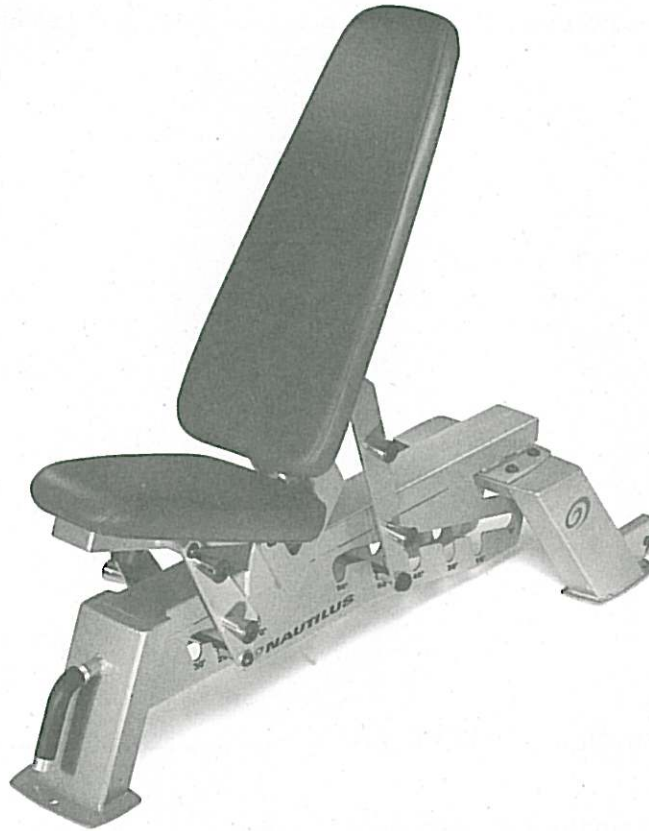


Be Strong.™



 **NAUTILUS** Assembly Manual
*Commercial Free Weights
0-90 Adjustable Utility Bench*

Model: F3 0-90

Be Strong



© 2000
Commercial Free Weights
Adjustable Dumbbell Series

PREFACE/TABLE OF CONTENTS

Thank you for purchasing the Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench. For more than 30 years Nautilus® has been producing the world's finest fitness equipment used in health clubs and homes around the globe. We hope this product exceeds your expectations and is a valuable tool for your facility.

Please carefully read through this manual to familiarize yourself with the operation of your new Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench. Doing so will help to insure that your users get the most out of your 0-90 Adjustable Utility Bench, enjoying safe and effective workouts ahead.

Nautilus, Inc.

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TABLE OF CONTENTS

Safety Precautions/ Product Specifications	3	Assembly Complete	13
Before You Assemble.....	4	Companion Exercise Equipment.....	14
Hardware and Tools.....	5	Limited Warranty	15
Box Contents	6	Important Contact Numbers	16
Assembly Guide	8		

IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word "WARNING" when used in this manual:



Used to call attention to **POTENTIAL** hazards that could result in personal injury or loss of life.



READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.



For your safety, perform all assembly steps in the sequence given. Improper assembly can lead to injury.



Some components can be heavy or awkward to handle. Get help if necessary.

PRODUCT SPECIFICATIONS

User Weight Capacity:	350 lbs / 158.7 kg
Dimensions (assembled):	22.3"w x 55.5"l x 16.2"h / 56.6 cm x 140.9 cm x 41.1 cm
Shipping Weight:	147.3 lbs / 66.83 kg
Net Weight:	128.9 lbs / 58.5 kg
Power Requirements:	Self Generating

BEFORE YOU ASSEMBLE

Note: Throughout this manual, all references to the left or right side and to the front or back are made as if you were standing on a level surface and facing the 0-90 Adjustable Utility Bench.

Basic Assembly Principals

Here are few basic assembly tips that can make assembly of your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench quick and easy.

