

Be Strong.™



 **NAUTILUS** NS 75X  
Assembly Manual

Model: NS 75X

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# BEFORE YOU ASSEMBLE

## BASIC ASSEMBLY PRINCIPLES

Here are a few basic tips that will aid in the assembly of the Nautilus® NS75X. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your NS75X Bench, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

## PRODUCT SPECIFICATIONS

**NOTE:** All instructions in the manual are given with the orientation of sitting on the machine ready to exercise.

<b>User Weight Capacity:</b>	300lbs / 136.1Kg
<b>Dimensions:</b>	56" w x 76" l x 46" h / 142 cm x 193 cm x 117 cm
<b>Shipping Weight:</b>	207 lbs / 93.9 kg
<b>Net Weight:</b>	185 lbs / 83.9 kg

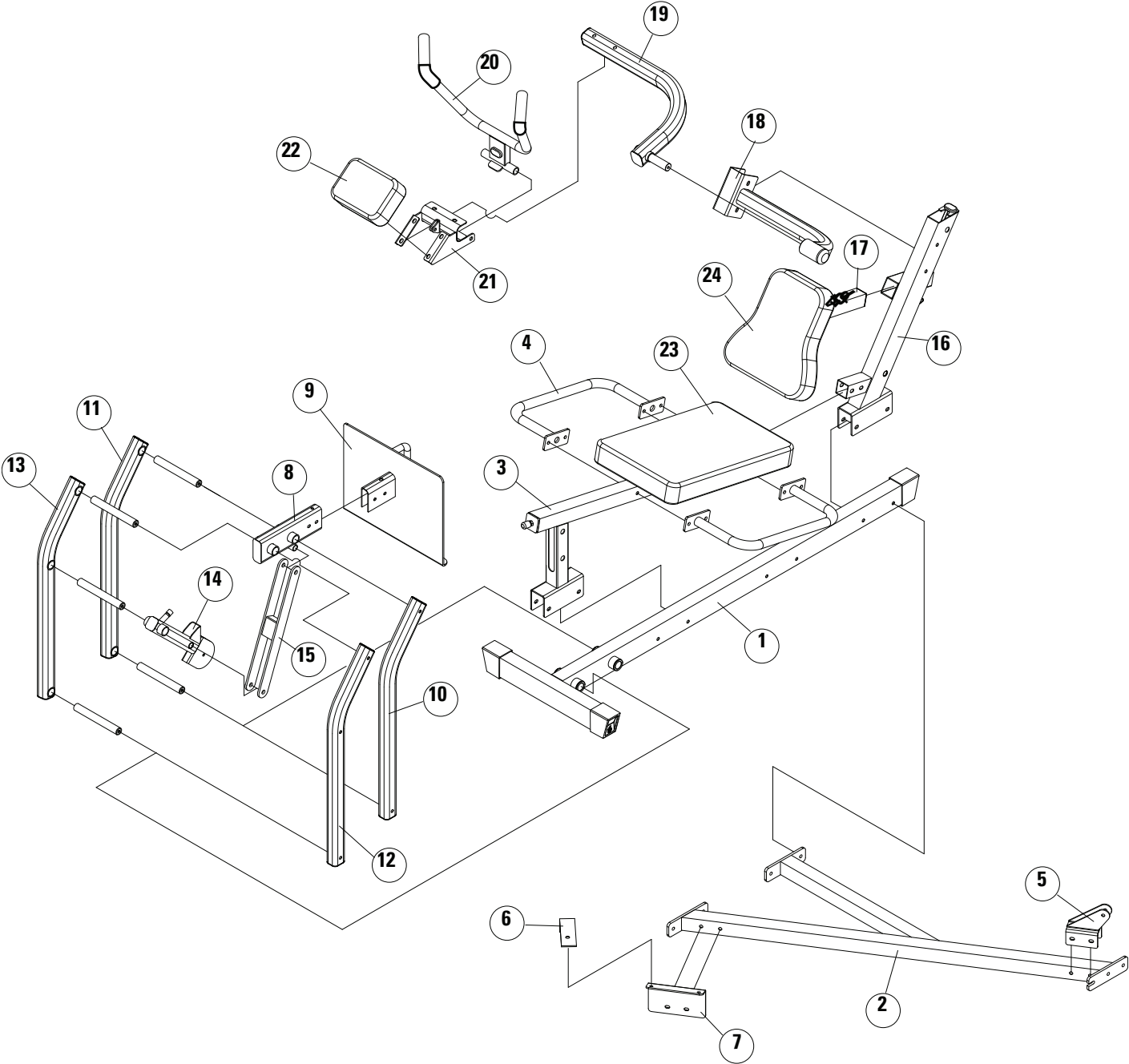
## PARTS LIST / BOX CONTENTS

#	DESCRIPTION	QTY
1	Main Base Assembly .....	1
2	Connecting Tube Assembly .....	1
3	Seat Tube Assembly .....	1
4	Seat Handle.....	2
5	Vertical Pulley Bracket .....	1
6	Cable Retaining Bracket .....	1
7	Angled Pulley Bracket .....	1
8	Leg Press Top Link .....	1
9	Foot Plate Assembly .....	1
10	Leg Press Front Link Left.....	1
11	Leg Press Front Link Right .....	1
12	Leg Press Rear Link Left .....	1
13	Leg Press Rear Link Right .....	1
14	Leg Press Power Arm .....	1
15	Leg Press Power Link .....	1
16	Seat Back Support Assembly .....	1
17	Seat Back Adjuster .....	1
18	Ab Crunch Support Arm .....	1
19	Ab Crunch Arm .....	1
20	Ab Crunch Handle .....	1
21	Ab Crunch Pad Support .....	1
22	Ab Crunch Pad .....	1
23	Leg Press Seat Pad .....	1
24	Leg Press Back Pad .....	1
25	Leg Press Cable w/ Termination .....	1
26	3 1/2" Pulley .....	4
27	4 1/2" Pulley .....	3
28	Plastic Cap .....	1
29	Pivot Shaft .....	5

