



2ST

LATERAL RAISE

OWNER'S MANUAL

REVISED: Sept. 15, 1998

SERIAL NO.'S

through

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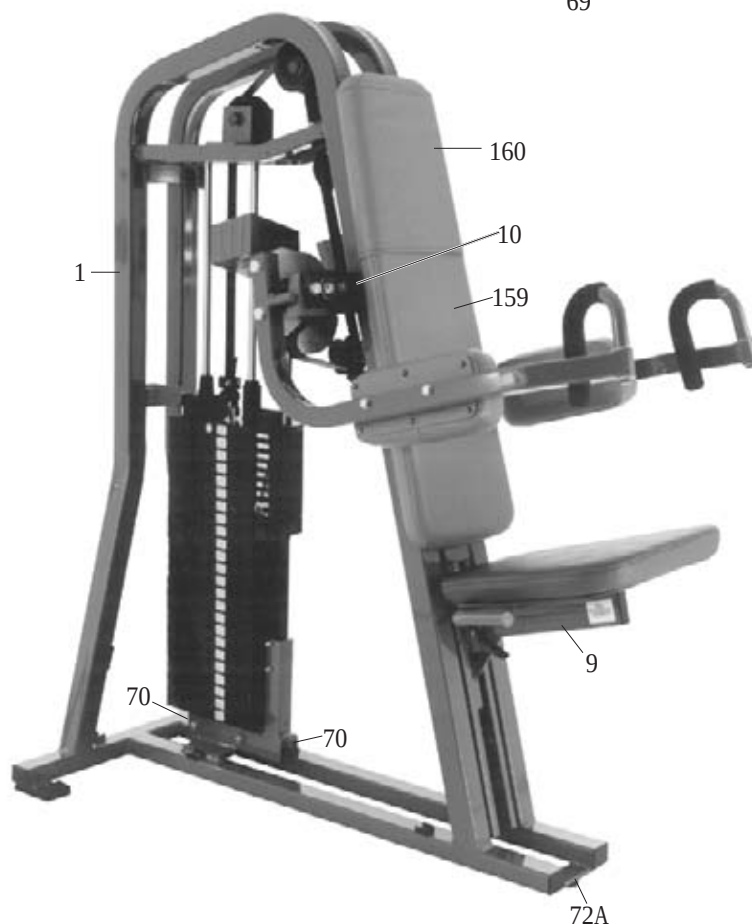
Maintenance Manual

Follows page 8

See last pages of this manual for 2ST
Strength Circuit Exercise Order Diagram
and 2ST Floor Plan Kit.

