



# CORE HEALTH & FITNESS

Glute Drive

**OWNER'S  
MANUAL**



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## 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 setup 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 injury to person:**

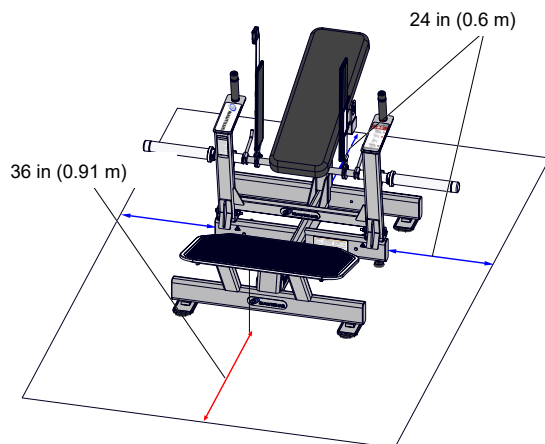


Fig. 1 Required Clearance

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 each side to allow for ease of mounting and dismounting. Allow for 48 inches (1.25 meters) of clearance behind the machine. Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. 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](http://www.access-board.gov/ada)).

2. Do not exceed the maximum allowable weight limit of:

- 350 lbs. (160 kg.)

3. 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 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.

4. 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 from their health care provider before beginning any exercise program.

- 5.** This machine 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.
- 6.** Keep children away.
- 7.** 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.
- 8.** 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.
- 9.** Ensure all adjustment and locking features are properly secured before using the equipment.
- 10.** Use only replacement components supplied by Nautilus®. Substitutes are forbidden and will void all warranties.
- 11.** 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.
- 12.** Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Nautilus.
- 13.** 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.
- 14.** 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.

### **SAVE THESE INSTRUCTIONS**

# IMPORTANT LABEL LOCATIONS

This page shows examples 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. See Support and Service to order replacements. NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE

