





Table of Contents

Nautilus ONE®	2
Nautilus ONE® product details	3
Nautilus ONE® product line	4
Nautilus EVO®	8
Nautilus EVO® product details	9
Nautilus EVO® product line	10
Nautilus® NOVA	16
Nautilus® NOVA product details	17
Nautilus® NOVA product line	18
Nautilus XPLOAD®	24
Nautilus XPLOAD® product details	25
Nautilus XPLOAD® product line	26
Nautilus® Free Weights	30
Free Weights product details	31
Free Weights product line	32
Nautilus® Freedom Trainer	42
Freedom Trainer product line	43
Nautilus® Functional Trainers	44
NS4000	48
Color Options	50
Warranty	51
Notes	52



The result is a line of equipment that finally brings single-station training into the 21st century.

DIAL "ONE" for Unprecedented Results

Introducing the Nautilus ONE® line, the next generation of single-station strength.

Nautilus ONE® equipment combines a revolutionary new weight stack technology with the most intuitive and user-friendly selection method ever created: a dial.



Weight Tower

All units utilize a single weight tower design, always placed on the same side of the movement. The weight tower is only 47" high, creating an open, uncluttered look.



The Technical Details

These machines are genius in their simplicity

- Patented weight stack technology - a rack of plates, stacked side-by-side
- Turning the dial engages "hook" mechanism to select desired weight
- Fewer pulleys and belts than current weight stack technologies, no guide rods and no weight stack pins
- The result is a smooth, plate-loaded workout feel from a selectorized machine

Weight System

- Range of motion limiters available
- All machines (except Leg Press) come standard with 250 lb. weight system, adjustable in 10 lb. increments (10, 20, 30...); incremental weight is a 5 lb increment; total weight potential is 255 lbs.
- Leg Press standard with 425 lbs., adjustable in 25 lb. increments (50, 75, 100...); incremental weights are adjustable in 5 lb. increments (+5, +10, +15, +20); total weight potential is 445 lbs.

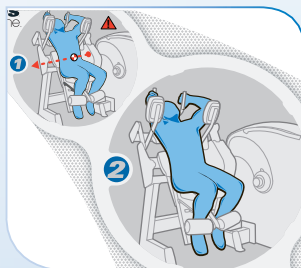
Ever turned a door knob? Then you already know how to use Nautilus ONE® equipment!

- Select weight with the simple turn of the aluminum dial - It's that easy.
- The dial is based on the incredibly successful Select Tech® dumbbells.
- The dial is always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection.



Options:

- All machines can be purchased with the standard 250 lb weight system, which features incremental weights that are adjustable in 1 lb. increments (+1, +2, +3 ...+9); and are easily and safely selected as part of the dial mechanism. Total weight potential is 259 lbs.
- Each machine is upgradeable to the 425 lb. weight system, adjustable in 25 lb. increments (50, 75, 100); incremental weights are adjustable in 5 lb. increments (+5, +10, +15, +20); and are easily and safely selected as part of the dial mechanism. Total weight potential is 445 lbs.



Ultimate User Experience

- Supports and comfort from custom contoured, hand-crafted upholstery
- Easy, smooth user set-up with standard hydraulic seat adjustments
- Instructional placards are large and graphical - no text - and utilize lenticular images (they move as you move your head) to visually demonstrate correct movement
- Proper machine set-up is facilitated by large red markers on axis points that aid users in proper joint alignment





Nautilus ONE®

Ergo Grip technology provides complete and independent arm movement enabling a natural, user-defined path of motion.

Upper Body



LAT PULLDOWN S6LATP

- 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

Dimensions:
72" L x 59" W x 88" H
183 L x 148 W x 223 H cm

Upper Body

ROW S6MR

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hands supination and pronation
- Foot pads and adjustable chest pad provide user stabilization

Dimensions:
69" L x 57" W x 48" H
174 L x 144 W x 121 H cm



Upper Body



CHEST PRESS S6CP

- Converging movement arms with multiple hand position options for a variety of movement options

Dimensions:
58" L x 66" W x 76" H
147 L x 168 W x 192 H cm

Upper Body

PEC FLY S6PF

- Smart Arm linkage provides varying radius throughout range of movement
- Adjustable starting position allows for different-sized users
- Arm pad design allows for both internal and external arm positions

Dimensions:
57" L x 69" W x 54" H
145 L x 174 W x 137 H cm



Upper Body

BICEPS CURL S6BC

- 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 towards the center line of the body for more complete contraction

Dimensions:
42" L x 65" W x 55" H
106 L x 165 W x 139 H cm



Upper Body

TRICEPS EXTENSION S6TE

- Front open entry for easy entrance/exit for users of all conditioning levels
- Independent movement arms for a balanced workout

Dimensions:
42" L x 63" W x 52" H
106 L x 160 W x 131 H cm



Upper Body

TRICEPS PRESS S6TP

- Front, open entry for easy entrance/exit for users of all conditioning levels
- Smart Arm linkage for multiple, user-defined paths

Dimensions:
58" L x 60" W x 48" H
147 L x 151 W x 121 H cm

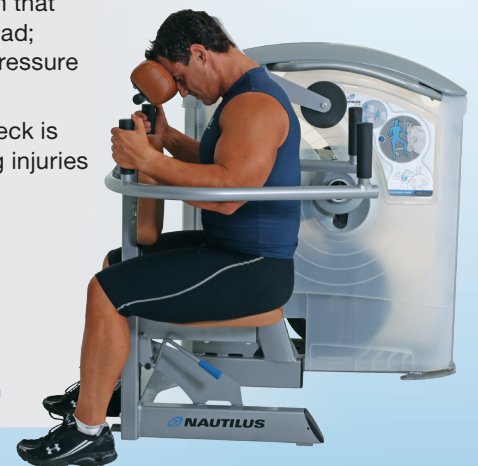


Upper Body

FOUR-WAY NECK MACHINE S6FWN

- The forehead pad is made of visco-elastic foam that forms to your forehead; this eliminates the pressure on your face
- Strengthening the neck is essential in reducing injuries for athletes

Dimensions:
42" L x 65" W x 58" H
106 L x 164 W x 147 H cm





Nautilus ONE®

Ergo Grip technology provides complete and independent arm movement enabling a natural, user-defined path of motion.

Upper Body

LATERAL RAISE S6LR

- Pivoting handle grips accommodate different-sized users
- Independent movement arms for a balanced shoulder workout



Dimensions:
44" L x 58" W x 58" H
110 L x 147 W x 146 H cm

Upper Body

SHOULDER PRESS S6SP

- Front press movement with converging arms minimizes shoulder impingement
- Multiple grips provide hand position options



Dimensions:
60" L x 66" W x 63" H
151 L x 167 W x 160 H cm

Core

LOW BACK S6LB

- The only full range lumbar isolated machine that emulates the function of rotation around multiple vertebrae
- Contoured lower back pad allows full range extension



Dimensions:
50" L x 52" W x 51" H
127 L x 133 W x 129 H cm

Core

ABDOMINAL CRUNCH S6ABC

- The only 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



Dimensions:
43" L x 56" W x 59" H
109 L x 142 W x 149 H cm

Lower Body

LEG EXTENSION S6LE

- 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



Dimensions:
54" L x 53" W x 50" H
136 L x 133 W x 127 H cm

Lower Body

LEG PRESS S6LP

- Maximum muscle involvement with minimum 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
- Overstuffed, adjustable contoured back pad for comfort, with ratcheting adjustment for stability



Dimensions:
73" L x 52" W x 50" H
184 L x 132 W x 126 H cm

Lower Body

HIP ABDUCTION/ADDUCTION S6AA

- 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



Dimensions:
74" L x 48" W x 49" H
188 L x 121 W x 123 H cm

Lower Body

SEATED LEG CURL S6LC

- Advanced coupled movement arm technology creates the first seated leg curl machine to enable proper knee axis alignment throughout movement
- Knee and tibia pad adjustment handles accessible from seated position for easy set-up



