

CORE

HEALTH & FITNESS

NAUTILUS StairMaster STAR TRAC SCHWINN
THROWDOWN COREFIT COLLECTIVE GYM RAX wexer



NAUTILUS

Product Catalog

STRENGTH

Nautilus

Inspiration

The inspiration Strength Line embodies the innovation that redefined strength training. With sleek, modern aesthetics and uniform towers, this line makes a striking first impression in any commercial fitness space.

Every machine is engineered to mirror natural movement, delivering an intuitive, biomechanically precise workout. Users will appreciate the effortless functionality—featuring our patented Lock N Load weight selection system, wrap-around assisted seat adjustment, lenticular image placards, and pre-stretch and range of motion controls. Built for performance and accessibility, Nautilus inspiration Strength enhances the training experience for all.



Pull Over
IPPO5

WIDTH	58 in (147 cm)
LENGTH	58 in (147 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	693 lb (314 kg)



Shoulder Press
IPSP5

WIDTH	58 in (147 cm)
LENGTH	60 in (152 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	609 lb (276 kg)



Pec Fly/ Rear Deltoid
IPPF5

WIDTH	58 in (147 cm)
LENGTH	46 in (117 cm)
HEIGHT	80 in (203 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	706 lb (320 kg)



Deltoid Raise
IPDR5

WIDTH	52 in (132 cm)
LENGTH	47 in (119 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	618 lb (280 kg)



Lat Pull Down
IPPD5

WIDTH	55 in (140 cm)
LENGTH	55 in (140 cm)
HEIGHT	77 in (196 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	715 lb (324 kg)



Vertical Row
IPVR5

WIDTH	50 in (127 cm)
LENGTH	45 in (114 cm)
HEIGHT	77 in (196 cm)
STACK WEIGHT	240 lb (108 kg)
PRODUCT WEIGHT	690 lb (313 kg)



Chest Press
IPVP5

WIDTH	59 in (150 cm)
LENGTH	43 in (109 cm)
HEIGHT	76 in (193 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	664 lb (301 kg)



Biceps Curl
IPBC5

WIDTH	56 in (142 cm)
LENGTH	45 in (114 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	613 lb (278 kg)



Bilateral Arm Curl
IPBA5

WIDTH	56 in (142 cm)
LENGTH	45 in (114 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	618 lb (280 kg)



Tricep Dip
IPTD5

WIDTH	52 in (132 cm)
LENGTH	51 in (130 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	750 lb (340 kg)

LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has one of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the 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.

STRENGTH

Nautilus - Inspiration



Dual Adjustable Pulley
NP-D9302

WIDTH	62 in (157 cm)
LENGTH	46 in (117 cm)
HEIGHT	88 in (224 cm)
STACK WEIGHT	2 x 400 lb (2 x 181 kg) 2 x 100 lb (at handle)
PRODUCT WEIGHT	1,308 lb (593 kg)



Tricep Extension
IPTE5

WIDTH	56 in (142 cm)
LENGTH	43 in (109 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	620 lb (281 kg)



Leg Press
IPLP5

WIDTH	54 in (137 cm)
LENGTH	74 in (187 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	400 lb (181 kg)
PRODUCT WEIGHT	1,120 lb (508 kg)



Leg Extension
IPLE5

WIDTH	48 in (122 cm)
LENGTH	53 in (135 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	717 lb (325 kg)



Leg Curl
IPLC5

WIDTH	46 in (117 cm)
LENGTH	64 in (163 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	743 lb (337 kg)



Abduction/ Adduction
IPAA5

WIDTH	55 in (140 cm)
LENGTH	56 in (142 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	657 lb (298 kg)



Glute Press
IPGM5

WIDTH	45 in (114 cm)
LENGTH	75 in (191 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	240 lb (109 kg)
PRODUCT WEIGHT	600 lb (272 kg)



Back Extension
IPBE5

WIDTH	51 in (130 cm)
LENGTH	50 in (127 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	600 lb (272 kg)



Abdominal Crunch
IPAC5

WIDTH	52 in (132 cm)
LENGTH	51 in (130 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	684 lb (310 kg)