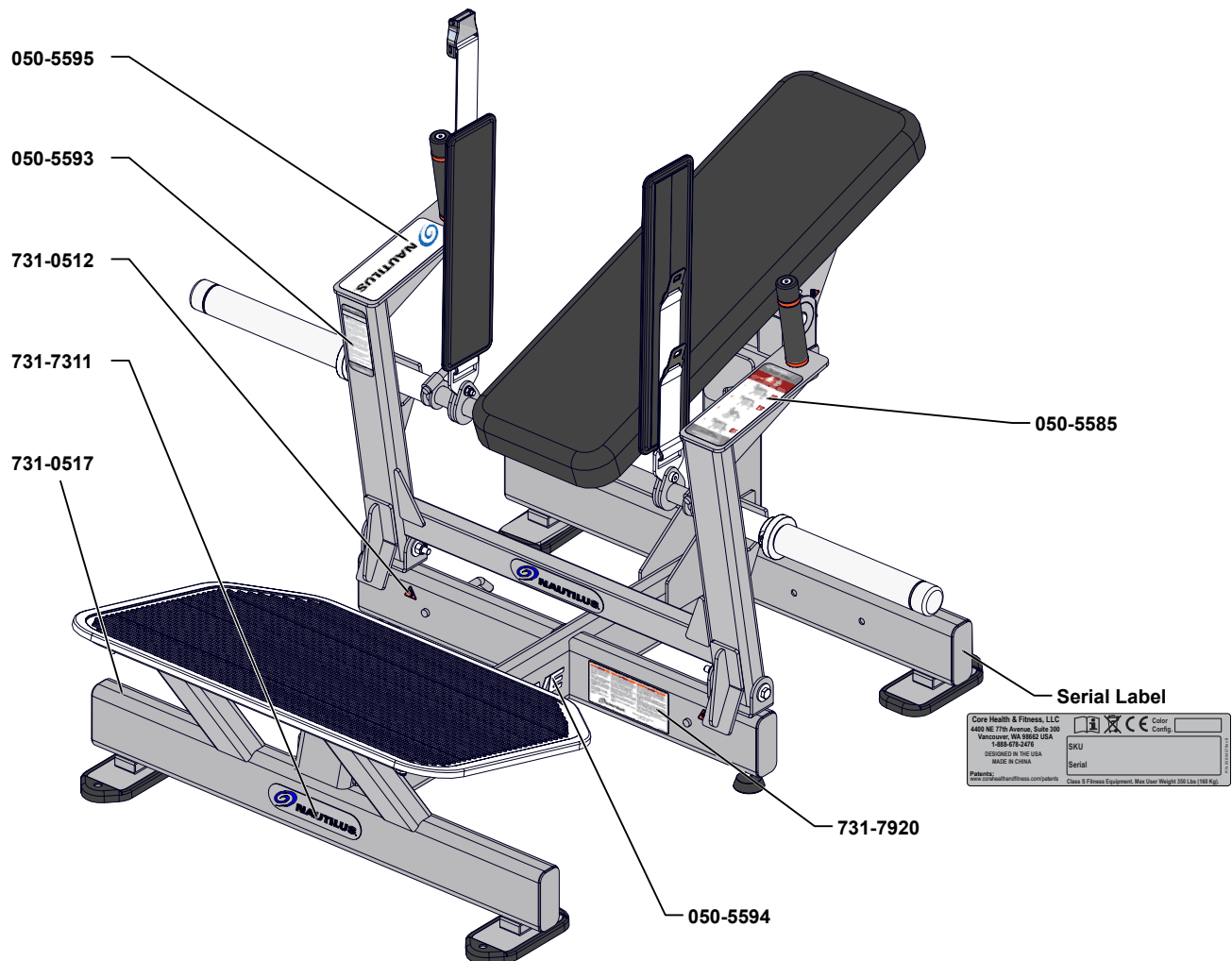


Fig. 2



050-5595

STICKER, NAUTILUS, 220X79



731-0512

STICKER, CAUTION, PINCH

**⚠ WARNING**

**MACHINE MUST BE BOLTED DOWN**

**⚠ ATTENTION**

**LA MACHINE DOIT ÊTRE FIXÉ AU SOL**

**⚠ ACHTUNG**

**DIE MASCHINE MUSS AM BODEN BEFESTIGT WERDEN**

731-0517

STICKER, WARNING, BOLT DOWN

<p><b>⚠ WARNING</b></p> <p>READ AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USING THE EQUIPMENT. APPROXIM USE CAN RESULT IN SERIOUS INJURY, AND SHOULD ONLY BE USED IN A SUPERVISED ENVIRONMENT.</p> <p>AS WITH ALL EXERCISE EQUIPMENT OR PROGRAMS, CONSULT A PHYSICIAN PRIOR TO USE AND STOP IF YOU FEEL FAINT, DIZZY OR EXHAUSTED.</p> <p>REPORT WORN, LOOSE OR DAMAGED EQUIPMENT TO MANAGEMENT AND RETURN FROM LEASE.</p> <p>ENSURE ALL ADJUSTMENT AND LOCKING FEATURES ARE PROPERLY SECURED BEFORE USING THE EQUIPMENT.</p> <p>REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.</p>	<p><b>⚠ ATTENTION</b></p> <p>Lisez et suivez les instructions avant l'utilisation de l'appareil. Une utilisation non conforme peut causer des blessures graves. Cet appareil doit être utilisé dans des sites supervisés par du personnel qualifié.</p> <p>Comme pour tout autre appareil, ou programme d'exercice, consultez votre médecin avant l'utilisation de cet appareil. Arrêtez l'exercice si vous avez des vertiges ou si vous vous sentez épuisé.</p> <p>Remplacez l'étiquette si elle est endommagée, illisible ou manquante.</p>	<p><b>⚠ ACHTUNG</b></p> <p>Lesirs Sie die Anweisungen vor dem Benutzen des Gerätes durch und befolgen Sie diese strikt. Unachtsames Gebrauch kann zu schwerwiegenden Verletzungen führen. Das Gerät sollte nur in einem Raum benutzt werden, in dem Personal zur Betreuung zur Verfügung steht.</p> <p>Lesen Sie sich vor dem Anfert untersuchen und beraten, bevor Sie das Training an diesem oder anderen Geräten beginnen. Stoppen Sie die Übungen, wenn Ihnen Schwindel oder Sie erschöpft sind.</p> <p>Überprüfen Sie das Gerät vor dem Benutzen. Informieren Sie die Personalverantwortlichen, wenn Sie Defekte am Gerät feststellen (Verschleiß, lockere Teile, Beschädigungen aller Art) und berichten Sie dies sofort nach Her.</p> <p>Stellen Sie sicher, daß alle Verstell- und Einstellmechanismen korrekt gesichert sind, bevor Sie das Gerät benutzen. Ersetzen Sie das Etikett, wenn es beschädigt oder unlesbar ist oder wenn es fehlt sollte.</p>
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**NAUTILUS** support.nautilusstrength.com 1-800-503-1221 PN-731-7920

