

Nautilus[®] Instinct[®] LEG MACHINES

- Leg Curl
- Leg Extension
- Dual Leg Curl / Extension

OWNER'S MANUAL



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Leg Curl



Leg Extension



Dual Leg Curl / Extension

INTRODUCTION

Thank you for choosing the *NAUTILUS INSTINCT LEG MACHINES*. These units have been designed to provide the user the most rewarding experience based upon the carefully planned features it possesses. The design elements of these products will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Our mission is to provide products to mold lifelong habits for health and fitness, and the *INSTINCT LEG MACHINES* will provide the path to meet your goals.

ABOUT THIS MANUAL

This manual is applicable to the *INSTINCT LEG MACHINES*. The manual is divided into eight sections, as follows:

Introduction

Provides an overview of each section within the manual.

Safety Instructions

Provides guidelines for safely operating the *INSTINCT LEG MACHINES*.

Assembly and Setup

Provides instructions for unpacking, assembling and setting up the *INSTINCT LEG MACHINES*.

Exercise Guidelines

Provides general guidelines to be followed when using the *INSTINCT LEG MACHINES*.

Preventative Maintenance

Describes the preventative maintenance measures required to keep the *INSTINCT LEG MACHINES* in top condition.

Labels and Placards

Provides illustrations and part number information for labels and placards used on *NAUTILUS INSTINCT* products.

Regulatory Information

Provides warranty and servicing information for the *INSTINCT LEG MACHINES*.

SAFETY INSTRUCTIONS

Read this Owner's Manual carefully before assembling, servicing or using your **NAUTILUS INSTINCT LEG MACHINES**.

WARNING: SERIOUS INJURY MAY OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT NAUTILUS PRODUCT SUPPORT FOR CLARIFICATION.

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other **NAUTILUS INSTINCT** equipment is used properly to avoid injury.
2. Make sure there is enough room for safe access and operation of the **INSTINCT LEG MACHINES**.
3. Keep hands, feet, head, limbs, fingers and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
4. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by **NAUTILUS**.
5. DO NOT wear loose or dangling clothing while using the **INSTINCT LEG MACHINES**. Keep away from all moving parts.
6. Obtain a medical examination prior to beginning an exercise program.
7. If at any time during exercise you feel faint, dizzy or experience pain, STOP IMMEDIATELY and consult your physician before continuing.
8. Children must NOT be allowed to operate the **INSTINCT LEG MACHINES**. Adolescents must be supervised when using the **INSTINCT LEG MACHINES**.
9. DO NOT attempt to fix a broken or jammed unit. Notify authorized personnel.
10. Use the **INSTINCT LEG MACHINES** only for the intended use. Obtain instruction on proper use of the unit. It is the purchaser's sole responsibility to properly instruct end users and supervising personnel as to the proper operating procedures of all **NAUTILUS INSTINCT** equipment. DO NOT modify the unit.
11. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries.
12. DO NOT use the **INSTINCT LEG MACHINES** if guards or shrouds are missing or damaged.
13. USE A SPOTTER.
14. DO NOT add incremental weights, except those provided by **NAUTILUS**.
15. MAINTAIN PLACARDS AND LABELS: Do not remove labels for any reason; they contain important information. If illegible or missing, contact the **NAUTILUS** Parts Department for replacement.
16. SECURING EQUIPMENT: The **INSTINCT LEG MACHINES** MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. DO NOT use the UNIT if it is not set up and located on a solid level surface.
17. Make sure that each machine is set up and operated on a solid level surface. DO NOT install equipment on an uneven surface.
18. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to ensuring smooth and reliable operation of the **INSTINCT LEG MACHINES**, as well as keeping your liability to a minimum. Inspect the unit prior to use. Give particular attention to the areas most susceptible to wear. DO NOT use if the unit is damaged or inoperable.
19. Ensure that adjustment, maintenance and/or repair of the **INSTINCT LEG MACHINES** is performed by qualified personnel ONLY. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove the **INSTINCT LEG MACHINES** from service until repairs are made.
20. Keep a repair log of all maintenance activities.
21. Routinely inspect all accessory clips that join attachments to weight belts or cables, and replace at the first sign of wear.
22. Use only weight selector pins supplied by **NAUTILUS** on weight stacks. Substitutes are forbidden.
23. Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult **NAUTILUS** Product Support if uncertain).
24. Fully insert the weight selector pin when selecting the desired weight. Partially inserted pins can cause weights to fall unexpectedly. NEVER remove the weight selector pin if any weights are suspended. NEVER attempt to release jammed weights or parts.
25. DO NOT use Lat Pulldown Bars on Multi-jungle Crossover cable systems or any other pulley systems. These bars are designed for lat pulldown machines ONLY. If improperly used, the Lat Bar could fall unexpectedly, striking the user when weight selector pin is removed.
26. Lat Pulldown Machines pose a danger if used with worn or damaged cables and connecting links. The user can be struck in the head if the cable or related parts break during use.
27. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the retainer hole to avoid injury.

NOTE: *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

ASSEMBLY AND SETUP - LEG CURL

PARTS AND MATERIALS

The following parts are included with the *NAUTILUS INSTINCT LEG CURL*:

1	Frame, Weight Stack	1	43	Retainer, Belt	2
2	Frame, Main	1	46	Support, Weight Stack	2
3	Crossbeam, Lower	1	47	Cap, Rubber	2
4	Crossbeam, Upper	1	48	Guide Post, Weight Stack	2
5	Handgrips	1	49	Plate, Top, Weight Stack	1
6	Post, Seat	1	50	Weight, 10lb	6
7	Support, Back Cushion	1	52	Nut, Tapped Hole	6
8	Support, Seat Cushion	1	54	Washer, 25.5M	1
10	Actuator, Leverage Arm	1	57	Setscrew	2
11	Leverage Arm	1	58	Setscrew	4
13	Support, Lap Cushion	1	62	Screw	2
17	Cushion, Seat	1	63	Screw, Flat Head Socket, 10X25M	9
19	Cushion, Leg	2	65	Screw, Button Head Socket Cap, 8X20M	6
20	Belt	1	66	Screw, Button Head Socket Cap, 10X30M	4
21	Retainer, Leg Cushion	1	67	Screw, Button Head Socket Cap, 10X35M	6
22	Selector Pin	1	68	Screw, Button Head Socket Cap, 10X63M	2
23	Shaft, Leverage Arm Actuator	1	69	Screw, Button Head Socket Cap, 10X80M	3
26	Cushion, Back	1	71	Screw, Button Head Socket Cap, 10X125M	2
27	Shaft, Leverage Arm	1	72	Screw, Button Head Socket Cap, 10X130M	6
29	Washer, Aluminum	1	75	Lock Nut, Nylon Insert, 10M	15
30	End Cap	4	77	Washer, 11M	6
34	Collar, Large	4	78	Washer, 9M	38
35	Collar	1	79	Washer, Spring, 10M	3
38	Shroud, Lower, Rear	1	80	Weight, 5lb	4
39	Shroud, Lower, Front	1	81	Weight, 15lb	4
40	Shroud, Upper	2			

TOOLS REQUIRED

Most *NAUTILUS INSTINCT* machines can be assembled using the following tools:

- Metric Hex Key Wrenches - 2.5mm, 5mm, 6mm, 8mm, 10mm
- Metric Open-End Wrenches - 10mm, 15mm, 17mm
- Metric Ratchet Socket Wrench Set (including 17mm socket)
- Torque Wrench
- Channel Lock Pliers
- Vice Grip Pliers
- Rubber Mallet
- Phillips Head Screwdriver - #2

Your *INSTINCT LEG CURL* includes a hex key set and combination open-end wrench.

SITING REQUIREMENTS

Your *INSTINCT LEG CURL* requires approximately 32 square feet of floor space to ensure safe operation of the unit.

UNPACKING

Your *INSTINCT LEG CURL* is shipped in one or more shipping cartons. Each carton will generally contain one subassembly of the entire unit. To unpack:

- Remove the shipping straps from the outside of each shipping carton.
- Open the top of each carton and fold back all four flaps.
- Remove the packing materials, foam inserts, and ALL parts from each shipping carton. Keep the contents of each carton in a *separate area* to facilitate assembly. To ensure personal safety during assembly, place all packing materials *outside* the assembly area.
- Verify that all parts listed above are included in your shipment.

Take time now to enter your **INSTINCT LEG CURL** serial number in the space below. If parts are missing, or if you have any operational questions, please call Nautilus's Service department at (800) 503-1221; have your serial number ready.

Serial No. _____

ASSEMBLY

1. Assemble the Main Frame to the Weight Frame

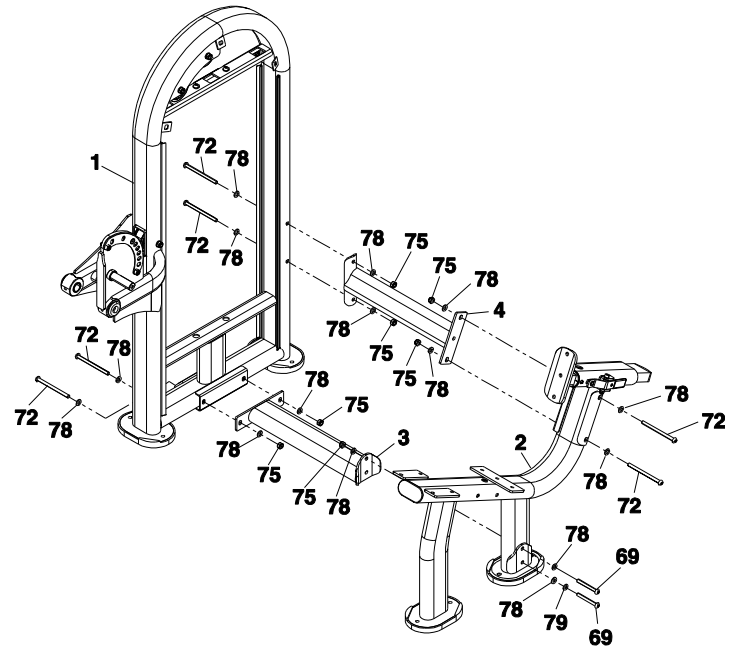
Align the two drilled holes in the lower crossbeam (3) with the mating holes in the bottom of the weight stack frame (1). Secure the crossbeam to the weight frame using two screws (72), four washers (78), and two lock nuts (75). Tighten the nuts securely.

Align the two drilled holes in the upper crossbeam (4) with the mating holes in the side beam of the weight stack frame (1). Secure the crossbeam to the weight frame using two screws (72), four washers (78), and two lock nuts (75). Tighten the nuts securely.

Position the main frame (2) so the two drilled holes in the lower crossbeam (3) and the two drilled holes in the upper crossbeam (4) are aligned with the mating holes in the main frame.

Secure the main frame to the lower crossbeam using two screws (69), one spring washer (79), four washers (78), and two lock nuts (75). Tighten the nuts securely.

Secure the main frame to the upper crossbeam using two screws (72), four washers (78), and two lock nuts (75). Tighten the nuts securely.



2. Install the Leverage Arm

NOTE: Two people are required to install the leverage arm; one to hold the leverage arm in position, and one to install the leverage arm shaft.

Loosen the two setscrews (58) in each leverage arm shaft support bearing in the weight stack frame (1).

Hold the leverage arm (11) in place between the two shaft support bearings in the weight stack frame (1).

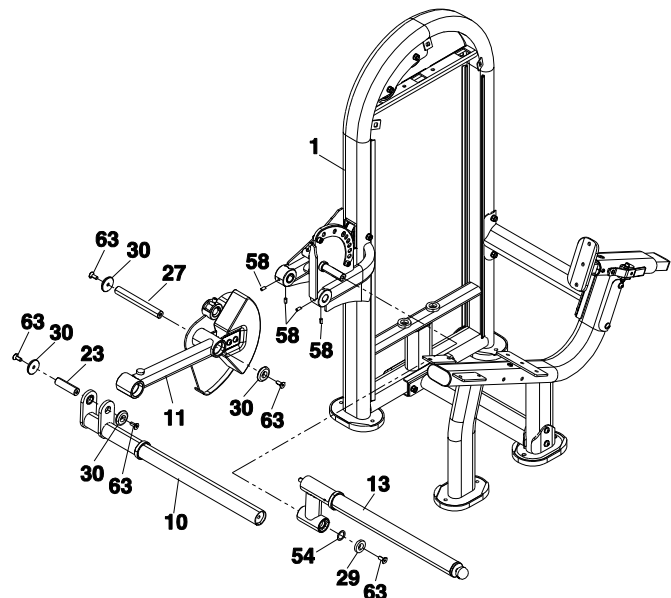
Insert the leverage arm shaft (27) through the leverage arm and both support bearings.

Secure the leverage arm shaft (27) to the weight stack frame (1) using two screws (63) and end caps (30).

Tighten the two setscrews (58) in each leverage arm shaft support bearing in the weight stack frame (1).

NOTE: Two people are required to install the leverage arm actuator; one to hold the actuator in position, and one to install the actuator shaft.

Hold the leverage arm actuator (10) in place on the leverage arm (11) with the mounting flanges of the actuator positioned around the shaft guide on the leverage arm.