### HARDWARE

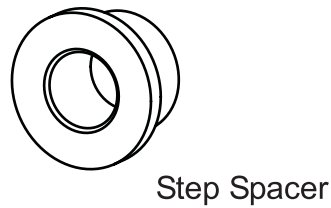
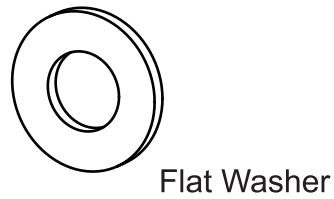
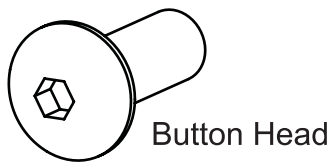
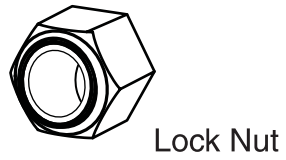
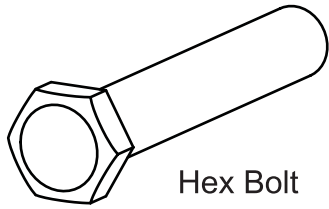
30	Hex Bolt - 1/2" x 7"L .....	1
31	Hex Bolt - 1/2" x 3"L .....	2
32	Hex Bolt 3/8" x 3 1/4"L .....	7
33	Hex Bolt 3/8" x 3"L .....	14
34	Hex Bolt 3/8" x 2 3/4"L .....	5
35	Hex Bolt 3/8" x 2"L .....	3
37	Hex Bolt 3/8" x 1"L .....	13
38	Button Head Screw 3/8" x 3/4"L w/ Thread Lock .....	15
39	1" x 1/2" Flat Washer .....	6
40	3/8" Flat Washer .....	60
41	Shim Washer .....	1
42	1/2" Lock Nut .....	3
43	3/8" Lock Nut .....	30
44	Step Spacer - 5/8"H .....	8

# EXPLODED VIEW



• Compare the Bill of Materials to the box contents to insure that all parts are present before installation begins.

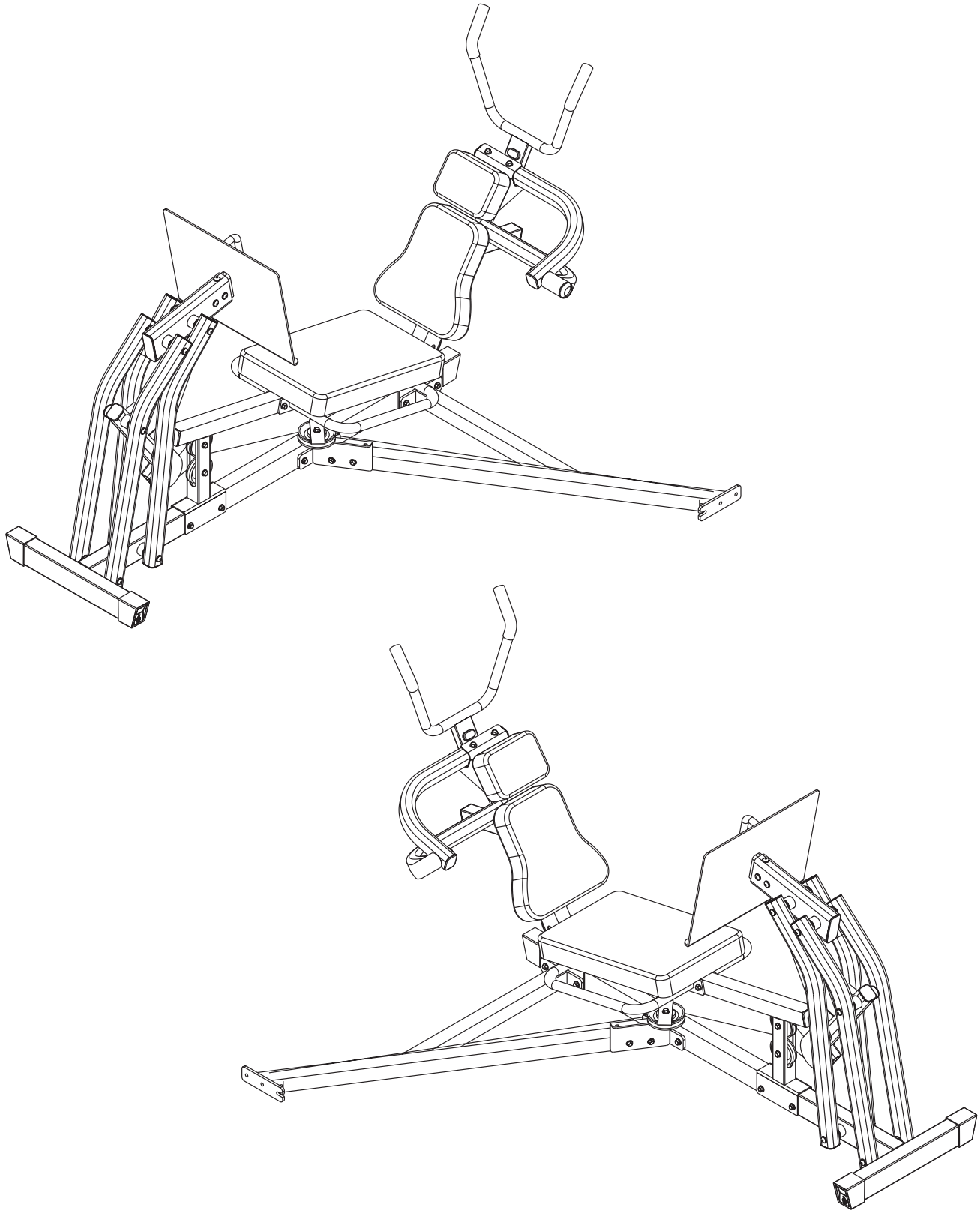
## HARDWARE AND TOOLS



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### Required Tools:

