

CORE

HEALTH & FITNESS

2017 PRODUCT CATALOG | 2017 PRODUCT CATALOGUE



CORE HEALTH & FITNESS



STRENGTH

Nautilus® invented the **entire modern strength training category more than 40 years ago**, and we've been reinventing it ever since. We never innovate for the sake of fads, bells or whistles, but to provide a fitness experience that naturally fits human movements. **We wouldn't settle for anything less, and neither should you.**

THE FIRST NAME IN STRENGTH



NAUTILUS® PRODUCTS

Nautilus One™

Inspiration Strength®

Nautilus Evo™

Impact Strength®

Instinct®

HumanSport®

Nautilus Freedom Trainer™

Leverage®

Plate Loaded

XPload Zone™

Multi-Stations

Benches & Racks





DIAL “ONE” FOR UNPRECEDENTED RESULTS

Nautilus One™ equipment combines revolutionary weight stack technology, a 4-bar linkage and specialized CAM designs to provide users with smooth resistance and proper muscle loading through the complete range of motion, and the most intuitive and user-friendly selection method ever created: a dial. Fewer cams, pulleys and no guide rods extend the life of this product well past other machines.



Weight select dial
For easy adjustments



Modern, compact & unified
weight tower design

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

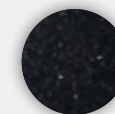
Frame:



Silver



White



Textured Black



Leg Press

Model S6LP

Overall Weight - 1,332 lb(605 kg)

Stack Weight - 430 lb(195 kg)

Width - 51" (130 cm)

Length - 72" (183 cm)

Height - 57" (144 cm)

- Maximum muscle involvement with minimal knee and back stress in a compact footprint
- Four-bar linkage technology controls position and angle of foot platform and provides optimal biomechanics
- Low height and integrated handle on platform to aid entry/exit
- Extra wide platform allows varying foot placement
- Extra thick back pad for comfort
- Ratcheting back pad adjustment for user defined hip positioning
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Leg Extension

Model S6LE

Overall Weight - 829 lb(377 kg)

Stack Weight - 255 lb(116 kg)

Width - 52" (132 cm)

Length - 53" (135 cm)

Height - 49" (124 cm)

- Maximum range extension while maintaining proper knee alignment
- Leg pad adjustment accessible from seated position for easy adjustment
- Reclined seat angle promotes full range quadriceps contraction
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Seated Leg Curl

Model S6LC

Overall Weight - 855 lb(389 kg)

Stack Weight - 255 lb(116 kg)

Width - 52" (132 cm)

Length - 64" (163 cm)

Height - 49" (124 cm)

- Advanced coupled movement arm technology for proper knee axis alignment throughout movement
- Knee and tibia pad adjustment handles accessible from seated position for easy set-up
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Hip Abduction/Adduction

Model S6AA

Overall Weight - 857 lb(390 kg)

Stack Weight - 255 (116 kg)

Width - 41" (104 cm)

Length - 87" (221 cm)

Height - 48" (122 cm)

- Two biomechanically correct movements in one machine, each with individual strength curve
- Weight tower position provides user privacy and easy accessibility
- Adjustable range of motion for customization to individual user needs
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Chest Press

Model S6CP

Overall Weight - 852 lb(387 kg)

Stack Weight - 255 lb(116 kg)

Width - 64" (163 cm)

Length - 58" (147 cm)

Height - 75" (191 cm)

- Converging movement arms with multiple hand position options for a variety of movement options
- Back pad adjusts for desired amount of pre-stretch
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Pec Fly

Model S6PF

Overall Weight - 821 lb(373 kg)

Stack Weight - 255 lb(116 kg)

Width - 74" (188 cm)

Length - 57" (145 cm)

Height - 54" (137 cm)

- Smart Arm linkage provides varying radius throughout range of movement
- Adjustable starting position allows for different-size users
- Arm pad design allows for both internal and external arm positions
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Lat Pulldown

Model S6LATP

Overall Weight - 890 lb(405 kg)

Stack Weight - 255 lb(116 kg)

Width - 51" (130 cm)

Length - 72" (183 cm)

Height - 87" (221 cm)

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation which reduces stress at the wrist
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Row

Model S6MR

Overall Weight - 860 lb(391 kg)

Stack Weight - 255 lb(116 kg)

Width - 54" (137 cm)

Length - 62" (157 cm)

Height - 47" (119 cm)

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation
- Foot pads and adjustable chest pad provide user stabilization
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Shoulder Press

Model S6SP

Overall Weight - 854 lb(388 kg)

Stack Weight - 255 lb(116 kg)

Width - 64" (163 cm)

Length - 59" (150 cm)

Height - 62" (157 cm)

- Front press movement with converging arms minimizes shoulder impingement
- Multiple grips provide hand position options
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Lateral Raise

Model S6LR

Overall Weight - 860 lb(391 kg)

Stack Weight - 255 lb(116 kg)

Width - 57" (145 cm)

Length - 46" (117 cm)

Height - 57" (145 cm)

- Pivoting handle grips accommodate different sized users
- Independent movement arms for a balanced shoulder workout
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Biceps Curl

Model S6BC

• **Overall Weight** - 795 lb(361 kg)

• **Stack Weight** - 255 lb(116 kg)

• **Width** - 63" (160 cm)

• **Length** - 51" (130 cm)

• **Height** - 51" (130 cm)

- Front open entry for easy entrance/exit for users of all conditioning levels
- Pivoting Ergo Handles accommodate varying user sizes
- Independent pivoting movement arms allow user to curl toward the center line of the body for more complete contraction
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Triceps Press

Model S6TP

• **Overall Weight** - 801 lb(364 kg)

• **Stack Weight** - 255 (116 kg)

• **Width** - 58" (147 cm)

• **Length** - 59" (150 cm)

• **Height** - 47" (119 cm)

- Front open entry for easy entrance/exit for users of all conditioning levels
- Smart Arm linkage for multiple, user defined paths
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Triceps Extension

Model S6TE

Overall Weight - 880 lb(400 kg)

Stack Weight - 255 lb(116 kg)

Width - 62" (157 cm)

Length - 48" (122 cm)

Height - 54" (137 cm)

- Front open entry for easy entrance/exit for users of all conditioning levels
- Independent movement arms for a balanced workout
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Abdominal Crunch

Model S6AB

Overall Weight - 859 lb(390 kg)

Stack Weight - 255 lb(116 kg)

Width - 55" (140 cm)

Length - 53" (135 cm)

Height - 59" (150 cm)

- A true abdominal crunch machine
- Combination of upper and lower movement arms reinvents the original Nautilus® abdominal crunch (the 'clamshell') with modern-day technology
- Four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ultimate user feel
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Rotary Torso

Model S6RT

Overall Weight - 782 lb(355 kg)

Stack Weight - 255 lb(116 kg)

Width - 41" (104 cm)

Length - 71" (180 cm)

Height - 47" (119 cm)

- Seat adjusts left/right to provide 0 to 80° range
- Movement arm provides 150° of rotation to both the left and right
- Upper body stabilization and body positioning provide exercise effectiveness
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Low Back

Model S6LB

Overall Weight - 824 lb(375 kg)

Stack Weight - 255 lb(116 kg)

Width - 51" (130 cm)

Length - 50" (127 cm)

Height - 49" (124 cm)

- Full range lumbar isolated machine that emulates the function of rotation around multiple vertebrae
- Contoured lower back pad allows full range extension
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system



Four-Way Neck Machine

Model S6FWN

Overall Weight - 772 lb(351 kg)

Stack Weight - 255 lb(116 kg)

Width - 64" (163 cm)

Length - 46" (117 cm)

Height - 57" (145 cm)

- Forehead pad is made of visco-elastic foam that forms to your forehead reducing pressure on the head
- Helps to increase neck strength
- Innovative weight selection dial
- Optional range of motion limiters
- Optional 1 lb (0.5 kg) increment system

Lock N Load®

Anyone who works out has been there. You're ready to begin training and you walk over to a machine only to find the weight selection pin missing, broken, damaged or the lanyard is a tangled mess. Now you can say goodbye to the frustration and maintenance issues thanks to our revolutionary, patented Lock N Load® weight selection system.

Now weight selection is as easy as flipping a switch. The intuitive Lock N Load design is easily recognizable. If you've ever flicked a light switch on and off, you'll immediately understand how it works. Universally color-coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance-free operation.

Simple and innovative, you'll find it to be a welcome relief from the headaches and maintenance costs often associated with traditional strength equipment weight stacks. With very few moving parts and an internal case-hardened steel engagement pin, there's virtually nothing to break or maintain.





NAUTILUS[®] INSPIRATION[™]

A STRONGER FIRST IMPRESSION

Proudly made in the USA, the Nautilus Inspiration Strength[®] line delivers a series of must-have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration makes a powerful first impression.

Each machine captures the essence of natural movement. Members will appreciate the many easy to use and easy to see features like our patented Lock N Load[®] weight selection system, the wrap-around assisted seat adjustment, Lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.