Insert the leverage arm actuator shaft (23) through the leverage arm and both actuator mounting flanges.

Secure the leverage arm actuator shaft (23) to the leverage arm (11) using two screws (63) and end caps (30). Tighten the screws securely.

Slide the lap cushion support (13) onto the support shaft on the weight stack frame (1), aligning the locking pin in the support with a drilled hole in the weight stack frame ratchet.

Secure the lap cushion support (13) to the weight stack frame (1) using one washer (54), screw (63) and washer (29). Tighten the screw securely.

3. Assemble the Weight Stack

NOTE: Two people are required to assemble the weight stack; one to hold the weight stack guide posts in position, and one to assemble the weight stack components onto the posts.

Slide one weight stack support (46) onto each weight stack guide post (48).

Insert the weight stack guide posts (48) into the retaining holes in the base of the weight stack frame (1). BE SURE the drilled ends of the weight stack guide posts face upwards, toward the top of the weight stack frame.

WARNING: TO PREVENT INJURY, INSTALL THE WEIGHTS ONE AT A TIME.

Install weights (50, 80, 81) on the weight stack guide posts (48), one at a time, in the following sequence:

- Weight, 15lb (81) - four required
- Weight, 10lb (50) - six required
- Weight, 5lb (80) - four required

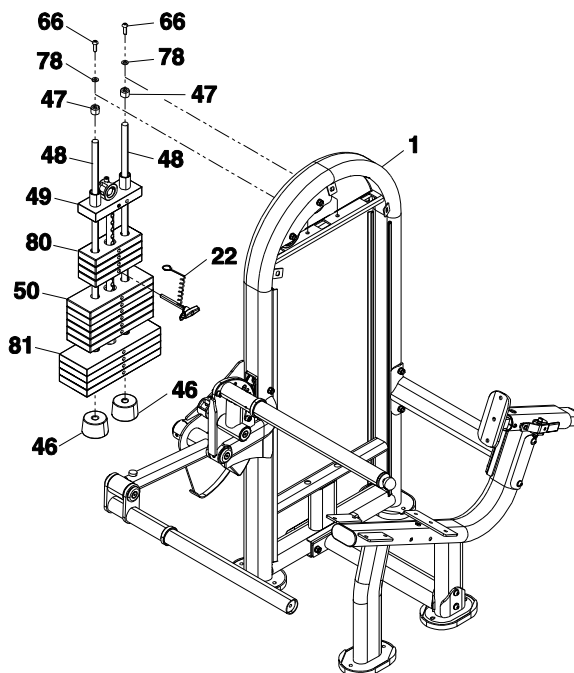
Slide the looped end of the lanyard on the selector pin (22) onto the shaft of the top plate (49).

NOTE: BE SURE to hold the lanyard in place when installing the top plate.

Install the top plate (49) on the weight stack guide posts (48), inserting the top plate shaft through the holes in the weights. Insert the selector pin (22) through one weight until it engages the top plate shaft.

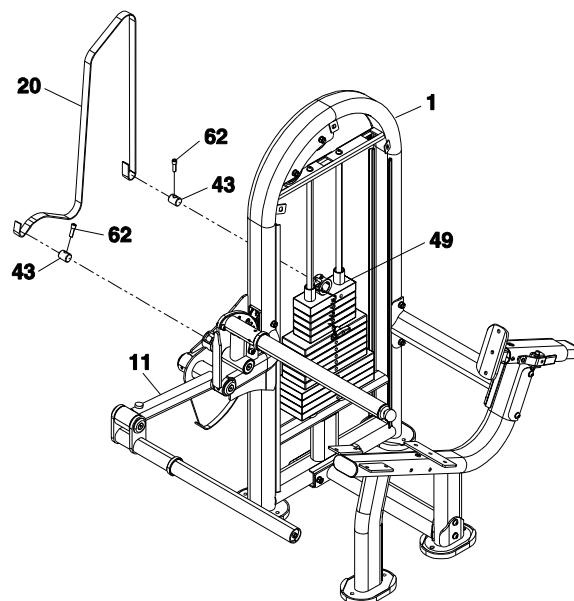
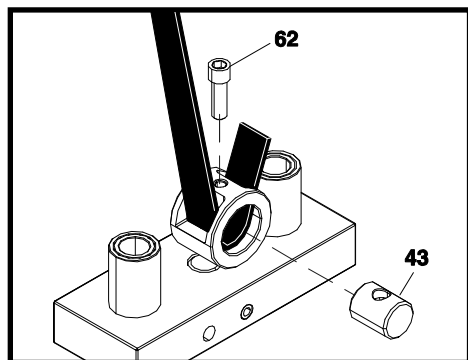
Install one rubber cap (47) onto each weight stack guide post (48).

Lift up on one weight stack guide post (48) until the rubber cap (47) contacts the underside of the weight stack frame cross member. Secure the post to the weight stack with one screw (66) and one washer (78). Repeat for the remaining guide post.



4. Install the Weight Belt

NOTE: The weight belt (20) is attached to the top plate (49) and leverage arm (11) using cinch fasteners (see detail below). Two people may be required to properly install and tension the weight belt.



Remove the retaining screws (62) and belt retainers (43) from the belt clamps on the weight stack top plate (49) and leverage arm (11).

Insert one end of the weight belt (20) through the slot in the top plate belt clamp until approximately one inch of the free end of the belt protrudes from the slot in the opposite side of the clamp.

While holding the free end of the belt, press down on the opposite side of the belt so it lays flat against the inside of the clamp.

Insert the belt retainer (43) into the belt clamp. BE SURE the tapped hole in the belt retainer is aligned with the mating hole in the belt clamp.

CAUTION: BE SURE to keep the weight belt straight when installing the retaining screw (62) in the belt retainer (43). Misalignment of the weight belt may bias the top plate, which can cause excessive contact of the top plate shaft with the weights, resulting in excessive noise during use, and potential hazards to the user or other bystanders.

Thread the retaining screw (62) through the belt clamp and into the belt retainer (43). Tighten the retaining screw to 400 inch-pounds.

Route the weight belt (20) over three pulleys and the leverage arm cam, as illustrated.

Insert the free end of the weight belt (20) through the slot in the leverage arm belt clamp, and pull through the opposite slot just until force is applied against the top plate (49). This will eliminate any slack in the belt and ensure proper tensioning.

While maintaining tension on the weight belt, press down on the free end of the belt so it lays flat against the inside of the belt clamp.

Insert the belt retainer (43) into the belt clamp. BE SURE the tapped hole in the belt retainer is aligned with the mating hole in the belt clamp.

Thread the retaining screw (62) through the belt clamp and into the belt retainer (43). Tighten the retaining screw to 400 inch-pounds.

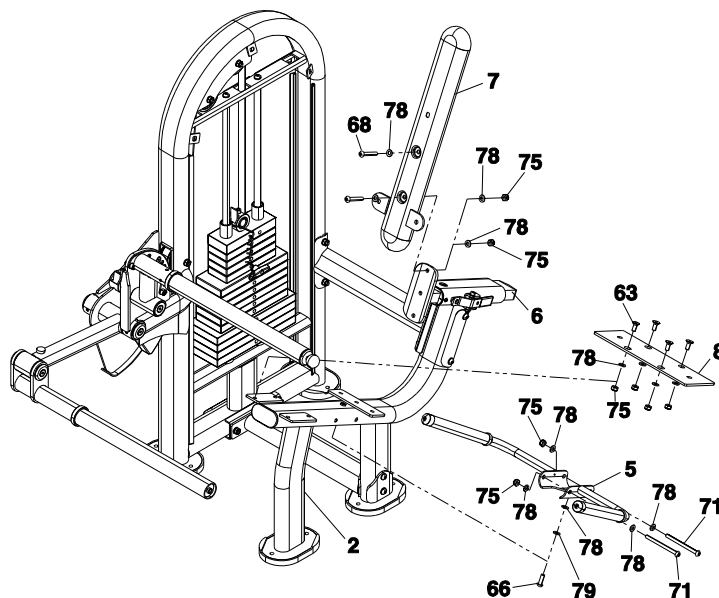
Check for proper tensioning of the weight belt by applying lateral pressure to the belt at a point midway between two pulleys. Deflection of the weight belt should be less than 25 mm. Loosen the retaining screw (62) and adjust belt tension as needed.

5. Install the Handgrips and Cushion Brackets

Hold the handgrips (5) in position on the underside of the main frame (2) and align the five drilled holes in the handgrips with the mating holes in the main frame. Secure the handgrips to the main frame using two screws (71), four washers (78), two lock nuts (75), one screw (66), one spring washer (79) and one washer (78). Tighten the attaching parts securely.

Hold the seat cushion support (8) in place on the main frame (2). Secure the seat cushion support to the main frame using four screws (63), washers (78) and lock nuts (75). Tighten the nuts securely.

Hold the back cushion support (7) in place on the seat post (6) (factory installed). Secure the back cushion support to the seat post using two screws (68), four washers (78) and two lock nuts (75). Tighten the nuts securely.



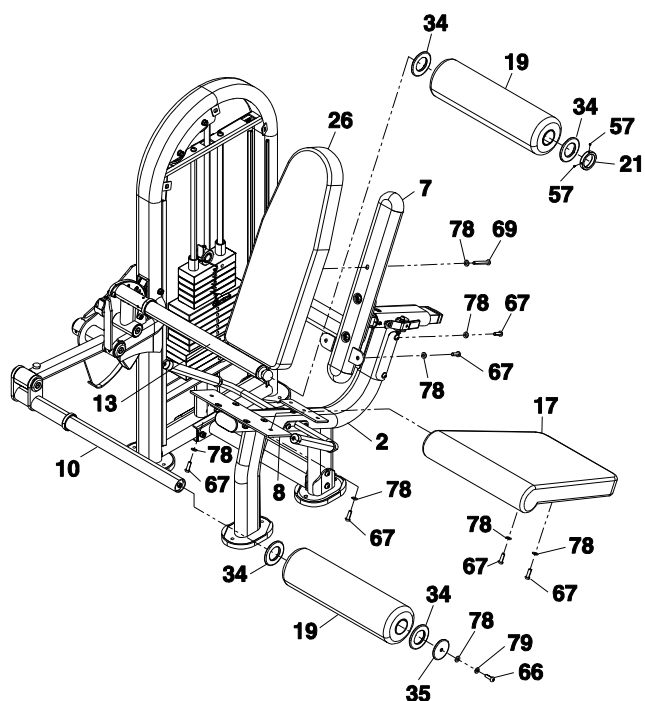
6. Install the Seat, Back and Leg Cushions

Hold the seat cushion (17) in place on the main frame (2). Secure the seat cushion to the main frame and seat cushion support (8) using four screws (67) and washers (78). Tighten the screws securely.

Hold the back cushion (26) in place on the back cushion support (7). Secure the back cushion to the back cushion support using one screw (69), two screws (67) and three washers (78). Tighten the screws securely.

Install one large collar (34), one leg cushion (19) and one large collar (34) on the leverage arm actuator (10). Secure the leg cushion in place on the leverage arm actuator using one screw (66), spring washer (79), washer (78) and collar (35). Tighten the screw securely.

Install one large collar (34), one leg cushion (19) and one large collar (34) on the lap cushion support (13). Loosen the two setscrews (57) in the leg cushion retainer (21). Install the leg cushion retainer on the lap cushion support, and tighten the two setscrews (57).



7. Install the Weight Stack Shrouds

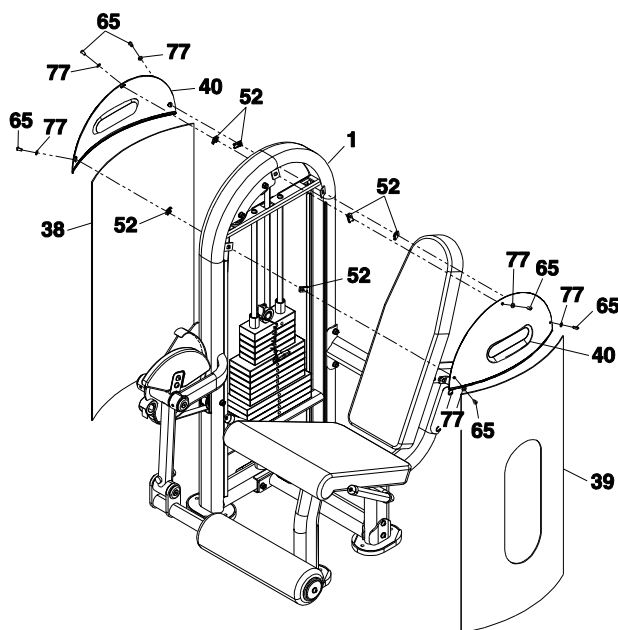
NOTE: *It is necessary to flex the lower shrouds (38, 39) slightly to engage the mating grooves in the weight stack frame (1).*

Slide the lower front shroud (39) into the mating grooves in the weight stack frame (1). Slide the lower rear shroud (38) into the mating grooves in the weight stack frame.

Install one tapped hole nut (52) onto each of the six upper shroud mounting tabs on the weight stack frame (1).

Hold one upper shroud (40) in position against the weight stack frame (1), and secure the shroud to the frame using three screws (65) and washers (77).

Repeat for the remaining upper shroud (40).