- 9/16" or 14mm Wrench or Socket (Two Required)
- 3/4" Wrench or Socket
- Adjustable Wrench



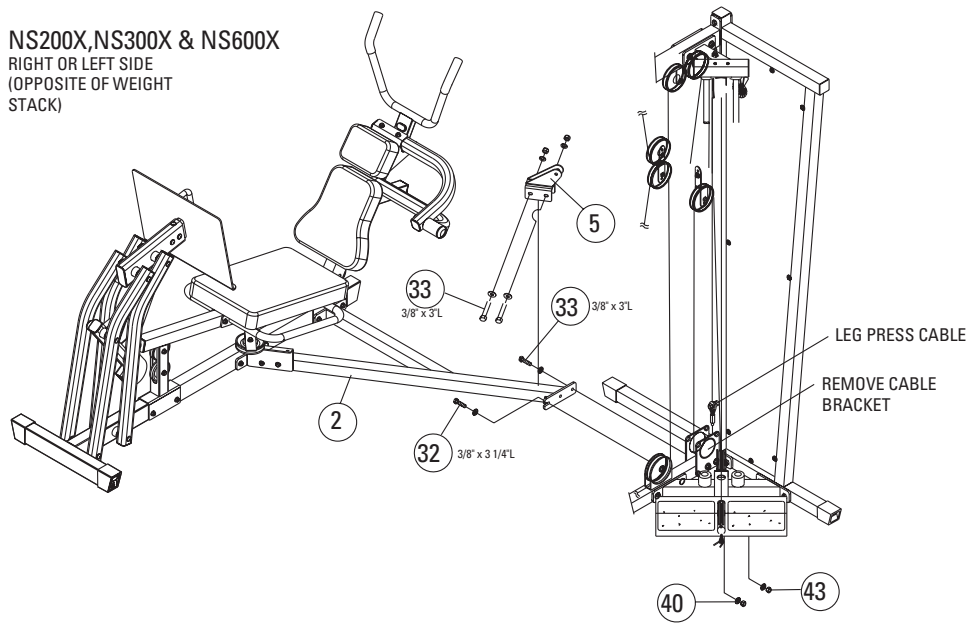
NS75X Leg Press attachment can be assembled in a right or left configuration for use on the NS300X ,NS200X, NS600X and NS700X. You may also mount the Ab Crunch at either side to most efficiently use space.



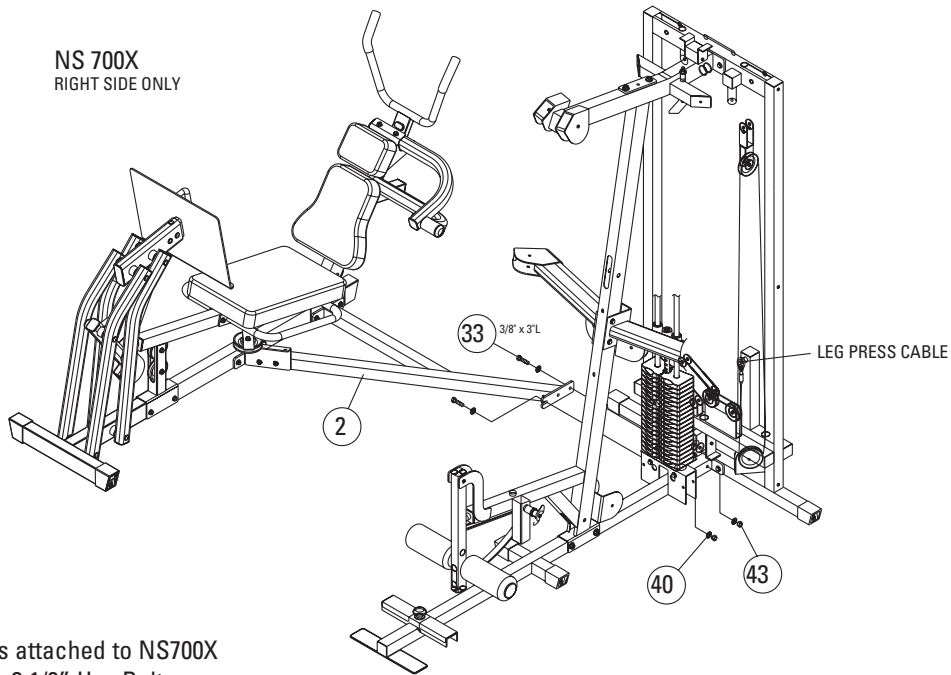
# STEP 1

## ASSEMBLY

NS200X, NS300X & NS600X  
RIGHT OR LEFT SIDE  
(OPPOSITE OF WEIGHT  
STACK)



NS 700X  
RIGHT SIDE ONLY



Note: If NS75X is attached to NS700X  
use 3/8" x 3 1/2" Hex Bolt

- A. Attach the Connecting Tube Assembly (2) to the gym with hardware shown above. If using a NS200X, NS300X or NS600X