Rotary Torso
IPRT5

WIDTH	58 in (147 cm)
LENGTH	34 in (86 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	200 lb (91 kg)
PRODUCT WEIGHT	560 lb (254 kg)

STRENGTH

Nautilus

Impact

The Impact Strength line refines proven biomechanics with subtle yet powerful innovations, delivering a strength training experience built for performance. Designed for versatility, this line retains the key features that make every workout effective, including pre-stretch, start assist, range of motion selection, and graduated heavy weight stacks. Engineered for strength and durability, Impact Strength integrates advanced biomechanics with intuitive functionality, ensuring a seamless training experience. With a design that balances innovation and reliability, this line remains a trusted choice for diverse strength training environments.



Chest Press
9NA-S4301

WIDTH	52 in (132 cm)
LENGTH	50 in (127 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	596 lb (270 kg)



Incline Press
9NA-S2301

WIDTH	51 in (130 cm)
LENGTH	75 in (191 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	690 lb (313 kg)



Shoulder Press
9NA-S4307

WIDTH	53 in (135 cm)
LENGTH	64 in (163 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	620 lb (281 kg)



Deltoid Fly
9NA-S4304

WIDTH	30 in (76 cm)
LENGTH	50 in (127 cm)
HEIGHT	79 in (201 cm)
STACK WEIGHT	220 lb (110 kg)
PRODUCT WEIGHT	580 lb (263 kg)



Deltoid Raise
9NA-S4302

WIDTH	46 in (117 cm)
LENGTH	51 in (130 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	130 lb (65 kg)
PRODUCT WEIGHT	479 lb (217 kg)



Fixed Lat Pull Down
9NA-S3303

WIDTH	43 in (109 cm)
LENGTH	64 in (163 cm)
HEIGHT	80 in (203 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	673 lb (305 kg)



Lat Pull Down
9NA-S3305

WIDTH	55 in (140 cm)
LENGTH	47 in (119 cm)
HEIGHT	98 in (249 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	593 lb (269 kg)



Vertical Row
9NA-S3301

WIDTH	45 in (114 cm)
LENGTH	62 in (157 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	598 lb (271 kg)

STRENGTH

Nautilus - Impact



Low Row
9NA-S3306

WIDTH	29 in (72 cm)
LENGTH	90 in (228.6 cm)
HEIGHT	86 in (218 cm)
STACK WEIGHT	260 lb (130 kgs)
PRODUCT WEIGHT	565 lb (256 kgs)



Chin Dip Assist
9NA-S6334

WIDTH	60 in (152 cm)
LENGTH	50 in (127 cm)
HEIGHT	91 in (231 cm)
STACK WEIGHT	200 lb (100 kg)
PRODUCT WEIGHT	776 lb (352 kg)



Biceps Curl
9NA-S5301

WIDTH	46 in (117 cm)
LENGTH	58 in (147 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	180 lb (90 kg)
PRODUCT WEIGHT	545 lb (247 kg)



Tricep Extension
9NA-S5302

WIDTH	46 in (117 cm)
LENGTH	47 in (119 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	180 lb (90 kg)
PRODUCT WEIGHT	499 lb (226 kg)



Dip Machine
9NA-S5303

WIDTH	42 in (107 cm)
LENGTH	55 in (140 cm)
HEIGHT	65 in (165 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	540 lb (245 kg)



Seated Leg Press
9NA-S1305

WIDTH	47 in (119 cm)
LENGTH	74 in (187 cm)
HEIGHT	65 in (165 cm)
STACK WEIGHT	360 lb (180 kg)
PRODUCT WEIGHT	968 lb (439 kg)



Seated Leg Curl
9NA-S1313

WIDTH	39 in (99 cm)
LENGTH	70 in (178 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	664 lb (301 kgs)



Leg Extension
9NA-S1312

WIDTH	38 in (145 cm)
LENGTH	57 in (97 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	609 lb (276 kg)



Leg Curl
9NA-S1301

WIDTH	38 in (97 cm)
LENGTH	71 in (180 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	180 lb (90 kg)
PRODUCT WEIGHT	516 lb (234 kg)