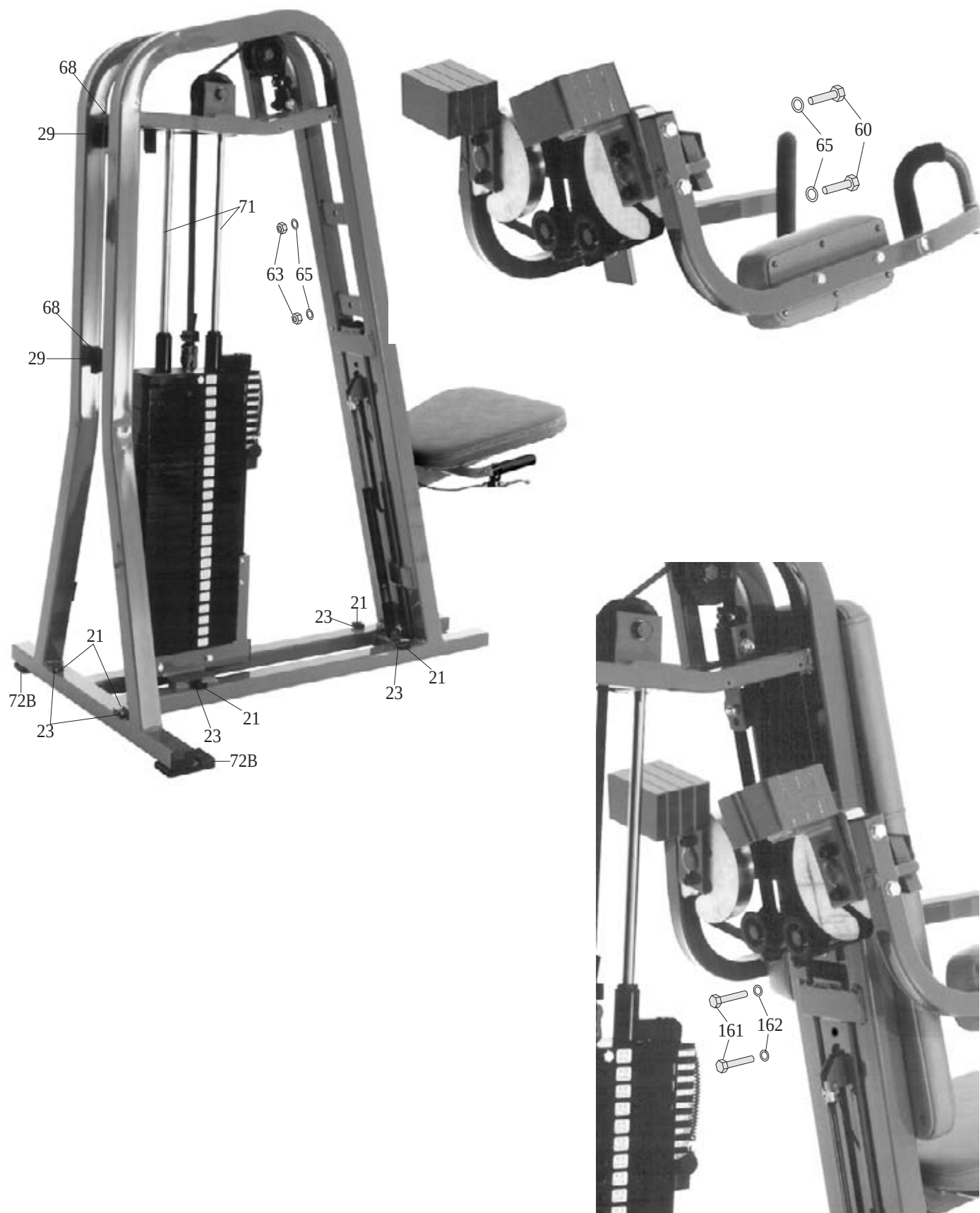


PARTS AND SERVICE
709 Powerhouse Road
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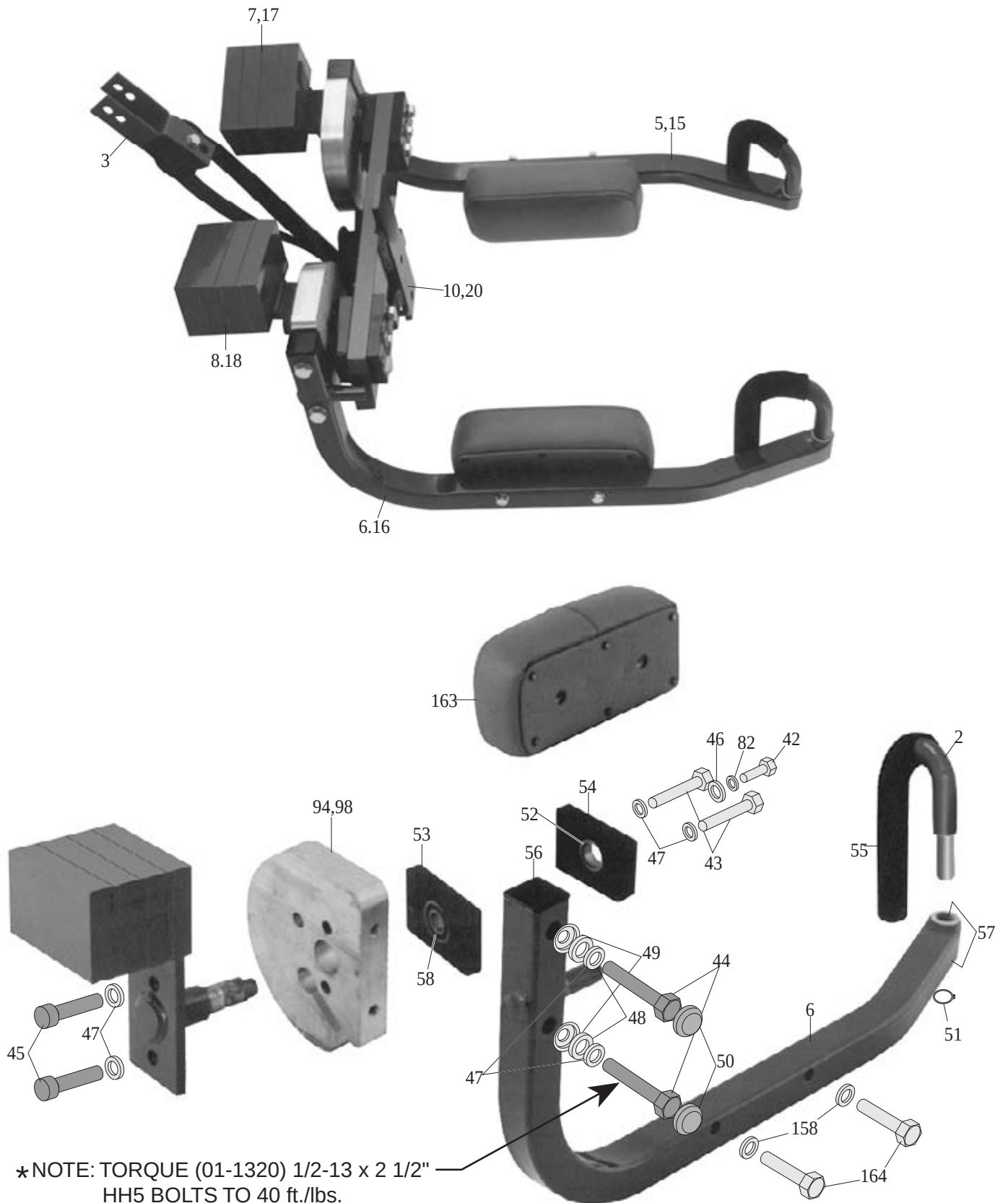