731-7920

STICKER, WARNING, NP STANDARD INSTRUCTIONS

# GLUTE DRIVE

050-5594

BADGE, NAME, GLUTE DRIVE



731-7311

STICKER, NAUTILUS, DECO, 45MMX191MM

**NAUTILUS**  
**GLUTE DRIVE**

**⚠ WARNING**

**READ THE OWNERS MANUAL AND FOLLOW ALL INSTRUCTIONS PRIOR TO USING THE EQUIPMENT.**

**IMPROPER USE CAN RESULT IN SERIOUS INJURY. EQUIPMENT SHOULD ONLY BE USED IN A SUPERVISED ENVIRONMENT.**

**AS WITH ALL EXERCISE EQUIPMENT OR PROGRAMS, CONSULT A PHYSICIAN PRIOR TO USE AND STOP IF YOU FEEL FAINT, DIZZY OR EXHAUSTED.**

**INSPECT THE MACHINE PRIOR TO USE. DO NOT USE EQUIPMENT IF SEATBELT IS CUT OR HAS ABRASIONS THROUGH THE BELT OR THE BELT CLASP DOES NOT FASTEN.**

**IMMEDIATELY REPORT WORN, LOOSE OR DAMAGED EQUIPMENT TO MANAGEMENT AND DO NOT USE EQUIPMENT UNTIL REPAIRED.**

**ENSURE ALL ADJUSTMENT AND LOCKING FEATURES ARE PROPERLY SECURED BEFORE USING EQUIPMENT.**

**UTILIZE A BAR COLLAR TO SECURE WEIGHT PLATES.**

**REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.**

**⚠ WARNING**  
MAX LOAD 350 LBS (153.3 KG)  
STARTING RESISTANCE 15 LBS (8.1KG)  
WWW.NAUTILUSSTRENGTH.COM  
U.S. 800.503.1221

050-5593

050-5593

STICKER, WARNING, GLUTE DRIVE

**NAUTILUS**  
**GLUTE DRIVE**

**MUSCLES WORKED**

**PRIMARY**  
GLUTEUS, HAMSTRINGS

**SECONDARY**  
QUADRICEPS

1

2

3

4

**⚠ WARNING**  
MAX LOAD 350 LBS (153.3 KG)  
STARTING RESISTANCE 15 LBS (8.1KG)  
WWW.NAUTILUSSTRENGTH.COM  
U.S. 800.503.1221