Kneeling Leg Curl
9NA-S1311

WIDTH	44 in (112 cm)
LENGTH	51 in (130 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	130 lb (65 kg)
PRODUCT WEIGHT	434 lb (197 kg)



Adductor
9NA-S1308

WIDTH	48 in (122 cm)
LENGTH	67.5 in (171 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	180 lb (90 kg)
PRODUCT WEIGHT	523 lb (237 kg)



Abductor
9NA-S1307

WIDTH	48 in (122 cm)
LENGTH	67.5 in (171 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	180 lb (90 kg)
PRODUCT WEIGHT	543 lb (237 kg)



Standing Calf
9NA-S1309

WIDTH	49 in (124 cm)
LENGTH	41 in (104 cm)
HEIGHT	62 in (151 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	635 lb (288 kg)



Low Back
9NA-S3302

WIDTH	46 in (117 cm)
LENGTH	53 in (135 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	260 lb (130 kg)
PRODUCT WEIGHT	593 lb (269 kg)



Abdominal
9NA-S6301

WIDTH	43 in (109 cm)
LENGTH	59 in (150 cm)
HEIGHT	60 in (152 cm)
STACK WEIGHT	130 lb (65 kg)
PRODUCT WEIGHT	382 lb (173 kg)

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

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

WIDTH	39 in (99 cm)
LENGTH	43 in (109 cm)
HEIGHT	68 in (172 cm)
STACK WEIGHT	2x 88 lb (2x 40 kg)
PRODUCT WEIGHT	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

WIDTH	29 in (74 cm)
LENGTH	78 in (198 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	2x 88 lb (2x 40 kg)
PRODUCT WEIGHT	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

WIDTH	58 in (147 cm)
LENGTH	58 in (147 cm)
HEIGHT	83 in (211 cm)
STACK WEIGHT	2x 88 lb (2x 40 kg)
PRODUCT WEIGHT	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

WIDTH	63 in (160 cm)
LENGTH	45 in (114 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	2x 88 lb (2x 40 kg)
PRODUCT WEIGHT	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

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



Total Legs
HSTL3

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

STRENGTH

Nautilus

Leverage Elite

The pinnacle of biomechanics and design. Featuring four-bar linkage that replicates Nautilus' signature cam load curve, lighter where you're weakest, heaviest where you're strongest. With sleek aesthetics, low load points, and biomechanical precision, Elite is the gold standard of plate loaded strength. Think of it as the 10 Series of lifting: bold, refined, and built to lead.



Chest Press
9NP3-L2002

WIDTH	59 in (150 cm)
LENGTH	71 in (180 cm)
HEIGHT	58 in (147 cm)
PRODUCT WEIGHT	481 lb (218 kg)



Incline Press
9NP3-L2003

WIDTH	51 in (130 cm)
LENGTH	76 in (193 cm)
HEIGHT	51 in (130 cm)
PRODUCT WEIGHT	413 lb (187 kg)



Decline Press
9NP3-L2004

WIDTH	58 in (147 cm)
LENGTH	81 in (206 cm)
HEIGHT	49 in (124 cm)
PRODUCT WEIGHT	503 lb (228 kg)



Shoulder Press
9NP3-L4002

WIDTH	51 in (130 cm)
LENGTH	71 in (180 cm)
HEIGHT	58 in (147 cm)
PRODUCT WEIGHT	410 lb (186 kg)



Abdominal Crunch
9NP3-L5003

WIDTH	61 in (156 cm)
LENGTH	62 in (157 cm)
HEIGHT	61 in (156 cm)
PRODUCT WEIGHT	461 lb (209 kg)



Low Row
9NP3-L3004

WIDTH	51 in (130 cm)
LENGTH	79 in (201 cm)
HEIGHT	46 in (117 cm)
PRODUCT WEIGHT	426 lb (193 kg)



High Row
9NP3-L3005

WIDTH	51 in (130 cm)
LENGTH	86 in (218 cm)
HEIGHT	73 in (185 cm)
PRODUCT WEIGHT	443 lb (201 kg)



