

Assembly Instructions



NF-1830



Nautilus

Revision A

Pectoral Attachment

#

Complete Components List

Qty.

Part #

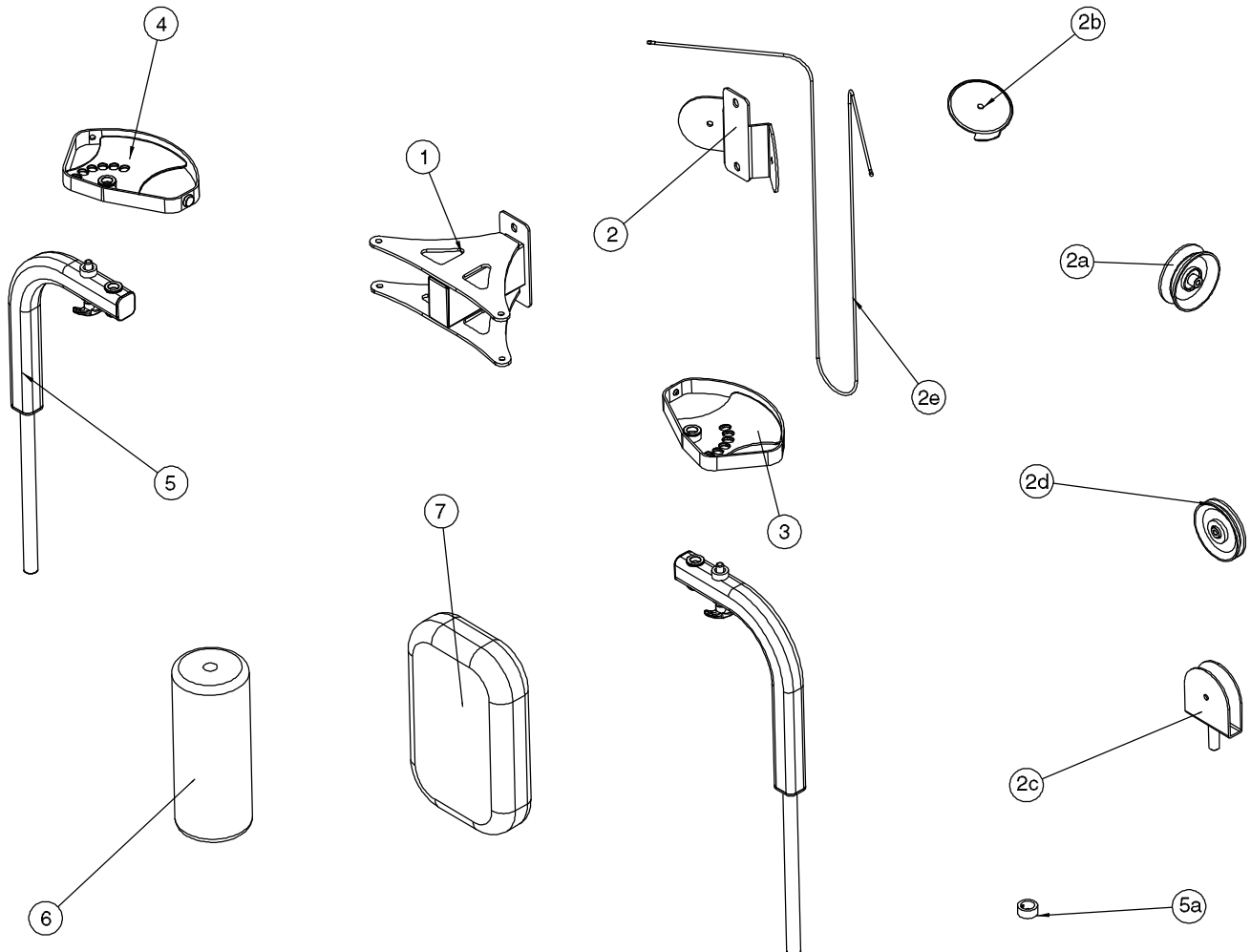
- 1 Pec Mounting Bracket Assembly
- 2 Pec Pulley Bracket (Preassembled with items #2a - #2e)
- 2a • V-Pulley
- 2b • Pulley Cover
- 2c • Floating Pulley Bracket Assembly
- 2d • 4 1/2" Pulley
- 2e • Pec Cable (w/ Preassembled Terminations)
- 3 Left Cam Assembly
- 4 Right Cam Assembly
- 5 Pec Arm Assembly (Preassembled with #5a)
- 5a • Pec Pad Collar
- 6 Pec Fly Pad
- 7 Seat Back

