

 NAUTILUS.

INSPIRATION
STRENGTH™

**Lat Pull Down
Owner's Manual**





Inspiration Strength Owner's Manual

Copyright 2015. Core Health and Fitness, LLC. All rights reserved, including those to reproduce this book or parts thereof in any form without first obtaining written permission from Core Health and Fitness, LLC.

Every effort has been made to keep this information current; however, periodically, changes are made to the information herein, and these changes will be incorporated into new editions of this publication. All product names and logos are trademarks of their respective owners.

MANUFACTURER

4400 NE 77th Avenue, Suite 300, Vancouver, WA 98662 USA

Tel +1 (888) 678-2476

www.corehandf.com

CUSTOMER SUPPORT

Contact your local distributor, or Core Health and Fitness, LLC directly at:

Tel +1-800-503-1221

www.support@corehandf.com

Table of Contents

SECTION 1

Safety and warning information	1-3
--------------------------------	-----

SECTION 2

Product usage and instruction	4
Deltoid Raise	5

SECTION 3

Preventive maintenance	6-8
Warning Labels & Stickers	9

SECTION

1

Inspiration safety and warning information



It is very important that you read and review this manual before operating the Product and keep this manual for future reference. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

It is the sole responsibility of the purchaser of Nautilus® Inspiration Strength® products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of Nautilus Inspiration Strength exercise equipment be informed of the following information prior to its use.

Nautilus recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

Proper Usage

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that machines with weight stacks, as well as any other Nautilus equipment are used properly to avoid injury.

Keep hands and feet clear at all times from moving parts to avoid injury.

Read all machine warnings and seek the instruction of a qualified fitness professional prior to using any Nautilus strength product.

Anchoring Equipment

All equipment **MUST** be secured (bolted and tightened) to a solid, level surface, using a minimum of 3 of the anchoring holes provided, to stabilize and eliminate rocking or tipping over. Shim any mounting surface that does not rest thoroughly on the floor using flat washers, DO NOT force the foot to contact the ground with anchors.

Fasteners must have a minimum of 500 lbs. tensile capacity, be a bolt of grade 2 or better and be installed per the bolt manufacturer's specifications.

WARNING: Due to the wide variety of flooring on which equipment may be anchored or installed and differences in applicable local building codes, Core Health & Fitness is not responsible for any damage to the flooring that may result due to anchoring or installing equipment to the floor and for compliance with local building codes. Only licensed contractors or certified installers should be used to insure proper anchoring, installation, and compliance with local building code.

Check for damaged parts

DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by Nautilus and Core Health & Fitness.

MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Nautilus® for a replacement.

MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.

Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Nautilus will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

Inspiration safety and warning information

Specific operating warnings

1. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination form their health care provider before beginning any exercise program.
2. This machine is not intended to be used by children. It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine.
3. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
4. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
5. Ensure all adjustment and locking features are properly secured before using the equipment.
6. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear. Routinely inspect all cable couplers that join movement arms to the cables and replace at the first sign of wear. (consult Nautilus if uncertain or if you have questions regarding wear).
7. Use only replacement components supplied by Nautilus®. Substitutes are forbidden and will void all warranties.

8. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
9. Ensure weight selection switches are fully engaged. Partial insertion can cause weights to fall unexpectedly. Never pin the weight stack in an elevated position. Never attempt to “switch off” a cartridge if any weights are suspended. Never attempt to release jammed weights or parts.
10. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Nautilus. Do not exceed maximum the user weight of – 350 lbs.
11. When adjusting any seat, knee stabilization pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
12. It is the purchaser’s sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all Nautilus equipment.

SECTION 2

Strength product use

Nautilus® Inspiration Strength® embodies the latest ideation and science in its application of resistance training. The following page will highlight a specific machine and features important components of the exercise placard for reference on proper use.

Each unit is assembled and tested at the factory and then partially dis-assembled for efficient shipping, if applicable. Each unit requires a different level of assembly that is unique to its design. Each Inspiration Strength machine is accompanied by a specific installation guide that outlines the detailed installation and set up of each unit. Each Inspiration Strength machine is delivered with its own unique installation manual included.