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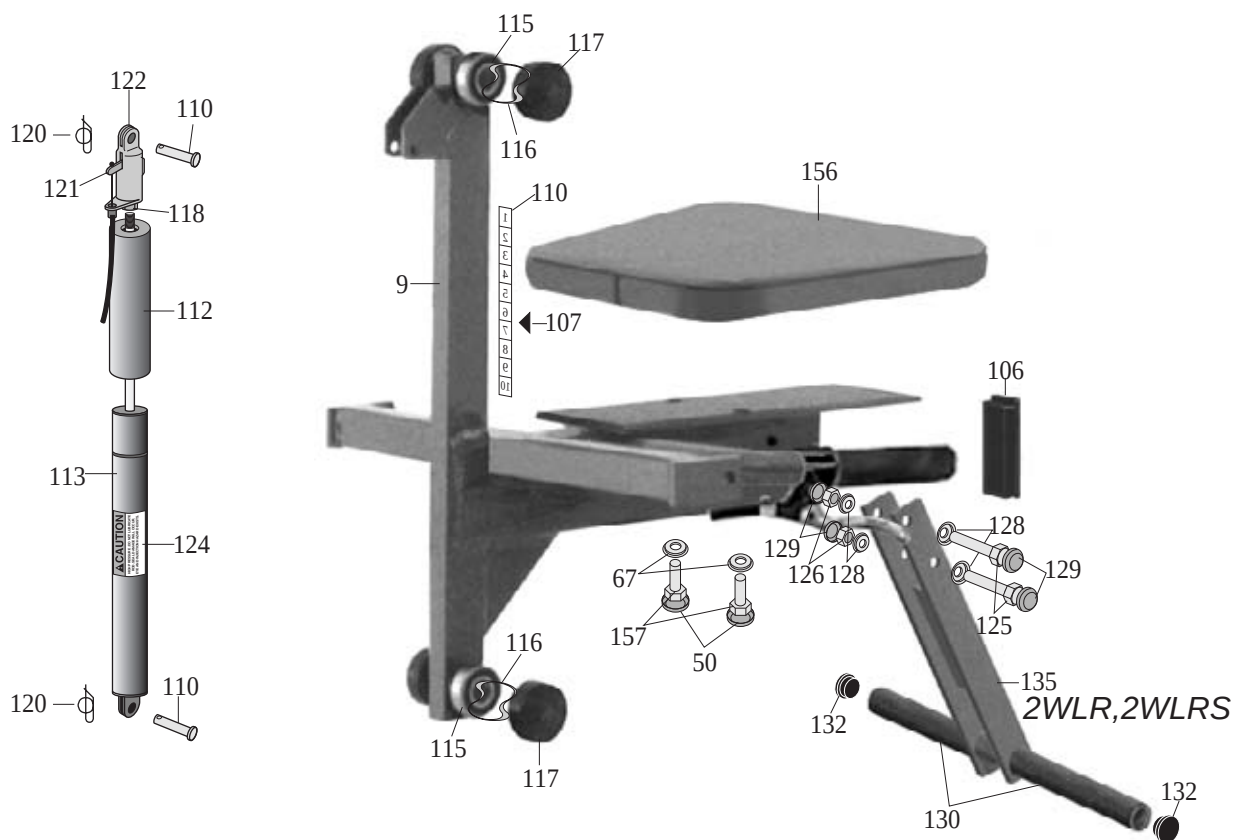
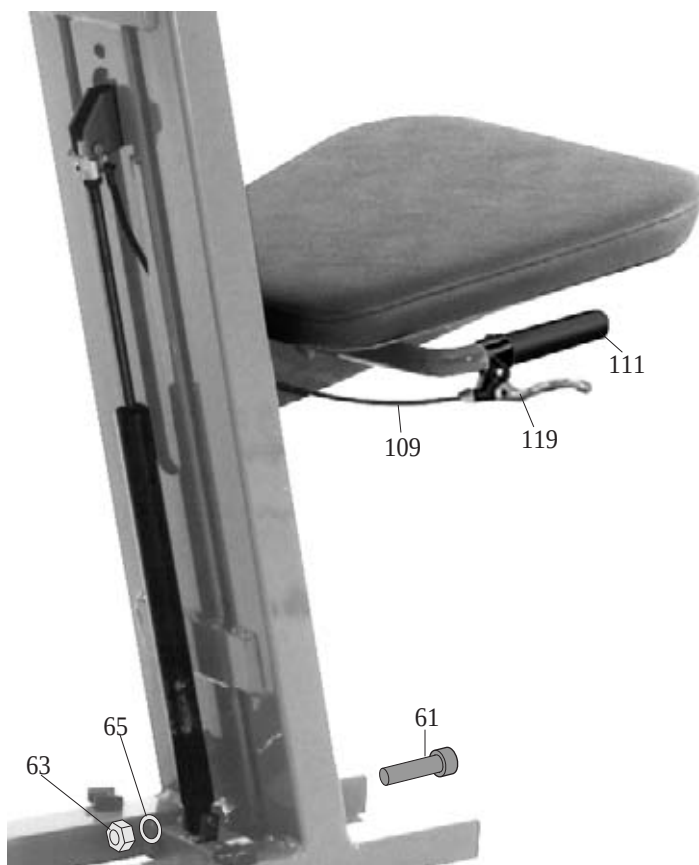
WORKBOX ASSEMBLY



