

**If you need assistance, please call Nautilus® Customer Service at 1-800-605-3369.**



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, outside U.S. +01-360-859-5180 | © 2011 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. (www.nautilus.com) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.

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Obey the following warnings:

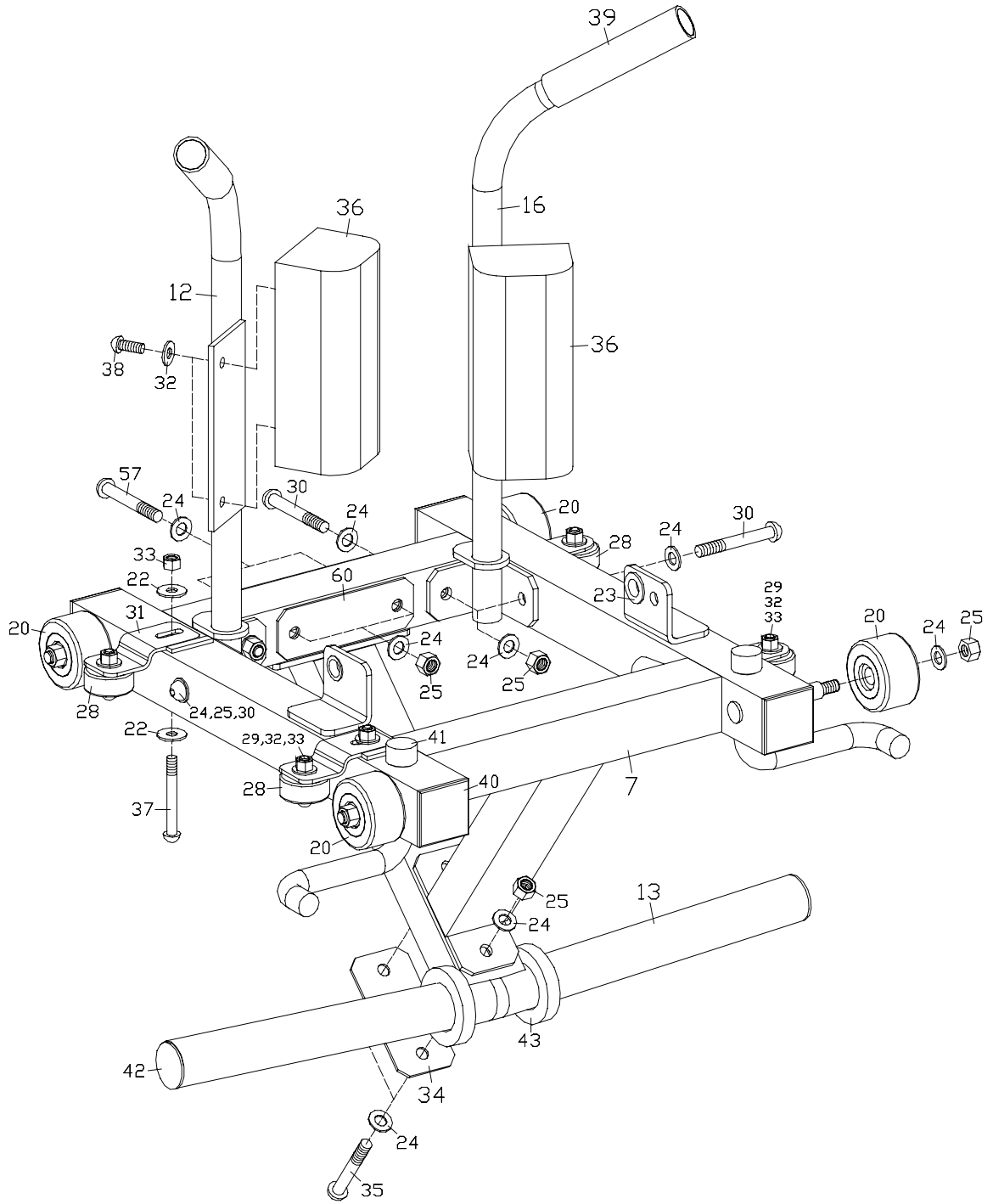


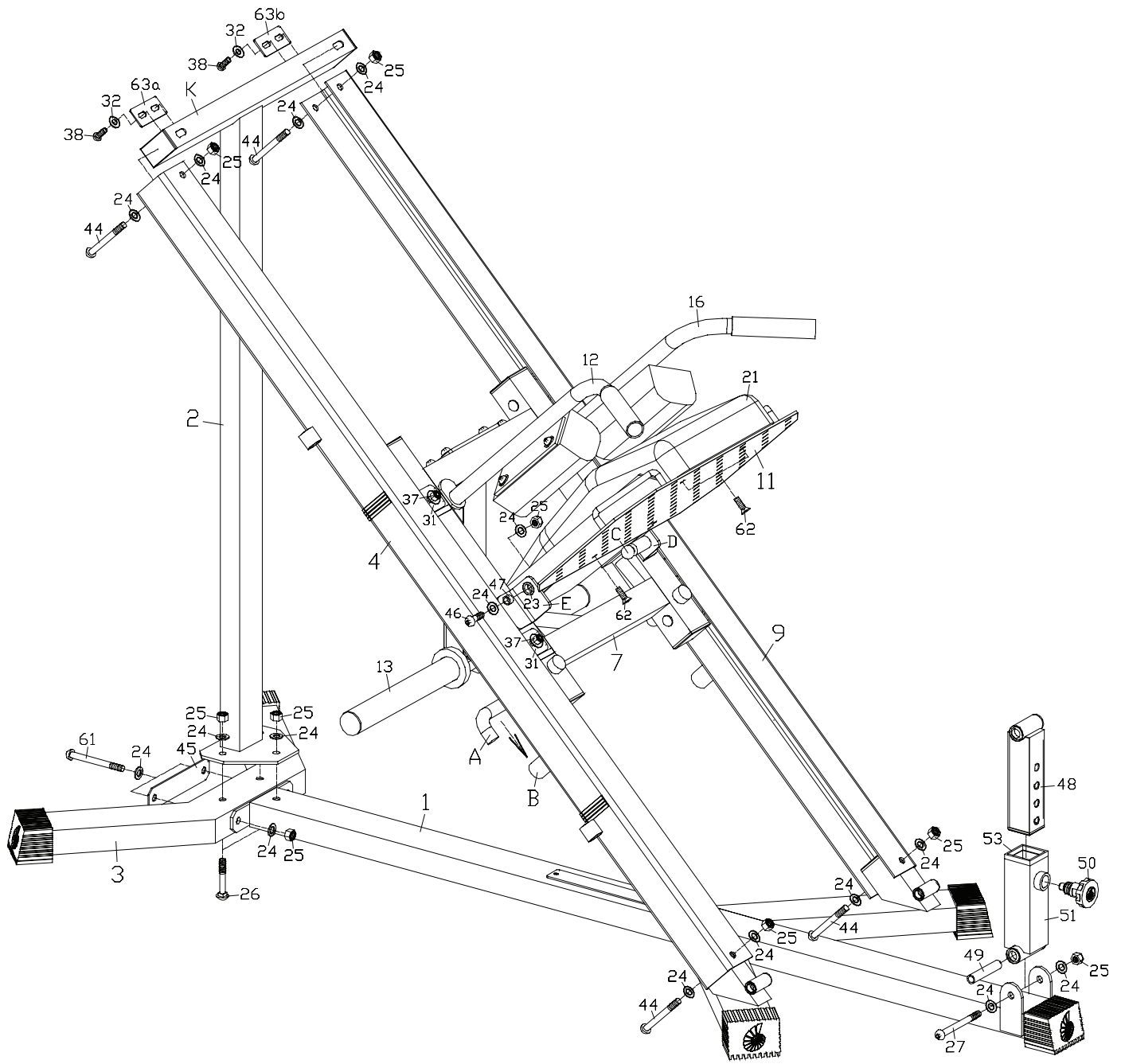
Read and understand all warnings on this machine.

