

EXPANSIVE SELECTION

Nautilus covers all your strength needs. Whether you are looking for a primary strength circuit, free weights, plate loaded machines, benches & racks or functional training. Nautilus has a line to fit the needs of you and your members.



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

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.





A More Personal Touch

You now have the option to customize your strength equipment with custom colored frames and upholstery. You can even add your logo to select equipment to help enhance your brand. See examples of past installations to get an idea of what we can do for you.







Upgrade Your Strength Training

Core Health & Fitness is excited to offer products, programming and marketing tools to help you drive new opportunities that will assist in your business growth, space utilization, training revenue and client satisfaction. With an expansive variety of strength equipment and support from a world class team of Master Trainers, Core Health & Fitness has the resources you need to develop a competitive training program in your facility.

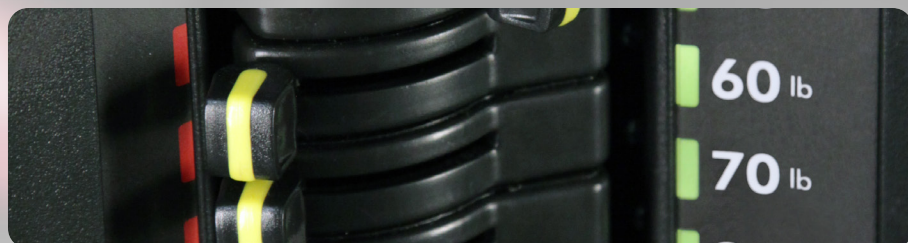
Lock N Load®

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

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

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

Available on Nautilus Inspiration, Impact, Instinct & HumanSport.



Nautilus One™ Weight Dial

Now weight selection is as easy as turning a dial. The unique weight selection dial is easily recognizable and always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection. Nautilus One® has no guide rods and no weight stack pins, which means less maintenance and downtime. 1 lb weight increments and range of motion limiter options are also available, making this weight adjustment ideal for physical therapy. Available on Nautilus One.





Innovative weight select dial makes for easy adjustments and less maintenance



Modern, compact and unified weight tower design



Support and comfort from custom contoured, hand-crafted upholstery

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	1,332 lb (605 kg)
SW	430 lb (195 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)



Pec Fly

Model	S6PF
OW	821 lb (373 kg)
SW	255 lb (116 kg)
W	74" (188 cm)
L	57" (145 cm)
H	54" (137 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)



Lateral Raise

Model	S6LR
OW	860 lb (391 kg)
SW	255 lb (116 kg)
W	57" (145 cm)
L	46" (117 cm)
H	57" (145 cm)

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.



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)



Triceps Extension

Model	S6TE
OW	880 lb (400 kg)
SW	255 lb (116 kg)
W	62" (157 cm)
L	48" (122 cm)
H	54" (137 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)

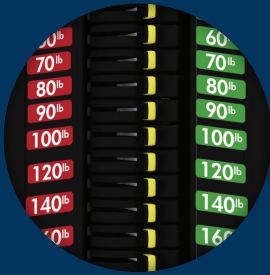


Four-Way Neck Machine

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

Henric Anderung | Friskis&Svettis The quality and design of the products that Apirosport/Core Health & Fitness offers is very good and above all consistent: no matter what brand and piece of equipment they complement each other and maintain the same excellent quality.





Lock N Load®
weight selection system



Modern tower design
with customizable shrouds



Custom frames &
upholstery available

A STRONGER FIRST IMPRESSION

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

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



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	729 lb (331 kg)
SW	240 lb (109 kg)
W	48" (122 cm)
L	53" (135 cm)
H	64" (163 cm)



Abduction / Adduction

Model	IPAA3
OW	835 lb (380 kg)
SW	200 lb (91 kg)
W	55" (140 cm)
L	56" (142 cm)
H	64" (163 cm)

Glute Press

Model	IPGM3
OW	729 lb (331 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	75" (191 cm)
H	64" (163 cm)



Chest Press

Model	IPVP3
OW	877 lb (399 kg)
SW	240 lb (109 kg)
W	59" (150 cm)
L	43" (109 cm)
H	76" (193 cm)

