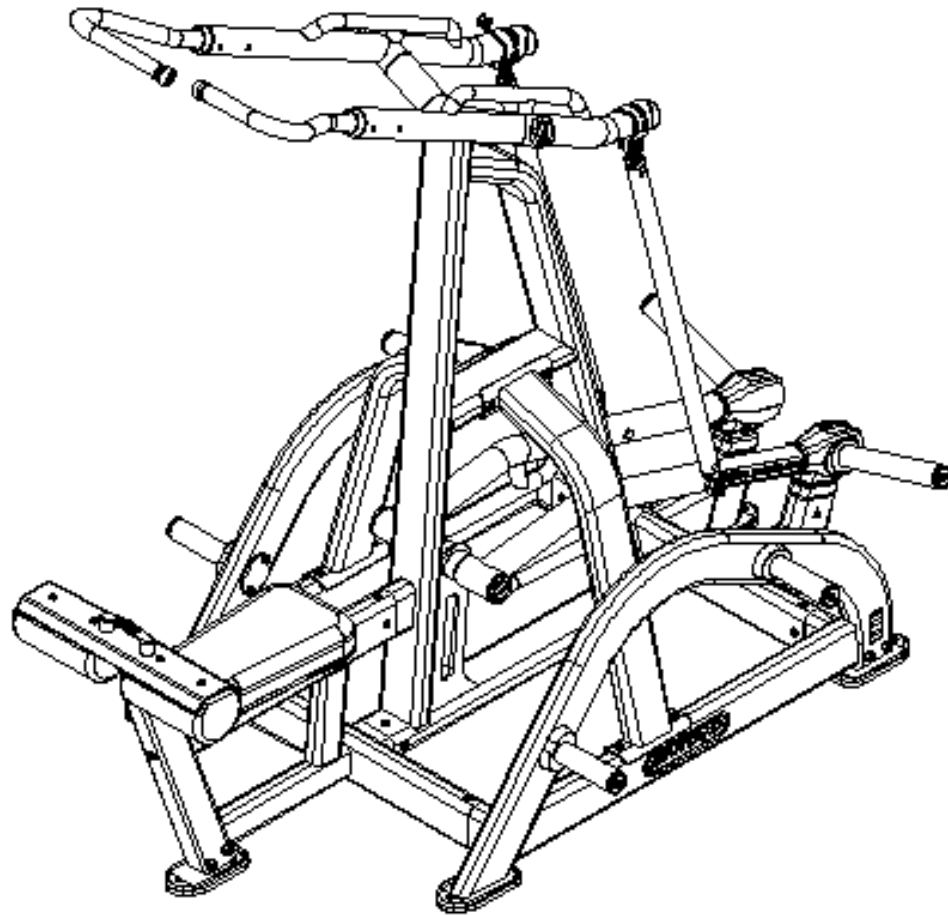


LEVERAGE®



**NP-L3003
LAT PULL DOWN**

**OWNER'S MANUAL and
INSTALLATION INSTRUCTIONS**





Leverage Lat Pull Down Owner's Manual

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Leverage 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® Leverage® 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 Leverage 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

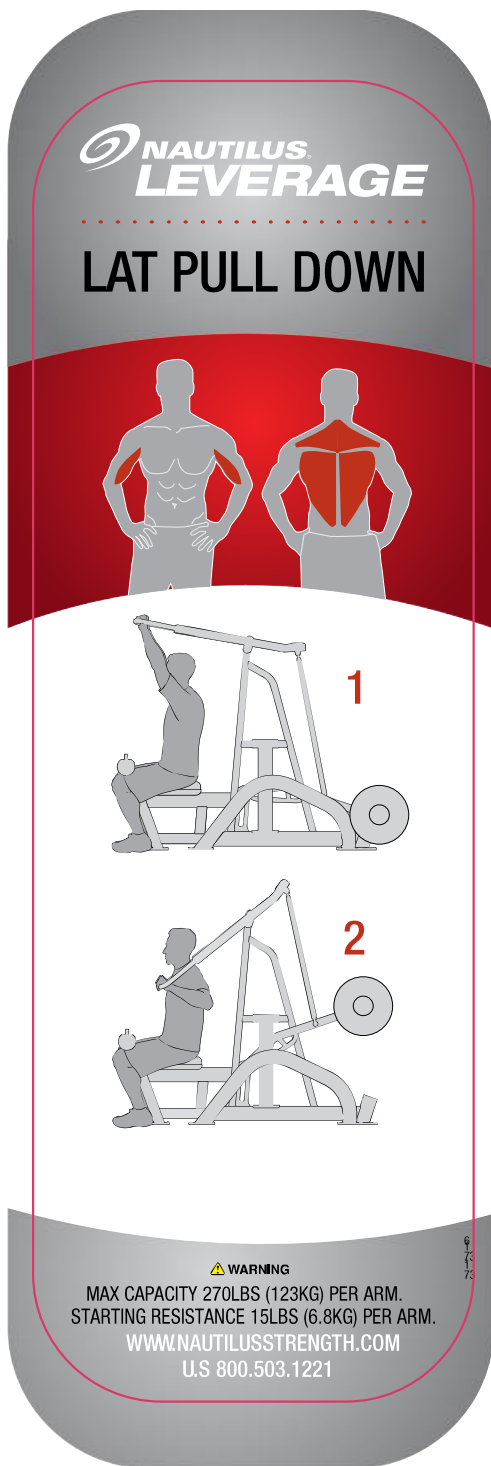
1. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment 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 230 lbs. (104.5 kgs) per side of loaded weight.
8. Use a spotter for all activities.