8. Final Assembly and Testing

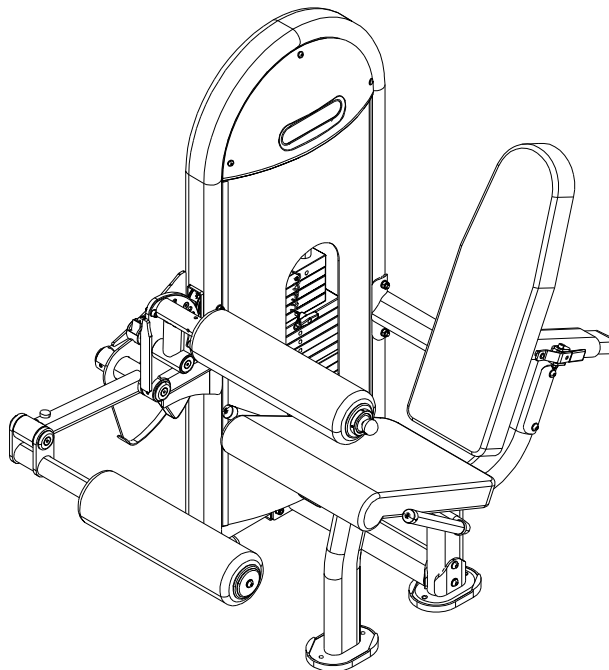
Check all attaching parts to ensure they are tightened securely.

Verify operation of the seat post:

- While holding the seat post, press the ratchet handle to retract the locking pin, and move the back cushion forward. Release the ratchet handle, and verify the locking pin engages the first drilled hole at the first seat position.
- Repeat to verify the locking pin engages the drilled hole at all seat positions.
- Return the seat post to the "stowed" position.
- Verify the seat post slides smoothly, without evidence of sticking or binding.

Verify operation of the lap cushion:

- Pull out on the pull pin in the lap cushion support to retract the locking pin, and hold in the retracted position. Rotate the lap cushion support upward, then release the locking pin. Verify the locking pin engages a drilled hole in the leg cushion ratchet.
- Repeat to verify the locking pin engages the drilled hole at all lap cushion positions.
- Return the lap cushion to the first position.



Mount the unit. Engage the selector pin at a comfortable weight. Adjust the back cushion and lap cushion as desired.

Operate the leverage arm and verify the following:

- Verify operation of the leverage arm is smooth, without evidence of sticking or binding.
- Verify there is no evidence of "free play" when actuating the leverage arm from the "stowed" position.
- Verify there is no evidence of excessive noise during operation.

Return the leverage arm to the "stowed" position.

You have now completed assembly of your **INSTINCT LEG CURL**.

ANCHORING

IMPORTANT: The *INSTINCT LEG CURL* must be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. Failure to anchor the unit will void the warranty. NAUTILUS shall not be liable for damage or injury caused by unanchored or improperly anchored units.

The *INSTINCT LEG CURL* must be anchored to the floor using through bolts or anchoring studs. Each foot pad on the unit provides two anchoring holes that will accommodate bolts of up to 12mm (7/16") diameter. Only one hole in each foot pad is required during anchoring. The holes used for anchoring may be selected based on installation site requirements or customer preference.

Anchoring bolts/studs must meet the following requirements:

- Anchor bolts shall be Grade 8.8 or Grade SAE 5.
- Anchoring bolts or studs shall have a minimum size of 6mm (1/4") diameter; 8mm (5/16") diameter bolts/studs are recommended.
- Pull-out force shall be 100kg (2201 lbs) minimum for any single anchor. This will ensure a secure anchoring system and safe operation of the unit by all users.

ASSEMBLY AND SETUP - LEG EXTENSION

PARTS AND MATERIALS

The following parts are included with the *NAUTILUS INSTINCT LEG EXTENSION*:

1	Frame, Weight Stack	1	36	Retainer, Belt	2
2	Frame, Main	1	39	Support, Weight Stack	2
3	Crossbeam, Lower	1	40	Cap, Rubber	2
4	Crossbeam, Upper	1	41	Guide Post, Weight Stack	2
5	Handgrips	1	42	Plate, Top, Weight Stack	1
6	Post, Seat	1	43	Weight, 10lb	6
7	Support, Back Cushion	1	45	Nut, Tapped Hole	6
8	Support, Seat Cushion	1	48	Setscrew	4
9	Actuator, Leverage Arm	1	51	Screw,	2
10	Leverage Arm	1	52	Screw, Flat Head Socket, 10X25M	8
11	Cushion, Seat	1	53	Screw, Button Head Socket Cap, 8X20M	6
15	Belt	1	54	Screw, Button Head Socket Cap, 10X30M	4
16	Cushion, Leg	1	55	Screw, Button Head Socket Cap, 10X35M	6
17	Selector Pin	1	56	Screw, Button Head Socket Cap, 10X63M	2
18	Shaft, Actuator, Leverage Arm	1	57	Screw, Button Head Socket Cap, 10X80M	3
21	Cushion, Back	1	59	Screw, Button Head Socket Cap, 10X125M	2
22	Shaft, Leverage Arm	1	60	Screw, Button Head Socket Cap, 10X130M	6
24	End Cap	4	63	Lock Nut, Nylon Insert, 10M	15
28	Collar, Large	2	65	Washer, 9M	6
29	Collar	1	66	Washer, 11M	38
32	Shroud, Lower, Rear	1	67	Washer, Spring, 10M	3
33	Shroud, Lower, Front	1	68	Weight, 5lb	4
34	Shroud, Upper	2	69	Weight, 15lb	4

TOOLS REQUIRED

Most *NAUTILUS INSTINCT* machines can be assembled using the following tools:

- Metric Hex Key Wrenches - 2.5mm, 5mm, 6mm, 8mm, 10mm
- Metric Open-End Wrenches - 10mm, 15mm, 17mm
- Metric Ratchet Socket Wrench Set (including 17mm socket)
- Torque Wrench
- Channel Lock Pliers
- Vice Grip Pliers
- Rubber Mallet
- Phillips Head Screwdriver - #2

Your *INSTINCT LEG EXTENSION* includes a hex key set and combination open-end wrench.

SITING REQUIREMENTS

Your *INSTINCT LEG EXTENSION* requires approximately 32 square feet of floor space to ensure safe operation of the unit.

UNPACKING

Your *INSTINCT LEG EXTENSION* is shipped in one or more shipping cartons. Each carton will generally contain one subassembly of the entire unit. To unpack:

- Remove the shipping straps from the outside of each shipping carton.
- Open the top of each carton and fold back all four flaps.
- Remove the packing materials, foam inserts, and ALL parts from each shipping carton. Keep the contents of each carton in a *separate area* to facilitate assembly. To ensure personal safety during assembly, place all packing materials *outside* the assembly area.
- Verify that all parts listed above are included in your shipment.

Take time now to enter your *INSTINCT LEG EXTENSION* serial number in the space below. If parts are missing, or if you have any operational questions, please call Nautilus's Service department at (800) 503-1221; have your serial number ready.

Serial No. _____

ASSEMBLY

1. Assemble the Main Frame to the Weight Frame

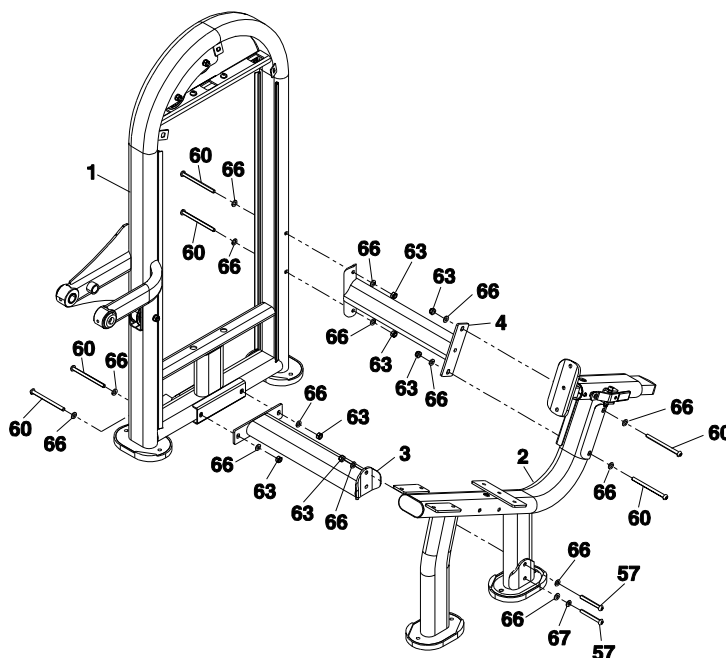
Align the two drilled holes in the lower crossbeam (3) with the mating holes in the bottom of the weight stack frame (1). Secure the crossbeam to the weight frame using two screws (60), four washers (66), and two lock nuts (63). Tighten the nuts securely.

Align the two drilled holes in the upper crossbeam (4) with the mating holes in the side beam of the weight stack frame (1). Secure the crossbeam to the weight frame using two screws (60), four washers (66), and two lock nuts (63). Tighten the nuts securely.

Position the main frame (2) so the two drilled holes in the lower crossbeam (3) and the two drilled holes in the upper crossbeam (4) are aligned with the mating holes in the main frame.

Secure the main frame to the lower crossbeam using two screws (57), one spring washer (67), four washers (66), and two lock nuts (63). Tighten the nuts securely.

Secure the main frame to the upper crossbeam using two screws (60), four washers (66), and two lock nuts (63). Tighten the nuts securely.



2. Install the Leverage Arm

NOTE: If desired, install the alternate range-of-motion limiter at this time (see “Installing the Alternate End-of-Travel Limiter” on page 20 for details).

NOTE: Two people are required to install the leverage arm; one to hold the leverage arm in position, and one to install the leverage arm shaft.

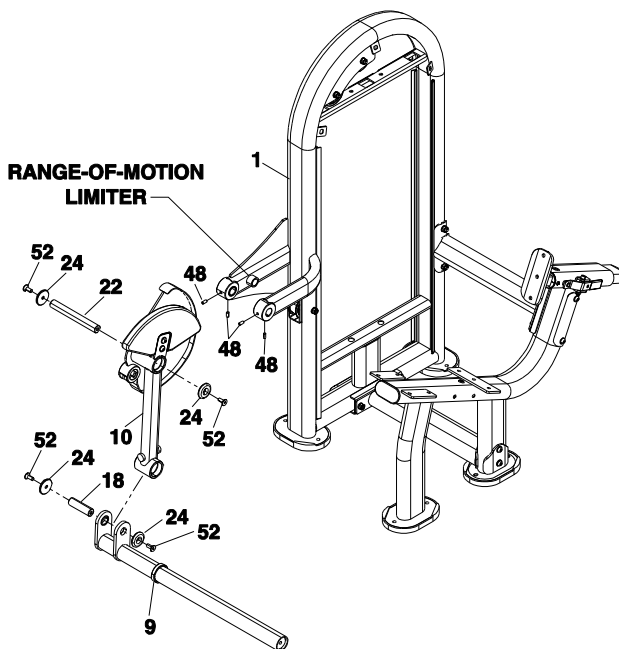
Loosen the two setscrews (48) in each leverage arm shaft support bearing in the weight stack frame (1).

Hold the leverage arm (10) in place between the two shaft support bearings in the weight stack frame (1).

Insert the leverage arm shaft (22) through the leverage arm and both support bearings.

Secure the leverage arm shaft (22) to the weight stack frame (1) using two screws (52) and end caps (24).

Tighten the two setscrews (48) in each leverage arm shaft support bearing in the weight stack frame (1).



NOTE: Two people are required to install the leverage arm actuator; one to hold the actuator in position, and one to install the actuator shaft.

Hold the leverage arm actuator (9) in place on the leverage arm (10) with the mounting flanges of the actuator positioned around the shaft guide on the leverage arm.

Insert the leverage arm actuator shaft (18) through the leverage arm and both actuator mounting flanges.

Secure the leverage arm actuator shaft (18) to the leverage arm (10) using two screws (52) and end caps (24). Tighten the screws securely.

3. Assemble the Weight Stack

NOTE: Two people are required to assemble the weight stack; one to hold the weight stack guide posts in position, and one to assemble the weight stack components onto the posts.

Slide one weight stack support (39) onto each weight stack guide post (41).

Insert the weight stack guide posts (41) into the retaining holes in the base of the weight stack frame (1). BE SURE the drilled ends of the weight stack guide posts face upwards, toward the top of the weight stack frame.

WARNING: TO PREVENT INJURY, INSTALL THE WEIGHTS ONE AT A TIME.