Lock N Load[®]
weight selection system



Modern tower design
with customizable shrouds

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black

Featured Product



Abdominal Crunch

Model 9-IPAC2

Overall Weight - 684 lb(310 kg)

Stack Weight - 200 lb(100 kg)

Width - 52 in (132 cm)

Length - 51 in (130 cm)

Height - 64 in (163 cm)

- Combination of upper and lower movement arms reinvents the original Nautilus® abdominal crunch (the “clamshell”) with modern-day technology
- Provides true abdominal crunch motion
- Four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ultimate user feel
- Wrap-around gas-assist seat adjust
- Axis of rotation highlighted for precise user positioning
- Lock N Load® incremental add-on weight system
- Moving image lenticular instruction placard



Leg Press

Model IPLP2

Overall Weight - 1,227 lb(557 kg)

Stack Weight - 400 lb(200 kg)

Width - 54" (137 cm)

Length - 74" (187 cm)

Height - 64" (163 cm)

- Extra large non-slip platform
- Foot platform features beveled lower edge for calf training
- Linear bearings for enhanced user feel
- Wrap-around seat adjust



Leg Extension

Model IPLE2

Overall Weight - 749 lb(340 kg)

Stack Weight - 260 lb(130 kg)

Width - 48" (122 cm)

Length - 53" (135 cm)

Height - 64" (163 cm)

- Gas-assisted seat back adjust
- Pull lever joint range of motion control
- Lower leg pad adjustment for perfect fit
- Axis of rotation highlighted for precise user positioning



Leg Curl

Model IPLC2

Overall Weight - 837 lb(380 kg)

Stack Weight - 260 lb(130 kg)

Width - 46" (117 cm)

Length - 64" (163 cm)

Height - 64" (163 cm)

- Gas-assisted seat back adjust
- Lower leg pad adjustment for perfect fit
- Thigh support pad for range of motion adjustment and stabilization
- Axis of rotation highlighted for precise user positioning



Abduction / Adduction

Model IPAA2

Overall Weight - 835 lb(380 kg)

Stack Weight - 200 lb(100 kg)

Width - 55" (140 cm)

Length - 56" (142 cm)

Height - 64" (163 cm)

- Right/Left range of motion adjustment handle beneath seat
- Rotating thigh pads for inner/outer thigh positioning
- Vanity shield with user stabilization entry/exit handle



Glute Press

Model IPGM2

Overall Weight - 749 lb(340 kg)

Stack Weight - 260 lb(130 kg)

Width - 45" (114 cm)

Length - 75" (191 cm)

Height - 64" (163 cm)

- Triple extension movement hip extension, knee extension and ankle plantar flexion
- Adjustable ramping feature to accommodate all users and add exercise variety
- Torso stabilization bars



Chest Press

Model IPVP2

Overall Weight - 837 lb(380 kg)

Stack Weight - 200 lb(100 kg)

Width - 59" (150 cm)

Length - 43" (109 cm)

Height - 76" (193 cm)

- Wrap-around assisted seat adjust
- Unilateral motion
- Converging axis
- Right and left pre-stretch positioning
- Larger diameter for pushing movements



Lat Pull Down

Model IPPD2

Overall Weight - 852 lb(387 kg)

Stack Weight - 220 lb(110 kg)

Width - 55" (140 cm)

Length - 55" (140 cm)

Height - 77" (196 cm)

- Wrap-around assisted seat adjust
- Unilateral motion
- Diverging axis
- Horizontal and vertical grip options
- Adjustable thigh stabilization pad
- Smaller diameter for pulling movements



Vertical Row

Model IPVR2

Overall Weight - 804 lb(365 kg)

Stack Weight - 220 lb(110 kg)

Width - 50" (127 cm)

Length - 45" (114 cm)

Height - 77" (196 cm)

- Wrap-around assisted seat adjust
- Unilateral motion
- Diverging axis
- 3 hand grip position options
- Adjustable torso stabilization pad
- Smaller diameter for pulling movements



Pec Fly / Rear Deltoid

Model IPPF2

Overall Weight - 862 lb(392 kg)

Stack Weight - 220 lb(110 kg)

Width - 58" (147 cm)

Length - 46" (117 cm)

Height - 80" (203 cm)

- Dual exercise option for Pectoral Fly and Rear Deltoids
- Horizontal and vertical grip options
- Unilateral or bilateral movement
- Larger diameter for pushing movements



Shoulder Press

Model IPSP2

Overall Weight - 775 lb(352 kg)

Stack Weight - 200 lb(100 kg)

Width - 58" (147 cm)

Length - 60" (152 cm)

Height - 64" (163 cm)

- Wrap-around assisted seat adjust
- Unilateral motion
- Converging axis
- Horizontal and vertical grip options
- Seat position controls user pre-stretch
- Larger diameter for pushing movements



Deltoid Raise

Model IPDR2

Overall Weight - 610 lb(277 kg)

Stack Weight - 120 lb(60 kg)

Width - 52" (132 cm)

Length - 47" (119 cm)

Height - 64" (163 cm)

- Wrap-around assisted seat adjust
- Unilateral motion
- Comfortable arm roller pads
- Floating arm positioning support handles
- Adjustable torso stabilization pad
- Axis of rotation highlighted for precise user positioning



Biceps Curl

Model IPBC2

Overall Weight - 690 lb(314 kg)

Stack Weight - 200 lb(100 kg)

Width - 56" (142 cm)

Length - 45" (114 cm)

Height - 64" (163 cm)

- Wrap-around assisted seat adjust
- Unilateral motion
- Comfortable arm support pads
- Axis of rotation highlighted for precise user positioning
- Smaller diameter for pulling movements



Bilateral Arm Curl

Model IPBA2

Overall Weight - 690 lb(314 kg)

Stack Weight - 200 lb(100 kg)

Width - 56" (142 cm)

Length - 45" (114 cm)

Height - 64" (163 cm)

- Wrap-around assisted seat adjust
- Bilateral stabilized motion
- Comfortable arm support pads
- Self adjusting multi-grip handles
- Axis of rotation highlighted for precise user positioning
- Smaller diameter for pulling movements



Tricep Dip

Model IPTD2

Overall Weight - 926 lb(421 kg)

Stack Weight - 260 lb(130 kg)

Width - 53" (135 cm)

Length - 54" (137 cm)

Height - 64" (163 cm)

- Unilateral motion
- Converging arm support handles to accommodate a wide or narrow grip
- Four bar linkage pressing arm ensures neutral wrist through motion
- Adjustable thigh stabilization pad
- Larger diameter for pushing movements



Tricep Extension

Model IPTE2

Overall Weight - 690 lb(314 kg)

Stack Weight - 200 lb(100 kg)

Width - 56" (142 cm)

Length - 43" (109 cm)

Height - 64" (163 cm)

- Wrap-around assisted seat adjust
- Bilateral stabilized motion
- Comfortable arm support pads
- Self adjusting multi-grip handles
- Axis of rotation highlighted for precise user positioning
- Larger diameter for pushing movements



Abdominal

Model IPAM2

Overall Weight - 552 lb(251 kg)

Stack Weight - 200 lb(100 kg)

Width - 52" (132 cm)

Length - 42" (107 cm)

Height - 64" (163 cm)

- Wrap-around assisted seat adjust
- Contoured back pad provides spinal extension for full resisted range of motion
- Comfortable elbow support pads
- Axis of rotation highlighted for precise user positioning



Back Extension

Model IPBE2

Overall Weight - 560 lb(255 kg)

Stack Weight - 200 lb(100 kg)

Width - 51" (130 cm)

Length - 50" (127 cm)

Height - 64" (163 cm)

- Adjustable seat and back roller pad to accommodate all users
- Range of motion adjustment for exercise variation
- Two position foot stabilization bar
- Axis of rotation highlighted for precise user positioning
- Contoured back pad for comfortable extension motion



Dual Adjustable Pulley

Model IPDA2

Overall Weight - 1,439 lb(654 kg)

Stack Weight - 2 x 100 lb(2 x 45 kg)

Width - 62" (157 cm)

Length - 46" (117 cm)

Height - 91" (231 cm)

- Effective resistance for the user of 100 lb(50 kg) per stack
- Unlimited high-low cable positioning combinations
- Stainless steel adjustable pulleys with single hand adjustment design
- Integrated pull-up bar with multi-grip hand positioning
- 4 to 1 lifting ratio for smooth, low inertia operation
- 13 ft. (4m) of cable travel
- Extended cable travel for a variety of exercises
- Fixed footprint for optimal floor planning and placement
- Intuitive exercise placard featuring 12 targeted movements
- Wheelchair accessible

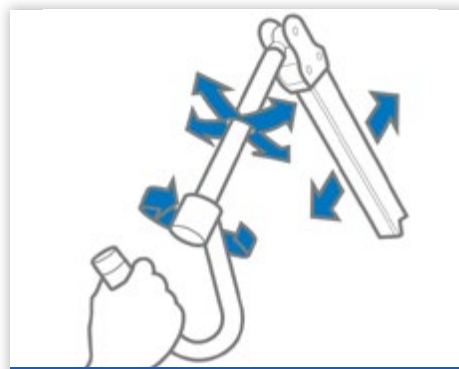


YOU HAVE TO FEEL IT TO BELIEVE IT.

Nautilus EVO™ equipment adapts itself to the way the body moves instead of forcing users to adapt to the machine. Our four-bar linkage system and cam design dynamically mirror the body's strength curve. Nautilus users get immediate, smooth resistance and proper muscle loading through the complete range of motion. The result? Unprecedented results from the First Name In Strength.



Converging press arms provide a proper movement path



Ergo Grip gives natural, user-defined path of motion.

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black



Leg Press

Model S9LP

Overall Weight - 981 lb(446 kg)

Stack Weight - 480 lb(218 kg)

Width - 40" (102 cm)

Length - 92" (234 cm)

Height - 64" (171 cm)

- The four-bar linkage foot platform articulates with the knees to reduce knee shear
- Back pad adjusts, allowing users to recruit more or fewer muscles



Leg Extension

Model S9LE

Overall Weight - 538 lb(245 kg)

Stack Weight - 240 lb(109 kg)

Width - 37" (94 cm)

Length - 52" (132 cm)

Height - 54" (137 cm)

- Positions the body to fully isolate the quads.
- Movement arm is heavily padded for user comfort



Seated Leg Curl

Model S9LC

Overall Weight - 517 lb(235 kg)

Stack Weight - 240 lb(109 kg)

Width - 35" (89 cm)

Length - 62" (157 cm)

Height - 54" (137 cm)

- Allows users to build stronger hamstrings from a seated position with minimal knee strain



Prone Leg Curl

Model S9LCP

Overall Weight - 498 lb(226 kg)

Stack Weight - 200 lb(91 kg)

Width - 35" (90 cm)

Length - 65" (166 cm)

Height - 54" (137 cm)

- The cam design encourages full contraction of the hamstrings



Hip Abduction / Adduction

Model S9AA

Overall Weight - 530 lb(241 kg)

Stack Weight - 200 lb(91 kg)

Width - 37" (94 cm)

Length - 60" (152 cm)

Height - 56" (142 cm)

- Offers users an outer-hip and inner-thigh workout in a single, space-saving machine
- Adjustable back pad ensures proper positioning



Seated Calf

Model S9SC

Overall Weight - 498 lb(226 kg)

Stack Weight - 200 lb(91 kg)

Width - 35" (89 cm)

Length - 65" (165 cm)

Height - 54" (137 cm)

- The stationary heel rest and trailing linkage movement arm offer superior muscle isolation



Vertical Chest

Model S9VC

Overall Weight - 540 lb(245 kg)