Lat Pull Down

Model	IPPD3
OW	872 lb (396 kg)
SW	240 lb (109 kg)
W	55" (140 cm)
L	55" (140 cm)
H	77" (196 cm)



Vertical Row

Model	IPVR3
OW	824 lb (375 kg)
SW	240 lb (109 kg)
W	50" (127 cm)
L	45" (114 cm)
H	77" (196 cm)

Pec Fly / Rear Deltoid

Model	IPPF3
OW	882 lb (401 kg)
SW	240 lb (109 kg)
W	58" (147 cm)
L	46" (117 cm)
H	80" (203 cm)



Shoulder Press

Model	IPSP3
OW	775 lb (352 kg)
SW	200 lb (91 kg)
W	58" (147 cm)
L	60" (152 cm)
H	64" (163 cm)

Deltoid Raise

Model	IPDR3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	47" (119 cm)
H	64" (163 cm)



Biceps Curl

Model	IPBC3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Bilateral Arm Curl

Model	IPBA3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Tricep Dip

Model	IPTD3
OW	906 lb (412 kg)
SW	240 lb (109 kg)
W	53" (135 cm)
L	54" (137 cm)
H	64" (163 cm)



Tricep Extension

Model	IPTE3
OW	690 lb (314 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 in (132 cm)
L	51 in (130 cm)
H	64 in (163 cm)

Back Extension

Model	IPBE3
OW	560 lb (255 kg)
SW	200 lb (91 kg)
W	51" (130 cm)
L	50" (127 cm)
H	64" (163 cm)



Dual Adjustable Pulley

Model	IPDA3
OW	1,439 lb (654 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)



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.



Converging press arms provide a proper movement path



Strength Curve Technology™ ensures proper muscle loading for entire motion



Ergo Grip gives natural, user-defined path of motion

YOU HAVE TO FEEL IT TO BELIEVE IT

Nautilus EVO™ equipment adapts itself to the way the body moves instead of forcing users to adapt to the machine. Our four-bar linkage system and cam design dynamically mirror the body's strength curve. Nautilus users get immediate, smooth resistance and proper muscle loading through the complete range of motion and gives users the ability to change the weight in 5 lb increments with no add-on stack. Evo offers unprecedented results from the First Name In Strength.



Leg Press

Model	S9LP
OW	981 lb (446 kg)
SW	480 lb (218 kg)
W	40" (102 cm)
L	92" (234 cm)
H	64" (171 cm)

**Leg Extension**

Model	S9LE
OW	538 lb (245 kg)
SW	240 lb (109 kg)
W	37" (94 cm)
L	52" (132 cm)
H	54" (137 cm)

**Seated Leg Curl**

Model	S9LC
OW	517 lb (235 kg)
SW	240 lb (109 kg)
W	35" (89 cm)
L	62" (157 cm)
H	54" (137 cm)

**Prone Leg Curl**

Model	S9LCP
OW	498 lb (226 kg)
SW	200 lb (91 kg)
W	35" (90 cm)
L	65" (166 cm)
H	54" (137 cm)

Seated Calf

Model	S9SC
OW	498 lb (226 kg)
SW	200 lb (91 kg)
W	35" (89 cm)
L	65" (166 cm)
H	54" (137 cm)

Hip Abduction / Adduction

Model	S9AA
OW	530 lb (241 kg)
SW	200 lb (91 kg)
W	37" (94 cm)
L	60" (152 cm)
H	56" (142 cm)

**Vertical Chest**

Model	S9VC
OW	540 lb (245 kg)
SW	240 lb (109 kg)
W	39" (99 cm)
L	56" (142 cm)
H	71" (180 cm)

**Incline Press**

Model	S9IP
OW	522 lb (237 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	62" (157 cm)
H	54" (137 cm)

Lat Pulldown

Model	S9LATP
OW	632 lb (287 kg)
SW	240 lb (109 kg)
W	31" (78 cm)
L	74" (188 cm)
H	89" (225 cm)

Pec Fly

Model	S9PF
OW	566 lb (257 kg)
SW	240 lb (109 kg)
W	36" (91 cm)
L	61" (154 cm)
H	57" (145 cm)