050-5585

050-5585

PLACARD, GLUTE DRIVE



Fig. 3

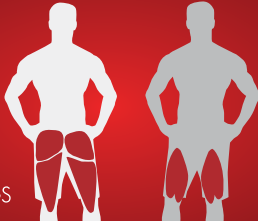
NP-L1131 **Glute Drive**

Unit Weight		Width		Length		Height		Max User Weight		Max Load Weight	
<b>202</b>	lbs	<b>60</b>	in	<b>62</b>	in	<b>35</b>	in	<b>350</b>	lbs	<b>360</b>	lbs
<b>92</b>	kg	<b>152</b>	cm	<b>157</b>	cm	<b>89</b>	cm	<b>160</b>	kg	<b>163</b>	kg

## NAUTILUS GLUTE DRIVE

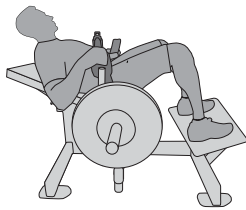
### MUSCLES WORKED

PRIMARY  
GLUTEUS, HAMSTRINGS

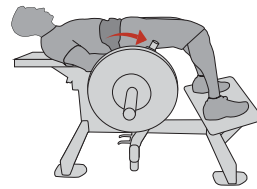


SECONDARY  
QUADRICEPS

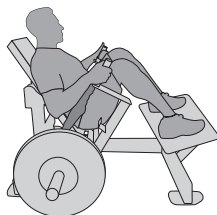
1



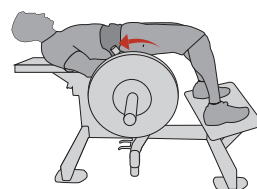
2



3



4



### WARNING

MAX LOAD 360 LBS (163.3 KG)  
STARTING RESISTANCE 15 LBS (8.1KG)



## Required Tools:

- Metric Allen Key Set
- Metric Open-Ended Wrench Set
- Large Adjustable Crescent Wrench
- Loctite Blue<sup>1</sup>

## 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)

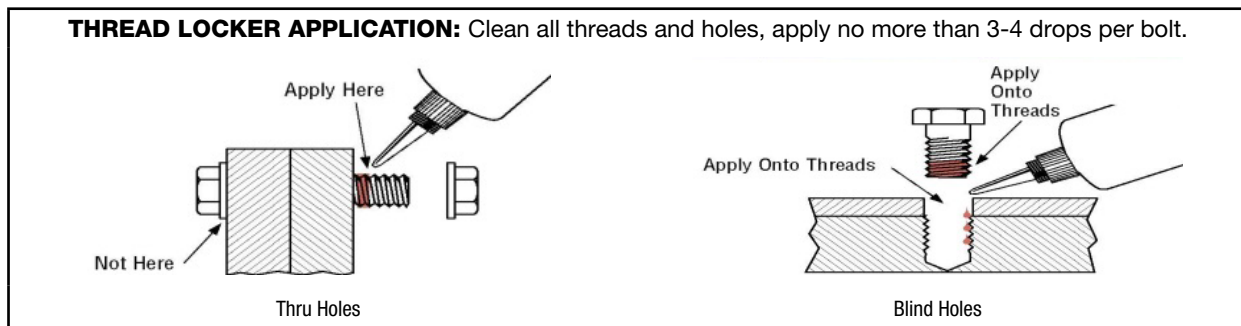
- Torque all hardware to values as specified above, unless noted otherwise.
- See procedure of this manual for fastener sizing information; for reference only.

**Note: All torque values are in N-m unless otherwise stated.**

## Anchor Guidance:

- All equipment must be bolted down prior to use by a licensed contractor.
- **⚠ WARNING:** Equipment that is not securely bolted to the floor is not safe.
- The customer is responsible for determining the suitability of the installation site.
- Factors such as equipment weight, vibration, overhead clearance, workout activities should be considered.
- When the floor is constructed of concrete, the concrete should have a rated strength of at least 4000psi.
- The anchors should be installed in accordance with the manufacturer's recommendations.
- It is the responsibility of the gym owner to ensure that the sub-floor and installation anchors are appropriate for the equipment.

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



## 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.

Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly.

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

<sup>1</sup> 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.)