It is the sole responsibility of the purchaser of Nautilus Inspiration Strength products to read the owner's manual, review the following pages and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of Nautilus Inspiration Strength exercise equipment be informed of the following information prior to its use.

Nautilus recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Lat Pull Down

Model: IPPD2



START



FINISH

INSTRUCTIONS

- READ ALL SAFETY WARNINGS PRIOR TO USE.
- ADJUST SEAT HEIGHT POSITION BY GRASPING THE RED ADJUSTMENT BAR LOCATED AT THE SEAT BASE TO SET DESIRED PRE STRETCH
- IN THE SEATED POSITION, ADJUST THE THIGH HOLD DOWN PAD UP OR DOWN BY PULLING THE RED ADJUSTMENT KNOB AND SETTING THE PAD ABOVE THE KNEES AND THIGHS
- AFTER SETTING THE PAD HEIGHT, STAND UP, GRASP THE HANDLES AND DESCEND SLOWLY UNTIL THE UPPER THIGHS ARE SECURED UNDER THE THIGH PAD
- TO INITIATE THE MOTION, PULL THE HANDLES DOWN IN A SLOW CONTROLLED MOTION TOWARDS SHOULDER AND CHEST LEVEL



Muscles Worked

Primary

Latissimus Dorsi

Secondary

Trapezius, Biceps

⚠ WARNING

READ AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USING THE EQUIPMENT. IMPROPER USE CAN RESULT IN SERIOUS INJURY, AND SHOULD ONLY BE USED IN A SUPERVISED ENVIRONMENT.

AS WITH ALL EXERCISE EQUIPMENT OR PROGRAMS, CONSULT A PHYSICIAN PRIOR TO USE AND STOP IF YOU FEEL FAINT, DIZZY OR EXHAUSTED.

INSPECT MACHINE PRIOR TO USE. IMMEDIATELY REPORT WORN, LOOSE OR DAMAGED EQUIPMENT TO MANAGEMENT AND REFRAIN FROM USING THE EQUIPMENT.

ENSURE ALL ADJUSTMENT AND LOCKING FEATURES ARE PROPERLY SECURED BEFORE USING THE EQUIPMENT.

REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

⚠ ATTENTION

LISEZ ET SUIVEZ LES INSTRUCTIONS AVANT L'UTILISATION DE L'APPAREIL. UNE UTILISATION NON-CONFORME PEUT CAUSER DES BLESSURES GRAVES. CET APPAREIL DOIT ÊTRE UTILISÉ UNIQUEMENT DANS DES SITES SUPERVISÉS PAR DU PERSONNEL QUALIFIÉ.

COMME POUR TOUT AUTRE APPAREIL OU PROGRAMME SPORTIF, VEUILLEZ CONSULTER UN MÉDECIN AVANT L'UTILISATION DE CET APPAREIL. ARRÊTEZ L'EXERCICE SI VOUS AVEZ DES VERTIGES OU SI VOUS VOUS SENTEZ ÉPUISÉ.

VÉRIFIEZ L'APPAREIL AVANT L'UTILISATION. INFORMEZ IMMÉDIATEMENT LES RESPONSABLES DU SITE DE TOUT DÉGÂT CONSTATÉ (USURE, PIÈCES MAL FIXÉES, APPAREIL ENDOMMAGÉ) ET N'UTILISEZ PLUS L'APPAREIL.

VÉRIFIEZ QUE TOUTS LES MÉCANISMES D'AJUSTEMENT ET DE FERMETURE SOIENT SÉCURISÉS AVANT L'UTILISATION DE L'APPAREIL.

REMPLACEZ L'ÉTIQUETTE S'IL EST ENDOMMAGÉ, ILLISIBLE OU MANQUANT.

