



Español Americano Latino

Para obtener este manual en Español Latino Americano vaya a: <http://support.nautilus.com>.

Important Safety Instructions

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.


Before using this equipment, obey the following warnings:

 Read and understand all Warnings on this machine.

- Keep children away from this machine. Monitor them closely when near the machine. Moving parts that look dangerous to adults may not look so to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- Examine this machine for loose parts or signs of wear. Tighten or replace any worn or loose components before use. Examine all fasteners carefully. Contact Nautilus® Customer Service for repair information.
- This machine is for home use only.
- Set up and operate bench on a hard, level surface.
- Do not wear loose clothing or jewelry while exercising.
- Keep your body weight centered on the bench while exercising.
- Fully attach Back Support before use.
- Maximum user weight limit: 200 lbs (90.7 kg). Do not use if you are over this weight.
- Maximum lifting load limit: intended for body weight only.
- Do not exercise with more resistance than you can physically handle. We recommend you train with an exercise partner or spotter.
- Keep at least 50" (1.3 m) clear on each side of the bench. This is the recommended safe distance for access and passage around the bench.
- Do not over exert yourself during exercise. Do not try to exercise with more resistance than you can physically handle.
- This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site at www.nautilus.com/prop65

Maintenance

The safety and performance of this product can be maintained only if it is examined regularly for damage and wear.

 Examine the equipment before each use for damage and wear. Replace broken components immediately or put the equipment out of use until repaired.

Daily/Before Each Use: Examine machine. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE. Contact your authorized Nautilus® Fitness Dealer for servicing.

Daily/After Each Use: Clean machine with a clean, dry cloth. Use a mild detergent or spray cleaner on upholstery. Do not use cleansers containing enzymes.

Weekly: Clean machine fully with a clean cloth and ammonia-based cleaner. Touch up any scratches with touch-up paint to prevent rust, if necessary.

Monthly: Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Nautilus® Service immediately.

If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Nautilus® Customer Service at 1-800-NAUTILUS (628-8458). Only Nautilus®-trained or Nautilus®-authorized personnel should make extensions, readjustments, modifications, or repairs.

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003-3386-022810.B

To register your product for Warranty support please visit: www.UniversalHomeFitness.com/Register

Contacts

NORTH AMERICA

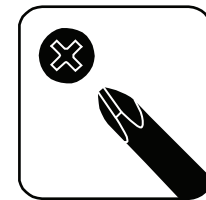
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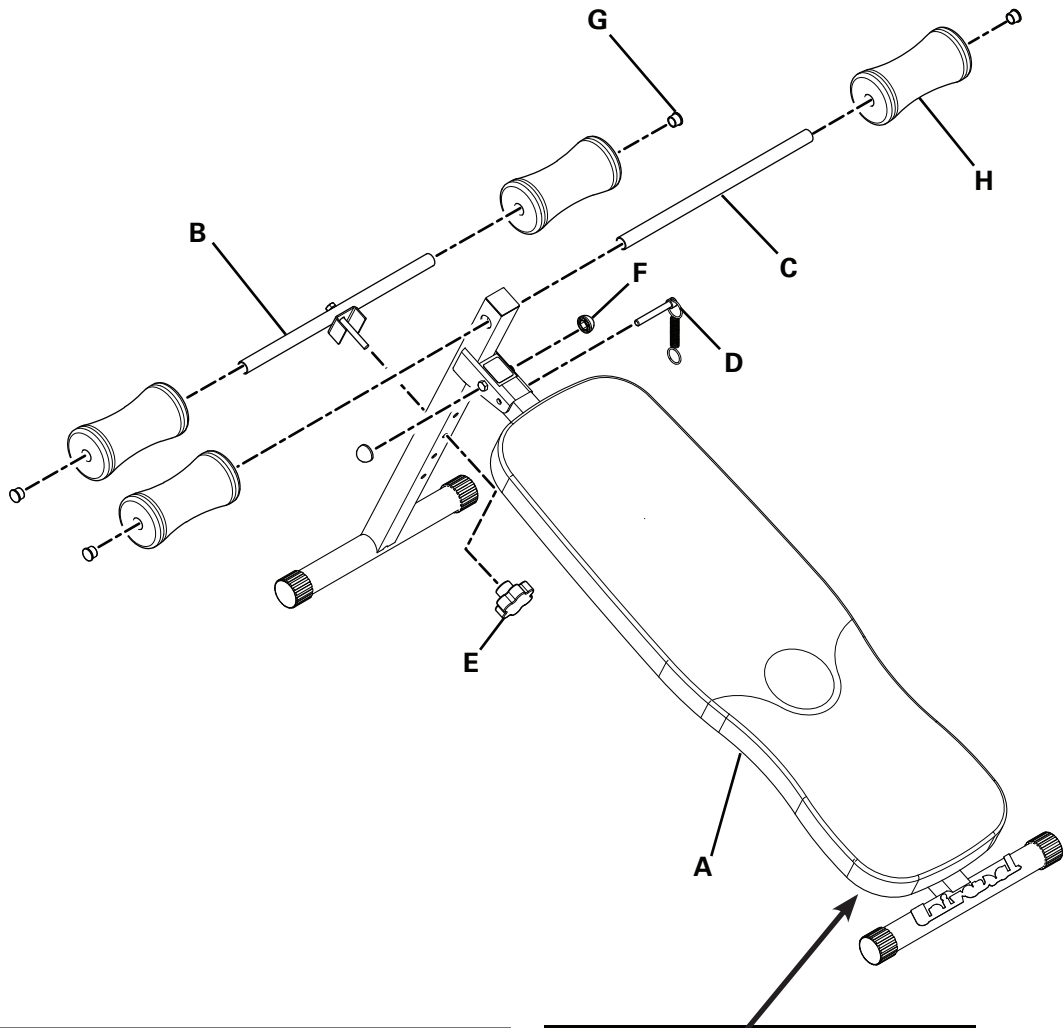
Tools (not included)



13mm



Assembled Unit Weight: 19.95lbs / 9.05 kg



Item	Qty	Description
A	1	BENCH ASSEMBLY
B	1	ROLLER ADJUSTMENT WELDMENT
C	1	ROLLER TUBE
D	1	LOCKING PIN
E	1	LOCKING KNOB
F	2	NUT CAP
G	4	ROLLER END CAP
H	4	ROLLER PAD

Serial Number

Date of Purchase