

# CORE

HEALTH & FITNESS

NAUTILUS StairMaster STAR TRAC SCHWINN  
THROWDOWN COREFIT COLLECTIVE GYM RAX wexer

INSTINCT

Product Catalog



# STRENGTH

Instinct

## Instinct Strength Solutions

Experience the ideal fusion of functionality and durability with instinct Light Commercial Strength Solutions. Our sleek and intuitive designs are crafted to elevate your fitness space, seamlessly meeting the expectations of residents, guests, and employees alike. Specifically engineered to fit within light commercial footprints, our solutions encompass functional training, freeweight, and selectorized fitness pieces. Tailored to accommodate all users' needs, our offerings maximize convenience and efficiency throughout your facility, ensuring an exceptional experience for everyone.

Complementing our strength solutions are the cutting-edge cardio offerings from our Star Trac and StairMaster brands, providing a comprehensive fitness experience that exceeds expectations. Together, we deliver everything you need to create a standout fitness amenity.



Chest Press 9NL-S2100

<b>WIDTH</b>	28 in (71 cm)
<b>LENGTH</b>	49 IN (124 CM)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	235 lb (107 kg)
<b>PRODUCT WEIGHT</b>	427 lb (194 kg)



Shoulder Press 9NL-S4100

<b>WIDTH</b>	53 in (135 cm)
<b>LENGTH</b>	58 in (147 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	448 lb (203 kg)



Dual Multi-Press 9NL-D2120

<b>WIDTH</b>	55 in (140 cm)
<b>LENGTH</b>	74 IN (188 CM)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	235 lb (107 kg)
<b>PRODUCT WEIGHT</b>	506 lb (230 kg)



Dual Pectoral Fly/  
Rear Deltoid 9NL-D2110

<b>WIDTH</b>	50 in (127 cm)
<b>LENGTH</b>	54 in (137 cm)
<b>HEIGHT</b>	79 in (201 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	426 lb (193 kg)



Dual Lat Pull Down/  
Vertical Row 9NL-D3340

<b>WIDTH</b>	47 in (119 cm)
<b>LENGTH</b>	50 in (127 cm)
<b>HEIGHT</b>	84 in (213 cm)
<b>STACK WEIGHT</b>	235 lb (107 kg)
<b>PRODUCT WEIGHT</b>	473 lb (215 kg)



Lat Pull Down 9NL-S3310

<b>WIDTH</b>	47 in (119 cm)
<b>LENGTH</b>	60 in (152 cm)
<b>HEIGHT</b>	73 in (185 cm)
<b>STACK WEIGHT</b>	235 lb (107kg)
<b>PRODUCT WEIGHT</b>	515 lb (234 kg)

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Nautilus - Instinct



Dual Adjustable Pulley  
9NL-D2002

<b>WIDTH</b>	36 in (91 cm)
<b>LENGTH</b>	66 in (168 cm)
<b>HEIGHT</b>	81 in (207 cm)
<b>STACK WEIGHT</b>	2 X 400 lb (2 X 181 kg) 2 X 100 lb (AT HANDLE)
<b>PRODUCT WEIGHT</b>	894 lb (406 kg)



Vertical Row  
9NL-S3320

<b>WIDTH</b>	46 in (117 cm)
<b>LENGTH</b>	48 in (122 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	235 lb (107 kg)
<b>PRODUCT WEIGHT</b>	405 lb (183 kg)



Dual Biceps Curl/  
Triceps Extension  
9NL-D5120

<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	52 in (132 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	395 lb (180 kg)



Dual Leg Press/Calf Raise 9NL-D1013

<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	74 in (188 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	235 lb (107 kg)
<b>PRODUCT WEIGHT</b>	612 lb (278 kg)



Dual Leg Extension/Leg Curl  
9NL-D1014

<b>WIDTH</b>	37 in (94 cm)
<b>LENGTH</b>	56 in (142 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	484 lb (220 kg)



Leg Extension 9NL-S1010

<b>WIDTH</b>	37 in (94 cm)
<b>LENGTH</b>	41 in (104 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	436 lb (198 kg)