Dimensions:
65" L x 53" W x 50" H
164 L x 133 W x 126 H cm



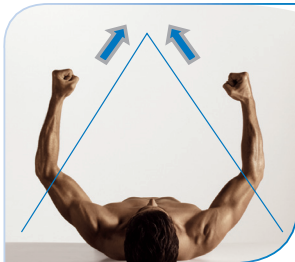
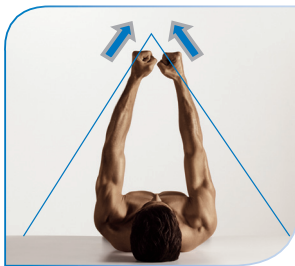
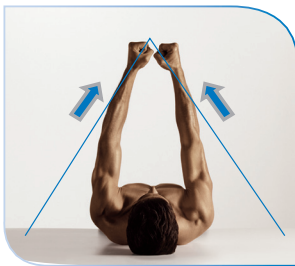
Optimal Strength Curve Technology™

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.

The patented, four-bar linkage system directs the movement through its entire range for better, quicker results.

Durability is a given. Industrial-grade components, 2" x 4" steel frames, and superior construction go into every machine we build. Our equipment even meets GSA qualification standards.





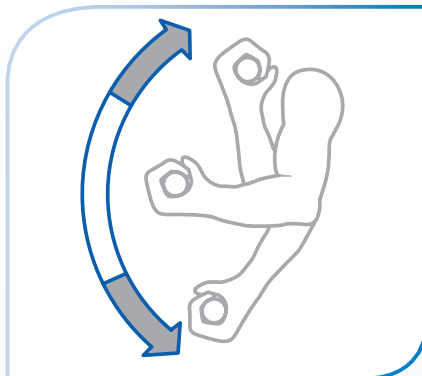
Converging Press Arms - The Correct Way to Work Out

Instead of forcing users to follow an incorrect path of motion, Nautilus EVO® equipment provides a proper movement path. The independent converging press arms also ensure greater rotation in the shoulder joint for greater muscle contraction.

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 EVO® equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Leading to unprecedented results.



Optimal Strength Curve Technology™

Ensures smooth resistance and proper muscle loading through the entire movement

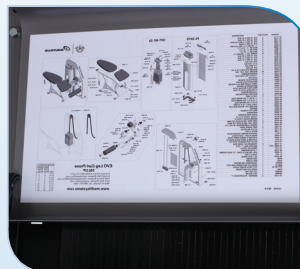
- Equal to or greater than selected weight
- Less than selected weight

And while the Nautilus EVO® line offers a powerful workout, the equipment is intuitive enough for novices to use.



Introducing our patent-pending 5 lb. increment weight stack.

It accommodates slight strength gains and eliminates friction and maintenance of add-on weights. Proprietary pin design limits pilferage & misuse liability.



Updated exercise placards with EVO® exercise descriptions. Integrated parts schematic inside shroud simplifies service.

Updated sleek, fully-enclosed weight shields that protect users (and looks very cool!).

Marine-grade, contoured upholstery (same as Nautilus ONE®!) for added comfort, longevity and improved aesthetics.

Enlarged bottle holder & towel knob for convenience.





Nautilus EVO®

Our upper-body and core equipment is devoted to sculpting the chest, back, arms, shoulders and abs.

Upper Body

VERTICAL CHEST S9VC

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

Dimensions:
57" L x 41" W x 71" H
144 L x 102 W x 181 H cm



Upper Body

INCLINE PRESS S9IP

The 35° angle targets the upper chest muscles.

Dimensions:
66" L x 46" W x 56" H
167 L x 117 W x 140 H cm



Upper Body

PEC FLY S9PF

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

Dimensions:
62" L x 37" W x 58" H
157 L x 93 W x 147 H cm



Upper Body

REAR DELT/PEC FLY S9RDPF

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.

Dimensions:
69" L x 41" W x 74" H
174 L x 105 W x 187 H cm



Shown with optional footrest: 95-0570 >>>

Upper Body

MID ROW S9MR

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



Dimensions:
64" L x 40" W x 55" H
161 L x 100 W x 138 H cm

Upper Body

PULLOVER S9PO

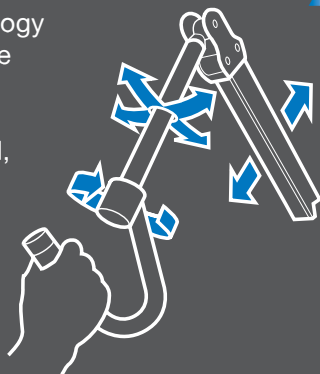
This powerful machine provides 250° of shoulder rotation, working the lats, pecs and abs.



Dimensions:
59" L x 49" W x 68" H
150 L x 125 W x 171 H cm

Features Ergo Grip Technology

Ergo Grip technology provides complete and independent arm movement, enabling a natural, user-defined path of motion.



Upper Body

COMPOUND ROW S9CR

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



Dimensions:
86" L x 37" W x 67" H
218 L x 92 W x 170 H cm



Nautilus EVO®

Dependent arm movement provides maximum stability and balanced resistance from beginning to end.

Upper Body

BICEPS CURL S9BC

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



Dimensions:
38" L x 46" W x 55" H
97 L x 115 W x 139 H cm

Upper Body

PREACHER CURL S9PC

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



Dimensions:
49" L x 41" W x 55" H
123 L x 104 W x 138 H cm

Upper Body

TRICEPS EXTENSION S9TE

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



Dimensions:
38" L x 46" W x 63" H
97 L x 115 W x 160 H cm

Upper Body

V-TRICEPS EXTENSION S9VTE

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



Dimensions:
51" L x 41" W x 58" H
130 L x 104 W x 146 H cm

Upper Body

OVERHEAD PRESS S9OP

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



Dimensions:
57" L x 41" W x 58" H
145 L x 104 W x 147 H cm

Upper Body

LATERAL RAISE S9LR

Provides a full-range, single-joint rotary movement for the deltoids.



Dimensions:
54.5" L x 36.5" W x 59" H
138 L x 93 W x 150 H cm

Upper Body

SEATED DIP S9SD

This machine positions the torso forward for better triceps contraction.



Dimensions:
40" L x 48" W x 55" H
102 L x 122 W x 138 H cm

Upper Body

LAT PULLDOWN S9LATP

Effectively works the back muscles while reducing shoulder stress. The handles rotate for a more natural feel.

Features
Ergo Grip
Technology



Dimensions:
74" L x 31" W x 89" H
186 L x 79 W x 226 H cm



Nautilus EVO®

The comfortable seats and back pads adjust easily to fit a wide range of users.

Core

LOWER BACK S9LB

Works the lumbar muscles while eliminating pressure on the spine. The adjustable foot platform ensures proper form.



Dimensions:
58" L x 42" W x 55" H
146 L x 106 W x 138 H cm

Core

ROTARY TORSO S9RT

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



Dimensions:
65" L x 48" W x 55" H
164 L x 122 W x 139 H cm

Core

ABDOMINAL S9AB

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



Dimensions:
42" L x 45" W x 55" H
106 L x 113 W x 139 H cm

Combination

GRAVITRON® MACHINE S9GRV

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



Dimensions:
70" L x 47" W x 85" H
178 L x 119 W x 216 H cm

Lower Body

LEG PRESS S9LP

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



Dimensions:
81" L x 42" W x 68" H
205 L x 105 W x 171 H cm

Lower Body

LEG EXTENSION S9LE

Positions the body to fully isolate the quads. The movement arm is heavily padded for user comfort.