9. 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.
10. Always utilize weight plate retention devices such as clamps or pins.
11. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
12. 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.
13. Make sure there is enough room for safe access and operation of the NAUTILUS equipment.
14. Make sure that all users are properly trained on how to use the NAUTILUS equipment.
15. 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.
16. 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.
17. 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.
18. Ensure that any person (s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
19. Routinely inspect all fasteners that join attachments and framework tighten as needed to maintain the integrity of the unit.
20. Perform regular maintenance checks on the NAUTILUS equipment. Also, pay close attention to all areas most susceptible to wear.
21. Keep a repair log of all maintenance activities.
22. 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.
23. Use only replacement components supplied by Nautilus. Substitutes are forbidden and will void all warranties.

Warning labels and communication stickers

The following pages show examples of the Nautilus® Leverage 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
731-7316**



**Bolt Down Decal
731-0517**

**Pinch Point found at
Moving Parts
731-0512**



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 Leverage 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.

MAINTENANCE AND SERVICE

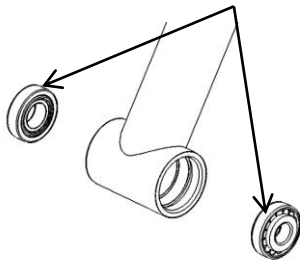
LEVERAGE requires very little upkeep to keep your equipment performing at its best, the following guidelines are suggested.

GENERAL CLEANING

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

•BEARING GREASE PACKING

- ☑ Before bearings 731-0842 and 731-2595 installed they must be fully packed with general purpose Lithium Grade 2 grease.



•TIGHTENING OF THE TAPERED ROLLER BEARING ON ALL SHAFTS

- To properly torque the taper roller bearing:
 - ☑ With the tab washer NOT installed torque the bearing nut to 40-42 Lbs-Ft.(This will square and seat the bearings)
 - ☑ Back the nut off, then install the tab washer.
 - ☑ Torque the nut to 7- 9 Lbs-Ft, now bend tabs on washers to lock in place.

INSTALLATION INSTRUCTIONS

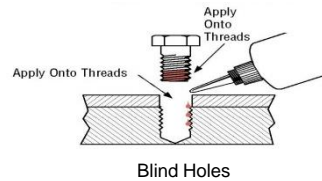
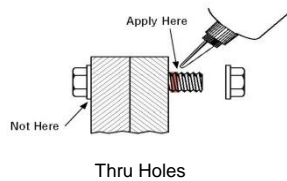
REQUIRED TOOLS:

• 13mm Box / Open-End Wrench	1	• 5mm Hex Key Socket.....	1
• 13mm Socket.....	1	• 6mm Hex Key Socket.....	1
• Torque Wrench.....	1		

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.
- LEVERAGE requires at least two people to perform the installation.

THREAD LOCKER APPLICATION: Clean all threads and holes, apply no more than 3-4 drops per bolt.



Metric Steel Bolts Torque Specifications

Bolt Size	Thread Pitch	Torque, N-m (lbs-ft)
6mm	1.25	10 to 13.5 (8 to 10)
8mm	1.25	25.5 to 28.5 (19 to 21)
10mm	1.75	55.5 to 58 (41 to 43)
12mm	1.25	61 to 65 (45 to 48)

- Torque all hardware to values as specified above, unless noted otherwise.
- See hardware sheet of this manual for fastener sizing information; for reference only.
- Note: All torque values are in N-m unless otherwise stated.

WARNING: All taper roller bearings should ship from the factory packed with grease. It is the installers responsibility to verify that ALL taper roller bearings are fully packed with grease before assembly of the LEVERAGE product begins. If any bearing needs grease added use a general purpose Lithium Grade 2 grease. Fully pack the roller bearing with grease by forcing the grease under the bearing cage between the rollers from the large end of the roller until it oozes thru the small end.

Failure to correctly lubricate bearings and maintain proper lubrication may result in damage that could cause bearing to fail during operation, creating a risk of serious bodily harm.