1. You can make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
2. As a general rule, and for all fasteners on your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench, turning toward the right will tighten, turning towards the left will loosen. An easy way to remember this is by remembering the expression, "Lefty loosey, righty tighty."
3. Not all of the tools needed to assemble your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench are provided. Refer to the Tool List. You may find the use of a utility knife or scissors beneficial during the unpacking and assembly process.
4. It is recommended that you use two people to assemble your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench.

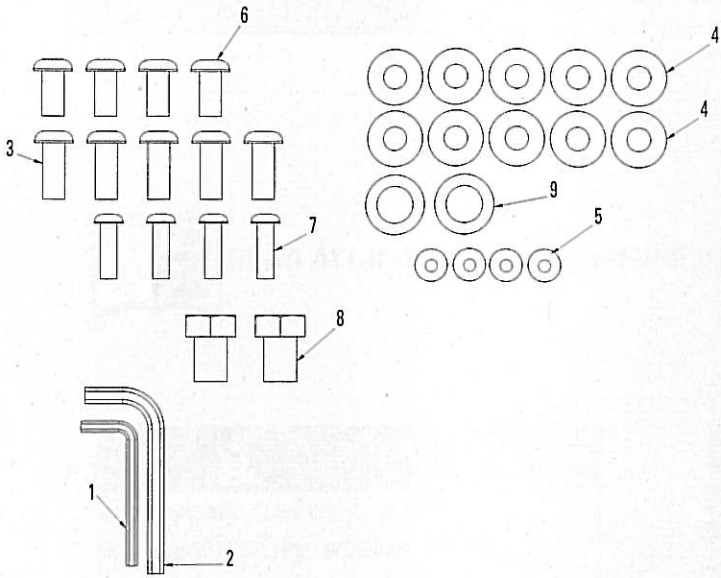
Positioning Your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench.

Take great care when moving your Commercial Free Weights 0-90 Adjustable Utility Bench into place prior to assembly.

The 0-90 Adjustable Utility Bench is heavy and requires two people to safely move from one location to another. To move, use only the handle to roll the unit. Never pick up the unit by any moving parts.

HARDWARE CARD

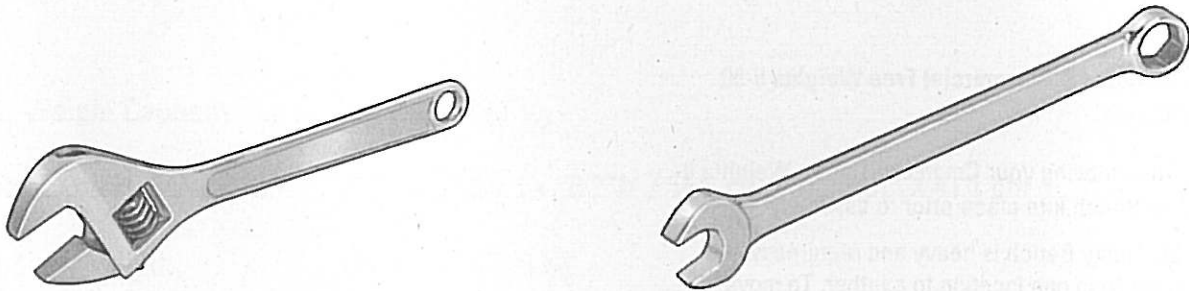
HARDWARE NOT TO SCALE



REF #	DESCRIPTION	QTY
1	WRENCH, ALLEN HEX 7/32 BLK	1
2	WRENCH, ALLEN HEX 5/16 BLK	1
3	SCW-BHCS 0500x1.25 G5-BLKZ	6
4	1/2" WASHER	10
5	WSH-FLAT 3/8" NARROW BLKZ	4
6	1/2" x 1" BUTTON HEAD SCREW	4
7	SCW-BHCS 3/8" x1 G5-BLKZ	4
8	SCW-HHCS 0750x1 G5-BLKZ	2
9	WSH-FLAT 3/4" NARROW BLKZ	2