Stack Weight - 240 lb(109 kg)

Width - 39" (99 cm)

Length - 56" (142 cm)

Height - 71" (180 cm)

- Ensures maximum pec contraction.
- Offers two handle positions, depending on the user's preference
- Back pads adjust to a variety of starting positions



Incline Press

Model S9IP

Overall Weight - 522 lb(237 kg)

Stack Weight - 240 lb(109 kg)

Width - 45" (114 cm)

Length - 62" (157 cm)

Height - 54" (137 cm)

- The 35° angle targets the upper chest muscles



Pec Fly

Model S9PF

Overall Weight - 566 lb(257 kg)

Stack Weight - 240 lb(109 kg)

Width - 36" (91 cm)

Length - 61" (154 cm)

Height - 57" (145 cm)

- Features a rotation angle of 170° to work the lower portion of the pecs



Lat Pulldown

Model S9LATP

Overall Weight - 632 lb(287 kg)

Stack Weight - 240 lb(109 kg)

Width - 31" (78 cm)

Length - 74" (188 cm)

Height - 89" (225 cm)

- Effectively works the back muscles while reducing shoulder stress
- Handles rotate for a more natural feel



Mid Row

Model S9MR

Overall Weight - 558 lb(254 kg)

Stack Weight - 240 lb(109 kg)

Width - 39" (99 cm)

Length - 62" (157 cm)

Height - 54" (137 cm)

- The arms allow for user-defined paths of motion, and the rotating handles follow the body's natural movement



Compound Row

Model S9CR

Overall Weight - 516 lb(235 kg)

Stack Weight - 240 lb(109 kg)

Width - 36" (91 cm)

Length - 85" (216 cm)

Height - 67" (170 cm)

- The arms enable user-defined paths of motion, and the handles rotate for a more natural feel



Pullover

Model S9PO

Overall Weight - 631 lb(286 kg)

Stack Weight - 240 lb(109 kg)

Width - 49" (124 cm)

Length - 57" (145 cm)

Height - 67" (170 cm)

- This powerful machine provides 250° of shoulder rotation, working the lats, pecs and abs



Rear Delt / Pec Fly

Model S9RDPF

Overall Weight - 543 lb(246 kg)

Stack Weight - 200 lb(91 kg)

Width - 41" (104 cm)

Length - 68" (173 cm)

Height - 61" (157 cm)

- This dual-purpose machine features a single overhead adjustment, enabling users to perform either exercise from the same position
- Adjustable back pads allow for varying starting positions



Overhead Press

Model S9OP

Overall Weight - 555 lb(252 kg)

Stack Weight - 240 lb(109 kg)

Width - 39" (99 cm)

Length - 61" (155 cm)

Height - 54" (137 cm)

- This machine provides an easy entry start position without compromising the user's full range of motion



Lateral Raise

Model S9LRPH

Overall Weight - 463 lb(210 kg)

Stack Weight - 200 lb(91 kg)

Width - 36" (91 cm)

Length - 54" (137 cm)

Height - 54" (137 cm)

- Provides a full-range, single-joint rotary movement for the deltoids
- The S9LRPH is available in two versions - with and without pivoting handles



Preacher Curl

Model S9PC

Overall Weight - 496 lb(225 kg)

Stack Weight - 200 lb(91 kg)

Width - 41" (104 cm)

Length - 51" (130 cm)

Height - 54" (137 cm)

- Simulates the movement of an EZ curl bar to build the biceps while reducing wrist strain



Biceps Curl

Model S9BC

Overall Weight - 488 lb(222 kg)

Stack Weight - 160 lb(73 kg)

Width - 45" (114 cm)

Length - 38" (97 cm)

Height - 55" (139 cm)

- The raised-arm design maximizes muscle contraction
- Back pad adjusts to accommodate different users



V-Triceps Extension

Model S9VTE

Overall Weight - 552 lb(257 kg)

Stack Weight - 200 lb(91 kg)

Width - 41" (104 cm)

Length - 48" (122 cm)

Height - 57" (145 cm)

- Adjustable seat and back pads ensure that the elbow joints are properly aligned



Triceps Extension

Model S9TE

Overall Weight - 490 lb(223 kg)

Stack Weight - 160 lb(73 kg)

Width - 45" (114 cm)

Length - 33" (84 cm)

Height - 63" (160 cm)

- This machine features a raised-arm design for more targeted workouts, and an adjustable back pad



Seated Dip

Model S9SD

Overall Weight - 538 lb(245 kg)

Stack Weight - 240 lb(109 kg)

Width - 48" (122 cm)

Length - 39" (99 cm)

Height - 54" (137 cm)

- This machine positions the torso forward for better triceps contraction



Gravitrone Machine

Model S9GRV

Overall Weight - 629 lb(286 kg)

Stack Weight - 240 lb(109 kg)

Width - 45" (114 cm)

Length - 69" (175 cm)

Height - 91" (231 cm)

- Our weight-assisted machine allows almost any user to perform chin-ups, pull-ups and vertical dips



Abdominal

Model S9AB

Overall Weight - 509 lb(231 kg)

Stack Weight - 200 lb(91 kg)

Width - 44" (112 cm)

Length - 41" (104 cm)

Height - 54" (137 cm)

- This true abdominal crunch machine keeps the upper and lower body stable to fully target the muscles.



Lower Back

Model S9LB

Overall Weight - 558 lb(254 kg)

Stack Weight - 200 lb(91 kg)

Width - 41" (104 cm)

Length - 57" (145 cm)

Height - 54" (137 cm)

- Works the lumbar muscles while eliminating pressure on the spine
- Adjustable foot platform ensures proper form



Rotary Torso

Model S9RT

Overall Weight - 496 lb(225 kg)

Stack Weight - 200 lb(91 kg)

Width - 45" (114 cm)

Length - 56" (142 cm)

Height - 56" (142 cm)

- The patented design provides upper-body stability for a more effective oblique workout



PROVEN. SMART. EFFECTIVE.

The Impact Strength® line brings many subtle innovations to the power of your next weight training workout. It is the evolution of the proven biomechanics and user features that have made the Impact Strength Line a solid, competitive product. This line retains all the unique, proven, individual design features that customers have stated are ideal, such as pre-stretch, start assist, range of motion selection and graduated heavy weight stacks. Impact Strength incorporates new aesthetics and biomechanics features that have established its position as a competitive and diverse strength product line.

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black



Seated Leg Press

Model 9NA-S1305

Overall Weight - 825 lb(374kg)

Stack Weight - 360 lb(180 kg)

Width - 47" (119 cm)

Length - 74" (187 cm)

Height - 65" (165 cm)

- User-friendly Lock N Load® weight stack selection
- Range of motion adjustment
- Oversized foot plate for variety in foot placement
- User handles for stabilization
- 5 lb incremental add-on weight system



Leg Extension

Model 9NA-S1312

Overall Weight - 530 lb(241 kg)

Stack Weight - 260 lb(130 kg)

Width - 38" (97 cm)

Length - 57" (145 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting back rest adjustment
- Center mount lower leg adjustment for easy access
- Knee extension range of motion adjustment
- 5 lb incremental add-on weight system



Seated Leg Curl

Model 9NA-S1313

Overall Weight - 630 lb(286 kg)

Stack Weight -260 lb(130 kg)

Width - 39" (99 cm)

Length - 70" (178 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting back rest adjustment
- Lower leg pad adjustment for perfect fit
- Range of motion limiter with 5 positions of adjustment
- Adjustable thigh hold down pad for secure positioning
- 5 lb incremental add-on weight system



Leg Curl

Model 9NA-S1301

Overall Weight - 440 lb(200 kg)

Stack Weight - 180 lb(90 kg)

Width - 38" (97 cm)

Length - 71" (180 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Adjustable ankle pad for ideal fit
- Knee flexion range of motion adjustment
- Ergonomic elbow and hand placement for upper body support
- Angled torso pad for enhanced lumbar stabilization
- 5 lb incremental add-on weight system



Kneeling Leg Curl

Model 9NA-S1311

Overall Weight - 360 lb(164 kg)

Stack Weight - 130 lb(65 kg)

Width - 44" (112 cm)

Length - 51" (130 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Unique positioning for single leg isolation
- Adjustable carousel and knee pad for opposite leg training
- Ergonomic elbow and hand placement for upper body support
- 5 lb incremental add-on weight system



Adductor

Model 9NA-S1308

Overall Weight - 430 lb(195 kg)

Stack Weight - 180 lb(90 kg)

Width - 48" (122 cm)

Length - 58" (147 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Range of motion adjustment
- Two positions for user foot rest
- User handles for stabilization
- Contoured lumbar support backrest
- 5 lb incremental add-on weight system



Abductor

Model 9NA-S1307

Overall Weight - 430 lb(195 kg)

Stack Weight - 180 lb(90 kg)

Width - 48" (122 cm)

Length - 58" (147 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Range of motion adjustment
- Two positions for user foot rest
- User handles for stabilization
- Contoured lumbar support backrest
- 5 lb incremental add-on weight system



Standing Calf

Model 9NA-S1309

Overall Weight - 485 lb(220 kg)

Stack Weight - 260 lb(130 kg)

Width - 49" (124 cm)

Length - 41" (104 cm)

Height - 62" (151 cm)

- User-friendly Lock N Load® weight stack selection
- Range of motion adjustment
- Beveled non-slip foot platform
- User handles for stabilization
- 5 lb incremental add-on weight system



Chest Press

Model 9NA-S4301

Overall Weight - 545 lb(248 kg)

Stack Weight - 260 lb(130 kg)

Width - 52" (132 cm)

Length - 50" (127 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Pre-stretch range of motion adjustment
- 5 lb incremental add-on weight system



Incline Press

Model 9NA-S2301

Overall Weight - 570 lb(259 kg)

Stack Weight - 260 lb(130 kg)

Width - 51" (130 cm)

Length - 75" (191 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Pre-stretch range of motion adjustment
- Gravity-assisted positioning
- 5 lb incremental add-on weight system



Rear Deltoid / Pec Fly

Model 9NA-S4304

Overall Weight - 450 lb(205 kg)

Stack Weight - 220 lb(110 kg)

Width - 30" (76 cm)

Length - 50" (127 cm)

Height - 79" (201 cm)

