

NAUTILUS
TRUSTED STRENGTH CENTER





Nautilus® invented the entire modern strength training category 50 years ago, and we have 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.

WHAT WE'RE KNOWN FOR

- Known for **high quality products**
- A **reputable, trustworthy** company
- Has **reliable products** with **high uptime**
- The equipment **used by serious enthusiasts**
- The equipment **used in higher end gyms**

50 YEARS DOWN AND STILL GOING STRONG

Nautilus is known as the first name in strength for creating the modern strength category 50 years ago. This year we are commemorating our 50th anniversary with limited edition custom Nautilus products, acknowledging our history while looking forward to the next 50 years of moving the industry forward through innovation, commitment to quality and a passion for fitness.

INNOVATIVE WEIGHT SELECTION

Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Both Lock N Load® and the weight dial remove any need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch or turning a dial.

NAUTILUS CUSTOM STRENGTH

Make a stronger first impression with custom strength equipment from Nautilus. We have a wide variety of options to help you match the look of your strength equipment to your personal brand, with the ability to create custom colored upholstery, frames and even design custom shrouds with your logo, on select strength lines.



MAKE A STRONGER IMPRESSION

Brand is everything. And now, you can make an even longer lasting impression with customized strength equipment in your facility. With custom colored frames, upholstery and even your logo (on select equipment) you can enhance your brand. Put your best foot forward with Nautilus custom strength equipment.



NAUTILUS
ONE™

NAUTILUS
TRUSTED STRENGTH CENTER



**Equipment shown in custom colors*



Innovative weight select dial makes for easy adjustments and less maintenance



Modern tower design with customizable shrouds



Custom frames & upholstery available

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.

Leg Press

Model	S6LP
OW	984 lb (447 kg)
SW	430 lb (200 kg)
W	51" (130 cm)
L	72" (183 cm)
H	57" (144 cm)



Leg Extension

Model	S6LE
OW	829 lb (377 kg)
SW	255 lb (116 kg)
W	52" (132 cm)
L	53" (135 cm)
H	49" (124 cm)



Seated Leg Curl

Model	S6LC
OW	855 lb (389 kg)
SW	255 lb (116 kg)
W	52" (132 cm)
L	64" (163 cm)
H	49" (124 cm)



Hip Abduction/Adduction

Model	S6AA
OW	857 lb (390 kg)
SW	255 lb (116 kg)
W	41" (104 cm)
L	87" (221 cm)
H	48" (122 cm)



Chest Press

Model	S6CP
OW	852 lb (387 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	58" (147 cm)
H	75" (191 cm)



Lat Pulldown

Model	S6LATP
OW	890 lb (405 kg)
SW	255 lb (116 kg)
W	51" (130 cm)
L	72" (183 cm)
H	87" (221 cm)



Row

Model	S6MR
OW	860 lb (391 kg)
SW	255 lb (116 kg)
W	54" (137 cm)
L	62" (157 cm)
H	47" (119 cm)



Shoulder Press

Model	S6SP
OW	854 lb (388 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	59" (150 cm)
H	62" (157 cm)



Biceps Curl

Model	S6BC
OW	795 lb (361 kg)
SW	255 lb (116 kg)
W	63" (160 cm)
L	51" (130 cm)
H	51" (130 cm)



Triceps Press

Model	S6TP
OW	801 lb (364 kg)
SW	255 lb (116 kg)
W	58" (147 cm)
L	59" (150 cm)
H	47" (119 cm)



Abdominal Crunch

Model	S6AB
OW	859 lb (390 kg)
SW	255 lb (116 kg)
W	55" (140 cm)
L	53" (135 cm)
H	59" (150 cm)



Rotary Torso

Model	S6RT
OW	782 lb (355 kg)
SW	255 lb (116 kg)
W	41" (104 cm)
L	71" (180 cm)
H	47" (119 cm)



Low Back

Model	S6LB
OW	824 lb (375 kg)
SW	255 lb (116 kg)
W	51" (130 cm)
L	50" (127 cm)
H	49" (124 cm)



Four-Way Neck Machine

Model	S6FWN
OW	772 lb (351 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	46" (117 cm)
H	57" (145 cm)



**Line shown with optional black shrouds*

Nautilus One towers are genius in their simplicity. Unlike traditional weight stacks, plates are stacked side-by-side with minimal use of pulleys and belts. This allows for natural movement mechanics and gives a smooth, plate-loaded workout feel from a selectorized machine.