Dimensions:
53" L x 38" W x 55" H
135 L x 97 W x 138 H cm

Lower Body

PRONE LEG CURL S9LCP

The cam design encourages full contraction of the hamstrings.

Dimensions:
70" L x 38" W x 58" H
178 L x 95 W x 147 H cm



Lower Body

SEATED CALF S9SC

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

Dimensions:
63" L x 36" W x 55" H
158 L x 91 W x 138 H cm



Lower Body

SEATED LEG CURL S9LC

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



Dimensions:
59" L x 39" W x 55" H
150 L x 98 W x 138 H cm

Lower Body

HIP ABDUCTION/ADDUCTION S9AA

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

Dimensions:
67" L x 36" W x 57" H
169 L x 91 W x 143 H cm



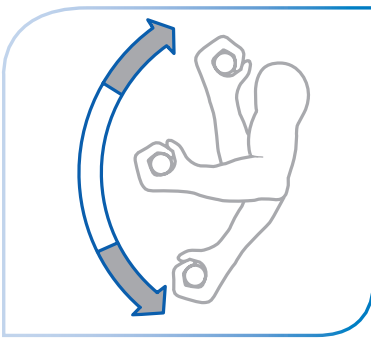


Nautilus® NOVA

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 compact design allows you to make the most of your facility's available space.





Optimal Strength Curve Technology™

Ensures smooth resistance and proper muscle loading through the entire movement

- Equal to or greater than selected weight
- Less than selected weight

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.

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 EVO® 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



Single Function

Uncompromising craftsmanship in an affordable package

- Small footprint, lowest priced Nautilus® strength line
- Full-commercial warranty - Made in Virginia

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.

Upper Body

OVERHEAD PRESS S8OP

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



Dimensions:
52" L x 46" W x 59" H
133 L x 116 W x 148 H cm

Upper Body

TRICEPS PRESS S8TP

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



Dimensions:
64" L x 35" W x 59" H
161 L x 87 W x 148 H cm

Upper Body

BICEPS CURL S8BC

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



Dimensions:
49" L x 46" W x 59" H
123 L x 115 W x 148 H cm

Upper Body

COMPOUND ROW S8CR

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



Dimensions:
78" L x 23" W x 73" H
196 L x 58 W x 185 H cm

Upper Body

LAT PULLDOWN S8LATP

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



Dimensions:
52" L x 23" W x 83" H
130 L x 58 W x 209 H cm

Upper Body

LATERAL RAISE S8LR

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



Dimensions:
40" L x 49" W x 59" H
102 L x 124 W x 148 H cm

Upper Body

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:
53" L x 60" W x 59" H
135 L x 152 W x 148 H cm



Nautilus® NOVA

Nautilus® NOVA delivers maximum results without sacrificing quality, and offers facilities with limited resources the opportunity to maximize their investment.

Core

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:
50" L x 49" W x 59" H
127 L x 124 W x 148 H cm

Core

ABDOMINAL S8AB

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



Dimensions:
47" L x 53" W x 59" H
118 L x 135 W x 148 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:
57" L x 48" W x 59" H
137 L x 145 W x 120 H cm

Lower Body

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:
65" L x 48" W x 59" H
164 L x 122 W x 148 H cm

Dual Function

The best design dual function machines in the industry

- A maximum of only two adjustments is required to switch between movements
- Users can change movements 'on the fly' without getting off the machine

Dual Function

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 hand grip positions with oversized handles for comfort
- Adjustable back pad for varying starting position stretch

Dimensions: 56" W x 55" L x 59" H
142 W x 138 L x 148 H cm



Dual Function

ABDOMINAL/LOW BACK S8AB-LB

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: 60" L x 53" W x 59" H
152 L x 135 W x 148 H cm





Nautilus® Nova

Our commercial products are built - and tested - to handle the unrelenting demands of fitness facilities.

Dual Function

LAT PULLDOWN/COMPOUND ROW S8LTCR

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 eliminates shoulder impingement
- Angled seat with large, non-slip foot bar provides the ultimate in rowing stabilization

Dimensions: 70" L x 23" W x 90" H
177 L x 58 W x 228 H cm



Dual Function

BICEPS CURL/TRICEPS EXTENSION S8BC-TE

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

- Biceps movements can be 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 triceps exercises

Dimensions: 53" L x 23" W x 78" H
133 L x 59 W x 199 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: 66" L x 32" W x 59" H
168 L x 79 W x 148 H cm



Dual Function

LEG PRESS/CALF FLEX S8LPCF

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: 90" L x 60" W x 73" H
227 L x 151 W x 185 H cm



Dual Function

LEG EXTENSION/LEG CURL S8LE-LC

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: 65" L x 48" W x 59" H
164 L x 122 W x 148 H cm





Follows the Body's Every Move

Rugged, yet easy to use, each **XPLOAD** machine correctly addresses the strength curve of the body part it's designed to train.

And the durability is unmatched, thanks to the 11-gauge steel frames and industrial-grade materials. For convenience, weight plates are loaded low to the ground.

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 **XPLOAD** equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion leading to unprecedented results.



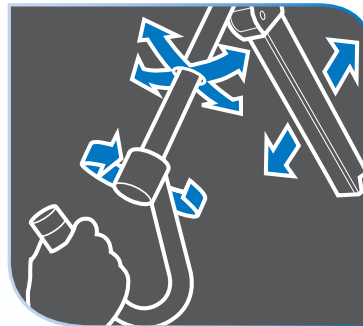
Low Loading Plates

Nautilus **XP**Load® designed to provide the safest, most comfortable and functional plate-loaded training experience.

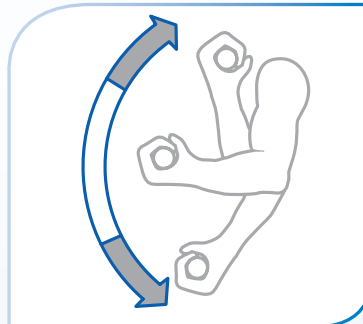


Our plate-loaded line combines the smooth feel of free weight equipment with the controlled biomechanical movement of a machine.

- Machines feature loading points that are low to the ground. No lifting plates to chest or eye level, thus helping to avoid the number one cause of gym injuries - dropped weights.
- Integrated plate storage is standard with smaller diameter, solid steel bars to make it easier and safer to remove/replace plates.
- Upper body units feature independent movement arms and pressing movements with biomechanically correct converging motion.
- Pressing motions feature both neutral and pronated grips for more exercise options and accommodation to certain pathologies.
- Padded oversized grips make pressing exercises less stressful to the wrists
- Smaller grips for pulling exercises for greater comfort when using heavy resistance.
- Smooth and proper resistance through the full range of motion with Optimal Strength Curve Technology™ for increased results.
- Non-intimidating design that fits and works for everyone, not just athletes.



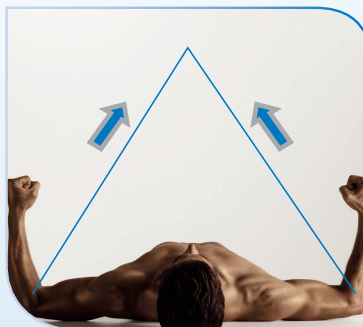
This technology provides complete and independent arm movement, enabling a natural, user-defined path of motion



Optimal Strength Curve Technology™

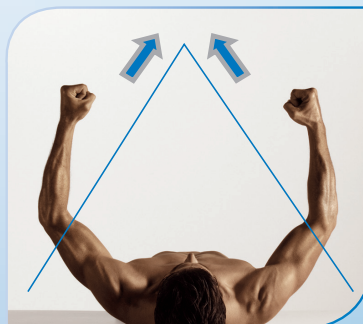
Ensures smooth resistance and proper muscle loading through the entire movement

- Equal to or greater than selected weight
- Less than selected weight



Converging Press Arms - The Correct Way to Work Out

Instead of forcing users to follow an incorrect path of motion, Nautilus **XP**Load® equipment provides a proper movement path. The independent converging press arms also ensure greater rotation in the shoulder joint for greater muscle contraction.