### Step 1 Components:

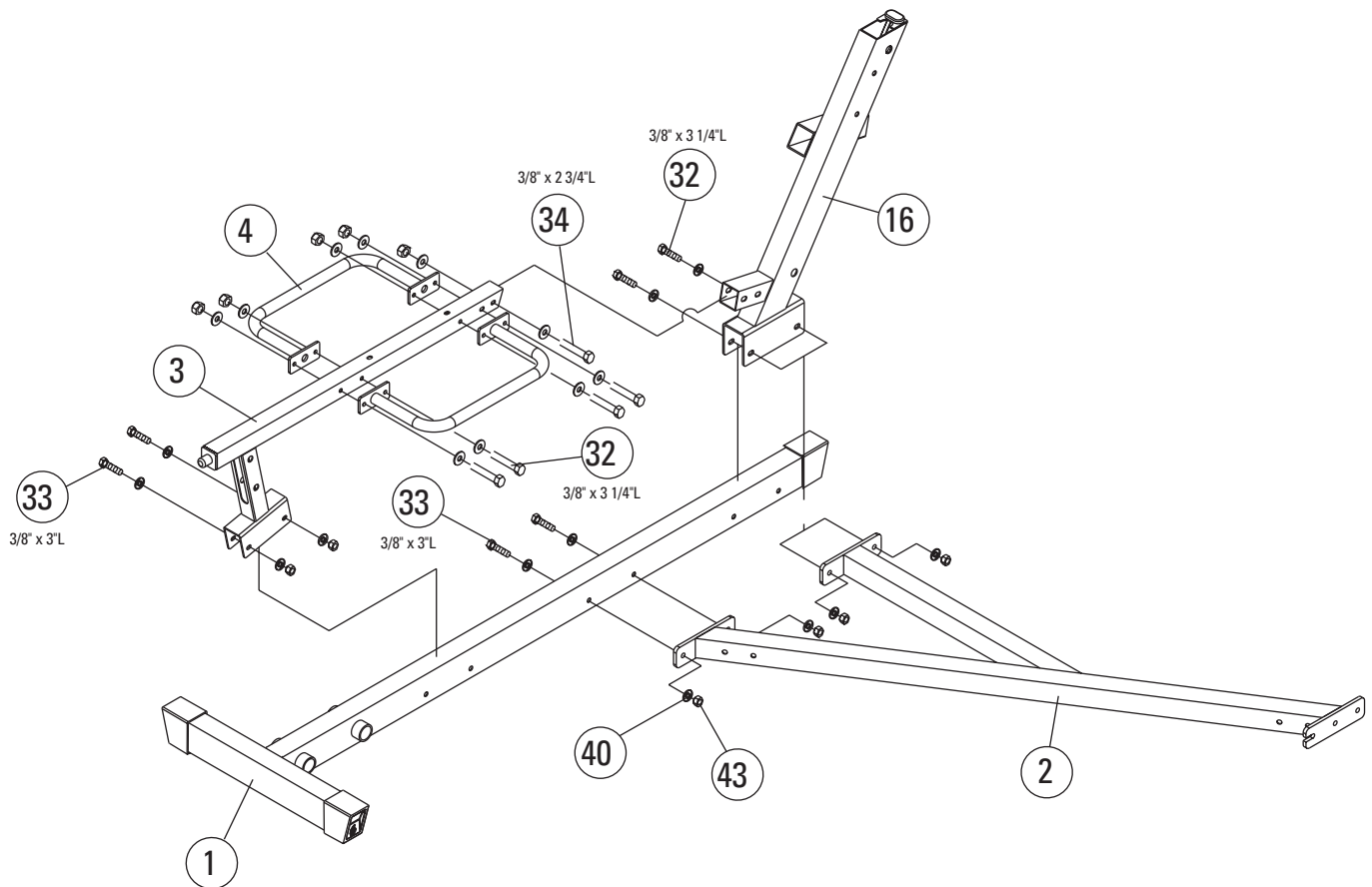
#	Component	Qty
2	Connecting Tube Assembly	1
5	Vertical Pulley Bracket	1
32	Hex Bolt - 3/8" x 3 1/4" L	1
33	Hex Bolt - 3/8" x 3" L	3
40	3/8" Flat Washer	8
43	3/8" Lock Nut	6
45	Hex Bolt - 3/8" x 3 1/2" L	2

### Procedure:

- A. Attach the Connecting Tube Assembly (2) to the gym with hardware shown above. If using a NS200X, NS300X or NS600X gym, remove the Cable Bracket and the rear bolt on the gym's foot plate.
- B. If using a NS200X, NS300X or NS600X attach the Vertical Pulley Bracket (5) to the connecting Tube Assembly (2) using the hardware shown above.
- C. Tighten all hardware securely.