⚠ ACHTUNG

LESEN SIE DIE ANWEISUNGEN VOR DER BENÜTZUNG DES GERÄTES DURCH UND BEFOLGEN SIE DIESE STRIKT. UNSACHGEMÄßER GEBRAUCH KANN ZU SCHWERWIEGENDEN VERLETZUNGEN FÜHREN. DAS GERÄT SOLLTE NUR IN EINEM RAUM BENÜTZT WERDEN, IN DEM PERSONAL ZUR BETREUUNG ZUR VERFÜGUNG STEHT.

LASSEN SIE SICH VON EINEM ARZT UNTERSUCHEN UND BERATEN, BEVOR SIE DAS TRAINING AN DIESEM ODER ANDEREN GERÄTEN BEGINNEN. STOPPEN SIE DIE ÜBUNGEN, WENN IHNEN SCHWINDELIG WIRD ODER SIE ERSCHÖPFT SIND.

ÜBERPRÜFEN SIE DAS GERÄT VOR DER BENÜTZUNG. INFORMIEREN SIE DIE VERANTWÖRTLICHEN UNVERZÜGLICH, WENN SIE DEFEKTE AM GERÄT FESTSTELLEN (VERSCHLEIß, LOCKERE TEILE, BESCHÄDIGUNGEN ALLER ART) UND BENÜTZEN SIE DAS GERÄT NICHT MEHR.

STELLEN SIE SICHER, DAß ALLE VERSTELL- UND EINSTELLMECHANISMEN KORREKT GESICHERT SIND, BEVOR SIE DAS GERÄT BENÜTZEN.

ERSETZEN SIE DAS ETIKETT, WENN ES BESCHÄDIGT ODER UNLESBAR IST ODER WENN ES FEHLEN SOLLTE.

LOCKNLOAD™ TECHNOLOGY



THIS MACHINE IS EQUIPPED WITH LOCKNLOAD TECHNOLOGY. FOR WEIGHT SELECTION, SWITCH DESIRED PLATE TO THE **ON** POSITION. ALL OTHER PLATES SHOULD BE IN THE **OFF** POSITION. TOP SWITCH CONTROLS INCREMENTAL WEIGHT SELECTION.

SECTION

3

Preventative Maintenance & Cleaning

Action	Daily	Weekly	Monthly	Bi-annually
Cleaning				
Upholstery	✓			
Handgrips	✓			
Main frame		✓		
Guide rod			✓	
Internal tower				✓
Inspect				
Cables		✓		
Fasteners			✓	
Handgrips			✓	
Upholstery			✓	
Labels			✓	
Pulleys				✓
Main frame				✓
Lubricate				
Guide rods			✓	
Incremental weight track			✓	

MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.

Cleaning

Keeping your Nautilus® Inspiration Strength® units clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear.

- Upholstery should be cleaned daily with a mild soap and water mix or an approved antibacterial cleaner.
- Hand grips should be cleaned daily with a mild soap and water mix or an approved antibacterial cleaner.
- Main frame should be cleaned weekly with mild soap and water mix dampened cloth or an approved antibacterial cleaner to remove all dust and accumulated contaminants.
- Guide rods should be cleaned monthly with a cotton cloth prior to lubrication. It is critical to remove all old lubricants and accumulated contaminants prior to applying lubrication.
- Internal tower and weight stack should be cleaned once every six months with a mild soap and water dampened cloth to remove all dust and accumulated contaminants. Caution should be taken to not leave excess moisture after cleaning.
- Note – do not use cleaners that contain solvents, alcohol or abrasives.

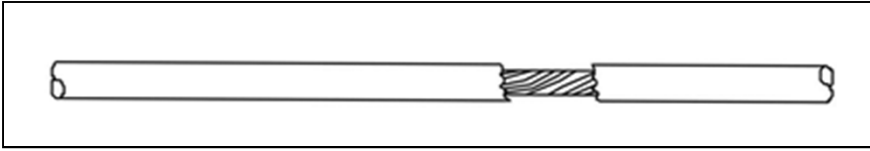
Inspection

Visual inspection of your Inspiration Strength units will insure a safe environment for your clients and alert you to any issues that may require maintenance prior to equipment failure. Proper, timely visual inspection is a critical component to the long term care of your product.

