

Be Strong.™



 **NAUTILUS** NS 50X
Assembly Manual

Model: NS 50X

TABLE OF CONTENTS

Before You Assemble.....	3
Product Specifications	4
Parts List / Box Contents	5
Exploded View.....	6
Hardware and Tool List	7
Assembly Guide	8
Warranty Information	10
Contacting Nautilus	11

BEFORE YOU ASSEMBLE

BASIC ASSEMBLY PRINCIPLES

Here are a few basic tips that will aid in the assembly of the Nautilus® NS50X. 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 NS50X 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.

User Weight Capacity:	300lbs / 136.1Kg
Dimensions:	18" w x 50" l x 19" h / 46 cm x 127 cm x 48cm
Shipping Weight:	66.1 lbs / 32 kg
Net Weight:	60.2 lbs / 27.3 kg

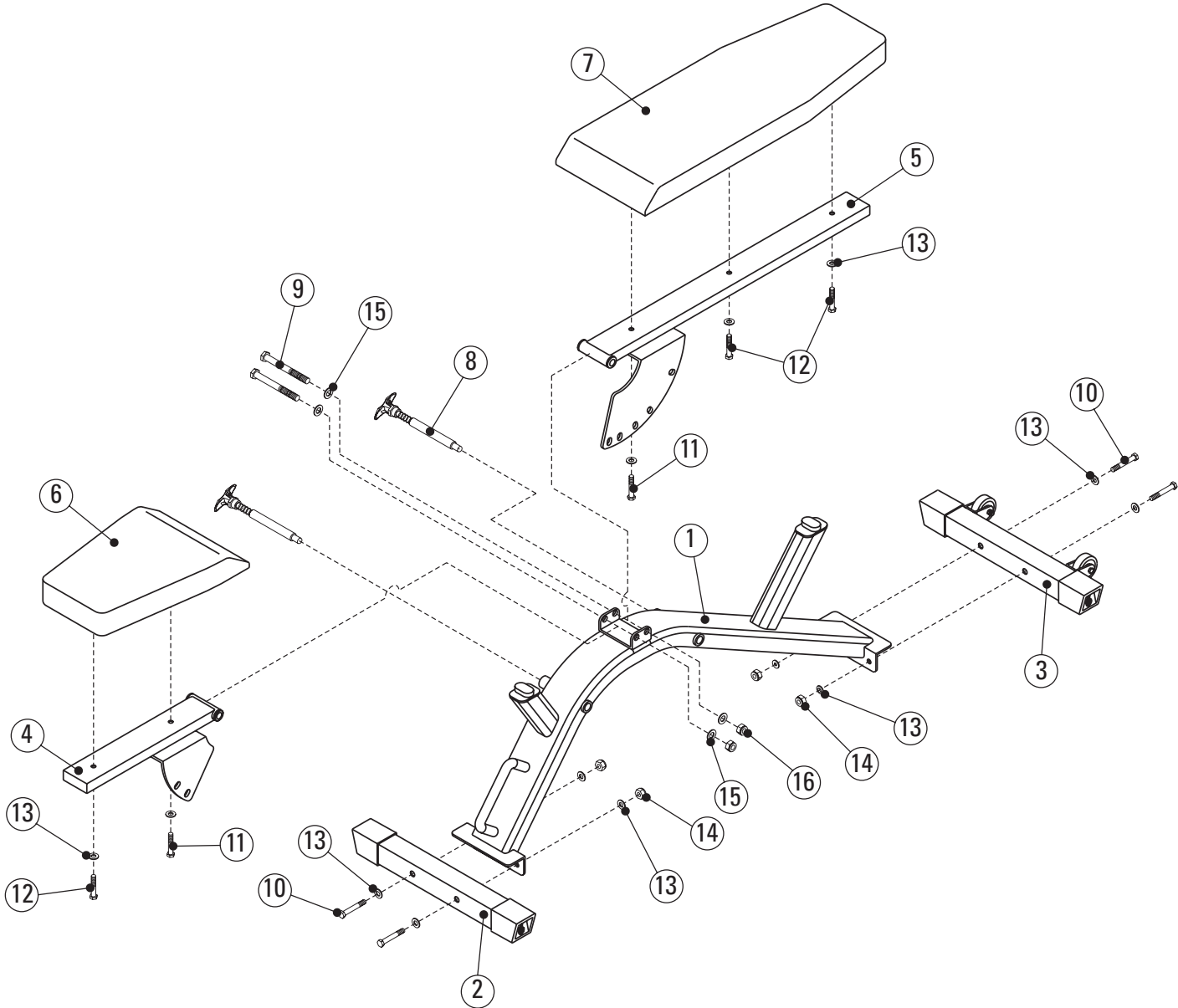
PARTS LIST / BOX CONTENTS