NAUTILUS INSPIRATION™



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Modern tower design
with customizable shrouds



Custom frames &
upholstery available

A STRONGER FIRST IMPRESSION

Proudly designed 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.

Leg Press

Model	IPLP3
OW	1,227 lb (558 kg)
SW	400 lb (181 kg)
W	54" (137 cm)
L	74" (187 cm)
H	64" (163 cm)



Leg Extension

Model	IPLE3
OW	717 lb (325 kg)
SW	200 lb (91 kg)
W	48" (122 cm)
L	53" (135 cm)
H	64" (163 cm)



Leg Curl

Model	IPLC3
OW	743 lb (337 kg)
SW	240 lb (109 kg)
W	46" (117 cm)
L	64" (163 cm)
H	64" (163 cm)



Abduction / Adduction

Model	IPAA3
OW	657 lb (298 kg)
SW	200 lb (91 kg)
W	55" (140 cm)
L	56" (142 cm)
H	64" (163 cm)



Glute Press

Model	IPGM3
OW	600 lb (272 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	75" (191 cm)
H	64" (163 cm)



Chest Press

Model	IPVP3
OW	664 lb (301 kg)
SW	240 lb (109 kg)
W	59" (150 cm)
L	43" (109 cm)
H	76" (193 cm)



Lat Pull Down

Model	IPPD3
OW	715 lb (324 kg)
SW	240 lb (109 kg)
W	55" (140 cm)
L	55" (140 cm)
H	77" (196 cm)



Vertical Row

Model	IPVR3
OW	690 lb (313 kg)
SW	240 lb (109 kg)
W	50" (127 cm)
L	45" (114 cm)
H	77" (196 cm)



Pull Over

Model	IPPO3
OW	693 lb (314 kg)
SW	200 lb (91 kg)
W	58" (147 cm)
L	58" (147 cm)
H	64" (163 cm)



The iconic Nautilus pullover movement is now available in the Inspiration line. Dubbed the "Squat of the upper body" by Nautilus founder Arthur Jones, the pullover is a powerful machine that provides 250° of shoulder rotation, working the lats, pecs and abs.

Pec Fly / Rear Deltoid

Model	IPPF3
OW	706 lb (320 kg)
SW	240 lb (109 kg)
W	58" (147 cm)
L	46" (117 cm)
H	80" (203 cm)



Shoulder Press

Model	IPSP3
OW	609 lb (276 kg)
SW	200 lb (91 kg)
W	58" (147 cm)
L	60" (152 cm)
H	64" (163 cm)



Deltoid Raise

Model	IPDR3
OW	618 lb (280 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	47" (119 cm)
H	64" (163 cm)



Biceps Curl

Model	IPBC3
OW	613 lb (278 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Bilateral Arm Curl

Model	IPBA3
OW	618 lb (280 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Tricep Dip

Model	IPTD4
OW	750 lb (340 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	51" (130 cm)
H	64" (161 cm)



Tricep Extension

Model	IPTE3
OW	620 lb (281 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	43" (109 cm)
H	64" (163 cm)



Abdominal Crunch

Model	IPAC3
OW	684 lb (310 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	51" (130 cm)
H	64" (163 cm)



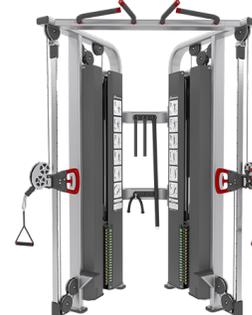
Back Extension

Model	IPBE3
OW	600 lb (272 kg)
SW	200 lb (91 kg)
W	51" (130 cm)
L	50" (127 cm)
H	64" (163 cm)



Dual Adjustable Pulley

Model	9NP-D9302
OW	1,308 lb (593 kg)
SW	2 x 400 lb (2 x 181 kg) 2 x 100 lb (at handle)
W	62" (157 cm)
L	46" (117 cm)
H	91" (231 cm)



NAUTILUS IMPACT™



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Ratcheting vertical
seat adjustment



Simple pop pin range
of motion adjustment

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.

