

# STRENGTH

## PRODUCT CATALOG

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**SCHWINN**

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NAUTILUS ONE®



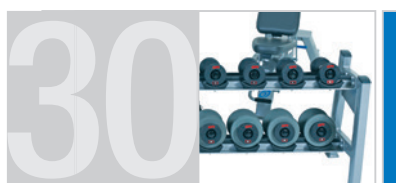
NAUTILUS EVO®



NAUTILUS NOVA®



NAUTILUS XPLOAD®



NAUTILUS FREE WEIGHTS®



NAUTILUS FREEDOM TRAINER®



NAUTILUS FUNCTIONAL TRAINING®



NAUTILUS NS4000®



NAUTILUS XPLOAD ZONE®



COLOR OPTIONS

# TRAIN RIGHT.

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## **NAUTILUS®**

Over 40 years ago, Nautilus invented modern strength training equipment, and we've been reinventing it ever since. Our unwavering focus has been to build fitness equipment that replicates and enables ideal human movements, to provide the best training experience possible. Because we believe that if you take the time to train, you deserve to train right.



## DIAL “ONE” FOR UNPRECEDENTED RESULTS

Introducing the Nautilus ONE<sup>®</sup> line, the next generation of single-station strength. Nautilus ONE<sup>®</sup> equipment combines a revolutionary new weight stack technology with the most intuitive and user-friendly selection method ever created: a dial.

### FEATURES

- 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





## 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



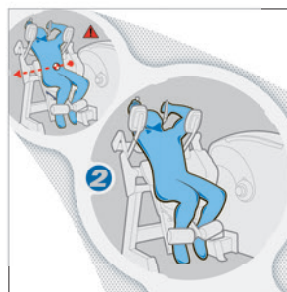
## Ever turned a door knob? Then you already know how to use Nautilus ONE® equipment!

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



## OTHER GREAT OPTIONS:

- All machines (except the leg press) come with the standard 250 lb. weight system, which features incremental weights that are adjustable in 5 lb. increments and are easily and safely selected as part of the dial mechanism. Total weight potential is 255 lbs.
- Each machine is upgradable to the 425 lb. weight system (standard on the leg press), adjustable in 5 lb. increments and are easily and safely selected as part of the dial mechanism. Total weight potential is 445 lbs.
- Range of motion limiters available



## 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 51" W x 87" H  
182 L x 129 W x 221 H cm

### 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:  
62" L x 54" W x 47" H  
157 L x 137 W x 120 H cm

### CHEST PRESS S6CP

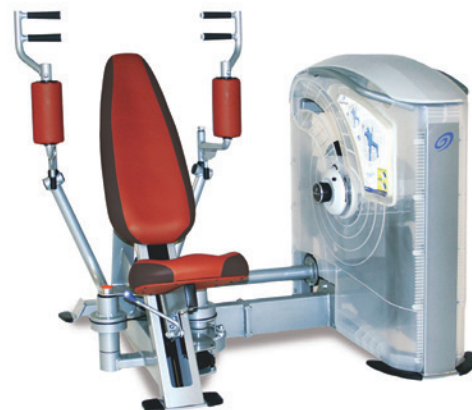
- Converging movement arms with multiple hand position options for a variety of movement options



Dimensions:  
58" L x 64" W x 75" H  
148 L x 163 W x 190 H cm

### PEC FLY S6PF

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



Dimensions:  
57" L x 74" W x 54" H  
144 L x 189 W x 136 H cm

### LATERAL RAISE S6LR

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



Dimensions:  
46" L x 57" W x 57" H  
116 L x 145 W x 145 H cm

### SHOULDER PRESS S6SP

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



Dimensions:  
59" L x 64" W x 62" H  
149 L x 163 W x 158 H cm

### 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:  
51" L x 63" W x 51" H  
131 L x 161 W x 131 H cm

### TRICEPS EXTENSION S6TE

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



Dimensions:  
48" L x 62" W x 54" H  
122 L x 158 W x 138 H cm

### 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:  
59" L x 58" W x 47" H  
150 L x 148 W x 120 H cm

### 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:  
46" L x 64" W x 57" H  
116 L x 162 W x 146 H cm



### 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 51" W x 49" H  
126 L x 131 W x 125 H cm

### 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:  
53" L x 55" W x 59" H  
136 L x 139 W x 150 H cm

### ROTARY TORSO S6RT

- Seat adjusts left/right to provide from 0 to 80 degree range
- Movement arm provides 150 degrees of rotation to both the left and right
- Upper body stabilization and body positioning provide exercise effectiveness
- Seat pads oriented for superior lower body positioning
- Cams custom designed for the ultimate workout



