

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.



PRODUCT CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus Benches & Racks in a variety of custom frame color and upholstery options.



A PERFECT PARTNERSHIP

Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.







WOODEN PLATFORM HDP62

WIDTH	95 in (241 cm)
LENGTH	141 in (358 cm)
HEIGHT	4 in (10 cm)
OVERALL WEIGHT	751 lbs (341 kg)
SHIPPING WEIGHT	751 lbs (341 kg)
STANDARD FRAME COLOR OPTIONS	Oak platform, black trim
FRAME FINISH	-60Black
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	No
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 71.9" x 91.5" x 3.1" (182.6 cm x 232.4 cm x 7.9 cm)

STAND ALONE SVA PLATFORM HDP6D-SA

WIDTH	95 in (241 cm)
LENGTH	77 in (196 cm)
HEIGHT	4 in (10 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	642 lbs (292 kg)
SHIPPING WEIGHT	642 lbs (292 kg)
STANDARD FRAME COLOR OPTIONS	Oak platform, black trim
FRAME FINISH	-60Black
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 76.1" x 95" x 4" (193.3 cm x 241.3 cm x 10.2 cm)







*Platform shown with Life Fitness HD Elite Half Rack

SVA PLATFORM HDP6D

WIDTH	95 in (241 cm)
LENGTH	140 in (356 cm)
HEIGHT	4 in (10 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	825 lbs (375 kg)
SHIPPING WEIGHT (BOXED)	825 lbs (375 kg)
STANDARD FRAME COLOR OPTIONS	Oak platform, black trim
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	-60Black
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	No
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 76.1" x 95" x 4" (193.3 cm x 241.3 cm x 10.2 cm)

HD SVA PLATFORM 6', LF HALF RACK 9-HDP6D-LFHR

•	
WIDTH	95 in (241 cm)
LENGTH	115 in (292 cm)
HEIGHT	4 in (10 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	751 lbs (341 kg)
SHIPPING WEIGHT (BOXED)	825 lbs (375 kg)
STANDARD FRAME COLOR OPTIONS	Bamboo platform, black trim
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	-60Black
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	No
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 76.1" x 95" x 4" (193.3 cm x 241.3 cm x 10.2 cm)





STAND ALONE SVA PLATFORM BAMBOO II 9-HDP6D-BB2-SA

WIDTH	95 in (241 cm)
LENGTH	77 in (196 cm)
HEIGHT	4 in (10 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	642 lbs (292 kg)
SHIPPING WEIGHT	716 lbs (325 kg)
STANDARD FRAME COLOR OPTIONS	Bamboo platform, black trim
FRAME FINISH	-60Black
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 76.1" x 95" x 4" (193.3 cm x 241.3 cm x 10.2 cm)





*Platform shown with Half Rack HDHR2

SVA PLATFORM BAMBOO II

9-HDP6D-BB2

3-11	DI 0D-DD2
WIDTH	95 in (241 cm)
LENGTH	140 in (356 cm)
HEIGHT	4 in (10 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	751 lbs (341 kg)
SHIPPING WEIGHT (BOXED)	825 lbs (375 kg)
STANDARD FRAME COLOR OPTIONS	Bamboo platform, black trim
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	-60Black
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	No
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 76.1" x 95" x 4" (193.3 cm x 241.3 cm x 10.2 cm)



Bamboo is a highly sustainable crop which requires no fertilizer, pesticides or chemicals. It's natural cultivation does not harm the environment. Bamboo is extremely strong while remaining a light weight building material.