- User-friendly Lock N Load® weight stack selection
- Horizontal and vertical grip options
- Unilateral or bilateral movement
- Dual exercise options for range of motion control: Pectoral Fly and Rear Deltoids
- 5 lb incremental add-on weight system



Fixed Lat Pull Down

Model 9NA-S3303

Overall Weight - 700 lb(318 kg)

Stack Weight - 260 lb(130 kg)

Width - 43" (109 cm)

Length - 64" (163 cm)

Height - 80" (203 cm)

- User-friendly Lock N Load® weight stack selection
- Adjustable knee stabilization pad
- Diverging axis movement for enhanced biomechanics
- 5 lb incremental add-on weight system



Lat Pull Down

Model 9NA-S3305

Overall Weight - 435 lb(197 kg)

Stack Weight - 260 lb(130 kg)

Width - 55" (140 cm)

Length - 47" (119 cm)

Height - 98" (249 cm)

- User-friendly Lock N Load® weight stack selection
- Adjustable knee stabilization pad
- 5 lb incremental add-on weight system



Vertical Row

Model 9NA-S3301

Overall Weight - 575 lb(261 kg)

Stack Weight - 260 lb(130 kg)

Width - 45" (114 cm)

Length - 62" (157 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Pre-stretch range of motion adjustment
- Angled foot support pads
- 5 lb incremental add-on weight system



Low Row

Model 9NA-S3306

Overall Weight - 585 lb(266 kg)

Stack Weight - 260 lb(130 kg)

Width - 29" (72 cm)

Length - 90" (119 cm)

Height - 86" (218 cm)

- User-friendly Lock N Load® weight stack selection
- Angled foot support pads
- 5 lb incremental add-on weight system



Shoulder Press

Model 9NA-S4307

Overall Weight - 530 lb(241 kg)

Stack Weight - 260 lb(130 kg)

Width - 53" (135 cm)

Length - 64" (163 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- 5 lb incremental add-on weight system



Deltoid Raise

Model 9NA-S4302

Overall Weight - 430 lb(195 kg)

Stack Weight - 130 lb(65 kg)

Width - 46" (117 cm)

Length - 51" (130 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Unilateral or bilateral motion
- Rotating handles for arm stabilization
- 5 lb incremental add-on weight system



Biceps Curl

Model 9NA-S5301

Overall Weight - 460 lb(209 kg)

Stack Weight - 180 lb(90 kg)

Width - 46" (117 cm)

Length - 58" (147 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Rotating handles for horizontal and vertical grip options
- 5 lb incremental add-on weight system



Tricep Extension

Model 9NA-S5302

Overall Weight - 460 lb(209 kg)

Stack Weight - 180 lb(90 kg)

Width - 46" (117 cm)

Length - 47" (119 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Ergonomic grip for user comfort
- 5 lb incremental add-on weight system



Dip Machine

Model 9NA-S5303

Overall Weight - 655 lb(297 kg)

Stack Weight - 260 lb(130 kg)

Width - 42" (107 cm)

Length - 55" (140 cm)

Height - 65" (165 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Rotating handles to accommodate user size and preference
- Padded foot stabilization pad
- 5 lb incremental add-on weight system



Chin Dip Assist

Model 9NA-6302

Overall Weight - 650 lb(295 kg)

Stack Weight - 200 lb(100 kg)

Width - 60" (152 cm)

Length - 50" (127 cm)

Height - 91" (231 cm)

- User-friendly Lock N Load® weight stack selection
- Kneeling weight assist system provides user with progressive assist for pull-up and dip exercises
- Integrated pull-up bar with multi-grip hand positioning
- Rotating dip handles for optimal user fit
- Drop-away knee support with gas-assist for body weight training
- 5 lb incremental add-on weight system



Low Back

Model 9NA-S3302

Overall Weight - 680 lb(308 kg)

Stack Weight - 260 lb(130 kg)

Width - 46" (117 cm)

Length - 53" (135 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Range of motion adjustment
- Comfortable low back rotating roller pad
- Adjustable leg-length foot rest
- 5 lb incremental add-on weight system



Abdominal

Model 9NA-S6301

Overall Weight - 365 lb(166 kg)

Stack Weight - 130 lb(65 kg)

Width - 43" (109 cm)

Length - 59" (150 cm)

Height - 60" (152 cm)

- User-friendly Lock N Load® weight stack selection
- Ratcheting seat adjustment
- Rounded lumbar extension pad
- Gravity-assisted positioning
- 5 lb incremental add-on weight system



EASY TO USE. EASY ON SPACE.

When it comes to a complete workout, it's all business. Whether you're an experienced athlete or a beginner, everyone wants the ability to get a quick and complete workout. And that's exactly what Instinct® Strength is all about. Each piece welcomes users of all levels with quick and easy adjustments for efficient workouts.

Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. Instinct also offers the revolutionary Lock N Load® patented weight selection system. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.



Lock N Load®
weight selection system



Kevlar transmission belt for
extended life and easy replacement





Leg Extension

Model 9NL-S1010

Overall Weight - 436 lb(198 kg)

Stack Weight - 190 lb(86 kg)

Width - 37" (94 cm)

Length - 41" (104 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable lower leg/ankle pad for precise fit
- Rubber feet for floor protection



Leg Curl

Model 9NL-S1011

Overall Weight - 469 lb(213 kg)

Stack Weight - 190 lb(86 kg)

Width - 37" (94 cm)

Length - 56" (140 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable lower leg/ankle pad for precise fit
- Adjustable thigh support stabilization pad
- Rubber feet for floor protection



Dual Leg Extension / Leg Curl

Model 9NL-D1014

Overall Weight - 484 lb(220 kg)

Stack Weight - 190 lb(86 kg)

Width - 37" (94 cm)

Length - 56" (142 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable lower leg/ankle pad for precise fit
- Dual exercise option for range of motion control: Leg Extension and Seated Leg Curl
- Rubber feet for floor protection



Dual Leg Press / Calf Raise

Model 9NL-D1013

Overall Weight - 689 lb(313 kg)

Stack Weight - 235 lb(107 kg)

Width - 39" (99 cm)

Length - 74" (188 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Walk-in design
- Multi-position foot plate design allows for dual use: Leg Press and Calf Raise
- Rubber feet for floor protection



Dual Inner / Outer Thigh

Model 9NL-01015

Overall Weight - 498 lb(226 kg)

Stack Weight - 150 lb(68 kg)

Width - 27" (69 cm)

Length - 57" (145 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Walk-through entry design
- Weight stack in front of user for privacy
- Swiveling thigh pads and range of motion control allow for dual exercises: Abductor and Adductor
- Rubber feet for floor protection



Glute Press

Model 9NL-S1012

Overall Weight - 354 lb(161 kg)

Stack Weight - 120 lb(55 kg)

Width - 37" (94 cm)

Length - 67" (170 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable "flip over" foot platform
- Standing modality
- Linear glute pressing motion
- Rubber feet for floor protection



Chest Press

Model 9NL-S2100

Overall Weight - 477 lb(217 kg)

Stack Weight - 235 lb(107 kg)

Width - 28" (71 cm)

Length - 49" (124 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat with "easy up" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection



Dual Multi-Press

Model 9NL-02120

Overall Weight - 539 lb(244 kg)

Stack Weight - 235 lb(107 kg)

Width - 55" (140 cm)

Length - 74" (188 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Multi-position seat and back pads adjust together for multiple pressing positions
- Exercises: Flat Chest Press, Incline Chest Press and Shoulder Press
- Rubber feet for floor protection



Dual Lat Pull Down / Vertical Row

Model 9NL-03340

Overall Weight - 513 lb(233 kg)

Stack Weight - 235 lb(107 kg)

Width - 47" (119 cm)

Length - 50" (127 cm)

Height - 84" (213 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Multi-position grips for Row and Lat Pull Down
- Adjustable seat and chest pad with "easy up" ratcheting adjustment
- Rubber feet for floor protection



Lat Pull Down

Model 9NL-S3310

Overall Weight - 554 lb(252 kg)

Stack Weight - 235 lb(107 kg)

Width - 47" (119 cm)

Length - 60" (152 cm)

Height - 73" (185 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat with "easy up" ratcheting adjustment
- Adjustable thigh support stabilization pad
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Multi-position hand grips



Vertical Row

Model 9NL-S3320

Overall Weight - 460 lb(209 kg)

Stack Weight - 235 lb(107 kg)

Width - 46" (117 cm)

Length - 48" (122 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat and chest pad with "easy up" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Shoulder Press

Model 9NL-S4100

Overall Weight - 460 lb(209 kg)

Stack Weight - 190 lb(86 kg)

Width - 53" (135 cm)

Length - 58" (147 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat and chest pad with "easy up" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Dual Pectoral Fly / Rear Deltoid

Model 9NL-D2110

Overall Weight - 473 lb(215 kg)

Stack Weight - 190 lb(86 kg)

Width - 50" (127 cm)

Length - 54" (137 cm)

Height - 79" (201 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat with "easy up" ratcheting adjustment
- Dual exercise options and range of motion control
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Biceps Curl

Model 9NL-S5100

Overall Weight - 416 lb(189 kg)

Stack Weight - 190 lb(86 kg)

Width - 39" (99 cm)

Length - 40" (102 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Adjustable seat with "easy up" ratcheting adjustment
- Multi-position hand grips
- Walk-through entry design
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Triceps Extension

Model 9NL-S5110

Overall Weight - 416 lb(189 kg)

Stack Weight - 190 lb(86 kg)

Width - 39" (99 cm)

Length - 40" (102 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Adjustable seat with "easy up" ratcheting adjustment
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Dual Biceps Curl / Triceps Extension

Model 9NL-D5120

Overall Weight - 425 lb(193 kg)

Stack Weight - 190 lb(86 kg)

Width - 39" (99 cm)

Length - 52" (132 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Adjustable seat with "easy up" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Rotary Torso

Model 9NL-S6300

Overall Weight - 423 lb(192 kg)

Stack Weight - 190 lb(86 kg)

Width - 38" (97 cm)

Length - 39" (99 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Adjustable shoulder stabilization pads
- Kneeling modality for lower back safety
- Contoured shin pads for comfort
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Dual Abdominal / Lower Back

Model 9NL-D6330

Overall Weight - 369 lb(168 kg)

Stack Weight - 120 lb(54 kg)

Width - 40" (102 cm)

Length - 45" (114 cm)

Height - 55" (140 cm)