Dimensions:  
71" L x 41" W x 47" H  
179 L x 104 W x 120 H cm

### 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:  
53" L x 52" W x 49" H  
135 L x 131 W x 125 H cm

### 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:  
72" L x 51" W x 49" H  
183 L x 130 W x 125 H cm

### 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:  
87" L x 41" W x 48" H  
221 L x 104 W x 123 H cm

### 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:  
64" L x 52" W x 49" H  
163 L x 131 W x 125 H cm

## OPTIMAL STRENGTH CURVE TECHNOLOGY<sup>TM</sup>

You have to feel it to believe it. Nautilus EVO<sup>®</sup> equipment adapts itself to the way the body moves-instead of forcing users to adapt to the machine.

Features our patented 5 lb increment weight stack and patented four-bar linkage system, which 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.



### FEATURES

- Sleek, fully-enclosed weight shields that protect users (and looks very cool!)
- Exercise placards with EVO<sup>®</sup> exercise descriptions. Integrated parts schematic inside shroud simplifies service
- Marine-grade, contoured upholstery (same as Nautilus ONE<sup>®</sup>!) for added comfort, longevity and improved aesthetics
- Enlarged bottle holder and towel knob for convenience



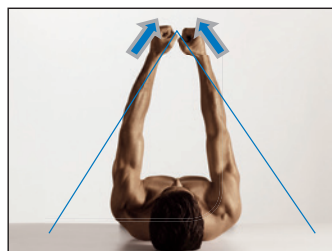
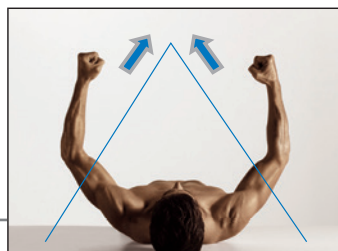
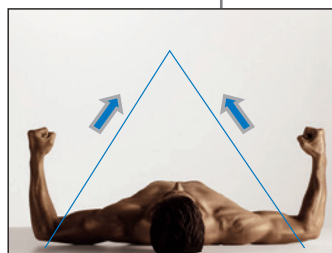
## BARRIERS: ZERO. PERFORMANCE: AMAZING.

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.<sup>™</sup> 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<sup>®</sup> equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Leading to unprecedented results.



### CONVERGING PRESS ARMS: THE CORRECT WAY TO WORK OUT

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



### OPTIMAL STRENGTH CURVE TECHNOLOGY<sup>™</sup>

Ensures smooth resistance and proper muscle loading through the entire movement

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



### WEIGHT STACK

Introducing our patented 5 lb. increment weight stack

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



## 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:  
56" L x 39" W x 71" H  
142 L x 99 W x 180 H cm

### INCLINE PRESS S9IP

The 35° angle targets the upper chest muscles.

Dimensions:  
62" L x 45" W x 54" H  
157 L x 113 W x 137 H cm



### PEC FLY S9PF

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

Dimensions:  
61" L x 36" W x 57" H  
154 L x 91 W x 145 H cm

### 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:  
68" L x 41" W x 73" H  
172 L x 104 W x 187 H cm



### MID ROW S9MR

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



Dimensions:  
62" L x 39" W x 54" H  
157 L x 99 W x 137 H cm

### PULLOVER S9PO

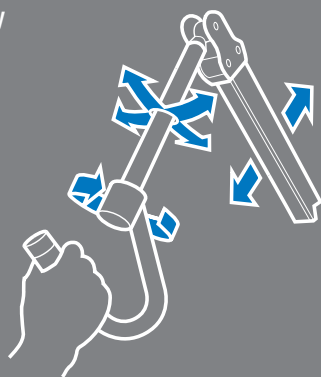
This powerful machine provides 250° of shoulder rotation, working the lats, pecs and abs.