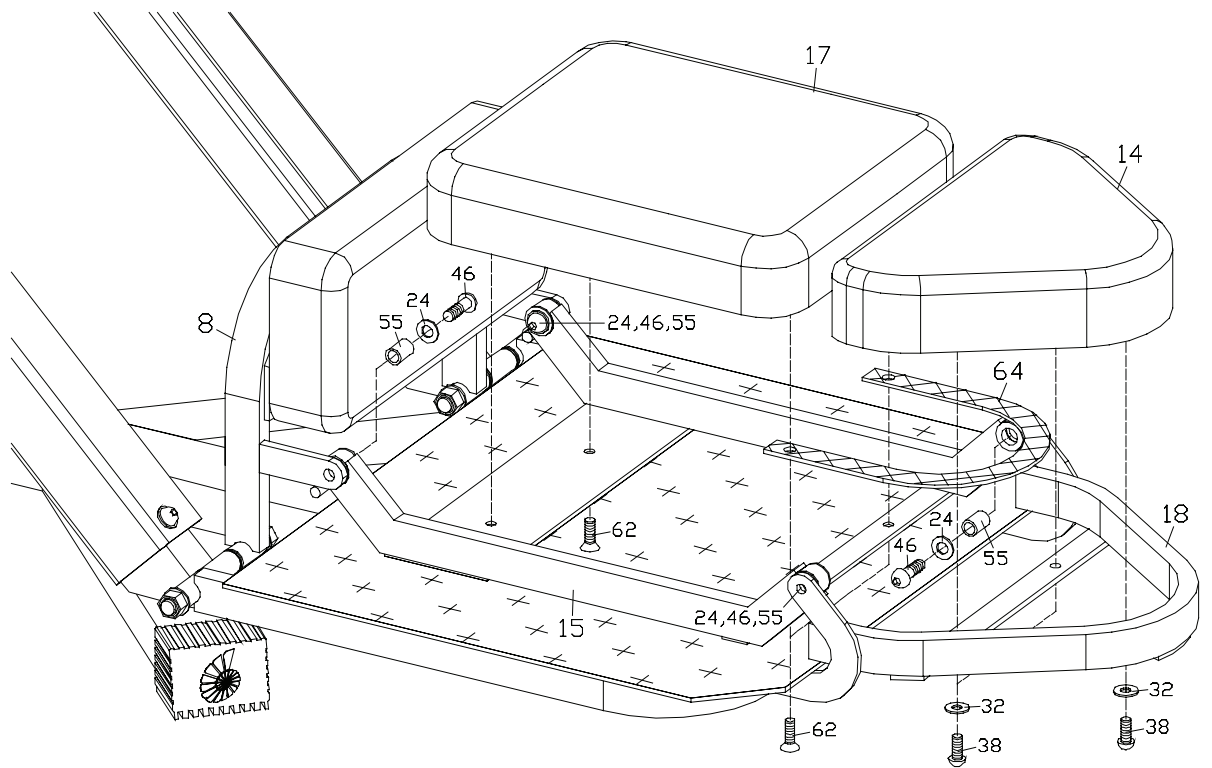
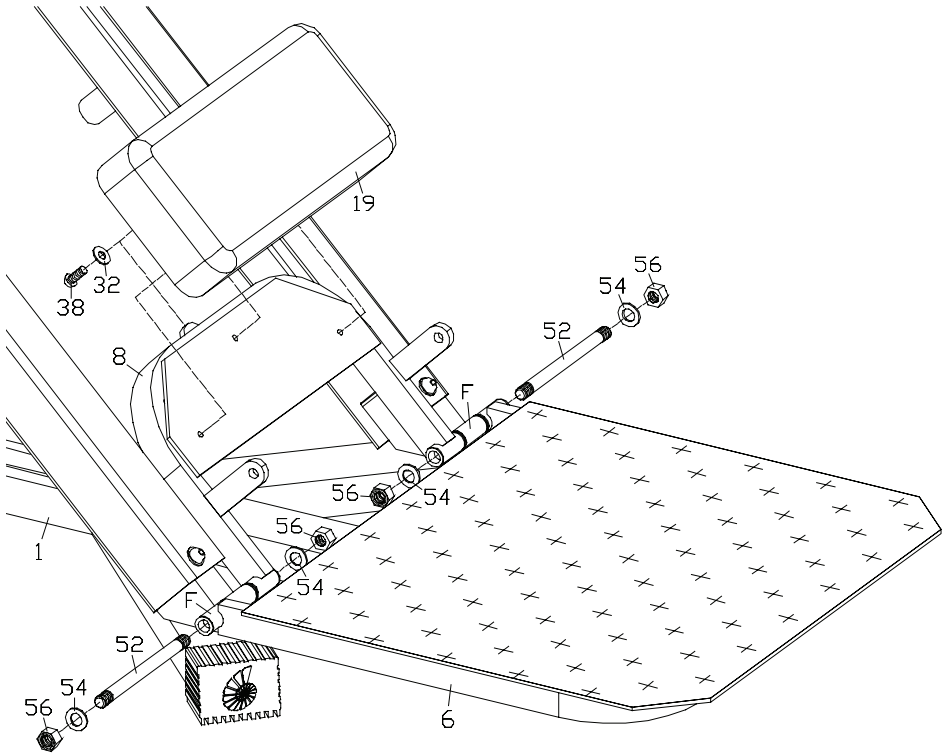
Carefully read and understand the Assembly instructions.