## PROCEDURE

1. Swing the arms up and forward until they stop.

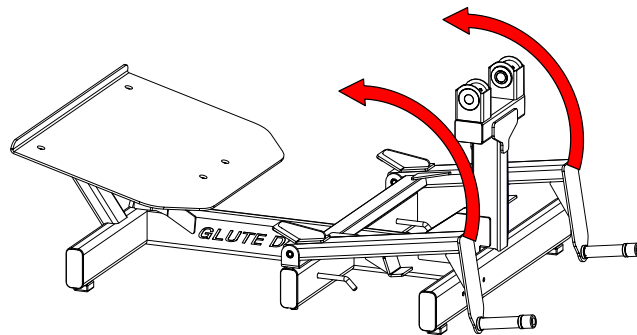


Fig. 4

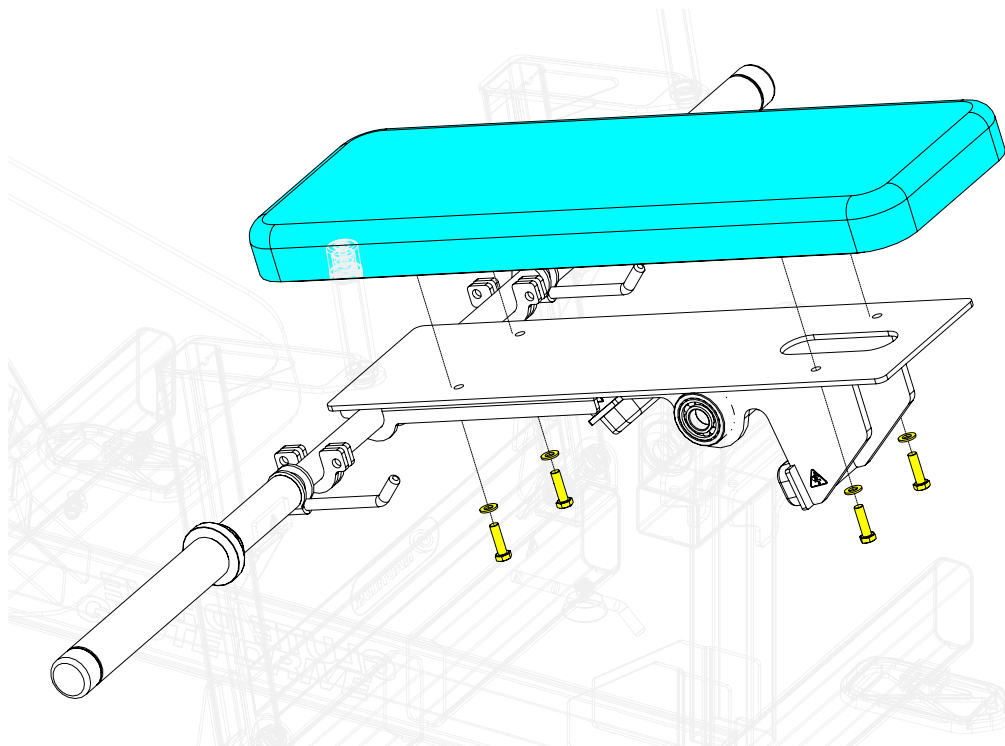


Fig. 5

2. Use a 16mm socket to install the four (4) pieces each of the M10 x 35mm hex head screws and M10 flat washers to attach the seat pad to the frame.

3. Remove the pivot shaft **A** from the frame prior to mounting the back rest assembly. (Fig. 6)
4. Install the seat by lowering the back rest assembly into position, then inserting the shaft **A** into the frame and through the back-rest assembly.
5. The shaft flats **C** must align with the set screws **B** on either side when mounting the back rest. (Fig. 7)