PACKAGING REMOVAL:

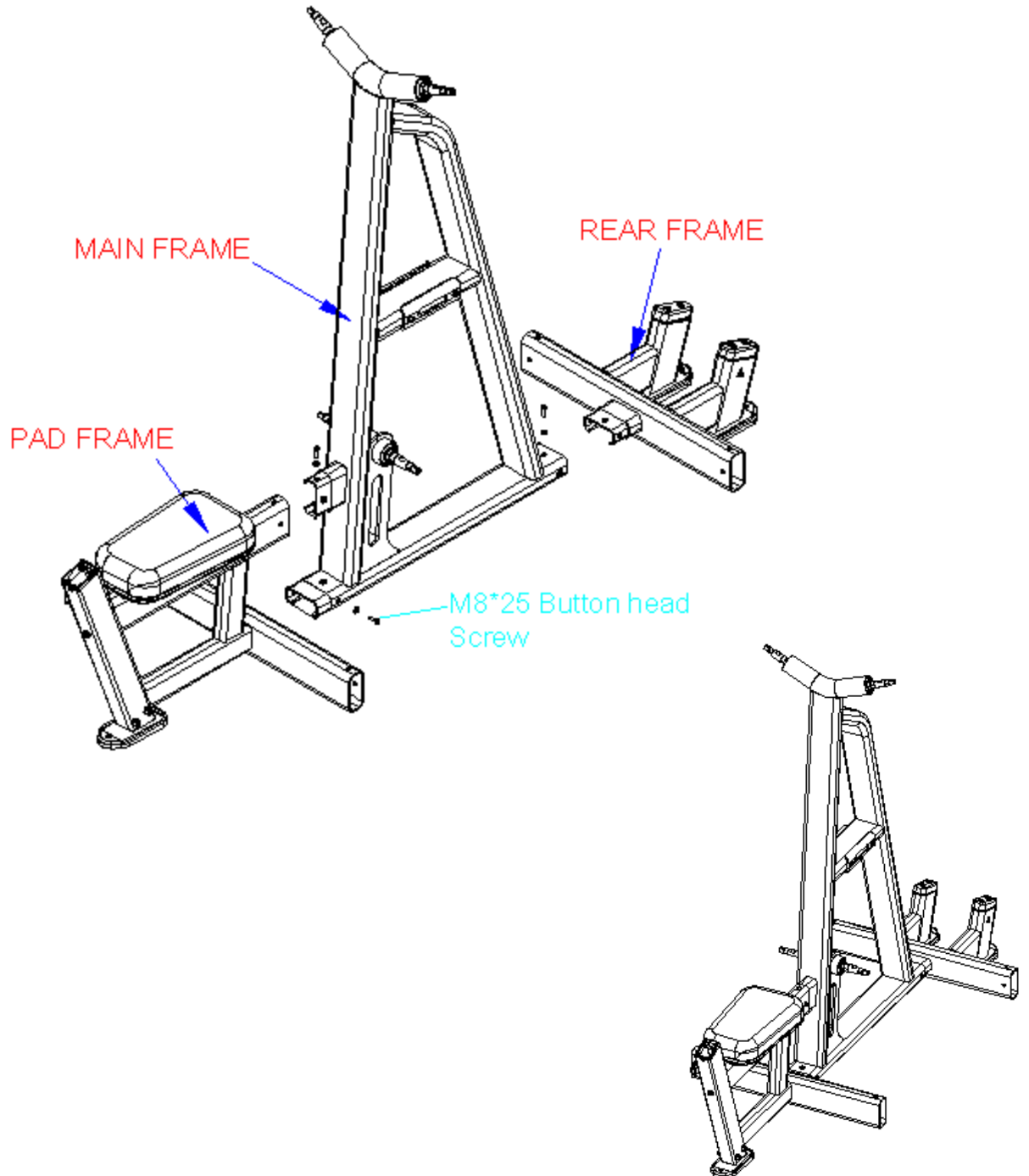
Carefully remove all packaging materials that wrap the equipment. **DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.** At this time remove any sub-components from the pallet and set aside for later assembly.



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 Leverage serial number and model number labeled on your equipment.

STEP #1 - UNPACK AND ASSEMBLE MAIN FRAME:

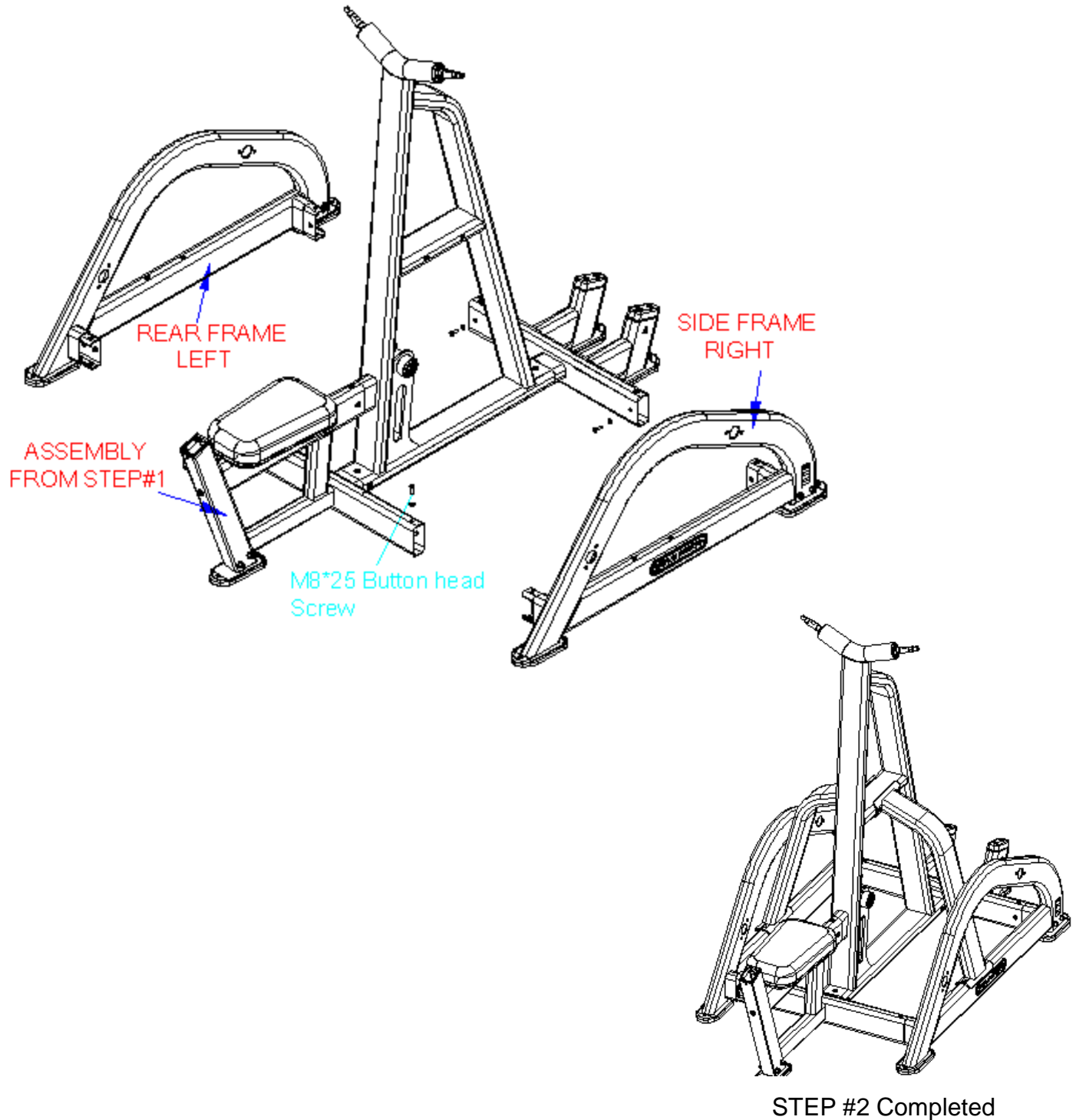
1. Remove and unwrap all product from shipping boxes. Lay all parts out in a clean open area to prepare for assembly.
2. Locate the MAIN FRAME, REAR FRAME and PAD FRAME as shown below.
3. Slide PAD FRAME into MAIN FRAME. Loosely Install three (M8 X 25MM, BUTTON HEAD BOLTS), and three (M8, FLAT WASHERS) do not tighten at this time.
4. Slide REAR FRAME into MAIN FRAME. Loosely Install three (M8 X 25MM, BUTTON HEAD BOLTS), and three (M8, FLAT WASHERS) do not tighten at this time.



STEP #1 Completed

STEP #2 - ASSEMBLE SIDE FRAMES:

1. Locate the SIDE FRAME LEFT, AND SIDE FRAME RIGHT as shown below.
2. As shown slide SIDE FRAME LEFT into STEP #1 ASSEMBLY. At each tube joint loosely Install three (M8 X 25MM, BUTTON HEAD BOLTS), and three (M8, FLAT WASHERS) do not tighten at this time.
3. As shown slide SIDE FRAME RIGHT into STEP #1 ASSEMBLY. At each tube joint loosely Install three (M8 X 25MM, BUTTON HEAD BOLTS), and three (M8, FLAT WASHERS) do not tighten at this time.
4. Using a 5MM hex key tighten all (M8 X 25MM, BUTTON HEAD BOLTS) from STEP #1 and STEP #2 to specified torque setting. **Note: Each tube joint will have three bolts. one located on top. bottom. and side.**



STEP #3 – ASSEMBLE UPPER ARM ASSY AND LOWER LEVERAGE ARMS :

1. Locate one of the Upper Arm Assembly ,one of the Lower Leverage Arm and slide them onto the corresponding shaft as shown below. The side of the them that has the bearing and seal pre-installed will slide onto the corresponding shaft first.

2.After the Upper Arm Assembly and Lower Leverage Arm have been slid onto the corresponding shaft install a fully greased (20MM ID TAPERED BEARING) with the small diameter of the bearing going first. Next install a (3MM thick, 17MM ID WASHER) followed by a (TAB WASHER) then a (BEARING NUT) as shown in Fig: A. **Note: the Tab washer will have a tab protruding through the ID, this will need to align with the slot in the shaft.**

3. Using the provided nut driver tool tighten the Bearing nut to the 7-9 Lbs-Ft torque. Check to make sure the bearings are fully seated by wiggling the Lower Leverage arms and Upper Arm Assembly , if there is excessive play in the arm you need to tighten the bearing nut more.