# STEP 2

## ASSEMBLY



### Step 2 Components:

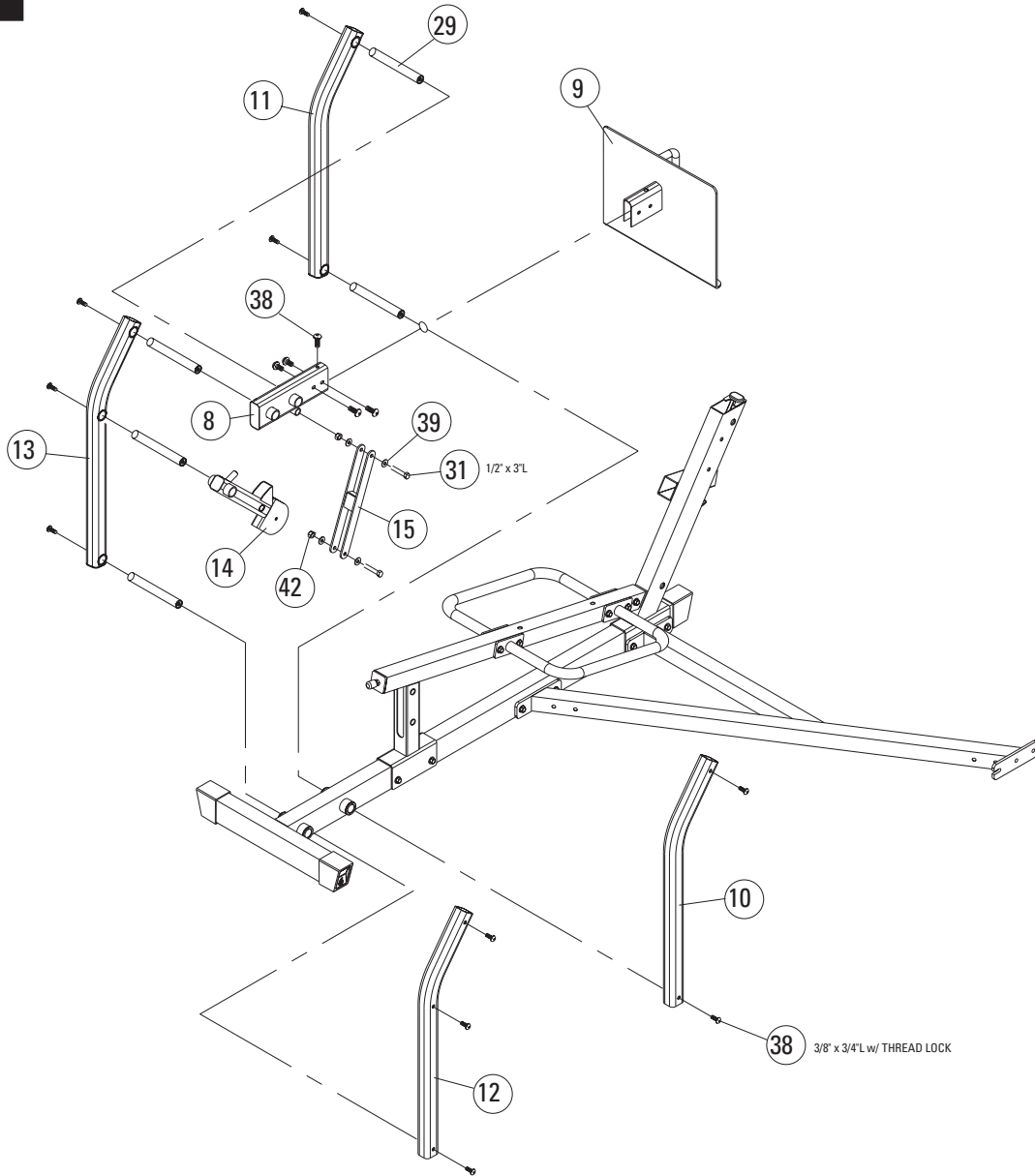
#	Component	Qty
1	Main Base Assembly	1
3	Seat Tube Assembly	1
4	Seat Handle	2
16	Seat Back Support Assembly	1
32	Hex Bolt - 3/8" x 3 1/4" L	6
33	Hex Bolt - 3/8" x 3" L	4
34	Hex Bolt - 3/8" x 2 3/4" L	1
40	3/8" Flat Washer	22
43	3/8" Lock Nut	11

### Procedure:

- A.** Position the Seat Back Support Assembly (16) over the rear holes of the Main Base Assembly (1) and position next to the Connecting Tube Assembly (2). Secure parts with hardware shown above, but do not tighten.
- B.** Slide the Seat Tube Assembly (3) over the Seat Back Support Assembly (16) and the Main Base Assembly (1). Secure parts with hardware shown above, but do not tighten.
- C.** Attach the Seat Handles (4) to the Seat Tube Assembly (3) using the hardware shown above. After the cable is routed in Step #6
- D.** Tighten all hardware securely.