Nautilus XPLOAD®

Our upper-body equipment offers an intense - and biomechanically correct - workout. The patented four-bar linkage system ensures proper resistance through the entire range of motion, and guides the user's movement.

Upper Body

VERTICAL CHEST P3VC

Allows for superior pec development. This machine offers multiple handle positions and converging arm movement.



Dimensions:
59" L x 57" W x 73" H
149 L x 144 W x 184 H cm

Upper Body

INCLINE PRESS P3IP

The adjustable back pad allows for a variety of starting positions at a 35° angle. Features multiple handle motions and converging arm movement.



Dimensions:
68" L x 57" W x 52" H
171 L x 143 W x 131 H cm

Upper Body

OVERHEAD PRESS P3OP

Develops the deltoids from a more shoulder-friendly workout platform.

The adjustable seat and multiple handle positions accommodate the needs of any user. Also features converging arm movement.



Dimensions:
57" L x 56" W x 60" H
144 L x 141 W x 152 H cm

Upper Body

COMPOUND ROW P3CR

The arms provide additional user-defined paths of motion, and the rotating handles follow the body's natural movement. To ensure stability, the foot platforms are oversized.

Dimensions:
94" L x 49" W x 37" H
239 L x 124 W x 93 H cm



Upper Body

TRICEPS EXTENSION P3TE

This machine features a raised-arm design for more targeted workouts and optimal muscle stretch. Users can work arms together or separately.

Dimensions:
36" L x 69" W x 62" H
90 L x 175 W x 156 H cm



Upper Body

SEATED DIP P3SD

Effectively works the triceps, chest and shoulders. The walk-in design makes entry and exit easy.

Dimensions:
53" L x 70" W x 43" H
135 L x 178 W x 108 H cm



Upper Body

LAT PULLDOWN P3LATP

This machine's design helps reduce shoulder stress. The arms offer multiple user-defined paths of motion, and the handles rotate for a more natural feel.

Dimensions:
91" L x 59" W x 92" H
232 L x 150 W x 234 H cm



Upper Body

BICEPS CURL P3BC

The raised-arm design ensures maximum muscle contraction. Users can work arms together or separately.

Dimensions:
40" L x 69" W x 58" H
100 L x 175 W x 147 H cm



EZ-Glide™ seats accommodate any user with a quick, simple adjustment



Small grips for pulling exercises make heavy loads more comfortable

Ergo Grip technology provides complete and independent arm movement, enabling a natural, user-defined path of motion



Oversized, padded hand grips make pressing exercises more comfortable





Nautilus XPLOAD®

Our exclusive four-bar linkage system provides the proper strength curve and a complete range of motion - offering your members a more effective lower-body workout. The back pads, seats and roller pads are fully adjustable, accommodating a wide range of users.

Upper Body

T-BAR ROW P3TBR

The T-Bar Row machine has a wide foot platform with a non-skid surface. The weight is strategically located to provide a complementary strength curve. Dead lifts can also be performed on this machine.



Dimensions:
68" L x 33" W x 44" H
173 L x 84 W x 112 H cm

Upper Body

FOUR-WAY NECK MACHINE P3FVN

A torso pad supports the body during flexion and extension exercises. The face pad swivels to maintain proper alignment.



Dimensions:
50" L x 63" W x 61" H
126 L x 158 W x 155 H cm

Lower Body

PRONE LEG CURL P3LCP

The bench pad keeps the hips raised to ensure full hamstring contraction.



Dimensions:
78" L x 45" W x 31" H
197 L x 113 W x 78 H cm

Lower Body

SEATED CALF P3SC

The unique, diamond-plate foot platform helps prevent users' feet from slipping, regardless of their workout position.



Dimensions:
61" L x 31" W x 42" H
154 L x 79 W x 107 H cm

Lower Body

LEG EXTENSION P3LE

The angled seat is designed to fully isolate the quads, while the arm handles help prevent the body from twisting.

Dimensions:
75" L x 46" W x 53" H
190 L x 117 W x 135 H cm



Lower Body

GLUTE-HAM P3GH

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 legs swing of the user. Easy entry and can be used as a reverse hyper extension.

Dimensions:
66" L x 52" W x 61" H
168 L x 131 W x 155 H cm



Lower Body

LEG PRESS P3LP

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.

Dimensions:
99" L x 67" W x 57" H
251 L x 171 W x 145 H cm



Lower Body

45 DEGREE LEG SLED P345LS

Features a 45° angle and an extra-wide foot platform which is positioned to reduce knee stress. An emergency stop feature provides added safety.

Dimensions:
90" L x 62" W x 57" H
229 L x 156 W x 143 H cm



Low Loading Plates

One of the many benefits of XPLoad® equipment is low-to-ground weight horns - which make loading and unloading plates easier

