

# NAUTILUS HALF RACK (9-HDHR2)



## IMPROVED VERSATILITY. REDUCED SPACE.

The sturdy and versatile Nautilus Half Rack is built to accommodate a wide range of exercises, movements and users from beginner to professional athlete. The open-front design lets users move freely and allows for the use of a variety of benches. The optional wood floor and band pegs make it perfect for athletic training and Olympic style lifting, while the shorter 97" tower means it can fit into facilities with lower ceilings. The compact design and built-in plate storage make our Half Rack ideal for schools and personal training facilities as well as larger facilities.

[corehealthandfitness.com](http://corehealthandfitness.com)

## FEATURES



INTEGRATED MULTI-GRIP  
PULL UP STATION



DEEP J-HOOK STYLE BAR CATCH  
KEEPS BARS FROM BOUNCING  
OUT WHILE PROTECTIVE INSERTS  
PREVENT DAMAGE



MANY ADD-ONS AVAILABLE  
INCLUDING BUMPER PLATE  
STORAGE, WOOD PLATFORM AND  
BAND PEGS

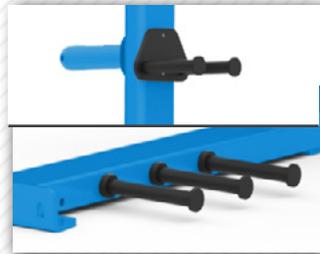


OPTIONAL WOOD PLATFORM  
PROTECTS FLOORS AND ALLOWS  
FOR CORRECT PERFORMANCE  
CHARACTERISTICS WHILE LIFTING

# AVAILABLE ACCESSORIES



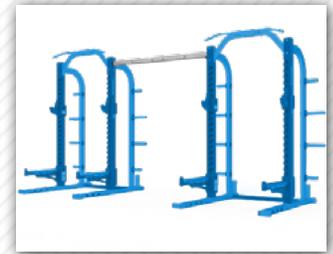
Wooden Platform  
(9-HDP62)



Band Pegs & Storage  
(95-0760)



Bumper Plate Storage  
(9-HDCS1)



Pull Up Bridge  
(9-HDPB1)

## TECHNICAL SPECS

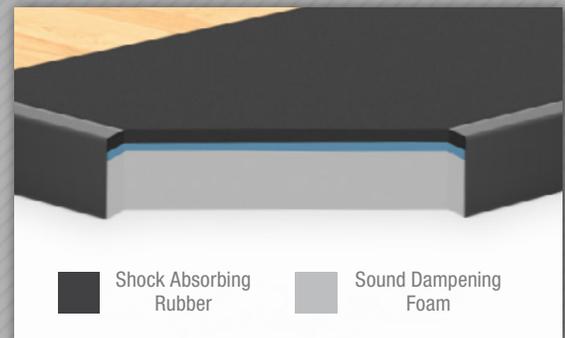
OVERALL WEIGHT	WIDTH	LENGTH	HEIGHT
654 lbs (297 kg)	72" (183 cm)	63" (160 cm)	97" (246 cm)

- Integrated multi-grip pull up station
- Integrated Olympic bumper plate and bar storage
- Standard safety stops with replaceable stainless steel covers
- Laser cut position indicators
- 955 lbs (434 kg) max loading capacity
- 350 lbs (159 kg) max user weight on pull up bar
- 4"x 4" 7-gauge (3/16") wall uprights



## NEW 4" SOUND DAMPENING PLATFORM

The new Nautilus dampening platform was developed as a way to reduce sound and vibration caused when users drop barbells when performing Olympic and power lifting. It uses a proprietary blend of materials designed to absorb the force of the barbell. These absorption characteristics not only cut down on sound and vibration, they also reduce bar bounce. (9-HDP6D)



## BUILD ON GREATNESS

At **Core Health & Fitness** we aim to provide our partners a foundation backed by the strongest brands in the industry. Four iconic brands that pioneered entire categories, and whose machines are still the ones **members ask for by name**. Today, we're committed building on that legacy by providing the best products and programs in every category – and that's greatness you can feel good about building on.



**CORE HEALTH & FITNESS**