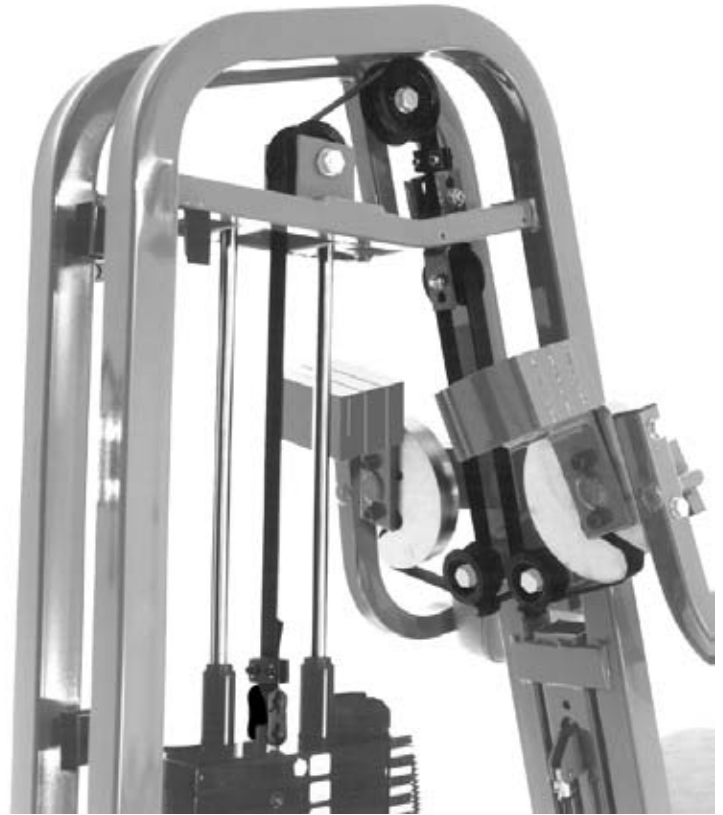
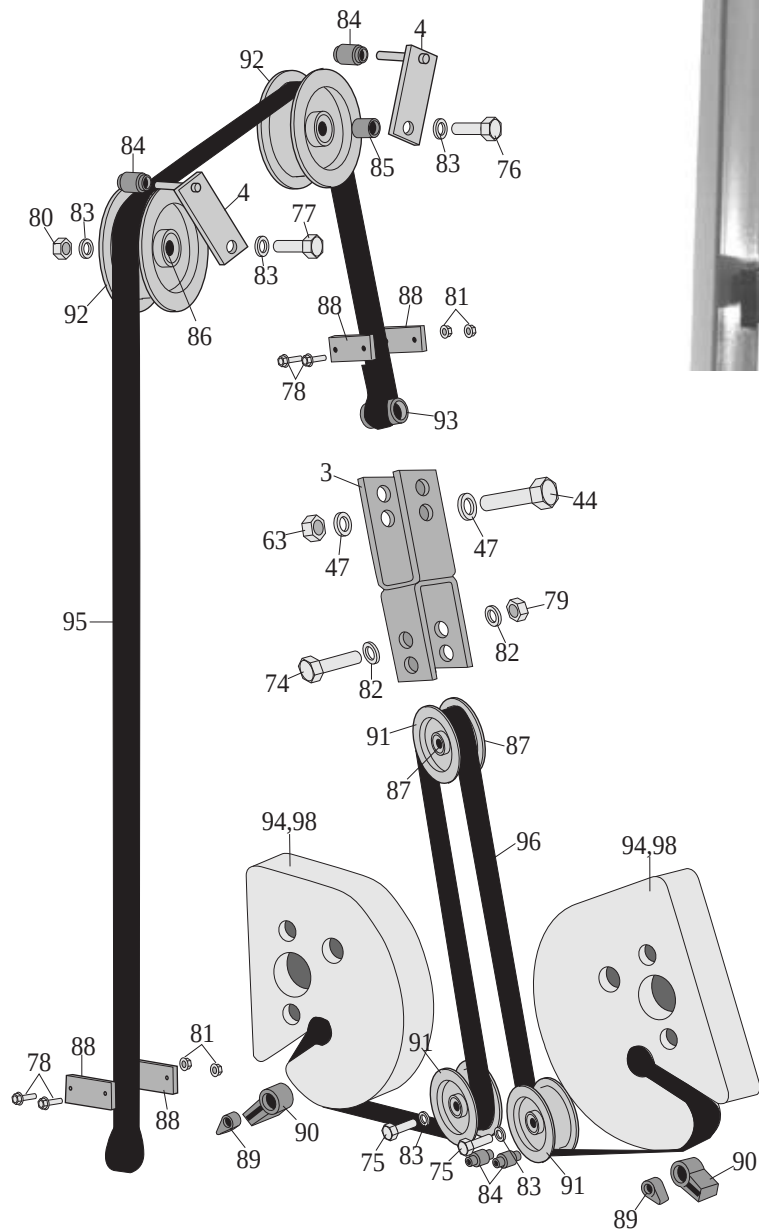
MOVEMENT ARM ASSEMBBY