*plates not included



Lower Body

DEADLIFT/SHRUG P3DLS

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

Dimensions:
71" L x 60" W x 47" H
181 L x 153 W x 120 H cm



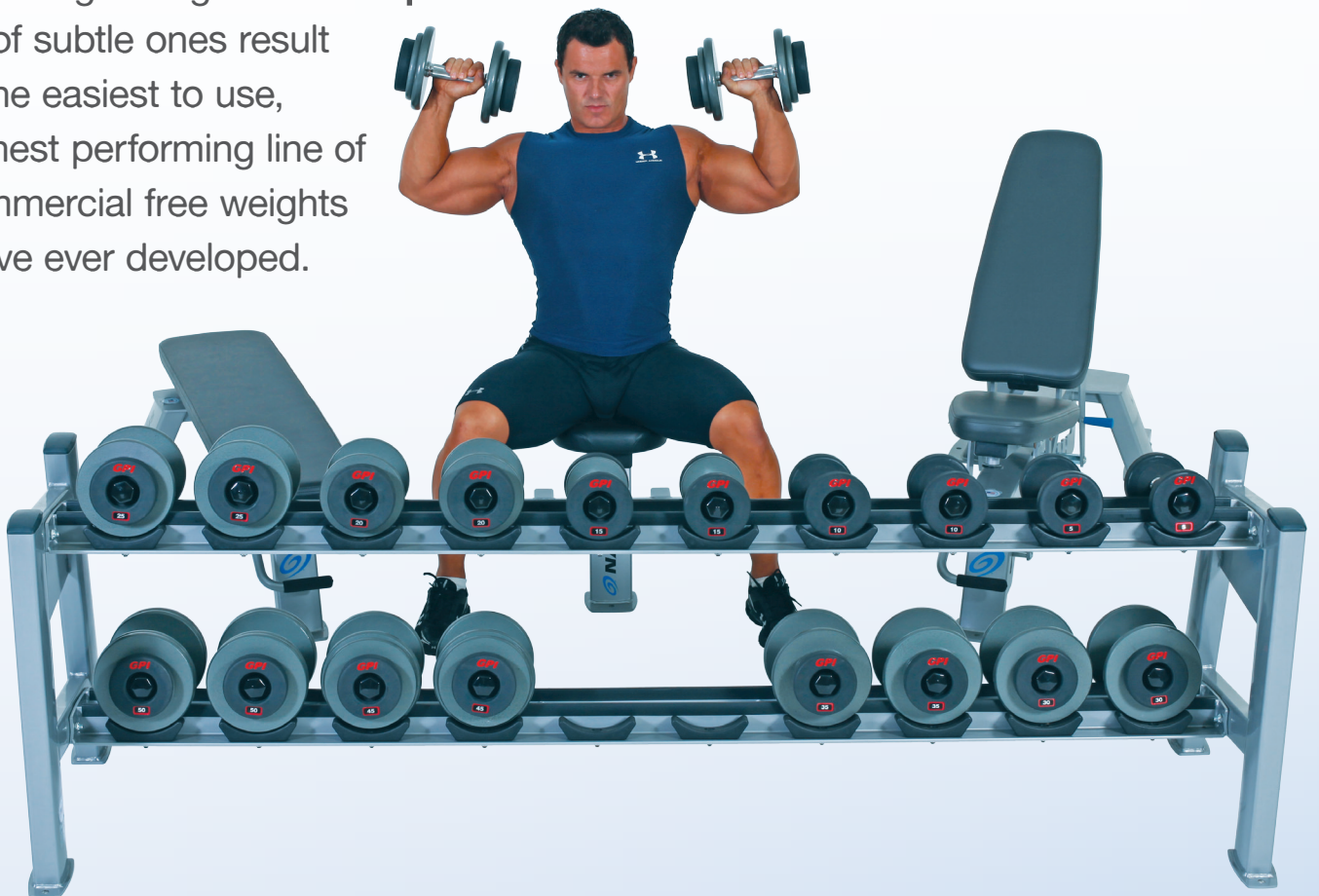


Free Weights

**Designed for
Performance,
Ease of Use and
Aesthetics**

Introducing our new commercial free weight line, a study in perfection.

A few big changes and a lot of subtle ones result in the easiest to use, highest performing line of commercial free weights we've ever developed.



We're Driven Because You're Driven

Details you'll discover include new user-friendly adjustment mechanisms, innovative and thoughtful bench designs and modern hi-tech frame shapes that make you want to reach out and touch them.

Nautilus pioneered the concept of selectorized equipment more than three decades ago. Our innovative thinking continues today.



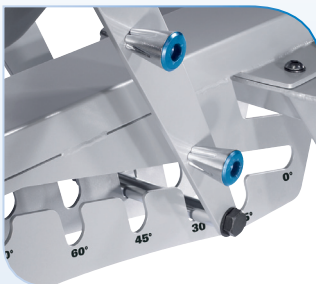
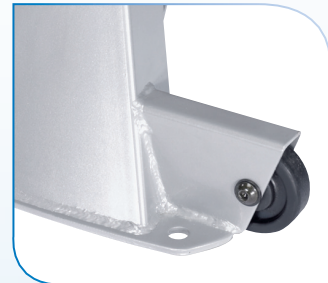
Tri-pod base creates a perfectly stable platform



Adjustment levers/ touch points are colored blue for easy identification



You'll find wheels on the most popular benches for easy transport



No "pop pins" on any of our adjustable pieces - ratcheting mechanisms are more durable and provide more solid placements

Thoughtful details your members will notice like entry and exit handles and ergonomic pads to properly support the user and enable full range of motion



Our commercial products are built - and tested - to handle the unrelenting demands of fitness facilities.



Free Weights

Our seat and back profiles provide optimum support and pinch-free movement. Bench heights are 15" or less from the floor so a user's feet are flat on the floor and their back is fully supported (not arched).

Utility Bench

0-90° ADJUSTABLE UTILITY BENCH F30-90

This bench has a ratcheting seat pad and back pad adjustment. No pop pins, making it strong and reliable. Back pad folds over the seat pad in incline position, eliminating the gap between the two pads.

Seat and back pad adjustments:
Back pad: flat, 15, 30, 45, 60 and 85°
Seat pad: flat, 10, 20 and 30°

Dimensions: 57" L x 26" W x 19" H
145 L x 64 W x 48 H cm



Utility Bench

ADJUSTABLE DECLINE BENCH F3AD

The Adjustable Decline bench achieves the decline angle by lowering the head instead of raising the seat which enables easier user mount and dismount. Utilizes a ratcheting back pad adjustment. No pop pins, making it strong and reliable.

Adjustments: flat, -5, -10, -15 and -20°

Dimensions: 59" L x 24" W x 23" H
148 L x 61 W x 59 H cm



Utility Bench

FLAT UTILITY BENCH F3FU

This Flat Utility bench features a stable, 47" long back pad that is 10" wide at the chest position. Convenient transport handle and wheels allow for ease in moving. The solid tripod base sits evenly on the floor.



Dimensions: 52" L x 25" W x 16" H
130 L x 63 W x 40 H cm

Utility Bench

ADJUSTABLE ABDOMINAL BENCH F3AAB

The Adjustable Abdominal bench achieves the decline angle by lowering the head instead of raising the seat which enables easier user mount and dismount. Utilizes a ratcheting back pad adjustment as well as a constant radius back pad. Features a leg anchoring design at a fixed height. No pop pins, making it strong and reliable.

Adjustments: flat, -5, -10, -15 and -20°



Dimensions: 65" L x 24" W x 34" H
164 L x 61 W x 85 H cm

Utility Bench

SEATED UTILITY BENCH F3SU

The Seated Utility bench back pad reclines 10° for proper torso support, and the seat pad reclines 5°, adding to user stability. Back pad to seat pad: 95°. Convenient wheels allow for ease in moving.



Dimensions: 27" L x 26" W x 42" H
69 L x 66 W x 106 H cm



Free Weights

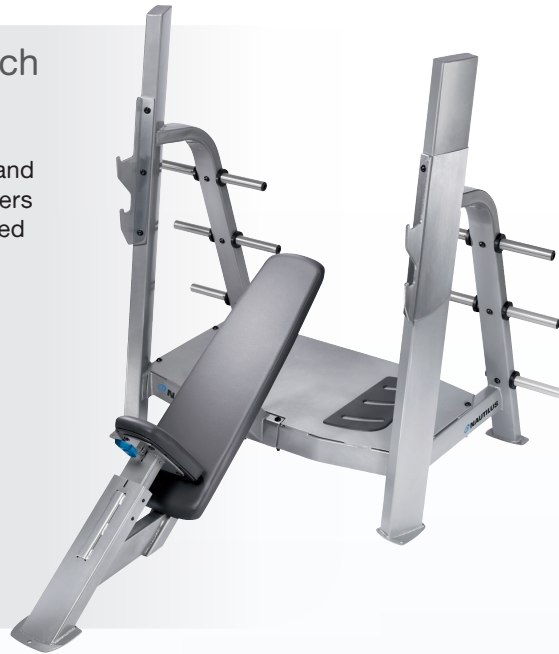
The Nautilus® Commercial Free Weight line uses 11-gauge steel frame tubes incorporating a new, softer curved profile for a strong, modern look. Pivot points use durable bronze brushings, along with a 3-point base design which results in a self-leveling bench.

Olympic Bench

OLYMPIC INCLINE BENCH F3OIB

The Olympic Incline bench has a 35° incline and adjustable ratcheting seat. The back pad tapers to 10" wide at the chest. Includes an integrated spotter's platform.

Dimensions: 86" L x 69" W x 65" H
217 L x 175 W x 164 H cm



Olympic Bench

OLYMPIC MILITARY BENCH F3OMB

The Olympic Military bench includes both front and rear bar catches. Features an adjustable ratcheting seat design.

Dimensions: 58" L x 69" W x 72" H
148 L x 174 W x 182 H cm



Olympic Bench

OLYMPIC FLAT (SUPINE) BENCH F3OSB

The Olympic Flat bench features contoured back pad for proper support.



Dimensions: 75" L x 69" W x 53" H
190 L x 174 W x 135 H cm

Olympic Bench

OLYMPIC DECLINE BENCH F3ODB

The Olympic Decline bench features a fore-aft adjustable seat with four positions to ensure the user is in the proper lift position. The bench decline angle: 15°



Dimensions: 88" L x 69" W x 53" H
224 L x 175 W x 135 H cm



Bench telescopes 6"

Exercise Machine

CHIN-DIP LEG RAISE F3CD

Leg Raise: Cushioned elbow pads angled at 30° lock the user in. Ergonomic back pad promotes constant comfort.

