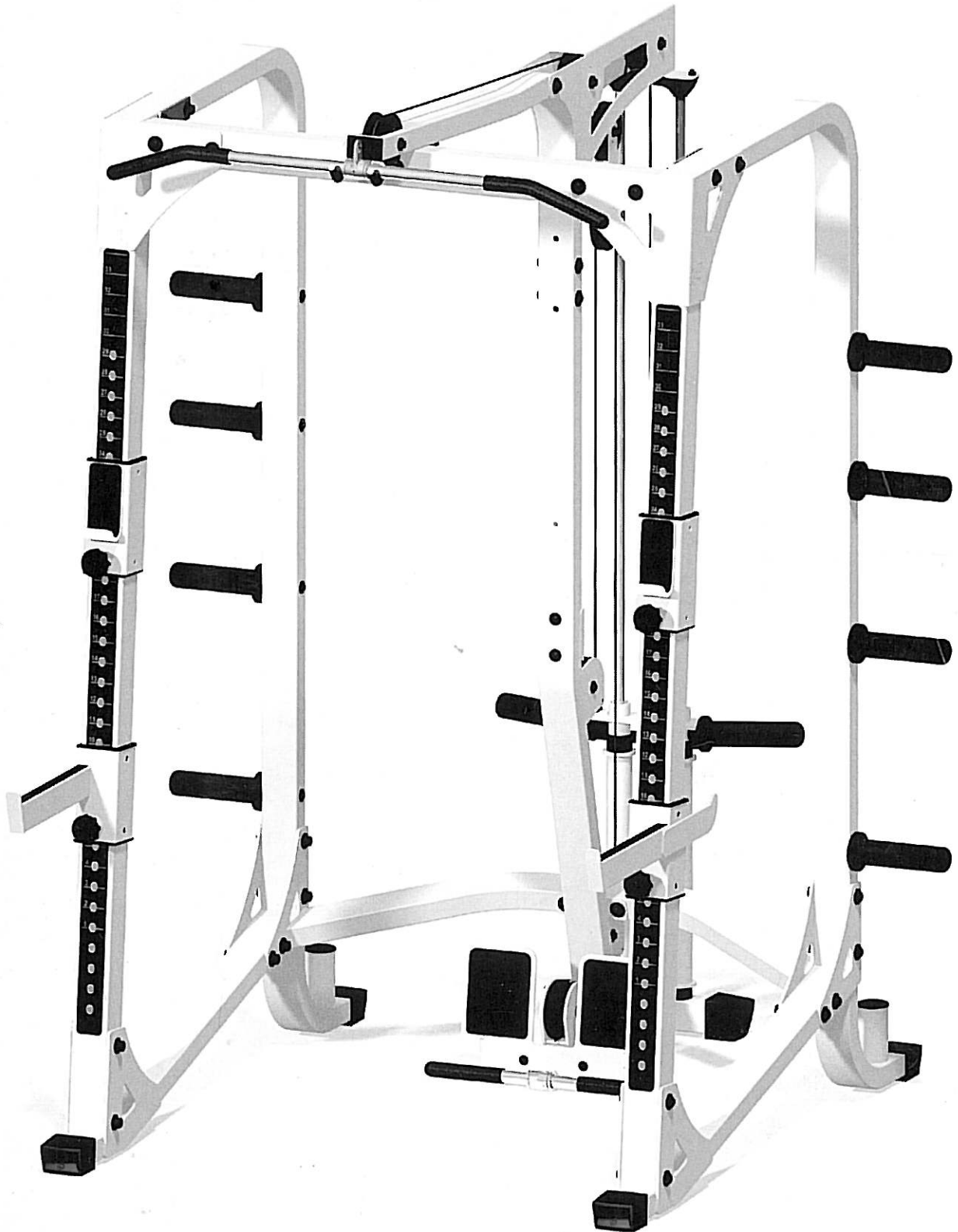


Assembly Instructions



 **NAUTILUS**

Revision A

NT-1820
Lat Attachment

#

Complete Components List

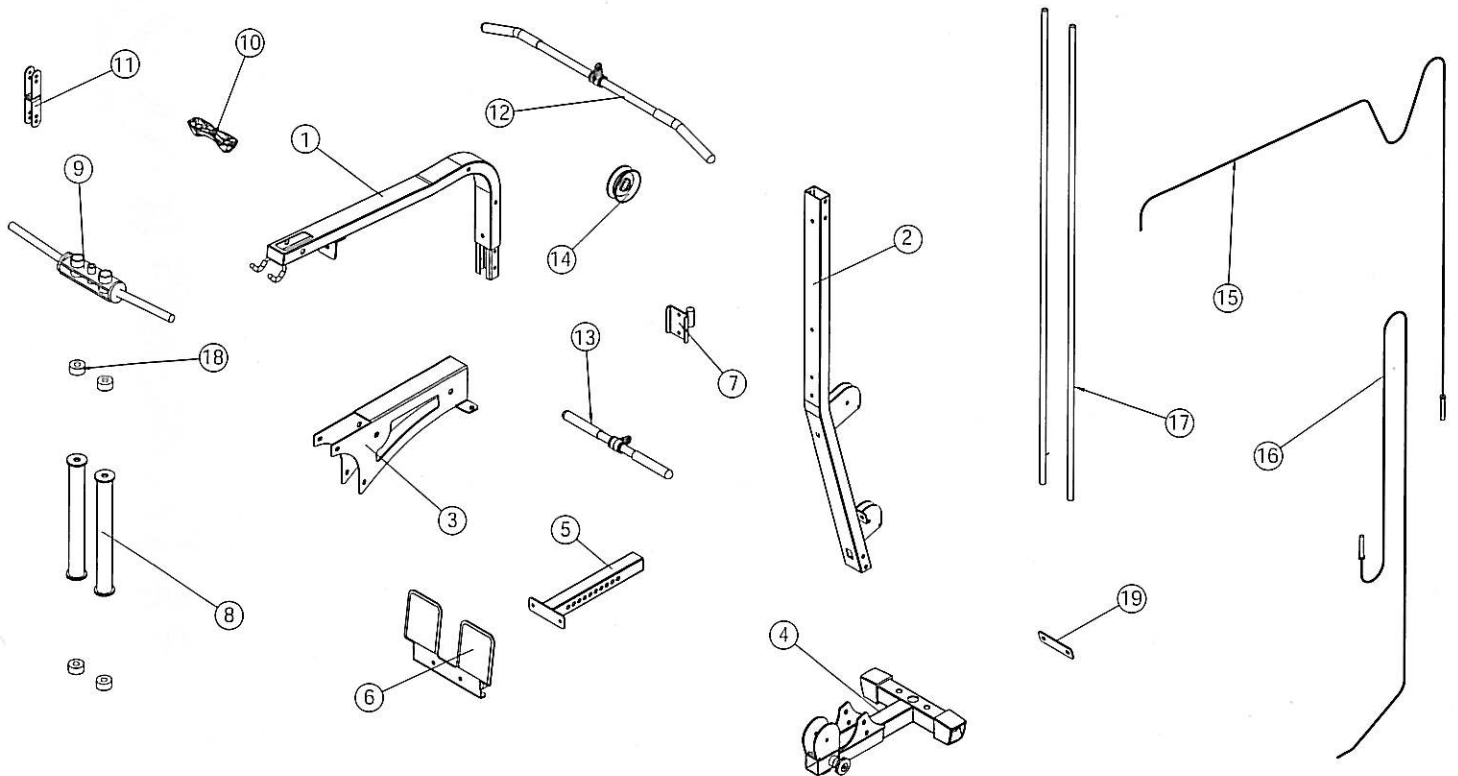
Qty.

Part #

<input type="checkbox"/>	1	Upper Lat Assembly	1	15881
<input type="checkbox"/>	2	Vertical Lat Assembly	1	15887
<input type="checkbox"/>	3	Upper Frame	1	15882
<input type="checkbox"/>	4	Lower Lat Assembly	1	15884
<input type="checkbox"/>	5	Foot Slider Assembly (Preassembled)	1	15886
<input type="checkbox"/>	6	Foot Plate	1	15885
<input type="checkbox"/>	7	Cable Termination Bracket	1	15889
<input type="checkbox"/>	8	Weight Spacers	2	15323
<input type="checkbox"/>	9	Weight Horn	1	15324
<input type="checkbox"/>	10	Guide Rod Holder (Preassembled)	1	15878
<input type="checkbox"/>	11	Floating Pulley Assembly (Preassembled)	1	15880
<input type="checkbox"/>	12	Lat Bar	1	15899
<input type="checkbox"/>	13	Row Bar	1	15898
<input type="checkbox"/>	14	V-Pulley (Preassembled)	2	15897
<input type="checkbox"/>	15	Lat Cable (Preassembled)	1	15895
<input type="checkbox"/>	16	Row Cable (Preassembled)	1	15894
<input type="checkbox"/>	17	Guide Rods	1	15883
<input type="checkbox"/>	18	Rubber Bumper (In Hardware Pack)	4	15479
<input type="checkbox"/>	19	Backing Plate	1	15888
<input type="checkbox"/>	20	4 1/2" Pulley (Preassembled)	6	15896