4. Once the nut is tight, use a small flat screwdriver to bend one of the tabs on the tab washer into one of the four notches in the bearing nut as shown in Fig: B.

5. Repeat steps 1 thru 4 with the remaining Lower Leverage arms and Upper Arm Assembly as shown.

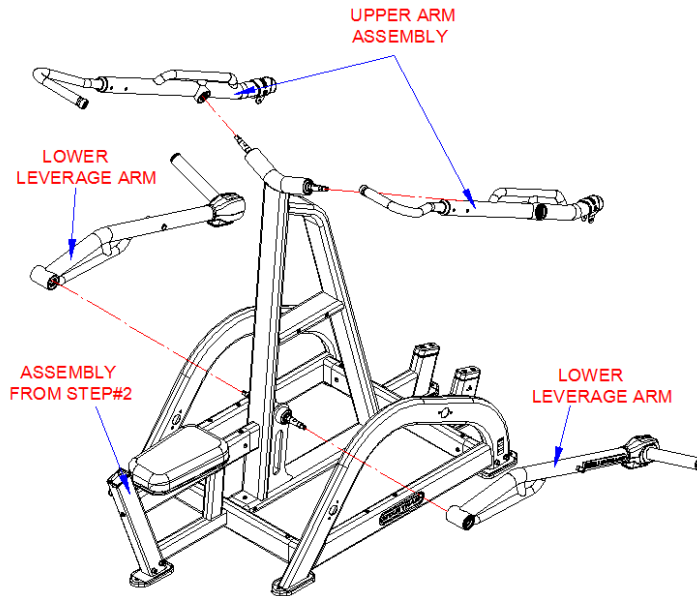


Fig: A

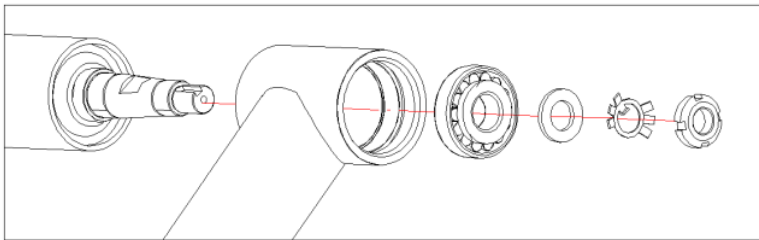
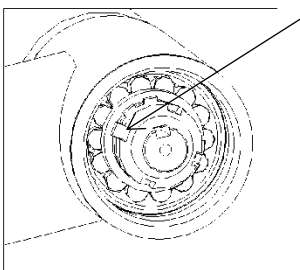
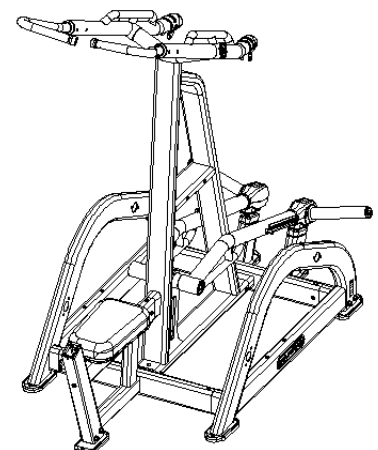


Fig: B



ALIGN 1 OF THE 6 TABS WITH SLOT IN NUT. BEND TAB INTO SLOT .