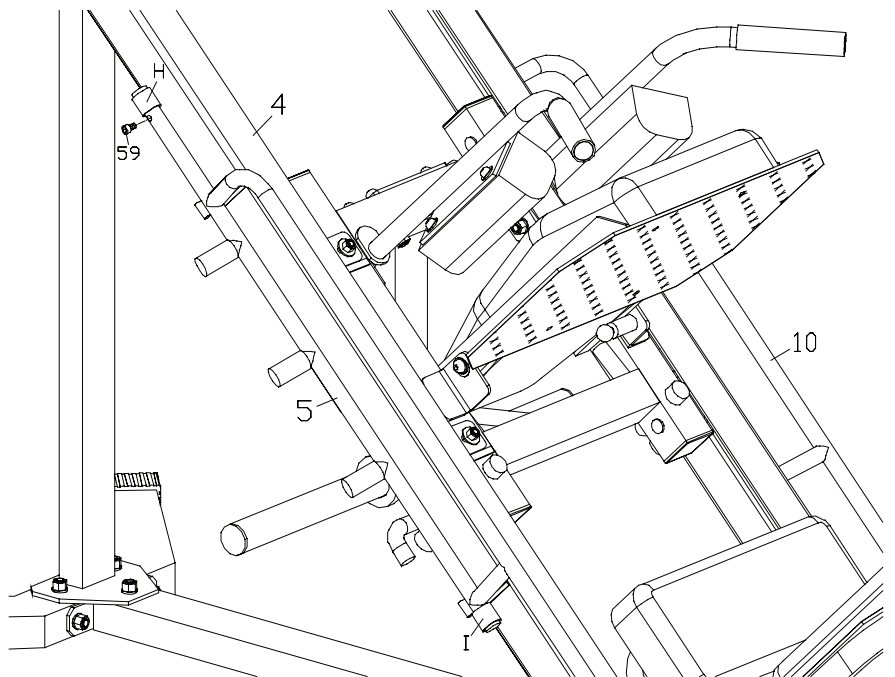
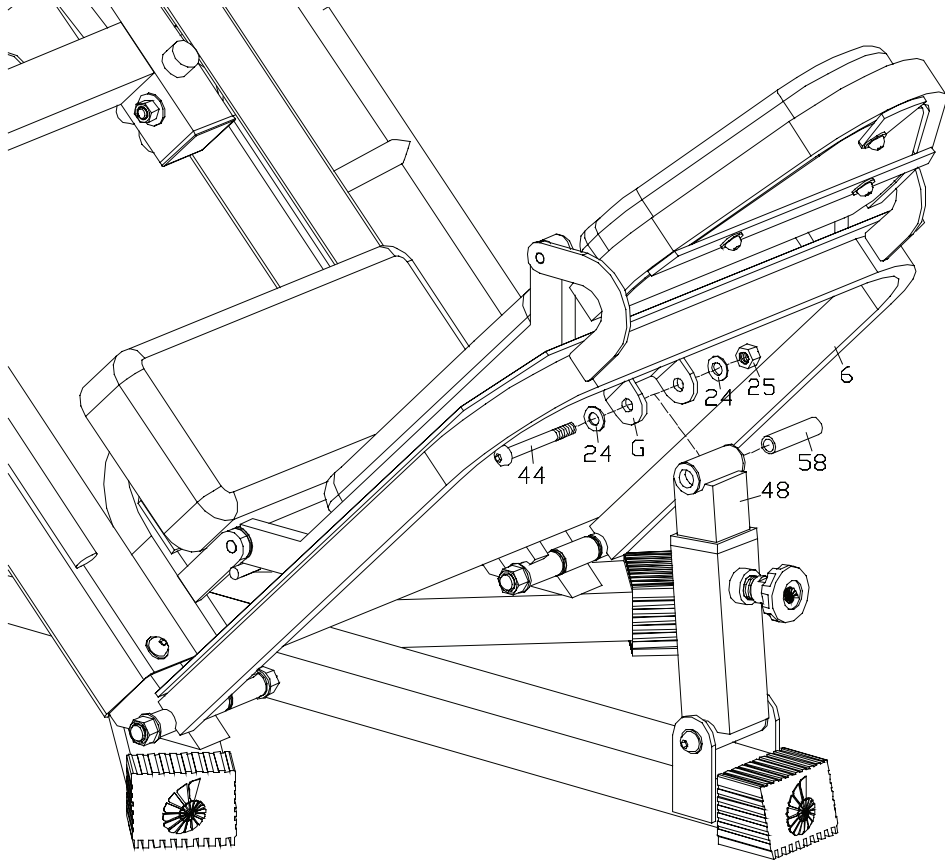
- Keep bystanders and children away from the product you are assembling at all times.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.