Dimensions:  
57" L x 49" W x 67" H  
145 L x 124 W x 170 H cm

### Features Ergo Grip Technology

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



### COMPOUND ROW S9CR

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



Dimensions:  
85" L x 36" W x 67" H  
216 L x 91 W x 170 H cm



## UPPER BODY



### BICEPS CURL S9BC

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

Dimensions:  
38" L x 45" W x 55" H  
97 L x 113 W x 139 H cm

### PREACHER CURL S9PC

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

Dimensions:  
51" L x 41" W x 54" H  
130 L x 104 W x 137 H cm



### TRICEPS EXTENSION S9TE

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

Dimensions:  
33" L x 45" W x 63" H  
84 L x 113 W x 160 H cm

### V-TRICEPS EXTENSION S9VTE

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

Dimensions:  
48" L x 41" W x 57" H  
121 L x 104 W x 145 H cm



**OVERHEAD PRESS S90P**

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

Dimensions:  
61" L x 39" W x 62" H  
154 L x 99 W x 157 H cm


**LATERAL RAISE S9LRPH**

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

The S9LRPH is available in two versions - with and without pivoting handles. (S9LR and S9LRPH) The version with pivoting handles is shown here.

Dimensions:  
54" L x 36" W x 54" H  
137 L x 91 W x 137 H cm


**SEATED DIP S9SD**

This machine positions the torso forward for better triceps contraction.

Dimensions:  
39" L x 48" W x 54" H  
99 L x 121 W x 137 H cm


**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  
188 L x 78 W x 225 H cm



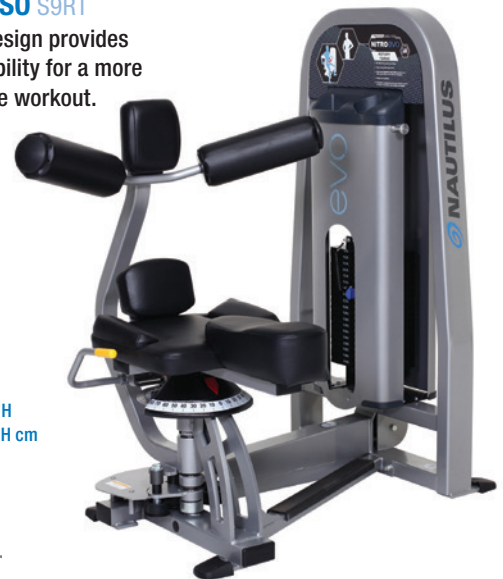
## CORE & COMBO



### LOWER BACK S9LB

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

Dimensions:  
57" L x 41" W x 54" H  
145 L x 104 W x 137 H cm



### ROTARY TORSO S9RT

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

Dimensions:  
56" L x 45" W x 56" H  
142 L x 113 W x 142 H cm



### ABDOMINAL S9AB

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

Dimensions:  
41" L x 44" W x 54" H  
104 L x 112 W x 137 H cm



### GRAVITRON® MACHINE S9GRV

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

Dimensions:  
69" L x 45" W x 91" H  
175 L x 113 W x 231 H cm



### 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:  
92" L x 40" W x 64" H  
234 L x 102 W x 171 H cm

### LEG EXTENSION S9LE

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



Dimensions:  
52" L x 37" W x 54" H  
131 L x 95 W x 137 H cm

### PRONE LEG CURL S9LCP

The cam design encourages full contraction of the hamstrings.



Dimensions:  
65" L x 35" W x 54" H  
166 L x 90 W x 137 H cm

### SEATED CALF S9SC

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



Dimensions:  
62" L x 35" W x 54" H  
157 L x 90 W x 137 H cm

### SEATED LEG CURL S9LC

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



Dimensions:  
60" L x 37" W x 54" H  
152 L x 95 W x 137 H cm

### 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:  
65" L x 36" W x 56" H  
166 L x 91 W x 142 H cm

## 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.

### **FEATURES**

- Increased visibility through transparent weight towers
- Integrated 5 lb. increment weight system (10 lb. increment on the Leg Press/Calf Flex)
- User-friendly molded accessory tray accommodates a variety of items
- Quick and easy seat adjustments with a safe and solid pop-pin system