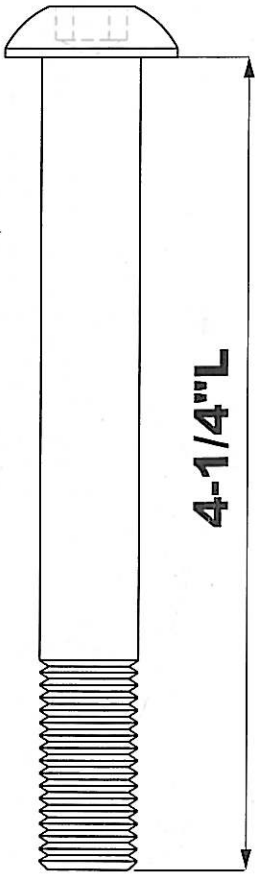
Hardware, Tools, and Accessories

<input type="checkbox"/>	21	Button Head Cap Screw - 1/2" x 4.25"L	4	15014
<input type="checkbox"/>	22	Button Head Cap Screw - 1/2" x 4"L	3	15931
<input type="checkbox"/>	23	Button Head Cap Screw - 1/2" x .75"L	4	15009
<input type="checkbox"/>	24	Button Head Cap Screw - 3/8" x 2.75"L	2	15732
<input type="checkbox"/>	25	Countersunk Screw - 3/8" x 1"L	2	15933
<input type="checkbox"/>	26	1/2" Washer	18	15543
<input type="checkbox"/>	27	3/8" Washer	6	15545
<input type="checkbox"/>	28	1/2" Lock Nut	7	15069
<input type="checkbox"/>	29	3/8" Lock Nut	4	15071
<input type="checkbox"/>	30	3/16" Allen Wrench	1	17133
<input type="checkbox"/>	31	Hand/Ankle Grip (Not Pictured)	1	70000
<input type="checkbox"/>	32	Cable Clips (Not Pictured)	3	15054
<input type="checkbox"/>	33	Chain (Not Pictured)	1	15057

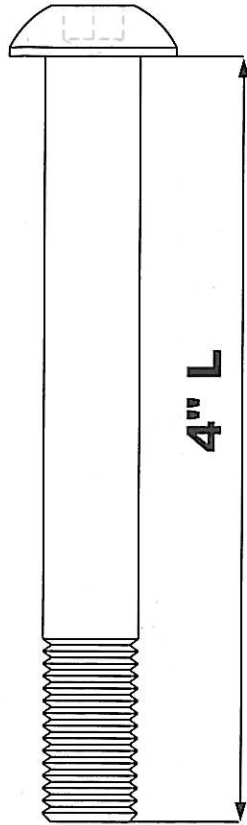


Hardware Size Chart

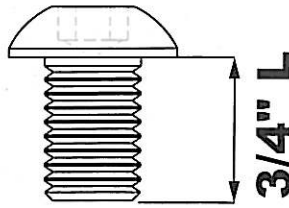
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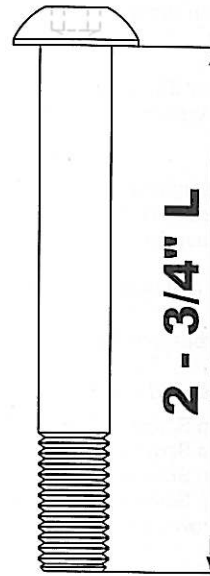
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Qty: 3



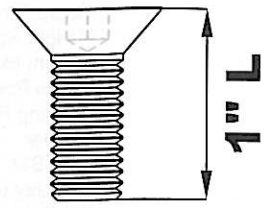
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Qty: 4



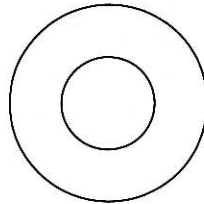
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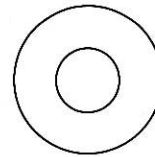
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Qty: 2



