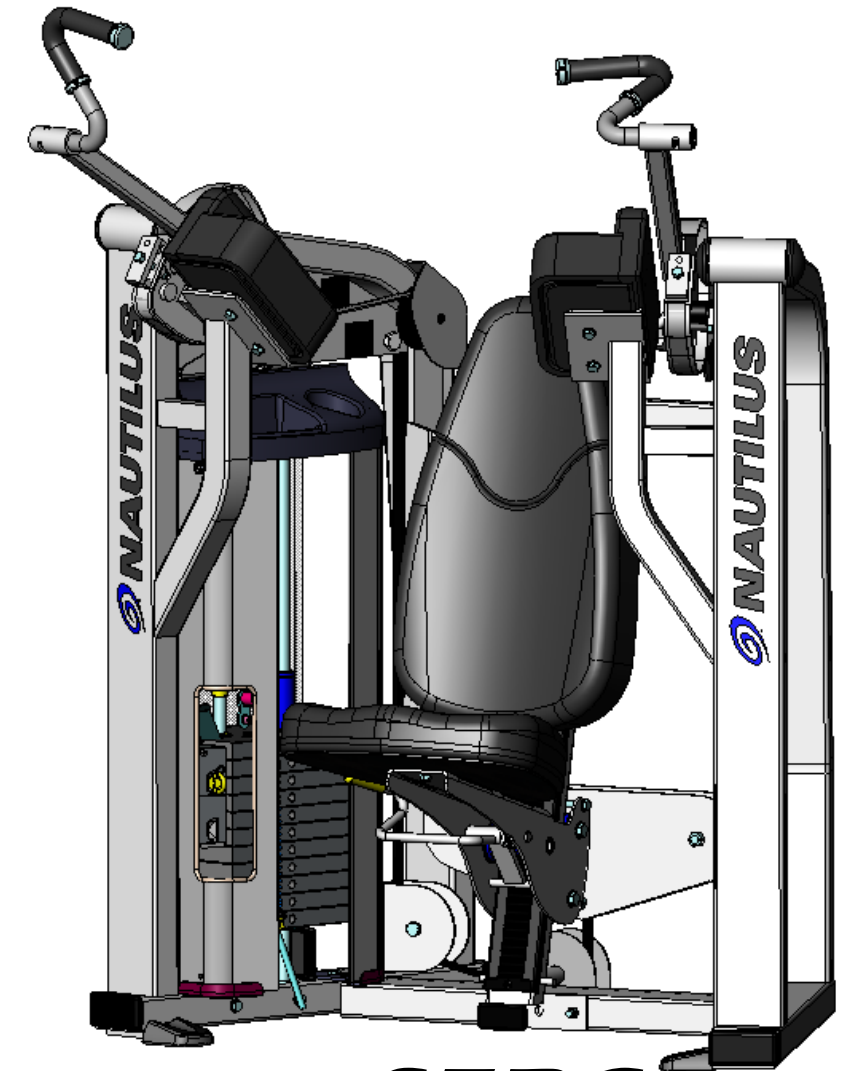


Number	S5BC/QTY.	DESCRIPTION
	2	BUTTON HEAD SOCKET CAP SCREW
	1	WASHER, FLAT,
---	1	---
---	1	---
---	1	---
---	2	---
---	1	---
---	1	---
---	1	---
01-0013	1	5/16 -18 UNC x 5½ Bolt
01-1105	6	3/8 -16 UNC x 1½ Bolt
01-1115	2	3/8 -16 UNC x 2½ Bolt
01-1151	4	3/8 -16 UNC x 2¾ Bolt
01-1321	3	½ -13 UNC x 2½ Bolt
01-1331	1	½ -13 UNC x 2¾ Bolt
01-1490	3	5/8-11 UNC x 2 Bolt
01-1553	3	3/8 -16 UNC x 4½ Bolt
01-1554	2	3/8 -16 UNC x 5 Bolt
01-1564	3	½ -13 UNC x 4½ Bolt
01-1565	1	½ -13 UNC x 5 Bolt
01-4030	8	¼ -20 UNC x 1 Wiz Lock Bolt
01-4037	2	BUTTON HEAD SOCKET CAP SCREW, ½ -13 x 2 ¼"
01-4038	4	BUTTON HEAD SOCKET CAP SCREW, ½ -13 x 2 ½"
02-2055	8	SCREW, SET, ¼ -28 UNF x ¼
02-9250	2	3/8 -16 UNC x 2¼ Bolt
03-1035	2	3/8" Lock Nut
03-2020	2	1/4" Lock Nut
03-3043	1	5/16" Lock Nut
03-4040	8	1/4-20 INSERT 5/8" LONG
03-5103	7	3/8" Hex Nut
03-5104	4	1/2" Hex Nut
03-9075	8	1/2" Thin Black Top Lock Hex Nut
04-5213	13	3/8" Internal Loc Washer
04-5214	3	½" Internal Loc Washer
04-5225	2	¼" Internal Loc Washer
05-5105	2	.500 ID Bushing (IGUS Replacement)
05-5130	2	IGUS IGLIDE L280
06-8180	1	Snap Ring, 1/2" External
06-8230	2	Snap Ring, 1" External (no inventory)
06-8275	6	Snap Ring, 17mm Heavy External
07-5028	2	ELBOW PAD MOUNT
07-5032	1	SEAT TRACK
07-5033	1	SEAT TRACK BACK
07-5034	3	SEAT ROLLERS
07-5064	6	6203 RADIAL BEARING
07-5440	1	IDLER PULLEY SPACER
07-7014	2	PIN COILED 1/4 X 1 1/2

Number	S5BC/QTY.	DESCRIPTION