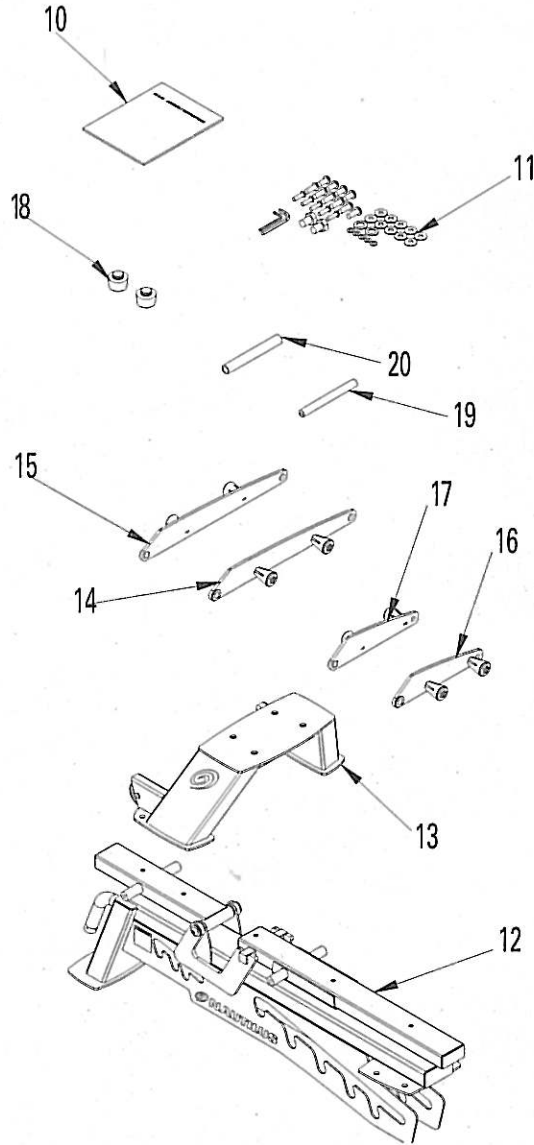
TOOLS NOT PROVIDED

1 1/8" Wrench or Adjustable Wrench



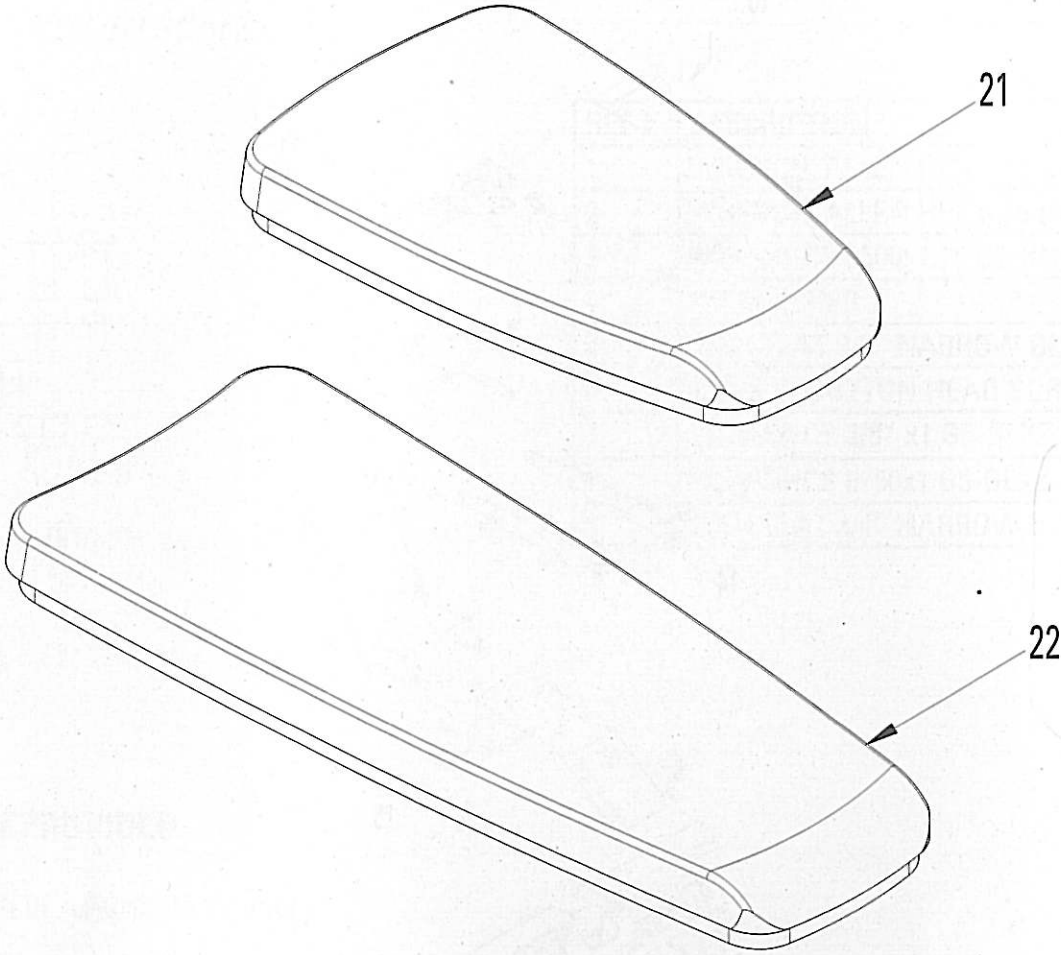
BOX CONTENTS

BOX #1



REF #	DESCRIPTION	QTY
10	ASSEMBLY INSTRUCTIONS	1
11	HARDWARE CARD - F3 0-90	1
12	MAIN FRAME ASSEMBLY	1
13	REAR LEG ASSEMBLY	1
14	RIGHT BACK MOTION BAR	1
15	LEFT BACK MOTION BAR	1
16	RIGHT SEAT MOTION BAR	1
17	LEFT SEAT MOTION BAR	1
18	RUBBER STOP	2
19	FRONT POSITION SHAFT	1
20	POSITION SHAFT	1

UPHOLSTERY



REF #	DESCRIPTION	QTY
21	SEAT UPHOLSTERY	1
22	BACK UPHOLSTERY	1

ASSEMBLY GUIDE