## 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 XPlode® 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





## UPPER BODY - SINGLE FUNCTION



### 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 58" H  
126 L x 124 W x 147 H cm

### OVERHEAD PRESS S80P

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

Dimensions:  
57" L x 49" W x 58" H  
145 L x 124 W x 147 H cm



### TRICEPS PRESS S8TP

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

Dimensions:  
63" L x 34" W x 58" H  
160 L x 86 W x 147 H cm

### BICEPS CURL S8BC

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

Dimensions:  
48" L x 45" W x 58" H  
121 L x 113 W x 147 H cm



**COMPOUND ROW S8CR**

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



Dimensions:  
77" L x 22" W x 72" H  
195 L x 57 W x 183 H cm

**LAT PULLDOWN S8LATP**

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



Dimensions:  
51" L x 22" W x 82" H  
130 L x 57 W x 208 H cm

**LATERAL RAISE S8LR**

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



Dimensions:  
40" L x 48" W x 58" H  
102 L x 121 W x 147 H cm

**PEC FLY S8PF**

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



Dimensions:  
53" L x 60" W x 58" H  
134 L x 152 W x 147 H cm

## LOWER BODY - SINGLE FUNCTION

### 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 58" H  
118 L x 134 W x 147 H cm

### 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:  
56" L x 48" W x 58" H  
142 L x 121 W x 147 H cm

### SEATED LEG CURL S8LC

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



Dimensions:  
64" L x 48" W x 58" H  
163 L x 121 W x 147 H cm



### MULTI-CHEST S8MCH

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

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

**Dimensions:**

58" W x 54" L x 58" H

147 W x 137 L x 147 H cm



### 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 58" H

151 L x 134 W x 147 H cm



## 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 22" W x 90" H  
177 L x 57 W x 228 H cm



### 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:  
52" L x 22" W x 78" H  
131 L x 57 W x 198 H cm



### **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:**

65" L x 31" W x 58" H

166 L x 78 W x 147 H cm



### **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:**

73" L x 48" W x 72" H

187 L x 121 W x 183 H cm



### **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:**

63" L x 48" W x 58" H

160 L x 121 W x 147 H cm





## FOLLOWS THE BODY'S EVERY MOVE

Rugged, yet easy to use, each XPload<sup>®</sup> 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.



### FEATURES

- Small grips for pulling exercises make heavy loads more comfortable
- EZ-Glide<sup>™</sup> seats accommodate any user with a quick, simple adjustment
- 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

## LOW LOADING PLATES

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

- 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



### 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



## UPPER BODY



### **VERTICAL CHEST P3VC**

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

Dimensions:  
58" L x 56" W x 72" H  
148 L x 143 W x 183 H cm

### **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:  
67" L x 56" W x 51" H  
170 L x 142 W x 130 H cm



### **OVERHEAD PRESS P30P**

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:  
58" L x 59" W x 57" H  
148 L x 151 W x 145 H cm

### **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:  
92" L x 48" W x 40" H  
234 L x 122 W x 101 H cm





### 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:  
35" L x 69" W x 61" H  
88 L x 175 W x 154 H cm

### SEATED DIP P3SD

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

Dimensions:  
52" L x 69" W x 42" H  
133 L x 176 W x 108 H cm



### 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:  
81" L x 59" W x 91" H  
206 L x 151 W x 232 H cm

### BICEPS CURL P3BC

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

Dimensions:  
43" L x 69" W x 62" H  
110 L x 174 W x 157 H cm



### 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  
172 L x 84 W x 111 H cm



### FOUR-WAY NECK MACHINE P3FWN

The face pad swivels to maintain proper alignment during flexion and extension exercises. Strengthening the neck is essential in reducing injuries for athletes. Four grip bars for left and right lateral flexion and extension movements.

Dimensions:  
49" L x 62" W x 61" H  
125 L x 157 W x 154 H cm





## LOWER BODY

### PRONE LEG CURL P3LCP

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



Dimensions:  
77" L x 44" W x 31" H  
195 L x 113 W x 78 H cm

### SEATED CALF P3SC

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



Dimensions:  
60" L x 30" W x 42" H  
152 L x 77 W x 106 H cm

### LEG EXTENSION P3LE

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



Dimensions:  
74" L x 46" W x 53" H  
189 L x 116 W x 134 H cm

### 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 58" H  
168 L x 131 W x 147 H cm

**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:  
108" L x 69" W x 57" H  
275 L x 174 W x 144 H cm

**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 56" H  
229 L x 156 W x 143 H cm

**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 61" W x 46" H  
181 L x 154 W x 117 H cm

## **DESIGNED FOR PERFORMANCE, EASE OF USE AND AESTHETICS**

Our commercial free weight line is 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.



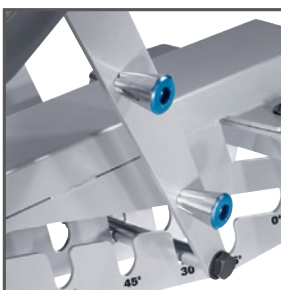
## WE'RE DRIVEN BECAUSE YOU'RE DRIVEN

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 four decades ago. Our innovative thinking continues today.