07-8230	1	STANDARD SEAT CLEVIS PIN
07-8363	12	IDLER PULLEY SPACER
07-8686	1	STANDARD SEAT 0 degree
07-9348	2	TRIANG. DOUBLER PLATE
07-9349	2	Bicep MA Handle
07-9350	2	MOVEMENT ARM STOP
07-9351	4	COUNTERWEIGHT NITRO BC
07-9376	3	SEAT ROLLER SLEEVE
07-9452	2	PULLEY SHIELD
07-9476	1	SPRING ATTACHMENT
07-9760	2	IDLER PULLEY SPACER
07-9849	3	MOLDED BEARING CAP, Ti SERIES
07-9850	4	1" BEARING MOLDED FLANGE
07-9873	2	MOLDED BEARING CAP WITH HOLE
07-9893	2	SHEETMETAL SHIELD BI/TRI
07-9895	1	BC/TE SPECIAL PULLEY BRACKET
08-5066	1	SLEEVE
08-5098	1	---
09-1004	2	.500 ID X 3" CLOSED END
09-1106	2	---
09-2040	1	1 1/2 X 2 11 GA FRAME PLUG
09-2060	2	1 1/2 X 3 11 GA FRAME PLUG
09-3055	4	2 X 4 11 GA FRAME PLUG
09-4077	2	BEARING 1 1/2 SQ X 3/4 ID
09-5046	4	Nitro Plus Footpad
09-8327	7	REDIRECTIONAL PULLEY 3"
09-8330	1	REDIRECTIONAL PULLEY 4"
09-9535	2	GRIP RING 1.045 ID (FOR 1" BAR)
09-9565	2	GRIP CAP 1.030 ID (FOR 1" BAR)
10-1022	1	Extension Spring
10-1025	1	SPRING, TORSION
12-1026	2	KEEP HANDS AWAY
12-1145	1	SEAT BACK ADJ. DECAL
12-1146	1	SEAT ADJ DECAL 1
12-1380	1	MADE IN USA
12-5454	1	S5BC FRONT PLACARD "REVISED" (NEW LOGO)
12-5455	1	S5BC BACK PLACARD "REVISED" (NEW LOGO)
12-5611	2	Standard Nautilus Transfer Decal
17-1195	2	GUIDE ROD
19-1015	8	2" Square Duo-Loc
45-1062	4	1.005 ID BUSHING (IGUS REPLACEMENT)
48-1095	1	TREAD STRIP ARMOR
HB601	1	SEAT ADJUSTMENT RACK
LK631	2	CAM BELT CLAMP
MA603	1	S3BC RIGHT MVMT ARM
MA604	1	S3BC LEFT MVMT ARM



