

NAUTILUS
NOVA
SELECTORIZED SINGLE AND DUAL STATIONS





UNCOMPROMISING CRAFTSMANSHIP
IN AN AFFORDABLE PACKAGE.

MAXIMIZE YOUR INVESTMENT

The Nautilus® NOVA line offers you the same commitment to biomechanical and mechanical excellence as the rest of the Nautilus® strength lines in a more affordable package. The modern streamlined design minimizes floor space requirements with the ability to closely arrange machines, making this line of strength equipment perfect for facilities with limited space. Nautilus® NOVA delivers maximum results without sacrificing any quality, and offers facilities with limited resources the opportunity to maximize their investment.

ATTENTION TO DETAIL

We are committed to providing superior strength equipment that is high-quality, functional, yet comfortable and packed with features.

- The Nautilus® NOVA line uses the same 11-gauge steel frame tubes and commercial-grade components as our other popular Nautilus Nitro® Plus and XPLoad® strength lines.
- The Kevlar® reinforced belt drive system, double-sealed bearings, four-bar linkage and ultra-low friction guide rod bearings provide a longer life, a smoother feel and a stronger weight transport system than conventional cable drive systems.
- Marine-grade, contoured upholstery adds comfort, longevity and improved aesthetics over flat pads.
- Bright colored adjustment handles add to user-friendliness, along with fully-illustrated instructions on each station.



4 KEY FEATURES OF NAUTILUS® NOVA EQUIPMENT

- Increased visibility through transparent weight towers.
- Integrated 5 lb. increment “drop down” add-on weight system
- User-friendly molded accessory tray accommodates a variety of items
- Quick and easy seat adjustments with a safe and solid pop-pin system



- GREATER RESISTANCE
- LESS RESISTANCE

Optimal Strength Curve Technology™ ensures smooth resistance and proper muscle loading through the entire movement.

OPTIMAL STRENGTH CURVE TECHNOLOGY™.

BARRIERS: ZERO.
PERFORMANCE: AMAZING.

During any exercise, an individual's strength varies at different points. Other machines don't address this strength curve—instead, the weight remains constant from beginning to end. This can limit muscle recruitment and overall performance.

Enter Optimal Strength Curve Technology™. Driven by our four-bar linkage system, cam design, or a combination of both, this unique technology dynamically matches the body's potential increases and decreases in strength. Nautilus® NOVA equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Leading to unprecedented results.

UPPER BODY



TRICEPS PRESS S8TP

Provides increased contraction of the triceps with pivoting handles that ensure proper wrist alignment and comfort.

Dimensions: 33" W x 57" L x 57" H
84 W x 145 L x 145 H cm

OVERHEAD PRESS S8OP

Provides easy entry movement arm start position without compromising full-range exercise, along with multiple grip positions.

Dimensions: 50" W x 55" L x 57" H
127 W x 140 L x 145 H cm



PEC FLY S8PF

Provides 140 degrees of rotation throughout a shoulder- friendly movement that targets the larger, lower portion of pectoral major for massive gains.

Dimensions: 56" W x 52" L x 57" H
143 W x 132 L x 145 H cm

LATERAL RAISE S8LR

Provides full-range, single-joint rotary movement for the deltoids with pivoting handle grips that accommodate different forearm lengths.

Dimensions: 46" W x 34" L x 57" H
117 W x 87 L x 145 H cm



BICEPS CURL S8BC

Features supinated pivoting handle for varying forearm lengths and an extra thick elbow pad for added comfort and proper positioning.

Dimensions: 44" W x 47" L x 57" H
112 W x 120 L x 145 H cm



COMPOUND ROW S8CR

Accommodates user- defined movement paths and independent motion with dual-cable handles.

Dimensions: 22" W x 76" L x 72" H
56 W x 193 L x 183 H cm

UPPER BODY



LAT PULLDOWN S8LATP

Independent dual-cable handles provide multiple movement paths with a front pull design.

Dimensions: 22" W x 58" L x 82" H
56 W x 148 L x 208 H cm

CORE



ABDOMINAL S8AB

The movement arm isolates the abdominal sheath, while the pads and hand grips provide upper body stabilization.

Dimensions: 38" W x 47" L x 57" H
97 W x 120 L x 145 H cm



LOW BACK S8LB

Provides isolated full-range lumbar exercise, while the adjustable foot platform positions the knees above the hip joint and eliminates pelvic thrust and maintains axis alignment.