# STEP 3

## ASSEMBLY



### Step 3 Components:

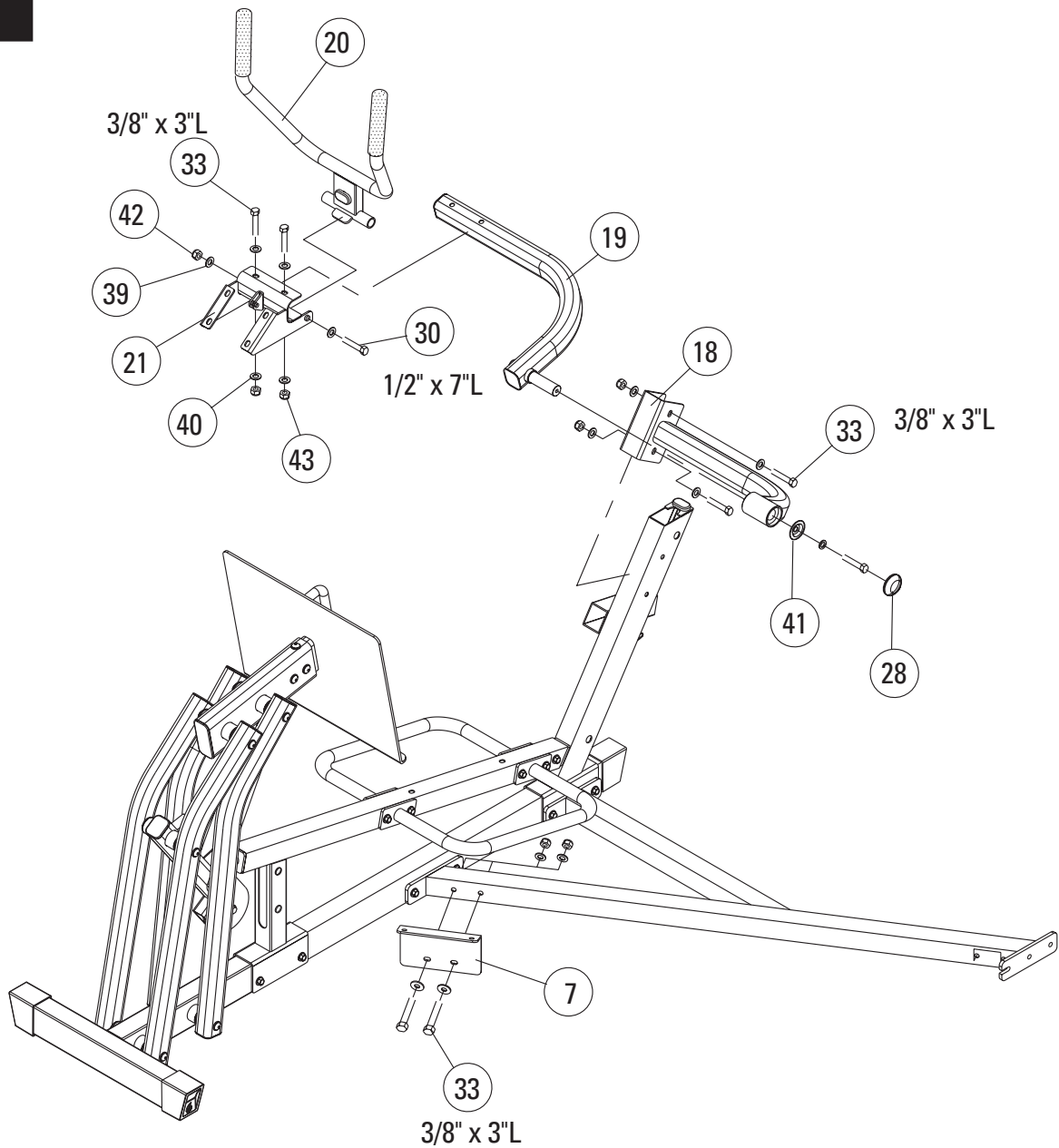
#	Component	Qty
8	Leg Press Top Link	1
9	Foot Plate Assembly	1
10	Leg Press Front Link Left	1
11	Leg Press Front Link Right	1
12	Leg Press Rear Link Left	1
13	Leg Press Rear Link Right	1
14	Leg Press Power Arm	1
15	Leg Press Power Link	1
29	Pivot Shaft	5
31	Hex Bolt - 1/2" x 3"L	2
38	Button Head Screw - 3/8" x 3/4"L w/ Thread Lock	15
39	1/2" Flat Washer	4
42	1/2" lock Nut	2

### Procedure:

- A.** Attach all the Pivot Shafts (29) to the Leg Press Front Link Right (11) and the Leg Press Rear Link Right (13) using the hardware shown above.
- B.** Slide the shafts into position on the Main Base Assembly.
- C.** Slide the Leg Press Top Link (8) and the Leg Press Power Arm (14) into position as shown above.
- D.** Position the Leg Press Front and Rear Link Left (10, 12) over the shafts and attach with the hardware shown above.
- E.** Connect the Leg Press Power Arm (14) to the Leg Press Top Link (8) using the Leg Press Power Link (15) and the hardware shown above. Install short end of Leg Press Power Link (15) up.
- F.** Attach the Foot Plate Assembly (9) to the Leg Press Top Link (8) using the hardware shown above.
- G.** Tighten all hardware securely.

