

# CORE

HEALTH & FITNESS

NAUTILUS StairMaster STAR TRAC SCHWINN  
THROWDOWN COREFIT COLLECTIVE GYM RAX wexer

HUMAN SPORT

Product Catalog



# STRENGTH

Nautilus

## HumanSport

Inspired by the natural, fluid movements of the human body, HumanSport redefines functional strength training. Its intuitive, cable-based design provides a seamless, biomechanically sound workout experience that adapts to each user's unique motion. Seven dual-function machines deliver a complete, full-body training solution, maximizing space efficiency without compromising versatility. With an emphasis on user-friendly operation and progressive resistance, HumanSport offers an innovative approach to strength training that enhances performance, mobility, and overall fitness.



Freedom Trainer  
HSFT3

<b>WIDTH</b>	75 in (191 cm) Arms Extended Left and Right 125 in (317 cm)
<b>LENGTH</b>	43 in (108 cm)
<b>HEIGHT</b>	72 in (182 cm) Arms Extended Vertically Up 92 in (234 cm)
<b>STACK WEIGHT</b>	2x 80 lb (2x 36 kg)
<b>PRODUCT WEIGHT</b>	1,100 lb (499 kg)



**WHEELCHAIR ACCESSIBLE**

- 3:1 cable ratio for low starting resistance
- Open design allowing for wheelchair access
- Easily adjustable, counter balanced pivot handles, even while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Arm Crunch  
HSAC3

<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	43 in (109 cm)
<b>HEIGHT</b>	68 in (172 cm)
<b>STACK WEIGHT</b>	2x 88 lb (2x 40 kg)
<b>PRODUCT WEIGHT</b>	655 lb (298 kg)



**WHEELCHAIR ACCESSIBLE**

- 2:1 cable ratio for low starting resistance
- Flat anti-skid plate that can be used to roll in a wheelchair
- Adjustable stabilizer pad
- Seat is eliminated allowing for wheelchair access
- Accessory handles are optimally placed for easy access while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Total Delts  
HSTD3

<b>WIDTH</b>	29 in (74 cm)
<b>LENGTH</b>	78 in (198 cm)
<b>HEIGHT</b>	64 in (163 cm)
<b>STACK WEIGHT</b>	2x 88 lb (2x 40 kg)
<b>PRODUCT WEIGHT</b>	600 lb (273 kg)



**WHEELCHAIR ACCESSIBLE**

- 2:1 cable ratio for low starting resistance
- Fold away seat to allow for wheelchair access
- Accessory handles are optimally placed for easy access while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated

# STRENGTH

Nautilus - HumanSport



Lat Pulley  
HSLP3

<b>WIDTH</b>	58 in (147 cm)
<b>LENGTH</b>	58 in (147 cm)
<b>HEIGHT</b>	83 in (211 cm)
<b>STACK WEIGHT</b>	2x 88 lb (2x 40 kg)
<b>PRODUCT WEIGHT</b>	655 lb (298 kg)



### WHEELCHAIR ACCESSIBLE

- 2:1 cable ratio for low starting resistance
- Fold away seat to allow for wheelchair access
- Knee pad adjustment stabilizes users lifting heavy loads
- Accessory handles are optimally placed for easy access while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Shoulder Chest  
HSSC3

<b>WIDTH</b>	63 in (160 cm)
<b>LENGTH</b>	45 in (114 cm)
<b>HEIGHT</b>	64 in (163 cm)
<b>STACK WEIGHT</b>	2x 88 lb (2x 40 kg)
<b>PRODUCT WEIGHT</b>	655 lb (298 kg)



### WHEELCHAIR ACCESSIBLE

- 2:1 cable ratio for low starting resistance
- Fold away seat to allow for wheelchair access
- Accessory handles are optimally placed for easy access while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Pull Lift  
HSPL3

<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	78 in (198 cm)
<b>HEIGHT</b>	95 in (241 cm)
<b>STACK WEIGHT</b>	2x 88 lb (2x 40 kg)
<b>PRODUCT WEIGHT</b>	750 lb (341 kg)



Total Legs  
HSTL3

<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	64 in (163 cm)
<b>HEIGHT</b>	65 in (165 cm)
<b>STACK WEIGHT</b>	2x 88 lb (2x 40 kg)
<b>PRODUCT WEIGHT</b>	691 lb (314 kg)



# 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