Mid Row

Model	S9MR
OW	558 lb (254 kg)
SW	240 lb (109 kg)
W	39" (99 cm)
L	62" (157 cm)
H	54" (137 cm)



Compound Row

Model	S9CR
OW	516 lb (235 kg)
SW	240 lb (109 kg)
W	36" (91 cm)
L	85" (216 cm)
H	67" (170 cm)

Pullover

Model	S9PO
OW	631 lb (286 kg)
SW	240 lb (109 kg)
W	49" (124 cm)
L	57" (145 cm)
H	67" (170 cm)



Rear Delt / Pec Fly

Model	S9RDPF
OW	543 lb (246 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	68" (173 cm)
H	61" (157 cm)

Overhead Press

Model	S9OP
OW	555 lb (252 kg)
SW	240 lb (109 kg)
W	39" (99 cm)
L	61" (155 cm)
H	54" (137 cm)



Lateral Raise

Model	S9LR
OW	463 lb (210 kg)
SW	200 lb (91 kg)
W	36" (91 cm)
L	54" (137 cm)
H	54" (137 cm)

Preacher Curl

Model	S9PC
OW	496 lb (225 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	51" (130 cm)
H	54" (137 cm)



Biceps Curl

Model	S9BC
OW	488 lb (222 kg)
SW	160 lb (73 kg)
W	45" (114 cm)
L	38" (97 cm)
H	55" (139 cm)

V-Triceps Extension

Model	S9VTE
OW	552 lb (257 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	48" (122 cm)
H	57" (145 cm)



Triceps Extension

Model	S9TE
OW	490 lb (223 kg)
SW	160 lb (73 kg)
W	45" (114 cm)
L	33" (84 cm)
H	63" (160 cm)

Seated Dip

Model	S9SD
OW	538 lb (245 kg)
SW	240 lb (109 kg)
W	48" (122 cm)
L	39" (99 cm)
H	54" (137 cm)



Gravitrone Machine

Model	S9GRV
OW	629 lb (286 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	69" (175 cm)
H	91" (231 cm)

Abdominal

Model	S9AB
OW	509 lb (231 kg)
SW	200 lb (91 kg)
W	44" (112 cm)
L	41" (104 cm)
H	54" (137 cm)



Lower Back

Model	S9LB
OW	558 lb (254 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	57" (145 cm)
H	54" (137 cm)

Rotary Torso

Model	S9RT
OW	496 lb (225 kg)
SW	200 lb (91 kg)
W	45" (114 cm)
L	56" (142 cm)
H	56" (142 cm)

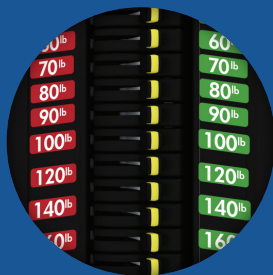


Freedom Trainer Dual Stack

Model	F3FTD
OW	581 lb (263 kg)
SW	2 x 170 lb (2 x 77 kg)
W	56" (142 cm)
L	38" (97 cm)
H	77" (196 cm)

Steve Dockman | Middleburg Hts. Community Center We are in the process of renovating our Fitness Area at the Middleburg Hts. Community Center and have used the experience and advice from Core Health & Fitness to help us purchase equipment that suits our needs. They are extremely professional and informative and I trust them to provide us quality products and service.





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	825 lb (374kg)
SW	360 lb (180 kg)
W	47" (119 cm)
L	74" (187 cm)
H	65" (165 cm)



Leg Extension

Model	9NA-S1312
OW	530 lb (241 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	630 lb (286 kg)
SW	260 lb (130 kg)
W	39" (99 cm)
L	70" (178 cm)
H	60" (152 cm)



Leg Curl

Model	9NA-S1301
OW	440 lb (200 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	360 lb (164 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	430 lb (195 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)



Standing Calf

Model	9NA-S1309
OW	485 lb (220 kg)
SW	260 lb (130 kg)
W	49" (124 cm)
L	41" (104 cm)
H	62" (151 cm)