Seated Leg Press

Model	9NA-S1305
OW	968 lbs (439 kg)
SW	360 lb (180 kg)
W	47" (119 cm)
L	74" (187 cm)
H	65" (165 cm)



Leg Extension

Model	9NA-S1312
OW	609 lbs (276 kg)
SW	260 lb (130 kg)
W	38" (97 cm)
L	57" (145 cm)
H	60" (152 cm)



Seated Leg Curl

Model	9NA-S1313
OW	664 lbs (301 kgs)
SW	260 lb (130 kg)
W	39" (99 cm)
L	70" (178 cm)
H	60" (152 cm)



Leg Curl

Model	9NA-S1301
OW	516 lb (234 kg)
SW	180 lb (90 kg)
W	38" (97 cm)
L	71" (180 cm)
H	60" (152 cm)



Kneeling Leg Curl

Model	9NA-S1311
OW	434 lb (197 kg)
SW	130 lb (65 kg)
W	44" (112 cm)
L	51" (130 cm)
H	60" (152 cm)



Adductor

Model	9NA-S1308
OW	430 lb (195 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)



Abductor

Model	9NA-S1307
OW	543 lb (237 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)



Standing Calf

Model	9NA-S1309
OW	635 lb (288 kg)
SW	260 lb (130 kg)
W	49" (124 cm)
L	41" (104 cm)
H	62" (151 cm)



Chest Press

Model	9NA-S4301
OW	596 lb (270 kg)
SW	260 lb (130 kg)
W	52" (132 cm)
L	50" (127 cm)
H	60" (152 cm)



Incline Press

Model	9NA-S2301
OW	690 lb (313 kg)
SW	260 lb (130 kg)
W	51" (130 cm)
L	75" (191 cm)
H	60" (152 cm)



Deltoid Fly

Model	9NA-S4304
OW	580 lb (263 kg)
SW	220 lb (110 kg)
W	30" (76 cm)
L	50" (127 cm)
H	79" (201 cm)



Fixed Lat Pull Down

Model	9NA-S3303
OW	673 lb (305 kg)
SW	260 lb (130 kg)
W	43" (109 cm)
L	64" (163 cm)
H	80" (203 cm)



Lat Pull Down

Model	9NA-S3305
OW	593 lbs (269 kg)
SW	260 lb (130 kg)
W	55" (140 cm)
L	47" (119 cm)
H	98" (249 cm)



Vertical Row

Model	9NA-S3301
OW	598 lb (271 kg)
SW	260 lb (130 kg)
W	45" (114 cm)
L	62" (157 cm)
H	60" (152 cm)



Low Row

Model	9NA-S3306
OW	565 lbs (256 kgs)
SW	260 lb (130 kg)
W	29" (72 cm)
L	90" (119 cm)
H	86" (218 cm)



Shoulder Press

Model	9NA-S4307
OW	620 lbs (281 kg)
SW	260 lb (130 kg)
W	53" (135 cm)
L	64" (163 cm)
H	60" (152 cm)



Deltoid Raise

Model	9NA-S4302
OW	479 lb (217 kg)
SW	130 lb (65 kg)
W	46" (117 cm)
L	51" (130 cm)
H	60" (152 cm)



Biceps Curl

Model	9NA-S5301
OW	545 lb (247 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	58" (147 cm)
H	60" (152 cm)



Tricep Extension

Model	9NA-S5302
OW	499 lb (226 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	47" (119 cm)
H	60" (152 cm)



Dip Machine

Model	9NA-S5303
OW	540 lb (245 kg)
SW	260 lb (130 kg)
W	42" (107 cm)
L	55" (140 cm)
H	65" (165 cm)



Chin Dip Assist

Model	9NA-S6334
OW	776 lbs (352 kg)
SW	200 lb (100 kg)
W	60" (152 cm)
L	50" (127 cm)
H	91" (231 cm)



The **Chin Dip Assist** has become a staple strength product because it allows the user to adjust their desired weight balance and build the muscles needed for these bodyweight exercises. With the innovative Lock N Load® weight stack and updates for an even more durable construction, this machine will be at home in any weight room.

