

Red: PAINTED ITEMS
Blue: KITS

Number	Qty	DESCRIPTION
01-0011	4	½ -13 UNC x 3 Bolt
01-1105	1	3/8 -16 UNC x 1½ Bolt
01-1271	6	½ -13 UNC x 1¼ Bolt
01-1351	4	½ -13 UNC x 3¼ Bolt
01-1381	4	½ -13 UNC x 4 Bolt Gr 8
03-1055	12	1/2" Nylon Insert Lock Nut-Thin
03-5107	16	10-32 Lock Nut
04-5206	1	WASHER, FLAT, 3/8" SAE
04-5207	18	WASHER, FLAT, ½" SAE
07-4005	2	BEARING FLANGE MOUNT 1" ID
07-5866	1	WEIGHT TUBE
09-1058	2	7/8 x 4 1/2 FOAM GRIP
09-2090	7	2 X 3 X 11 GA FRAME PLUG
09-3090	2	HOLE PLUG 1 3/4 OD X 1 1/2 ID X .5 LONG
09-4068	2	BUMPER WEIGHT HORN 1 3/4" I.D. X 3" O.D.
09-5030	1	FOOTPAD MOLDED BLACK
12-1380	1	DECAL PATENT MEDFIT MADE IN USA
12-5619	2	Nautilus Transfer Decal - Small BLACK
12-6046	1	Made In USA - Seat Frames
56-0237	4	WEIGHT HORN ASSEMBLY SHORT
56-0239	2	TUBE WEIGHT HORN 5 LB SHORT
56-0304	1	FOOTPAD LEFT F3
56-0305	1	FOOTPAD RIGHT F3
56-0320	8	BUMPER, WEIGHT HORN
60-1329	1	P3TBR UPRIGHT BASE
60-1330	1	P3TBR BASE FRAME
CM238	1	F2TBR CROSSMEMBER
HB207	1	P3TBR WEIGHT HANDLE
SM41271	16	SCREW, #10-32 X .50, PAN HEAD, W/LOCK WASHER



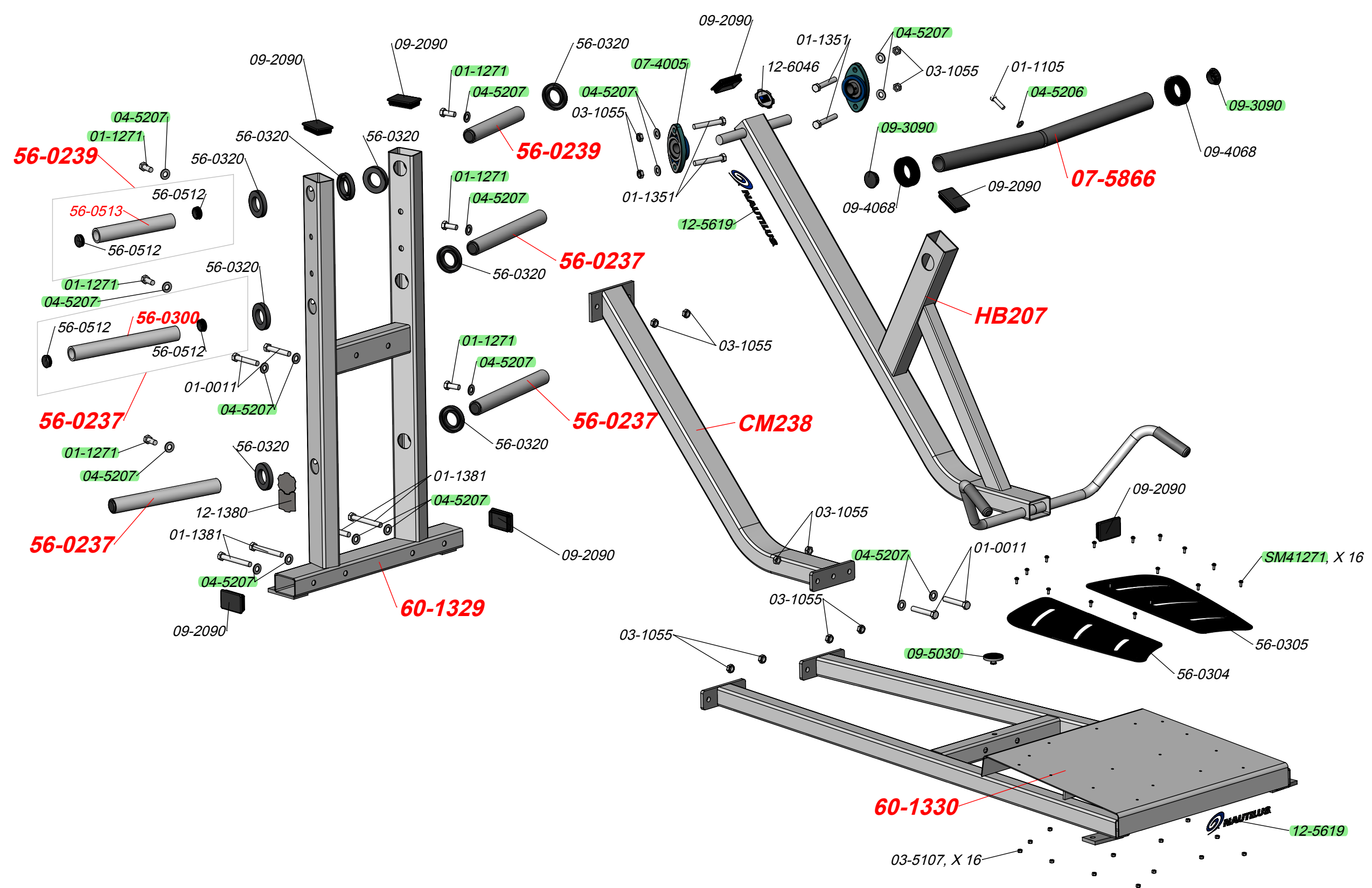
Bolt Torque Specifications			
Size	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

