

NAUTILUS INSTINCT™



EASY TO USE. EASY ON SPACE.

When it comes to a complete workout, it's all business. Whether you're an experienced athlete or a beginner, everyone wants the ability to get a quick, easy and complete workout. And that's exactly what Instinct® Strength is all about. Each piece welcomes users of all levels with quick and easy adjustments for efficient workouts.

Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Exercisers can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct® Strength offers both single and dual function units to meet the needs of any space or facility. Instinct also offers the revolutionary Lock N Load® patented weight selection system. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.

corehealthandfitness.com

FEATURES



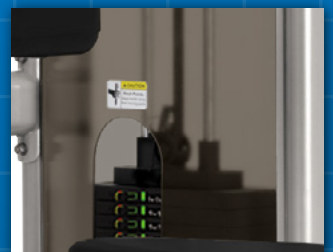
EASY TO USE LOCK N LOAD® TECHNOLOGY ELIMINATES LOST, BROKEN OR BENT PINS



GET THE MOST FROM MINIMAL SPACE WITH COMPACT MACHINES THAT MAKE A MODEST FOOTPRINT



INCREASED VISIBILITY THROUGH TRANSPARENT WEIGHT TOWERS



KEVLAR TRANSMISSION BELT FOR EXTENDED LIFE AND EASY REPLACEMENT



LEG EXTENSION IL-S1010

W	37" (94 CM)	SHIP WEIGHT	436 LBS (198 KG)
L	41" (104 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



LEG CURL IL-S1011

W	37" (94 CM)	SHIP WEIGHT	469 LBS (213 KG)
L	56" (142 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



DUAL LEG EXTENSION/LEG CURL IL-D1014

W	37" (94 CM)	SHIP WEIGHT	484 LBS (220 KG)
L	56" (142 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



DUAL LEG PRESS/CALF RAISE IL-D1013

W	39" (99 CM)	SHIP WEIGHT	689 LBS (313 KG)
L	74" (188 CM)	STACK WEIGHT	235 LBS (107 KG)
H	55" (140 CM)		



DUAL INNER/OUTER THIGH IL-D1015

W	27" (69 CM)	SHIP WEIGHT	498 LBS (226 KG)
L	57" (145 CM)	STACK WEIGHT	150 LBS (68 KG)
H	55" (140 CM)		



GLUTE PRESS IL-S1012

W	37" (94 CM)	SHIP WEIGHT	354 LBS (161 KG)
L	67" (170 CM)	STACK WEIGHT	120 LBS (55 KG)
H	55" (140 CM)		



CHEST PRESS IL-S2100

W	28" (71 CM)	SHIP WEIGHT	477 LBS (216 KG)
L	49" (124 CM)	STACK WEIGHT	235 LBS (107 KG)
H	55" (140 CM)		



DUAL MULTI-PRESS IL-D2120

W	55" (140 CM)	SHIP WEIGHT	539 LBS (244 KG)
L	74" (188 CM)	STACK WEIGHT	235 LBS (107 KG)
H	55" (140 CM)		



DUAL LAT PULL/VERTICAL ROW IL-S3310

W	45" (113 CM)	SHIP WEIGHT	513 LBS (233 KG)
L	33" (84 CM)	STACK WEIGHT	235 LBS (107 KG)
H	63" (160 CM)		



LAT PULL DOWN IL-S3310

W	47" (119 CM)	SHIP WEIGHT	554 LBS (251 KG)
L	60" (152 CM)	STACK WEIGHT	235 LBS (107 KG)
H	73" (185 CM)		



VERTICAL ROW IL-S3320

W	46" (117 CM)	SHIP WEIGHT	460 LBS (209 KG)
L	48" (122 CM)	STACK WEIGHT	235 LBS (107 KG)
H	55" (140 CM)		



SHOULDER PRESS IL-S4100

W	53" (135 CM)	SHIP WEIGHT	460 LBS (209 KG)
L	58" (147 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



DUAL PETORAL FLY/REAR DELT IL-D2110

W	50" (127 CM)	SHIP WEIGHT	473 LBS (215 KG)
L	54" (137 CM)	STACK WEIGHT	190 LBS (86 KG)
H	79" (201 CM)		