The following instructions provide direction in assembling the Main Frame, Rear Leg, Motion Bars, Postion Shafts, Kickstand, and Back and Seat Upholstery for the Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench. All instructions in the manual are given with the orientation of standing on a level surface and facing the machine.

Step 1: Attach Main Frame to Rear Leg Assembly

Locate the following for this step:

Parts:

- Ref 12, Main Frame Assembly Qty. 1
- Ref 13, Rear Leg Assembly Qty. 1

Hardware:

- Ref 6, 1/2" x1" Button Head Bolt Qty. 4
- Ref 4, 1/2" Washers Qty. 4

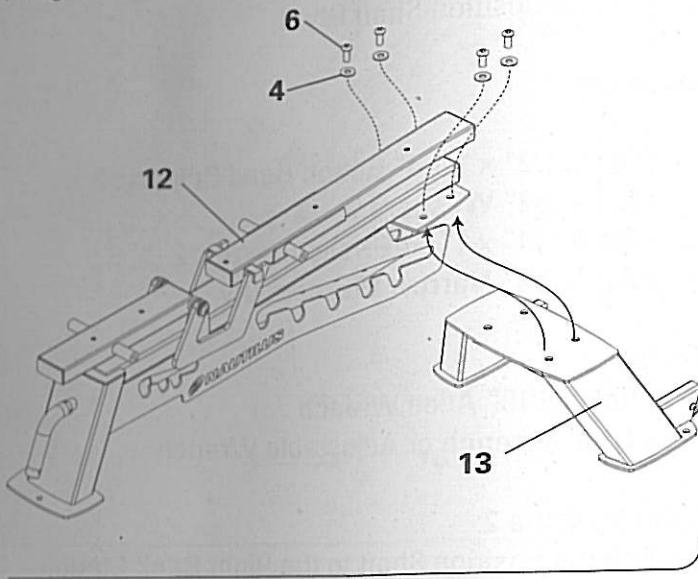
Tools:

- Ref 2, 5/16" Allen Wrench

Refer to Figure 1:

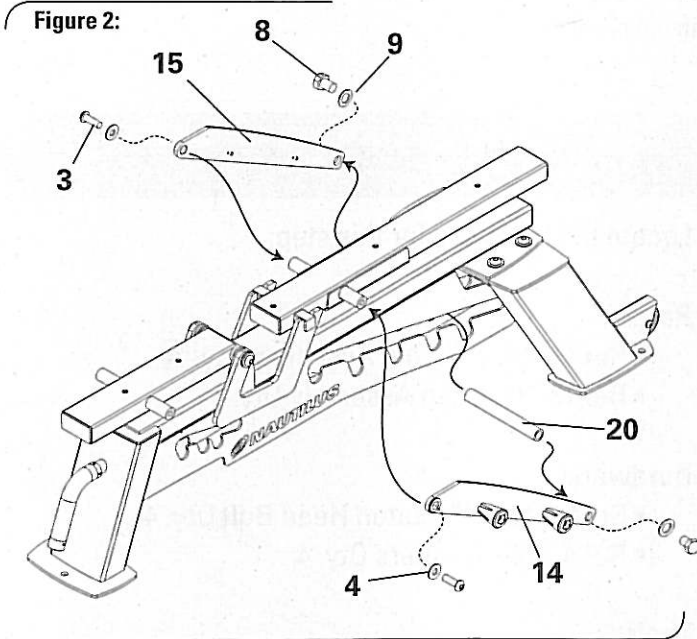
- 1-1 Align the hole pattern in the Rear Leg Assembly with the holes at the back of the Main Frame Assembly.
- 1-2 Bolt the Main Frame to the Rear Leg Assembly using the 1/2" hardware.

Figure 1:



Step 2: Attach Back Motion Bars, Position Shaft, and Kickstand

Figure 2:



Locate the following for this step:

Parts:

- Ref 14, Right Back Motion Bar Qty. 1
- Ref 15, Left Back Motion Bar Qty. 1
- Ref 20, Position Shaft Qty. 1

Hardware:

- Ref 3, 1/2" x 1 1/4" Button Head Bolt Qty. 2
- Ref 4, 1/2" Washers Qty. 2
- Ref 8, 3/4" x 1" Hex Head Bolt Qty. 2
- Ref 9, 3/4" Narrow Washers Qty. 2

Tools:

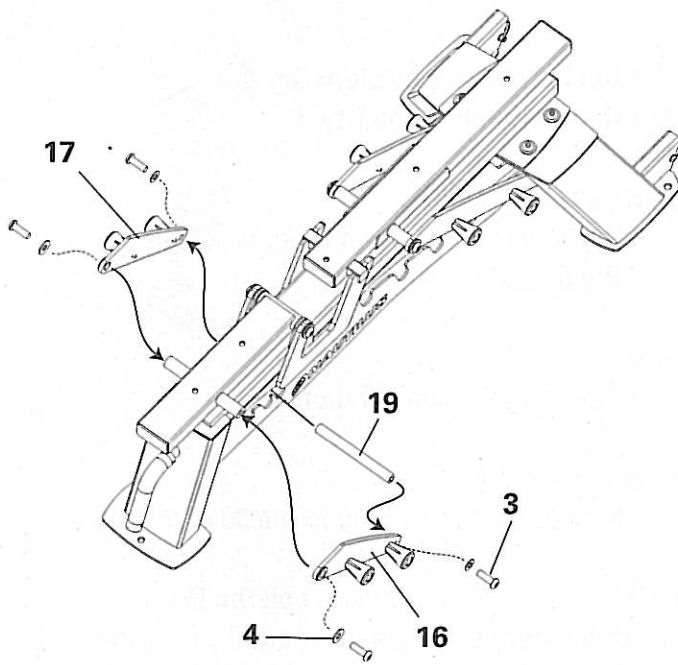
- Ref 2, 5/16" Allen Wrench
- 1 1/8" Wrench or Adjustable Wrench