Lat Pull Down
9NP3-L3003

WIDTH	51 in (130 cm)
LENGTH	81 in (206 cm)
HEIGHT	80 in (203 cm)
PRODUCT WEIGHT	406 lb (184 kg)



Biceps Curl
9NP3-L5002

WIDTH	62 in (157 cm)
LENGTH	61 in (155 cm)
HEIGHT	41 in (104 cm)
PRODUCT WEIGHT	465 lb (211 kg)

STRENGTH

Nautilus

Leverage Premier

Performance-driven strength with a linear edge. Premier delivers consistent plate resistance through the full range of motion with a minimalist design and uncompromising feel. Built to blend seamlessly with Elite, these pieces balance advanced performance with durability. This is the 8 Series of plate loaded: straightforward, reliable, and engineered for lifters who demand full control.



Freedom Rack®
NP-L8507

WIDTH	75 in (191 cm)
LENGTH	83 in (211 cm)
HEIGHT	90 in (229 cm)
PRODUCT WEIGHT	655 lb (297 kg)



Smith Machine
NP-L8500

WIDTH	89 in (226 cm)
LENGTH	67 in (170 cm)
HEIGHT	82 in (208 cm)
PRODUCT WEIGHT	648 lb (294 kg)

STRENGTH

Leverage - Premier



Glute Drive
NP-L1131

WIDTH	60 in (152.5 cm)
LENGTH	62 in (157.5 cm)
HEIGHT	35 in (89 cm)
PRODUCT WEIGHT	252 lb (114 kg)



Belt Squat
NP-L1132

WIDTH	43 in (110 cm)
LENGTH	72 in (182 cm)
HEIGHT	59 in (150 cm)
PRODUCT WEIGHT	397 lbs (180 kg)



Standing Calf Raise
NP-L1112

WIDTH	73 in (186 cm)
LENGTH	42 in (110 cm)
HEIGHT	81 in (206 cm)
PRODUCT WEIGHT	463 lbs (210 kg)



Tilt Seat Calf
NP-L1110

WIDTH	27 in (69 cm)
LENGTH	58 in (147 cm)
HEIGHT	37 in (94 cm)
PRODUCT WEIGHT	170 lb (77 kg)



Deadlift Shrug
NP-L3006

WIDTH	61 in (156 cm)
LENGTH	74 in (188 cm)
HEIGHT	31 in (79 cm)
PRODUCT WEIGHT	249 lb (113 kg)



Hack Squat
NP-L1130

WIDTH	72 in (182 cm)
LENGTH	93 in (236 cm)
HEIGHT	47 in (119 cm)
PRODUCT WEIGHT	446 lb (202 kg)



Angled Leg Press
NP-L1141

WIDTH	72 in (182 cm)
LENGTH	90 in (229 cm)
HEIGHT	58 in (147 cm)
PRODUCT WEIGHT	569 lb (258 kg)

Weight horn upgrade kit SKU:
732-0238-XX



Incline Lever Row
NP-L3140

WIDTH	34 in (86 cm)
LENGTH	72 in (183 cm)
HEIGHT	49 in (124 cm)
PRODUCT WEIGHT	214 lb (97 kg)

STRENGTH

Nautilus

Multi-Stations

Today's fitness facilities demand smarter, more adaptable strength solutions. Whether you're optimizing a boutique space, outfitting a high-traffic gym, or designing a multi-use training zone, the Nautilus Multi-Station delivers unmatched versatility without compromising performance.

Built for efficiency and scalability, each Multi-Station seamlessly integrates key strength modalities, like the Lat Pulldown, Low Row, and Triceps Press, from our industry-leading lines into a compact footprint. Modular by design, it allows operators to configure the unit based on their space, member demographics, and training trends—ensuring a tailored solution that evolves with your facility's needs.