# STEP 4

## ASSEMBLY



### Step 4 Components:

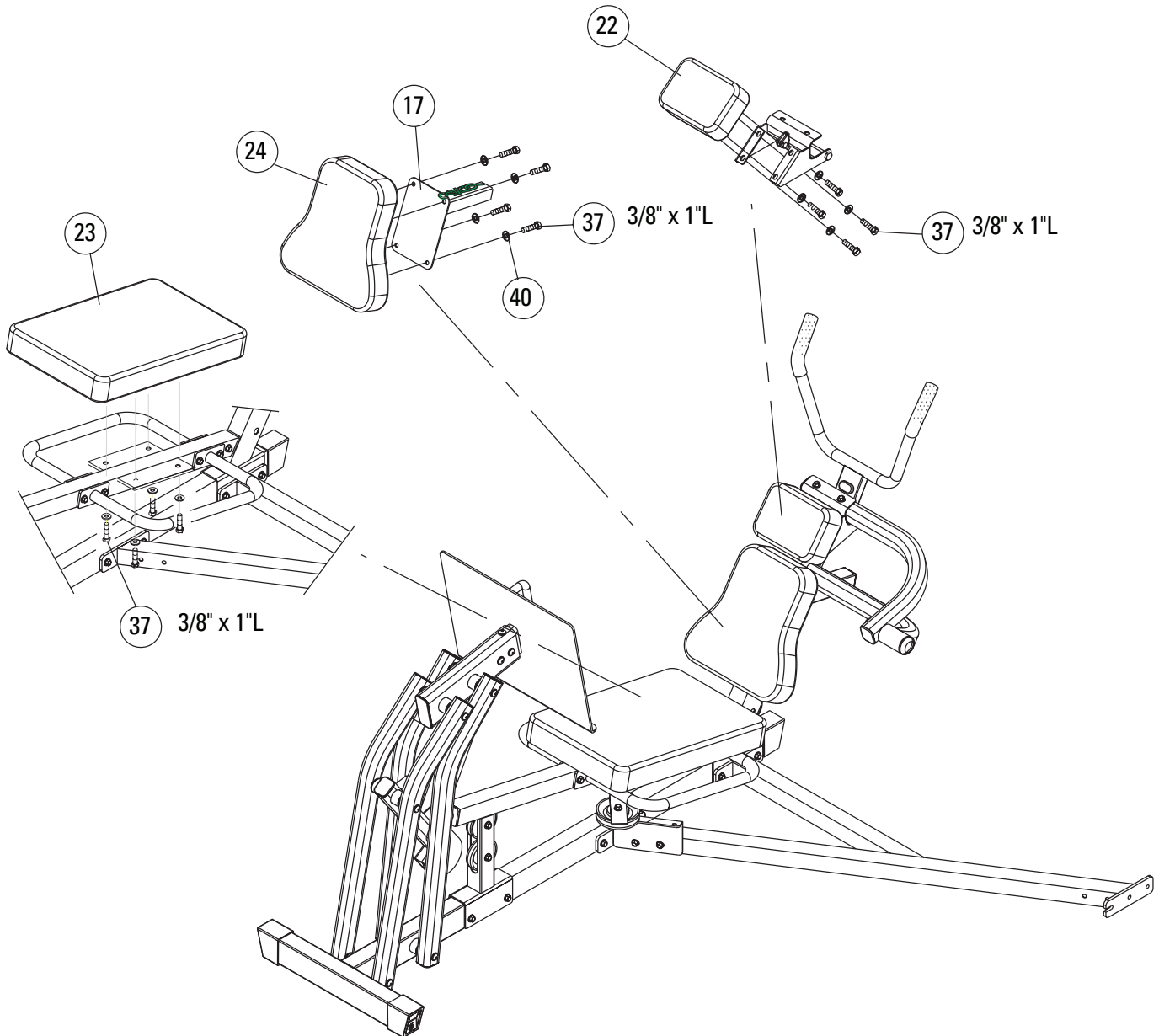
#	Component	Qty
7	Angled Pulley Bracket	1
18	Ab Crunch Support Arm	1
19	Ab Crunch Arm	1
20	Ab Crunch Handle	1
21	Ab Crunch Pad Support	1
28	Round Plastic Cap	1
30	Hex Bolt - 1/2" x 7"L	1
33	Hex Bolt - 3/8" x 3"L	6
39	1/2" Flat Washer	2
40	3/8" Flat Washer	12
41	Shim Washer	1
42	1/2" Lock Nut	1
43	3/8" Lock Nut	6

### Procedure:

- Attach the Angled Pulley Bracket (7) to the Connecting Tube Assembly using the hardware shown above.
- Attach the Ab Crunch Support Arm (18) with preinstalled Ab Crunch Arm (19) to the Seat Back Support Assembly using the hardware shown above. (This can be done to the right or left.)
- Cover the hardware by snapping the Round Plastic Cap (28) over the Shim Washer (41).
- Attach the Ab Crunch Pad Support (21) to the Ab Crunch Arm (19) using the hardware shown above.
- Attach the Ab Crunch Handle (20) to the Ab Crunch Pad Support (21) using the hardware shown above. Do not over tighten the hardware as the handle may bind.
- Tighten all hardware securely.

# STEP 5

## ASSEMBLY



### Step 5 Components:

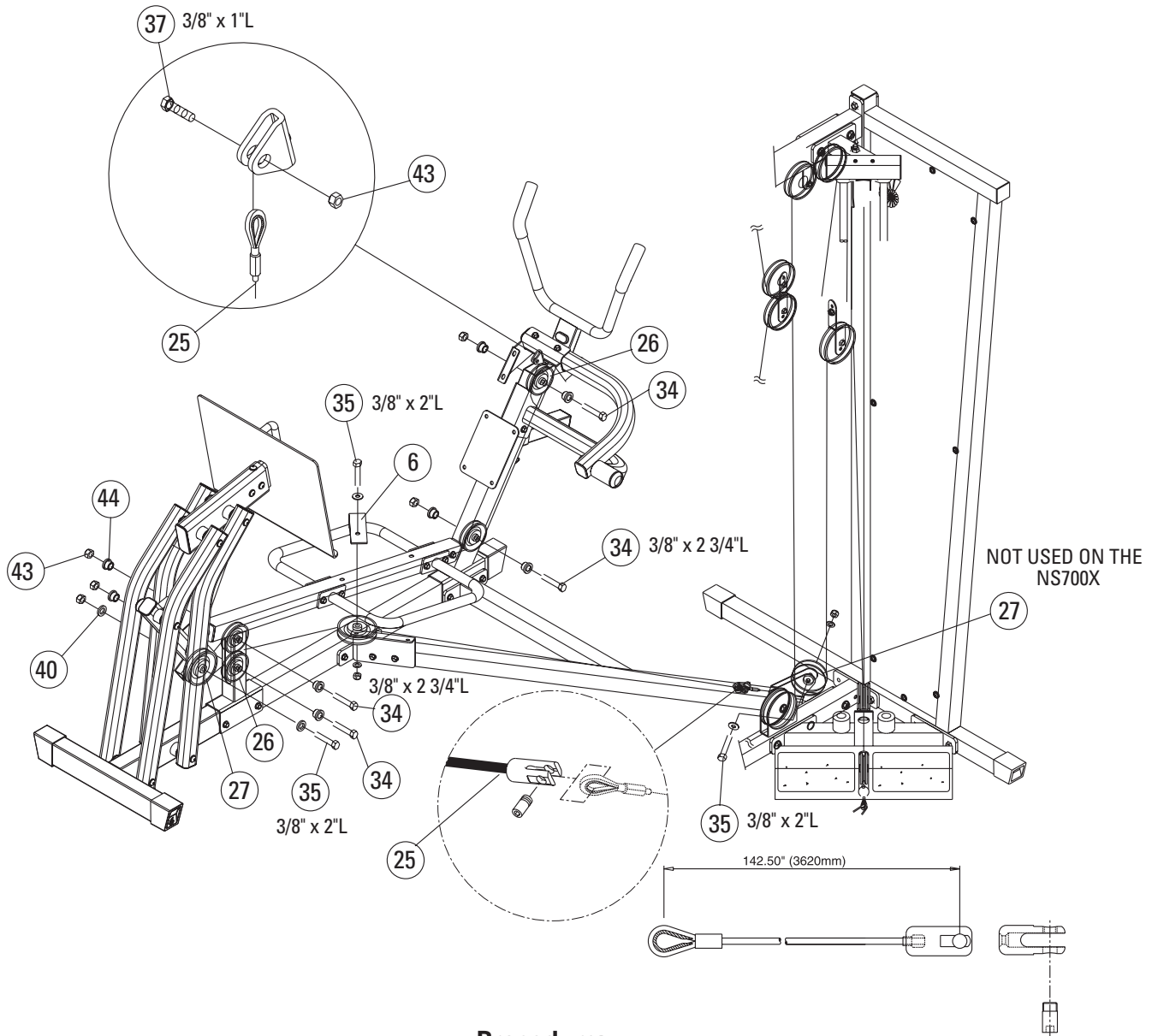
#	Component	Qty
17	Seat Back Adjuster	1
22	Ab Crunch Pad	1
23	Seat Pad	1
24	Seat Back Pad	1
37	Hex Bolt - 3/8" x 1"L	12
40	3/8" Flat Washer	12