Install weights (43, 68, 69) on the weight stack guide posts (41), one at a time, in the following sequence:

- Weight, 15lb (69) - four required
- Weight, 10lb (43) - six required
- Weight, 5lb (68) - four required

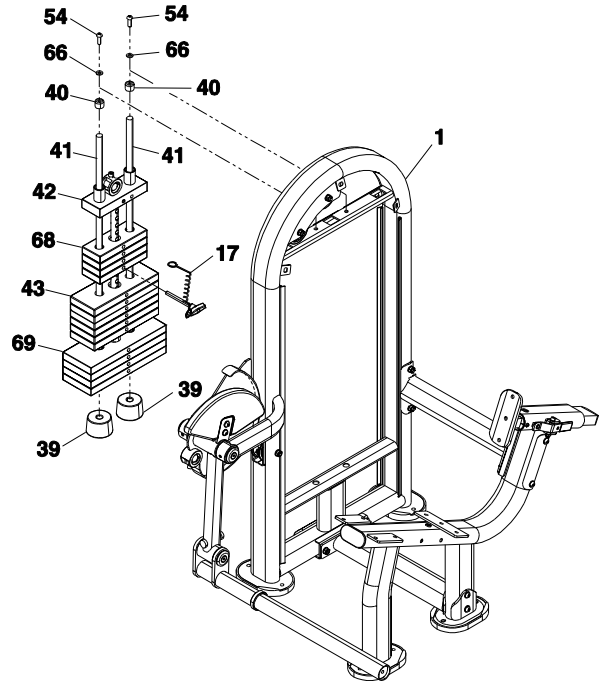
Slide the looped end of the lanyard on the selector pin (17) onto the shaft of the top plate (42).

NOTE: BE SURE to hold the lanyard in place when installing the top plate.

Install the top plate (42) on the weight stack guide posts (41), inserting the top plate shaft through the holes in the weights. Insert the selector pin (17) through one weight until it engages the top plate shaft.

Install one rubber cap (40) onto each weight stack guide post (41).

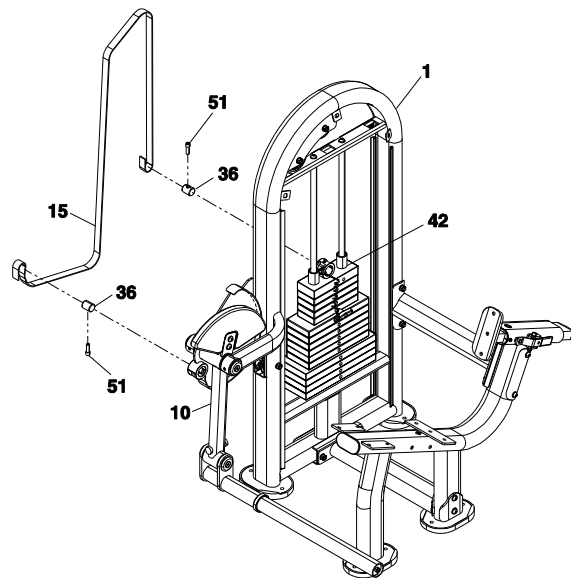
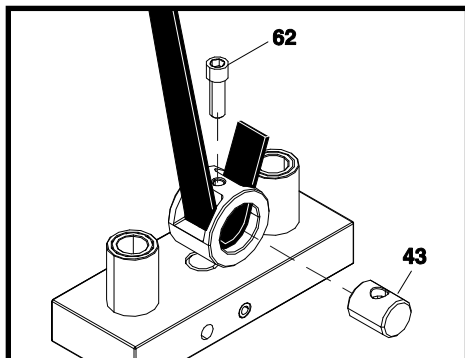
Lift up on one weight stack guide post (41) until the rubber cap (40) contacts the underside of the weight stack frame cross member. Secure the post to the weight stack with one screw (54) and one washer (66). Repeat for the remaining guide post.



4. Install the Weight Belt

NOTE: The weight belt (15) is attached to the top plate (42) and leverage arm (10) using cinch fasteners (see detail below). Two people may be required to properly install and tension the weight belt.

Remove the retaining screws (51) and belt retainers (36) from the belt clamps on the weight stack top plate (42) and leverage arm (10).



Insert one end of the weight belt (15) through the slot in the top plate belt clamp until approximately one inch of the free end of the belt protrudes from the slot in the opposite side of the clamp.

While holding the free end of the belt, press down on the opposite side of the belt so it lays flat against the inside of the clamp.

Insert the belt retainer (36) into the belt clamp. BE SURE the tapped hole in the belt retainer is aligned with the mating hole in the belt clamp.

CAUTION: BE SURE to keep the weight belt straight when installing the retaining screw (51) in the belt retainer (36). Misalignment of the weight belt may bias the top plate, which can cause excessive contact of the top plate shaft with the weights, resulting in excessive noise during use, and potential hazards to the user or other bystanders.

Thread the retaining screw (51) through the belt clamp and into the belt retainer (36). Tighten the retaining screw to 400 inch-pounds.

Route the weight belt (15) over three pulleys and the leverage arm cam, as illustrated.

Insert the free end of the weight belt (15) through the slot in the leverage arm belt clamp, and pull through the opposite slot just until force is applied against the top plate (42). This will eliminate any slack in the belt and ensure proper tensioning.

While maintaining tension on the weight belt, press down on the free end of the belt so it lays flat against the inside of the belt clamp.

Insert the belt retainer (36) into the belt clamp. BE SURE the tapped hole in the belt retainer is aligned with the mating hole in the belt clamp.

Thread the retaining screw (51) through the belt clamp and into the belt retainer (36). Tighten the retaining screw to 400 inch-pounds.

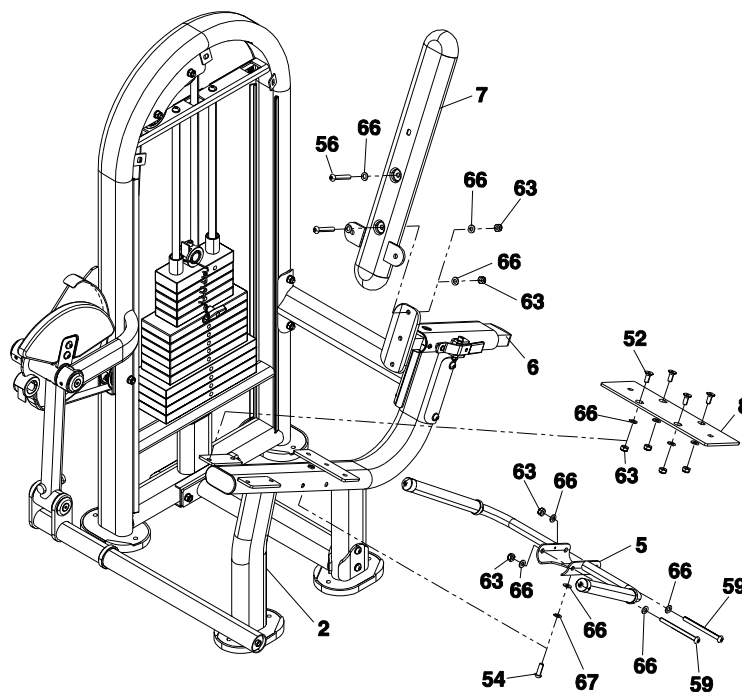
Check for proper tensioning of the weight belt by applying lateral pressure to the belt at a point midway between two pulleys. Deflection of the weight belt should be less than 25 mm. Loosen the retaining screw (51) and adjust belt tension as needed.

5. Install the Handgrips and Cushion Brackets

Hold the handgrips (5) in position on the underside of the main frame (2) and align the five drilled holes in the handgrips with the mating holes in the main frame. Secure the handgrips to the main frame using two screws (59), four washers (66), two lock nuts (63), one screw (54), one spring washer (67) and one washer (66). Tighten the attaching parts securely.

Hold the seat cushion support (8) in place on the main frame (2). Secure the seat cushion support to the main frame using four screws (52), washers (66) and lock nuts (63). Tighten the nuts securely.

Hold the back cushion support (7) in place on the seat post (6) (factory installed). Secure the back cushion support to the seat post using two screws (56), four washers (66) and two lock nuts (63). Tighten the nuts securely.

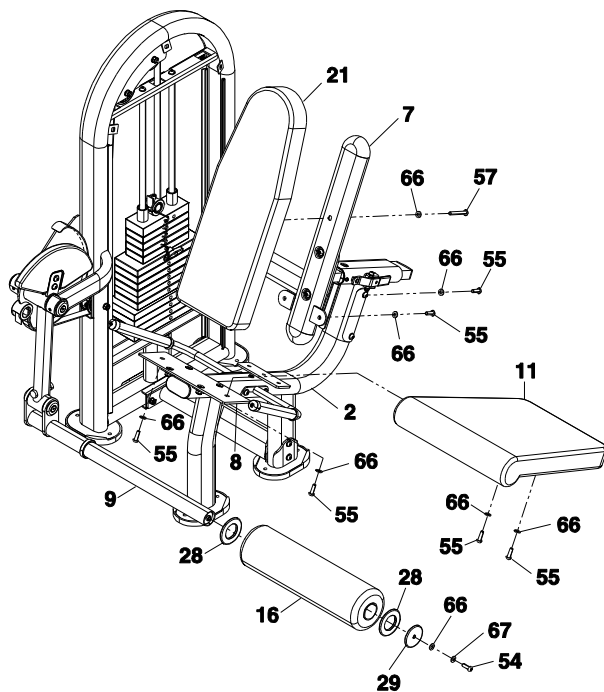


6. Install the Seat, Back and Leg Cushions

Hold the seat cushion (11) in place on the main frame (2). Secure the seat cushion to the main frame and seat cushion support (8) using four screws (55) and washers (66). Tighten the screws securely.

Hold the back cushion (21) in place on the back cushion support (7). Secure the back cushion to the back cushion support using one screw (57), two screws (55) and three washers (66). Tighten the screws securely.

Install one large collar (28), leg cushion (16) and one large collar (28) on the leverage arm actuator (9). Secure the leg cushion in place on the leverage arm actuator using one screw (54), spring washer (67), washer (66) and collar (29). Tighten the screw securely.



7. Install the Weight Stack Shrouds

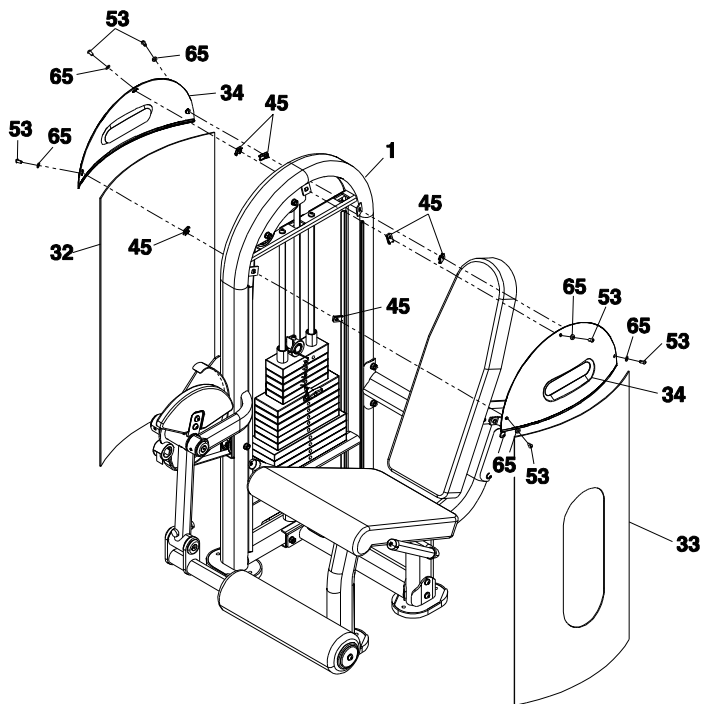
NOTE: It is necessary to flex the lower shrouds (32, 33) slightly to engage the mating grooves in the weight stack frame (1).

Slide the lower front shroud (33) into the mating grooves in the weight stack frame (1). Slide the lower rear shroud (32) into the mating grooves in the weight stack frame.

Install one tapped hole nut (45) onto each of the six upper shroud mounting tabs on the weight stack frame (1).

Hold one upper shroud (34) in position against the weight stack frame (1), and secure the shroud to the frame using three screws (53) and washers (65).

Repeat for the remaining upper shroud (40).



8. Final Assembly and Testing

Check all attaching parts to ensure they are tightened securely.

Verify operation of the seat post:

- While holding the seat post, press the ratchet handle to retract the locking pin, and move the back cushion forward. Release the ratchet handle, and verify the locking pin engages the first drilled hole at the first seat position.
- Repeat to verify the locking pin engages the drilled hole at all seat positions.
- Return the seat post to the "stowed" position.
- Verify the seat post slides smoothly, without evidence of sticking or binding.

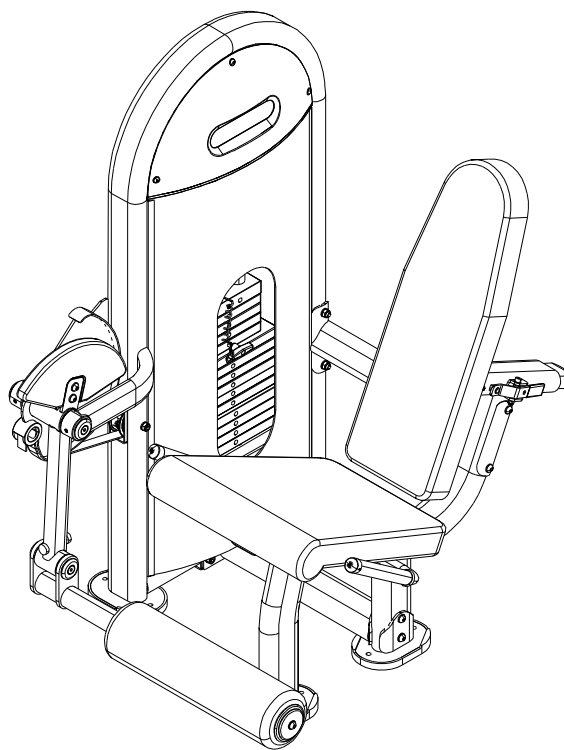
Mount the unit. Engage the selector pin at a comfortable weight. Adjust the back cushion as desired.

