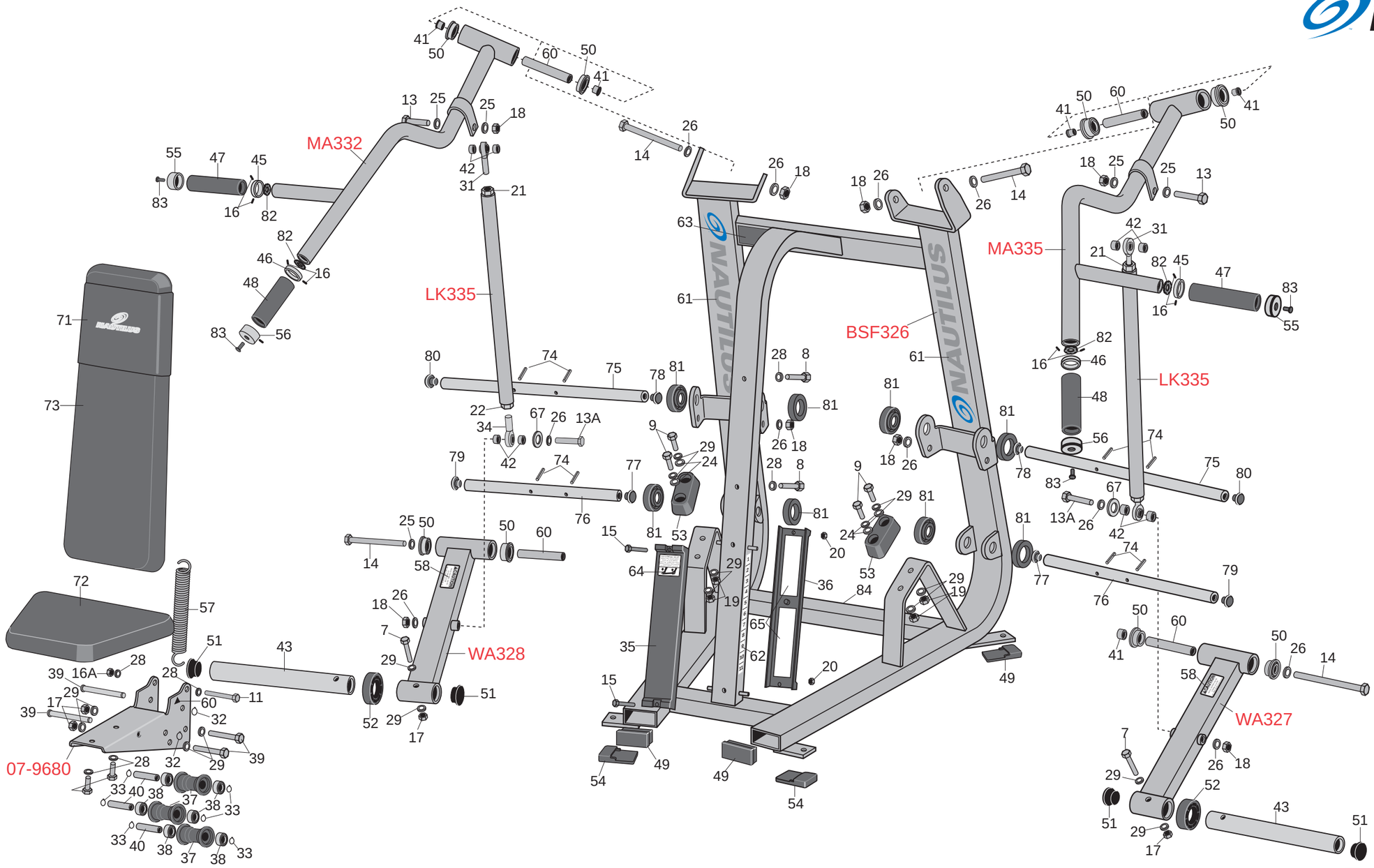
COMP#	COMPONENT DESCRIPTION
1	BF326 BACK FRAME OHP
2	MA335 LEFT OHP MOVEMENT ARM
3	MA332 RIGHT OHP MOVEMENT ARM
4	LK335 CONNECTING LINE OHP
5	WA327 WEIGHT ARM LEFT Standard
6	WA328 WEIGHT ARM RIGHT Standard
7	01-0011 BOLT HH5 1/2 X 3
8	01-1551 BOLT HH5 3/8 X 3 1/4
9	01-1560 BOLT HH5 1/2 X 1 3/4
10	01-1490 BOLT HH5 5/8 X 2
11	01-1553 BOLT HH5 3/8 X 4 1/2
12	01-1564 BOLT HH5 1/2 X 4 1/2
13	01-2190 BOLT HH5 5/8 X 3
13A	01-2240 BOLT HH5 5/8-11 X 5 1/2
14	01-2283 BOLT HH5 5/8 X 8 5/8 CUT OFF
15	02-4065 BOLT 1/4-20 X 2 3/4 SLOTTED SCREW
16	02-3055 1/4 -28 X 1/4 SET SCREW
16A	03-1035 3/8 LOCK NUT
17	03-1055 1/2 LOCK NUT
18	03-1067 5/8 LOCK NUT
19	03-2050 NUT NTE 1/2
20	03-5101 NUT BLACK 1/4-20 HEX
21	03-5118 5/8-18 LH FINE THD JAM NUT
22	03-5119 5/8-18 RIGHT HAND THREAD JAM NUT
23	03-5119 5/8-18 RH FINE THD JAM NUT
24	04-2030 WASHER FLAT 1/2 SAE
25	04-2040 WASHER FLAT SAE 5/8
26	04-3055 WASHER INT LOK 5/8
27	04-5205 WASHER FLAT 1/4 SAE
28	04-5213 WASHER INT LOCK 3/8
29	04-5214 WASHER INT LOCK 1/2
30	04-5225 WASHER INT LOCK BLACK 1/4
31	06-9037 ROD ENDS 5/8-18 LH THREADS CTMDL
32	06-8180 RING SNAP 1/2 ID, 5100-50 EXTERNAL THIN
33	06-8275 RING SNAP EXT. 17mm
34	06-9035 ROD ENDS 5/8-18 RH THREADS CTMD-10
35	07-5032 MOLDED SEAT TRACK
36	07-5033 MOLDED SEAT TRACK 2
37	07-5034 MOLDED WHEELS
38	07-5064 6203 BEARINGS (NOT FAFNIR)
39	07-8230 CLEVIS PIN 1/2 dia X 4 1/2 L
40	07-9376 SEAT BEARING SLEEVE
41	07-9610 BEARING SPACERS .188 FLANGE X 5/8 ID ALUM.
42	07-9618 HEIM JOINT SPACER
43	07-9625 WEIGHT TUBE (PLATE BAR) PALTED 1 7/8 DIA X 1/4 WALL
44	07-9680 SEAT BOTTOM
45	09-9550 GRIP RING 1.530 ID (FOR 1 1/2 BAR)
46	09-9555 GRIP RING 1.780 ID (FOR 1 3/4 BAR)
47	09-1111 1.438 ID X 7" OPEN ENDED GRIP
48	09-1116 1.625 ID X 5 1/2" OPEN ENDED GRIP
49	09-3055 FRAME PLUG 2 X 4 TUBE
50	07-9607 MOLDED BEARING
51	09-3091 HOLE PLUG (YELLOW)
52	09-4064 1 7/8 ID X 3/4 X 3 RUBBER BUMPER
53	09-5010 BUMPER FOR WEIGHT BAR
54	09-5045 FOOTPAD NITRO MOLDED SERIES
55	09-9520 GRIP CAP 1.530 ID (FOR 1 1/2 BAR)
56	09-9525 GRIP RING 1.780 ID (FOR 1 3/4 BAR)
57	10-1022 EXTENSION SPRING
58	12-1026 KEEP HANDS AWAY (YELLOW)
59	12-1001 SEAT INDICATOR ARROW (BLACK)
60	07-9605 MA SLEEVE
61	12-1185 SMALL NAUTILUS LOGO DECAL

