Be Strong.[™]





PREFACE/TABLE OF CONTENTS

Thank you for purchasing the Nautilus® Commercial Free Weights Pod Configurations Assembly Kit. 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 assembly of the Nautilus® tower configurations. Doing so will help to insure that your users get the most out of your tower pod configuration, enjoying safe and effective workouts ahead.

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SAFETY PRECAUTIONS/PRODUCT SPECIFICATIONS

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.

SAFETY PRECAUTION

Do not lay any tower pod configuration flat when the weight stack is attached. Permanent damage to the tower pod configuration will result.

PRODUCT SPECIFICATIONS

Reference the specific Tower Assembly Manual for which you are assembling a Tower Pod Configuration for product specifications.

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 Tower Unit.

Basic Assembly Principals

Here are few basic assembly tips that can make assembly of your Nautilus® Commercial Free Weights tower pod configuration 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 tower pod configuration, 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 tower pod configuration 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 tower pod configuration

Positioning Your Nautilus® Commercial Free Weights Tower Pod Configuration

Place all towers at the location where you want to assemble the pod configuration. Once assembled, any configuration will be too heavy to move.

PARTS LIST / BOX CONTENTS / TOOLS



REF#	DESCRIPTION	ОТҮ
1	Kit, Tower Pod Brackets	1
2	Plate, Upper Tower Join	1
3	Bracket, Lower 90 Degree Join	4
4	Bracket, Lower 180 Degree Join	2
5	1/2" Hex Nut	4
6	1/2" x 1" Button Head Screw	4
7	1/2" x 5 1/4" Button Head Screw	4
8	1/2" Flat Washer	12

CONFIGURATIONS

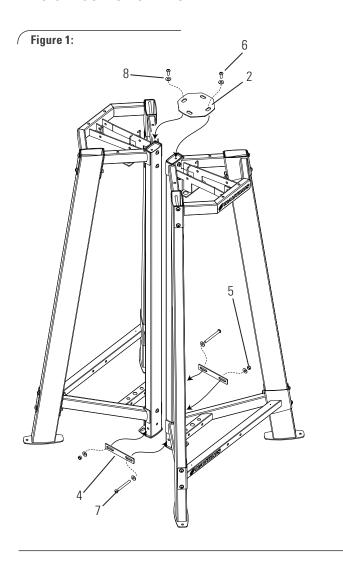
TOWER POD	BRACKETS	FASTENERS
2 Units, 180 Degrees, Back-to-Back	180 Degree Bracket Qty. 2 Upper Tower Bracket Qty. 1	1/2" x 1" Button Head Screw Qty. 2 1/2" Flat Washer Qty. 6 1/2" x 5 1/4" Button Head Screw Qty. 2 1/2" Het Nut Qty. 2
2 Units, Adjacent, Side-by-Side	90 Degree Bracket Qty. 1 180 Degree Bracket Qty. 1	1/2" x 1" Button Head Screw Qty. 2 1/2" Flat Washer Qty. 6 1/2" x 5 1/4" Button Head Screw Qty. 2 1/2" Het Nut Qty. 2
3 Units	90 Degree Bracket Qty. 2 180 Degree Bracket Qty. 1 Upper Tower Bracket Qty. 1	1/2" x 1" Button Head Screw Qty. 3 1/2" Flat Washer Qty. 9 1/2" x 5 1/4" Button Head Screw Qty. 3 1/2" Het Nut Qty. 3
4 Units	90 Degree Bracket Qty. 4 Upper Tower Bracket Qty. 1	1/2" x 1" Button Head Screw Qty. 4 1/2" Flat Washer Qty. 12 1/2" x 5 1/4" Button Head Screw Qty. 4 1/2" Het Nut Qty. 4

PRE-ASSEMBLY NOTES

- At least two people are required for assembling the Tower Pods.
- It is strongly recommended that you assemble the desired Pod configuration before installing the Weight Stacks. This requires that you assemble each different Tower unit through Step 2 in their respective Assembly Manuals. In the case of a four-unit pod, the Adjustable Tower's Lower Pulley Assembly must be pre-assembled to the Lower Triangle with the rear bolt completely tightened.
- Refer to the Configurations Table, above, to determine the required hardware and brackets for the configuration you are assembling.
- In addition to the Tools listed, you will need a step ladder for assembling any of the Pod configurations.