Cable Cross Over
9NP-M9201

WIDTH	158 in (401 cm)
LENGTH	34 in (86 cm)
HEIGHT	91 in (230 cm)
STACK WEIGHT	2 x 115.5 lb (2 x 52.2 kg)
PRODUCT WEIGHT	1010 lb (458 kg)



4 Station
9NP-M9601

WIDTH	75 in (190 cm)
LENGTH	152 in (387 cm)
HEIGHT	94 in (239 cm)
STACK WEIGHT	Lat Pull Down/Low Row 297 lb (135 kg) Triceps Press 231 lb (105 kg) Cross over 115.5 lb (52.5 kg)
PRODUCT WEIGHT	1689 lb (766 kg)



5 Station
9NP-M9605

WIDTH	200 in (508 cm)
LENGTH	152 in (387 cm)
HEIGHT	94 in (239 cm)
STACK WEIGHT	Lat Pull Down/Low Row 297 lb (135 kg) Triceps Press 231 lb (105 kg) Cross over 2 x 115.5 lb (2 x 52.5 kg)
PRODUCT WEIGHT	2350 lb (1066 kg)

STRENGTH

Nautilus - Multi-Stations



9 Station
9NP-M9619

WIDTH	240 in (609 cm)
LENGTH	152 in (387 cm)
HEIGHT	94 in (239 cm)
STACK WEIGHT	Lat Pull Down/Low Row 297 lb (135 kg) Triceps Press 231 lb (105 kg) Cross over 2 x 115.5 lb (2 x 52.5 kg)
PRODUCT WEIGHT	3690 lb (1673 kg)



Mid-Row
731-9475

WIDTH	30 in (76 cm)
LENGTH	142 in (361cm)
HEIGHT	94 in (239 cm)
STACK WEIGHT	297 lbs (135 kg)
PRODUCT WEIGHT	162 lbs (90 kg)
TOTAL STACK WEIGHT	297 lbs (135 kg)



HIIT Rope Mount
731-9678

WEIGHT	34 lbs (15.5 kg)
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For HIIT ROPE Specs see page 33



14 Station
9NP-M9620

WIDTH	395 in (1003 cm)
LENGTH	152 in (387 cm)
HEIGHT	94 in (239 cm)
STACK WEIGHT	Lat Pull Down/Low Row 297 lb (135 kg) Triceps Press 231 lb (105 kg) Cross over 2 x 115.5 lb (2 x 52.5 kg)
PRODUCT WEIGHT	5565 lb (2524 kg)

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

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



Flat Bench
9NP-B7507

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



Adjustable Decline Bench
9NP-B7508

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



Adjustable Abdominal Bench
9NP-B7510

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



Utility Bench
9NP-B7516

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



Stool
9NP-B7521

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



Adjustable Back Extension
9NP-B7514

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



Glute Ham
9NP-B7522

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

STRENGTH

Nautilus - Benches



Preacher Curl
9NP-B7509

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



Standing Preacher Curl
9NP-B7515

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



Olympic Military Press
9NP-B7205

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



Stretch Bench
9NP-B7524

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



Leg Raise/Dip
9NP-B7517

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



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

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



Olympic Bench Press
9NP-B7202

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



Decline Bench Press
9NP-B7204

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



Incline Bench Press
9NP-B7203

WIDTH	51 in (130 cm)
LENGTH	59 in (150 cm)
HEIGHT	59 in (150 cm)
PRODUCT WEIGHT	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.

STRENGTH

Nautilus

Racks

Strength training demands durability, versatility, and innovation—Nautilus Racks deliver all three. Designed to seamlessly integrate with our strength lines, they provide the right solution for your members' needs, with the option to include plate storage for added efficiency.

At the core of our system is the SVA Platform—the industry's most advanced platform technology, engineered to reduce noise, vibration, and shock for a superior lifting experience. Built to exceed industry standards in strength and durability, Nautilus Racks offer the ultimate combination of safety, performance, and aesthetics, ensuring your free weight area is as functional as it is visually cohesive.