support.nautilusstrength.com
1-800-503-1221
General Parts Requests: parts@nautiluscommercial.com
Core Health and Fitness, LLC.

XPLOAD T- BAR ROW
P3TBR

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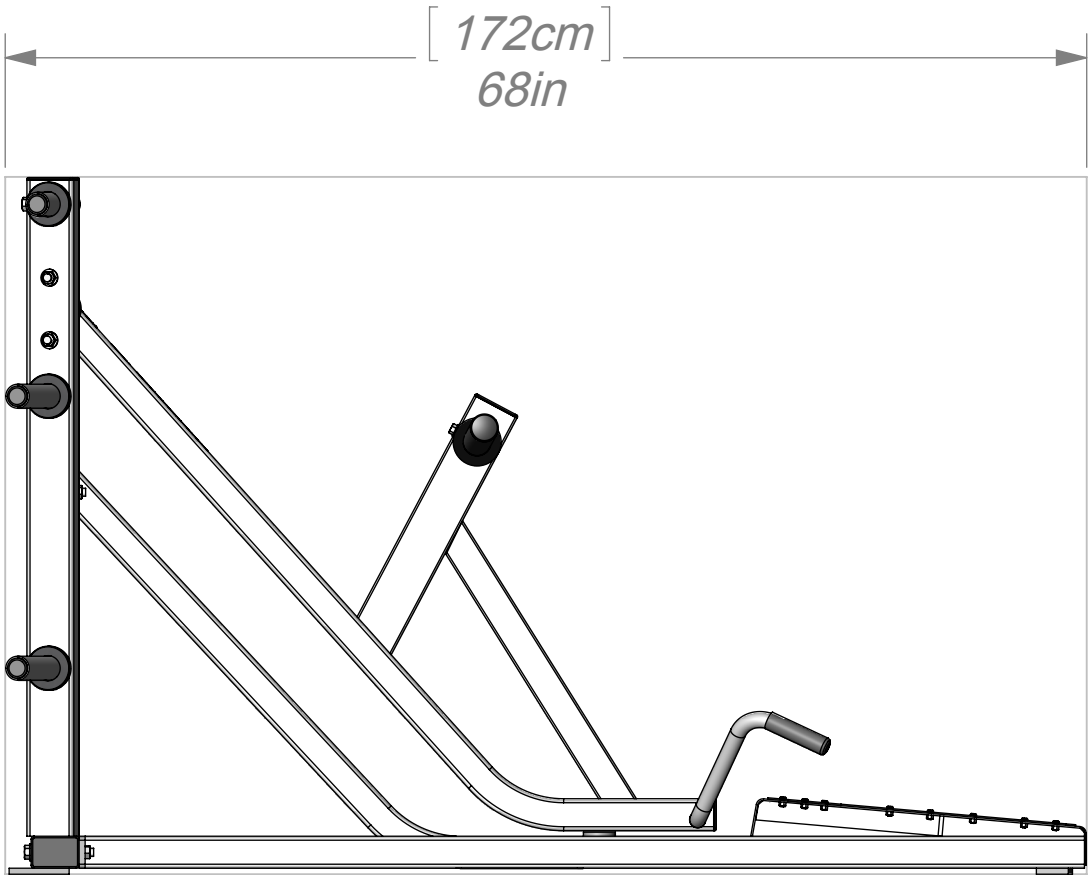
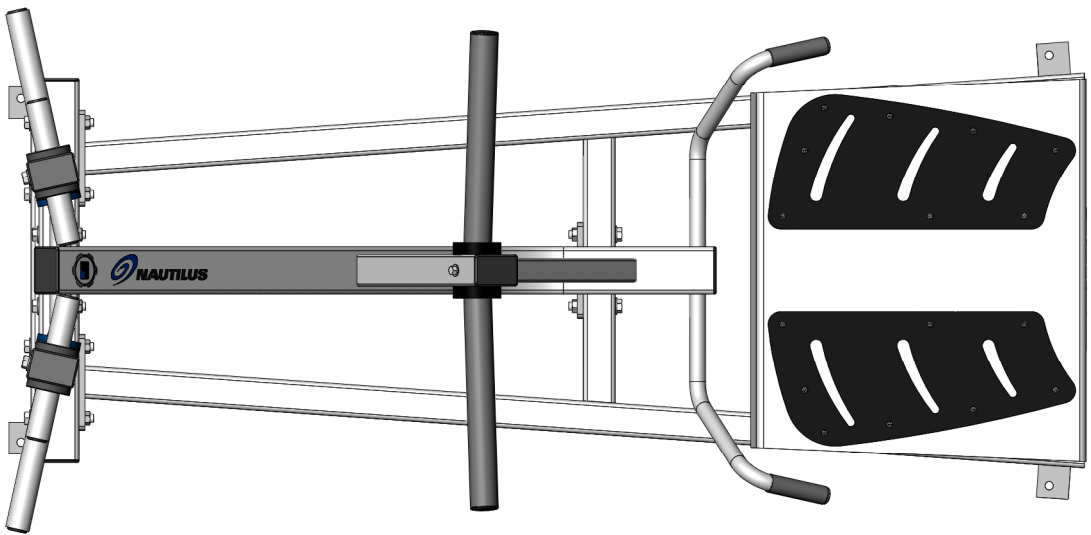