Operate the leverage arm and verify the following:

- Verify operation of the leverage arm is smooth, without evidence of sticking or binding.
- Verify there is no evidence of "free play" when actuating the leverage arm from the "stowed" position.
- Verify there is no evidence of excessive noise during operation.

Return the leverage arm to the "stowed" position.

You have now completed assembly of your *INSTINCT LEG EXTENSION*.



ANCHORING

IMPORTANT: The *INSTINCT LEG EXTENSION* must be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. Failure to anchor the unit will void the warranty. NAUTILUS shall not be liable for damage or injury caused by unanchored or improperly anchored units.

The *INSTINCT LEG EXTENSION* must be anchored to the floor using through bolts or anchoring studs. Each foot pad on the unit provides two anchoring holes that will accommodate bolts of up to 12mm (7/16") diameter. Only one hole in each foot pad is required during anchoring. The holes used for anchoring may be selected based on installation site requirements or customer preference.

Anchoring bolts/studs must meet the following requirements:

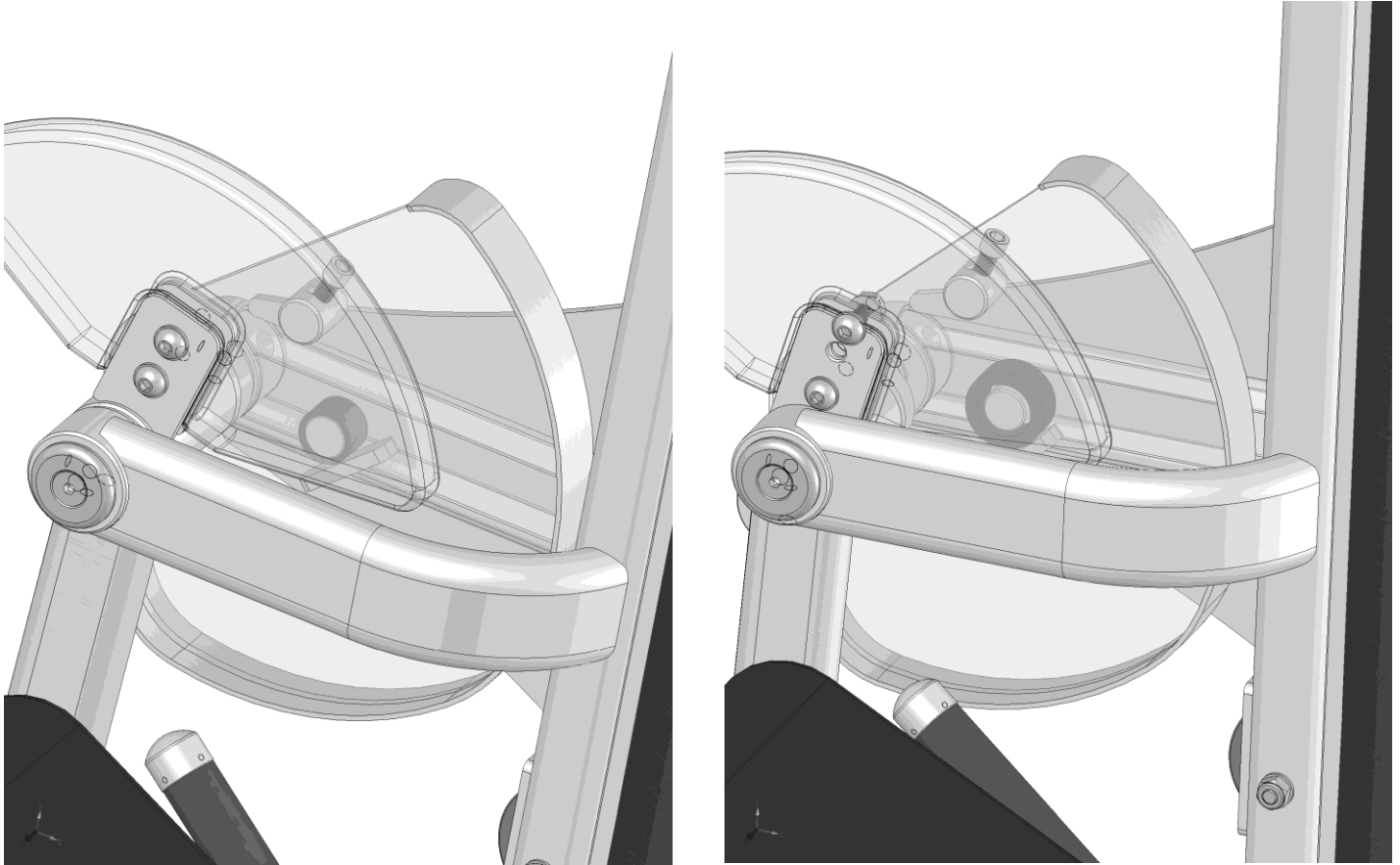
- Anchor bolts shall be Grade 8.8 or Grade SAE 5.
- Anchoring bolts or studs shall have a minimum size of 6mm (1/4") diameter; 8mm (5/16") diameter bolts/studs are recommended.
- Pull-out force shall be 100kg (2201 lbs) minimum for any single anchor. This will ensure a secure anchoring system and safe operation of the unit by all users.

INSTALLING THE ALTERNATE END-OF-TRAVEL LIMITER

The **NAUTILUS INSTINCT LEG EXTENSION** can be configured with one of two end-of-travel limiters. The end-of-travel limiter limits the retracted (starting) position of the lower leg pad. You may choose to configure the **INSTINCT LEG EXTENSION** with either the large end-of-travel limiter or the *small* end of travel limiter.

- The *small* end-of-travel limiter configures the unit to accommodate users with less massive legs. When installed, the starting position of the user's feet will be closer to the seat. This leaves less room for ingress and egress, but results in a longer range-of-motion for the lower leg.
- The *large* end-of-travel limiter allows for easier ingress and egress, but results in a shorter range of motion. The *large* end-of-travel limiter is generally recommended for units installed in physical therapy clinics or rehabilitation facilities for use by "less conditioned" users.

By default, the unit is pre-configured with the *small* end-of-travel limiter.



Small End-of-Travel Limiter

Large End-of-Travel Limiter

The end-of-travel limiter is most easily replaced during assembly, prior to performing step 2 (see page 15). When replacing the end-of-travel limiter on a fully assembled machine, use caution to avoid pinching the fingers during installation. Use a twisting and pulling motion to remove the currently installed limiter. Use a pushing and twisting motion to install the new limiter.

ASSEMBLY AND SETUP - LEG EXTENSION / LEG CURL

PARTS AND MATERIALS

The following parts are included with the *NAUTILUS INSTINCT LEG EXTENSION / LEG CURL*:

1	Frame, Weight Stack	1	47	Shroud, Lower, Front	1
2	Frame, Main	1	48	Shroud, Upper	2
3	Crossbeam, Lower	1	51	Retainer, Belt	2
4	Crossbeam, Upper	1	55	Support, Weight Stack	2
5	Handgrips	1	56	Cap, Rubber	2
6	Post, Back Cushion	1	57	Guide Post, Weight Stack	2
7	Support, Seat	1	58	Plate, Top Weight Stack	1
8	Support, Seat Cushion	1	59	Weight, 10lb	6
10	Actuator, Leverage Arm	1	61	Nut, Tapped Hole	6
11	Flywheel, Range-of-Motion	1	63	Washer, 25.5M	1
12	Stop Arm, Range-of-Motion Flywheel	1	66	Setscrew	2
14	Leverage Arm	1	67	Setscrew	4
15	Support, Lap Cushion	1	71	Screw, Retaining	2
21	Cushion, Seat	1	72	Screw, Flat Head Socket, 10X25M	9
24	Cushion, Leg	2	74	Screw, Button Head Socket Cap, 8X20M	6
25	Belt	1	75	Screw, Button Head Socket Cap, 10X30M	4
26	Collar	1	76	Screw, Button Head Socket Cap, 10X35M	6
27	Selector Pin	1	77	Screw, Button Head Socket Cap, 10X63M	2
28	Shaft, Leverage Arm Actuator	1	78	Screw, Button Head Socket Cap, 10X80M	3
31	Cushion, Back	1	81	Screw, Button Head Socket Cap, 10X125M	2
32	Shaft, Leverage Arm	1	82	Screw, Button Head Socket Cap, 10X130M	6
34	Washer, Aluminum	1	85	Lock Nut, Nylon Insert, 10M	15
35	End Cap	4	87	Washer, 9M	6
41	Washer, 35M	2	88	Washer, 11M	38
42	Collar	4	89	Washer, Spring, 10M	3
43	Collar	1	93	Weight, 5lb	4
46	Shroud, Lower, Rear	1	94	Weight, 15lb	4

TOOLS REQUIRED

Most *NAUTILUS INSTINCT* machines can be assembled using the following tools:

- Metric Hex Key Wrenches - 2.5mm, 5mm, 6mm, 8mm, 10mm
- Metric Open-End Wrenches - 10mm, 15mm, 17mm
- Metric Ratchet Socket Wrench Set (including 17mm socket)
- Torque Wrench
- Channel Lock Pliers
- Vice Grip Pliers
- Rubber Mallet
- Phillips Head Screwdriver - #2

Your *INSTINCT LEG EXTENSION / LEG CURL* includes a hex key set and combination open-end wrench.

SITING REQUIREMENTS

Your *INSTINCT LEG EXTENSION / LEG CURL* requires approximately 32 square feet of floor space to ensure safe operation of the unit.

UNPACKING

Your *INSTINCT LEG EXTENSION / LEG CURL* is shipped in one or more shipping cartons. Each carton will generally contain one subassembly of the entire unit. To unpack:

- Remove the shipping straps from the outside of each shipping carton.
- Open the top of each carton and fold back all four flaps.
- Remove the packing materials, foam inserts, and ALL parts from each shipping carton. Keep the contents of each carton in a *separate area* to facilitate assembly. To ensure personal safety during assembly, place all packing materials *outside* the assembly area.

- Verify that all parts listed above are included in your shipment.

Take time now to enter your **INSTINCT LEG EXTENSION / LEG CURL** serial number in the space below. If parts are missing, or if you have any operational questions, please call Nautilus's Service department at (800) 503-1221; have your serial number ready.

Serial No. _____

ASSEMBLY

1. Assemble the Main Frame to the Weight Frame

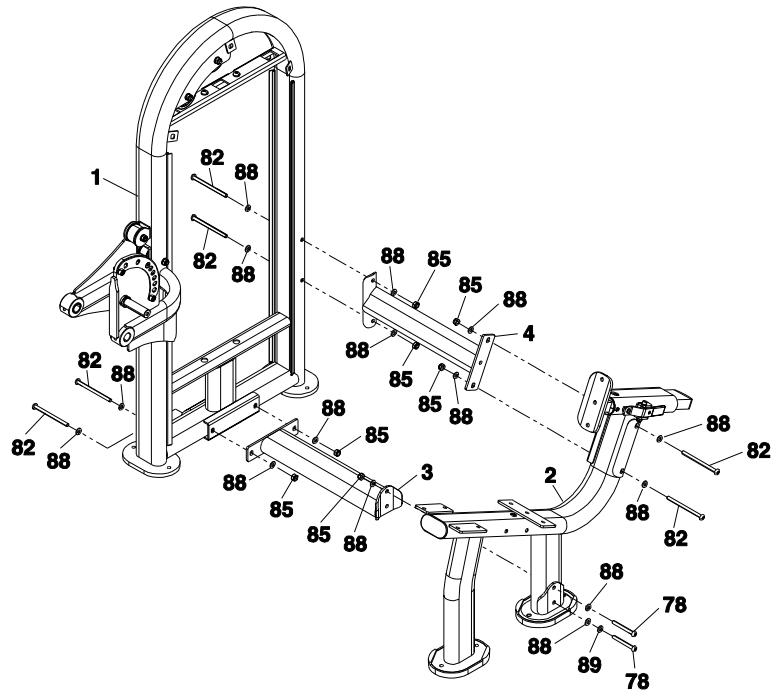
Align the two drilled holes in the lower crossbeam (3) with the mating holes in the bottom of the weight stack frame (1). Secure the crossbeam to the weight frame using two screws (82), four washers (88), and two lock nuts (85). Tighten the nuts securely.

Align the two drilled holes in the upper crossbeam (4) with the mating holes in the side beam of the weight stack frame (1). Secure the crossbeam to the weight frame using two screws (82), four washers (88), and two lock nuts (85). Tighten the nuts securely.

Position the main frame (2) so the two drilled holes in the lower crossbeam (3) and the two drilled holes in the upper crossbeam (4) are aligned with the mating holes in the main frame.

Secure the main frame to the lower crossbeam using two screws (78), one spring washer (89), four washers (88), and two lock nuts (85). Tighten the nuts securely.