Hardware Pack

- 8 Button Head Cap Screw - 1/2" x 3" L
- 9 Button Head Cap Screw - 3/8" x 2.75" L
- 10 1/2" Washer
- 11 3/8" Washer
- 12 1/2" Lock Nut
- 13 Nut Cap

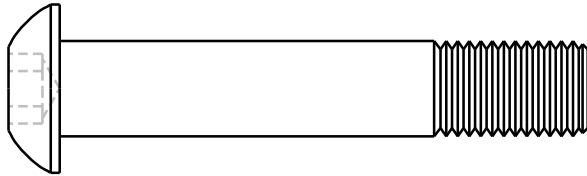
Preassembled Hardware

- 14 Button Head Cap Screw - 3/8" x 4.75" L
- 15 Button Head Cap Screw - 3/8" x 2" L
- 16 Button Head Cap Screw - 3/8" x 2.5" L
- 17 Button Head Cap Screw - 3/8" x 1.75" L
- 18 Set Screw - 5/16 x .25" L
- 19 3/8" Washer
- 20 3/8" Lock Nut

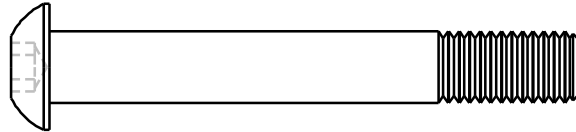
**NT-1830**

Hardware Size Chart

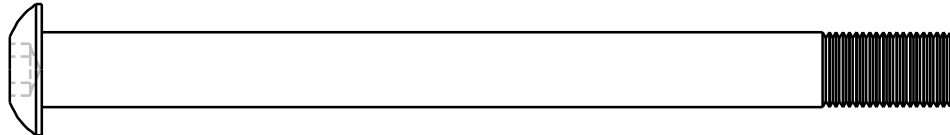
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Qty: 2



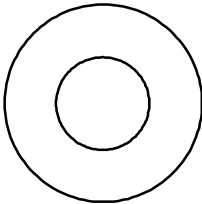
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Qty: 2



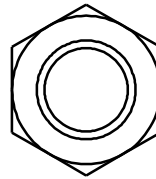
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Qty: 2



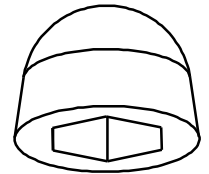
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Qty: 4