SEAT ASSEMBLY



BELT & PULLEY ASSEMBLY



24 WEIGHT STACK



**USE CAUTION
WHEN WORKING
WITH WEIGHT
STACK !**

STANDARD

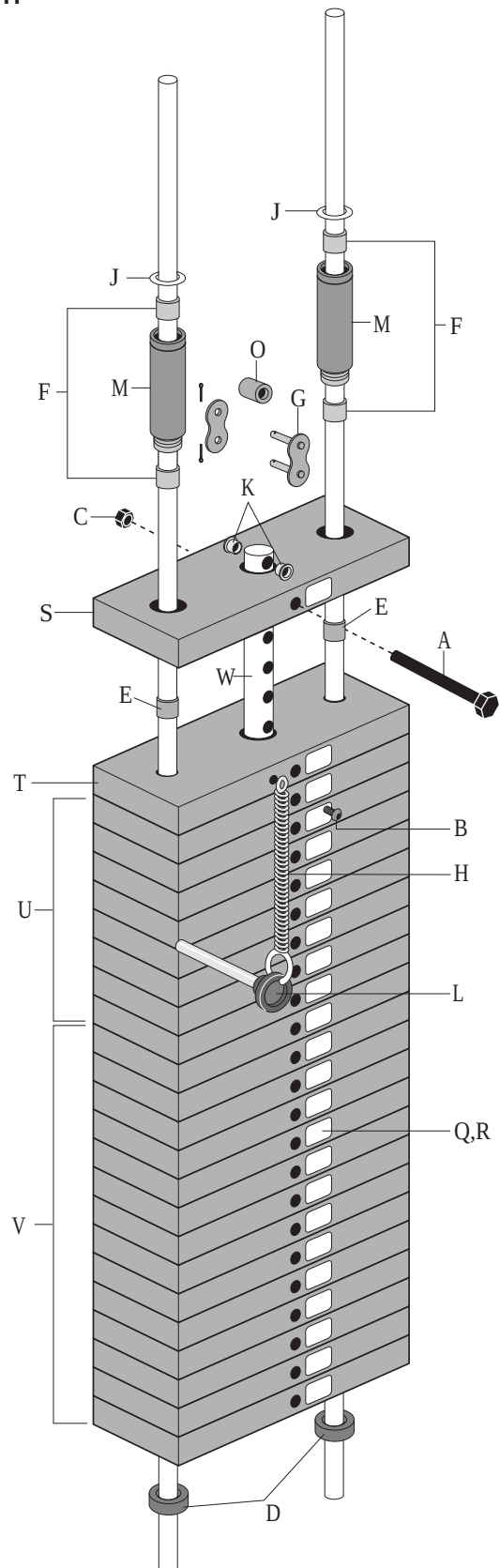
REF #	PART #	200 lb. WEIGHT STACK (20-200)
A	01-0010	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4-20 X 3/4 FLANGE BUTTON HD. SCREW
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1024	DECAL WARNING 3"
Q	12-1052	WEIGHT STACK DECAL 20-250 lbs
R	12-1062	WEIGHT STACK DECAL 9.1 - 113.7 kg
S	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
T	17-2206	1 X 4 X 9.330 SECOND WEIGHT STEEL, 10 lbs.
U	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG

WOMEN'S/MEDICAL

REF #	PART #	130 lb. WEIGHT STACK (10-130)
A	01-0010	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8296	PIN WEIGHT SELECTOR W/MAGNET 4" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1024	DECAL WARNING 3"
Q	12-1056	WEIGHT STACK DECAL 10-180 lbs
R	12-1061	WEIGHT STACK DECAL 4.6 - 81 kg
S	17-2210	1 X 4 X 9.330 TOP WEIGHT ALUM., 3.5 lbs.
T	17-2212	1 X 4 X 9.330 SECOND WEIGHT ALUM., 3.5 lbs.
U	17-2211	1 X 4 X 9.330 BOTTOM WEIGHT ALUM., 3.5 lbs.
V	17-2203	1 X 4 X 9.330 BOTTOM WEIGHT STEEL, 10 lbs.
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG

SUPER STACK

REF#	PART #	290 lb. WEIGHT STACK (20-290)
A	01-0010	BOLT HH2 7/16-14 X 4 1/2 BLACK
B	02-9190	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
C	03-1045	NUT NTE 7/16 BLACK
D	04-5070	RUBBER WEIGHT STACK WASHER
E	05-4020	BOTTOM WEIGHT BUSHING
F	05-4055	TOP WEIGHT BUSHING
G	06-2005	CHAIN LINK #100 CONNECTING LINK
H	06-7064	COIL SUPER 6"
I	06-8150	1 1/4 EXTERNAL SNAP RING
J	06-8254	SNAP RING 1"
K	07-4000	NYLINER PLASTIC BUSHING
L	07-8297	PIN WEIGHT SELECTOR W/MAGNET 7" LENGTH
M	07-9268	TOP WEIGHT SLEEVE
N	09-3066	HOLE PLUG 1 1/4 DIA WHITE
O	09-6135	BELT ROLLER
P	12-1028	DECAL WARNING 6"
Q	12-1057	WEIGHT STACK DECAL 20-365 lbs
R	12-1064	WEIGHT STACK DECAL 9.1 - 165.9 kg
S	17-2204	1 X 4 X 9.330 TOP WEIGHT STEEL, 10 lbs.
T	17-2207	1 X 6 X 9.330 SECOND WEIGHT STEEL, 15 lbs.
U	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
V	17-2205	1 X 6 X 9.330 BOTTOM WEIGHT STEEL, 15 lbs.
W	17-4115	WEIGHT STACK PIN 24 HOLE
X	BSF509	WEIGHT STACK STAND 8"
Y	07-9269	3" WEIGHT STACK SPACER
Z	09-2060	1 1/2 X 3" HOLE PLUG



