

# CORE

HEALTH & FITNESS

NAUTILUS StairMaster STAR TRAC SCHWINN  
THROWDOWN COREFIT COLLECTIVE GYM RAX wexer

BANCS

Product Catalog



# STRENGTH

Nautilus

## Benches

Every detail matters when it comes to durability, functionality, and aesthetics. Nautilus Benches are engineered to exceed industry standards, offering a premium strength-training experience that seamlessly integrates with our full strength lineup. From Olympic benches with optional weight storage to our innovative abdominal and back extension benches, each piece is designed for stability, comfort, and longevity in high-use environments. With a consistent design language across all Nautilus strength equipment, your free weight area will have a cohesive, professional look—ensuring both performance and visual impact for your facility.



Multi-Adjustable Bench  
9NP-B7506

<b>WIDTH</b>	27 in (69 cm)
<b>LENGTH</b>	55 in (140 cm)
<b>HEIGHT</b>	16.5 in (42 cm)
<b>PRODUCT WEIGHT</b>	117 lb (53 kg)



Flat Bench  
9NP-B7507

<b>WIDTH</b>	27 in (69 cm)
<b>LENGTH</b>	55 in (140 cm)
<b>HEIGHT</b>	20 in (51 cm)
<b>PRODUCT WEIGHT</b>	77 lb (35 kg)



Adjustable Decline Bench  
9NP-B7508

<b>WIDTH</b>	34 in (86 cm)
<b>LENGTH</b>	53 in (135 cm)
<b>HEIGHT</b>	31 in (79 cm)
<b>PRODUCT WEIGHT</b>	155 lb (70 kg)



Adjustable Abdominal Bench  
9NP-B7510

<b>WIDTH</b>	35 in (89 cm)
<b>LENGTH</b>	55 in (140 cm)
<b>HEIGHT</b>	45 in (114 cm)
<b>PRODUCT WEIGHT</b>	159 lb (72 kg)



Utility Bench  
9NP-B7516

<b>WIDTH</b>	27 in (69 cm)
<b>LENGTH</b>	34 in (86 cm)
<b>HEIGHT</b>	38 in (97 cm)
<b>PRODUCT WEIGHT</b>	71 lb (32 kg)



Stool  
9NP-B7521

<b>WIDTH</b>	31 in (79 cm)
<b>LENGTH</b>	27 in (68 cm)
<b>HEIGHT</b>	17 in (44 cm)
<b>PRODUCT WEIGHT</b>	27 lb (12 kg)



Adjustable Back Extension  
9NP-B7514

<b>WIDTH</b>	34 in (86 cm)
<b>LENGTH</b>	53 in (135 cm)
<b>HEIGHT</b>	31 in (79 cm)
<b>PRODUCT WEIGHT</b>	157 lb (71 kg)



Glute Ham  
9NP-B7522

<b>WIDTH</b>	43 in (110 cm)
<b>LENGTH</b>	72 in (182 cm)
<b>HEIGHT</b>	48 in (122 cm)
<b>PRODUCT WEIGHT</b>	188 lb (85 kg)

# STRENGTH

## Nautilus - Benches



Preacher Curl  
9NP-B7509

<b>WIDTH</b>	30 in (76 cm)
<b>LENGTH</b>	43 in (109 cm)
<b>HEIGHT</b>	40 in (102 cm)
<b>PRODUCT WEIGHT</b>	163 lb (74 kg)



Standing Preacher Curl  
9NP-B7515

<b>WIDTH</b>	30 in (76 cm)
<b>LENGTH</b>	39 in (99 cm)
<b>HEIGHT</b>	45 in (114 cm)
<b>PRODUCT WEIGHT</b>	174 lb (79 kg)



Olympic Military Press  
9NP-B7205

<b>WIDTH</b>	74 in (188 cm)
<b>LENGTH</b>	65 in (165 cm)
<b>HEIGHT</b>	60 in (152 cm)
<b>PRODUCT WEIGHT</b>	269 lb (122 kg)



Stretch Bench  
9NP-B7524

<b>WIDTH</b>	28 in (71 cm)
<b>LENGTH</b>	52 in (132 cm)
<b>HEIGHT</b>	36 in (91 cm)
<b>PRODUCT WEIGHT</b>	60 lb (27 kg)



Leg Raise/Dip  
9NP-B7517

<b>WIDTH</b>	28 in (71 cm)
<b>LENGTH</b>	61 in (155 cm)
<b>HEIGHT</b>	66 in (168 cm)
<b>PRODUCT WEIGHT</b>	267 lb (121 kg)



Pull-Up/Dip/Leg Raise  
9NP-B7511

<b>WIDTH</b>	48 in (122 cm)
<b>LENGTH</b>	61 in (155 cm)
<b>HEIGHT</b>	90 in (229 cm)
<b>PRODUCT WEIGHT</b>	335 lb (152 kg)



Olympic Bench Press  
9NP-B7202

<b>WIDTH</b>	65 in (165 cm)
<b>LENGTH</b>	73 in (185 cm)
<b>HEIGHT</b>	49 in (124 cm)
<b>PRODUCT WEIGHT</b>	115 lb (52 kg)



Decline Bench Press  
9NP-B7204

<b>WIDTH</b>	50 in (127 cm)
<b>LENGTH</b>	70 in (178 cm)
<b>HEIGHT</b>	49 in (124 cm)
<b>PRODUCT WEIGHT</b>	177 lb (80 kg)



Incline Bench Press  
9NP-B7203

<b>WIDTH</b>	51 in (130 cm)
<b>LENGTH</b>	59 in (150 cm)
<b>HEIGHT</b>	59 in (150 cm)
<b>PRODUCT WEIGHT</b>	185 lb (84 kg)

## A PERFECT PARTNERSHIP



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



# CORE

HEALTH & FITNESS

**GLOBAL SUPPORT CENTER**  
17800 SE Mill Plain Blvd. Suite 190  
Vancouver, WA 98683  
Tel: +1 (888) 678-2476  
sales@corehandf.com

**OUR OTHER LOCATIONS:**

**GLOBAL INNOVATION CENTER**  
Lake Forest, CA  
Tel: +1 (800) 228-6635  
sales@corehandf.com

**EMEA SUPPORT CENTER**  
High Wycombe, Buckinghamshire  
Tel: +44 (0) 1494 688260  
uksales@corehandf.com

**GERMANY**  
Munich, Germany  
Tel: +49 89 2189800  
sales-de@corehandf.com

**BRAZIL**  
Rio de Janeiro, Brazil  
Tel: +55 (19) 3837 3047  
sales@corehandf.com

**ASIA PACIFIC**  
Xiamen, China  
Tel: +86 (0) 592 624 8296  
salesAPLA@corehandf.com