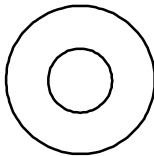
#12
Qty: 2



#13
Qty: 2



#11
Qty: 2

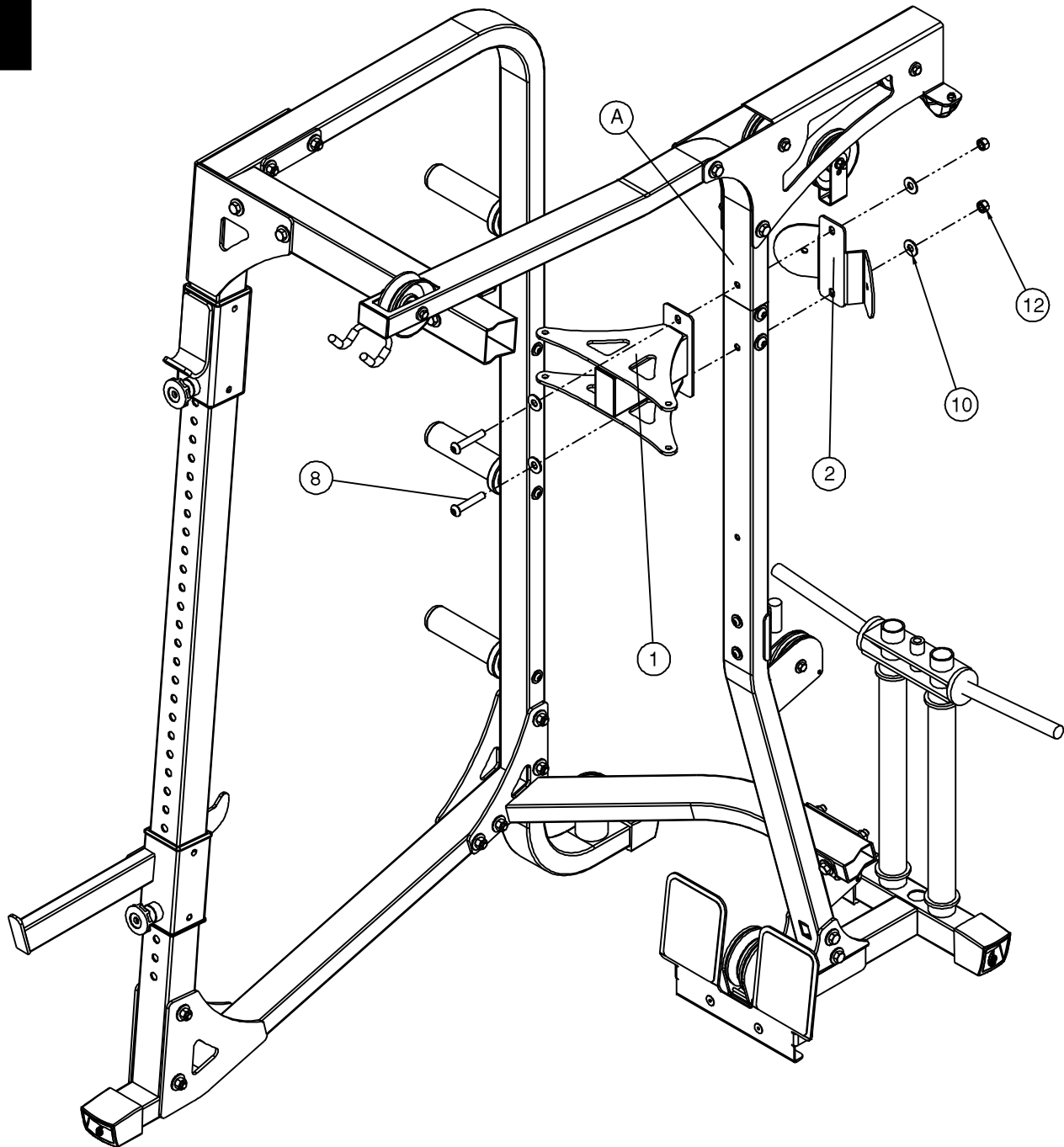


Required Tools:

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

- 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.

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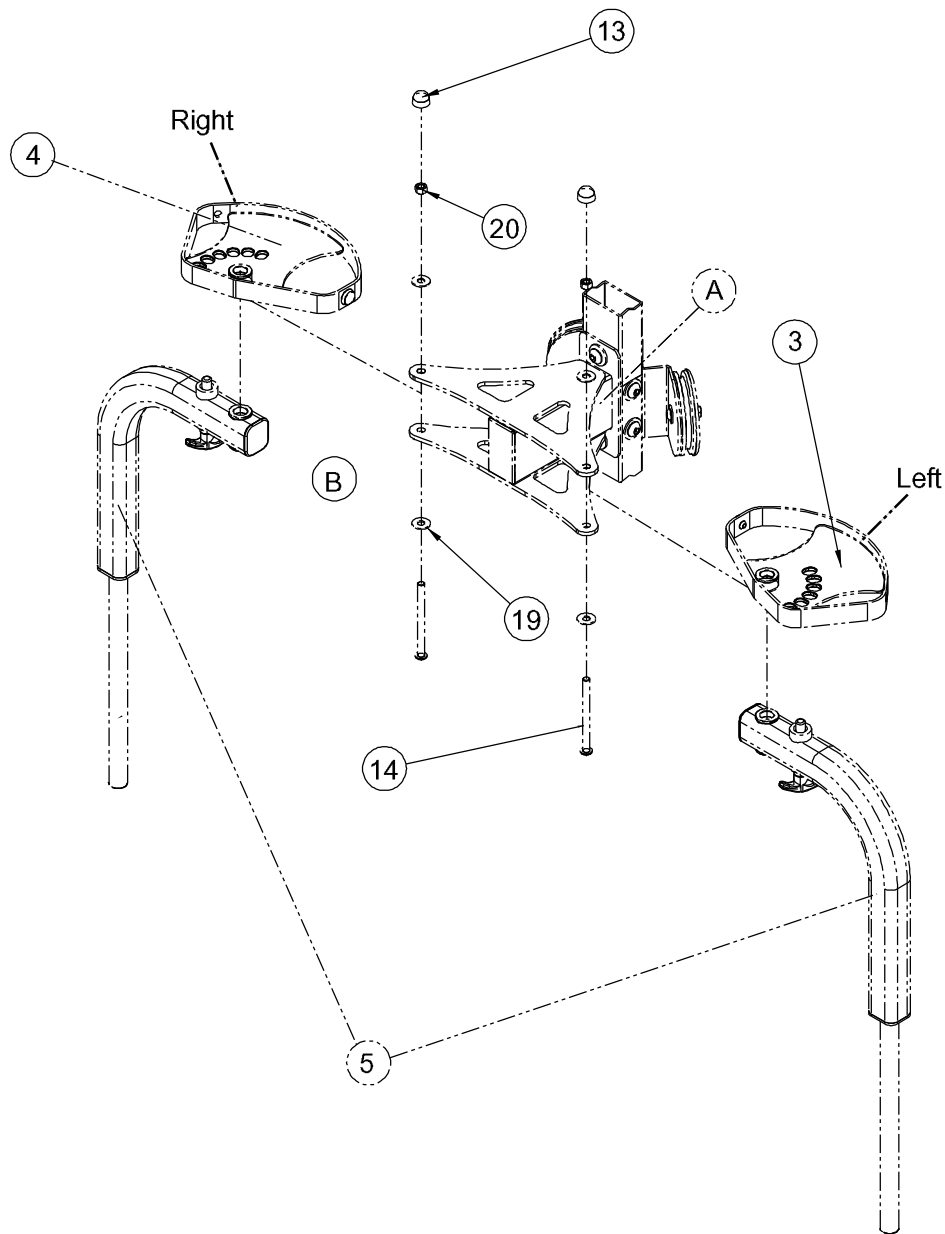
step**1****Step #1 Materials:**