Secure the main frame to the upper crossbeam using two screws (82), four washers (88), and two lock nuts (85). Tighten the nuts securely.



2. Install the Leverage Arm

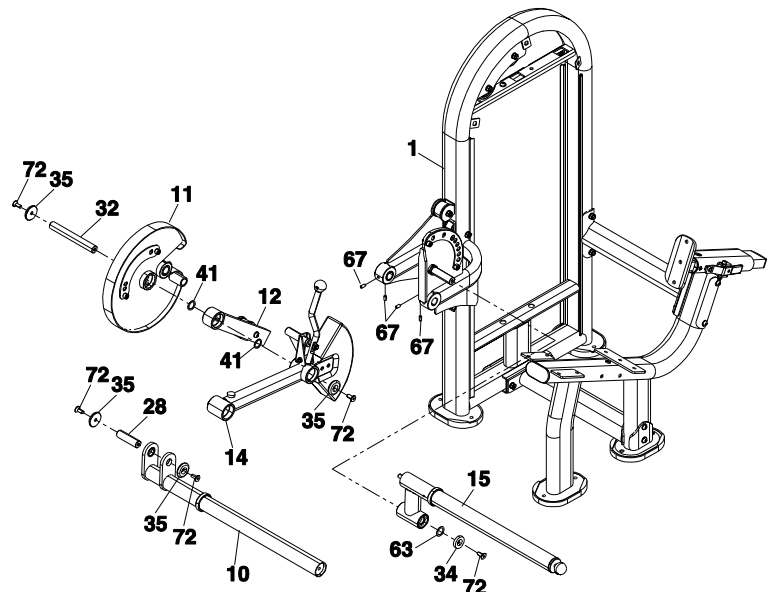
NOTE: Two people are required to install the leverage arm; one to hold the leverage arm in position, and one to install the leverage arm shaft.

Loosen the two setscrews (67) in each leverage arm shaft support bearing in the weight stack frame (1).

Slide the leverage arm shaft (32) through the front support bearing in the weight stack frame (1) until the shaft extends midway between both support bearings in the weight stack frame (1). Slide the leverage arm (14) onto the leverage arm shaft.

Slide the leverage arm shaft (32) back toward the rear support bearing in the weight stack frame, and install the following items on the shaft, one at a time:

- Washer (41)
- Flywheel Stop Arm (12)
- Washer (41)
- Range-of-Motion Flywheel (11)



Continue to slide the leverage arm shaft (32) into the rear support bearing in the weight stack frame (1).

Secure the leverage arm shaft (32) to the weight stack frame (1) using two screws (72) and end caps (35). Tighten the screws securely.

Tighten the two setscrews (67) in each leverage arm shaft support bearing in the weight stack frame (1).

NOTE: Two people are required to install the leverage arm actuator; one to hold the actuator in position, and one to install the actuator shaft.

Hold the leverage arm actuator (10) in place on the leverage arm (14) with the mounting flanges of the actuator positioned around the shaft guide on the leverage arm.

Insert the leverage arm actuator shaft (28) through the leverage arm and both actuator mounting flanges.

Secure the leverage arm actuator shaft (28) to the leverage arm (14) using two screws (72) and end caps (35). Tighten the screws securely.

Slide the lap cushion support (15) onto the support shaft on the weight stack frame (1), aligning the locking pin in the support with a drilled hole in the weight stack frame ratchet.

Secure the lap cushion support (15) to the weight stack frame (1) using one washer (63), screw (72) and aluminum washer (34). Tighten the screw securely.

3. Assemble the Weight Stack

NOTE: Two people are required to assemble the weight stack; one to hold the weight stack guide posts in position, and one to assemble the weight stack components onto the posts.

Slide one weight stack support (55) onto each weight stack guide post (57).

Insert the weight stack guide posts (57) into the retaining holes in the base of the weight stack frame (1). BE SURE the drilled ends of the weight stack guide posts face upwards, toward the top of the weight stack frame.

WARNING: TO PREVENT INJURY, INSTALL THE WEIGHTS ONE AT A TIME.

Install weights (59, 93, 94) on the weight stack guide posts (57), one at a time, in the following sequence:

- Weight, 15lb (94) - four required
- Weight, 10lb (59) - six required
- Weight, 5lb (93) - four required

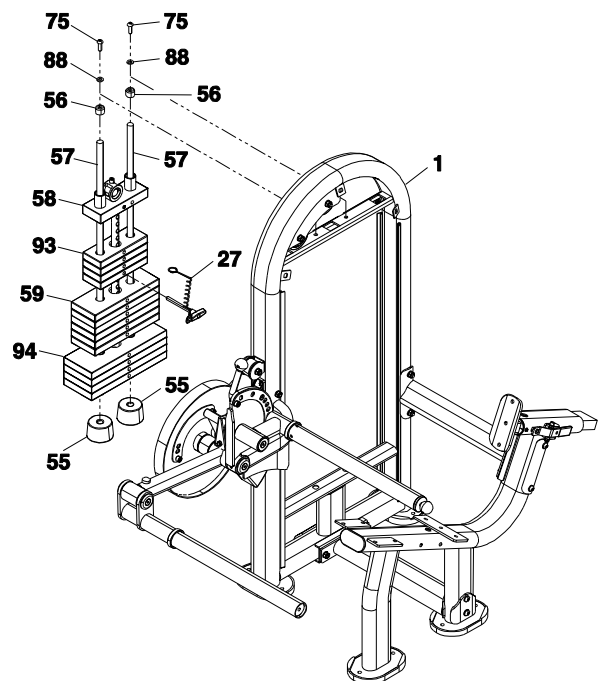
Slide the looped end of the lanyard on the selector pin (27) onto the shaft of the top plate (58).

NOTE: BE SURE to hold the lanyard in place when installing the top plate.

Install the top plate (58) on the weight stack guide posts (57), inserting the top plate shaft through the holes in the weights. Insert the selector pin (27) through one weight until it engages the top plate shaft.

Install one rubber cap (56) onto each weight stack guide post (57).

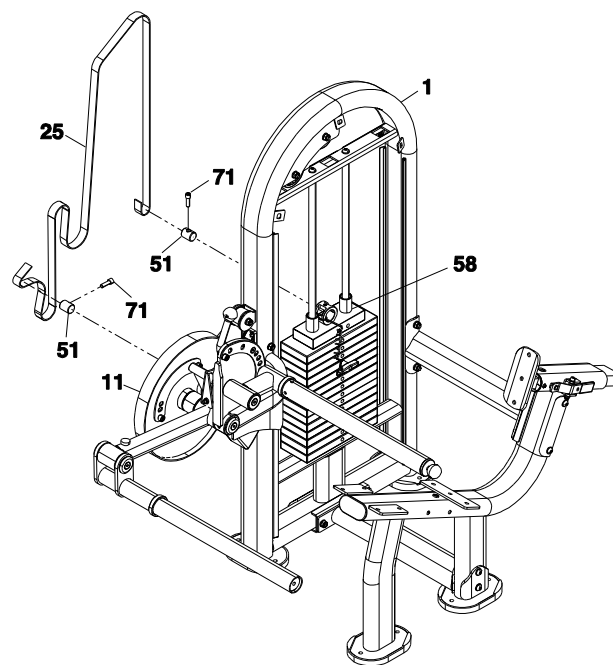
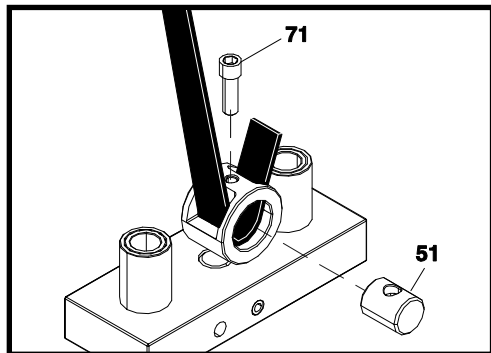
Lift up on one weight stack guide post (57) until the rubber cap (56) contacts the underside of the weight stack frame cross member. Secure the post to the weight stack with one screw (75) and one washer (88). Repeat for the remaining guide post.



4. Install the Weight Belt

NOTE: The weight belt (25) is attached to the top plate (58) and range-of-motion flywheel (11) using cinch fasteners (see detail below). Two people may be required to properly install and tension the weight belt.

Remove the retaining screws (71) and belt retainers (51) from the belt clamps on the weight stack top plate (58) and range-of-motion flywheel (11).



Insert one end of the weight belt (25) through the slot in the top plate belt clamp until approximately one inch of the free end of the belt protrudes from the slot in the opposite side of the clamp.

While holding the free end of the belt, press down on the opposite side of the belt so it lays flat against the inside of the clamp.

Insert the belt retainer (51) into the belt clamp. BE SURE the tapped hole in the belt retainer is aligned with the mating hole in the belt clamp.

CAUTION: BE SURE to keep the weight belt straight when installing the retaining screw (71) in the belt retainer (51). Misalignment of the weight belt may bias the top plate, which can cause excessive contact of the top plate shaft with the weights, resulting in excessive noise during use, and potential hazards to the user or other bystanders.

Thread the retaining screw (71) through the belt clamp and into the belt retainer (51). Tighten the retaining screw to 400 inch-pounds.

Route the weight belt (25) over five pulleys and the range-of-motion flywheel, as illustrated.

Insert the free end of the weight belt (25) through the slot in the leverage arm belt clamp, and pull through the opposite slot just until force is applied against the top plate (58). This will eliminate any slack in the belt and ensure proper tensioning.

While maintaining tension on the weight belt, press down on the free end of the belt so it lays flat against the inside of the belt clamp.

Insert the belt retainer (51) into the belt clamp. BE SURE the tapped hole in the belt retainer is aligned with the mating hole in the belt clamp.

Thread the retaining screw (71) through the belt clamp and into the belt retainer (51). Tighten the retaining screw to 400 inch-pounds.

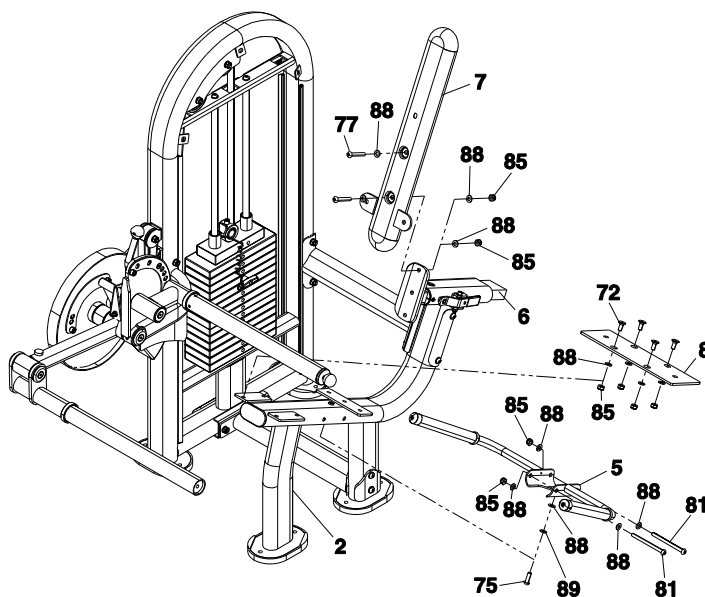
Check for proper tensioning of the weight belt by applying lateral pressure to the belt at a point midway between two pulleys. Deflection of the weight belt should be less than 25 mm. Loosen the retaining screw (71) and adjust belt tension as needed.

5. Install the Handgrips and Cushion Brackets

Hold the handgrips (5) in position on the underside of the main frame (2) and align the five drilled holes in the handgrips with the mating holes in the main frame. Secure the handgrips to the main frame using two screws (81), four washers (88), two lock nuts (85), one screw (75), one spring washer (89) and one washer (88). Tighten the attaching parts securely.

Hold the seat cushion support (8) in place on the main frame (2). Secure the seat cushion support to the main frame using four screws (72), washers (88) and lock nuts (85). Tighten the nuts securely.

Hold the back cushion support (7) in place on the seat post (6) (factory installed). Secure the back cushion support to the seat post using two screws (77), four washers (88) and two lock nuts (85). Tighten the nuts securely.



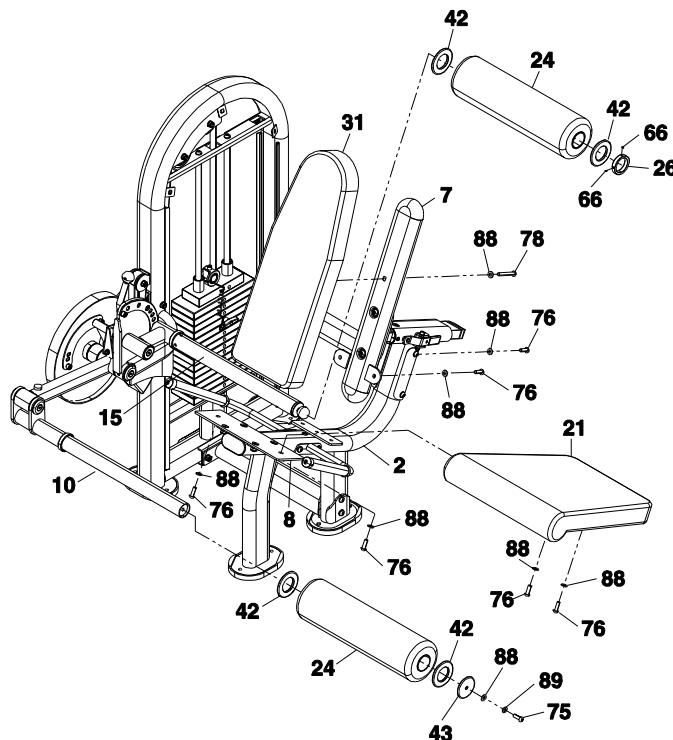
6. Install the Seat, Back and Leg Cushions

Hold the seat cushion (21) in place on the main frame (2). Secure the seat cushion to the main frame and seat cushion support (8) using four screws (76) and washers (88). Tighten the screws securely.