Chin-Ups: Multiple grip handle positions, from narrow to wide.

Dips: The dip bar handles taper outwards, with mounting steps for chin-ups or dips.



Dimensions: 52" L x 47" W x 95" H
132 L x 119 W x 241 H cm



Free Weights

The Nautilus® line of free weight Olympic Benches handle over 600 pounds of plate storage. The brushed chrome-plated (5/16” thick) bar holders contain two catch positions that are parallel to the user’s path of motion making it easier to rack/unrack Olympic bars.

Exercise Machine

PREACHER CURL F3PC

The Preacher Curl machine has brushed chrome-plated bar holders that protect the uprights. The pad supports user’s upper arm, and doesn’t impinge the elbow allowing for better activation of the biceps. Walk-in design and easy height adjustment promotes an optimal seat angle and moves smaller users closer to the arm pad.

Dimensions: 44” L x 30” W x 38” H
111 L x 75 W x 95 H cm

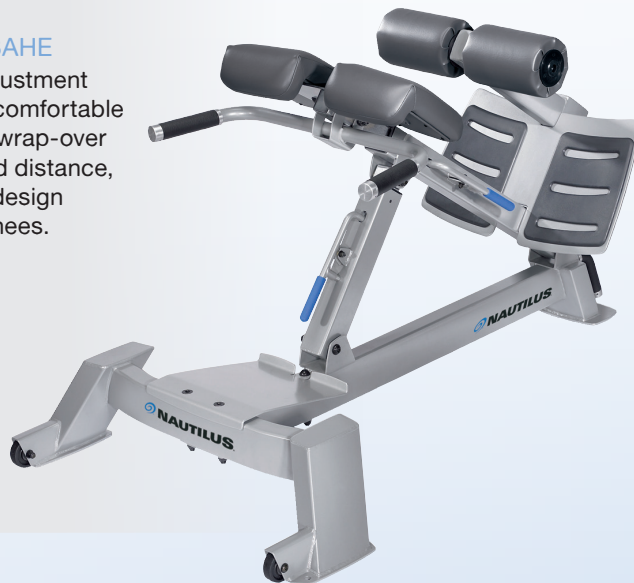


Exercise Machine

ADJUSTABLE HIP EXTENSION F3AHE

The Adjustable Hip Extension’s hip pad adjustment accommodates short to tall users. Features comfortable and secure design elements such as wide wrap-over hip/thigh pads, optimal hip pad to knee pad distance, and exit/entry handles. The leg anchoring design includes support pads behind the user’s knees.

Dimensions: 64” L x 40” W x 39” H
161 L x 101 W x 98 H cm



Rack

SMITH MACHINE F3SM

Our redesigned Smith machine features 12 racking positions to fit different users, exercises and benches. Squats and other lifts are now performed facing the machine. This places the user in a proper lift position, and conserves space when using a bench. Linear ball bearings are on a 1.25" hardened steel shaft, and a J-hook bail out design with new (spring-loaded) safety stop catches have been added. The Olympic bar is counter-balanced to 15 pounds. Counter weight and pulleys are shielded.

Dimensions: 54" L x 88" W x 95" H
137 L x 223 W x 240 H cm



Rack

POWER RACK F3PR

The Power Rack is designed to allow ease-of-use with the 0-90° bench. It has a workout area of 42" by 88." The J-hook racking system has a locking mechanism. This rack also features a built-in ergonomic chin bar with multiple grip positions, and has a maximum lift load of 1000 pounds.

Dimensions: 76" L x 58" W x 93" H
193 L x 147 W x 235 H cm



Safety bailout bars include 15 positions on a stainless channel that eliminates chipped paint



Rack

SQUAT RACK F3SR

The Squat Rack can accommodate over 600 pounds of plate storage using its brushed chrome-plated weight horns. The bar holders are 5/16" thick and feature two catch positions.

Dimensions: 67" L x 69" W x 72" H
168 L x 175 W x 182 H cm





Free Weights

Engineered by experts in exercise science and strength training, our equipment helps ensure a better feel and proper form.

Tower

DUAL-PULLEY ADJUSTABLE TOWER F3AT

- Standard 240 pound weight stack
- Lightweight (12 pounds) 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 in Cable Crossover with bridge, an adjustable tower with two or three added towers, and/or in a pod with one or more additional Nautilus® towers - cannot be used stand-alone
- Available with free standing base (F3ATFS)

Dimensions: 31" L x 47" W x 92" H
79 L x 119 W x 233 H cm



Towers nest together for maximum space efficiency and flexibility

Tower

CABLE CROSSOVER TOWER F3CC

- 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 designed or be used in 2-pod, 3-pod or 4-pod configurations

Dimensions: 140" L x 47" W x 93" H
356 L x 119 W x 236 H cm



Tower

DUAL-PULLEY LAT PULLDOWN TOWER F3DLT

- Standard 240 pound 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
- Available with 365 lb. weight stack (F3DLTH)
Dimensions: 58" L x 47" W x 93" H
148 L x 119 W x 236 H cm
- Available with 365 lb. weight stack and tall boom that is 7.5" higher (F3DLTT)
Dimensions: 58" L x 47" W x 100" H
148 L x 119 W x 253 H cm



Adjustable, locking thigh pads are set at a 20° angle to lock in the hip, similar to the Nautilus EVO® and Nautilus® XPLoad® gyms



Tower

DUAL-PULLEY ROW TOWER F3DRW

- Standard 240 pound weight stack
- Dual-handle, independent cable drive system has unilateral or bilateral movements and wide V-pulleys
- Wide foot platform with non-skid surface
- Can be used stand-alone or connected with one, two, or three additional Nautilus® tower units
- Available with 365 lb. weight stack (F3DRWH)

Dimensions: 84" L x 47" W x 92" H
214 L x 119 W x 233 H cm





Free Weights

The Nautilus® Commercial Free Weight line uses 11-gauge steel frame tubes, incorporating a new, softer curved profile for a strong, modern look. Pivot points use durable bronze brushings, along with a 3-point base design which results in a self-leveling bench.

Equipment Storage

ONE-TIER DUMBBELL RACK F31TDR

The One-Tier Dumbbell rack holds five pairs of dumbbells (5 lb. to 100 lb. sizes). The molded dumbbell saddles protect weights from scuffing. This rack can be nested length-wise to other dumbbell racks.

Dimensions: 30" L x 97" W x 30" H
74 L x 245 W x 76 H cm

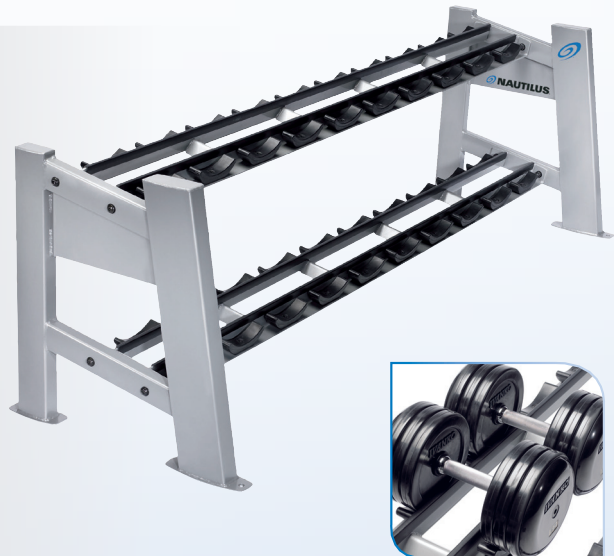


Equipment Storage

TWO-TIER DUMBBELL RACK F32TDR

- Holds ten pairs of dumbbells (5 lb. to 100 lb. sizes)
- The molded dumbbell saddles protect weights from scuffing
- This rack can be nested length-wise to other dumbbell racks.