#	Description	Qty.
<input type="checkbox"/> 1	Pec Mounting Bracket Assembly	1
<input type="checkbox"/> 2	Pec Pulley Bracket	1
<input type="checkbox"/> 8	Cap Screw - 1/2" x 3"L	2
<input type="checkbox"/> 10	1/2" Washer	4
<input type="checkbox"/> 12	1/2" Lock Nut	2

A. Using the hardware shown, Attach the PEC MOUNTING BRACKET ASSEMBLY (1) and the PEC PULLEY BRACKET (2) to the Lat Upright (A). Ensure that the the PEC PULLEY BRACKET (2) is positioned in the proper orientation.

B. Tighten all hardware in Step A.

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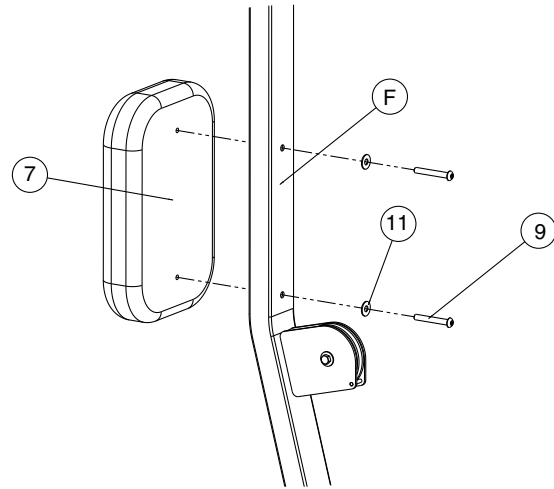
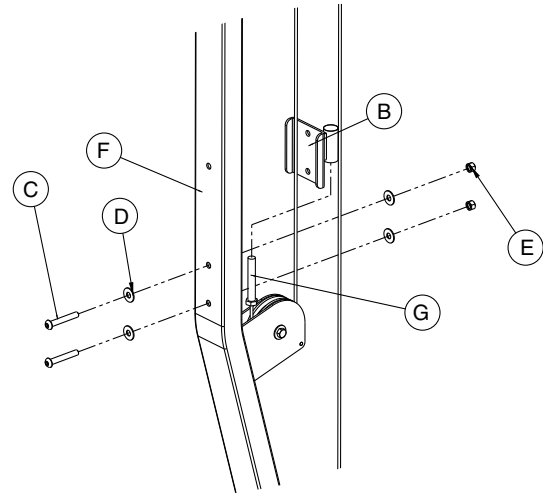
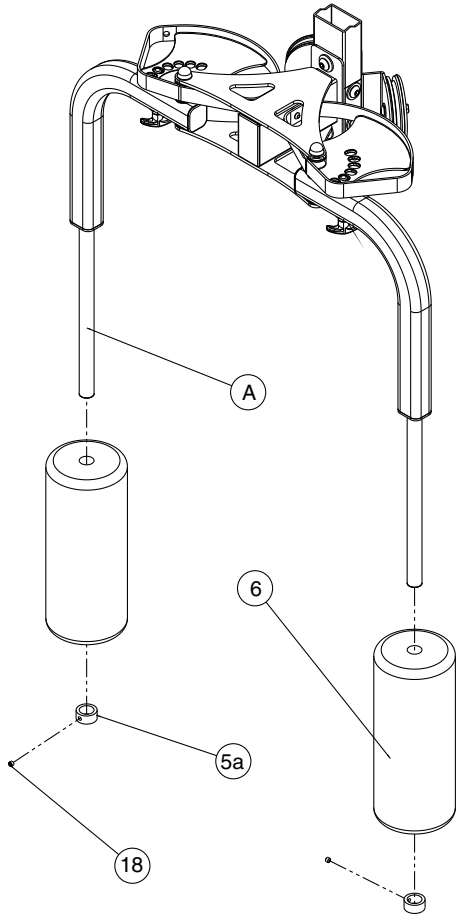
Step #2 Materials:

#	Description	Qty.
<input type="checkbox"/> 3	Left Cam Assembly	1
<input type="checkbox"/> 4	Right Cam Assembly	1
<input type="checkbox"/> 5	Pec Arm Assembly	2
<input type="checkbox"/> 13	Nut Cap	2
<input type="checkbox"/> 14	Cap Screw - 3/8" x 4.75"L	2
<input type="checkbox"/> 19	3/8" Washer	4
<input type="checkbox"/> 20	3/8" Lock Nut	2

- A. Determine which CAM ASSEMBLY is the Left and which CAM ASSEMBLY is the Right by a decal on the CAM stating either 'L' or 'R'.
- B. Uninstall the Hardware in the Pec Mounting Bracket Assembly (A).
- C. Position the LEFT CAM ASSEMBLY (3) and the PEC ARM ASSEMBLY (5) as shown in the diagram, and engage their pivot shafts. Place the LEFT CAM ASSEMBLY (3) and the PEC ARM ASSEMBLY (5) between the two plates on one side of the Pec Mounting Bracket Assembly (A) and secure with the hardware shown.
- D. Repeat Step C for the RIGHT CAM ASSEMBLY (4) and the remaining PEC ARM ASSEMBLY (5).
- E. Thoroughly tighten all hardware from above steps, and place a NUT CAP (13) on top of the hardware.