Chest Press

Model	9NA-S4301
OW	545 lb (248 kg)
SW	260 lb (130 kg)
W	52" (132 cm)
L	50" (127 cm)
H	60" (152 cm)



Incline Press

Model	9NA-S2301
OW	570 lb (259 kg)
SW	260 lb (130 kg)
W	51" (130 cm)
L	75" (191 cm)
H	60" (152 cm)

Deltoid Fly

Model	9NA-S4304
OW	450 lb (205 kg)
SW	220 lb (110 kg)
W	30" (76 cm)
L	50" (127 cm)
H	79" (201 cm)



Lat Pull Down

Model	9NA-S3305
OW	435 lb (197 kg)
SW	260 lb (130 kg)
W	55" (140 cm)
L	47" (119 cm)
H	98" (249 cm)



Low Row

Model	9NA-S3306
OW	585 lb (266 kg)
SW	260 lb (130 kg)
W	29" (72 cm)
L	90" (119 cm)
H	86" (218 cm)



Deltoid Raise

Model	9NA-S4302
OW	430 lb (195 kg)
SW	130 lb (65 kg)
W	46" (117 cm)
L	51" (130 cm)
H	60" (152 cm)



Tricep Extension

Model	9NA-S5302
OW	460 lb (209 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	47" (119 cm)
H	60" (152 cm)



Fixed Lat Pull Down

Model	9NA-S3303
OW	700 lb (318 kg)
SW	260 lb (130 kg)
W	43" (109 cm)
L	64" (163 cm)
H	80" (203 cm)



Vertical Row

Model	9NA-S3301
OW	575 lb (261 kg)
SW	260 lb (130 kg)
W	45" (114 cm)
L	62" (157 cm)
H	60" (152 cm)



Shoulder Press

Model	9NA-S4307
OW	530 lb (241 kg)
SW	260 lb (130 kg)
W	53" (135 cm)
L	64" (163 cm)
H	60" (152 cm)



Biceps Curl

Model	9NA-S5301
OW	460 lb (209 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	58" (147 cm)
H	60" (152 cm)



Dip Machine

Model	9NA-S5303
OW	655 lb (297 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	650 lb (295 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	680 lb (308 kg)
SW	260 lb (130 kg)
W	46" (117 cm)
L	53" (135 cm)
H	60" (152 cm)



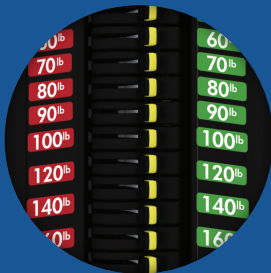
Abdominal

Model	9NA-S6301
OW	365 lb (166 kg)
SW	130 lb (65 kg)
W	43" (109 cm)
L	59" (150 cm)
H	60" (152 cm)



Timothy M. Hilk | YMCA, Former President/Chief Executive Officer
Several years ago we realized an opportunity to improve on the quality of strength and cardio equipment that we purchase for our membership facilities. For this reason, as well as for an opportunity to improve upon the level of maintenance service, the leadership team of the YMCA of Youngstown decided to select Core Health & Fitness as our primary vendor. We could not be happier with our choice to engage Michael Bruno and the excellent staff at Core Health & Fitness.

The staff team at Core Health & Fitness has assisted us in selecting the very best equipment for our members. We have been extremely happy with the quality of equipment, the commitment to servicing this equipment, as well as the willingness of the staff team at Core Health & Fitness to listen to our feedback. We believe that our relationship with Core Health & Fitness is a win for our YMCA membership. I can assure you that Core Health & Fitness has earned my trust and my business. I look forward to a long relationship with Core Health & Fitness and their team of experts.