Low Back

Model	9NA-S3302
OW	593 lb (269 kg)
SW	260 lb (130 kg)
W	46" (117 cm)
L	53" (135 cm)
H	60" (152 cm)



Abdominal

Model	9NA-S6301
OW	382 lbs (173 kg)
SW	130 lb (65 kg)
W	43" (109 cm)
L	59" (150 cm)
H	60" (152 cm)

NAUTILUS INSTINCT®



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Increased visibility through
transparent weight towers



Kevlar transmission belt for
extended life and easy replacement

EASY TO USE. EASY ON SPACE.

Welcoming to users of all levels, Instinct® Strength is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. 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. 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.

Leg Extension

Model	9NL-S1010
OW	436 lb (198 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	41" (104 cm)
H	55" (140 cm)



Leg Curl

Model	9NL-S1011
OW	469 lb (213 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	56" (140 cm)
H	55" (140 cm)



Dual Leg Extension / Leg Curl

Model	9NL-D1014
OW	484 lb (220 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	56" (142 cm)
H	55" (140 cm)



Dual Leg Press / Calf Raise

Model	9NL-D1013
OW	612 lb (278 kg)
SW	235 lb (107 kg)
W	39" (99 cm)
L	74" (188 cm)
H	55" (140 cm)



Dual Inner / Outer Thigh

Model	9NL-D1015
OW	451 lb (205 kg)
SW	150 lb (68 kg)
W	27" (69 cm)
L	57" (145 cm)
H	55" (140 cm)



Glute Press

Model	9NL-S1012
OW	313 lb (142 kg)
SW	120 lb (55 kg)
W	37" (94 cm)
L	67" (170 cm)
H	55" (140 cm)



Chest Press

Model	9NL-S2100
OW	427 (194 kg)
SW	235 lb (107 kg)
W	28" (71 cm)
L	49" (124 cm)
H	55" (140 cm)



Dual Multi-Press

Model	9NL-D2120
OW	506 lb (230 kg)
SW	235 lb (107 kg)
W	55" (140 cm)
L	74" (188 cm)
H	55" (140 cm)



Dual Lat Pull Down / Vertical Row

Model	9NL-D3340
OW	473 lb (215 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	50" (127 cm)
H	84" (213 cm)



Dual function machines allow for facilities with space limitations to get more great exercises in a smaller space. With multi-position grips, the innovative Lock N Load weight stack and simple switching between multiple exercises, Instinct gives you the most for your small footprint.

Lat Pull Down

Model	9NL-S3310
OW	515 lb (234 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	60" (152 cm)
H	73" (185 cm)



Vertical Row

Model	9NL-S3320
OW	405 lb (183 kg)
SW	235 lb (107 kg)
W	46" (117 cm)
L	48" (122 cm)
H	55" (140 cm)



Shoulder Press

Model	9NL-S4100
OW	448 lb (203 kg)
SW	190 lb (86 kg)
W	53" (135 cm)
L	58" (147 cm)
H	55" (140 cm)



Dual Pectoral Fly / Rear Deltoid

Model	9NL-D2110
OW	426 lb (193 kg)
SW	190 lb (86 kg)
W	50" (127 cm)
L	54" (137 cm)
H	79" (201 cm)



Biceps Curl

Model	9NL-S5100
OW	416 lb (186 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)



Triceps Extension

Model	9NL-S5110
OW	421 lb (191 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)



Dual Biceps Curl / Triceps Extension

Model	9NL-D5120
OW	395 lb (180 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	52" (132 cm)
H	55" (140 cm)



Rotary Torso

Model	9NL-S6300
OW	418 lb (190 kg)
SW	190 lb (86 kg)
W	38" (97 cm)
L	39" (99 cm)
H	55" (140 cm)



Dual Abdominal / Lower Back

Model	9NL-D6330
OW	369 lb (168 kg)
SW	120 lb (54 kg)
W	40" (102 cm)
L	45" (114 cm)
H	55" (140 cm)



Dual Adjustable Pulley

Model	9NL-D2002
OW	894 lb (406 kg)
SW	2 x 200 lb (2 x 100 kg)
W	36" (91 cm)
L	66" (168 cm)
H	81" (207 cm)



NAUTILUS HUMANSPORT™



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Designed with two weight stacks for
multiple training options



We offer a wide variety of training
variants and programs

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. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.