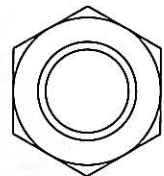
#26
Qty: 18



#27
Qty: 6



#28
Qty: 7



#29
Qty: 6

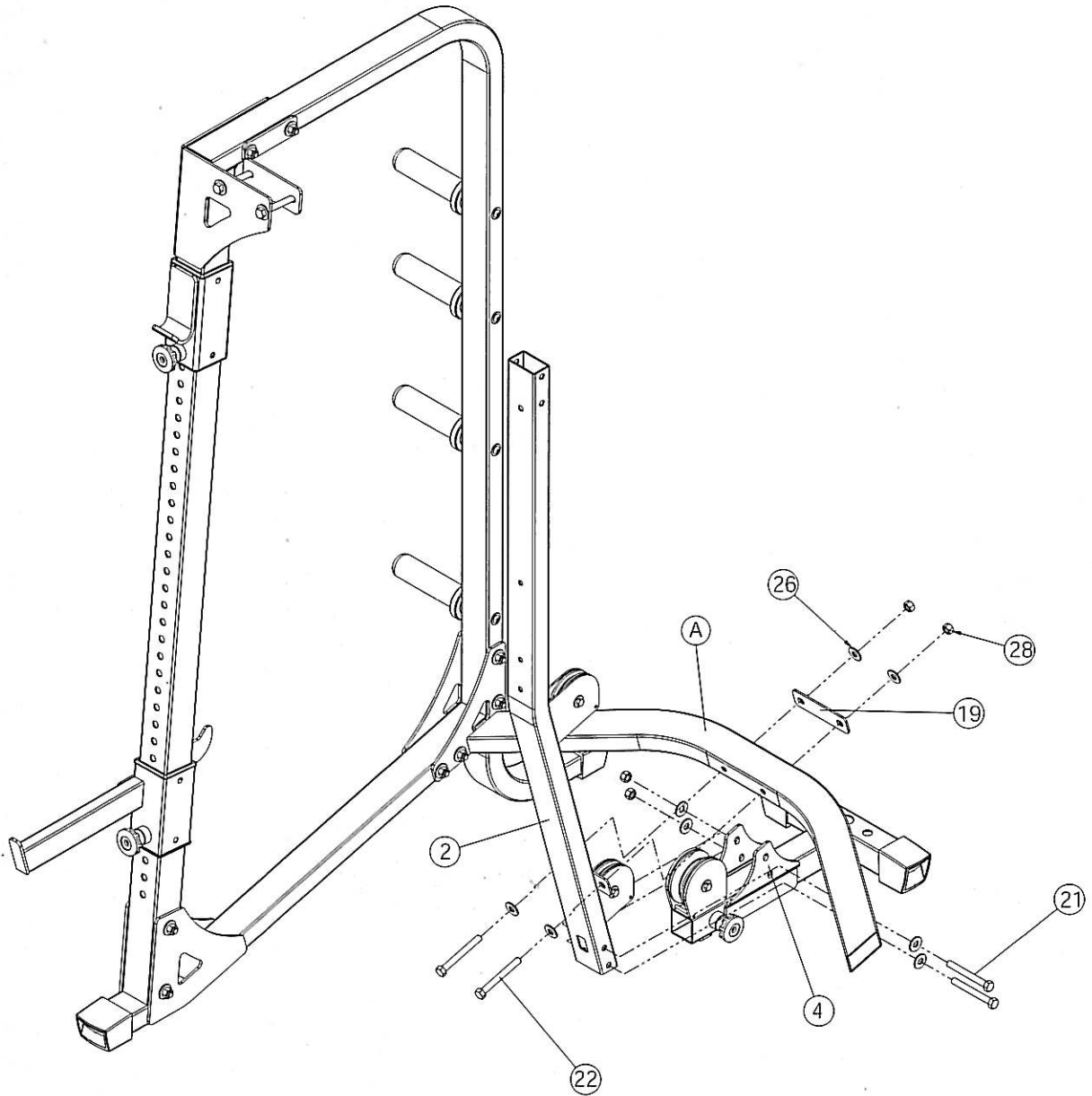


Required Tools:

- 3/4" and 9/16" Wrench
- 5/16", 3/16" (Included), 5/32", and 7/32" Allen Wrenches

- A. Compare the Bill of Materials to the box contents to insure that all parts are present before installation begins. **NOTE: Some hardware may be pre-installed.**
- B. Unpackage parts and place them near the final assembled location to avoid moving the gym when fully assembled.

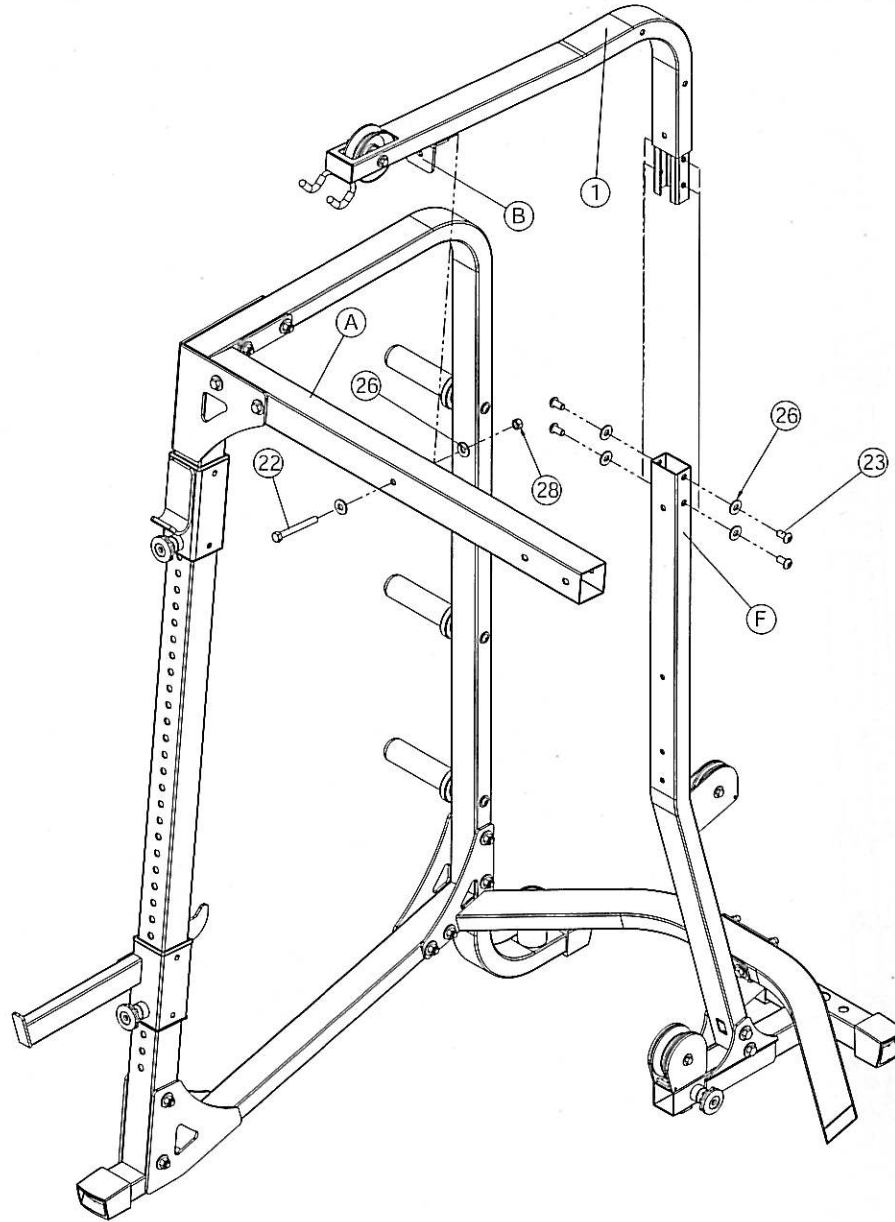
**step
1**



Step #1 Materials:

#	Description	Qty.
<input type="checkbox"/> 2	Vertical Lat Assembly	1
<input type="checkbox"/> 4	Lower Lat Assembly	1
<input type="checkbox"/> 19	Backing Plate	1
<input type="checkbox"/> 21	Cap Screw - 1/2" 4.25"L	2
<input type="checkbox"/> 22	Cap Screw - 1/2" x 4"L	2
<input type="checkbox"/> 26	1/2" Washer	8
<input type="checkbox"/> 28	1/2" Lock Nut	4

A. Attach the VERTICAL LAT ASSEMBLY (2) to the Cage Cross Brace (A) using a BACKING PLATE (19) and the hardware shown, as well as to the LOWER LAT ASSEMBLY (4) using the hardware shown. Hand tighten hardware

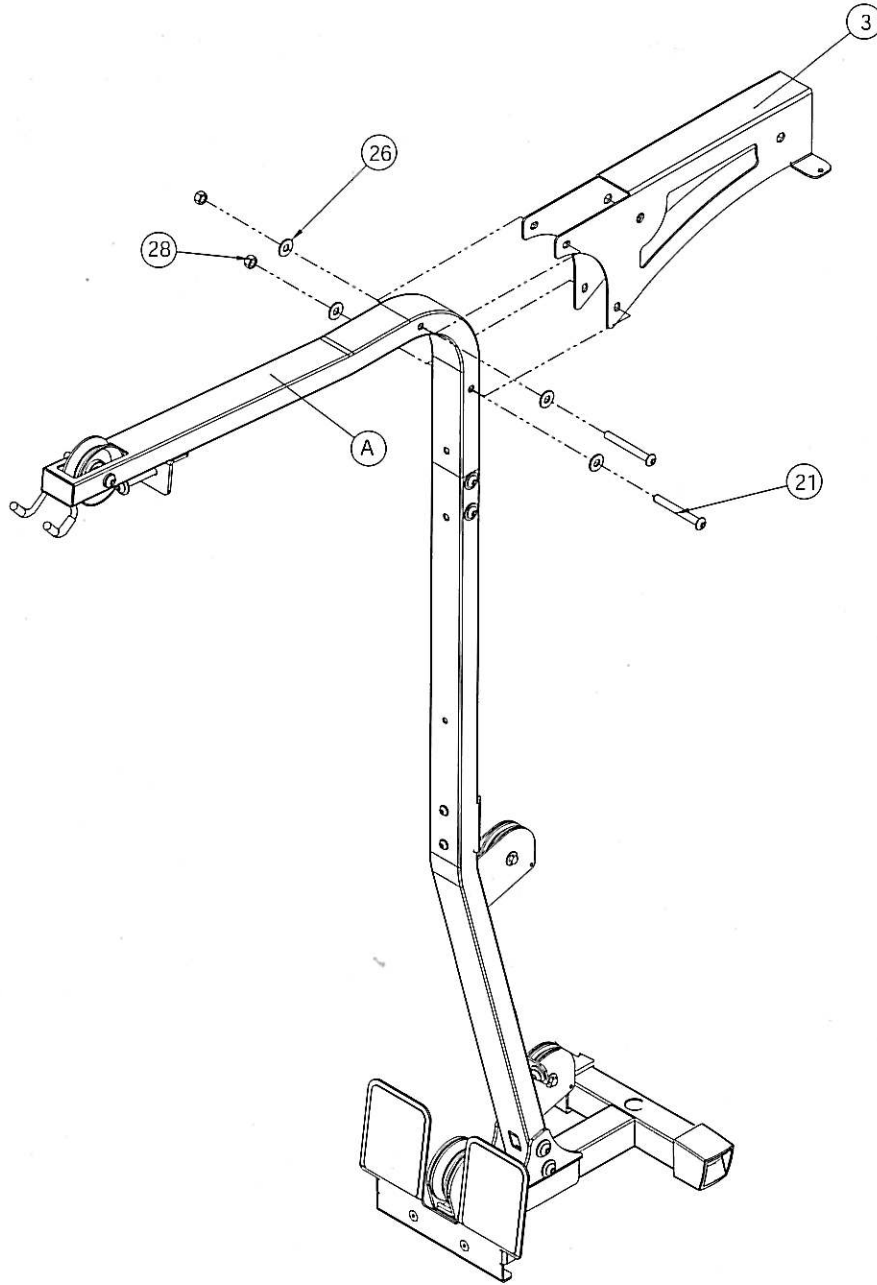


Step #2 Materials:

#	Description	Qty.
<input type="checkbox"/> 1	Upper Lat Assembly	1
<input type="checkbox"/> 22	Cap Screw - 1/2" x 4" L	1
<input type="checkbox"/> 23	Cap Screw - 1/2" x .75" L	4
<input type="checkbox"/> 26	1/2" Washer	6
<input type="checkbox"/> 28	1/2" Lock Nut	1

A. Slide the UPPER LAT ASSEMBLY (1) into the Vertical Lat Assembly (F) with the Tab (B) on the UPPER LAT ASSEMBLY (1) aft of the Cross Brace (A) and attach with the hardware shown.