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	689 lb (313 kg)
SW	235 lb (107 kg)
W	39" (99 cm)
L	74" (188 cm)
H	55" (140 cm)



Dual Inner / Outer Thigh

Model	9NL-01015
OW	498 lb (226 kg)
SW	150 lb (68 kg)
W	27" (69 cm)
L	57" (145 cm)
H	55" (140 cm)



Glute Press

Model	9NL-S1012
OW	354 lb (161 kg)
SW	120 lb (55 kg)
W	37" (94 cm)
L	67" (170 cm)
H	55" (140 cm)



Chest Press

Model	9NL-S2100
OW	477 lb (217 kg)
SW	235 lb (107 kg)
W	28" (71 cm)
L	49" (124 cm)
H	55" (140 cm)



Dual Multi-Press

Model	9NL-02120
OW	539 lb (244 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-03340
OW	513 lb (233 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	554 lb (252 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	60" (152 cm)
H	73" (185 cm)



Vertical Row

Model	9NL-S3320
OW	460 lb (209 kg)
SW	235 lb (107 kg)
W	46" (117 cm)
L	48" (122 cm)
H	55" (140 cm)



Shoulder Press

Model	9NL-S4100
OW	460 lb (209 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	473 lb (215 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 (189 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)

Triceps Extension

Model	9NL-S5110
OW	416 lb (189 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	425 lb (193 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	52" (132 cm)
H	55" (140 cm)

Rotary Torso

Model	9NL-S6300
OW	423 lb (192 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)





HUMANSPORT™ FUNCTIONAL TRAINING

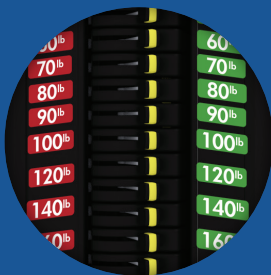
HumanSport opens up completely new programming opportunities for members, trainers and facility operators. Trainers can take advantage of a wide variety of training variants and customizable programs to help members reach their individual training goals quickly and safely. For facility operators, HumanSport is a sensationally straightforward and effective tool with the flexibility to offer unique and tailorable training programs for your clients, boosting your marketability and giving you an edge over the competition.

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

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

Give your members an outstanding functional training tool and gain the ability to target all new client groups with HumanSport.

NAUTILUS HUMANSPORT™



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. Paired with a variety of included programming designed by our own 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)



Chris Salisbury & Nick Bendixon | Hive The versatility of the HumanSport line allows us to effectively program workouts for all clientele regardless of fitness level. The ease of transitioning exercise progressions and regressions is a key element in maximizing our semi-private coaching platform.



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	600 lb (273 kg)
W	59" (150 cm)
L	71" (180 cm)
H	58" (147 cm)



Incline Press

Model	9NP-L2003
OW	530 lb (241 kg)
W	51" (130 cm)
L	76" (193 cm)
H	51" (130 cm)

Decline Press

Model	9NP-L2004
OW	615 lb (280 kg)
W	58" (147 cm)
L	81" (206 cm)
H	49" (124 cm)



Lat Pull Down

Model	9NP-L3003
OW	530 lb (241 kg)
W	51" (130 cm)
L	81" (206 cm)
H	80" (203 cm)

High Row

Model	9NP-L3005
OW	575 lb (261 kg)
W	51" (130 cm)
L	86" (218 cm)
H	73" (185 cm)



Low Row

Model	9NP-L3004
OW	550 lb (250 kg)
W	51" (130 cm)
L	79" (201 cm)
H	46" (117 cm)

Shoulder Press

Model	9NP-L4002
OW	540 lb (245 kg)
W	51" (130 cm)
L	71" (180 cm)
H	58" (147 cm)



Biceps Curl

Model	9NP-L5002
OW	575 lb (261 kg)
W	62" (157 cm)
L	61" (155 cm)
H	41" (104 cm)

Abdominal Crunch

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



The **NEW 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 **PLATE LOADED**



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

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 of each side, which gives the machine a max weight load of 360 lbs.