ASSEMBLING POD CONFIGURATIONS - TWO OPPOSING TOWERS

TWO OPPOSING TOWERS



Assembling Tower Frames, Top Plate, and Bottom Brackets

Locate the following for this step:

Parts:

- Any Nautilus Commercial Free Weight Tower Units (partially assembly) Qty. 2
- Ref 2, Plate, Upper Tower Join Qty. 2
- Ref 4, Bracket, Lower 180 Degree Join Qty. 6

Hardware:

- Ref 6, 1/2"x 1" Button Head Bolt Qty. 2
- Ref 7, 1/2"x 5 1/4" Button Head Bolt Qty. 2
- Ref 5, 1/2" Nut Qty. 4
- Ref 8, 1/2" Washer Qty. 4

Tools:

- 5/16" Allen Wrench (included with Tower Assembly)
- 3/4" Wrench (not included)

Refer to Figure 1:

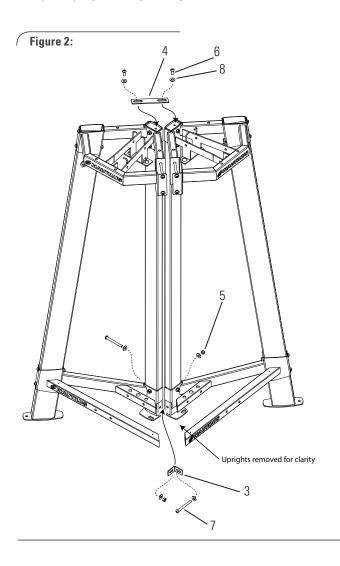
- 1. Place Tower Frames back to back in the desired final location. Rear feet should be approximately four inches apart for ease of installation.
- 2. Place the Top Plate in place and loosely attach hardware.
- 3. Place the bottom 180 degree Bracket and loosely secure with hardware.

Note: Make sure all feet are sitting firmly on the ground.

- 4. Starting at the bottom, tighten all hardware.
- 5. Return to Step 3 of the respective Tower Assembly Manual to continue with the assembly process.

ASSEMBLING POD CONFIGURATIONS - TWO ADJACENT TOWERS

TWO ADJACENT TOWERS



Assembling Tower Frames, Top Plate, and Bottom Brackets

Locate the following for this step:

Parts:

- Any Nautilus Commercial Free Weight Tower Units (partially assembly) Qty. 2
- Ref 4, Bracket, Lower 180 Degree Join Qty. 1
- Ref 3, Bracket, Lower 90 Degree Join Qty. 1

Hardware:

- Ref 6, 1/2"x 1" Button Head Bolt Qty. 2
- Ref 7, 1/2"x 5 1/4" Button Head Bolt Qty. 2
- Ref 5, 1/2" Nut Qty. 2
- Ref 8, 1/2" Washer Oty. 6

Tools:

- 5/16" Allen Wrench (included with Tower Assembly)
- 3/4" Wrench (not provided)

Refer to Figure 2:

- 1. Place Tower Frames side by side in the desired final location. Front and rear feet should nearly touch for ease of installation.
- 2. Place the Top Plate in place and loosely attach hardware.
- 3. Place the bottom 90 degree Bracket and loosely secure with hardware.

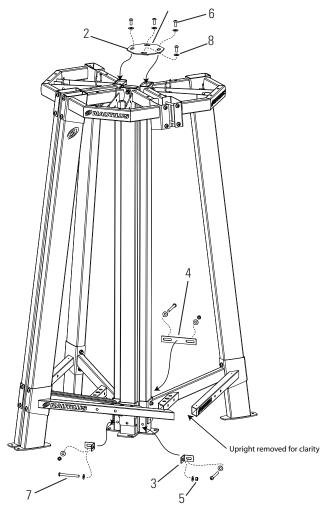
Note: Bolts must face the same circular direction or interference may occur. Make sure all feet are sitting firmly on the ground.

- 4. Starting at the bottom, tighten all hardware.
- 5. Return to Step 3 of the respective Tower Assembly Manual to continue with the assembly process.

