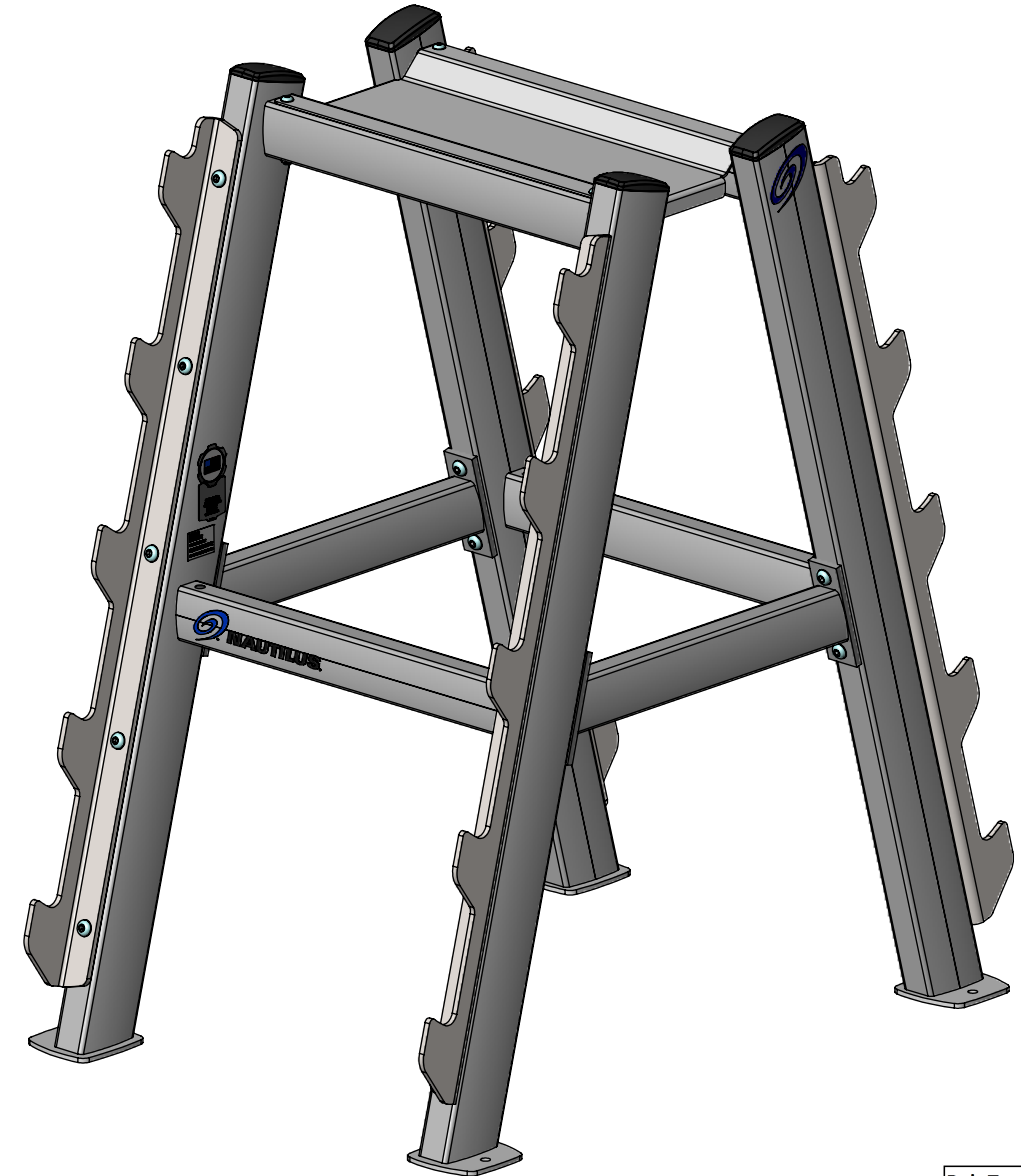




**Red: PAINTED ITEMS**  
**Blue: KITS**

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

ITEM	PART NO.	QTY.	DESCRIPTION
1	61-1317	2	CROSSMEMBER F3BR
2	60-1317	2	F3BR UPRIGHT
3	09-1210	4	Plug Frame 2 X 4 "ONE"
4	56-0306	1	F3BR PLATE SMALL
5	56-0324	2	F3BR BAR CATCH, 5 HOOK, LEFT
6	56-0325	2	BARBELL RACK CATCH - RIGHT
7	12-5620	2	NLS Logo 3" Decal
8	12-1380	1	Made In USA
9	19-1291	1	SERIAL NO. DECAL
10	12-5619	2	Nautilus Transfer Decal - Small BLACK
11	03-1035	4	3/8" Lock Nut
12	01-4084	4	BOLT BH , 3/8 -16 x 3 1/2" ZINC
13	01-4053	28	BOLT BH ,1/2 -13 x 1" ZINC
14	03-4247	28	Cage Nut
15	09-3068	4	PLUG BLACK HOLE 7/16" MP-0437