### FEATURES:

- Tri-pod base creates a perfectly stable platform
- You'll find wheels on the most popular benches for easy transport
- Adjustment levers/touch points are colored blue for easy identification
- No "pop pins" on any of our adjustable pieces - ratcheting mechanisms are more durable and provide more solid placements
- Entry and exit handles and ergonomic pads to properly support the user and enable full range of motion





## UTILITY BENCHES

### 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 25" W x 19" H  
145 L x 62 W x 47 H cm

### 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:  
58" L x 23" W x 23" H  
147 L x 59 W x 59 H cm

### FLAT UTILITY BENCH F3FU

This Flat Utility bench features a stable, 48.5" long back pad that is 12" wide for optimal user support and comfort. Convenient transport handle and wheels allow for ease in moving. The solid tripod base sits evenly on the floor.



Dimensions:  
51" L x 24" W x 15" H  
130 L x 62 W x 39 H cm

### 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:  
64" L x 23" W x 33" H  
163 L x 59 W x 84 H cm

### 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 25" W x 41" H  
68 L x 62 W x 105 H cm

### OLYMPIC MILITARY BENCH F30MB

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



Dimensions:  
58" L x 68" W x 71" H  
147 L x 172 W x 180 H cm

### OLYMPIC INCLINE BENCH F30IB

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:  
85" L x 68" W x 64" H  
216 L x 172 W x 163 H cm

### OLYMPIC DECLINE BENCH F30DB

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:  
87" L x 68" W x 53" H  
221 L x 172 W x 134 H cm

### OLYMPIC FLAT (SUPINE) BENCH F30SB

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



Dimensions:  
74" L x 68" W x 53" H  
188 L x 172 W x 134 H cm

## EXERCISE MACHINES

### 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:  
43" L x 29" W x 37" H  
110 L x 74 W x 95 H cm

### 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:  
50" L x 47" W x 95" H  
128 L x 118 W x 240 H cm

### ADJUSTABLE HIP EXTENSION F3AHE2

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 extra long telescoping exit/entry handles. The leg anchoring design includes support roller pads behind the user's knees.