Item	Description	Qty	Item	Description	Qty
1	Main Foot Rail	1	33	Lock Nut, 3/8" Nylon	6
2	Main Support Post	1	34	Backing Plate, 5.32" x 2.72"	1
3	Rear Foot Rail	1	35	Button Head Hex Bolt, 1/2" x 3"	2
4	Left Carriage Guide Track	1	36	Shoulder Pad	2
5	Left Carriage Safety Rail	1	37	Button Head Hex Bolt, 3/8" x 3-1/4"	2
6	Squat Footplate	1	38	Button Head Hex Bolt, 3/8" x 1"	14
7	Carriage Guide Frame	1	39	Foam handgrip, 1.38" Dia x 6.5"	2
8	Seat Frame	1	40	Inner Plug, 2.36" x 2.36" Nylon	4
9	Right Carriage Guide Track	1	41	Bumper Cap, 1.18" Dia x 0.71"	2
10	Right Carriage Safety Rail	1	42	Round Inner Plug, 1.89" Dia	2
11	Carriage Footplate	1	43	Round Bumper Ring, 3.15" Dia	2
12	Left Shoulder Pad Support Rod	1	44	Button Head Hex Bolt, 1/2" x 4-1/4"	5
13	Weight Plate Holder	1	45	Backing Plate, 7.88" x 1.74"	1
14	Head Pad	1	46	Button Head Hex Bolt, 1/2" x 1-1/2"	6
15	Back Frame	1	47	Pivot Sleeve, 0.71" Dia x 0.39	2
16	Right Shoulder Pad Support Rod	1	48	Squat Foot Plate Adjusting Bar	1
17	Backrest Cushion	1	49	Pivot Sleeve, 0.71" Dia x 3.56"	1
18	Head Frame	1	50	Screw Down Pull Pin	1
19	Seat Cushion	1	51	Adjusting Bar Support Tube	1
20	Big Wheel	4	52	Stud, 5/8" 8-1/4"	2
21	Carriage Back Pad	1	53	Square Plastic Sleeve, 1.97" x 2.36"	1
22	Flat Washer, 3/8" Big	4	54	Flat Washer, 5/8"	4
23	Brass Bushing, 1.26" Dia x 0.89"	2	55	Pivot Sleeve, 0.71" Dia x 1.02"	4
24	Flat Washer, 1/2"	51	56	Lock Nut, 5/8" Nylon	4
25	Lock Nut, 1/2" Nylon	25	57	Button Head Hex Bolt, 1/2" x 3-3/4"	2
26	Carriage Bolt, 1/2" x 3"	3	58	Pivot Sleeve, 0.71" Dia x 2.8"	1
27	Button Head Hex Bolt, 1/2" x 5"	1	59	Button Head Hex Screw, 5/16" x 1/2"	2
28	Small Wheel	4	60	Backing Plate, 6.5" x 2.13"	1
29	Button Head Hex Bolt, 3/8" x 1-3/4"	4	61	Button Head Hex Bolt, 1/2" x 4-3/4"	2
30	Button Head Hex Bolt, 1/2" x 3-1/2"	4	62	Countersunk Head Bolt, 3/8" x 1"	8
31	Side Wheel Adjusting Plate	2	63	Locating Plate	2
32	Flat Washer, 3/8"	22	64	Handle Strap, Nylon	1