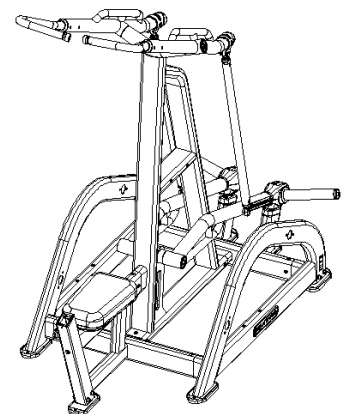
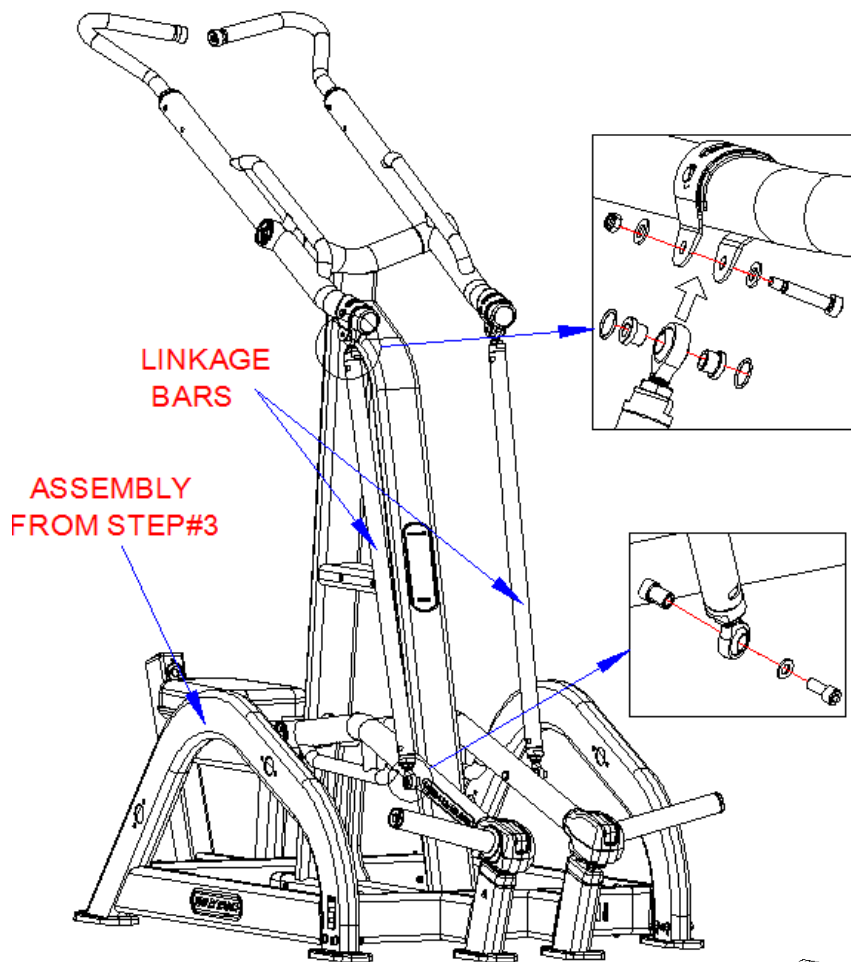


STEP #3 Completed

STEP #4: INSTALL LINKAGE BARS

1. Locate one of the **Linkage Bars** to install. On the end with the spherical rod, insert two misalignment bushings and two O-rings, one bushing and one O-ring on each side of the rod end as shown below.
2. Slide the assembled rod end into the stainless steel strap bracket then install one (M10 X 40MM, SHOULDER BOLT), two (M10 FLAT WASHERS), and a (M8, NYLOCK NUT). Tighten to specified torque using a 5MM hex key, 13MM socket-torque wrench.
3. Slide the lower end of the **Linkage Bars** onto the Leverage weight arm mount as shown below. Install one (M10 X 25MM, SOCKET HEAD BOLT) and one (M10 FLAT WASHER) and torque to the specified torque.
4. Repeat steps 1 thru 3 with the remaining Leverage **Linkage Bars**.