## F3 BARBELL RACK

**F3BR**

Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

Customer Service & Parts 800/235-2233  
General Parts Requests: parts@medfitsys.com  
Warranty Field Service Requests: servicerequest@medfitsys.com  
Med-Fit Systems, Inc. 800/831-7665

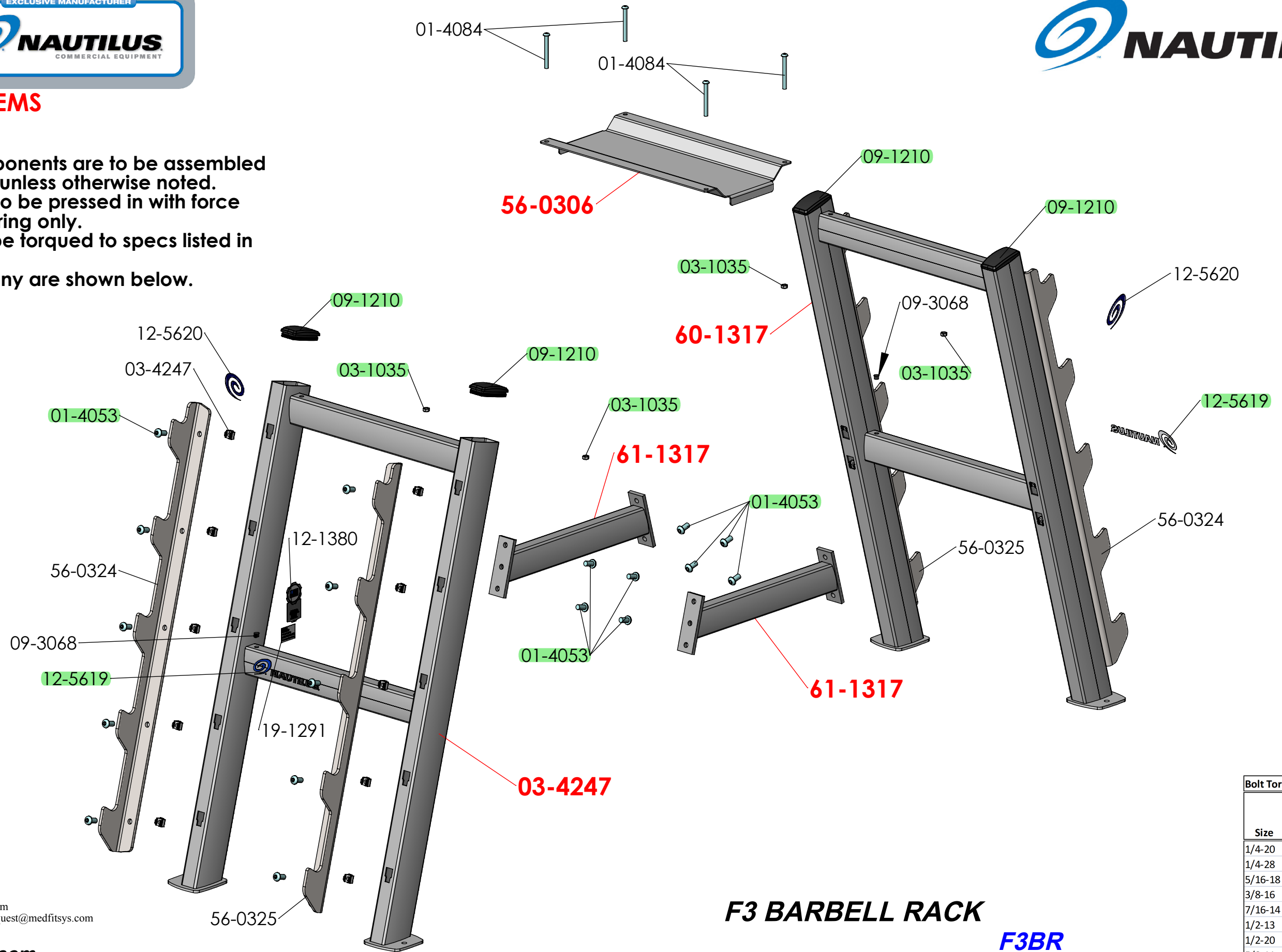
[www.medfitsystems.com](http://www.medfitsystems.com)