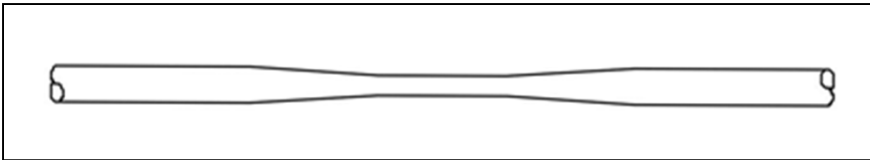
- Cables should be inspected weekly for damage including cracked vinyl housing, fraying metal strands, twisting or excessive rubbing on pulleys. Any incident of wear should elicit immediate replacement of damaged cable.
- Cables may become loose over time and require adjustment to maintain proper function – refer to you specific installation manual for cable tension instructions.
- Fasteners, hardware and attachments should be checked monthly for looseness. Tighten as required using appropriate tools.
- Handgrips should be checked for wear or damage monthly and replaced as needed.
- Upholstery should be inspected for wear or damage monthly and replaced as needed.
- Pulleys should be inspected every six months for integrity, cracking or rubbing leading to excessive wear. Any incident of wear should elicit immediate replacement of damaged pulley.
- Main frame and tower should be inspected every six months for signs of unusual wear, corrosion or structural integrity issues.

! WARNING: Replace all worn cables immediately. The following conditions indicate some types of wear.

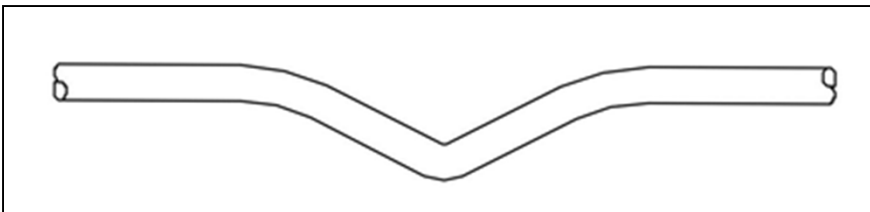
Torn or Cracked Cable Sheath that exposes cable



Stretched Cable Sheath



Kink in the Cable



Lubrication

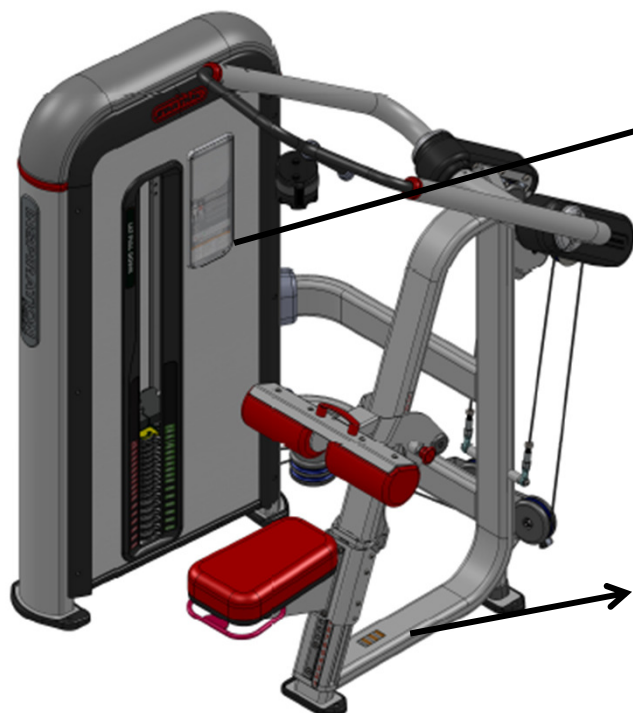
Proper cleaning lubrication of guide rods will insure that each machine operates at its highest potential and that your clients continue to enjoy a smooth efficient motion while exercising. Often lubrication is either neglected or in many cases facilities over lubricate without cleaning the old dirty lubricant off prior to applying the new. This results in a build up of dirty contaminants that will cause premature wear and poor operational function.