ASSEMBLING POD CONFIGURATIONS - THREE TOWER POD

THREE TOWER POD





Assembling Tower Frames, Top Plate, and Bottom Brackets

Locate the following for this step:

Parts:

- Any Nautilus Commercial Free Weight Tower Units (partially assembly) Qty. 3
- Ref 2, Plate, Upper Tower Join Qty. 1
- Ref 4, Bracket, Lower 180 Degree Join Qty. 1
- Ref 3, Bracket, Lower 90 Degree Join Qty. 2

Hardware:

- Ref 6, 1/2"x 1" Button Head Bolt Qty. 3
- Ref 7, 1/2"x 5 1/4" Button Head Bolt Qty. 3
- Ref 5, 1/2" Nut Qty. 3
- Ref 8, 1/2" Washer Qty. 9

Tools:

- 5/16" Allen Wrench (included with Tower Assembly)
- 3/4" Wrench (not provided)

Refer to Figure 3:

- 1. Place Tower Frames, as illustrated, in the desired final location. Front and rear feet of Adjacent Towers should nearly touch for ease of installation. The rear feet of the opposing towers should be approximately four inches apart.
- 2. Place the Top Plate in place and loosely attach hardware.
- 3. Place the bottom 180 degree Bracket and one of the 90 degree Brackets and loosely secure with hardware. Insert second 90 degree bracket with hardware.

Note: Bolts must face the same circular direction or interference may occur. Make sure all feet are sitting firmly on the ground.

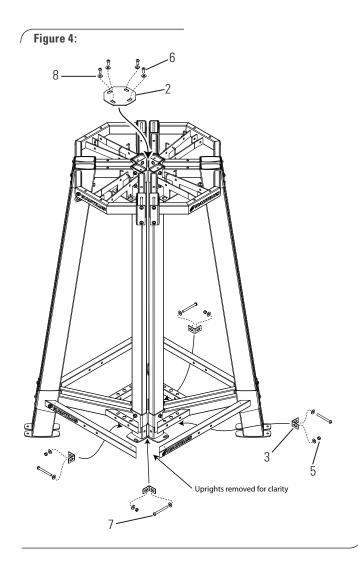
ASSEMBLING POD CONFIGURATIONS - THREE TOWER POD

Assembling Tower Frames, Top Plate, and Bottom Brackets - continued

- 4 Starting at the bottom, tighten all hardware.
- 5 Return to Step 3 of the respective Tower Assembly Manual to continue with the assembly process.

ASSEMBLING POD CONFIGURATIONS - FOUR TOWER POD

FOUR TOWER POD



Assembling Tower Frames, Top Plate, and Bottom Brackets

Locate the following for this step:

Parts:

- Any Nautilus Commercial Free Weight Tower Units (partially assembly) Qty. 4
- Ref 2, Plate, Upper Tower Join Qty. 1
- Ref 3, Bracket, Lower 90 Degree Join Qty. 4

Hardware:

- Ref 6, 1/2"x 1" Button Head Bolt Qty. 4
- Ref 7, 1/2"x 5 1/4" Button Head Bolt Qty. 4
- Ref 5, 1/2" Nut Qty. 4
- Ref 8, 1/2" Washer Qty. 12

Tools:

- 5/16" Allen Wrench (included with Tower Assembly)
- 3/4" Wrench (not provided)

Refer to Figure 4:

- Place Tower Frames, as illustrated, in the desired final location. Front and rear feet of Adjacent Towers should nearly touch for ease of installation. The rear feet of the opposing towers should be approximately four inches apart.
- 2. Place the Top Plate in place and loosely attach hardware.
- 3. Place the 90 degree Brackets on either side of one leg and loosely secure with hardware.

Note: Bolts must face the same circular direction or interference may occur.

4. Place the next three consecutive 90 degree Brackets and loosely secure with hardware.

Note: Bolts must face the same circular direction or interference may occur.

ASSEMBLING POD CONFIGURATIONS - FOUR TOWER POD

Assembling Tower Frames, Top Plate, and Bottom Brackets - continued

- 5. Starting at the bottom, tighten all hardware.
- 6. Return to Step 3 of the respective Tower Assembly Manual to continue with the assembly process.

COMPANION EXERCISE EQUIPMENT

The Nautilus® Towers 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 F30SB Olympic Supine Bench
- Commercial Free Weights F30DB Olympic Decline Bench
- Commercial Free Weights F30IB Olympic Incline Bench
- Commercial Free Weights F30MB 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

15 Years - Frame

3 Years- Mechanical and electrical parts

1 Year- Labor

1 Year - 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.

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For more information about our Commercial Series exercise equipment or other Nautilus $^{\circledcirc}$ equipment for your home, visit www.Nautilus.com.

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