Dimensions: 48" W x 54" L x 57" H
122 W x 137 L x 145 H cm

LOWER BODY



LEG EXTENSION S8LE

Positions the body to allow maximum range extension, while maintaining axis alignment. The reclined seat back prevents hamstring interference and maximizes full-range quadriceps contraction.

Dimensions: 47" W x 54" L x 57" H
120 W x 137 L x 145 H cm



SEATED LEG CURL S8LC

The reclined seat back angle provides full range hamstring contraction, while the coupled movement arm technology reduces knee strain and maintains axis alignment.

Dimensions: 47" W x 66" L x 57" H
120 W x 168 L x 145 H cm

DUAL FUNCTION

HIP ABDUCTION/ADDUCTION S8AA

Unique individual strength profiles for each movement provides more functional muscle loading and isolation

- Movement arm easily adjusts for different starting positions from the exercise position
- Weight stack location provides user privacy and easy accessibility
- Movement arm easily adjusts for different starting positions
- Full seat back design supports the entire spine for added safety during exercise

Dimensions: 29" W x 65" L x 57" H
74 W x 165 L x 145 H cm



LEG PRESS/CALF PRESS S8LPCR

Patented four-bar linkage technology controls position and angle of the articulating foot platform to reduce knee stress, while allowing additional hip rotation.

- Extra wide platform allows varying foot placement with an entry/exit assist handle
- Thick contoured back pad for comfort and lumbar support
- Unique, non-slip footpad lip allows for calf press movements as a dual function

Dimensions: 47" W x 70" L x 72" H
120 W x 178 L x 183 H cm

MULTI-CHEST S8MCH

The Multi-Chest with trailing-link movement arm provides a variable pectoral workout.

- Dependent action, trailing-link movement arm provides incline, decline and flat bench movements
- Multiple handgrip positions with oversized handles for comfort
- Adjustable back pad for varying starting position stretch

Dimensions: 55" W x 55" L x 57" H
140 W x 140 L x 145 H cm



DUAL FUNCTION

ABDOMINAL/LOW BACK S8ABLB

Unmatched biomechanics isolate the abdominals and back extensors like no other dual machine for the ultimate core workout.

- Combination of elbow and back pads with hand grips provide upper body stabilization eliminating low back muscle involvement
- Adjustable foot platform positions knees above hip joint thus eliminating pelvic thrust and maintaining axis alignment
- Contoured lower back pad allows for full-range extension

Dimensions: 42" W x 56" L x 57" H
107 W x 142 L x 145 H cm

LAT PULLDOWN/COMPOUND ROW S8LTCT

Combines two vital back strengthening exercises in one compact machine.

- Accommodates multiple movement paths with dual-cable handles providing user with direct upper torso workout
- Front pull design to eliminates shoulder Impingement
- Angled seat with large, non-slip foot bar provides the ultimate in rowing stabilization

Dimensions: 22" W x 72" L x 82" H
56 W x 183 L x 208 H cm

BICEP CURL/TRICEP EXTENSION S8BCTE

Combines two key arm exercises into one compact, dual-functioning machine.

- Bicep movements can performed in both seated and standing positions
- Walk-in design for easy entry and exit
- Rope hand grip with ball ends allow for better grip and comfort during tricep exercises.

Dimensions: 22" W x 60" L x 72" H
56 W x 153 L x 183 H cm

LEG EXTENSION/LEG CURL S8LELC

Combines the unique features of two leg machines into one with individual strength curves for optimal biomechanics and a user-friendly design.

- Reclined seat back angle prevents quadriceps from interfering with full-range hamstring contraction
- Long range seat back adjustment provides axis alignment for all users
- Kneepad releases out of way for easy entry/exit

Dimensions: 47" W x 66" L x 57" H
120 W x 168 L x 145 H cm

A WARRANTY THAT ENDURES.

We've stood behind our products for more than four decades. Our NOVA line continues that tradition with some of the best warranties in the industry. You get a 12-year warranty on frames and welded parts, a 3-year warranty on other moving parts, a 1-year labor warranty, and a 6-month warranty on upholstery, pads and grips.

*The labor warranty is not applicable to shipments outside of the United States.

FIRST WE TEST OUR NOVA LINE. THEN WE TORTURE IT.

You can count on our equipment to handle the never-ending demands of your members. Every Nautilus® product goes through rigorous testing in the harshest environments under the most extreme performance conditions. And all testing is done in-house with a dedicated team of engineers.

NAUTILUS® NOVA COLOR OPTIONS

Frame:



Upholstery:

(Due to the nature of the printing process, texture and colors are approximate.)



A HERITAGE OF INNOVATION

