



# Free Weight Layout



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# NAUTILUS INSPIRATION STRENGTH

## CHEST PRESS



### A STRONGER FIRST IMPRESSION

The Nautilus Inspiration Strength® line delivers a series of must have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration makes a powerful first impression. Each machine captures the essence of natural human movement. Members will appreciate the many easy to use and easy to see features like the wrap around assisted seat adjustment, Lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.

W: 59 IN (150 CM)

L: 43 IN (109 CM)

H: 76 IN (193 CM)

STACK WEIGHT: 240 LB (109 KG)

OVERALL WEIGHT: 664 LB (301 KG)

SHIPPING WEIGHT: 730 LB (331 KG)

## PULLOVER



### ▶ **A STRONGER FIRST IMPRESSION**

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▶ W: 52 IN (132 CM)  
L: 51 IN (130 CM)  
H: 64 IN (163 CM)  
STACK WEIGHT: 200 LB (91 KG)  
OVERALL WEIGHT: 684 LB (310 KG)  
SHIPPING WEIGHT: 776 LB (352 KG)

## ABDOMINAL



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▶ W: 51 IN (130 CM)  
L: 50 IN 127 CM  
H: 64 IN (163 CM)  
STACK WEIGHT: 200 LB (91 KG)  
OVERALL WEIGHT: 600 LB (272 KG)  
SHIPPING WEIGHT: 688 LB (312 KG)

## CHEST PRESS



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W: 59 IN (150 CM)

L: 43 IN (109 CM)

H: 76 IN (193 CM)

STACK WEIGHT: 240 LB (109 KG)

OVERALL WEIGHT: 664 LB (301 KG)

SHIPPING WEIGHT: 730 LB (331 KG)



## DELTOID



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W: 52 IN (132 CM)

L: 47 IN (119 CM)

H: 64 IN (163 CM)

STACK WEIGHT: 200 LB (91 KG)

OVERALL WEIGHT: 618 LB (280 KG)

SHIPPING WEIGHT: 686 LB (311 KG)

## PEC DEC/REAR DELT



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W: 58 IN (147 CM)

L: 46 IN (117 CM)

H: 80 IN (203 CM)

STACK WEIGHT: 240 LB (109 KG)

OVERALL WEIGHT: 706 LB (320 KG)

SHIPPING WEIGHT: 798 LB (362 KG)

## BICEP CURL



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W: 56 IN (142 CM)

L: 45 IN (114 CM)

H: 64 IN (163 CM)

STACK WEIGHT: 200 LB (91 KG)

OVERALL WEIGHT: 613 LB (278 KG)

SHIPPING WEIGHT: 699 LB (317 KG)

## SEATED ROW



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W: 50 IN (127 CM)

L: 45 IN (114 CM)

H: 77 IN (196 CM)

STACK WEIGHT: 240 LB (108 KG)

OVERALL WEIGHT: 690 LB (313 KG)

SHIPPING WEIGHT: 772 LB (350 KG)

## LAT ROW



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W: 55 IN (140 CM)

L: 55 IN (140 CM)

H: 77 IN (196 CM)

STACK WEIGHT: 240 LB (109 KG)

OVERALL WEIGHT: 715 LB (324 KG)

SHIPPING WEIGHT: 805 LB (365 KG)

## SHOULDER PRESS



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W: 58 IN (147 CM)

L: 60 IN (152 CM)

H: 64 IN (163 CM)

STACK WEIGHT: 200 LB (91 KG)

OVERALL WEIGHT: 609 LB (276 KG)

SHIPPING WEIGHT: 697 LB (316 KG)

## ABDUCTION/ADDUCTION



### **A STRONGER FIRST IMPRESSION**

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W: 55 IN (140 CM)

L: 56 IN (142CM)

H: 64 IN (163 CM)

STACK WEIGHT: 200 LB (91 KG)

OVERALL WEIGHT: 657 LB (298 KG)

SHIPPING WEIGHT: 734 LB (333 KG)

## ROTARY TORSO



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W: 58 IN (147 CM)

L: 34 IN (86 CM)

H: 64 IN (163 CM)

STACK WEIGHT: 200 LB (91 KG)

OVERALL WEIGHT: 560 LB (254 KG)

SHIPPING WEIGHT: 655 LB (297 KG)



## TRICEP EXTENSION



The Nautilus Inspiration Strength® line delivers a series of must have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration makes a powerful first impression. Each machine captures the essence of natural human movement. Members will appreciate the many easy to use and easy to see features like the wrap around assisted seat adjustment, Lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.

## LEG PRESS



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# Assisted Chin Dip



- User-friendly weight stack selection
- Pull-pin adjustment
- Gravity assisted positioning
- Featuring the patented Lock N Load<sup>®</sup> weight selection system

## LEG EXTENSION



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## PULLOVER



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W: 58 IN (147 CM)

L: 58 IN (147 CM)

H: 64 IN (163 CM)

STACK WEIGHT: 200 LB (91 KG)

OVERALL WEIGHT: 693 LB (314 KG)

SHIPPING WEIGHT: 783 LB (355 KG)

## SEATED LEG CURL



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## GLUTE



The Nautilus Inspiration Strength® line delivers a series of must have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration makes a powerful first impression. Each machine captures the essence of natural human movement. Members will appreciate the many easy to use and easy to see features like the wrap around assisted seat adjustment, Lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.