4' NAUTILUS BAMBOO PLATFORM II

9-HDP4-BB2

WIDTH	95 in (241 cm)
LENGTH	97 in (247 cm)
HEIGHT	3 in (8 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	655 lbs (297 kg)
SHIPPING WEIGHT	690 lbs (313kg)
STANDARD FRAME COLOR OPTIONS	Bamboo platform, black trim
FRAME FINISH	-60Black
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes, floating platform that is tied into frame
HARDWARE TYPE	Hex
TUBBING STYLE & THICKNESS	Modern, round tubing. Most are 3 or 2.5mm / 11 ga
FOOT PLATFORM	Lifting Area: 48" x 91.5" x 3.1" (122 cm x 232.4 cm x 7.9 cm)



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HALF RACK HDHR2

WIDTH	72 in (183 cm)
LENGTH	63 in (160 cm)
HEIGHT	97 in (246 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	512 lbs (232 kg)
SHIPPING WEIGHT	560 lbs (254 kg)
ASSISTED ADJUSTMENTS	No
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Safety and bar hooks are clearly marked
STANDARD FRAME COLOR OPTIONS	Silver with black trim
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm /11 ga
USER SPECIFIC INFORMATION	
SAFETY CATCH & STOPS	Yes, deep J-Hook style bar catch keeps bars from bouncing out while protective inserts prevent damage. Heavy duty safety bar catch with wear shield to protect the Olympic bar and frame.
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	Yes, maximum load not to exceed 955 lbs (434 kg)
WEIGHT STORAGE SOLUTION	Yes, angled, chrome weight horns (x8) and Olympic bar holder. Plus, optional bumper plate storage, wood platform and band pegs.





SQUAT RACK NP-R8008

WIDTH	80 in (203 cm)
LENGTH	71 in (180 cm)
HEIGHT	79 in (201 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	445 lbs (202 kg)
SHIPPING WEIGHT (BOXED)	476 lbs (216 kg)
ASSISTED ADJUSTMENTS	Gravity assisted with multiple bar placement options for users of all sizes and exercise variation
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
SAFETY CATCH & STOPS	Adjustable safety catch system for exercise variation and user safety
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	Standard Olympic plate storage, features six pegs per side to accommodate all weight plate configurations
WEIGHT STORAGE SOLUTION	Molded urethane bar holders for quiet, safe Olympic bar placement



POWER CAGE NP-R8005

WIDTH	63 in (160 cm)
LENGTH	74 in (188 cm)
HEIGHT	89 in (226 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	525 lbs (238 kg)
SHIPPING WEIGHT	692 lbs (314 kg)
ASSISTED ADJUSTMENTS	None for Adjustable safety bar supports but pull pin adjustable bar catches
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
STATIC PLACARDS	No
SAFETY CATCH & STOPS	Yes, adjustable safety bar supports and walk through front design
GRIP SPECIFICATIONS	Multiple grip configurations integrated with pull up station
PLATE LOADED	900 lbs max load capacity
WEIGHT STORAGE SOLUTION	Complete Olympic plate storage with angled, chrome weight horns (x8) with numeric markers for correct placement of stored plates





POWER CAGE SVA COMBO

skus	9NP-R8005, 9-HDP6D-BB2, 731-9082-KT, 731-9092-KT
WIDTH	95 in (241 cm)
LENGTH	143 in (363 cm)
HEIGHT	89 in (226 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	1276 lbs (579 kg)
SHIPPING WEIGHT (BOXED)	1576 lbs (715 kg)
ASSISTED ADJUSTMENTS	None for Adjustable safety bar supports but pull pin adjustable bar catches
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Power Cage frame is customizable; SVA Plat- form accepts custom platform logos
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
STATIC PLACARDS	Yes on Power Cage for adjustable J-Hooks
SAFETY CATCH & STOPS	Yes, adjustable safety bar supports and walk through front design
GRIP SPECIFICATIONS	Multiple grip configurations integrated with pull up station
PLATE LOADED	900 lbs max load capacity
WEIGHT STORAGE SOLUTION	Complete Olympic plate storage with angled, chrome weight horns (x8)



Bamboo is a highly sustainable crop which requires no fertilizer, pesticides or chemicals. It's natural cultivation does not harm the environment. Bamboo is extremely strong while remaining a light weight building material.