Number	S5BC/QTY.	DESCRIPTION
number	1	NITRO BI/TRI BASE FRAME
OPT-AW	1	Add On Weight Assembly
OPT-WT-01	1	WEIGHTSTACK ASSEMBLY #01
SE613	1	RELEASE HANDLE
SF601	1	SEAT BACK ASSY.
UP7505	1	BACK PAD TOP 14" X 24 1/2"
UP7506	1	BACK PAD BOTTOM
UP8028	1	LEFT ELBOW PAD
UP8029	1	RIGHT ELBOW PAD
UP8236	1	STANDARD SEAT BOTTOM

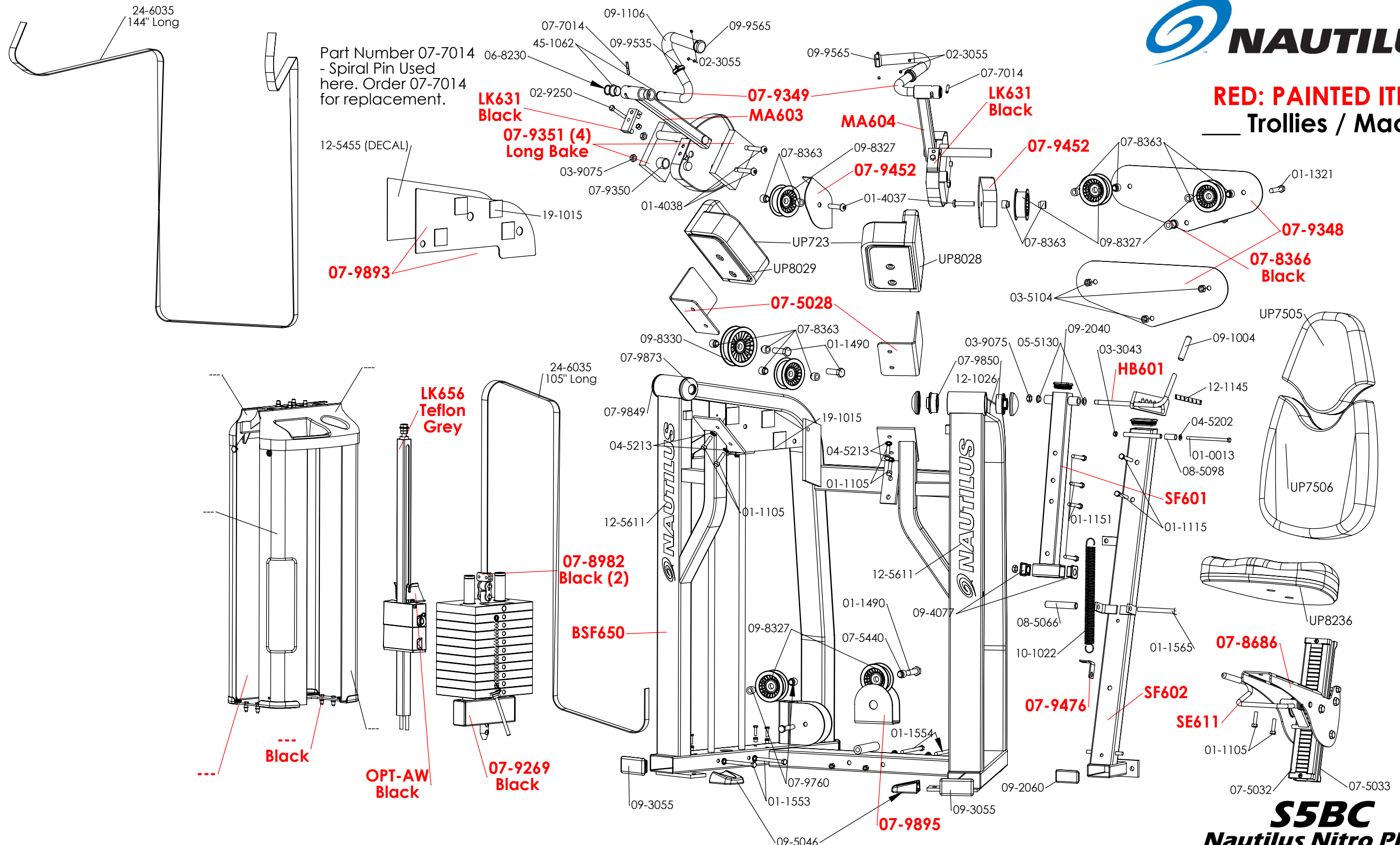


S5BC Bicep Curl Parts List

Date: 02/15/07



RED: PAINTED ITEMS
— Trolleys / Machine

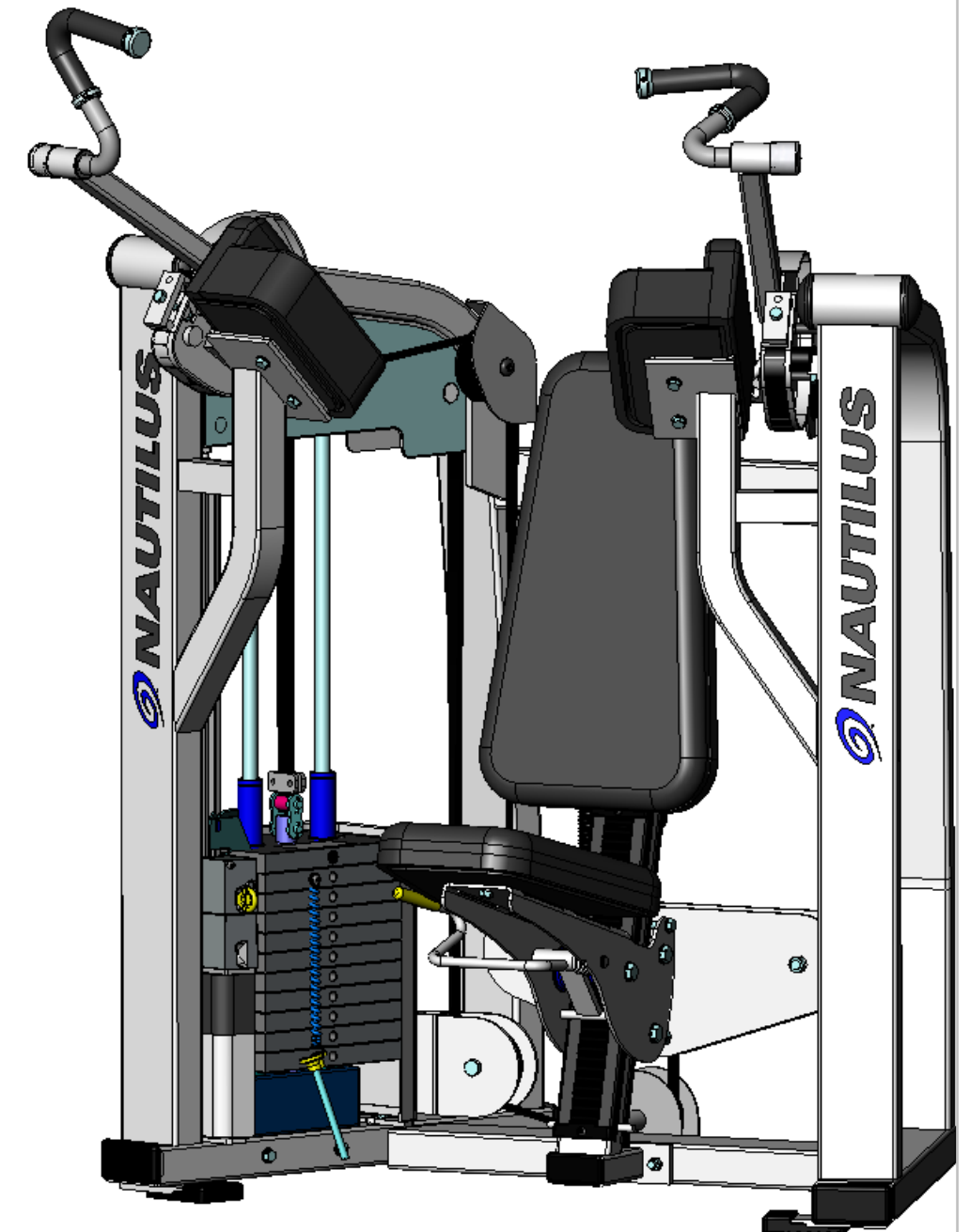


Last Rev Date: 02/27/07

S5BC
Nautilus Nitro Plus
BICEP CURL
Parts Diagram

Number	S3BC/QTY.	DESCRIPTION
	2	BUTTON HEAD SOCKET CAP SCREW
	1	WASHER, FLAT,
---	1	---
---	1	---
---	1	---
---	2	---
---	1	---
---	1	---
01-0013	1	5/16 -18 UNC x 5 1/2 Bolt
01-1105	6	3/8 -16 UNC x 1 1/2 Bolt