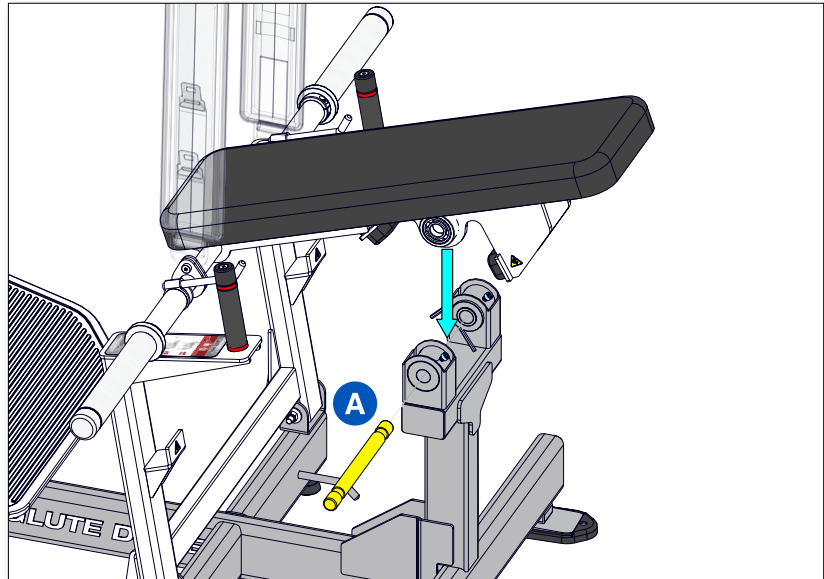


Fig. 6



Fig. 7

6. Use a 6mm allen key to secure one (1) piece of the M8 x 16mm socket screw into the user right side bearing assembly.
7. Repeat this step for the user left side.

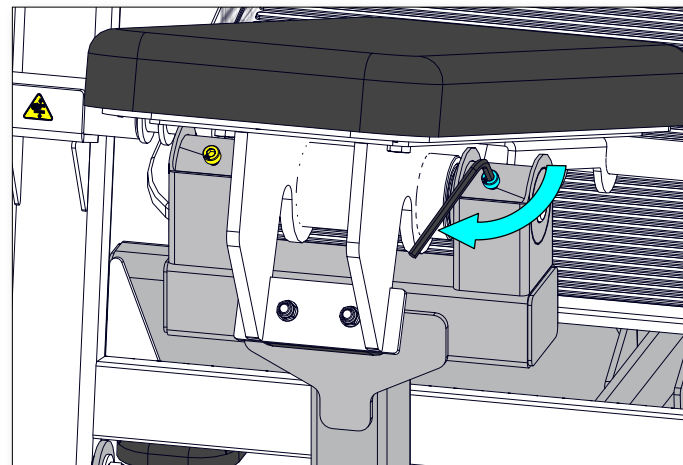


Fig. 8

## TOOLS

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.

Tool	
Metric Allen Key Set	Screwdriver Set, Phillips
Metric Open-Ended Wrench Set	Screwdriver Set, Flat
Large Adjustable Crescent Wrench	Torque Wrench
Metric 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.

### 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.

- 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.
- Main frame should be inspected every six months for signs of unusual wear, corrosion or structural integrity issues.

## 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.

	Daily	Weekly	Monthly	Bi-Annually
<b>Inspect</b>				
Fasteners			X	
Handgrips			X	
Labels			X	
Main Frame				X
<b>Cleaning</b>				
Main Frame		X		

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us direct by phone, email, or through our 24 hour support site:

**GLOBAL SUPPORT CENTER**  
4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662  
Tel: (360) 326-4090 • (888) 678-2476 • [support@corehandf.com](mailto:support@corehandf.com)

Warranty information: <https://corehandf.com/warranty>

To help us support you, please provide the following information when requesting assistance with your equipment:

■ Facility Name & Address      ■ Product Serial Number      ■ Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

## PREVENTATIVE MAINTENANCE

Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: [servicecontracts@corehandf.com](mailto:servicecontracts@corehandf.com)

# CORE CONNECT

Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

## OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
- Real time communication



To request access visit:  
**SUPPORT.COREHANDF.COM**

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