Shoulder Chest

Model	HSSC3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	63" (160 cm)
L	45" (114 cm)
H	64" (163 cm)



Lat Pulley

Model	HSLP3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	58" (147 cm)
L	58" (147 cm)
H	83" (211 cm)



Arm Crunch

Model	HSAC3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	43" (109 cm)
H	68" (173 cm)



Pull Lift

Model	HSPL3
OW	750 lb (341 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	78" (198 cm)
H	95" (241 cm)



Total Delts

Model	HSTD3
OW	600 lb (273 kg)
SW	2 x 88 lb (2 x 40 kg)
W	29" (74 cm)
L	78" (198 cm)
H	64" (163 cm)



Total Legs

Model	HSTL3
OW	691 lb (314 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	64" (163 cm)
H	65" (165 cm)



Freedom Trainer Dual Stack

Model	HSFT3
OW	1,100 lb (499 kg)
SW	2 x 80 lb (2 x 36 kg)
W	124" (315 cm)
L	64.5" (164 cm)
H	92" (234 cm)



Examples of HumanSport training programs developed by our Master Trainers include:

- Aerobics
- Back Strength
- Stay Young & Fit
- Tennis
- Golf
- Strength for Athletes
- Ski
- Running
- Soccer
- Cycling
- Climbing

HUMANSPORT™ FUNCTIONAL TRAINING

HumanSport opens up completely new programming opportunities for members, trainers and facility operators. HumanSport is designed to allow unlimited resistance training options through movements in the seated isolated position, seated unstable position and standing position. By utilizing all three, your fitness staff can create any number of unique goal-based programs to cater to your desired client groups. These programs can be used for one-on-one personal training or to capitalize on small group training. Give your members an outstanding functional training tool and gain the ability to target all new client groups with HumanSport.

NAUTILUS LEVERAGE®

NAUTILUS
LISTED STRENGTH CENTER



**Equipment shown in custom colors*



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

A ONE-OF-A-KIND PLATE LOADED EXPERIENCE

The Nautilus Leverage® line 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.

Chest Press

Model	9NP-L2002
OW	481 lb (218 kg)
W	59" (150 cm)
L	71" (180 cm)
H	58" (147 cm)



Incline Press

Model	9NP-L2003
OW	413 lb (187 kg)
W	51" (130 cm)
L	76" (193 cm)
H	51" (130 cm)

Decline Press

Model	9NP-L2004
OW	503 lb (228 kg)
W	58" (147 cm)
L	81" (206 cm)
H	49" (124 cm)



Lat Pull Down

Model	9NP-L3003
OW	406 lb (184 kg)
W	51" (130 cm)
L	81" (206 cm)
H	80" (203 cm)

High Row

Model	9NP-L3005
OW	443 lb (201 kg)
W	51" (130 cm)
L	86" (218 cm)
H	73" (185 cm)



Low Row

Model	9NP-L3004
OW	426 lbs (193 kg)
W	51" (130 cm)
L	79" (201 cm)
H	46" (117 cm)

Shoulder Press

Model	9NP-L4002
OW	410 lb (186 kg)
W	51" (130 cm)
L	71" (180 cm)
H	58" (147 cm)



Biceps Curl

Model	9NP-L5002
OW	465 lb (211 kg)
W	62" (157 cm)
L	61" (155 cm)
H	41" (104 cm)

Abdominal Crunch

Model	9NP-L5003
OW	461 lb (209 kg)
W	61" (156 cm)
L	62" (157 cm)
H	61" (156 cm)



The **Plate Loaded Ab Crunch** combines the iconic Nautilus clam shell ab crunch motion with key features of the Leverage line like low plate load points, a progressive strength curve, two color frame design and convenient plate storage.

NAUTILUS® GLUTE DRIVE

The Nautilus Glute Drive safely and smartly isolates your glutes, building power through a strong hip bridge motion, creating sexy glutes, improved hip and core stability. The Glute Drive gives you the full benefits of the hip thrust exercise, simply, safely, and with good form. A comfortable padded belt secures the user to the back pad which supports the full length of the spine for added safety. Users can load up to four plates on each side, which gives the machine a max weight load of 360 lbs.