Hold the back cushion (31) in place on the back cushion support (7). Secure the back cushion to the back cushion support using one screw (78), two screws (76) and three washers (88). Tighten the screws securely.

Install one collar (42), one leg cushion (24) and one collar (42) on the leverage arm actuator (10). Secure the leg cushion in place on the leverage arm actuator using one screw (75), spring washer (89), washer (88) and collar (43). Tighten the screw securely.

Install one collar (42), one leg cushion (24) and one collar (42) on the lap cushion support (15). Loosen the two setscrews (66) in the collar (26). Install the collar on the lap cushion support, and tighten the two setscrews (66).



7. Install the Weight Stack Shrouds

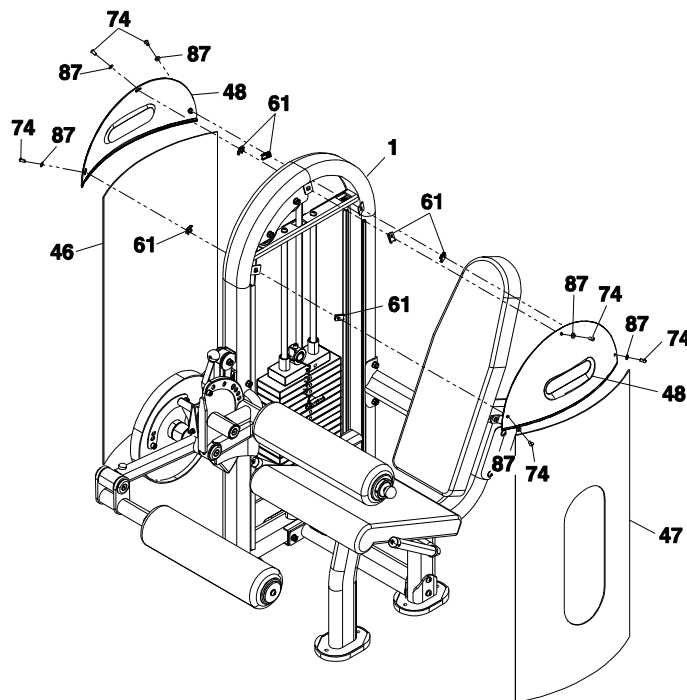
NOTE: It is necessary to flex the lower shrouds (46, 47) slightly to engage the mating grooves in the weight stack frame (1).

Slide the lower front shroud (47) into the mating grooves in the weight stack frame (1). Slide the lower rear shroud (46) into the mating grooves in the weight stack frame.

Install one tapped hole nut (61) onto each of the six upper shroud mounting tabs on the weight stack frame (1).

Hold one upper shroud (48) in position against the weight stack frame (1), and secure the shroud to the frame using three screws (74) and washers (87).

Repeat for the remaining upper shroud (40).



8. Final Assembly and Testing

Check all attaching parts to ensure they are tightened securely.

Verify operation of the seat post:

- While holding the seat post, press the ratchet handle to retract the locking pin, and move the back cushion forward. Release the ratchet handle, and verify the locking pin engages the first drilled hole at the first seat position.
- Repeat to verify the locking pin engages the drilled hole at all seat positions.
- Return the seat post to the "stowed" position.
- Verify the seat post slides smoothly, without evidence of sticking or binding.

Verify operation of the lap cushion:

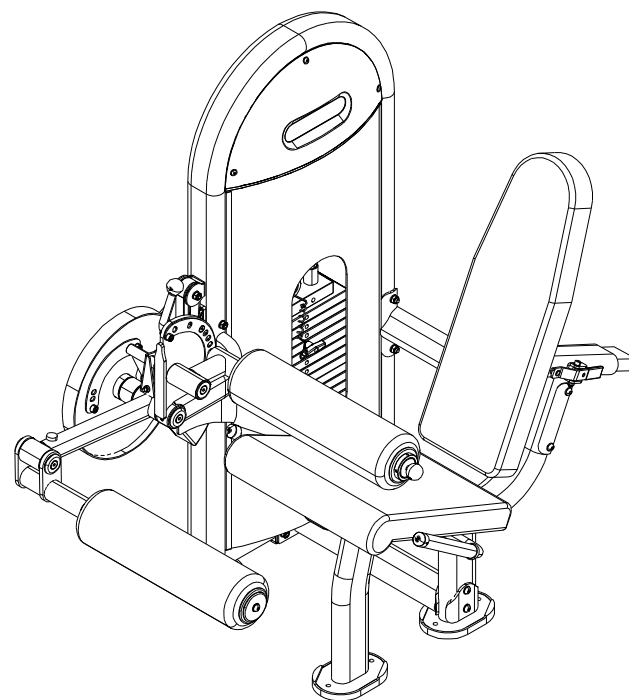
- Pull out on the pull pin in the lap cushion support to retract the locking pin, and hold in the retracted position. Rotate the lap cushion support upward, then release the locking pin. Verify the locking pin engages a drilled hole in the leg cushion ratchet.
- Repeat to verify the locking pin engages the drilled hole at all lap cushion positions.
- Return the lap cushion to the first position.

Mount the unit. Engage the selector pin at a comfortable weight. Adjust the back cushion and lap cushion as desired.

If necessary, release the actuator arm lock and place the leverage arm in the "leg curl" position, then re-engage the lock.

Operate the leverage arm and verify the following:

- Verify operation of the leverage arm is smooth, without evidence of sticking or binding.
- Verify there is no evidence of "free play" when actuating the leverage arm from the "stowed" position.
- Verify there is no evidence of excessive noise during operation.



Release the actuator arm lock and place the leverage arm in the "leg extension" position, then re-test as described above.

Return the leverage arm to the "leg curl" position.

You have now completed assembly of your *INSTINCT LEG EXTENSION / LEG CURL*.

ANCHORING

IMPORTANT: The *INSTINCT LEG EXTENSION / LEG CURL* must be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. Failure to anchor the unit will void the warranty. NAUTILUS shall not be liable for damage or injury caused by unanchored or improperly anchored units.

The *INSTINCT LEG EXTENSION / LEG CURL* must be anchored to the floor using through bolts or anchoring studs. Each foot pad on the unit provides two anchoring holes that will accommodate bolts of up to 12mm (7/16") diameter. Only one hole in each foot pad is required during anchoring. The holes used for anchoring may be selected based on installation site requirements or customer preference.

Anchoring bolts/studs must meet the following requirements:

- Anchor bolts shall be Grade 8.8 or Grade SAE 5.
- Anchoring bolts or studs shall have a minimum size of 6mm (1/4") diameter; 8mm (5/16") diameter bolts/studs are recommended.
- Pull-out force shall be 100kg (2201 lbs) minimum for any single anchor. This will ensure a secure anchoring system and safe operation of the unit by all users.

EXERCISE GUIDELINES

GENERAL GUIDELINES

As with any exercise program, strength training involves an element of risk. The information provided in this section will help you and/or your members make safe and productive use of your *NAUTILUS INSTINCT LEG MACHINES*.

- ALWAYS consult a physician before beginning any strength-training program. This is particularly important for persons with known health conditions and/or persons that are not familiar with the risks involved with weight training.
- All training sessions should be supervised by trained personnel.
- BE SURE that all warning labels and placards affixed to the *INSTINCT LEG MACHINES* remain on the unit. DO NOT alter warning labels and placards. BE SURE that each user reads and understands the information shown on all labels and placards (safety, instructional and/or other).
- Instruct all users on the proper use of the *INSTINCT LEG MACHINES*, as well as those actions that should be avoided.
- Your *INSTINCT LEG MACHINES* have been designed to accommodate a wide variety of body types. Prior to use, mount the unit and adjust the seat height to ensure comfortable operation of the leverage arm.

To minimize user and/or bystander injury:

- Do not lean the against framework, weight stack or any component, regardless of whether it is dynamic or static.
- Stay clear of all components while in a dynamic state of motion. Keep hands and feet away from cables, belts, cams and pulleys and/or any converging action. The convergence of these transmission-based components can cause serious injury.
- Exercising on free weight and selectorized products should be performed with the assistance of a spotter.

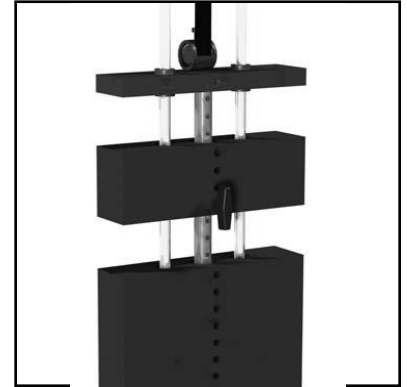
PRODUCT USE AND MAINTENANCE

Repair of the *INSTINCT LEG MACHINES* should be performed only by authorized persons.

NEVER modify the *INSTINCT LEG MACHINES* or attempt to make adjustment(s) to, or the repair of, the unit equipment without first calling *NAUTILUS* Product Support. Always notify authorized personnel to make such repairs.

Instruct all users to report any equipment or training irregularities to supervisory personnel IMMEDIATELY.

CAUTION: Do not "high pin" and/or "double pin" a weight stack. This action is considered to be dangerous to users, and bystanders, and may damage your *INSTINCT LEG MACHINES*. Aside from the mechanical damage that may result, such action(s), in part, may cause the weight stack to crush or pinch fingers, hands and/or extremities. DO NOT use the unit if the top plate is elevated and/or pinned in a raised position. Seek assistance from authorized personnel to correct such a condition.



PREVENTIVE MAINTENANCE

MAINTENANCE SCHEDULE

Nautilus strongly recommends performing regular preventive maintenance on your *NAUTILUS INSTINCT LEG MACHINES*. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear, resulting in downtime. For this reason, we highly recommend following the maintenance schedules. Additionally, unusual symptoms, such as excessive noise during use, stiffness or free play in moving parts, etc., should be investigated and necessary corrective actions (adjustment or parts replacement) should be performed. If any components are found to be worn or damaged, the unit should be removed from service until repairs can be made. Only components supplied or approved by Nautilus shall be used to maintain and/or repair the unit.

DAILY MAINTENANCE

- Wipe down and inspect the framework and other structural components (see **FRAMEWORK MAINTENANCE** on page 28 for requirements). Check all attaching hardware for security. Tighten as needed.
- Clean and inspect the upholstered cushions and the hand grips (see **UPHOLSTERY MAINTENANCE** on page 28 for requirements).
- Clean and lubricate guide rods using a cotton cloth and break-free lubricant. Apply the lubricant to the cloth, then wipe up and down the guide rods as needed.
- Inspect weight belt for excessive wear or other damage. Check weight belt for proper tension (weight belt deflection at any point should not exceed 25 mm); adjust as needed. (See **WEIGHT BELT INSPECTION REQUIREMENTS** on page 29 for requirements.)
- Check leverage arm bearings for evidence of sticking or binding; lubricate as needed (bearings are equipped with fitting to facilitate lubrication).

WEEKLY MAINTENANCE

- Check the retainer screws at the weight stack top plate and leverage arm or range-of-motion flywheel, as appropriate for security (retainer screws should be torqued to 400 inch-pounds). Tighten as needed.
- Check all labels and placards affixed to the unit for legibility and security. Replace illegible labels and placards as needed (see **LABELS AND PLACARDS** on page 30 for illustrations and part numbers of standard labels and placards used on *NAUTILUS INSTINCT* products).

MONTHLY MAINTENANCE

- Clean tops of bearings at weight stack top plate. Check for heavy buildup on guide rods below top plate (lift half of weight stack to perform a visual inspection and clean as necessary).

QUARTERLY MAINTENANCE

- Apply wax to powder-coated areas of the framework and other structural components.

MAINTENANCE PROCEDURES

FRAMEWORK MAINTENANCE

CAUTION: DO NOT use lacquer thinner, acetone, or other solvents to clean powder-coated finishes on the framework or other structural components. Solvents will dull the finish, and contain components that may remove the epoxy-based powder from the frame.

Framework and other structural components should be wiped down on a daily basis using a moistened with water. This will increase the longevity of protective powder-coat finishes. The framework should be inspected while cleaning for evidence of fatigue cracks, scratches or chips in the finish, loose hardware, worn or damaged weight belt, and other areas that may require attention.

Apply easy-application car wax to all powder-coated surfaces quarterly. Regular waxing will aid in preventing premature rusting due to corrosives found in perspiration, and will allow loose particles to be removed more easily when performing the daily wipe-down.