**Final Inspection**

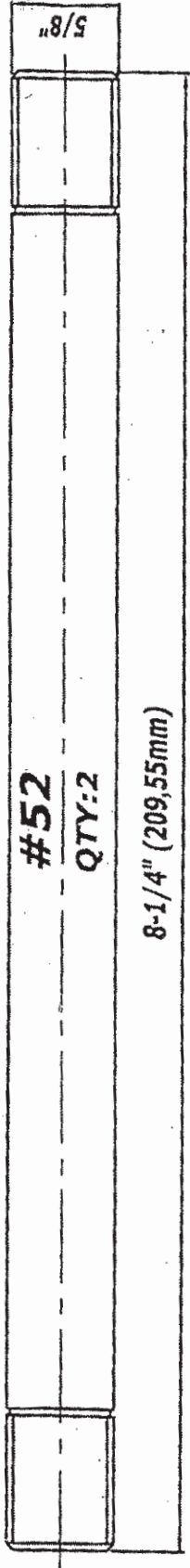
Inspect your machine to ensure that all hardware is tight and components are properly assembled.



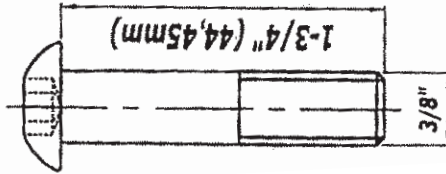
Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

# Bolts & Nuts Size Chart

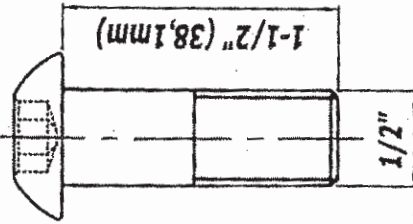
Item #	Quantity	Length	Head Diameter
#27	QTY:1	5" (127mm)	1/2"
#61	QTY:2	4-3/4" (120,65mm)	1/2"
#44	QTY:5	4-1/4" (107,95mm)	1/2"
#57	QTY:2	3-3/4" (95,25mm)	1/2"
#30	QTY:4	3-1/2" (88,9mm)	1/2"
#37	QTY:2	3-1/4" (82,55mm)	3/8"
#35	QTY:2	3" (76,2mm)	1/2"
#26	QTY:3	3" (76,2mm)	1/2"



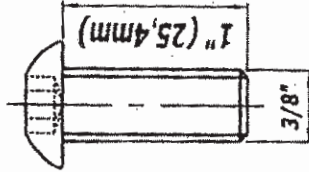
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QTY:4



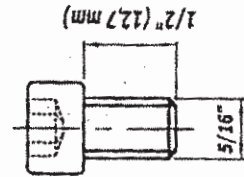
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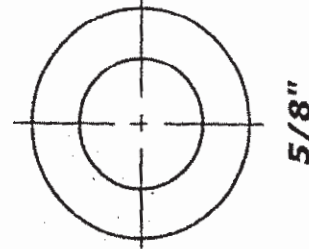
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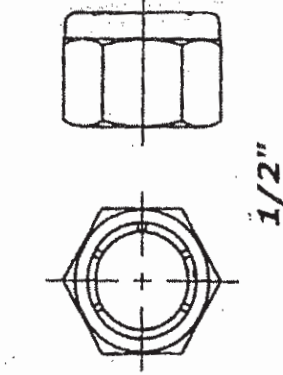
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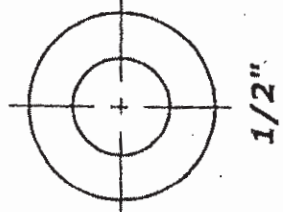
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QTY:4



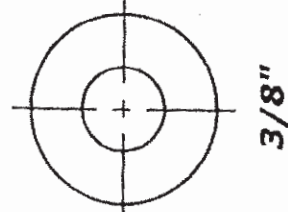
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QTY:25



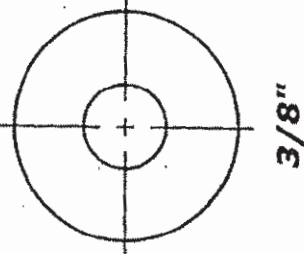
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QTY:51



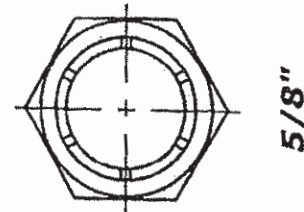
#32  
QTY:22



#22  
QTY:4



#56  
QTY:4



#33  
QTY:6