- Lock N Load® weight selection
- Simple, intuitive placard
- Walk-through entry design
- Adjustable seat with "easy up" ratcheting adjustment
- Adjustable chest and back pad
- Dual exercise options: Abdominal Crunch and Back Extension
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement



Dual Adjustable Pulley

Model 9NL-D2002

Overall Weight - 894 lb(406 kg)

Stack Weight - 2 x 200 lb(2 x 100 kg)

Width - 36" (91 cm)

Length - 66" (168 cm)

Height - 88" (224 cm)

- Lock N Load® weight selection
- Effective resistance for the user of 100 lb (50 kg)
- Simple, intuitive placard
- Numerous high-low cable positioning combinations
- Multi-position pull-up bars
- 2 to 1 lifting ratio
- Accessory rack for multiple pulley attachments:
 - Stirrup grips (2)
 - Ankle strap
 - Long bar
 - Triceps/Biceps curl bar
- Cable travel of 7 ft. (2 m)
- 5 lb (2 kg) (user) increments
- Rubber feet for floor protection
- Wheelchair accessible



Multi-Adjustable Bench

Model 9NL-B7501

Overall Weight - 88 lb(40 kg)

Width - 27" (69 cm)

Length - 53" (135 cm)

Height - 18" (46 cm)

- Removable wear sleeve for extended upholstery life
- Adjustable seat and back pads for precise positioning
- Dual rollers and hand grip for transport
- Rubber feet for floor protection



Adjustable Abdominal Decline Bench

Model 9NL-B7200

Overall Weight - 79 lb(36 kg)

Width - 25" (64 cm)

Length - 53" (135 cm)

Height - 34" (86 cm)

- Removable wear sleeve for extended upholstery life
- Fixed shin stabilization pads
- Rubber feet for floor protection



Ab Bench

Model 9NL-B7505

Overall Weight - 79 lb(36 kg)

Width - 25" (64 cm)

Length - 53" (135 cm)

Height - 34" (86 cm)

- Hand grips for stabilization
- Rubber feet for floor protection



45° Back Extension

Model 9NL-B7502

Overall Weight - 101 lb(46 kg)

Width - 32" (81 cm)

Length - 54" (137 cm)

Height - 39" (99 cm)

- 45° user angle
- Hand grips for stabilization
- Adjustable hip pads
- Fixed calf pads
- Rubber feet for floor protection



Dumbbell Rack 10-Pair / 2-Tier

Model 9NL-R8001

Overall Weight - 266 lb(121 kg)

Width - 29" (74 cm)

Length - 105" (267 cm)

Height - 37" (94 cm)

- Rubber dumbbell saddles
- Rubber feet for floor protection



Dumbbell Rack 10-Pair / 3-Tier

Model 9NL-R8002

Overall Weight - 272 lb(124 kg)

Width - 29" (74 cm)

Length - 69" (175 cm)

Height - 50" (127 cm)

- Compact footprint
- Rubber dumbbell saddles
- Rubber feet for floor protection



Olympic Flat Bench

Model 9NL-B7503

Overall Weight - 213 lb(97 kg)

Width - 61" (155 cm)

Length - 63" (160 cm)

Height - 54" (137 cm)

- Removable wear sleeve for extended upholstery life
- Dual bar catches
- Integrated plate storage with rubber end caps (6)
- Rubber feet for floor protection
- Olympic bar (sold separately)



Olympic Incline Bench

Model 9NL-B7201

Overall Weight - 348 lb(158 kg)

Width - 61" (155 cm)

Length - 63" (160 cm)

Height - 69" (175 cm)

- Removable wear sleeve for extended upholstery life
- Adjustable seat pad
- Dual bar catches
- Integrated plate storage with rubber end caps (6)
- Rubber coated spotter platform
- Rubber feet for floor protection
- Olympic bar (sold separately)

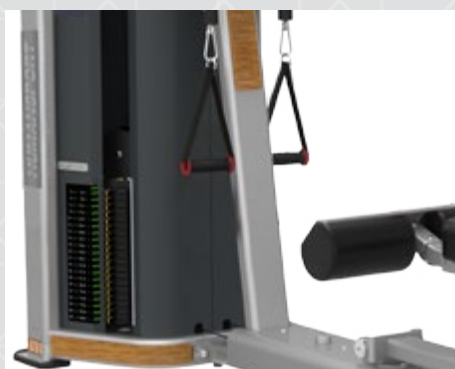


A PERFECT FIT FOR EVERY USER

With a design inspired by the graceful, natural motions of the human body, HumanSport® offers a truly unique and human way of conditioning. HumanSport is so simple, so intuitive and so natural that it feels as if it were custom-built for each and every user. Six dual-function cable-based machines act as twelve workout stations by utilizing dual weight stacks to provide a wide range of total body training. Paired with a variety of included programming designed by our own Master Trainers, HumanSport makes a powerful addition to any facility.



Lock N Load®
weight selection system



Designed with two weight stacks
for multiple training options





Training & Programming

We offer a wide variety of training programs developed by our own Master Trainers. Each program includes its own associated marketing materials. These tools enable you to address new customer groups in a targeted way, attracting new members to your facility (e.g. tennis players, golfers, people with back problems, candidates for a weight control program, members of bodybuilding associations).

HumanSport program marketing tools include: PowerPoint training presentations, program templates, marketing posters and flyers. Contact your Core Health & Fitness representative for downloadable HumanSport content that will get you started with promotions and programs in your facility.

AVAILABLE COLOR OPTIONS

	Upholstery	Trim	Frame
Option 1:	 Black	 Wood Grain	 Silver
Option 2:	 Black	 Wood Grain	 White Gloss
Option 3:	 Black	 Carbon Fiber	 Textured Black



Shoulder Chest

Model HSSC3

Overall Weight - 655 lb(298 kg)

Stack Weight - 2 x 88 lb(2 x 40 kg)

Width - 63" (160 cm)

Length - 45" (114 cm)

Height - 64" (163 cm)

- Multiple chest pressing motions including horizontal press, incline and decline press, chest fly and rotational press
- Multiple shoulder pressing motions including frontal plane press, sagittal plane press and rotational press
- Drop down seat for enhanced training options in the standing position
- Seated stable, seated unstable and standing positions can be utilized
- Primary or secondary D-ring selection for more or less pre-stretch
- Unilateral or bilateral use
- Wheelchair accessible



Lat Pulley

Model HSLP3

Overall Weight - 655 lb(298 kg)

Stack Weight - 2 x 88 lb(2 x 40 kg)

Width - 58" (147 cm)

Length - 58" (147 cm)

Height - 83" (211 cm)

- Multiple pulling motions including frontal plane and sagittal plane pull, rotational pull and unilateral pull
- Drop down seat for enhanced training options in the standing position
- Seated stable, seated unstable and standing positions can be utilized
- Unilateral or bilateral use
- Knee pad adjustment stabilizes users lifting heavy loads
- Wheelchair accessible



Arm Crunch

Model HSAC3

Overall Weight - 655 lb(298 kg)

Stack Weight - 2 x 88 lb(2 x 40 kg)

Width - 39" (99 cm)

Length - 43" (109 cm)

Height - 68" (173 cm)

- Seat is eliminated to facilitate exercise in the standing position
- Multiple arm curling motions pronated, supinated and hammer curls
- Adjustable lumbar pads provides stabilization for abdominal movements
- Abdominal crunch straps can be used for overhead triceps extension
- Unilateral or bilateral use
- Back pad accommodates users of different heights
- Wheelchair accessible



Pull Lift

Model HSPL3

Overall Weight - 750 lb(341 kg)

Stack Weight - 2 x 88 lb(2 x 40 kg)

Width - 39" (99 cm)

Length - 78" (198 cm)

Height - 95" (241 cm)

- Multiple high pulley motions including pulling and press downs, core rotation, assisted squatting and lunging
- Numerous lower body movements including: squats, lunges, dead lifts and calf raises
- High pulling and rotational movements can be combined with stepping and lunging to incorporate total body 3-Dimensional movements
- Numerous upper body motions including: biceps curls, shrugs, rows and presses
- Low pulling and rotational movements can be combined with stepping and lunging to incorporate total body 3-Dimensional motions
- Unilateral or bilateral use
- Exercises can be performed on or off the platform



Total Delts

Model HSTD3

Overall Weight - 600 lb(273 kg)

Stack Weight - 2 x 88 lb(2 x 40 kg)

Width - 29" (74 cm)

Length - 78" (198 cm)

Height - 64" (163 cm)

- Includes a fold-away seat for enhanced training options in the standing position
- Multiple mid pulley shoulder options including row, rear deltoids, straight arm shoulder flexion, internal and external shoulder rotation
- Numerous low pulley shoulder options including sagittal and frontal plane lateral raises, frontal raises and shoulder flexion
- Seated supported, seated unstable and standing positions can be utilized
- Unilateral or bilateral use
- Knee pad adjustment stabilizes users lifting heavy loads



Total Legs

Model HSTL3

Overall Weight - 691 lb(314 kg)

Stack Weight - 2 x 88 lb(2 x 40 kg)

Width - 39" (99 cm)

Length - 64" (163 cm)

Height - 65" (165 cm)

- Multiple lower extremity anterior training including hip stabilization and flexion, knee extension and resisted dorsiflexion of the ankle
- Numerous lower extremity posterior training including hip stabilization and hip extension, knee flexion and knee extension
- Single leg motions can be combined and performed with high, moderate or no outside stabilization to facilitate balance and core training
- Unique anterior foot harness accommodates users of all sizes
- Unique posterior foot harness allows users to turn the body sideways and perform hip abduction and adduction
- Raised platform and stabilization handles provide ideal positioning for hip, knee and ankle exercises



NAUTILUS FREEDOM TRAINER™

40 years ago, Nautilus® defined the modern strength category by matching strength machines to natural human movement. Today, all Nautilus equipment is backed by those decades of experience and extensive research in human anatomy and biomechanics. The Nautilus Freedom Trainer™ offers a new level of versatility to an outstanding selectorized machine by allowing user-defined paths of motion, enabling users to perform virtually any activity and reap the full reward of functional training exercises. Unlike other functional training systems in the industry, the dual arms adjust in two planes providing an infinite number of exercises and enabling users to imitate different motions that range from sports related activities to the movements that make up daily life. The dual arms are counterbalanced for easy adjustments between exercises.