Glute Drive

Model	NP-L1131
OW	252 lbs (114 kg)
W	60" (152.5 cm)
L	62" (157.5 cm)
H	35" (89 cm)



- Upper body pivot bench provides full spinal stabilization and support
- Heavy reinforced padded waist harness provides optimal lifting application
- Oversized angled foot platform to accommodate users of all sizes
- Dual sided safety catch and release mechanism for ease of use
- Bottom dropout safety stop
- Integrated resistance band pegs for modification of load curve
- Commercial grade dual pivot bearings
- Delrin coated protective wear surfaces on heavy contact and load points
- 3mm wall thickness industrial grade steel

Freedom Rack®

Model	NP-L8507
OW	655 lbs (297 kg)
W	75" (191 cm)
L	83" (211 cm)
H	90" (229 cm)



Smith Machine

Model	NP-L8500
OW	648 lbs (294 kg)
W	89" (226 cm)
L	67" (170 cm)
H	82" (208 cm)

Angled Leg Press

Model	NP-L1141
OW	569 lbs (258 kg)
W	72" (182 cm)
L	90" (229 cm)
H	58" (147 cm)



Hack Squat

Model	NP-L1130
OW	446 lbs (202 kg)
W	72" (182 cm)
L	93" (236 cm)
H	47" (119 cm)

Tilt Seat Calf

Model	NP-L1110
OW	170 lbs (77 kg)
W	27" (69 cm)
L	58" (147 cm)
H	37" (94 cm)



Incline Lever Row

Model	NP-L3140
OW	214 lb (97 kg)
W	34" (86 cm)
L	72" (183 cm)
H	49" (124 cm)



NAUTILUS MULTI-STATIONS



**Equipment shown in custom colors*

HUGE VARIETY. SMALL FOOTPRINT.

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 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.



Cable Crossover

Model	9NP-M9201
OW	1,010 lb (458 kg)
W	31" (78 cm)
L	158" (401 cm)
H	90" (228 cm)

4 Station

Model	9NP-M9601
OW	1,732 lb (781 kg)
W	75" (190 cm)
L	152" (387 cm)
H	94" (239 cm)

5 Station

Model	9NP-M9605
OW	2,350 lb (1,066 kg)
W	146" (371 cm)
L	200" (508 cm)
H	94" (239 cm)

9 Station

Model	9NP-M9619
OW	3,690 lb (1,673 kg)
W	146" (371 cm)
L	240" (609 cm)
H	94" (239 cm)

14 Station

Model	9NP-M9620
OW	5,565 lb (2,524 kg)
W	146" (371 cm)
L	395" (1,003 cm)
H	94" (239 cm)

STACK WEIGHTS Lat Pull Down / Low Row | 297 lb (135 kg) Triceps Press / High-Low Pulley | 231 lb (105 kg) Cable Crossover | 115.5 lb (2 x 52.2 kg)

NAUTILUS BENCHES & RACKS



**Equipment shown in custom colors*



Molded urethane bar holders for quiet and safe bar placement



Benches include integrated grip and wheels for easy transport



Rubber feet for floor protection

STRENGTH BUILT STRONGER

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 other strength lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.

NAUTILUS HALF RACK

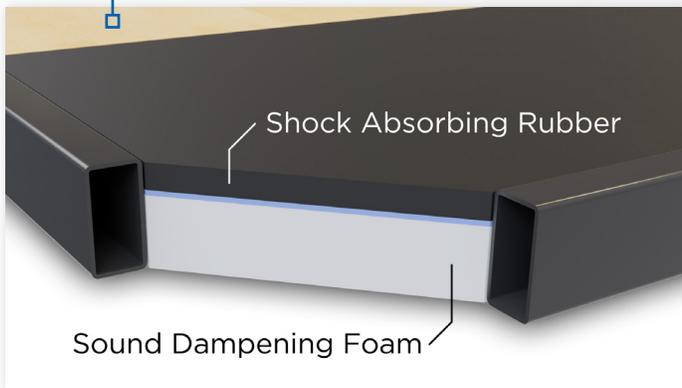
IMPROVED VERSATILITY. REDUCED SPACE.