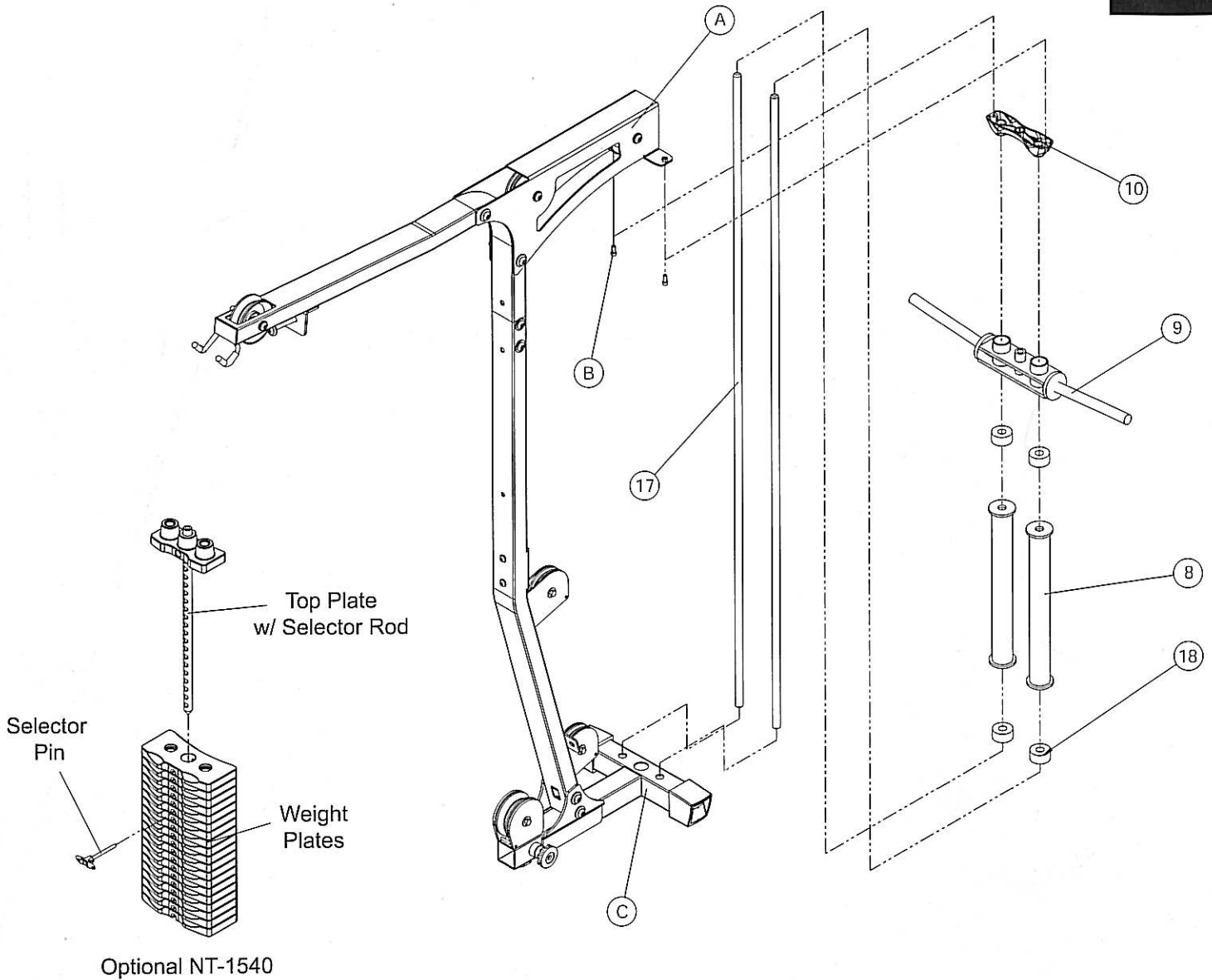
step
3



Step #3 Materials:

#	Description	Qty.
<input type="checkbox"/> 3	Upper Frame	1
<input type="checkbox"/> 21	Cap Screw - 1/2" x 4.25"L	2
<input type="checkbox"/> 26	1/2" Washer	4
<input type="checkbox"/> 28	1/2" Lock Nut	2

- A. Attach the UPPER FRAME (3) to the Upper Lat Assembly (A) using the hardware shown.
- B. Tighten all hardware in this step, and all previous steps.