01-1115	2	3/8 -16 UNC x 2 1/2 Bolt
01-1151	2	3/8 -16 UNC x 2 3/4 Bolt
01-1321	3	1/2 -13 UNC x 2 1/2 Bolt
01-1331	1	1/2 -13 UNC x 2 3/4 Bolt
01-1490	3	5/8-11 UNC x 2 Bolt
01-1553	3	3/8 -16 UNC x 4 1/2 Bolt
01-1554	2	3/8 -16 UNC x 5 Bolt
01-1564	3	1/2 -13 UNC x 4 1/2 Bolt
01-1565	1	1/2 -13 UNC x 5 Bolt
01-4030	4	1/4 -20 UNC x 1 Wiz Lock Bolt
01-4037	2	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 2 1/4"
01-4038	4	BUTTON HEAD SOCKET CAP SCREW, 1/2 -13 x 2 1/2"
02-2055	8	SCREW, SET, 1/4 -28 UNF x 1/4
02-9250	2	3/8 -16 UNC x 2 1/4 Bolt
03-1035	2	3/8" Lock Nut
03-2020	2	1/4" Lock Nut
03-3043	1	5/16" Lock Nut
03-4040	8	1/4-20 INSERT 5/8" LONG
03-5103	7	3/8" Hex Nut
03-5104	4	1/2" Hex Nut
03-9075	8	1/2" Thin Black Top Lock Hex Nut