Glute Drive

Model	NP-L1131
OW	202 lb (91.6 kg)
W	60" (152.5 cm)
L	62" (157.5 cm)
H	35" (89 cm)

Smith Machine

Model	NP-L8500
OW	680 lb (309 kg)
W	89" (226 cm)
L	67" (170 cm)
H	82" (208 cm)

Freedom Rack™

Model	NP-L8507
OW	957 lb (435 kg)
W	75" (191 cm)
L	83" (211 cm)
H	90" (229 cm)



Angled Leg Press

Model	NP-L1141
OW	566 lb (257 kg)
W	72" (182 cm)
L	90" (229 cm)
H	58" (147 cm)



Hack Squat

Model	NP-L1130
OW	449 lb (204 kg)
W	72" (182 cm)
L	93" (236 cm)
H	47" (119 cm)



Incline Lever Row

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

Seated Dip

Model	P3SD
OW	316 lbs (143 kg)
W	43" (109 cm)
L	52" (132 cm)
H	42" (107 cm)



Leg Press

Model	P3LP
OW	560 lb (254 kg)
W	69" (174 cm)
L	108" (275 cm)
H	57" (144 cm)

Deadlift/Shrug

Model	P3DLS
OW	219 lb (99 kg)
W	61" (154 cm)
L	71" (181 cm)
H	46" (117 cm)



Four-Way Neck Machine

Model	P3FWN
OW	230 lb (104 kg)
W	61" (154 cm)
L	49" (125 cm)
H	61" (154 cm)

Prone Leg Curl

Model	P3LCP
OW	181 lb (82 kg)
W	44" (113 cm)
L	77" (195 cm)
H	31" (78 cm)



Leg Extension

Model	P3LE
OW	236 lb (107 kg)
W	46" (116 cm)
L	74" (189 cm)
H	53" (134 cm)



IMPROVED VERSATILITY. REDUCED SPACE.

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

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

STANDARD CONFIGURATIONS



Cable Crossover

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



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 Inspiration Strength®, Impact® Strength, HumanSport®, Leverage®, multi-stations and plate loaded lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.

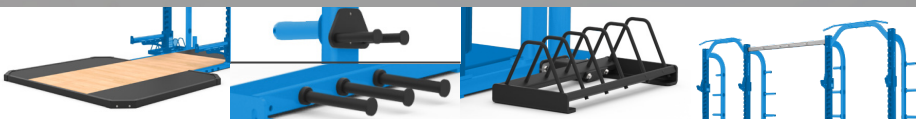


NAUTILUS **HALF RACK**



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.



Wooden Platform
(9-HDP62)

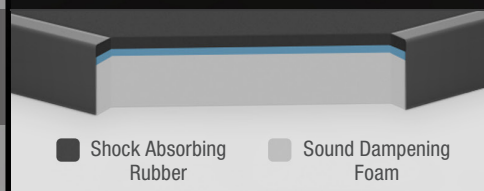
Band Pegs & Storage
(95-0760)

Bumper Plate Storage
(9-HDCS1)

Pull Up Bridge
(9-HDPB1)

4" SOUND DAMPENING 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)



Half Rack

Model	9-HDHR2
OW	654 lbs (297 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 lbs (671 kg)
W	95" (241.3 cm)
L	140.1" (356 cm)
H	97" (246 cm)



Multi-Adjustable Bench

Model	9NP-B7506
OW	128 lb (58 kg)
W	27" (69 cm)
L	55" (140 cm)
H	17" (43 cm)

Flat Bench

Model	9NP-B7507
OW	121 lb (55 kg)
W	27" (69 cm)
L	55" (140 cm)
H	17" (51 cm)



Adjustable Incline Bench

Model	9NP-B7523
OW	126 lb (57 kg)
W	27" (69 cm)
L	56" (142 cm)
H	39" (99 cm)

Adjustable Decline Bench

Model	9NP-B7508
OW	182 lb (83 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)



Utility Bench

Model	9NP-B7516
OW	79 lb (36 kg)
W	27" (69 cm)
L	34" (86 cm)
H	38" (97 cm)

Stool

Model	9NP-B7521
OW	49 lb (22 kg)
W	31" (79 cm)
L	27" (68 cm)
H	17" (44 cm)



Adjustable Back Extension

Model	9NP-B7514
OW	182 lb (83 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" (121 cm)



Adjustable Abdominal Bench

Model	9NP-B7510
OW	169 lb (77 kg)
W	35" (89 cm)
L	55" (140 cm)
H	45" (114 cm)

Seated Preacher Curl

Model	9NP-B7509
OW	187 lb (85 kg)
W	30" (76 cm)
L	43" (109 cm)
H	40" (102 cm)