The sturdy and versatile Nautilus Half Rack is built to accommodate a wide range of exercises, movements and users from beginner to professional athlete. The open-front design lets users move freely and allows for the use of a variety of benches. The optional wood floor and band pegs make it perfect for athletic training and Olympic style lifting, while the shorter 97" tower means it can fit into facilities with lower ceilings. The compact design and built-in plate storage make our Half Rack ideal for schools and personal training facilities as well as larger facilities.



FEATURED

4" SVA PLATFORM



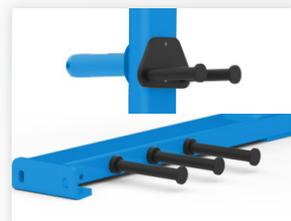
The new Nautilus dampening platform was developed as a way to reduce sound and vibration caused when users drop barbells when performing Olympic and power lifting. It uses a proprietary blend of materials designed to absorb the force of the barbell. These absorption characteristics not only cut down on sound and vibration, they also reduce bar bounce. (9-HDP6D)



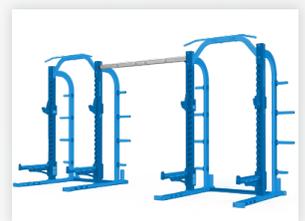
Wooden Platform
(9-HDP62)



Bumper Plate Storage
(9-HDCS1)



Band Pegs & Storage
(95-0760)



Pull Up Bridge
(9-HDPB1)

Half Rack

Model	9-HDHR2
OW	512 lbs (232 kg)
W	72" (183 cm)
L	63" (160 cm)
H	97" (246 cm)



Half Rack w/ SVA Platform

Model	9-HDHR2 9-HDP6D
OW	1,479 lb (671 kg)
W	95" (241.3 cm)
L	140.1" (356 cm)
H	97" (246 cm)



Stand Alone SVA Platform

Model	9-HDP6D-SA
OW	642 lb (291.2 kg)
W	95" (241 cm)
L	77" (196 cm)
H	4" (10 cm)



Multi-Adjustable Bench

Model	9NP-B7506
OW	117 lb (53 kg)
W	27" (69 cm)
L	55" (140 cm)
H	20" (51 cm)



Flat Bench

Model	9NP-B7507
OW	77 lb (35 kg)
W	27" (69 cm)
L	55" (140 cm)
H	20" (51 cm)



Adjustable Incline Bench

Model	9NP-B7523
OW	113 lb (51 kg)
W	27" (69 cm)
L	56" (142 cm)
H	39" (99 cm)



Adjustable Decline Bench

Model	9NP-B7508
OW	155 lb (70 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)



Utility Bench

Model	9NP-B7516
OW	71 lb (32 kg)
W	27" (69 cm)
L	34" (86 cm)
H	38" (97 cm)



Stool

Model	9NP-B7521
OW	27 lbs (12 kg)
W	31" (79 cm)
L	27" (68 cm)
H	17" (44 cm)



Adjustable Back Extension

Model	9NP-B7514
OW	157 lb (71 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)



Glute Ham

Model	9NP-B7522
OW	223 lb (101 kg)
W	43" (110 cm)
L	72" (182 cm)
H	48" (122 cm)



Adjustable Abdominal Bench

Model	9NP-B7510
OW	159 lb (72 kg)
W	35" (89 cm)
L	55" (140 cm)
H	45" (114 cm)

Seated Preacher Curl

Model	9NP-B7509
OW	163 lb (74 kg)
W	30" (76 cm)
L	43" (109 cm)
H	40" (102 cm)



Standing Preacher Curl

Model	9NP-B7515
OW	174 lb (79 kg)
W	30" (76 cm)
L	39" (99 cm)
H	45" (114 cm)

Dip Station

Model	9NP-B7518
OW	148 lb (67 kg)
W	29" (74 cm)
L	45" (114 cm)
H	48" (122 cm)



Pull-Up/Dip/Leg Raise

Model	9NP-B7511
OW	335 lb (152 kg)
W	48" (122 cm)
L	61" (155 cm)
H	90" (229 cm)

Leg Raise/Dip

Model	9NP-B7517
OW	267 lbs (121 kg)
W	28" (71 cm)
L	61" (155 cm)
H	66" (168 cm)



Olympic Bench Press

Model	9NP-B7202
OW	115 lb (52 kg)
W	65" (165 cm)
L	73" (185 cm)
H	49" (124 cm)