Leg Curl 9NL-S1011

<b>WIDTH</b>	37 in (94 cm)
<b>LENGTH</b>	56 in (140 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	469 lb (213 kg)



Dual inner/Outer Thigh 9NL-D1015

<b>WIDTH</b>	27 in (69 cm)
<b>LENGTH</b>	57 in (145 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	150 lb (68 kg)
<b>PRODUCT WEIGHT</b>	451 lb (205 kg)



Glute Press 9NL-S1012

<b>WIDTH</b>	37 in (94 cm)
<b>LENGTH</b>	67 in (170 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	120 lb (55 kg)
<b>PRODUCT WEIGHT</b>	313 lb (142 kg)



Rotary Torso  
9NL-S6300

<b>WIDTH</b>	38 in (97 cm)
<b>LENGTH</b>	39 in (99 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	190 lb (86 kg)
<b>PRODUCT WEIGHT</b>	418 lb (190 kg)



Dual Abdominal/Lower Back  
9NL-D6330

<b>WIDTH</b>	40 in (102 cm)
<b>LENGTH</b>	45 in (114 cm)
<b>HEIGHT</b>	55 in (140 cm)
<b>STACK WEIGHT</b>	120 lb (54 kg)
<b>PRODUCT WEIGHT</b>	369 lb (168 kg)

# STRENGTH

Nautilus - Instinct



Multi-Adjustable Bench 100  
9NN-B7506

<b>WIDTH</b>	25 in (64 cm)
<b>LENGTH</b>	61 in (155 cm)
<b>HEIGHT</b>	17 in (44 cm)
<b>PRODUCT WEIGHT</b>	80 lb (36 kg)



Multi-Adjustable Bench  
9NN-B7501

<b>WIDTH</b>	27 in (69 cm)
<b>LENGTH</b>	53 in (135 cm)
<b>HEIGHT</b>	18 in (46 cm)
<b>PRODUCT WEIGHT</b>	73 lb (33 kg)



Adjustable Abdominal  
Decline Bench  
9NN-B7200

<b>WIDTH</b>	25 in (64 cm)
<b>LENGTH</b>	53 in (135 cm)
<b>HEIGHT</b>	34 in (86 cm)
<b>PRODUCT WEIGHT</b>	95 lb (43 kg)



Ab Bench  
9NN-B7505

<b>WIDTH</b>	37 in (94 cm)
<b>LENGTH</b>	61 in (155 cm)
<b>HEIGHT</b>	42 in (106 cm)
<b>PRODUCT WEIGHT</b>	148 lb (67 kg)



45 Degree Back Extension  
9NN-B7502

<b>WIDTH</b>	32 in (81 cm)
<b>LENGTH</b>	54 in (137 cm)
<b>HEIGHT</b>	39 in (99 cm)
<b>PRODUCT WEIGHT</b>	97 lb (44 kg)



Olympic Flat Bench  
9NN-B7503

<b>WIDTH</b>	61 in (155 cm)
<b>LENGTH</b>	63 in (160 cm)
<b>HEIGHT</b>	54 in (137 cm)
<b>PRODUCT WEIGHT</b>	185 lb (84 kg)



Olympic Incline Bench  
9NN-B7201

<b>WIDTH</b>	61 in (155 cm)
<b>LENGTH</b>	63 in (160 cm)
<b>HEIGHT</b>	69 in (175 cm)
<b>PRODUCT WEIGHT</b>	269 lb (122 kg)



Dumbbell Rack 10-Pair/2 Tier  
9NN-R8001

<b>WIDTH</b>	105 in (267 cm)
<b>LENGTH</b>	29 in (74 cm)
<b>HEIGHT</b>	37 in (94 cm)
<b>PRODUCT WEIGHT</b>	221 lb (100 kg)



Dumbbell Rack 10-Pair/3 Tier  
9NN-R8002

<b>WIDTH</b>	69 in (175 cm)
<b>LENGTH</b>	29 in (74 cm)
<b>HEIGHT</b>	50 in (127 cm)
<b>PRODUCT WEIGHT</b>	243 lb (110 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