Model	9NP-B7515
OW	190 lb (86 kg)
W	30" (76 cm)
L	39" (99 cm)
H	45" (114 cm)

Dip Station

Model	9NP-B7518
OW	168 lb (76 kg)
W	29" (74 cm)
L	45" (114 cm)
H	48" (122 cm)



Pull-Up/Dip/Leg Raise

Model	9NP-B7511
OW	368 lb (167 kg)
W	48" (122 cm)
L	61" (155 cm)
H	90" (229 cm)

Leg Raise/Dip

Model	9NP-B7517
OW	300 lb (136 kg)
W	28" (71 cm)
L	61" (155 cm)
H	66" (168 cm)



Olympic Bench Press

Model	9NP-B7202
OW	241 lb (110 kg)
W	65" (165 cm)
L	73" (185 cm)
H	49" (124 cm)

Incline Bench Press

Model	9NP-B7203
OW	305 lb (139 kg)
W	65" (165 cm)
L	70" (178 cm)
H	59" (150 cm)



Decline Bench Press

Model	9NP-B7204
OW	284 lb (129 kg)
W	65" (165 cm)
L	49" (124 cm)
H	49" (124 cm)

Military Press

Model	9NP-B7205
OW	304 lb (138 kg)
W	74" (188 cm)
L	65" (165 cm)
H	60" (152 cm)



Squat Rack

Model	9NP-R8008
OW	456 lb (207 kg)
W	80" (203 cm)
L	71" (180 cm)
H	79" (201 cm)

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

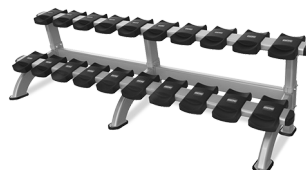


Power Cage

Model	9NP-R8005
OW	957 lb (435 kg)
W	63" (160 cm)
L	74" (188 cm)
H	89" (226 cm)

Single Dumbbell Rack

Model	9NP-R8009
OW	218 lb (99 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

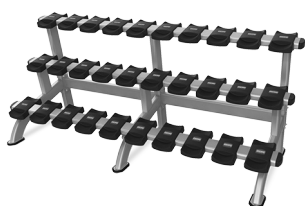


Double Dumbbell Rack

Model	9NP-R8010
OW	312 lb (142 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

Triple Dumbbell Rack

Model	9NP-R8011
OW	455 lb (207 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	40" (102 cm)
L	32" (81 cm)
H	40" (102 cm)

Barbell Rack

Model	9NP-R8012
OW	141 lb (64 kg)
W	36" (91 cm)
L	38" (97 cm)
H	53" (135 cm)



Accessory Rack

Model	9NP-R8013
OW	163 lb (74 kg)
W	28" (71 cm)
L	35" (89 cm)
H	51" (130 cm)

2-Sided Olympic Weight Tree

Model	9NP-R7512
OW	107 lb (49 kg)
W	27" (69 cm)
L	35" (89 cm)
H	40" (102 cm)



4-Sided Olympic Weight Tree

Model	9NP-R7513
OW	151 lb (69 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	79 lb (36 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)

Ab Bench

Model	9NN-B7505
OW	79 lb (36 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)



45° Back Extension

Model	9NN-B7502
OW	101 lb (46 kg)
W	32" (81 cm)
L	54" (137 cm)
H	39" (99 cm)

Dumbbell Rack 10-Pair / 2-Tier

Model	9NN-R8001
OW	266 lb (121 kg)
W	29" (74 cm)
L	105" (267 cm)
H	37" (94 cm)



Dumbbell Rack 10-Pair / 3-Tier

Model	9NN-R8002
OW	272 lb (124 kg)
W	29" (74 cm)
L	69" (175 cm)
H	50" (127 cm)

Olympic Flat Bench

Model	9NN-B7503
OW	213 lb (97 kg)
W	61" (155 cm)
L	63" (160 cm)
H	54" (137 cm)



Olympic Incline Bench

Model	9NN-B7201
OW	348 lb (158 kg)
W	61" (155 cm)
L	63" (160 cm)
H	69" (175 cm)