Dimensions:  
63" L x 39" W x 33" H  
160 L x 99 W x 84 H cm

### 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 87" W x 94" H

137 L x 221 W x 239 H cm



### 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 70" W x 92" H

192 L x 177 W x 234 H cm



### 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:**

66" L x 68" W x 71" H

167 L x 172 W x 181 H cm



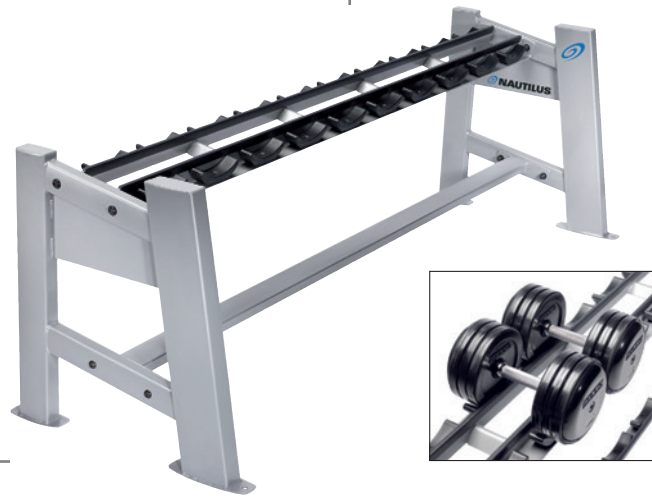


## EQUIPMENT STORAGE

### 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:  
28" L x 96" W x 30" H  
72 L x 243 W x 75 H cm



### 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:  
28" L x 96" W x 30" H  
72 L x 243 W x 75 H cm



### 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  
114 L x 81 W x 130 H cm



### 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:  
34" L x 39" W x 33" H  
86 L x 99 W x 84 H cm



## FEATURES:

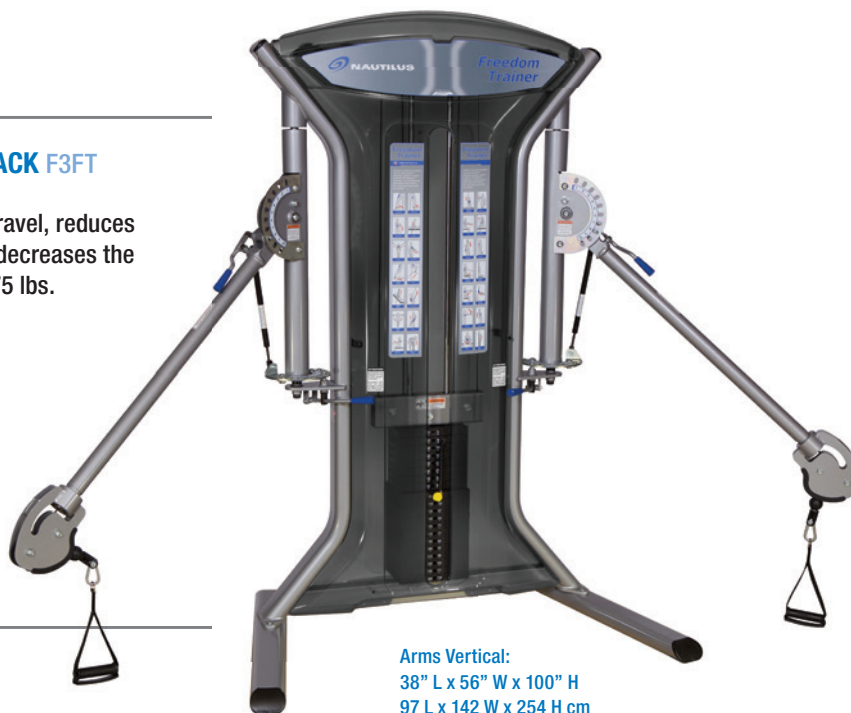
- Improves strength in integrated movements that imitate specific activities-either sports-related or the movements that make up daily life. Versatility allows for an infinite number of exercises
- The arms adjust in a horizontal and vertical plane and are counterbalanced for ease of adjustment
- Visually-affirmed, 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

### FREEDOM TRAINER SINGLE STACK F3FT

- 4:1 weight ratio increases cable travel, reduces the negative effect of inertia and decreases the incremental weight per grip to 3.75 lbs.
- 305-lb. weight stack

Arms In:  
38" L x 56" W x 77" H  
97 L x 142 W x 196 H cm

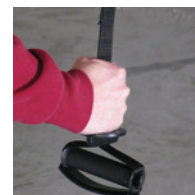
Arms Out:  
38" L x 142" W x 77" H  
97 L x 361 W x 196 H cm



Arms Vertical:  
38" L x 56" W x 100" H  
97 L x 142 W x 254 H cm

### INCLUDES STANDARD 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



### FREEDOM TRAINER DUAL STACK F3FTD

Unmatched Versatility. Smooth Operation.

- 2:1 weight ratio gives an incremental resistance of 5 lbs. at each grip
- Two 170 lb. stacks with 10 lb. increments

**Arms In:**

38" L x 56" W x 77" H  
97 L x 142 W x 196 H cm

**Arms Out:**

38" L x 142" W x 77" H  
97 L x 361 W x 196 H cm

**Arms Vertical:**

38" L x 56" W x 100" H  
97 L x 142 W x 254 H cm



### 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:**

38" L x 46" W x 81" H  
97 L x 116 W x 205 H cm



### OPTIONAL FREEDOM TRAINER 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)





## TOWERS

### 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 shown or be used in a 2-pod, 3-pod or 4-pod Nautilus® tower configuration on each side.

Dimensions:  
 140" L x 47" W x 93" H  
 354 L x 118 W x 236 H cm



### DUAL-PULLEY LAT PULLDOWN TOWER F3DLT

- Standard 250 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 (requires pod kit 001-4640).

- Available with 365 lb. weight stack (F3DLTH)

Dimensions: 58" L x 47" W x 93" H  
 147 L x 118 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  
 147 L x 118 W x 253 H cm



### DUAL-PULLEY ROW TOWER F3DRW

- Standard 250 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 (requires pod kit 001-4640).
- Available with 365 lb. weight stack (F3DRWH)

Dimensions:  
84" L x 47" W x 92" H  
212 L x 118 W x 233 H cm



### DUAL-PULLEY ADJUSTABLE TOWER F3AT

- Standard 250 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 as Cable Crossover or connected with one, two or three additional Nautilus® tower units (requires pod kit 001-4640).
- Available with free standing base (F3ATFS) for stand-alone use

Dimensions:  
25" L x 47" W x 92" H  
64 L x 118 W x 233 H cm



Towers nest together for maximum space efficiency and flexibility

**All Functional Training Towers are available with patented 240 pound EVO® weight stack!**

- 5 lbs. weight increments
- Accommodates slight strength gains
- Weight increment per handle is 2.5 lbs. due to 2:1 lifting ratio
- Unique weight stack pin design limits pilferage and misuse liability - will not work on other machines



F3AT shown here in 2 pod configuration.