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black



Dual Stack

Model F3FTD

Overall Weight - 581 lb(263 kg)

Stack Weight - 2 x 170 lb(2 x 77 kg)

Width - 56" (142 cm)

Length - 38" (97 cm)

Height - 77" (196 cm)

- 2:1 weight ratio gives an incremental resistance of 5 lb at each grip
- Two 170 lb stacks with 10 lb increments
- Wheelchair accessible



Tower Trainer

Model F3TT

Overall Weight - 346 lb(157 kg)

Stack Weight - 160 lb(73 kg)

Width - 38" (97 cm)

Length - 46" (117 cm)

Height - 81" (205 cm)

- The Nautilus Tower Trainer provides a variety of effective exercises in limited space
- The unit features pivoting dual high and low pulleys with four of our patent-pending 3-in-1 handles
- This newly-designed handle takes the place of three traditional handles, accommodating a wide variety of uses while eliminating the possibility of accessory theft
- The shielded design provides both aesthetic and safety benefits, and a detailed pictorial placard lead the user through a progressive exercise regimen
- Wheelchair accessible



Cable Crossover Tower

Model F3CC

Overall Weight - 1,084 lb(492 kg)

Stack Weight - 2 x 250 lb(2 x 114 kg)

Width - 47" (118 cm)

Length - 140" (354 cm)

Height - 93" (236 cm)

- Features two Adjustable Towers and overhead beam for multiple chest, back, leg and arm exercises
- Pull-up bar with multiple hand positions
- Can stand alone as shown or be used in a 2-pod, 3-pod or 4-pod Nautilus® tower configuration on each side
- Wheelchair accessible



Dual Pulley Lat Pulldown

Model F3DLT

Overall Weight - 554 lb(251 kg)

Stack Weight - 250 lb(113 kg)

Width - 47" (118 cm)

Length - 58" (147 cm)

Height - 93" (236 cm)

- Standard 250 lb weight stack
- Dual-handle, independent cable drive system has unilateral or bilateral movements and wide V-pulleys
- Can be used stand-alone or connected with one, two, or three additional Nautilus® tower units (requires pod kit #001-4640)



Dual Pulley Row

Model F3DRW

Overall Weight - 544 lb(247 kg)

Stack Weight - 250 lb(113 kg)

Width - 47" (118 cm)

Length - 84" (212 cm)

Height - 92" (233 cm)

- Standard 250 lb weight stack
- Dual-handle, independent cable drive system has unilateral or bilateral movements and wide V-pulleys
- Can be used stand-alone or connected with one, two, or three additional Nautilus® tower units (requires pod kit #001-4640)
- Wide foot platform with non-skid surface



Dual Pulley Adjustable Tower

Model F3AT

Overall Weight - 507 lb(230 kg)

Stack Weight - 250 lb(113 kg)

Width - 47" (118 cm)

Length - 25" (64 cm)

Height - 92" (233 cm)

- Standard 250 lb weight stack
- Lightweight (12 lbs) carriage assembly is adjustable with 14 locking positions, is self-centering and has a 180° total range of motion
- Dual pulley design allows a 1:2 ratio when using only one handle
- Can be configured as Cable Crossover or connected with one, two or three additional Nautilus® tower units (requires pod kit#001-4640). Cannot be used as a stand-alone
- Available with free standing base (F3ATFS)
- Wheelchair accessible with 21 indexed vertical adjustments



Adjustable Tower Pulley System - Free Standing

Model F3ATFS

Overall Weight - 572 lb(259 kg)

Stack Weight - 250 lb(113 kg)

Width - 62" (157 cm)

Length - 53" (134 cm)

Height - 94" (239 cm)

- Highly versatile, adjustable, pulley system with double pulleys allows choices of unilateral or bilateral exercise protocols
- Dual pulley design allows a 1:2 ratio when using only one handle
- 250 lb weight stack in 10 lb increments.
- 2:1 lifting ratio so the effective incremental resistance at one handle is only 5 lbs
- Long 20" vertical stabilization handles for added safety and stability
- Wheelchair accessible with 21 indexed vertical adjustments



Dual Tower Trainer Pulley System

Model F3TT

Overall Weight - 1,064 lb(483 kg)

Stack Weight - 2 x 250 lb(2 x 113 kg)

Width - 87" (221 cm)

Length - 34" (86 cm)

Height - 92" (233 cm)

- Two individuals can exercise at the same time
- Both unilateral or bilateral exercise choices
- Two 250 lb weight stacks in 10 lb increments
- 2:1 lifting ratio so the effective incremental resistance at one handle is only 5 lbs
- 21 indexed vertical height adjustments and 20" long stabilization handles add to its versatility
- Wheelchair accessible with 21 indexed vertical adjustments



NAUTILUS LEVERAGE™

A ONE-OF-A-KIND PLATE LOADED EXPERIENCE

The Nautilus Leverage™ offers a one-of-a-kind plate-loaded experience with features that outshine the competition. Leverage features stainless steel knurled grips, assisted seat adjustments and user pre-stretch settings. Using multiple levers and cams, Leverage creates a unique lifting profile for each movement that maximizes the mechanics of the human body. With a sleek look and integrated storage, the Leverage strength line will appeal to facility operators and their members. It's all about the feel and once you've exercised on Leverage, pushing and pulling weight plates will never be the same again.



Low load points
for safe and simple use



One-of-a-kind lever & pivot points
for optimum biomechanics



Intuitive touch points user-friendly
gas shock-assisted seat adjust

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Chest Press

Model 9NP-L2002

Overall Weight - 600 lb(273 kg)

Width - 59" (150 cm)

Length - 71" (180 cm)

Height - 58" (147 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 18 lb(8 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position



Incline Press

Model 9NP-L2003

Overall Weight - 530 lb(241 kg)

Width - 51" (130 cm)

Length - 76" (193 cm)

Height - 51" (130 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 15 lb(7 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position



Decline Press

Model 9NP-L2004

Overall Weight - 615 lb(280 kg)

Width - 58" (147 cm)

Length - 81" (206 cm)

Height - 49" (124 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 12 lb(5 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position



Lat Pull Down

Model 9NP-L3003

Overall Weight - 530 lb(241 kg)

Width - 51" (130 cm)

Length - 81" (206 cm)

Height - 80" (203 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 5 lb(2 kg) per arm
- Unilateral independent arm motion
- Diverging motion with close grip start position



High Row

Model 9NP-L3005

Overall Weight - 575 lb(261 kg)

Width - 51" (130 cm)

Length - 86" (218 cm)

Height - 73" (185 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 7 lb(3 kg) per arm
- Unilateral diverging independent arm motion
- Adjustable chest pad for optimal pre-stretch



Low Row

Model 9NP-L3004

Overall Weight - 550 lb(250 kg)

Width - 51" (130 cm)

Length - 79" (201 cm)

Height - 46" (117 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 18 lb(8 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position



Shoulder Press

Model 9NP-L4002

Overall Weight - 540 lb(245 kg)

Width - 51" (130 cm)

Length - 71" (180 cm)

Height - 58" (147 cm)

- Stainless steel knurled grips
- Max capacity 270 lb(123 kg) per arm
- Starting resistance 15 lb(7 kg) per arm
- Unilateral independent arm motion
- Converging motion



Biceps Curl

Model 9NP-L5002

Overall Weight - 575 lb(261 kg)

Width - 62" (157 cm)

Length - 61" (155 cm)

Height - 41" (104 cm)

- Stainless steel knurled grips
- Max capacity 180 lb(82 kg) per arm
- Starting resistance 12 lb(5 kg) per arm
- Unilateral independent arm motion
- Elbow pad wear guard



NAUTILUS **PLATE LOADED**

It's no secret that working out with plates is one of the most effective ways to train and condition, but it's what you do with those weights that makes all the difference. That's why our Plate Loaded line occupies its own unique place in training and on your facility floor. With industry standard designs like our Leg Press and Hack Squat, we helped set the benchmark for traditional plate loaded machines. When it comes to innovation we've led the way with our 7 degree angled Smith Machine and the patented Freedom Rack®, which delivers the safety of a Smith Machine and the versatility of a Power Rack.

Designed to make working out with plates as effective, rewarding and safe as possible, our Plate Loaded line captures the features users want and need. When it comes to having a high-performance strength program, we give you all the options that will engage and maintain your client base.

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black



Freedom Rack®

Model NP-L8507

Overall Weight - 957 lb(435 kg)

Width - 75" (191 cm)

Length - 83" (211 cm)

Height - 90" (229 cm)

- Simultaneous bar movement: vertically and horizontally
- Unique design provides the safety of a Smith Machine with the exercise diversity of a Power Rack
- Multiple bar and rack safety catches offer forward, rear and lower racking for enhanced safety
- Custom rotating 44 lb (20 kg) Olympic bar
- Walk-through front design allows for the use of multiple benches
- Complete Olympic plate storage
- 500 lb (227 kg) max user load capacity
- Rubber feet for floor protection
- Weight plates (sold separately)



Smith Machine

Model NP-L8500

Overall Weight - 680 lb(309 kg)

Width - 89" (226 cm)

Length - 67" (170 cm)

Height - 82" (208 cm)

- Rotating Olympic handle insures easy release and reset of bar with each set
- Enhanced biomechanics with a 7 degree angle for squatting and pressing motions
- Counterbalanced Olympic bar with 15 lb (7 kg) take off weight for all user levels
- Adjustable red safety catches to insure proper execution of all exercises
- Six, marked weight storage pegs per side to accommodate all plate increments
- Rubber feet for floor protection



Angled Leg Press

Model NP-L1140

Overall Weight - 566 lb(257 kg)

Width - 72" (182 cm)

Length - 90" (229 cm)

Height - 58" (147 cm)

- Adjustable angle for back support
- Integrated plate storage
- Two start options for range of motion
- Easy to reach and operate safety stops
- Integrated user handle for safe entry and exit
- 45 degree machine angle
- 100 lb (45 kg) carriage weight
- 900 lb (409 kg) max load capacity
- Integrated Olympic plate storage
- Rubber feet for floor protection



Hack Squat

Model NP-L1130

Overall Weight - 449 lb(204 kg)

Width - 72" (182 cm)

Length - 93" (236 cm)

Height - 47" (119 cm)