Dimensions: 30" L x 97" W x 30" H
74 L x 245 W x 76 H cm



Equipment Storage

BARBELL RACK F3BR

The Barbell rack features brushed chrome-plated bar holders that can store up to 10 standard (fixed) barbells, five per side. Also accommodates standard easy-curl bars. Comes with a weight accessories tray designed to hold extra handles, bar collars and wraps.



Dimensions: 45" L x 32" W x 51" H
115 L x 82 W x 130 H cm

Equipment Storage

WEIGHT TREE F3WT

The Weight Tree has six zinc-plated weight horns for plates and collars, with an easy on/off design. The wide base helps prevent tip-overs and features a storage area in the center.



Dimensions: 39" L x 40" W x 34" H
98 L x 100 W x 85 H cm



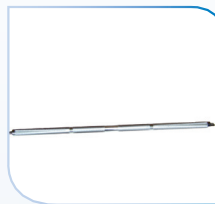
Nautilus Freedom Trainer™

For years, the Nautilus Freedom Trainer™ has been the most popular, functional exercise machine on the market!

- Improves strength in integrated movements that imitate specific activities-either sports-related or the movements that make up daily life. Versatility allows for an infinite number of exercises
- The arms adjust in a horizontal and vertical plane and are counterbalanced for ease of adjustment
- Visually-affirmed, positive locking vertical adjustments provide an additional measure of safety
- Fewer pulleys than other machines and no springs for smoother operation
- Dual pulley head design makes for better cable tracking
- Fully-enclosed weight stacks minimize maintenance and enhance safety
- Arms rotate out to 180 degrees
- Exercises can be performed standing, seated or in a supine or prone position with the use of a ball, bench or seated chair (optional benches available)
- ADA Compliant. Wheelchair accessible, horizontal plane adjustment

INCLUDES STANDARD PATENT PENDING 3 IN 1 HANDLE

- Combination D-Handle, Ankle Sleeve, Triceps Rope and Grip Strength Impairment Accommodation
- ADA compliant
- Eliminates multiple handle changes
- Handle can be permanently anchored



OPTIONAL HANDLE PACKAGE

The optional handle package facilitates over 40 different exercises.

Optional Accessory Kit 95-0462

- Includes Iliac crest belt
- 42"- 3 pound bi-lateral bar
- Adjustable D handles
- 4-point ankle harness (available on single and dual stack)

Functional Training

FREEDOM TRAINER SINGLE STACK F3FT

- 4:1 weight ratio increases cable travel, reduces the negative effect of inertia and decreases the beginning weight to 3.75 lbs. at each grip
- 300-lb. weight stack

Arms In:

39" L x 57" W x 78" H
98 L x 145 W x 197 H cm

Arms out:

48" L x 118" W x 78" H
120 L x 299 W x 197 H cm

Arms Vertical:

39" L x 79" W x 100" H
98 L x 200 W x 254 H cm



Functional Training

FREEDOM TRAINER DUAL STACK F3FTD

Unmatched Versatility. Smooth Operation

- 2:1 weight ratio gives an incremental resistance of 5 lbs. at each grip
- Two 160 lb. stacks with 10 lb. increments

Arms In:

39" L x 57" W x 78" H
98 L x 145 W x 197 H cm

Arms out:

48" L x 118" W x 78" H
120 L x 299 W x 197 H cm

Arms Vertical:

39" L x 79" W x 100" H
98 L x 200 W x 254 H cm





Functional Trainers

Functional Training

F3 ADJUSTABLE TOWER PULLEY SYSTEM-FREE STANDING F3ATFS

VERSATILITY: Nautilus® pulley systems offer you an infinite number of possibilities. From physical therapy to sports-specific applications and general exercise use, you'll find the highest performance line of commercial pulley systems that we've ever developed.

INDUSTRIAL-GRADE: The Nautilus® Commercial F3 line uses 11-gauge steel frame tubes to incorporate a new, softer curved profile for a strong, modern look. Pivot points use durable bronze bushings. Multiple color options are available for the frame.

- Highly versatile adjustable pulley system with double pulleys which allows choices of unilateral or bilateral exercise protocols
- Wheelchair accessible with 21 indexed vertical adjustments
- 240 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

Dimensions:
61" L x 47" W x 91" H
155 L x 120 W x 232 H cm



Functional Training

F3 ADJUSTABLE TOWER PULLEY SYSTEM-DUAL STACK F3ATM-2

VERSATILITY: Nautilus® pulley systems offer you an infinite number of possibilities. From physical therapy to sports-specific applications and general exercise use, you'll find the highest performance line of commercial pulley systems that we've ever developed.

INDUSTRIAL-GRADE: The Nautilus® Commercial F3 line uses 11-gauge steel frame tubes to incorporate a new, softer curved profile for a strong, modern look. Pivot points use durable bronze bushings. Multiple color options are available for the frame.

- Compact design allows over 40 exercises from a standing, lying or seated position using optional handle package (95-0550)
- Dual weight stack allows two individuals to exercise at the same time
- Dual pulleys on each weight stack have 21 indexed vertical height adjustments, and allow a choice of unilateral or bilateral exercise
- Two 240 lb. weight stacks in 10 lb. increments
- 2:1 lifting ratio so the effective incremental resistance increase at one handle is only 5 lbs.
- Wheelchair accessible

Dimensions:
61" L x 47" W x 91" H
155 L x 120 W x 232 H cm





Functional Trainers

Nautilus pioneered the concept of selectorized equipment more than three decades ago. Our innovative thinking continues today.

Functional Training

F3 DUAL TOWER TRAINER PULLEY SYSTEM F3DTT

VERSATILITY: Nautilus® pulley systems offer you an infinite number of possibilities. From physical therapy to sports-specific applications and general exercise use, you'll find the highest performance line of commercial pulley systems that we've ever developed.

INDUSTRIAL-GRADE: Commercial F3 line uses 11-gauge steel frame tubes to incorporate a new, softer curved profile for a strong, modern look. Pivot points use durable bronze bushings. Multiple color options are available for the frame

- Two individuals can exercise at the same time
- Wheelchair accessible with 21 indexed vertical adjustments
- Both unilateral or bilateral exercise choices
- Two 250 lb. weight stacks in 5 lb. increments
- 2:1 lifting ratio so the effective incremental increase in resistance at one handle is only 2.5 lbs.
- Wheel chair accessible
- 21 indexed vertical height adjustments and 20" long stabilization handles add to it's versatility

Dimensions:
35" L x 87" W x 92" H
89 L x 221 W x 233 H cm



Functional Training

F3 TOWER TRAINER F3TT

- 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 accessories pilferage
- The shielded design provides both aesthetic and safety benefits, and a detailed pictorial placard lead the user through a progressive exercise regimen

Dimensions:
46" L x 38" W x 80" H
117 L x 97 W x 203 H cm



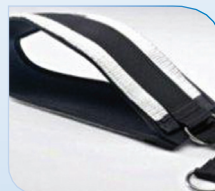
OPTIONAL HANDLE PACKAGE

Item #: 95-0590

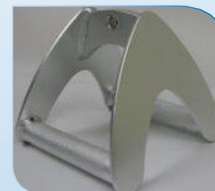
The optional handle package is available for all Nautilus® pulley systems. The combination of these handles will greatly increase the exercise/rehabilitation choices available to address specific goals or accommodate to specific pathologies. With this package you will be able to do over 40 different exercises with the Nautilus® pulley system machines.