#	DESCRIPTION	QTY
1	Bench Frame assembly.....	1
2	Front Stabilizer Assembly.....	1
3	Rear Stabilizer Assembly.....	1
4	Seat Frame Assembly.....	1
5	Back Frame Assembly.....	1
6	Seat Back.....	1
7	Back Pad.....	1
8	T-Handle Pop Pin.....	2

Hardware

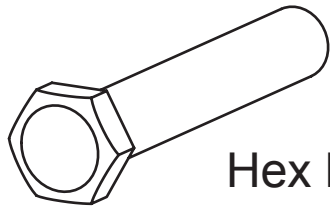
9	Hex Bolt 1/2" x 4 1/2".....	2
10	Hex Bolt 3/8" x 2 3/4".....	4
11	Hex Bolt 3/8" x 2".....	2
12	Hex Bolt 3/8" x 1 3/4".....	3
13	3/8" Flat Washer.....	13
14	3/8" Lock Nut.....	4
15	1/2" Flat washer.....	4
16	1/2" Lock Nut.....	2

EXPLODED VIEW



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

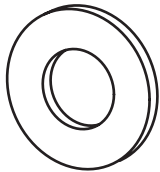
HARDWARE AND TOOLS



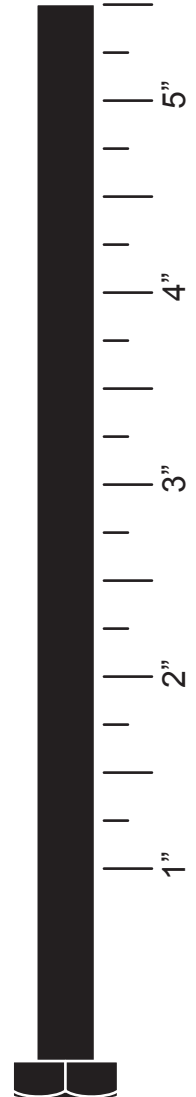
Hex Bolt



Lock Nut



Flat Washer



Required Tools:

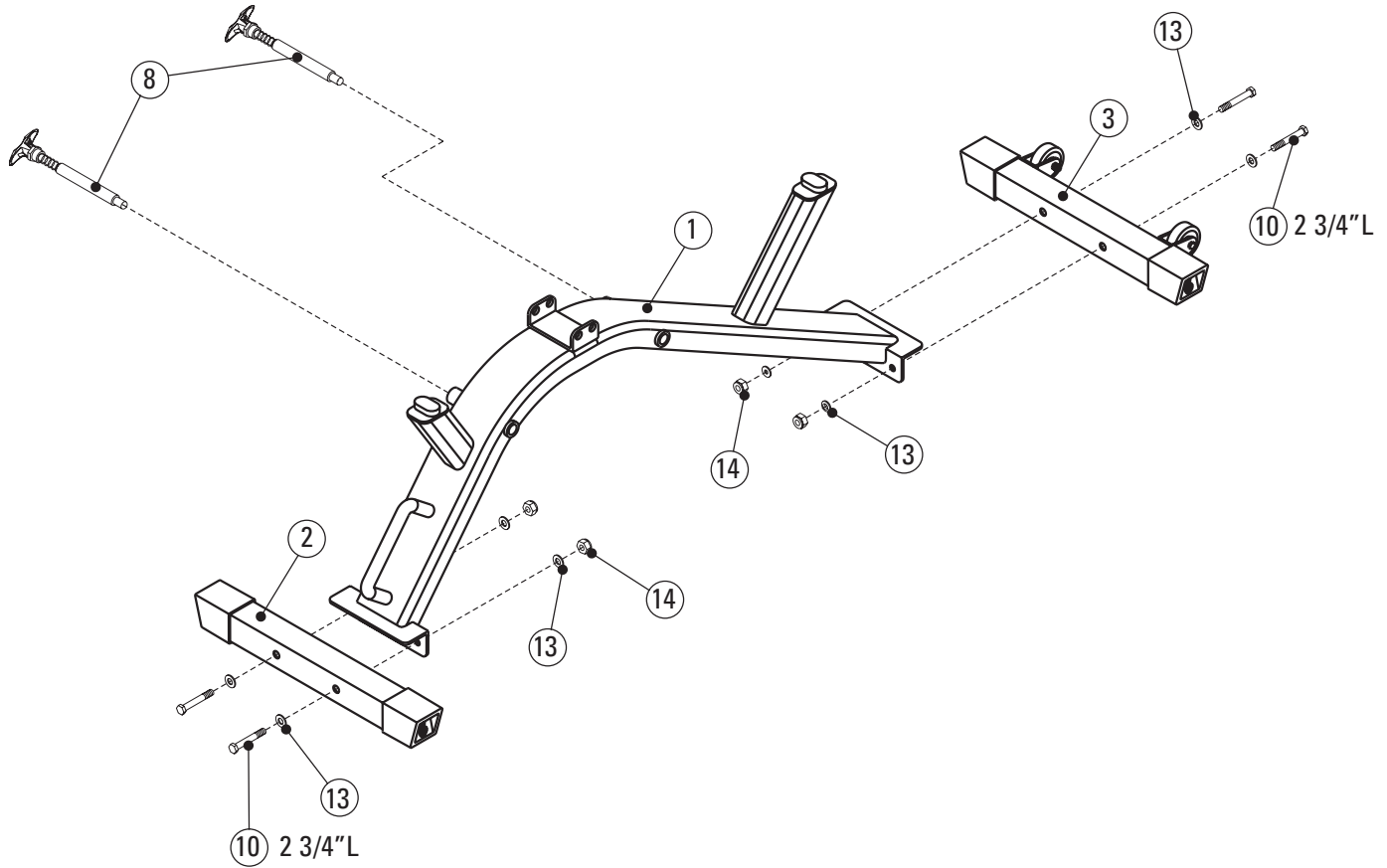
9/16" or 14mm Wrench or Socket (Two Required)

3/4" Wrench or Socket (Two Required)

Adjustable Wrench

STEP 1

ASSEMBLY



Step 1 Components:

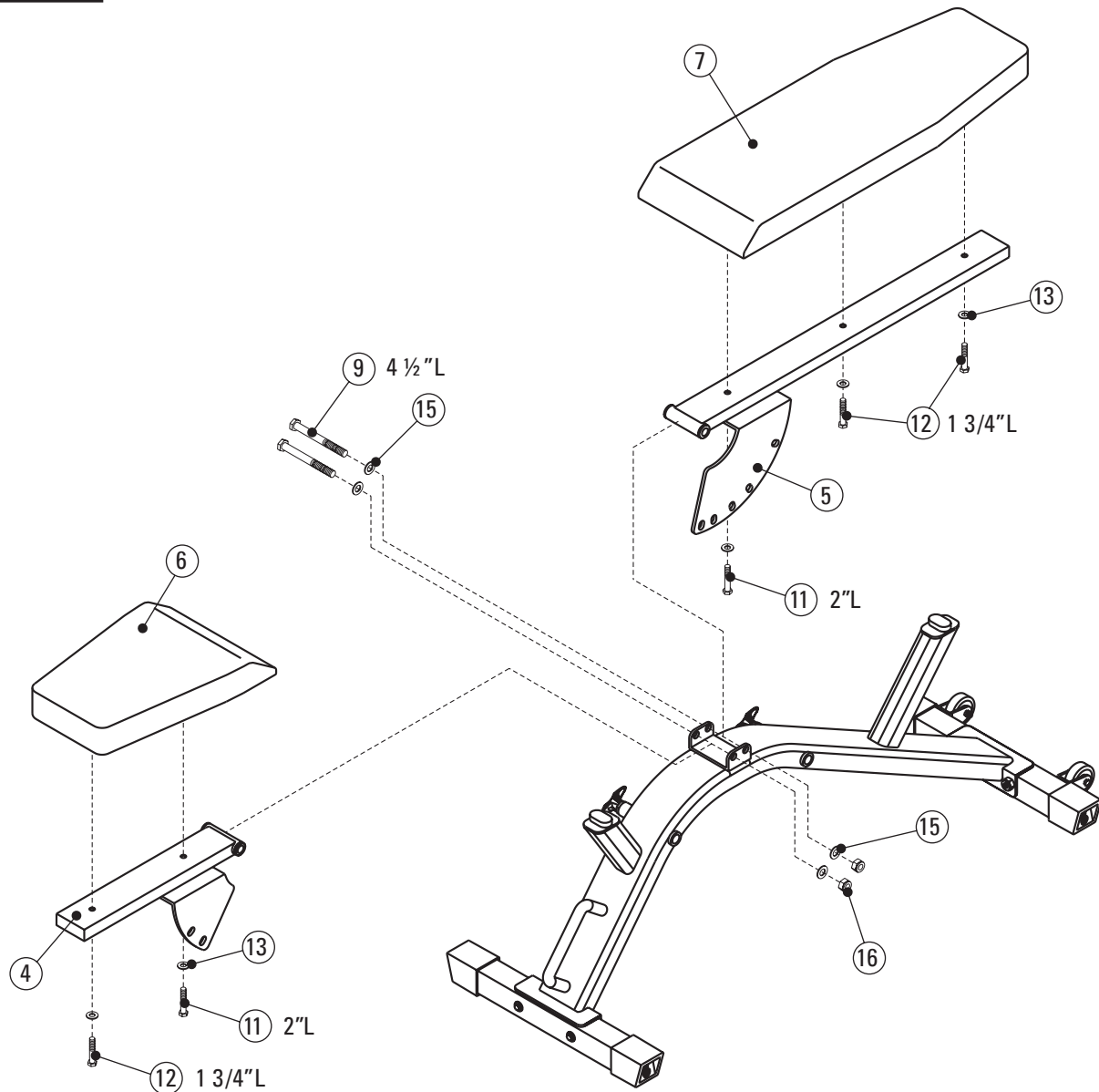
#	Component	Qty
1	Bench Frame Assembly	1
2	Front Stabilizer Assembly	1
3	Rear Stabilizer Assembly	1
8	T-Handle Pop Pin	2
10	Hex Bolt - 3/8" x 2 3/4" L	4
13	3/8" Flat Washer	8
14	3/8" Lock Nut	4

Procedure:

- Attach the Front Stabilizer Assembly (2) to the Bench Frame Assembly (1) using the hardware shown above. Tighten hardware securely.
- Attach the Rear Stabilizer Assembly (3) to the Bench Frame Assembly (1) using the hardware shown above. Tighten hardware securely.
- Thread the T-Handle Pop Pins (8) into the Bench Frame Assembly (1) and then tighten securely.

STEP 2

ASSEMBLY



Step 2 Components:

#	Component	Qty
4	Seat Frame Assembly	1
5	Back Frame Assembly	1
6	Seat Pad	1
7	Back Pad	1
9	Hex Bolt - 1/2" x 4 1/2"L	2
11	Hex Bolt - 3/8" x 2"L	2
12	Hex Bolt - 3/8" x 1 3/4"L	3
13	3/8" Flat Washer	5
15	1/2" Flat Washer	4
16	1/2" Lock Nut	2

Procedure:

- A.** Attach the Seat Frame Assembly (4) to the Bench Frame Assembly (1) using the hardware shown above. Be careful not to over-tighten the hardware and cause the Seat Frame Assembly to bind.
- B.** Attach the Back Frame Assembly (5) to the Bench Frame Assembly (1) using the hardware shown above. Be careful not to over-tighten the hardware and cause the Back Frame Assembly to bind.
- C.** Attach the Seat Pad (6) to the Seat Frame Assembly (4) using the hardware shown above. Tighten hardware securely.
- D.** Attach the Back Pad (7) to the Seat Frame Assembly (5) using the hardware shown above. Tighten hardware securely.

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

Nautilus, Inc.
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• NAUTILUS INNOVATION CENTER

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• CORPORATE HEADQUARTERS

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INTERNATIONAL CUSTOMER SERVICE

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For more information about our Nautilus NS50X Bench or other Nautilus® equipment for your home, visit www.Nautilus.com.

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