- Integrated plate storage
- Two positions for safety catch start options
- Oversized foot plate for workout variation
- Easy to reach and operate safety stops
- 35 degree machine angle
- 80 lb (36 kg) carriage weight
- 900 lb (409 kg) max load capacity
- Integrated Olympic plate storage
- Rubber feet for floor protection



Tilt Seat Calf

Model NP-L1110

Overall Weight - 183 lb(83 kg)

Width - 27" (69 cm)

Length - 58" (147 cm)

Height - 37" (94 cm)

- Adjustable thigh support to accommodate all users
- Easy to reach and operate safety stop
- Low load points for safe and simple use
- 315 lb (142 kg) max load capacity
- Wear guards on step up legs to protect finish
- Rubber feet for floor protection



Incline Lever Row

Model NP-L3140

Overall Weight - 214 lb(97 kg)

Width - 34" (86 cm)

Length - 72" (183 cm)

Height - 49" (124 cm)

- Low load point for safe and simple use
- Two hand grip positions for workout variation
- 35 lb (15.8 kg) starting resistance
- 315 lb (142 kg) max load capacity
- Wear guards on step up legs to protect finish
- Rubber feet for floor protection



Glute-Ham

Model P3GH

Overall Weight - 277 lb(126 kg)

Width - 52" (131 cm)

Length - 66" (168 cm)

Height - 58" (147 cm)

- The adjustable foot support adjusts both vertically and horizontally
- Horizontal position can be adjusted with foot while on the machine
- Vertical adjustment is in a curved path to match the leg swing of the user
- Easy entry and can be used as a reverse hyper extension



Leg Press

Model P3LP

Overall Weight - 560 lb(254 kg)

Width - 69" (174 cm)

Length - 108" (275 cm)

Height - 57" (144 cm)

- The four-bar linkage design articulates with the knees to reduce knee shear
- An extra-wide foot platform allows users to vary the position of their feet to emphasize different muscles



Deadlift/Shrug

Model P3DLS

Overall Weight - 219 lb(99 kg)

Width - 61" (154 cm)

Length - 71" (181 cm)

Height - 46" (117 cm)

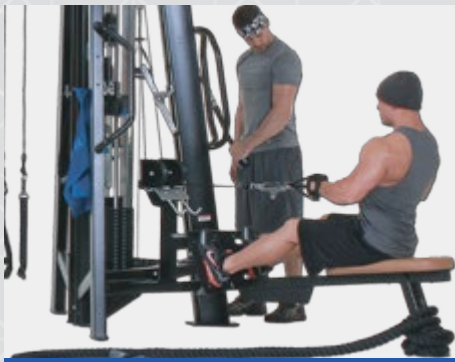
- This dual-purpose machine features adjustable handles that enable a variety of starting positions
- The walk-in design allows for easy entry and exit

NAUTILUS[®] XPLOAD ZONE[™]

THE REVOLUTION IN FUNCTIONAL TRAINING

Our lean, modular XPload Zone[™] solution is ideal for any facility - large or small - including fitness clubs, personal training studios, fire and police departments, sport teams, or any fitness center looking to maximize space for group training.

The XPload Zone[™] line comes with a variety of options such as pull-up bars, dip bars, cable stations and so much more!



The Nautilus[®] cable stations have a 33% smaller footprint than other body weight resistance models



Truss length starts at 5' and is expandable in 20" increments



Dozens of workouts in one station with the option to add even more



Our Master Trainers are here to get your staff up to speed on all new equipment

BUILT TO YOUR DESIGN

Your custom XPload Zone™ is specifically designed to fit all your workout and space needs. The process is simple:



1. Pick your truss length



2. Add Vertical End Towers or Nautilus® Cable Stations



3. Choose from the following Nautilus® Cable Stations

FULLY CUSTOMIZABLE



Olympic bar swivel



Dip bar



Integrated monkey bars



Pull-up bars

TECHNICAL SPECS

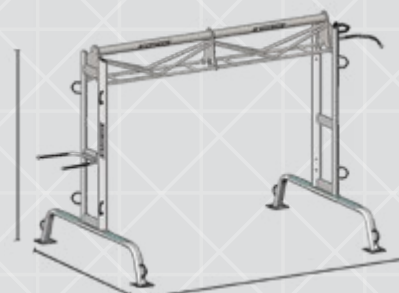


XPload Zone™ w/1 x 5' Truss with dip bars and pull-up bars

96" W x 103" L x 103" H | 488 lb
244 W x 262 L x 262 H cm | 221 kg.

Dimensions: (without dip bars or pull-up bars)
96" W x 71" L x 103" H
244 W x 180 L x 262 H cm

Machine Weight: 446 lb / 202 kg.
without dip bars or pull-up bars



XPload Zone™ w/2 x 5' Truss with dip bars and pull-up bars

96" W x 163" L x 103" H | 570 lb
244 W x 414 L x 262 H cm | 259 kg

Dimensions: (without dip bars or pull-up bars)
96" W x 131" L x 103" H
244 W x 333 L x 262 H cm

Machine Weight: 528 lb / 239 kg
without dip bars or pull-up bars

NAUTILUS **MULTI-STATIONS**

Sometimes you have space for multiple pieces of equipment and sometimes you don't. That is exactly why our multi-stations are a great option when you're still looking for the total workout experience and commercial feel while needing to maximize space.

Each of our multi-stations have the smallest possible footprint, while combining the most essential and core elements from our strength lines. Add in great features like swiveling pulleys on the Lat Pull Down, Low Row and Triceps Press and fully adjustable pulleys on the Cable Crossover System, and you have an economical, space-saving equipment solution that doesn't look, feel or train like one.

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black



Cable Crossover

Model 9NP-M9201

Overall Weight - 1,010 lb(458 kg)

Stack Weight - 2 x 115.5 lb(2 x 52.2 kg)

Width - 31" (78 cm)

Length - 158" (401 cm)

Height - 90" (228 cm)

- Fully adjustable cable crossover system
- Stabilization handles for balance and control
- Lock N Load® weight selection system
- Rubber feet for floor protection
- 5 lb drop on incremental add-on plates
- Integrated pull-up station
- Wheelchair accessible



5 Station

Model 9NP-M9605

Overall Weight - 2,350 lb(1,066 kg)

Stack Weight - 297 lb(135 kg) *Lat Pull Down / Low Row*

231 lb(105 kg) Triceps Press

2 x 115.5 lb(2 x 52.2 kg) Cable Crossover

Width - 146" (371 cm)

Length - 200" (508 cm)

Height - 94" (239 cm)

- Lat Pull Down with swivel pulley
- Triceps Press with swivel pulley
- Low Row with swivel pulley
- Fully adjustable cable crossover system
- Stabilization handles for balance and control
- Rubber feet for floor protection
- 5 lb drop on incremental add-on plates
- Lock N Load® weight selection system
- Integrated pull-up station



9 Station

Model 9NP-M9619

Overall Weight - 3,690 lb(1,673 kg)

Stack Weight - 297 lb(135 kg) *Lat Pull Down / Low Row*

231 lb(105 kg) *Triceps Press*

2 x 115.5 lb(2 x 52.2 kg) *Cable Crossover*

Width - 146" (371 cm)

Length - 240" (609 cm)

Height - 94" (239 cm)

- 2 Lat Pull Down with swivel pulleys
- 2 Triceps Press with swivel pulleys
- 2 Low Row with swivel pulleys
- Fully adjustable cable crossover system
- Stabilization handles for balance and control
- Rubber feet for floor protection
- 5 lb drop on incremental add-on plates
- Lock N Load® weight selection system
- Integrated pull-up station



14 Station

Model 9NP-M9620

Overall Weight - 5,565 lb(2,524 kg)

Stack Weight - 297 lb(135 kg) *Lat Pull Down / Low Row*

231 lb (105 kg) *Triceps Press*

2 x 115.5 lb(2 x 52.2 kg) *Cable Crossover*

Width - 146" (371 cm)

Length - 395" (1,003 cm)

Height - 94" (239 cm)

- 3 Lat Pull Down with swivel pulleys
- 2 Triceps Press with swivel pulleys
- 3 Low Row with swivel pulleys
- 2 Fully adjustable cable crossover systems
- 2 Integrated pull-up station
- 5 lb drop on incremental add-on plates
- Lock N Load® weight selection system
- Stabilization handles for balance and control
- Rubber feet for floor protection

NAUTILUS BENCHES & RACKS

From Olympic benches that can be customized with or without weight storage to our one-of-a-kind abdominal and back extension benches, we've raised the bar for both aesthetics and function. Our benches and racks flow seamlessly with our other products so you will notice a family look and feel as you position your free weights along side our Inspiration Strength®, Impact® Strength, HumanSport®, Leverage®, multi-stations and plate loaded lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.

AVAILABLE COLORS

Options for upholstery and frame

Upholstery:



Black



Dark Brown

Frame:



Silver



White



Textured Black

Featured Product



Half Rack

Model 9-HDHR2

Overall Weight - 655 lb(297 kg)

Width - 72" (183 cm)

Length - 63" (160 cm)

Height - 97" (246 cm)

- Integrated multi-grip pull-up station
- Deep J-Hook style bar catch keeps bars from bouncing out while protective inserts prevent damage
- Integrated Olympic bumper plate storage
- Standard safety stops with replaceable stainless steel covers
- 4"x 4" 7 gauge (3/16") wall uprights
- Laser cut position indicators
- 955 lb(434 kg) max loading capacity
- 350 lb(159 kg) max user weight on pull-up bar
- Optional wood platform protects floors and allows for correct performance characteristics while lifting (sold separately)
- Many add-ons available including bumper plate storage, wood platform and band pegs (sold separately)

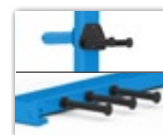


*Shown with optional accessories

Accessories



Wooden Platform
(9-HDP62)



Band Pegs & Storage
(95-0760)



Bumper Plate Storage
(9-HDCS1)



Pull-Up Bridge
(9-HDPB1)



Multi-Adjustable Bench

Model 9NP-B7506

Overall Weight - 128 lb(58 kg)

Width - 27" (69 cm)

Length - 55" (140 cm)

Height - 20" (51 cm)

- 10 degree decline with adjustments every 10 degrees to an 80 degree upright position
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Flat Bench

Model 9NP-B7507

Overall Weight - 121 lb(55 kg)

Width - 27" (69 cm)