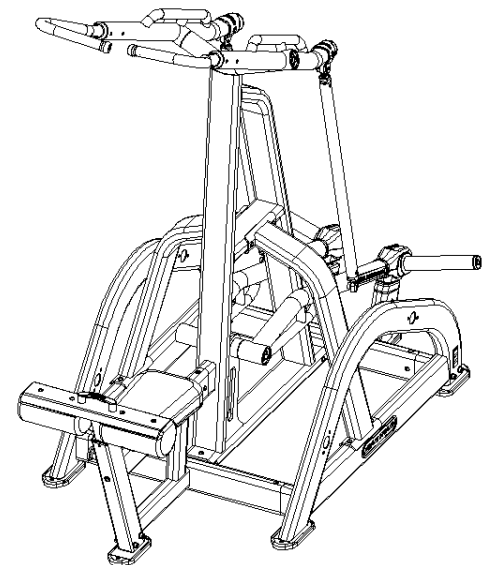
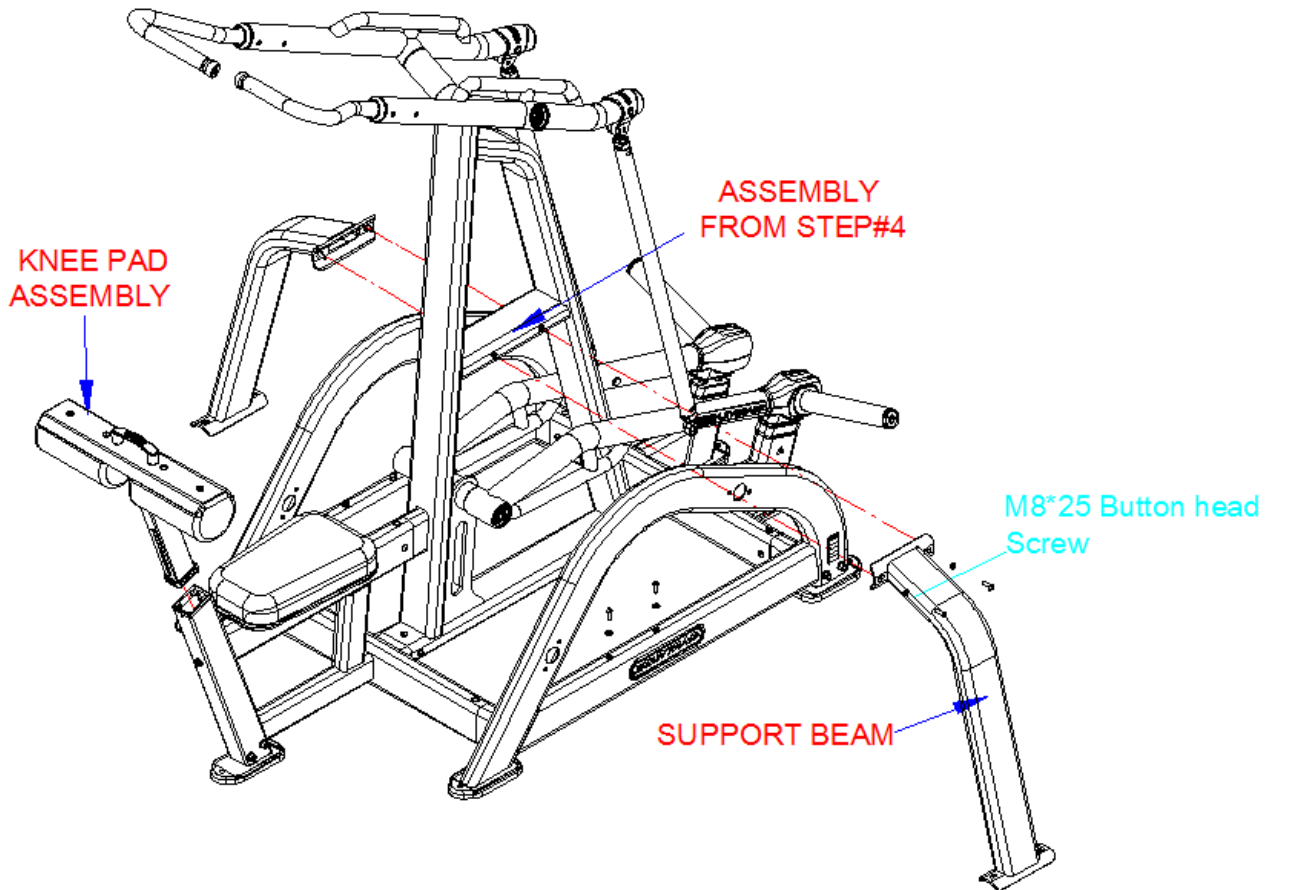
NOTE: When completed test the motion of the Leverage machine to ensure smooth quiet operation. Then tighten all the screws at this time.



STEP#4: Completed

STEP #5: INSTALL KNEE PAD ASSEMBLY, SUPPORT BEAM

1. Install the SUPPORT BEAMS using FOUR (M8 X 25MM, BUTTON HEAD SCREWS) four (M8,FLAT WASHERS) .Tighten all the screws at this time.
2. Repeat steps 1 to install the another SUPPORT BEAM as shown below.
3. Insert the KNEE PAD into PAD FRAME make sure the holes face the handle bar, align the pop pin of handle bar and fixed the KNEE PAD. **Note: Before you use the machine, you can adjust the high of the KNEE PAD ASSEMBLY according to your need.**

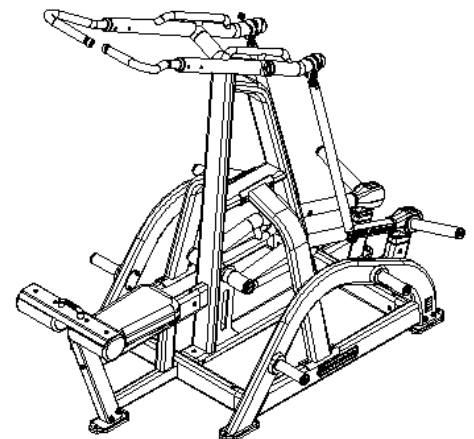
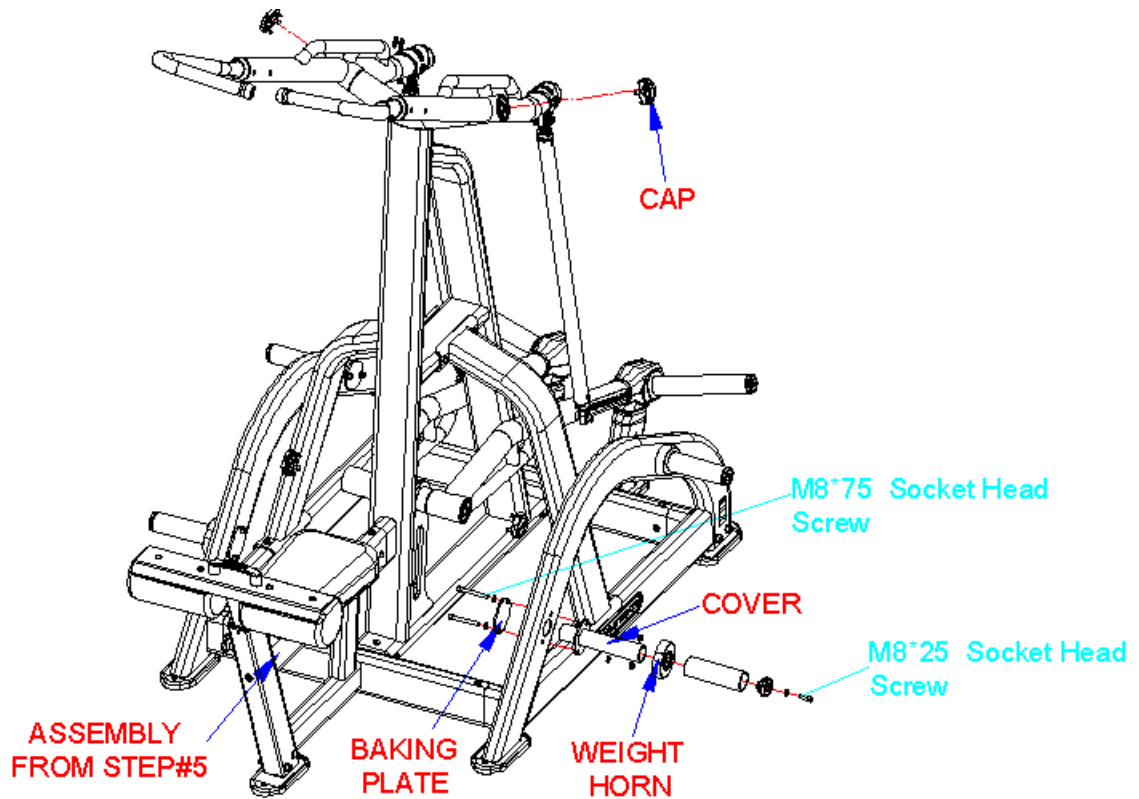