### 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
- 250 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:**

53" L x 62" W x 94" H  
134 L x 157 W x 239 H cm



## 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 10 lb. increments
- 2:1 lifting ratio so the effective incremental resistance at one handle is only 5 lbs.
- Wheel chair accessible
- 21 indexed vertical height adjustments and 20" long stabilization handles add to its versatility



**Dimensions:**  
34" L x 87" W x 92" H  
86 L x 221 W x 233 H cm

### OPTIONAL HANDLE PACKAGE FOR ALL FUNCTIONAL TRAINERS

Item #: 95-0590

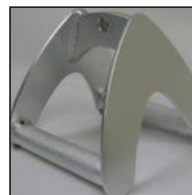
The optional handle package is available for all Nautilus® pulley systems. The combination of these handles will greatly increase the exercise/rehabilitation choices available to address specific goals or accommodate to specific pathologies. With this package you will be able to do over 40 different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



V Triceps Bar



Iliac Crest Belt



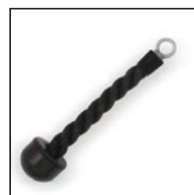
V Pulldown/Row Bar



Lat Pulldown Bar



Double Triceps Rope



Single Triceps Rope



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 Evo™ 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.

### 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



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!

#### 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 REVOLUTION IN FUNCTIONAL TRAINING

Our lean, modular XPLOAD Zone™ can be created in a huge variety of sizes and configurations. It's versatile enough to meet the needs of any facility looking for a small group personal training solution.

The XPLOAD Zone™ line comes with a variety of options such as pull-up bars, dip bars, Olympic bar attachment and more!



## FULLY CUSTOMIZABLE & EXPANDABLE “BUILD YOUR OWN” UNIT

Your very own XPLOAD Zone™ is specifically designed to fit all your workout and space needs.

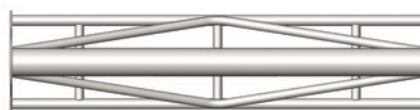
### 1. Pick your Truss:



20" Truss



40" Truss



60" Truss

Decide on the length of the horizontal truss. Typical starting length is 60" (5') and you can expand in increments of 20", 40", and 60". If over 20' in length, a vertical support column is needed

### 2. Add Vertical End Towers or Nautilus® Cable Stations:



Decide if you want to include Nautilus® cable stations or not. If no Nautilus® cable stations are desired, choose the “Vertical End Tower – LEFT” and “Vertical End Tower – RIGHT”

### 3. Choose from the following Nautilus® Cable Stations:



F3 DRW-E  
Dual Pulley Row with  
EVO® Weight Stack



F3 DLT-E  
Lat Pulldown with  
EVO® Weight Stack



F3 AT-E  
Adjustable Tower with  
EVO® Weight Stack

If Nautilus® cable stations are desired, instead of Vertical End Towers, choose two Nautilus® cable stations to either the right side or the left side or to both sides. Please note that you always need 2 Nautilus® cable stations. Any combination of F3AT-E, F3DLT-E and F3DRW-E is possible.