04-5206	2	WASHER, FLAT, 3/8" SAE
04-5207	1	WASHER, FLAT, 1/2" SAE
04-5213	11	3/8" Internal Loc Washer
04-5214	3	1/2" Internal Loc Washer
04-5225	2	1/4" Internal Loc Washer
05-5105	2	.500 ID Bushing (IGUS Replacement)
05-5130	2	IGUS IGLIDE L280
06-8180	1	Snap Ring, 1/2" External
06-8230	2	Snap Ring, 1" External (no inventory)
06-8275	6	Snap Ring, 17mm Heavy External
07-5028	2	ELBOW PAD MOUNT
07-5032	1	SEAT TRACK
07-5033	1	SEAT TRACK BACK
07-5034	3	SEAT ROLLERS
07-5064	6	6203 RADIAL BEARING
07-5440	1	IDLER PULLEY SPACER
07-7014	2	PIN COILED 1/4 X 1 1/2
07-8230	1	STANDARD SEAT CLEVIS PIN
07-8363	12	IDLER PULLEY SPACER
07-8686	1	STANDARD SEAT 0 degree
07-9348	2	TRIANG. DOUBLER PLATE
07-9349	2	Bicep MA Handle
07-9350	2	MOVEMENT ARM STOP
07-9351	4	COUNTERWEIGHT NITRO BC