Refer to Figure 2:

- 2-1 Bolt the Position Shaft to the Right Back Motion Bar using the 3/4" hardware. Note the orientation of the Right Back Motion Bar in Figure 2.
- 2-2 Firmly tighten the hardware but only enough to allow the Right Back Motion Bar to rotate freely.
- 2-3 Place the Position Shaft within the Motion Plate of the Main Frame Assembly, and bolt the Right Back Motion Bar to the Main Frame Assembly using the 1/2" hardware.
- 2-4 Attach the other side using the same hardware.
- 2-5 Firmly tighten the hardware but only enough to allow the Left Back Motion Bar to rotate freely.

Step 3: Attach Seat Motion Bars, Position Shaft, and Kickstand

Figure 3:



Locate the following for this step:

Parts:

- Ref 16, Right Seat Motion Bar Qty. 1
- Ref 17, Left Seat Motion Bar Qty. 1
- Ref 19, Front Position Shaft Qty. 1

Hardware:

- Ref 3, 1/2" x 1 1/4" Button Head Bolt Qty. 4
- Ref 4, 1/2" Washers Qty. 4

Tools:

- Ref 2, 5/16" Allen Wrench

Refer to Figure 3:

3-1 Bolt the Front Position Shaft to Right Seat Motion Bar using the 1/2" hardware.

3-2 Place the Front Position Shaft within the Motion Plate of the Main Frame Assembly, and bolt the Right Seat Motion Bar to the Main Frame Assembly using the 1/2" hardware.

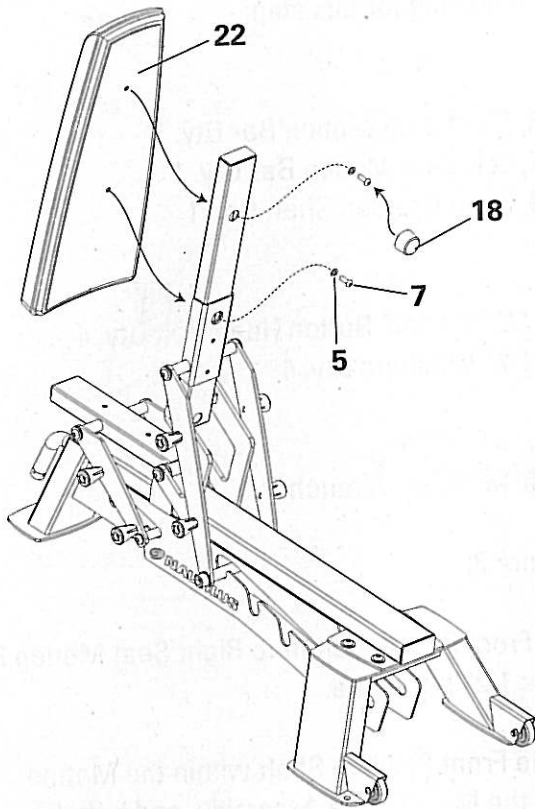
3-3 Firmly tighten the hardware but only enough to allow the Right Seat Motion Bar to rotate freely.

3-4 Attach the other side using the same hardware.

3-5 Firmly tighten the hardware but only enough to allow the Left Seat Motion Bar to rotate freely.