## CUSTOMIZE YOUR WORKOUTS WITH MORE OPTIONS



Olympic bar attachment



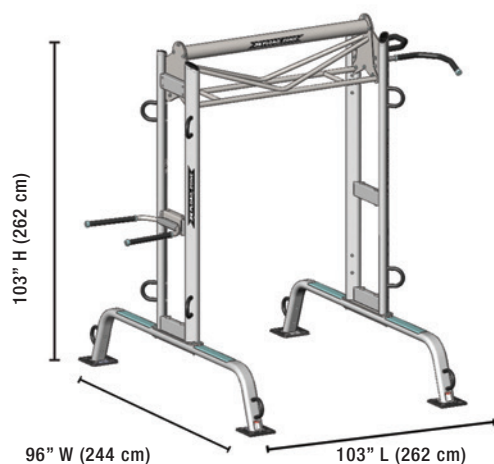
Dip bar



Integrated monkey bars



Pull-up bars

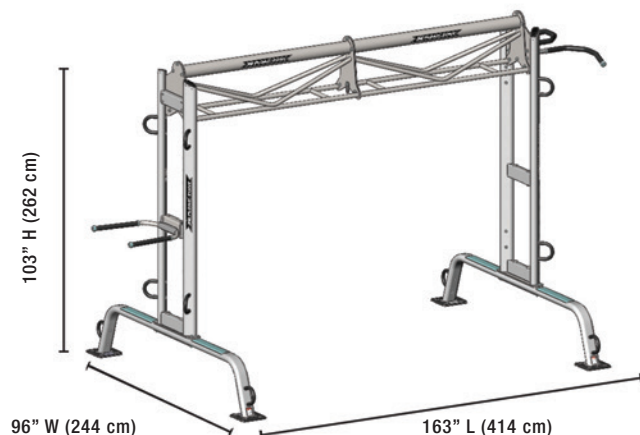


### **XPLOAD Zone™ w/1 x 5' Truss with dip bars and pull-up bars**

103" L x 96" W x 103" H | 488 lb  
262L x 244W x 262H cm | 221 kg

Dimensions: (without dip bars or pull-up bars)  
71" L x 96" W x 103" H  
180 L x 244 W x 262 H cm

Machine Weight: 446 lbs. / 202 kg  
without dip bars or pull-up bars



### **XPLOAD Zone™ w/2 x 5' Truss with dip bars and pull-up bars**

163" L x 96" W x 103" H | 570 lb  
414L x 244W x 262H cm | 259 kg

Dimensions: (without dip bars or pull-up bars)  
131" L x 96" W x 103" H  
333 L x 244 W x 262 H cm

Machine Weight: 528 lbs. / 239 kg  
without dip bars or pull-up bars

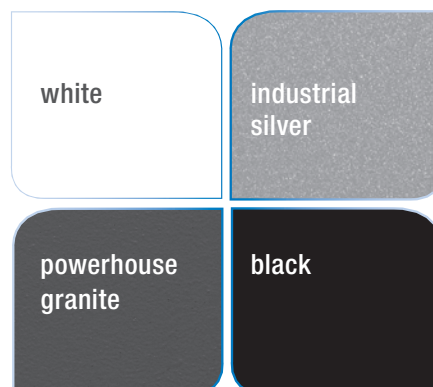
# COLOR OPTIONS

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.

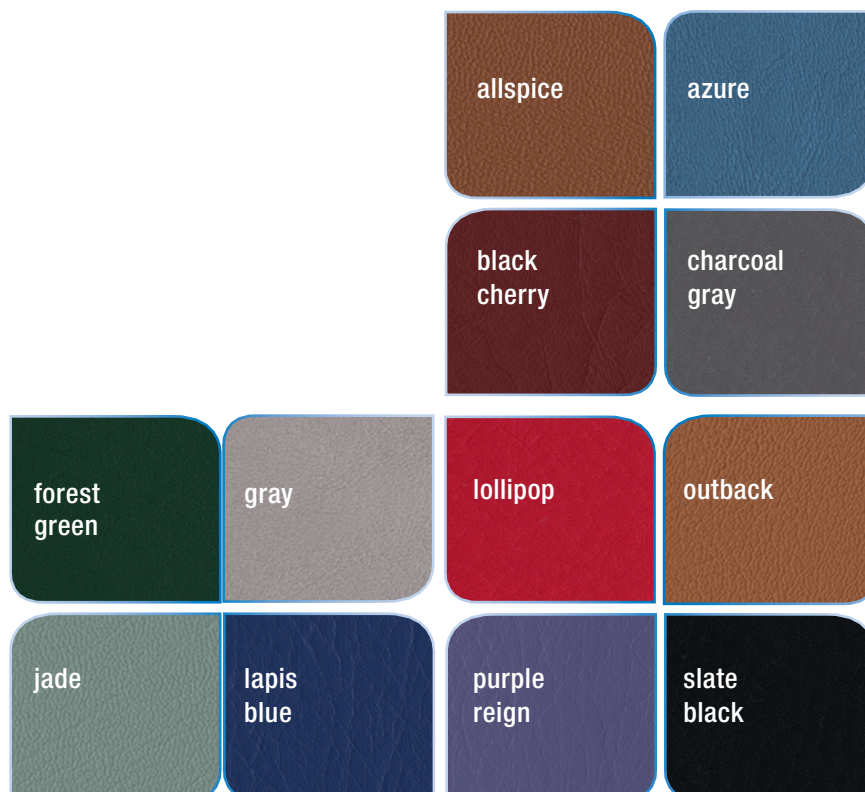
Custom colors are available on request.

## Frame:



## Upholstery:

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





[www.NautilusCommerical.com](http://www.NautilusCommerical.com)