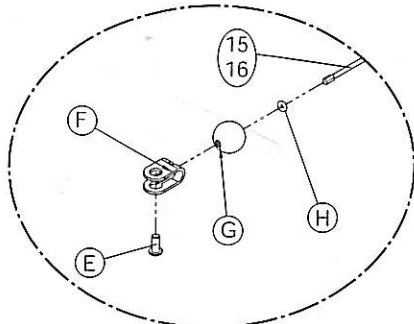
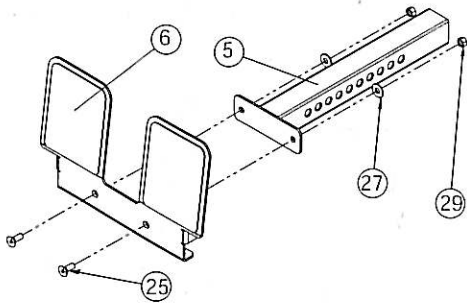


Step #4 Materials:

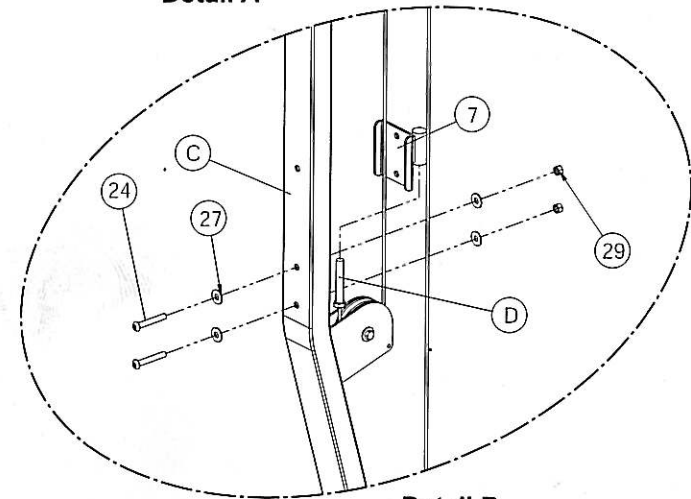
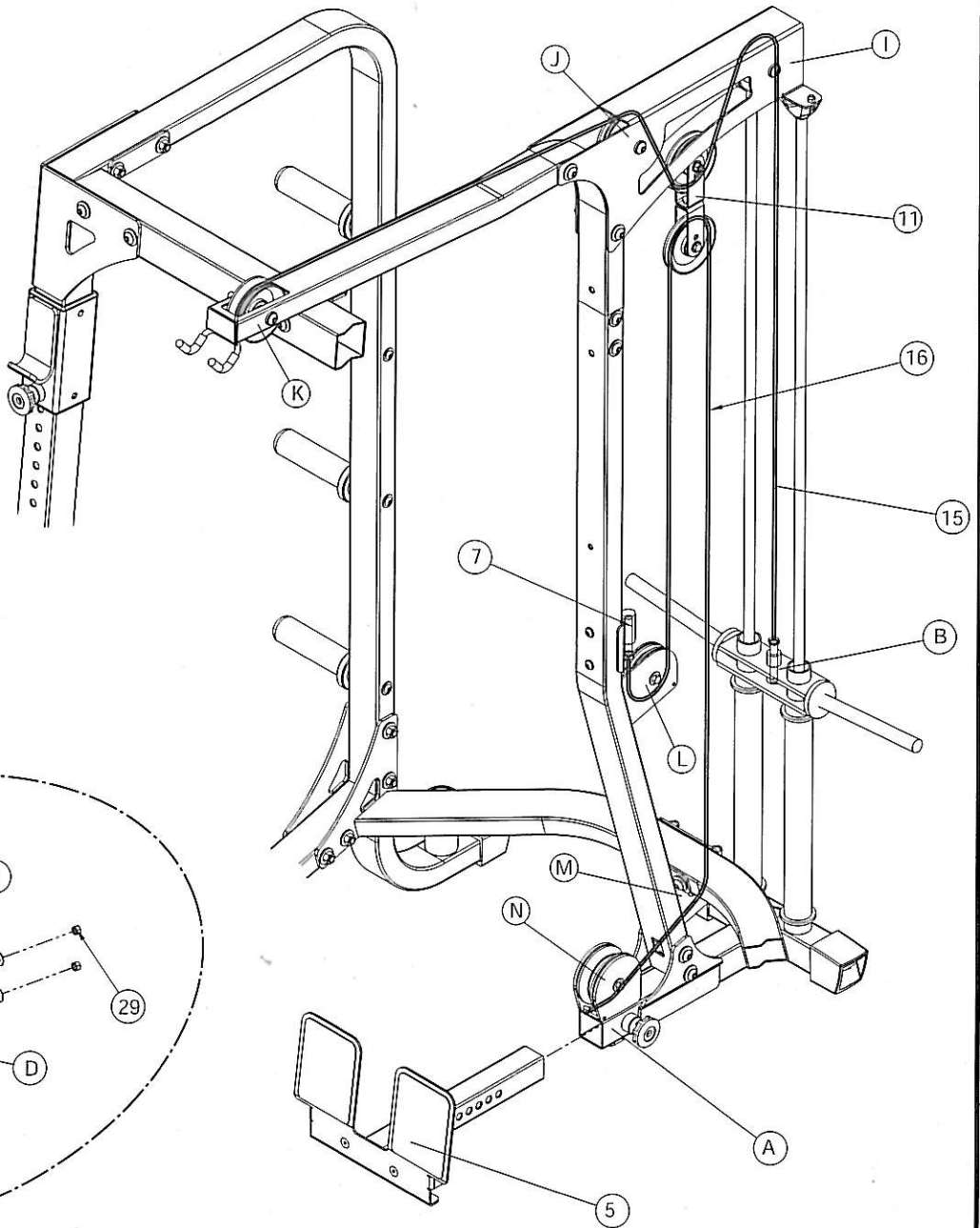
#	Description	Qty.
<input type="checkbox"/> 8	Weight Spacers	2
<input type="checkbox"/> 9	Weight Horn	1
<input type="checkbox"/> 10	Guide Rod Holder	1
<input type="checkbox"/> 17	Guide Rod	2
<input type="checkbox"/> 18	Rubber Bumper	4