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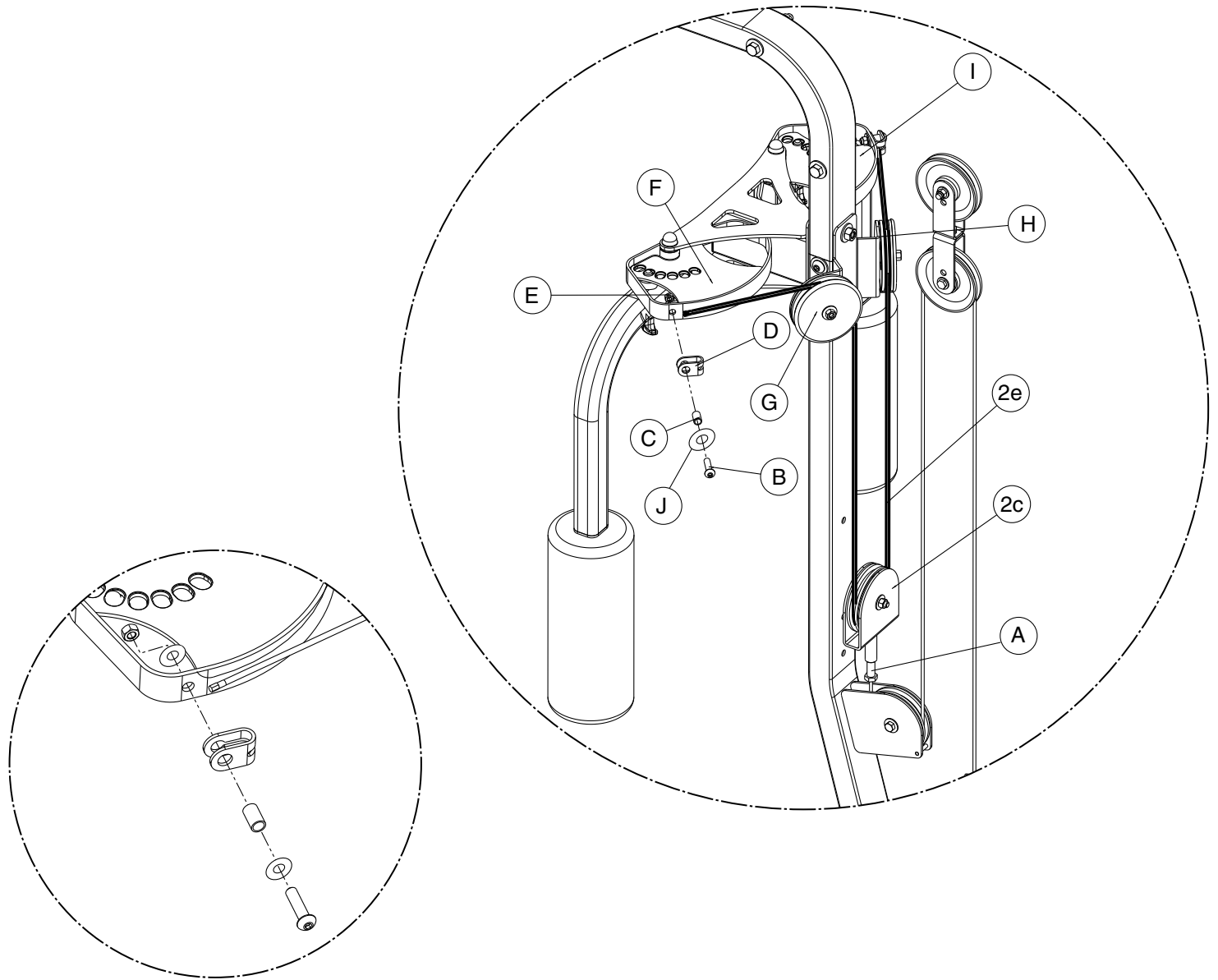
**step
3**



Step #3 Materials:

#	Description	Qty.
<input type="checkbox"/> 5a	Pec Pad Collar	2
<input type="checkbox"/> 6	Pec Fly Pad	2
<input type="checkbox"/> 7	Seat Back	1
<input type="checkbox"/> 9	Cap Screw - 3/8" x 2.75"L	2
<input type="checkbox"/> 11	3/8" Washer	2
<input type="checkbox"/> 18	5/16" Set Screw (Preassembled)	2

- A.** Slide the PEC FLY PAD (6) onto the Right Pec Arm Assembly (A) and secure with a PEC PAD COLLAR (5a) and a 5/16" SET SCREW (18). Tighten all hardware.
- B.** Repeat step A for the Left Pec Arm Assembly.
- C.** Remove the Lat Cable (G) from the Lat Cable Termination Assembly (B). Remove the Lat Cable Termination Assembly (B) from the Lat Upright Assembly (F) and all hardware (C, D, and E). Discard the Lat Cable Termination Assembly (B) and all hardware (C, D, and E)
- D.** Attach the SEAT BACK (7) to the Lat Upright Assembly (F) with the hardware shown. Tighten all Hardware.



Cable Termination Detail

Step #4 Materials:

#	Description	Qty.
<input type="checkbox"/> 2c	Floating Pulley Bracket Assembly	1 <input type="checkbox"/>
<input type="checkbox"/> 2e	Pec Cable (w/ Terminations)	1

- A.** Thread the Lat Cable (A) into the FLOATING PULLEY BRACKET ASSEMBLY (2c)
- B.** Remove the cable termination from both ends of the PEC CABLE (2e) by removing the Button Head Cap Screw (B), Spacer (C), U-Bracket (D), 2 - Washers (J), and Nut (E).
- C.** Attach the PEC CABLE (2e) to the Left Cam Assembly (F) using the given hardware.
- D.** Attach the other end of the PEC CABLE (2e) to the Right Cam (I) using the termination on the PEC CABLE (2e).

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-1830 is now complete.

Should you have any questions or comments regarding your Nautilus product, please feel free to contact our Customer Service Department.

The NT-1830 is rated to 300lbs (not included users weight).
Maximum user weight limit is 350lbs.



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