Number	S3BC/QTY.	DESCRIPTION
07-9376	3	SEAT ROLLER SLEEVE
07-9452	2	PULLEY SHIELD
07-9476	1	SPRING ATTACHMENT
07-9760	2	IDLER PULLEY SPACER
07-9849	3	MOLDED BEARING CAP, Ti SERIES
07-9850	4	1" BEARING MOLDED FLANGE
07-9873	2	MOLDED BEARING CAP WITH HOLE
07-9893	2	SHEETMETAL SHIELD BI/TRI
07-9895	1	BC/TE SPECIAL PULLEY BRACKET
07-9993	1	Weight Stack Shield Assy
08-5066	1	SLEEVE
08-5098	1	---
09-1004	2	.500 ID X 3" CLOSED END
09-1106	2	---
09-2040	1	1 1/2 X 2 11 GA FRAME PLUG
09-2060	2	1 1/2 X 3 11 GA FRAME PLUG
09-3055	4	2 X 4 11 GA FRAME PLUG
09-4077	2	BEARING 1 1/2 SQ X 3/4 ID
09-5045	4	NITRO SERIES MOLDED FOOTPAD
09-8327	7	REDIRECTIONAL PULLEY 3"
09-8330	1	REDIRECTIONAL PULLEY 4"
09-9535	2	GRIP RING 1.045 ID (FOR 1" BAR)
09-9565	2	GRIP CAP 1.030 ID (FOR 1" BAR)
10-1022	1	Extension Spring
10-1025	1	SPRING, TORSION
12-1026	2	KEEP HANDS AWAY
12-1145	1	SEAT BACK ADJ. DECAL
12-1146	1	SEAT ADJ DECAL 1
12-1380	1	MADE IN USA
12-5554	1	S3BC FRONT PLACARD "REVISED" (NEW LOGO)
12-5555	1	SHEETMETAL SHIELD BI/TRI (NEW LOGO)
12-5611	2	Standard Nautilus Transfer Decal
17-1195	2	GUIDE ROD
19-1015	8	2" Square Duo-Loc
45-1062	4	1.005 ID BUSHING (IGUS REPLACEMENT)
48-1095	1	TREAD STRIP ARMOR
HB601	1	SEAT ADJUSTMENT RACK
LK631	2	CAM BELT CLAMP
MA603	1	S3BC RIGHT MVMT ARM
MA604	1	S3BC LEFT MVMT ARM
number	1	NITRO BI/TRI BASE FRAME
OPT-AW	1	Add On Weight Assembly
OPT-WT-01	1	WEIGHTSTACK ASSEMBLY #01
SE613	1	RELEASE HANDLE
SF601	1	SEAT BACK ASSY.
UP8028	1	LEFT ELBOW PAD
UP8029	1	RIGHT ELBOW PAD
UP8085	1	TAPERED SEAT PAD
UP8145	1	UP8145, UP8026 BACK PAD