Step 4: Attach Back Upholstery

Figure 4:



Locate the following for this step:

Parts:

- Ref 22, Back Upholstery Qty. 1
- Ref 18, Rubber Stop Qty. 1

Hardware:

- Ref 7, 3/8" x 1" Button Head Bolt Qty. 2
- Ref 5, 3/8" Washers Qty. 2

Tools:

- Ref 1, 7/32" Allen Wrench

Refer to Figure 4:

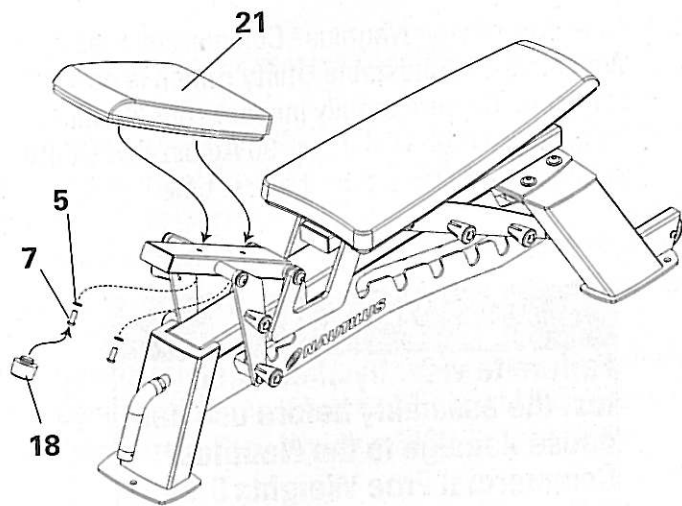
4-1 Ratchet the back frame to the 90 degree position.

4-2 Using the 3/8" hardware, bolt the Back Upholstery to the Back Frame. To prevent dropping the hardware in the Back Frame Tube, with the Allen Wrench attached to a bolt, place the washer on the bolt, and insert the hardware through the Back Frame Tube.

4-3 Press the Rubber Stop into the top hole of the Back Frame. Lower the Back Frame to the zero degree position.

Step 5: Attach Seat Upholstery

Figure 5:



Locate the following for this step:

Parts:

- Ref 21, Seat Upholstery Qty. 1
- Ref 18, Rubber Stop Qty. 1

Hardware:

- Ref 7, 3/8" x 1" Button Head Bolt Qty. 2
- Ref 5, 3/8" Narrow Washers Qty. 2

Tools:

- Ref 1, 7/32" Allen Wrench

Refer to Figure 5:

- 5-1 Ratchet the Seat Frame to the 30 degree position.
- 5-2 Using the 3/8" hardware, bolt the Seat Upholstery to the Seat Frame. To prevent dropping the hardware in the Seat Frame Tube, with the Allen Wrench attached to a bolt, place the washer on the bolt and insert the hardware through the Seat Frame Tube.
- 5-3 Press the Rubber Stop into the top hole of the Seat Frame.

Step 6: Inspect Assembly

Congratulations!

6-1 Assembly of your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench is now complete. Be sure to fully inspect your Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench before using it for the first time.



WARNING

Failure to visually check and test the assembly before use can cause damage to the Nautilus® Commercial Free Weights 0-90 Adjustable Utility Bench and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

COMPANION EXERCISE EQUIPMENT

The Nautilus® Benches are designed for use with Nautilus® Free Weights equipment. The Nautilus® Free Weights line includes the following models:

Utility Benches & Exercise Machines

- Commercial Free Weights F3 0-90 Adjustable Utility Bench
- Commercial Free Weights F3AD Adjustable Decline Utility Bench
- Commercial Free Weights F3AHE Adjustable Hip Extension
- Commercial Free Weights F3AAB Adjustable Abdominal Bench
- Commercial Free Weights F3PC Preacher Curl Bench
- Commercial Free Weights F3TBR T-Bar Row
- Commercial Free Weights F3CD Chin Dip Leg Raise
- Commercial Free Weights F3FU Flat Utility Bench
- Commercial Free Weights F3SU Seated Utility

Olympic Benches & Squat Rack

- Commercial Free Weights F3OSB Olympic Supine Bench
- Commercial Free Weights F3ODB Olympic Decline Bench
- Commercial Free Weights F3OIB Olympic Incline Bench
- Commercial Free Weights F3OMB Olympic Military Bench
- Commercial Free Weights F3SR Squat Rack

Towers

- Commercial Free Weights F3CC Cable Crossover Tower
- Commercial Free Weights F3DLATP Dual Pulley Lateral Pulldown Tower
- Commercial Free Weights F3DROW Row Tower
- Commercial Free Weights F3AT Adjustable Tower