SINGLE Dumbbell Rack
NP-R8009

WIDTH	90 in (229 cm)
LENGTH	28 in (71 cm)
HEIGHT	26 in (66 cm)
PRODUCT WEIGHT	155 lb (70 kg)



Double Dumbbell Rack
NP-R8022

WIDTH	90 in (229 cm)
LENGTH	38 in (97 cm)
HEIGHT	26 in (66 cm)
PRODUCT WEIGHT	255 lb (116 kg)



Triple Dumbbell Rack
NP-R8023

WIDTH	90 in (229 cm)
LENGTH	38 in (97 cm)
HEIGHT	39 in (99 cm)
PRODUCT WEIGHT	387 lb (176 kg)



Beauty Bell Rack
NP-R8014

WIDTH	32 in (81 cm)
LENGTH	40 in (102 cm)
HEIGHT	40 in (102 cm)
PRODUCT WEIGHT	132 lb (60 kg)



2-Sided Olympic Weight Tree
NP-R7512

WIDTH	27 in (69 cm)
LENGTH	35 in (89 cm)
HEIGHT	40 in (102 cm)
PRODUCT WEIGHT	86 lb (39 kg)



4-Sided Olympic Weight Tree
NP-R7513

WIDTH	28 in (71 cm)
LENGTH	28 in (71 cm)
HEIGHT	46 in (117 cm)
PRODUCT WEIGHT	135 lb (61 kg)



Barbell Rack
NP-R8012

WIDTH	36 in (91 cm)
LENGTH	38 in (97 cm)
HEIGHT	53 in (135 cm)
PRODUCT WEIGHT	159 lb (72 kg)



Accessory Rack
NP-R8013

WIDTH	28 in (71 cm)
LENGTH	35 in (89 cm)
HEIGHT	51 in (130 cm)
PRODUCT WEIGHT	141 lb (64 kg)

STRENGTH

Nautilus - Racks & Platforms



4' SVA Bamboo Platform II
9-HDP4D-BB2

WIDTH	95 in (241 cm)
LENGTH	115 in (292 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	943 lb (428 kg)



*Platform shown with Half Rack HDHR2



*Platform shown with Half Rack HDHR2

6' SVA Bamboo Platform II
9-HDP6D-BB2

WIDTH	95 in (241 cm)
LENGTH	141 in (358 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	943 lb (428 kg)



Half Rack
HDHR2

WIDTH	72 in (183 cm)
LENGTH	63 in (160 cm)
HEIGHT	97 in (246 cm)
PRODUCT WEIGHT	512 lb (232 kg)



*Platform shown with Half Rack HDHR2

6' Bamboo Platform II
9-HDP6-BB2

WIDTH	95 in (241 cm)
LENGTH	141 in (358 cm)
HEIGHT	3 in (8 cm)
PRODUCT WEIGHT	751 lb (341 kg)



Squat Rack
HD-R8008

WIDTH	80 in (203 cm)
LENGTH	71 in (180 cm)
HEIGHT	79 in (201 cm)
PRODUCT WEIGHT	445 lb (202 kg)



*Platform shown with Half Rack HDHR2

4' Bamboo Platform II
HDP4-BB2

WIDTH	95 in (241 cm)
LENGTH	115 in (292 cm)
HEIGHT	3 in (8 cm)
PRODUCT WEIGHT	655 lb (297 kg)



Power Cage
HD-R8006

WIDTH	63 in (160 cm)
LENGTH	69 in (174 cm)
HEIGHT	94 in (239 cm)
PRODUCT WEIGHT	538 lb (244 kg)



4' SVA Bamboo Stand Alone
Platform 9-HDP4D-BB2-SA

WIDTH	95 in (241 cm)
LENGTH	53 in (135 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	408 lb (185 kg)



Power Cage SVA Combo

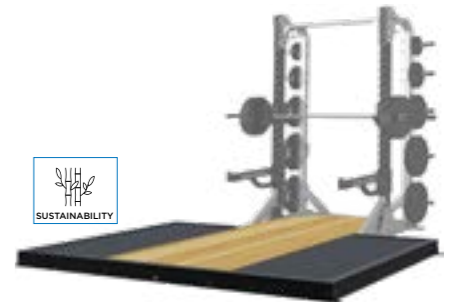
9HD-R8006, 9-HDP6D-BB2, 731-9082-KT, 731-9092-KT

WIDTH	95 in (241 cm)
LENGTH	143 in (363 cm)
HEIGHT	89 in (226 cm)
PRODUCT WEIGHT	1276 lb (579 kg)