- Use a general purpose lubricant that does not contain Teflon or solvent (such as 3-IN-ONE® oil.) Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed to apply a thin coat.
- Also apply oil to the incremental weight guide tracks.
- In some environments that are extremely dry or dusty more frequent cleaning and lubrication may be required.

Warning labels and communication stickers

The following pages show examples of the Nautilus® Inspiration Strength® warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged each sample indicated includes its corresponding part number so that replacements may be ordered.

NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE



⚠ WARNING READ AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USING THE EQUIPMENT. IMPROPER USE CAN RESULT IN SERIOUS INJURY, AND SHOULD ONLY BE USED IN A SUPERVISED ENVIRONMENT. AS WITH ALL EXERCISE EQUIPMENT OR PROGRAMS, CONSULT A PHYSICIAN PRIOR TO USE AND STOP IF YOU FEEL FAINT, DIZZY OR EXHAUSTED. INSPECT MACHINE PRIOR TO USE. IMMEDIATELY REPORT WORK, LOOSE OR DAMAGED EQUIPMENT TO MANAGEMENT AND REFRAIN FROM USING EQUIPMENT. ENSURE ALL ADJUSTMENT AND LOCKING FEATURES ARE PROPERLY SECURED BEFORE USING THE EQUIPMENT. REPLACE LABEL IF DAMAGED, ILLISIBLE OR REMOVED.	⚠ ATTENTION Lisez et suivez les instructions avant l'utilisation de l'appareil. Une utilisation non-conforme peut causer des blessures graves. Cet appareil doit être utilisé uniquement dans des sites supervisés par du personnel qualifié. Comme pour tout autre appareil ou programme sportif, veuillez consulter un médecin avant l'utilisation de cet appareil. Arrêtez l'exercice si vous avez des vertiges ou si vous vous sentez épuisé. Vérifiez l'appareil avant l'utilisation. Informez immédiatement les responsables du site de tout dégat constaté (usure, pièces mal fixées, appareil endommagé) et n'utilisez plus l'appareil. Vérifiez que tous les mécanismes d'ajustement et de fermeture soient sécurisés avant l'utilisation de l'appareil. Remplacez l'étiquette s'il est endommagé, illisible ou manquant.	⚠ ACHTUNG Lesen Sie die Anweisungen vor der Benutzung des Gerätes durch und befolgen Sie diese strikt. Unsachgemäßer Gebrauch kann zu schwerwiegenden Verletzungen führen. Das Gerät sollte nur in einem Raum benutzt werden, in dem Personal zur Betreuung zur Verfügung steht. Lassen Sie sich von einem Arzt untersuchen und beraten, bevor Sie das Training an diesem oder anderen Geräten beginnen. Stoppen Sie die Übungen, wenn Ihnen schwindelig wird oder Sie erschöpft sind. Überprüfen Sie das Gerät vor der Benutzung. Informieren Sie die Verantwortlichen unverzüglich, wenn Sie Defekte am Gerät feststellen (Verschleiß, lockere Teile, Beschädigungen aller Art) und benutzen Sie das Gerät nicht mehr. Stellen Sie sicher, daß alle Verstell- und Einstellmechanismen korrekt gesichert sind, bevor Sie das Gerät benutzen. Ersetzen Sie das Etikett, wenn es beschädigt oder unlesbar ist oder wenn es fehlen sollte.
---	---	---