WIDTH	27 in (69 cm)
LENGTH	35 in (89 cm)
HEIGHT	40 in (102 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	86 lbs (39 kg)
SHIPPING WEIGHT (BOXED)	99 lbs (45 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	No
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
SAFETY CATCH & STOPS	No, but wear guards on cross bar legs to protect finish
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	Yes
WEIGHT STORAGE SOLUTION	Complete Olympic plate storage with angled, chrome weight horns (x8) with numeric markers for correct placement of stored plates



4-SIDED OLYMPIC WEIGHT TREE NP-R7513

WIDTH	28 in (71 cm)
LENGTH	28 in (71 cm)
HEIGHT	46 in (117 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	135 lbs (61 kg)
SHIPPING WEIGHT (BOXED)	161 lbs (73 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	No
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
PLATE LOADED	Yes
WEIGHT STORAGE SOLUTION	Complete Olympic plate storage with angled, chrome weight horns (x12) with numeric markers for correct placement of stored plates. Two storage sleeves to accommodate 5 foot Olympic bars









BARBELL RACK NP-R8012

WIDTH	36 in (91 cm)
LENGTH	38 in (97 cm)
HEIGHT	53 in (135 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	159 lbs (72 kg)
SHIPPING WEIGHT	179 lbs (81 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
FRAME FINISH	Electrostatic Powder coating with urethane protected surfaces
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
PLATE LOADED	No
WEIGHT STORAGE SOLUTION	Angled, steel horns to ac- commodate standard and EZ Curl barbell systems

ACCESSORY RACK NP-R8013

28 in (71 cm)
35 in (89 cm)
51 in (130 cm)
N/A
141 lbs (64 kg)
161 lbs (73 kg)
Silver, White, Black
Electrostatic Powder coating with urethane protected surfaces
Yes with additional fees and extended lead times
Yes
No, rubber feet for floor protection
Hex / Button Head
Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
No
No
No
Angled, steel horns to accommodate multiple handles and accessory bars. Plus, top tray with rubber base for storage of smaller items

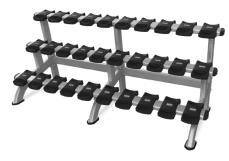
BEAUTY BELL RACK NP-R8014

WIDTH	32 in (81 cm)
LENGTH	40 in (102 cm)
HEIGHT	40 in (102 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	132 lbs (60 kg)
SHIPPING WEIGHT (BOXED)	141 lbs (64 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	No
WEIGHT STORAGE SOLUTION	Molded urethane cradles for quiet and safe dumbbell placement, 12 pair rack









NAUTILUS RACKS NP-R8009

WIDTH	90 in (229 cm)
LENGTH	28 in (71 cm)
HEIGHT	26 in (66 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	155 lbs (70 kg)
SHIPPING WEIGHT (BOXED)	181 lbs (82 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	No
WEIGHT STORAGE SOLUTION	Molded urethane cradles for quiet and safe dumbbell placement, 5 pair rack

DOUBLE DUMBBELL RACK NP-R8010

WIDTH	90 in (229 cm)
LENGTH	38 in (97 cm)
HEIGHT	26 in (66 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	240 lbs (109 kg)
SHIPPING WEIGHT (BOXED)	270 lbs (122 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	No
WEIGHT STORAGE SOLUTION	Molded urethane cradles for quiet and safe dumbbell placement, 10 pair rack

TRIPLE DUMBBELL RACK NP-R8011

WIDTH	90 in (229 cm)
LENGTH	38 in (97 cm)
HEIGHT	39 in (99 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	364 lbs (165 kg)
SHIPPING WEIGHT (BOXED)	386 lbs (175 kg)
STANDARD FRAME COLOR OPTIONS	Silver, White, Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
PLATE LOADED	No
WEIGHT STORAGE SOLUTION	Molded urethane cradles for quiet and safe dumbbell placement, 15 pair rack

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