6' SVA Bamboo Stand Alone
Platform II 9-HDP6D-BB2-SA

WIDTH	95 in (241 cm)
LENGTH	141 in (358 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	943 lb (428 kg)



6' HD SVA Platform, LF Half Rack
9-HDP6D-LFHR

WIDTH	95 in (241 cm)
LENGTH	115 in (292 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	751 lb (341 kg)

*Platform shown with Life Fitness HD Elite Half Rack

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

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



Shoulder Press 9NL-S4100

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



Dual Multi-Press 9NL-D2120

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



Dual Pectoral Fly/
Rear Deltoid 9NL-D2110

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



Dual Lat Pull Down/
Vertical Row 9NL-D3340

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



Lat Pull Down 9NL-S3310

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

STRENGTH

Nautilus - Instinct



Dual Adjustable Pulley
9NL-D2002

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



Vertical Row
9NL-S3320

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



Dual Biceps Curl/
Triceps Extension
9NL-D5120

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



Dual Leg Press/Calf Raise 9NL-D1013

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



Dual Leg Extension/Leg Curl
9NL-D1014

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



Leg Extension 9NL-S1010

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



Leg Curl 9NL-S1011

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



Dual inner/Outer Thigh 9NL-D1015

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



Glute Press 9NL-S1012

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



Rotary Torso
9NL-S6300

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



Dual Abdominal/Lower Back
9NL-D6330

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

STRENGTH

Nautilus - Instinct



Multi-Adjustable Bench 100
9NN-B7506

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



Multi-Adjustable Bench
9NN-B7501

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



Adjustable Abdominal
Decline Bench
9NN-B7200

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



Ab Bench
9NN-B7505

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



45 Degree Back Extension
9NN-B7502

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



Olympic Flat Bench
9NN-B7503

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



Olympic Incline Bench
9NN-B7201

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



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

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



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

WIDTH	69 in (175 cm)
LENGTH	29 in (74 cm)
HEIGHT	50 in (127 cm)
PRODUCT WEIGHT	243 lb (110 kg)

STRENGTH

Light Commercial Strength



Half Rack
9NN-R8303-60AAS

WIDTH	87 in (221cm)
LENGTH	54.7 in (139.7 cm)
HEIGHT	90 in (228.6 cm)
PRODUCT WEIGHT	370.5lb (168kg)



Smith Machine
9NN-L8506-60AAS

WIDTH	52.36 in (133 cm)
LENGTH	88 in (223.5 cm)
HEIGHT	88 in (223.5 cm)
PRODUCT WEIGHT	445.5lb (202kg)



8' Alpha XTC 73-00318

WIDTH	95 in (231.4cm)
LENGTH	56 in (142.3cm)
HEIGHT	48.5 in (123.1cm)



8' Add-On 73-00319

WIDTH	105 in (267 cm)
LENGTH	45 in (118 cm)
HEIGHT	46 in (116 cm)



3 Stack Multi-Station
9NN-M8008-60AAS

WIDTH	108 in (275cm)
LENGTH	136 in (346cm)
HEIGHT	86 in (218cm)
WEIGHT-STACK	200 lb (91kg)
PRODUCT WEIGHT	1605 lb (728 kg)



Accessory Rack
9NN-R8015-60AAS

WIDTH	70 in (178 cm)
LENGTH	30 in (76.2 cm)
HEIGHT	90 in (228.6 cm)
PRODUCT WEIGHT	152 lb (48.94 kg)



3-Tier Dumbbell Rack
9NN-R8003-60AAS

WIDTH	36.5 in (93 cm)
LENGTH	64.5 in (164 cm)
HEIGHT	40 in (101.6 cm)
PRODUCT WEIGHT	198.5 lb (90 kg)



Vertical Dumbbell Rack
9NN-R8016-60AAS

WIDTH	30.5 in (77.5 cm)
LENGTH	24 in (61 cm)
HEIGHT	62 in (157.5 cm)
PRODUCT WEIGHT	103 lb (46.72 kg)



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