Procedures to repair scratches and chips depend on the severity of the damage:

- Surface scratches can generally be repaired by polishing with an automotive rubbing compound.
- Deep scratches and chips must be repaired by filling the damaged area using a “touch-up” bottle of color-matched paint (available through the *NAUTILUS* Parts Department). Fill the damaged area sparingly, using two or more coats. Allow the area to dry thoroughly between coats. Once the touch-up is complete, it can be left “as is”, or it can be blended and color-sanded to the surrounding surface.

NOTE: *The process of blending and sanding repaired areas to the surrounding surface is difficult. It should be attempted ONLY by persons knowledgeable in this area.*

The weight stack shrouds are made of PETG (glycol-modified polyethylene terephthalate). Proper cleaning is necessary to preserve the appearance of the shrouds. The following cleaners are compatible with PETG: Original Dawn®, Freon® T.F., Palmolive Liquid®, Top Job® and Windex® with Ammonia D.

CAUTION: Use ONLY recommended cleaning agents and procedures when cleaning the weight stack shrouds:

- DO NOT use abrasive or highly alkaline cleaners to clean the shrouds.
- DO NOT scrape the shrouds with squeegees, razor blades or other sharp instruments. DO NOT scrub or use brushes on the shrouds.
- DO NOT use Benzene, gasoline, acetone or tetrachloride to clean the shrouds.
- DO NOT clean the shrouds in hot sun or at elevated temperatures.

Wash the shrouds using a clean sponge or soft cloth, and a solution of mild soap or detergent and lukewarm water. Rinse well with clean water, and dry thoroughly with a chamois or moist cellulose sponge to prevent water spots.

Remove stubborn accumulations (paint, grease, scuff marks) before drying by rubbing lightly with Isopropyl alcohol. Remove labels, placards or other adhesive residue using kerosene. If solvent does not penetrate the adhesive, heat the area using a hand-held blow dryer to soften the adhesive and aid in removal.

Clean all areas treated with solvent using a clean sponge or soft cloth, and a solution of mild soap or detergent and lukewarm water. Rinse thoroughly with clean water.

UPHOLSTERY MAINTENANCE

CAUTION: DO NOT use cleaners such as Lysol®, Armor All®, Windex®, or other abrasive detergents to clean upholstered surfaces. These products will remove moisture from the Naugahyde® upholstery, resulting in premature cracking.

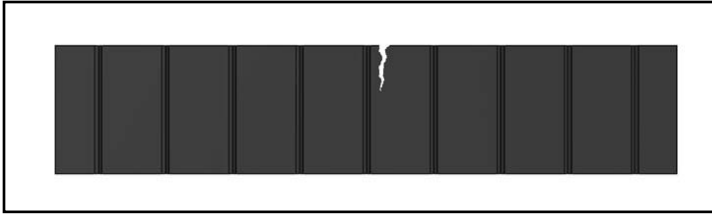
Upholstered cushions should be cleaned on a daily basis to prevent damaged due to corrosives found in perspiration.

Wipe the top and sides of upholstered cushions using a cloth moistened with a solution of one part lanolin hand cleaner to nine parts water. After cleaning, wipe down using a dry towel to remove any residue.

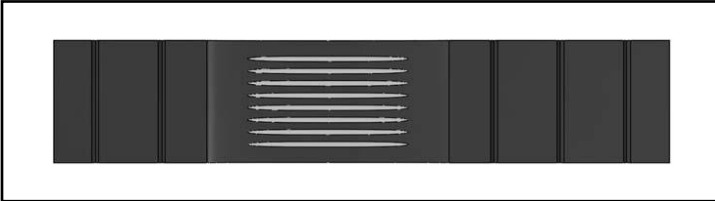
WEIGHT BELT INSPECTION REQUIREMENTS

WARNING: REPLACE WORN WEIGHT BELTS IMMEDIATELY. FAILURE TO COMPLY CAN RESULT IN HAZARDOUS CONDITIONS FOR USERS OR OTHER BYSTANDERS.

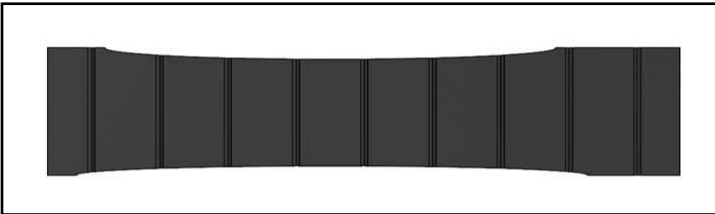
Inspect all weight belts for evidence of excessive wear or other damage. Give particular attention to the following conditions:



- Torn or cracked belt



- Exposed belt cords



- Worn edges

LABELS AND PLACARDS

LEG CURL

SEAT

- 1 LOWER LEGS ON TOP OF ROLLER PAD, BACK OF KNEES AT SEAT END
- 2 ADJUST PAD DOWN ON UPPER THIGH, CURL LEGS INWARD, RETURN SLOWLY

**NAUTILUS
INSTINCT**

⚠️ WARNINGS
 Do not use this machine if you are injured or have any medical conditions that may be aggravated by exercise. Do not use this machine if you are pregnant or have a heart condition. Do not use this machine if you are taking any medication that may affect your ability to exercise. Do not use this machine if you are under the influence of alcohol or drugs. Do not use this machine if you are feeling dizzy or lightheaded. Do not use this machine if you are feeling any pain or discomfort. Do not use this machine if you are feeling any numbness or tingling. Do not use this machine if you are feeling any weakness or fatigue. Do not use this machine if you are feeling any other symptoms that may be related to a medical condition. Do not use this machine if you are feeling any other symptoms that may be related to a medical condition. Do not use this machine if you are feeling any other symptoms that may be related to a medical condition.

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 Do not use this machine if you are injured or have any medical conditions that may be aggravated by exercise. Do not use this machine if you are pregnant or have a heart condition. Do not use this machine if you are taking any medication that may affect your ability to exercise. Do not use this machine if you are under the influence of alcohol or drugs. Do not use this machine if you are feeling dizzy or lightheaded. Do not use this machine if you are feeling any pain or discomfort. Do not use this machine if you are feeling any numbness or tingling. Do not use this machine if you are feeling any weakness or fatigue. Do not use this machine if you are feeling any other symptoms that may be related to a medical condition. Do not use this machine if you are feeling any other symptoms that may be related to a medical condition. Do not use this machine if you are feeling any other symptoms that may be related to a medical condition.

LEG EXTENSION



- 1 LOWER LEGS BEHIND ROLLER PAD, BACK OF KNEES AT SEAT END
- 2 EXTEND LOWER LEGS, RETURN SLOWLY



**NAUTILUS
INSTINCT**

⚠️ WARNUNG

Lesen Sie die Bedienungsanleitung sorgfältig durch, bevor Sie das Gerät benutzen. Beachten Sie die Sicherheitshinweise und die Warnsymbole. Das Gerät ist für den Heimgebrauch bestimmt. Es ist nicht für den professionellen Gebrauch geeignet. Das Gerät ist für den Einsatz in einem Fitnessstudio oder in einer Turnhalle geeignet. Es ist nicht für den Einsatz in einem öffentlichen Raum geeignet. Das Gerät ist für den Einsatz in einem Fitnessstudio oder in einer Turnhalle geeignet. Es ist nicht für den Einsatz in einem öffentlichen Raum geeignet.

⚠️ ATTENTION

Read the user manual carefully before using the machine. Pay attention to the safety instructions and the warning symbols. The machine is intended for home use. It is not suitable for professional use. The machine is suitable for use in a fitness studio or gym. It is not suitable for use in a public area. The machine is suitable for use in a fitness studio or gym. It is not suitable for use in a public area.

⚠️ ACHTUNG

Lesen Sie die Bedienungsanleitung sorgfältig durch, bevor Sie das Gerät benutzen. Beachten Sie die Sicherheitshinweise und die Warnsymbole. Das Gerät ist für den Heimgebrauch bestimmt. Es ist nicht für den professionellen Gebrauch geeignet. Das Gerät ist für den Einsatz in einem Fitnessstudio oder in einer Turnhalle geeignet. Es ist nicht für den Einsatz in einem öffentlichen Raum geeignet. Das Gerät ist für den Einsatz in einem Fitnessstudio oder in einer Turnhalle geeignet. Es ist nicht für den Einsatz in einem öffentlichen Raum geeignet.

LEG EXTENSION / LEG CURL

LEG EXTENSION

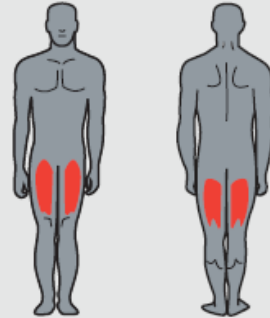


- 1 LOWER LEGS BEHIND ROLLER PAD, BACK OF KNEES AT SEAT END
- 2 EXTEND LOWER LEGS, RETURN SLOWLY

LEG CURL



- 1 LOWER LEGS ON TOP OF ROLLER PAD, BACK OF KNEES AT SEAT END
- 2 ADJUST PAD DOWN ON UPPER THIGH, CURL LEGS INWARD, RETURN SLOWLY



LEG EXTENSION

LEG CURL

**NAUTILUS
INSTINCT**

⚠ WARNING
This and other all-round gym machines are designed to be used by people who are fit and healthy. They are not intended for use by children, the elderly, pregnant women, or people with any medical conditions. Always consult your doctor before using any gym machine.

⚠ ATTENTION
Do not use the machine if you are injured or if you have any medical conditions. Do not use the machine if you are under the influence of alcohol or drugs. Do not use the machine if you are feeling dizzy or lightheaded. Do not use the machine if you are feeling tired or exhausted. Do not use the machine if you are feeling unwell. Do not use the machine if you are feeling stressed or anxious. Do not use the machine if you are feeling nervous or shy. Do not use the machine if you are feeling self-conscious or embarrassed. Do not use the machine if you are feeling insecure or inadequate. Do not use the machine if you are feeling inferior or inferior. Do not use the machine if you are feeling inferior or inferior.

⚠ ACHTUNG
Dieses und alle anderen Fitnessgeräte sind für die Benutzung durch gesunde, fitte und sportliche Personen konzipiert. Sie sind nicht für Kinder, ältere Menschen, Schwangere, Kranke oder Personen mit gesundheitlichen Beschwerden geeignet. Bitte konsultieren Sie Ihren Arzt, bevor Sie ein Fitnessgerät benutzen. Verwenden Sie das Fitnessgerät nicht, wenn Sie unter dem Einfluss von Alkohol oder Drogen stehen. Verwenden Sie das Fitnessgerät nicht, wenn Sie sich schwindelig oder schwindlig fühlen. Verwenden Sie das Fitnessgerät nicht, wenn Sie müde oder erschöpft sind. Verwenden Sie das Fitnessgerät nicht, wenn Sie sich unwohl fühlen. Verwenden Sie das Fitnessgerät nicht, wenn Sie gestresst oder nervös sind. Verwenden Sie das Fitnessgerät nicht, wenn Sie sich selbstbewusst oder unwohl fühlen. Verwenden Sie das Fitnessgerät nicht, wenn Sie sich unwohl fühlen. Verwenden Sie das Fitnessgerät nicht, wenn Sie sich unwohl fühlen.



⚠ CAUTION
Pinch Points.
Keep hands away from moving parts.

WARNING
THIS MACHINE SHOULD BE PERMANENTLY SECURED TO THE FLOOR

WARRANTY & DISCLAIMER

NAUTILUS warrants all frameworks for a period of 10 years. All moving parts are warranted for 1 year. 10 year limited warranty on structural frame not including coatings. 90 days on upholstery stitching only, cables and belts. Warranty is for parts only. Warranty is good and available to the original purchaser only as noted by **NAUTILUS** invoice and is not transferable nor assumable. **NAUTILUS** cannot warrant products that have been abused, neglected and or poorly maintained. All equipment should be reviewed at the time of delivery for damage, breakage, loosening of nuts and bolts, components and or any other moving parts. Any and all claims for warranty must be received in writing within 70 days of defect. Do not alter, modify or redesign any **NAUTILUS** products or use any replacement parts or materials other than those components original to **NAUTILUS** as it will limit the warranty and liability of **NAUTILUS**. **NAUTILUS** reserves the right to change, replace or modify products, parts, accessories and or design without notice. Deposits on cancelled orders will be subject to handling and restocking charges.

WHAT IS COVERED

These **NAUTILUS INSTINCT LEG MACHINES** are warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, **NAUTILUS**, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges for all subsequent years.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Products environment, rust or corrosion as a result of the Product(s) location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Owners Manual.

OWNERS MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 966-3539 or (951) 600-3800, Monday through Friday from 8:00 a.m. to 5:00 p.m. Pacific Standard Time, and tell them your name, address and the model number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. You can also contact us via Fax at (951) 600-1706 or e-mail us at

Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards. **NAUTILUS** wants you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!



MANUFACTURER

4400 NE 77th Avenue, Suite 300, Vancouver, WA 98662 USA

Tel +1 (888) 678-2476

www.corehandf.com

CUSTOMER SUPPORT

Contact your local distributor, or Core Health & Fitness directly at:

Tel +1-800-503-1221

www.support@corehandf.com