

NAUTILUS NITRO REV.2/22/05		STANDARD WEIGHT STACK							
Machine Name	TOTAL NUMBER OF WEIGHTS	WEIGHT STACK	TOP PLATE	REMAINING PLATES	ADD ON WEIGHT OPTION	WEIGHT STACK OPTION STANDARD	WEIGHT STACK SHIELD OPTION	OPTIONAL ALUMINUM TOP WEIGHT	LITE STACK
Abductor/Adductor	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-10	OPT-WT-09	OPT-WS-01	OPT-WT-11	10-190 lbs. 5-86 kgs.
Abdominal	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	OPT-WT-11	10-190 lbs. 5-86 kgs.
Bicep Curl	11	20-170 lbs. 9-77 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-05	OPT-WT-01	OPT-WS-04	OPT-WT-11	10-160 lbs. 5-73 kgs.
Compound Row	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-03	OPT-WT-04	OPT-WS-01	OPT-WT-11	10-235 lbs. 5-107 kgs.
Gravitrone	16	20-230 lbs. 9-105 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-11 OPTIONAL	OPT-WT-21	OPT-WS-01 OPTIONAL	N/A	N/A
Incline Press	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-02	OPT-WT-04	OPT-WS-05	OPT-WT-11	10-235 lbs. 5-107 kgs.
Lat Pull	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-08	OPT-WT-04	OPT-WS-05	N/A	N/A
Lateral Raise	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-02	OPT-WT-02	OPT-WS-05	OPT-WT-11	10-190 lbs. 5-86 kgs.
Leg Extension	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	OPT-WT-11	10-235 lbs. 5-107 kgs.
Leg Press	24	40-480 lbs. 18-218 kgs.	20 lb. STEEL	20 lb. STEEL	OPT-AW-04	OPT-WT-08	OPT-WS-03	N/A	N/A
Lower Back	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	N/A ECO#022205- B	N/A ECO#022205- B
Overhead Press	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-02	OPT-WT-04	OPT-WS-05	OPT-WT-11	10-235 lbs. 5-107 kgs.
Pec Fly	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-06	OPT-WT-04	OPT-WS-05	N/A ECO#092004- D	N/A ECO#092004- D
Preacher Curl	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	OPT-WT-11	10-190 lbs. 5-86 kgs.
Prone Leg Curl	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	OPT-WT-11	10-190 lbs. 5-86 kgs.
Rear Delt/Pec Fly	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	OPT-WT-11	10-190 lbs. 5-86 kgs.
Rotary Torso	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-10	OPT-WT-09	OPT-WS-01	OPT-WT-11	10-190 lbs. 5-86 kgs.
Seated Calf	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A	N/A
Seated Dip	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	OPT-WT-11	10-235 lbs. 5-107 kgs.
Seated Leg Curl	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	N/A	N/A
Super Pullover	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-07	OPT-WT-05	OPT-WS-02	OPT-WT-11	10-235 lbs. 5-107 kgs.
Tricep Extension	11	20-170 lbs. 9-77 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-05	OPT-WT-01	OPT-WS-04	OPT-WT-11	10-160 lbs. 5-73 kgs.
Vertical Chest	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-09	OPT-WT-04	OPT-WS-05	OPT-WT-11	10-235 lbs. 5-107 kgs.
V-Tricep Extension	13	20-200 lbs. 9-91 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-02	OPT-WS-01	N/A	N/A
NOTES:									

NAUTILUS NITRO REV.2/22/05		<u>EXTENDED WEIGHT STACK (3 ADDITIONAL PLATES)</u>						
Machine Name	TOTAL NUMBER OF WEIGHTS	WEIGHT STACK	TOP PLATE	REMAINING PLATES	ADD ON WEIGHT OPTION	WEIGHT STACK OPTION STANDARD	WEIGHT STACK SHIELD OPTION	OPTIONAL ALUMINUM TOP WEIGHT
Abductor/Adductor	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-10	OPT-WT-10	OPT-WS-01	N/A
Abdominal	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A
Bicep Curl	14	20-215 lbs. 9-98 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-05	OPT-WT-03	OPT-WS-04	N/A
Compound Row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Gravitrone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Incline Press	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Lat Pull	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Lateral Raise	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-02	OPT-WT-04	OPT-WS-05	N/A
Leg Extension	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Leg Press	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Lower Back	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A
Overhead Press	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pec Fly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Preacher Curl	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A
Prone Leg Curl	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A
Rear Delt/Pec Fly	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A
Rotary Torso	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-10	OPT-WT-10	OPT-WS-01	N/A
Seated Calf	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Seated Dip	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Seated Leg Curl	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A
Super Pullover	19	20-290 lbs. 9-132 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-07	OPT-WT-07	OPT-WS-02	N/A
Tricep Extension	14	20-215 lbs. 9-98 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-05	OPT-WT-03	OPT-WS-04	N/A
Vertical Chest	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
V-Tricep Extension	16	20-245 lbs. 9-111 kgs.	15 lb. STEEL	15 lb. STEEL	OPT-AW-01	OPT-WT-04	OPT-WS-01	N/A

NAUTILUS NITRO REV.2/22/05		SUPER WEIGHT STACK <small>date:10/19/01 (revised 12/4/01)</small>							
Machine Name	TOTAL NUMBER OF WEIGHTS	WEIGHT STACK	TOP PLATE	REMAINING PLATES	ADD ON WEIGHT OPTION	WEIGHT STACK OPTION STANDARD	WEIGHT STACK SHIELD OPTION	OPTIONAL ALUMINUM TOP WEIGHT	
Abductor/Adductor	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-15	N/A	N/A	
Abdominal	19	20-290 lbs. 14-132kgs	15 lb. STEEL	15 lb. STEEL	N/A	OPT-WT-7	N/A	N/A	
Bicep Curl	14	20-280 lbs.*** 14-127kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-13	N/A	N/A	
Compound Row	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Gravitrone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Incline Press	16	30-310 lbs. 14-141kgs	15 lb. STEEL	2-15 lb 13-20 lb	N/A	OPT-WT-16	N/A	N/A	
Lat Pull	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Lateral Raise	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Leg Extension	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Leg Press	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Lower Back	19	20-290 lbs. 14-132kgs	15 lb. STEEL	15 lb. STEEL	N/A	OPT-WT-7	N/A	N/A	
Overhead Press	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Pec Fly	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Preacher Curl	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Prone Leg Curl	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Rear Delt/Pec Fly	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Rotary Torso	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-15	N/A	N/A	
Seated Calf	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
Seated Dip	16	30-310 lbs. 14-141kgs	15 lb. STEEL	2-15 lb 13-20 lb	N/A	OPT-WT-16	N/A	N/A	
Seated Leg Curl	19	20-290 lbs. 14-132kgs	15 lb. STEEL	15 lb. STEEL	N/A	OPT-WT-7	N/A	N/A	
Super Pullover	19	30-350 lbs. 14-159kgs	15 lb. STEEL	6-15 lb 12-20 lb	N/A	OPT-WT-14	N/A	N/A	
Tricep Extension	14	20-280 lbs.*** 14-127kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-13	N/A	N/A	
Vertical Chest	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	
V-Tricep Extension	16	30-330 lbs. 14-150kgs	20 lb. STEEL	20 lb. STEEL	N/A	OPT-WT-12	N/A	N/A	