- A.** Remove the Screws (B) holding the GUIDE ROD HOLDER (10) into the Upper Frame (A).
- B.** Place the GUIDE RODS (17) into the holes in the Lower Lat Assembly (C). On each of the two guide rods slide one RUBBER BUMPER (18).
- C.** If using the optional NT-1540 200 lb. Selectorized Weight Stack, place the 19 - Weight Plates on the guide rods. Place the Top Plate, with Selector Rod, on top of the Plates.
- D.** If using Free Weights, place a WEIGHT SPACER (8), and another RUBBER BUMPER (18), onto each of the GUIDE RODS (17). Slide the WEIGHT HORN (9) onto the two GUIDE RODS (17) with the horns angled up.
- E.** Place the GUIDE ROD HOLDER (10) on the two GUIDE RODS (17) and secure to the Upper Frame (A) using the Screws (B) that were removed earlier. Tighten all hardware securely.

**step
5**



Detail A



Detail B

Step #5 Materials:

#	Description	Qty.
<input type="checkbox"/> 5	Foot Slider Assembly	1
<input type="checkbox"/> 6	Foot Plate	1
<input type="checkbox"/> 7	Cable Termination Bracket	1
<input type="checkbox"/> 11	Floating Pulley Assembly	1
<input type="checkbox"/> 15	Lat Cable	1
<input type="checkbox"/> 16	Row Cable	1
<input type="checkbox"/> 24	Cap Screw - 3/8" x 2.75"L	2
<input type="checkbox"/> 25	Countersunk Screw - 3/8" x 1"L	2
<input type="checkbox"/> 27	3/8" Washer	6
<input type="checkbox"/> 29	3/8" Lock Nut	4

- A. Attach the FOOT PLATE (6) to the FOOT SLIDER ASSEMBLY (5) with the hardware shown. Pull Pop-Pin (A) on the cage, and insert FOOT SLIDER ASSEMBLY (5). Tighten hardware.
- B. Remove Cable Termination from LAT CABLE (15) by unscrewing Bolt (E), Removing C-Termination (F), Rubber Stop (G) and Retaining Ring (H) shown in Detail A. Thread end of LAT CABLE (15) into Weight Horn (B). Route cable over Pulley (I), thru FLOATING PULLEY ASSEMBLY (11), and around Pulley (J) and (K). Reassemble Cable Termination (Detail A) on the outside of Pulley (K).
- C. Install the CABLE TERMINATION BRACKET (7) to the Lat Upright (C) using the hardware shown in Detail B. Tighten Hardware.
- D. Remove Cable Termination from ROW CABLE (16) as shown in Detail A. Thread ROW CABLE (16) into CABLE TERMINATION BRACKET (7) and route cable around Pulley (L), thru FLOATING PULLEY ASSEMBLY (11), around Pulley (M) and (N). Reassemble Cable Termination (Detail A) on the outside of Pulley (N).

Attach Accessories

- A. Attach the Curl Bar, Lat Bar, Chain, and Ankle Cuff to the cable ends using the Cable Clips.

Lubrication and Final Check

- A. Lubricate Guide Rods using a silicon based lubricant.
- B. Carefully inspect all cables and insure that they are properly seated on the pulleys and that they pass between the cable stops and pulleys.
- C. Double check all hardware and make sure everything is tightened properly.

Cable Tensioning

- A. Tighten the Cable System using the combination of four adjustment locations. These locations are the Double Floating Pulley Brackets and the Selector Rod Top Plate Assembly. The Cable System should be tightened as tight as possible yet still allow the Selector Pin to freely engage all weights.
- B. After the cables are tensioned load the gym with as high a weight as you feel comfortable with and pull each cable several times to set and stretch the cables.
- C. After the cables are set and stretched, the Cable System may need to be re-tensioned. Tension the cables as described in Step A.
- D. The cables may need to be tensioned periodically as they may stretch slightly over time.
- E. **INSPECT THE CABLES MONTHLY!** Replace immediately if cables show any signs of damage including cracking, splitting, fraying or bulging.

The assembly of your NT-1820 is complete.

Should you have any questions or comments regarding your Nautilus gym, please feel free to contact our Customer Service Department. Please retain these Assembly Instructions for future reference.



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Item # NT-1820
1-800-864-1270
Production Date Code: 3185

Serial#:



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