### Procedure:

- Attach the Ab Crunch Pad (22) to the Ab Crunch Pad Support using the hardware shown above.
- Attach the Seat Back Pad (24) to the Seat Back Adjuster (17) using the hardware shown above. Slide the Seat Back Adjuster in to the Seat Back Support Assembly and secure with the Pop Pin.
- Attach the Seat Pad (23) to the Seat Tube Assembly using the hardware shown.

# STEP 6

## ASSEMBLY



### Step 6 Components:

#	Component	Qty
25	Leg Press Cable w/ Termination	1
26	3 1/2" Pulley	4
27	4 1/2" Pulley	3
34	Hex Bolt - 3/8" x 2 3/4"L	4
35	Hex Bolt - 3/8" x 2"L	3
37	Hex Bolt - 3/8" x 1"L	1
40	3/8" Flat Washer	6
43	3/8" Lock Nut	8
44	Step Spacer	8

### Procedure:

- Attach the looped end of the Leg Press Cable (25) to the cable bracket located on the Seat Back Support Assembly using the hardware shown above.
- Place two 3 1/2" Pulleys in the Seat Back Support Assembly using the hardware shown above. Pass the Leg Press Cable over the pulleys and slide the cable through the Seat Tube Assembly out the front.
- Run the cable over the 3 1/2" Pulleys and attach them to the Seat Tube Assembly using the hardware shown.
- Attach a 4 1/2" Pulley to the Leg Press Power Arm using the hardware shown above. Pass the cable over the top of the pulley and then over the top of the lower 3 1/2" pulley in step C.
- Wrap the cable around a 4 1/2" Pulley and secure in place using the hardware shown and the L Cable Retainer (6) to the Angled Pulley Bracket (7).
- Connect the Leg Press Cable Termination to the Gym Cable.
- Adjust the cable tension using the adjustments located on the gym.
- Attach leg press handles as shown in Step #2.

# WARRANTY INFORMATION

## What Is Covered

Nautilus Fitness Products warrants to the original purchaser of this Nautilus Home Gym to be free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser.

## Nautilus Home Gyms

The frame and welds of the Nautilus Home Gyms are warranted to the original purchaser for life from date of original purchase. Upholstery, pulleys, bushings and bearings are warranted for ten years to the original purchaser from date of purchase. Cables, grips, and all other parts are warranted to the original purchaser for a period of 1 year from date of purchase.

## Warranties Do Not Cover

- A machine purchased for commercial or institutional use.
- Damage due to use by persons who weigh more than 300 pounds.
- Damage due to abuse, misuse, accident or acts of God (such as floods).
- Consequential or incidental damages.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

## What We Will Do

Nautilus Fitness Products will repair any product that proves to be a defect in materials or workmanship. In the event repair is not possible, Nautilus Fitness Products, at its option, will either replace your Nautilus Home Gym or refund your purchase price.

## How To Get Service

To obtain service for a Nautilus Fitness Product, contact an authorized Nautilus Fitness Retailer. You may also contact a Nautilus company representative at 800-864-1270 to help you locate a dealer in your area.

## How State Law Applies

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

# IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

## WORLDWIDE CUSTOMER SERVICE

### • NORTH AMERICA OFFICE

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e-mail: cstech@nautilus.com

### • NAUTILUS INNOVATION CENTER

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Louisville, Colorado, USA 80027  
Phone: 800-864-1270  
Fax: 800-898-9410

### • CORPORATE HEADQUARTERS

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Phone: 800-NAUTILUS

## INTERNATIONAL CUSTOMER SERVICE

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**Be Strong.™**

For more information about our Nautilus NS75X Leg Press® or other Nautilus® equipment for your home, visit [www.Nautilus.com](http://www.Nautilus.com).

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