MINI 24 ADD-ON WEIGHT KIT

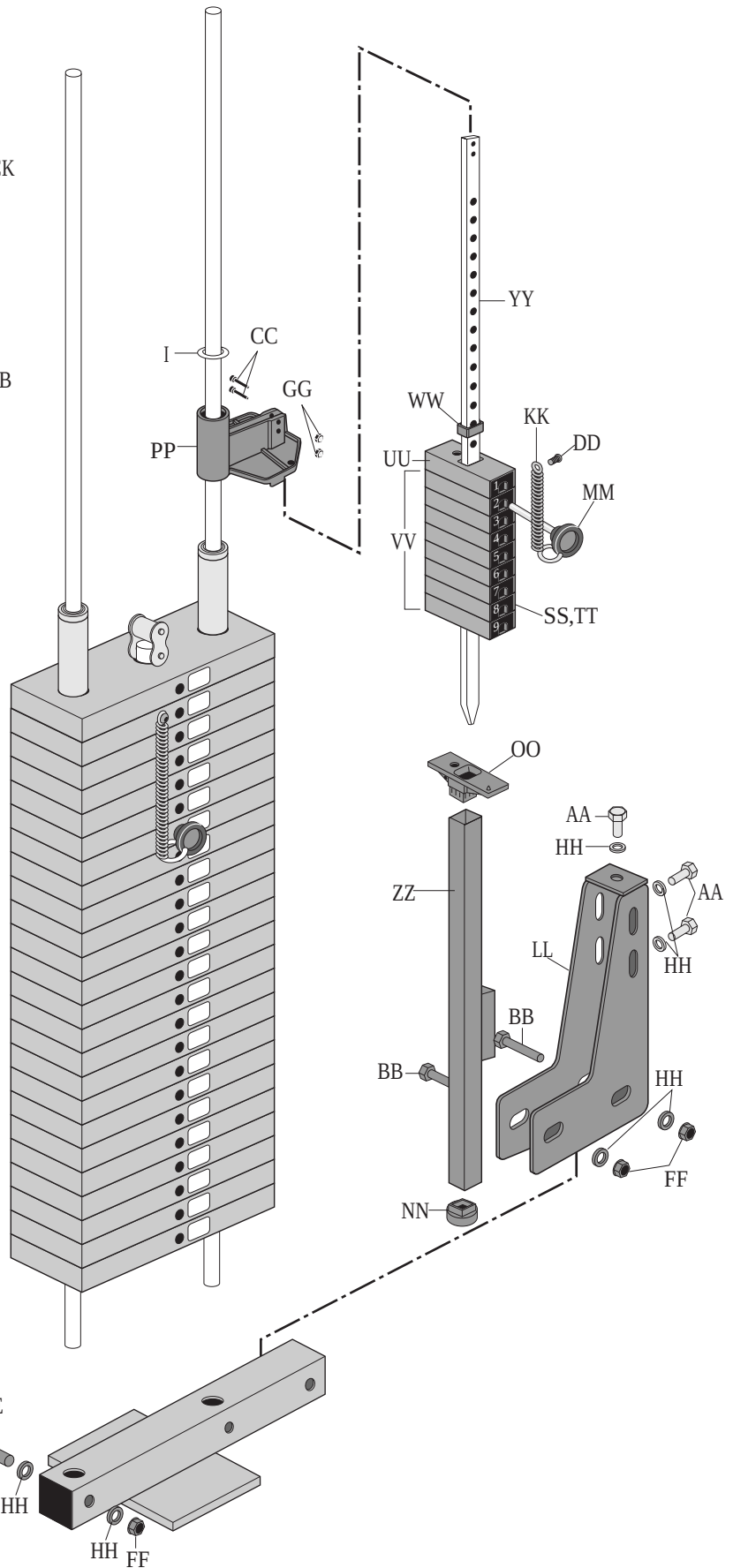
LATERAL RAISE

REF #	PART #	DESCRIPTION
AA	01-1545	3/8-16 X 1/2 HEX BOLT BLACK
BB	01-1151	3/8-16 X 2-3/4 HEX BOLT BLACK
CC	01-4035	1/4 X 1-1/4 WIZ BOLT BLACK
DD	02-4134	1/4 X 1/2 PAN HD TYPE "F" SCREW BLACK
EE	02-9250	3/8 X 2 1/4 HEX BOLT BLACK
FF	03-1035	3/8 WIZ NUT BLACK ZINC
GG	03-4290	1/4 WIZ NUT BLACK ZINC
HH	04-5207	1/2 SAE FLAT WASHER BLACK
II	04-5225	1/4 LOCK WASHERS
JJ	04-5214	1/2 LOCK WASHERS BLACK
KK	06-7062	.450 OD 5" SUPER COIL
LL	07-5083	MINI WEIGHT BRACKET LR-PF
MM	07-8045	ADD ON WEIGHT SELECTOR PIN & KNOB
NN	07-9245	MOLDED WEIGHT STAND INSERT
OO	07-9250	MOLDED ADD-ON-WEIGHT BASE
PP	07-9255	MOLDED ADD-ON-WEIGHT LINK
QQ	07-9292	STANDARD MINI WT. STACK PIN
RR	09-3072	HOLE PLUG 3/8" BLACK
SS	12-1063	ADD ON WEIGHT DECAL KG
TT	12-1066	ADD ON WEIGHT DECAL LBS
UU	17-5998	CAST ADD-ON SECOND PLATE
VV	17-5999	CAST ONE POUND WEIGHT
WW	17-6015	RECTANGULAR WEIGHT BUSHING
XX	BSF514	MINI-WEIGHT STAND LR-PF

NO WEIGHT STAND:

2LR, 2PF

YY	07-9292	SHORT MINI WEIGHT STACK PIN
ZZ	BSF514	SHORT MINI WEIGHT STAND



**USE CAUTION
WHEN WORKING
WITH WEIGHT
STACK !**

2ST LATERAL RAISE

E.L. CODES:

2LRS FULLY SHIELDED LATERAL RAISE
 2WLRS FULLY SHIELDED WOMENS' LATERAL RAISE
 2MLRS FULLY SHIELDED MEDICAL LATERAL RAISE
 2LR PARTIAL SHIELDED LATERAL RAISE
 2WLR PARTIAL SHIELDED WOMENS' LATERAL RAISE
 2SLR PARTIAL SHIELDED SUPER LATERAL RAISE

REF# PART# DESCRIPTION

E.L. CODE: 2LRS, 2MLRS, 2LR, 2SLR
 WL09 WELDMENT KIT LATERAL RAISE
 1BF504.....BACK FRAME ASSEMBLY
 2HB08HANDLE BAR ASSEMBLY
 3IB400.....IDLER BRACKET ASSEMBLY
 4LK529.....ANTI-JUMP PIN ASSEMBLY
 5MA508.....LEFT MOVEMENT ARM ASSEMBLY
 6MA509.....RIGHT MOVEMENT ARM ASSEMBLY
 7MA510.....LEFT MOVEMENT ARM COUNTER WEIGHT ASSEMBLY
 8MA511.....RIGHT MOVEMENT ARM COUNTER WEIGHT ASSEMBLY
 9SE502SEAT ASSEMBLY
 10WB502WORKBOX ASSEMBLY