**Shown with optional weight storage (400-1125)*

Incline Bench Press

Model	9NP-B7203
OW	185 lb (84 kg)
W	65" (165 cm)
L	70" (178 cm)
H	59" (150 cm)



Decline Bench Press

Model	9NP-B7204
OW	177 lb (80 kg)
W	65" (165 cm)
L	49" (124 cm)
H	49" (124 cm)

**Shown with optional weight storage (400-1125)*

**Shown with optional weight storage (400-1125)*

Military Press

Model	9NP-B7205
OW	269 lb (122 kg)
W	74" (188 cm)
L	65" (165 cm)
H	60" (152 cm)



Squat Rack

Model	9NP-R8008
OW	445 lbs (202 kg)
W	80" (203 cm)
L	71" (180 cm)
H	79" (201 cm)

**Shown with optional weight storage (400-1125)*

The Power Cage design flows seamlessly with other strength products so you will notice a family look and feel as you position your free weights along side other Nautilus lines. The Power Cage doesn't just look strong, it exceeds industry requirements in all respects. Features include complete Olympic plate storage, integrated multi-grip pull-up station and rubber feet for floor protection.

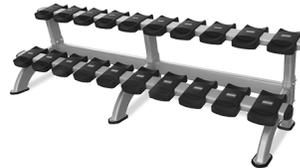


Power Cage

Model	9NP-R8005
OW	525 lbs (238 kg)
W	63" (160 cm)
L	74" (188 cm)
H	89" (226 cm)

Single Dumbbell Rack

Model	9NP-R8009
OW	155 lbs (70 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

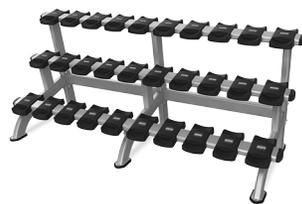


Double Dumbbell Rack

Model	9NP-R8010
OW	132 lbs (60 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

Triple Dumbbell Rack

Model	9NP-R8011
OW	364 lbs (165 kg)
W	90" (229 cm)
L	38" (97 cm)
H	39" (99 cm)



Beauty Bell Rack

Model	9NP-R8014
OW	141 lb (64 kg)
W	32" (81 cm)
L	40" (102 cm)
H	40" (102 cm)

Barbell Rack

Model	9NP-R8012
OW	159 lbs (72 kg)
W	36" (91 cm)
L	38" (97 cm)
H	53" (135 cm)



Accessory Rack

Model	9NP-R8013
OW	141 lbs (64 kg)
W	28" (71 cm)
L	35" (89 cm)
H	51" (130 cm)

2-Sided Olympic Weight Tree

Model	9NP-R7512
OW	86 lbs (39 kg)
W	27" (69 cm)
L	35" (89 cm)
H	40" (102 cm)



4-Sided Olympic Weight Tree

Model	9NP-R7513
OW	135 lbs (61 kg)
W	28" (71 cm)
L	28" (71 cm)
H	46" (117 cm)



Multi-Adjustable Bench

Model	9NN-B7501
OW	88 lb (40 kg)
W	27" (69 cm)
L	53" (135 cm)
H	18" (46 cm)



Adjustable Abdominal Decline Bench

Model	9NN-B7200
OW	95 lb (43 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)



Ab Bench

Model	9NN-B7505
OW	148 lb (67 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)



45° Back Extension

Model	9NN-B7502
OW	97 lb (44 kg)
W	32" (81 cm)
L	54" (137 cm)
H	39" (99 cm)



Dumbbell Rack 10-Pair / 2-Tier

Model	9NN-R8001
OW	221 lb (100 kg)
W	105" (267 cm)
L	29" (74 cm)
H	37" (94 cm)



Dumbbell Rack 10-Pair / 3-Tier

Model	9NN-R8002
OW	243 lb (110 kg)
W	69" (175 cm)
L	29" (74 cm)
H	50" (127 cm)



Olympic Flat Bench

Model	9NN-B7503
OW	185 lb (84 kg)
W	61" (155 cm)
L	63" (160 cm)
H	54" (137 cm)



Olympic Incline Bench

Model	9NN-B7201
OW	269 lb (122 kg)
W	61" (155 cm)
L	63" (160 cm)
H	69" (175 cm)