STEP#5:Completed

STEP #6 – INSTALL WEIGHT STORAGE, BEARING END CAPS:

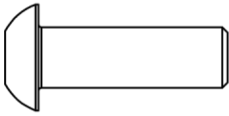
1. Install the WEIGHT HORN weldment and BACKING PLATE using two (M8 X 75MM, SOCKET HEAD BOLTS) four (M8, FLAT WASHERS) and two (M8, NYLOCK NUTS). Tighten to specified torque using a 6MM hex key and 13MM wrench.
2. Slide the COVER and PLASTIC SLEEVE onto WEIGHT HORN weldment. Install the rubber END CAP using one (M8x25MM, SOCKET HEAD BOLT), one (M8, FLAT WASHER) as shown.
3. Repeat steps 1 and 2 to install all four weight storage horns.
4. After you have ensured smooth quiet operation of the Leverage unit, locate the four black END CAPS and push them into the end of the Leverage arms as shown.

NOTE: Ensure that you press the caps in straight and evenly when installing. Once installed pull out on the cap to ensure they are fully snapped into place.

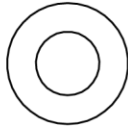


STEP #6: Completed

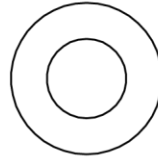
HARDWARE



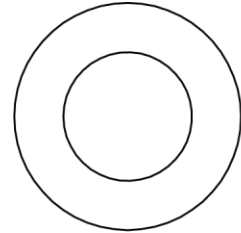
731-0359 - M8 X 25mm



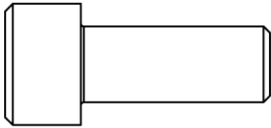
731-0355



731-0367



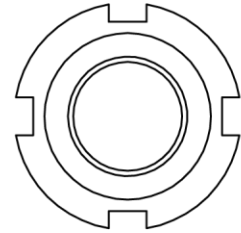
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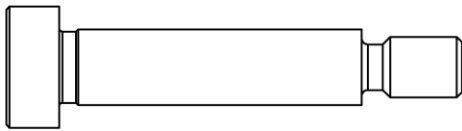
731-0350 - M10 X 25mm



731-0365



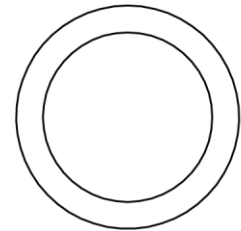
731-2594



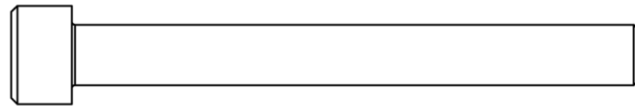
731-2624 - M10 X 40mm



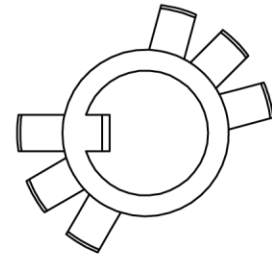
731-0390 - M8*25mm



731-3452



731-1450 - M8 X 75mm



731-2593

FINAL ASSEMBLE CHECK SHEET

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

MACHINE CLEARANCE AND SPACING

For the safe operation of Leverage Strength® NAUTILUS 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.



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