 E.L. CODE: 2WLRS, 2WLR
 WL10 WELDMENT KIT LATERAL RAISE WOMENS
 11BF504.....BACK FRAME ASSEMBLY
 12HB08HANDLE BAR ASSEMBLY
 13IB400.....IDLER BRACKET ASSEMBLY
 14LK529.....ANTI-JUMP PIN ASSEMBLY
 15MA541LEFT MOVEMENT ARM WOMENS ASSEMBLY
 16MA542RIGHT MOVEMENT ARM WOMENS ASSEMBLY
 17MA543LEFT WOMENS MA COUNTER WEIGHT ASSY.
 18MA544RIGHT WOMENS MA COUNTER WEIGHT ASSY
 19SE502SEAT ASSEMBLY
 20WB511WORKBOX ASSEMBLY

 E.L. CODE: 2LRS, 2WLRS, 2MLRS
 SH39 SHIELD KIT 2LRS
 2102-4134.....1/4 X 1/2 PAN HD. TYPE "F" CUTTING SCREW
 2203-4030.....NUT INSERT 1/4-20 X 1/2 ALUMINUM
 2307-5416.....BOLT ON SHLD MNT
 2407-9014.....SHIELD STANDOFF 5/8 OD X 7 1/2 L
 2514-2031RIGHT SIDE SHIELD
 2614-2032BACK SHIELD
 2714-2033RIGHT WORK BOX SHIELD
 2814-2049LEFT SIDE SHIELD
 2919-1015.....2" SQ SERIES 170 DUAL LOC
 3019-1016.....1 X 2 RECT. SERIES 400 DUAL LOC

 E.L. CODE: 2LR, 2WLR, 2SLR
 SH38 SHIELD KIT 2LR
 3103-4030.....NUT INSERT 1/4-20 X 1/2 ALUMINUM
 3207-9014.....SHIELD STANDOFF 5/8 OD X 7 1/2 L
 3314-2117.....BACK SHIELD
 3414-2118.....LEFT SIDE SHIELD
 3514-2119.....RIGHT SIDE SHIELD
 3619-1015.....2" SQ SERIES 170 DUAL LOC
 3719-1016.....1 X 2 RECT. SERIES 400 DUAL LOC

 E.L. CODE: 2LRS, 2WLRS, 2MLRS, 2LR, 2WLR, 2SLR
 SH37 SHIELD KIT LATERAL RAISE
 3812-2776.....PLACARD LATERAL RAISE
 3912-1120.....RED PINE TREE CLIP
 4019-4926.....PARTS DIAGRAM LATERAL RAISE
 4102-4134.....SCREW SHIELD 1/4 X 3/4
 41A.....12-1026.....WARNING DECAL KEEP HANDS AWAY

REF# PART# DESCRIPTION

E.L. CODE: 2LRS, 2WLRS, 2MLRS, 2LR, 2WLR, 2SLR
 MV05 MOVEMENT ARM KIT LATERAL RAISE
 4202-9210.....3/8 X 1 HH5
 4301-14021/2 X 2 1/4 HH5
 4401-13211/2 X 2 1/2 HH5
 4502-41171/2 X 1 1/4 AC
 4604-5206.....3/8 SAE FL. WASHER
 4704-5214.....WASHER INT LOK 1/2
 4804-5207.....1/2 SAE FLAT WASHER BLACK
 4904-5130.....1/2 BOLT CAP WASHER
 5004-5145.....PLASTIC BOLT CAP
 5106-8160.....3/4"EXTERNAL SNAP RING
 5207-5065.....203 PP BEARINGS 17MM
 5307-8402.....BEARING MTS. (25MM TAPPED)
 5407-8403BEARING MTS. (17MM ST. HOLE)
 5509-10701 X 8.5 LR HANDLE GRIP
 5609-2020.....1 1/2 SQ. HOLE PLUG
 5745-1051.....BUSHING IGUS PLAIN LFI-1214-08
 5845-1063.....205 PP FAFNIR BEARING

 E.L. CODE: 2LRS, 2WLRS, 2MLRS, 2LR, 2WLR, 2SLR
 FR10 FRAME KIT LATERAL RAISE
 5902-9250BOLT HH5 3/8 X 2 1/4
 6001-1271.....BOLT HH5 1/2 X 1 1/4
 6102-4115.....SCREW AC 1/2 X 3/4
 6203-1035.....NUT NTE 3/8
 6303-1055.....NUT NTE 1/2
 6403-1055.....NUT 1/2 BLACK
 6504-5214.....1/2 INT LOC WASHER
 6604-5214.....WASHER 1/2 INT LOC BLACK
 6704-5135.....3/8 BOLT CAP WASHER
 6809-20101 1/4 SQ FRAME PLUG
 6909-2040.....1 1/2 X 2 FRAME CAP PLUGS
 7009-20702 SQ FRAME PLUGS
 7117-1265.....GUIDE RODS 46" LONG
 7204-5145.....PLASTIC BOLT CAP
 72A.....09-5030.....ROUND FOOT PAD
 72B.....09-5035.....RECTANGLE FOOT PAD