## Titan Series

# G2 HALF RACK

Part #: 400112

\* 9' Rack Option Available (400212)

\*\* Short Base Option Available in 8' & 9'  
Racks (400112SB / 400212SB)

## FEATURES

2" Adjustable Anchor Point Increments for Precise Settings

(10) Plate Storage Pegs Featuring Patented Tapered Design & (2) Bar Storage

(2) 24" Safety Arms & (2) J-Hooks

U-Base Design for Greater Structural Integrity and Storage Options

Single Bar Chin Up

Laser-Cut Numbering

Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish

Textured or Gloss Powder Coated Finish Available

Custom Color-Matching Options Available





# Dynamic Fitness Titan Half Rack with Platform



## FEATURES

- 3/4-inch great lakes oak flooring
- Ceramic-based urethane topcoat
- Durable urethane surface
- Customized trim options
- Trim powder-coated gloss or textured finish
- Custom 3.5 mil vinyl logos
- 3/4-inch shock-absorbent rubber

# Dynamic Fitness Glute/Ham - Painted Black

**Body Weight Line**

## WALKTHRU GLUTE/HAM DEVELOPER

Part #: 720072

### FEATURES

- Pivoting Pad Adjustment
- Vertical Roller Pad Adjustment
- Knee Pads For Easy Mount & Dismount
- Oversized Thigh Pads
- Frame-Mounted Band Pegs
- Custom Color Pad Options
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish
- Texture or Gloss Powder Coated Color Options Available





FRAME SHOWN IN -60°



⊕ Click to zoom

▶ **STRENGTH MADE STRONGER.**

- ▶ From Olympic benches which can be customized with or without weight storage to our one-of-a-kind abdominal and back extension benches, we've raised the bar for both aesthetics and function. Our benches and racks flow seamlessly with our other products so you will notice a family look and feel as you position your free weights along side our Inspiration Strength<sup>®</sup>, Impact<sup>®</sup> Strength, HumanSport<sup>®</sup>, Leverage<sup>®</sup>, Multi-stations and Plate loaded lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.



## SMITH MACHINE



Working out with plates is one of the most effective ways to train, which is why plate loaded machines are a staple for facilities. Whether you are looking to build a full strength circuit or round out your offering with specific pieces, Nautilus Plate Loaded offers the best machines for plate workouts. Each machine is built strong enough to stand up to full commercial use and is designed to make plate workouts as effective, rewarding and safe as possible.

ME SHOWN IN -60°

## PLATE LOADED CHEST PRESS



## A ONE-OF-A-KIND PLATE LOADED EXPERIENCE

The Nautilus Leverage™ line offers a one-of-a-kind plate-loaded experience with features that outshine the competition. Leverage features stainless steel knurled grips, assisted seat adjustments and user defined pre-stretch settings. Using multiple levers and cams, Leverage creates a unique lifting profile for each movement that maximizes the mechanics of the human body. With a sleek look and integrated storage, the Leverage strength line will appeal to facility operators and their members. It's all about the feel and once you've worked out on Leverage, pushing and pulling weight plates will never be the same.

## GLUTE DRIVE



Inspired by the increasing trend of glute exercises seen in various and dangerous executions in the gyms today, the Nautilus Glute Drive piece safely and smartly isolates your glutes, building power through a strong hip bridge motion, creating sexy glutes, improved hip and core stability. These benefits are universally desirable, important for a wide variety of sports and exercises, and are arguably the most important muscles for total athleticism. The Glute Drive gives you the full benefits of the hip thrust exercise, simply, safely, and with good form. The machine is designed to promote good biomechanics and balanced weight curve. A comfortable padded belt secures the user to the back pad which supports the full length of the spine for added safety. Users can load up to four plates of each side, which gives the machine a max weight load of 360 lbs.

## SEATED CALF



Working out with plates is one of the most effective ways to train, which is why plate loaded machines are a staple for facilities. Whether you are looking to build a full strength circuit or round out your offering with specific pieces, Nautilus Plate Loaded offers the best machines for plate workouts. Each machine is built strong enough to stand up to full commercial use and is designed to make plate workouts as effective, rewarding and safe as possible.

## PREACHER CURL



### **STRENGTH MADE STRONGER.**

From Olympic benches which can be customized with or without weight storage to our one-of-a-kind abdominal and back extension benches, we've raised the bar for both aesthetics and function. Our benches and racks flow seamlessly with our other products so you will notice a family look and feel as you position your free weights alongside our Inspiration Strength<sup>®</sup>, Impact<sup>®</sup> Strength, HumanSport<sup>®</sup>, Leverage<sup>®</sup>, Multi-Stations and Plate Loaded lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.