Exercise Placard Warning Information

⚠ WARNING BOLT DOWN MACHINE
⚠ ATTENTION BOULONNEZ VERS LE BAS LA MACHINE
⚠ ACHTUNG BEFESTIGEN SIE DIE MASCHINE AM BODEN

Bolt Down Decal 731-0517

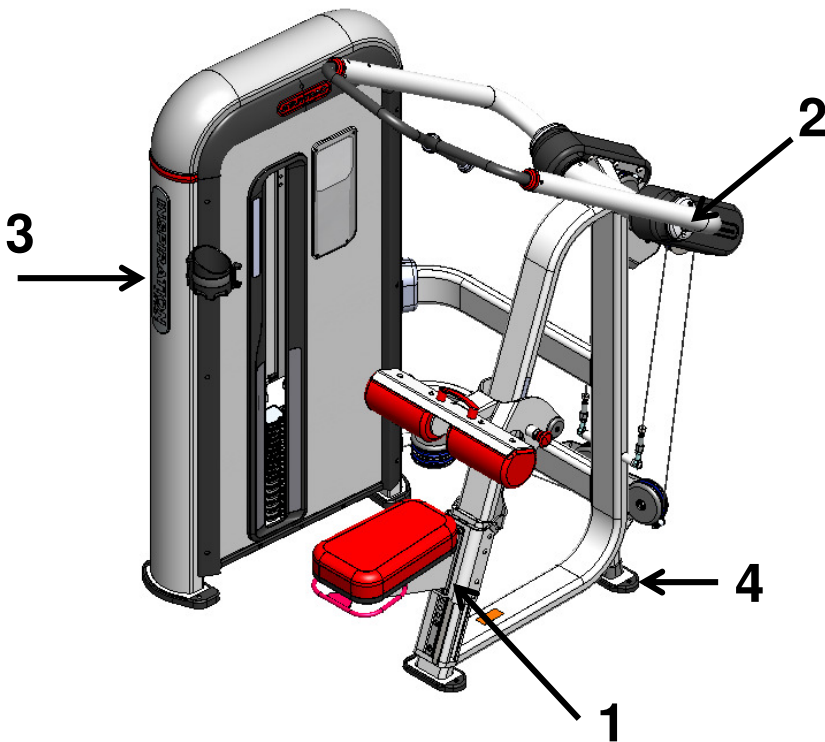
Pinch Point found at Moving Parts 731-0512



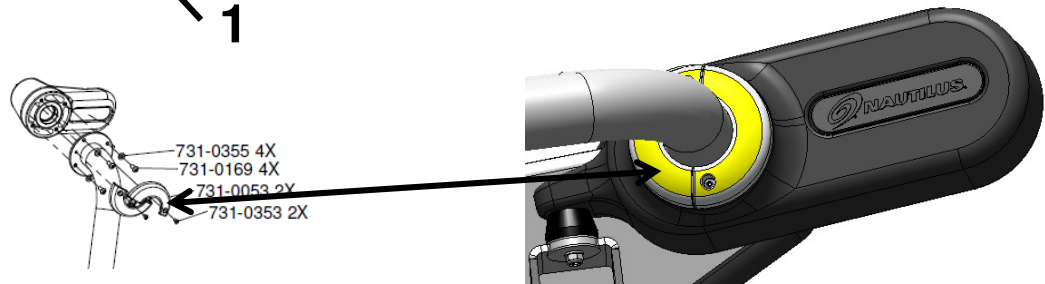
NAUTILUS Core Health And Fitness, LLC 4400 NE 77th Ave, Suite 300 Vancouver, WA 98662 USA (800) 503-1221	
  	Class SC Fitness Equipment Max User Weight 350 lbs (160 kg) MADE IN THE USA
MODEL	IPAA
SERIAL NO.	IPAA213BZ150101
patent: www.corehealthandfitness.com/patents	

Serial Number Decal 19-1052

IPPD2 reassembly from packaging



1. Add Loctite 242 and attach seat using 4 M8 Hex bolts as shown at location 1
2. Attach left movement arm at location 2 using 4 M8 button head hex bolts
3. Replace plastic cover (shown in yellow) at location 2 and securely tighten using 2 M5 hex bolts



4. Attach the cup holder at location 3 using 2 M8 Hex bolts
5. Attach each rubber foot pad to machine at each foot location as shown at location 4



MANUFACTURER

4400 NE 77th Avenue, Suite 300, Vancouver, WA 98662 USA

Tel +1 (888) 678-2476

www.corehandf.com

CUSTOMER SUPPORT

Contact your local distributor, or Core Health & Fitness directly at:

Tel +1-800-503-1221

www.support@corehandf.com