Racks

- Commercial Free Weights F3SM Smith Machine
- Commercial Free Weights F3PR Power Rack

Equipment Storage

- Commercial Free Weights F3BR Barbell Rack
- Commercial Free Weights F3 2TDR Two Tier Dumbbell Rack
- Commercial Free Weights F3 1TDR One Tier Dumbbell Rack
- Commercial Free Weights F3WT Weight Tree

Please contact Nautilus, Inc. or a Nautilus® Representative for information about other products, or go to www.nautilus.com.

Commercial Market Warranty Information

All Nautilus® exercise products are warranted to the commercial market purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of the purchase will be required. Any product sold or placed in an application not recommended by Nautilus will void any warranty coverage set forth by Nautilus warranty policies and procedures.

Time Period

12 Years - Frame

3 Years- Mechanical and electrical parts

1 Year- Labor

6 Months - Wear items

What this warranty does not cover

1. Users weighing more than 350 lbs.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance or failure follow instructions or warnings in this Assembly/Service Manual.
3. Use of product in a manner or environment for which it was not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus' liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus' election, to the replacement

amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures

Warranty service will in most cases be performed by an authorized Nautilus Fitness Dealer or Service Technician. The original purchaser must provide proof of purchase, Service calls and/or transportation to and from the Nautilus Dealer is the responsibility of the purchaser.

1. Nautilus will have the option to repair or replace any exercise product, which requires service.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value.
3. Nautilus is not responsible for dealer labor charges for the component changeovers completed after the labor related warranty period stated herein.
4. If you elect to repair an exercise product or part yourself, using the services of someone other than an authorized Nautilus Fitness Dealer or Service Technician, or use a replacement part not supplied by Nautilus, Nautilus shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.

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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1886 Prairie Way
Louisville, Colorado, USA 80027
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Fax: 800-898-9410

• CORPORATE HEADQUARTERS

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• ITALY OFFICE

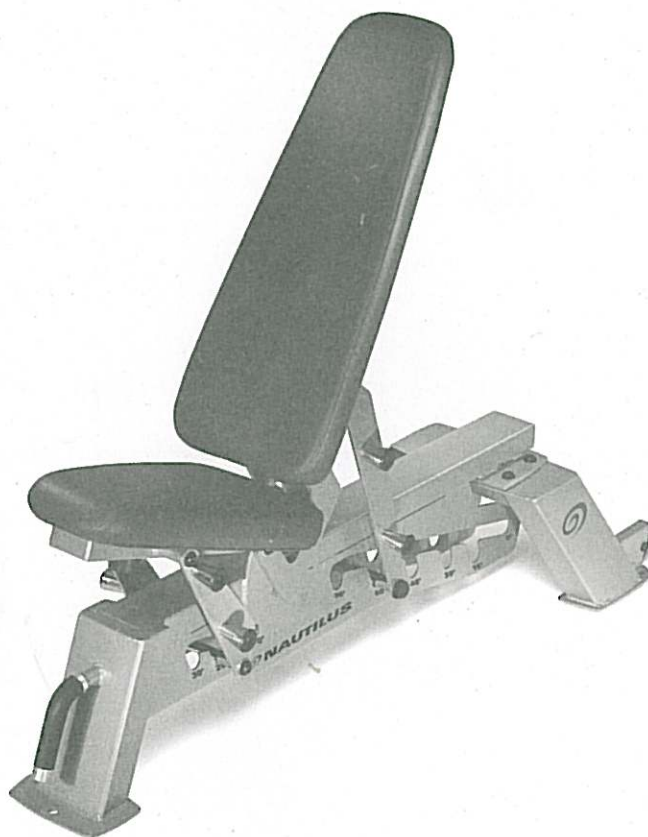
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Be Strong.™

For more information about our Commercial Series exercise equipment or other Nautilus® equipment for your home, visit www.Nautilus.com.

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