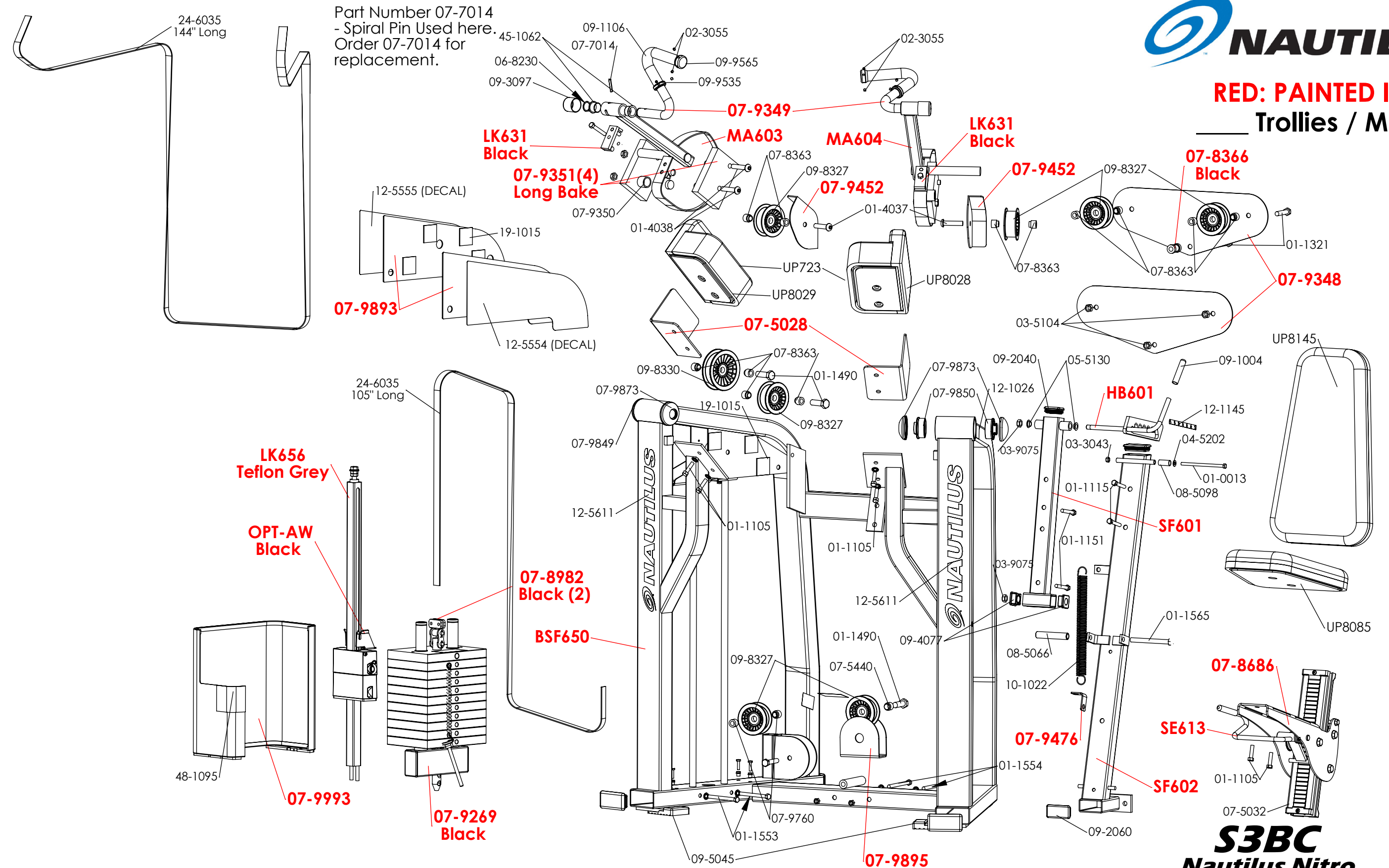
S3BC Bicep Curl Parts List

Date: 02/15/07



RED: PAINTED ITEMS
— Trolleys / Machine

Part Number 07-7014
- Spiral Pin Used here.
Order 07-7014 for
replacement.



Last Rev Date: 02/27/07 19-4952

S3BC
Nautilus Nitro
BICEP CURL
Parts Diagram