 E.L. CODE: 2LRS, 2WLRS, 2MLRS, 2LR, 2WLR, 2SLR
 BLT10 BELT & PULLEY KIT LATERAL RAISE
 7302-9250.....BOLT HH5 3/8 X 2 1/4
 7401-1115.....BOLT HH5 3/8 X 2 1/2
 7501-2180.....BOLT HH5 5/8 X 1 1/2 BLACK
 7601-2185.....BOLT HH5 5/8 X 2 1/2 BLACK
 7701-2200.....BOLT HH5 5/8 X 3 1/2 BLACK
 7801-4030.....1/4 X 1 WHIZ FLANGE SM PATTERN BLACK
 7903-1035.....3/8 NTE
 8003-10675/8 NTE
 8103-42901/4-20 WHIZ FLANGE NUT L/N SM PATTERN
 8204-5213.....3/8 LOC WASH
 8304-5215.....5/8 LOC WASH
 8406-5045.....ANTI-JUMP ROLLER
 8507-5072ANTI-JUMP PIN SPACER
 8607-8344.....5/8 ID X 1 LONG PULLEY BUSHING
 8707-834625/64 ID X 3/4 LONG PULLEY BUSHING
 8807-8982.....END STRAP CLAMP
 8908-7063.....TEARDROP (FOR CAM)
 9008-7064.....TEARDROP INSERT
 9109-83232" PULLEY
 9209-8327.....3" PULLEY
 9309-8990.....STRAP END BUSHING NYLON
 9411-1581PC LR CAM MENS L&R
 9524-6030.....KEVLAR BELT 47" LONG
 9624-6030.....KEVLAR BELT 63" LONG

REF#	PART#	DESCRIPTION
	E.L. CODE: 2WLRS, 2WLR	
	CAM02	CAM KIT LATERAL RAISE WOMENS
97		
98	11-3372	WOMENS CAMS L&R
99		
100	24-6030	KEVLAR BELT 51 1/2" LONG WOMENS BELT

	E.L. CODE: 2LRS, 2WLRS, 2MLRS, 2LR, 2WLR, 2SLR	
	IN01	INSPECTION KIT
101	12-1080	INSPECTION STICKER DECAL
102	12-1088	DECAL NAUTILUS NAMEPLATE 2 1/2 x 9 1/4
103	19-1291	DECAL SERIAL # BAR CODE
104	40-7167	BAG 50 X 46 X 86 X .002 THICK

	E.L. CODE: 2LRS, 2LR, 2SLR	
	ST06	SEAT KIT 1
105	09-3063	7/16" WHITE HOLE PLUG
106	09-3080	1 X 3 HOLE PLUG
107	12-1001	SEAT POSITION INDICATOR ARROW
108	12-1009	SEAT DECAL 1 BOTTOM -10 TOP (5/8 WIDE)
109	06-8006	SEAT ADJUSTMENT CABLE, 18"
110	07-8027	PIN CLEVIS 5/16 X 1 3/16
111	09-1058	RUBBER HAND GRIP, 7/8 X 4 1/2
112	07-9298	GAS SPRING COVER TUBE
113	07-9299	GAS SPRING COVER PLUG
114	10-3045	RIGID IN COMPRESSION, 250 N #7613IL
115	07-5065	BEARING FAFNIR 203 PP
116	10-4012	40 MM O.D. WAVE SPRING SSB-0158-S17
117	19-1235	NYLON SEAT ROLLERS
118	03-1075	NUT HEX 10MM
119	06-8000	SEAT ADJUSTMENT HANDLE 7/8"
120	07-8135	COTTER PIN #RUE-10 mfg, PIVOT POINT
121	07-9201	SHOCK LEVER P/N 783234
122	07-9205	HEAD THREAD ON CAST ALUM
123	12-1109	SEAT SHOCK ADJ. TAG
124	12-1113	SHOCK WARNING DECAL

	E.L. CODE: 2WLRS, 2MLRS, 2WLR	
	ST07	SEAT KIT 2
125	01-1121	3/8 X 2 HH5
126	03-1035	3/8 NTE
127	04-5213	3/8 LOC WASH
128	04-5135	3/8" BOLT CAP WASHER
129	04-5145	PLASTIC BOLT CAP
130	09-1172	1 X 6 GRIP
131	09-3080	1 X 3 HOLE PLUG
132	09-3094	1.25 OD X .75 ID X .75 L HOLE PLUG
133	12-1001	SEAT POSITION INDICATOR ARROW
134	12-1009	SEAT DECAL 1 BOTTOM -10 TOP (5/8 WIDE)
135	SE510	WOMEN'S FOOTREST ASSEMBLY

	E.L. CODE: 2LRS, 2WLRS, 2MLRS, 2LR, 2WLR, 2SLR	
	UPH07	LATERAL RAISE UPHOLSTERY KIT
156	UP8015	SEAT PAD
157	01-1105	BOLT HH5 3/8 X 1 1/2 BLACK
158	04-5213	WASHER INT LOK 3/8 BLACK
159	UP8210	BACK PAD
160	UP720	SLIPCOVER
161	01-1550	BOLT HH5 3/8 X 3 BLACK
162	04-5213	WASHER INT LOK 3/8 BLACK
163	UP8230	MA ELBOW PAD
164	01-1115	BOLT HH5 3/8 X 2 1/2 BLACK
165	04-5213	WASHER INT LOK 3/8 BLACK

	E.L. CODE: 2LR, 2WLR, 2SLR	
166	09-3067	HOLE PLUG WHITE 1/4"

REF#	PART#	DESCRIPTION
	E.L. CODE: 2WLRS, 2WLR	
	IN01	INSPECTION KIT
167	12-1175	NAUTILUS WOMEN'S NAMEPLATE 2 1/2 x 9 1/4