REV E



**Red: PAINTED ITEMS**  
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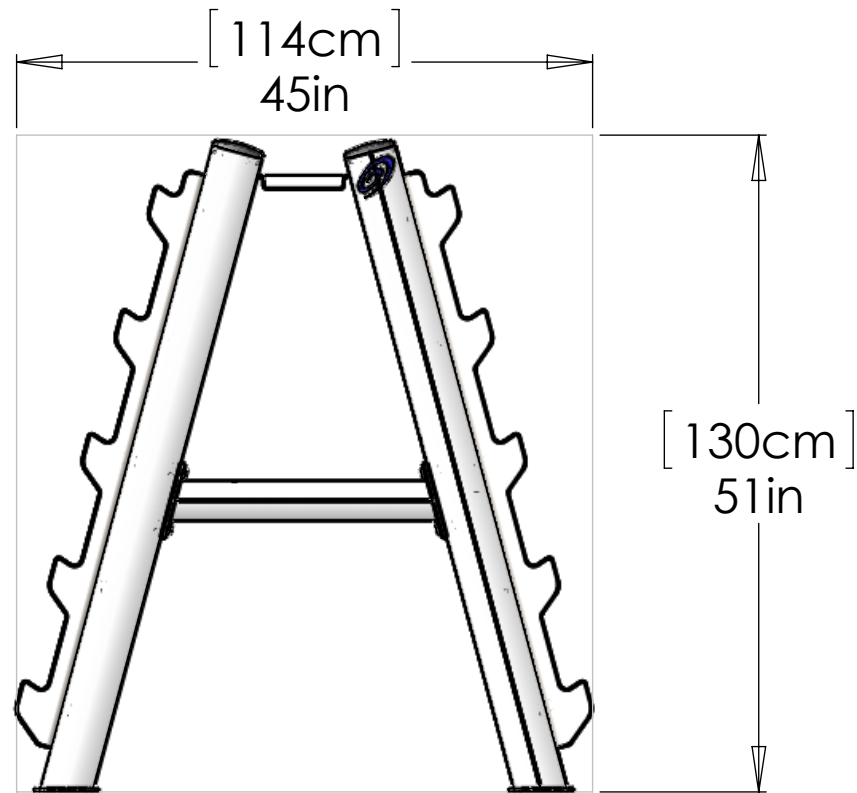
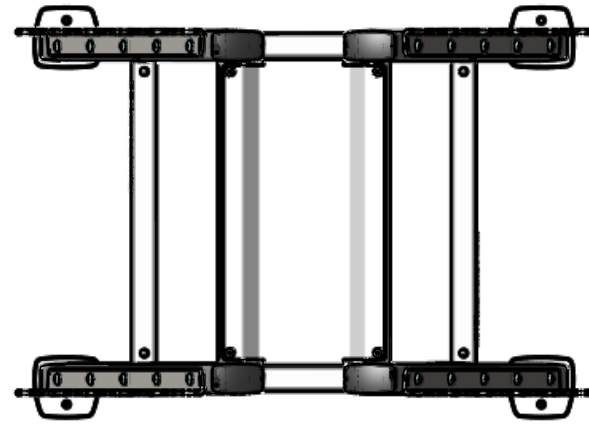
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## F3 BARBELL RACK

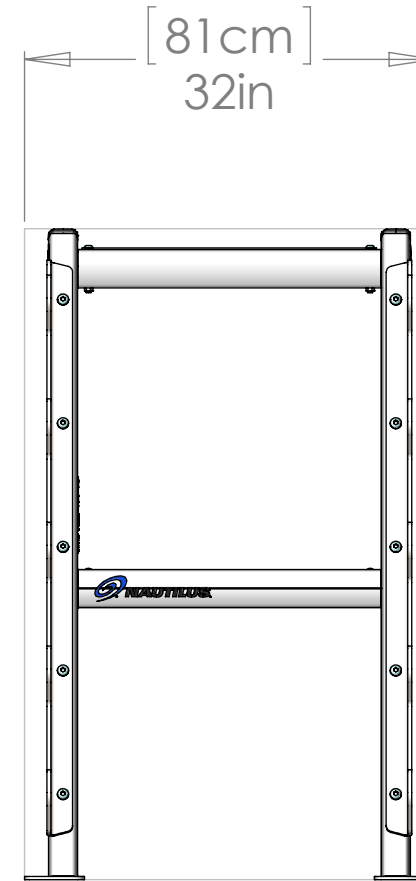
**F3BR**

Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
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1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

REV E



10/5/12	F3BR
<b>Units</b>	<b>Weight</b>
lbs	197
kg	89



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**F3 BARBELL RACK**

**F3BR**

REV E