BICEPS CURL IL-S5100

W	39" (99 CM)	SHIP WEIGHT	416 LBS (189 KG)
L	52" (132 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



TRICEPS EXTENSION IL-S5110

W	39" (99 CM)	SHIP WEIGHT	416 LBS (189 KG)
L	40" (102 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



DUAL BICEPS CURL/TRICEPS EXTENSION IL-D5120

W	39" (99 CM)	SHIP WEIGHT	425 LBS (193 KG)
L	52" (132 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



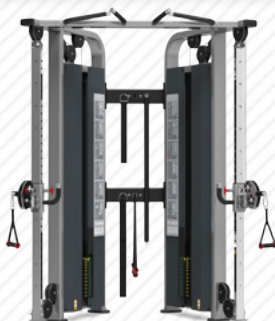
ROTARY TORSO IL-S6300

W	38" (97 CM)	SHIP WEIGHT	423 LBS (192 KG)
L	39" (99 CM)	STACK WEIGHT	190 LBS (86 KG)
H	55" (140 CM)		



DUAL ABDOMINAL/LOWER BACK IL-D6330

W	40" (102 CM)	SHIP WEIGHT	369 LBS (167 KG)
L	45" (114 CM)	STACK WEIGHT	120 LBS (54 KG)
H	55" (140 CM)		



DUAL ADJUSTABLE PULLEY IL-D6330

W	36" (91 CM)	SHIP WEIGHT	894 LBS (406 KG)
L	66" (168 CM)	STACK WEIGHT	2 X 200 LBS (2 X 90.7 KG)
H	81" (207 CM)		



MULTI-ADJUSTABLE BENCH IN-B7501

W	27" (69 CM)	SHIP WEIGHT	88 LBS (40 KG)
L	55" (140 CM)		
H	18" (46 CM)		



AB BENCH NN-B7505

W	25" (64 CM)	SHIP WEIGHT	79 LBS (36 KG)
L	53" (135 CM)		
H	34" (86 CM)		



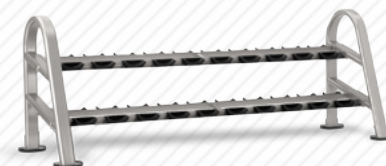
ADJUSTABLE AB DECLINE BENCH IN-B7200

W	25" (64 CM)	SHIP WEIGHT	79 LBS (36 KG)
L	53" (135 CM)		
H	34" (86 CM)		



45° BACK EXTENSION IN-B7502

W	32" (81 CM)	SHIP WEIGHT	101 LBS (46 KG)
L	54" (137 CM)		
H	39" (99 CM)		



DUMBBELL RACK 10-PAIR/2-TIER IN-R8001

W	29" (74 CM)	SHIP WEIGHT	266 LBS (121 KG)
L	105" (267 CM)		
H	37" (94 CM)		



DUMBBELL RACK 10-PAIR/3-TIER IN-R8002

W	29" (74 CM)	SHIP WEIGHT	272 LBS (123 KG)
L	69" (175 CM)		
H	50" (127 CM)		

OLYMPIC FLAT BENCH IN-B7503

W	61" (155 CM)	SHIP WEIGHT	213 LBS (97 KG)
L	63" (160 CM)		
H	54" (137 CM)		

OLYMPIC INCLINE BENCH IN-B7201

W	61" (155 CM)	SHIP WEIGHT	348 LBS (158 KG)
L	63" (160 CM)		
H	69" (175 CM)		

LOCK N LOAD®

Now weight selection is as easy as flipping a switch. The intuitive Lock N Load® design is easily recognizable. If you've ever flicked a light switch on and off, you'll immediately understand how it works. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation. Lock N Load® prevents unnecessary maintenance and customer service headaches since there are no pins to lose or replace.



AVAILABLE COLORS

UPHOLSTERY:



Black



Dark Brown

FRAME:



Silver



White



Textured Black

BUILD ON GREATNESS

At **Core Health & Fitness**, when we brought together fitness brands to build our company, we settled for nothing but the best. Four iconic brands that pioneered entire categories and whose machines are still the ones **members ask for by name**. Today, we're committed to continuing the tradition that started decades ago – and that's greatness you can feel good about building your business on.



CORE HEALTH & FITNESS