Length - 55" (140 cm)

Height - 20" (51 cm)

- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Adjustable Incline Bench

Model 9NP-B7519

Overall Weight - 126 lb(57 kg)

Width - 27" (69 cm)

Length - 56" (142 cm)

Height - 39" (99 cm)

- 30 degree incline to an 80 degree upright position
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Adjustable Decline Bench

Model 9NP-B7508

Overall Weight - 182 lb(83 kg)

Width - 34" (86 cm)

Length - 53" (135 cm)

Height - 31" (79 cm)

- 7 different positions for exercise variation ranging from 0 to -30 degrees of decline
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Utility Bench

Model 9NP-B7516

Overall Weight - 79 lb(36 kg)

Width - 27" (69 cm)

Length - 34" (86 cm)

Height - 38" (97 cm)

- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Stool

Model 9NP-B7521

Overall Weight - 49 lb(22 kg)

Width - 31" (86 cm)

Length - 27" (68 cm)

Height - 17" (44 cm)

- Lightweight, portable design
- Rubber feet for floor protection



Adjustable Back Extension

Model 9NP-B7514

Overall Weight - 182 lb(83 kg)

Width - 34" (86 cm)

Length - 53" (135 cm)

Height - 31" (79 cm)

- 5 different positions for exercise variation ranging from 35° to 55°
- Telescoping pad adjustment with gas-assist to accommodate users of all sizes
- Oversized thigh stabilization pads for enhanced user comfort
- Stabilization grips for user safety
- Weight plate pegs for storage of small plates for added resistance
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Glute Ham

Model 9NP-B7520

Overall Weight - 223 lb(101 kg)

Width - 43" (110 cm)

Length - 72" (182 cm)

Height - 48" (121 cm)

- Comprehensive tool for midline stabilization and the strengthening of hamstrings and glutes
- Easily adjustable, pivoting design
- Split, flat top pad for added comfort
- Extra-long base for stability



Adjustable Abdominal Bench

Model 9NP-B7510

Overall Weight - 169 lb(77 kg)

Width - 35" (89 cm)

Length - 55" (140 cm)

Height - 45" (114 cm)

- Telescoping lower leg pad adjustment to accommodate users of all sizes
- Multiple positioning for exercise variation 0 to -30° of decline
- Weight plate pegs for storage of small plates for added resistance
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for easy transport
- Rubber feet for floor protection



Seated Preacher Curl

Model 9NP-B7509

Overall Weight - 187 lb(85 kg)

Width - 30" (76 cm)

Length - 43" (109 cm)

Height - 40" (102 cm)

- Molded, urethane bar holders for quiet and safe barbell placement
- Dual bar holders for users of all sizes
- Assisted adjustable seat to accommodate all user heights
- Pad wear cover for easy upholstery replacement
- Wear guards on front crossbar to protect finish
- Rubber feet for floor protection



Standing Preacher Curl

Model 9NP-B7515

Overall Weight - 190 lb(86 kg)

Width - 30" (76 cm)

Length - 39" (99 cm)

Height - 45" (114 cm)

- Two-sided use and two angles for exercise variation
- Telescoping pad adjustment with gas-assist to accommodate users of all sizes
- Pad wear cover for easy replacement
- Rubber feet for floor protection



Dip Station

Model 9NP-B7518

Overall Weight - 168 lb(76 kg)

Width - 29" (74 cm)

Length - 45" (114 cm)

Height - 48" (122 cm)

- Diverging dip bars for various grip width options
- Wear guards on the crossbar legs to protect finish
- Rubber feet for floor protection



Pull-Up/Dip/Leg Raise

Model 9NP-B7511

Overall Weight - 368 lb(167 kg)

Width - 48" (122 cm)

Length - 61" (155 cm)

Height - 90" (229 cm)

- Multiple pull-up grip positions for exercise variation
- Diverging dip bars for various grip width options
- Wear guards on step up legs to protect finish
- Elbow and back pad for abdominal training
- Rubber feet for floor protection



Leg Raise/Dip

Model 9NP-B7517

Overall Weight - 300 lb(136 kg)

Width - 28" (71 cm)

Length - 61" (155 cm)

Height - 66" (168 cm)

- Diverging dip bars for various grip width options
- Elbow and back pad for abdominal training
- Wear guards on step up legs to protect finish
- Rubber feet for floor protection



Olympic Bench Press

Model 9NP-B7202

Overall Weight - 241 lb(110 kg)

Width - 65" (165 cm)

Length - 73" (185 cm)

Height - 49" (124 cm)

- Molded, urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Open frame design for effective and safe spotting
- Shown with optional Olympic plate storage add-on, features six pegs per side to accommodate all weight plate configurations
- Rubber feet for floor protection
- Weight storage (Model #400-0407) (sold separately)
- Olympic bar (sold separately)



Incline Bench Press

Model 9NP-B7203

Overall Weight - 305 lb(139 kg)

Width - 65" (165 cm)

Length - 70" (178 cm)

Height - 59" (150 cm)

- Molded, urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Assisted adjustable seat to accommodate all user heights
- Open frame design for effective and safe spotting
- Shown with optional Olympic plate storage add-on, features six pegs per side to accommodate all weight plate configurations
- Rubber feet for floor protection
- Weight storage (Model #400-0407) (sold separately)
- Olympic bar (sold separately)



Decline Bench Press

Model 9NP-B7204

Overall Weight - 284 lb(129 kg)

Width - 65" (165 cm)

Length - 49" (124 cm)

Height - 49" (124 cm)

- Molded, urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Assisted adjustable seat to accommodate all user heights
- Open frame design for effective and safe spotting
- Shown with optional Olympic plate storage add-on, features six pegs per side to accommodate all weight plate configurations
- Rubber feet for floor protection
- Weight storage (Model #400-0407) (sold separately)
- Olympic bar (sold separately)



Military Press

Model 9NP-B7205

Overall Weight - 304 lb(138 kg)

Width - 74" (188 cm)

Length - 65" (165 cm)

Height - 60" (152 cm)

- Molded, urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Front and rear bar catches with drop crossbar for safety
- Open frame design with elevated platform for effective and safe spotting
- Shown with optional Olympic plate storage add-on, features six pegs per side to accommodate all weight plate configurations
- Rubber feet for floor protection
- Weight storage (Model #400-0407) (sold separately)
- Olympic bar (sold separately)



Squat Rack

Model 9NP-R8008

Overall Weight - 456 lb(207 kg)

Width - 80" (203 cm)

Length - 71" (180 cm)

Height - 79" (201 cm)

- Molded, urethane bar holders for quiet and safe Olympic bar placement
- Multiple bar placement options for users of all sizes and exercise variation
- Adjustable safety catch system for exercise variation and user safety
- Standard Olympic plate storage, features six pegs per side to accommodate all weight plate configurations
- Rubber feet for floor protection
- Olympic bar (sold separately)



Power Cage

Model 9NP-R8005

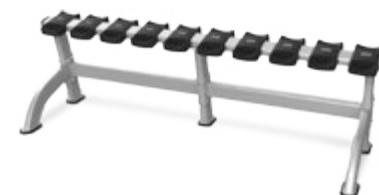
Overall Weight - 957 lb(435 kg)

Width - 63" (160 cm)

Length - 74" (188 cm)

Height - 89" (226 cm)

- Adjustable bar catches and safety supports
- Walk-through front design allows for use of multiple benches
- Integrated multi-grip pull-up station
- Standard Olympic plate storage, features six pegs per side to accommodate all weight plate configurations
- 900 lb max load capacity
- Rubber feet for floor protection



Single Dumbbell Rack

Model 9NP-R8009

Overall Weight - 218 lb(99 kg)

Width - 90" (229 cm)

Length - 28" (71 cm)

Height - 26" (66 cm)

- Molded, urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 5-pair rack



Double Dumbbell Rack

Model 9NP-R8010

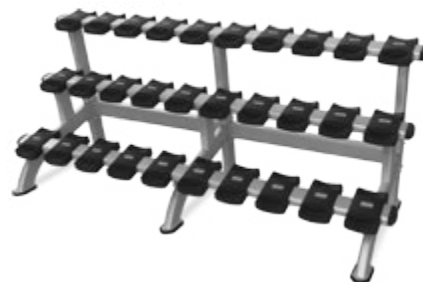
Overall Weight - 312 lb(142 kg)

Width - 90" (229 cm)

Length - 28" (71 cm)

Height - 26" (66 cm)

- Molded, urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 10-pair rack



Triple Dumbbell Rack

Model 9NP-R8011

Overall Weight - 455 lb(207 kg)

Width - 90" (229 cm)

Length - 38" (97 cm)

Height - 39" (99 cm)

- Molded, urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 15-pair rack



Beauty Bell Rack

Model 9NP-R8014

Overall Weight - 141 lb(64 kg)

Width - 40" (102 cm)

Length - 32" (81 cm)

Height - 40" (102 cm)

- Molded, urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 12-pair rack



Barbell Rack

Model 9NP-R8012

Overall Weight - 141 lb(64 kg)

Width - 36" (91 cm)

Length - 38" (97 cm)

Height - 53" (135 cm)

- Urethane protected surfaces
- Accommodates standard and EZ Curl barbell systems
- Rubber feet for floor protection



Accessory Rack

Model 9NP-R8013

Overall Weight - 163 lb(74 kg)

Width - 28" (71 cm)

Length - 35" (89 cm)

Height - 51" (130 cm)

- Urethane protected surfaces
- Accommodates multiple handles and accessory bars
- Top tray has rubber base for storage of smaller items
- Rubber feet for floor protection



2-Sided Olympic Weight Tree

Model 9NP-R7512

Overall Weight - 107 lb(49 kg)

Width - 27" (69 cm)

Length - 35" (89 cm)

Height - 40" (102 cm)

- Numeric markers for correct replacement of stored plates
- Wear guards on cross bar legs to protect finish
- Rubber feet for floor protection
- Available only in black (shown)



4-Sided Olympic Weight Tree

Model 9NP-R7513

Overall Weight - 151 lb(69 kg)

Width - 28" (71 cm)

Length - 28" (71 cm)

Height - 46" (117 cm)

- Numeric markers for correct replacement of stored plates
- Two storage sleeves to accommodate 5 ft. Olympic bars
- Rubber feet for floor protection
- Available only in black (shown)