Double
Triceps Rope
Single Triceps
Rope
V - Triceps Bar



Iliac
Crest Belt



V - Pulldown/
Row Bar

Lat Pulldown
Bar



Ankle Strap





All-Inclusive Four-Stack Commercial Weight Machine

The Nautilus® four-stack commercial weight machine combines all the features and technology used in Nautilus® world famous Nitro™ Club Line into one all-inclusive strength system. It is perfect for hospitals, hotels, schools, apartment complexes or other places limited on space, but unwilling to compromise the fitness standards they've come to expect from Nautilus® products.

INCLINE PRESS, CHEST PRESS AND SHOULDER PRESS STATION

The multi-press station offers a chest press, incline press and shoulder press, along with an independent dual-cable lat pulldown that maximizes muscle usage and increases comfort and safety.

LEG EXTENSION/PRONE LEG CURL STATION

A unique leg curl and leg extension station can be switched from one exercise to the next using one simple lever. To pack multiple exercises onto one station, manufacturers will often compromise the performance and fit of some of the movements. Not here! Nautilus® has designed the perfect lying leg curl with a seated leg extension, both with uncompromising biomechanics and feel.

PEC FLY/REAR DELT/LOW ROW STATION

A fully adjustable pec dec and rear deltoid station allows you to switch exercises using one simple pull knob. The dual handle, low pulley station provides complete freedom of movement for each arm. This user-defined movement better simulates the natural feel of using free weights, while giving you the safety and convenience of a selectorized machine. At a starting weight of only 5 lbs. and a max weight of 100 lbs. per handle, this station is not only perfect for beginners or rehabilitation environments, but also for the serious fitness professional.

LEG PRESS/ ABDOMINAL STATION/CALF RAISE STATION

A high-quality rubber foot plate provides a secure and durable platform on the leg press, while the 200 pound weight stack provides 400 lbs. of resistance. The uncompromising abdominal crunch is patterned after our commercial club models, ensuring a precise biomechanical fit for superior comfort and results.

Feature/Benefits

- Four separate 200 lb. weight stacks allowing four users to exercise simultaneously
- Each exercise movement has been designed using Nautilus® Optimal Strength Curve Technology™ ensuring smooth resistance and proper muscle-loading through the entire movement
- All weight stacks are fully shrouded for increased safety and privacy
- Exercise stations features instructional placards to demonstrate machine set-up, proper form and targeted muscles
- Every adjustment is color-coded to the machine for greater convenience

Constructed From Premium Materials

- 11-gauge steel frames provide for uncompromising stability and strength
- High precision sealed bearings and oil impregnated bushings in all pivots ensure commercial level performance
- Military-specification American-made cables
- Fiberglass reinforced nylon, 4 1/2" pulleys provide smooth motion and long life

The NS4000 offers twelve conventional exercise stations, including a low dual-pulley station and one high dual-pulley station for functional training access as well!

Multi Station

NS4000

WEIGHT STACKS

Four 200 lb. (91 kg) weight stacks with 40 inches (101 cm) of travel. 10 lb. (4.5 kg) increments

COLOR

Frame: Industrial Silver
Shrouding: Graphite
Upholstery: Charcoal Gray

Dimensions:

124"L x 88"W x 84" H
315 L x 224 W x 214 H cm





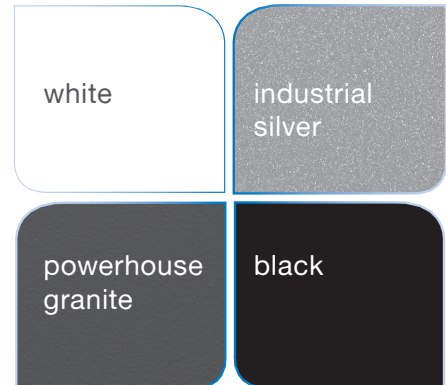
Color Options

Nautilus® brand fitness equipment frames are available in four standard colors.

Our marine-grade upholstery is built to withstand rigorous use, and is available in twelve different standard colors.

Custom colors are available on request.

Frame:



Upholstery:

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





Warranty

Why Nautilus

40 YEARS AGO, NAUTILUS® PRACTICALLY INVENTED FITNESS EQUIPMENT. WE'VE BEEN REINVENTING IT EVER SINCE.

In 1970, we designed and built the first machines that applied greater resistance in exercise motions where muscles are strongest and less resistance where muscles are weakest. By 1984, our strength machines were being used in more than 3,000 gyms. And since then, our fitness equipment has been embraced by millions of people in thousands of health clubs around the world.

Today, we continue to be the #1 name in fitness equipment. With over 30 international patents, our passion for innovation and our pursuit of perfection is unmatched by any other fitness-equipment manufacturer. We involve athletes and fitness experts in every step of product development to ensure user functionality and superior results.

No matter which Nautilus® commercial products you choose, you'll find the ideal combination of cutting-edge technology, superb craftsmanship and heavy-duty club quality materials. With our tradition of excellence, you can be sure that Nautilus® products are designed for a lifetime of use.

A Warranty That Endures

We've stood behind our products for more than four decades. Nautilus® Commercial Fitness Equipment continues that tradition with some of the best warranties in the industry. You get a 12-year warranty on the frames, welded parts and weight stacks; a 3-year warranty on other moving parts; a 1-year labor warranty;* and a 6-month warranty on upholstery, pads, grips and tethered weight-stack pins.

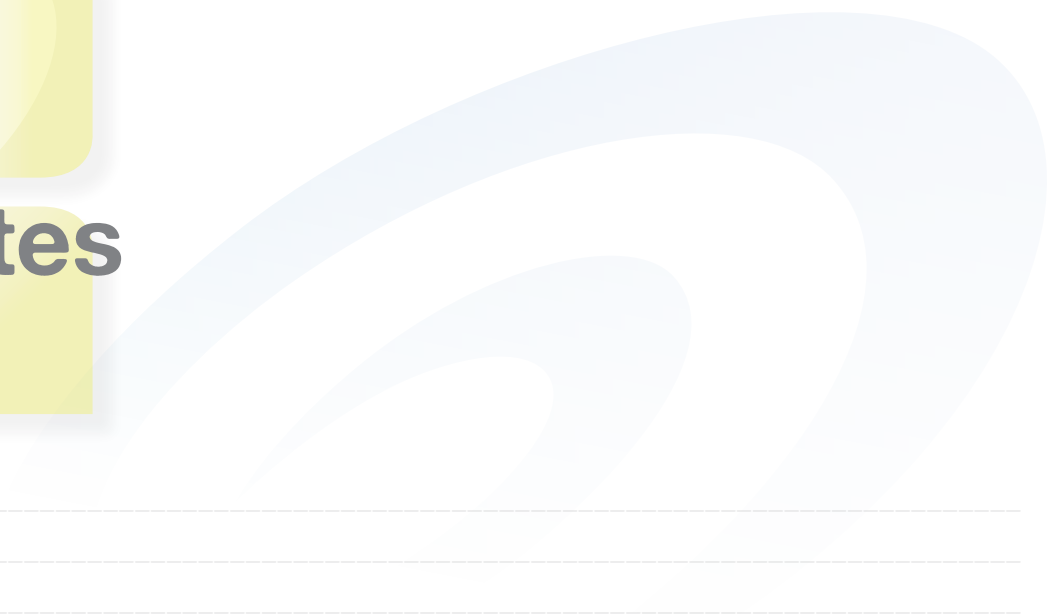
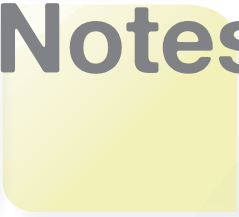
*The labor warranty is not applicable to shipments outside of the United States.

First We Test Our Strength Equipment. Then We Torture It.

You can count on Nautilus® Commercial Fitness 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.



Notes



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NAUTILUS
STRONGER THAN EVER™