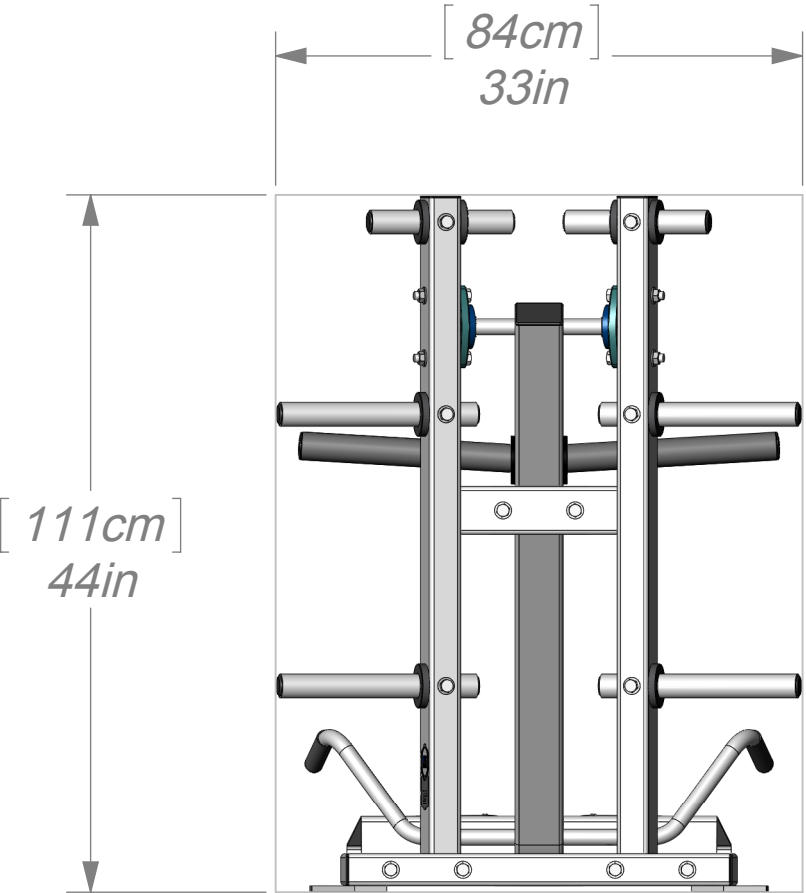
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10/9/12	P3TBR
<u>Units</u>	<u>Weight</u>
lbs	167
kg	76



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

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