COMP#	COMPONENT DESCRIPTION
62	12-1104 5/8" WIDE DECAL, 1/2" INCREMENTS (1 TOP-11 BOTTOM)
63	12-5351 INSTRUCTIONAL PLACARD P3OP
64	12-1166 DECAL SEAT ADJUSTMENT INSTRUCTIONS
65	19-1014 2 3/4 WIDE DBL. SIDED TAPE
66	19-1291 DECAL SERIAL # BAR CODE
67	04-5208 5/8 SAE WASHER
68	19-5223 P3OHP PARTS DIAGRAM
69	40-7167 BAG 50 X 46 X86 X .002 THICK
70	91-999 PAINT POWDER
71	UP720 SLIPCOVER
72	UP8010 STANDARD SEAT PAD
73	UP8210 STANDARD BACK PAD
	P3OP WEIGHT STORAGE PARTS KIT OPT-WT-BAR02
74	07-7010 1/4 X 1 ROLL PINS
75	07-9613 WEIGHT STORAGE PIN 1 1/4 DIA CR X 25 5/8 L
76	07-9671 WEIGHT STORAGE PIN 1 1/4 DIA CR X 22 L
77	09-4000 NUMBER PLUG 5 lb.
78	09-4001 NUMBER PLUG 10 lb.
79	09-4002 NUMBER PLUG 25 lb.
80	09-4003 NUMBER PLUG 45 lb.
81	09-4066 WEIGHT STORAGE 1.25 ID X 3/4 X 3: OD MOLDED BUMPER
82	09-9620 TUBE INSERT
83	02-2290 1/4 X 1 AFH SCREW
84	12-1380 INSPECTION STICKER DECAL

NAUTILUS

RED: PAINTED ITEMS

_____Trollies / Machine



P3OP
OVERHEAD PRESS
Nautilus Parts Diagram

Last Rev Date: 02/06/06