



DIAL "ONE" FOR UNPRECEDENTED RESULTS

Nautilus One® equipment combines revolutionary weight stack technology and the most intuitive and user-friendly selection method ever created: a dial. Our unique 4-bar linkage and specialized cam design provides smooth resistance and proper muscle loading through the complete range of motion, while fewer guide rods, cams and pulleys extend the life of this product well past other machines. For a unique, safe and effective strength training experience, there is only ONE choice that will ensure your facility stands out from your competition.

corehealthandfitness.com

FEATURES



INNOVATIVE WEIGHT SELECT DIAL MAKES FOR EASY ADJUSTMENTS AND REMOVES THE NEED FOR PINS THAT CAN BE LOST OR BROKEN



MODERN, COMPACT AND UNIFIED WEIGHT TOWER DESIGN CREATES AN OPEN AND UNCLUTTERED LOOK IN YOUR FACILITY



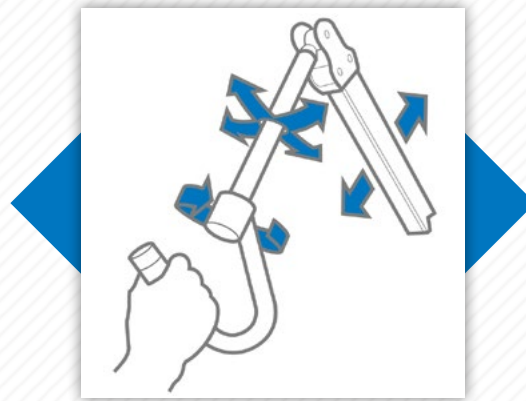
SUPPORT AND COMFORT FROM CUSTOM CONTOURED, HAND-CRAFTED UPHOLSTERY



OUR MASTER TRAINERS ARE HERE TO GET YOUR STAFF UP TO SPEED ON ALL NEW EQUIPMENT



**MADE
IN THE
USA**



LAT PULLDOWN S6LATP

W	51" (129 CM)	SHIP WEIGHT	860 LBS (390 KG)
L	72" (182 CM)	STACK WEIGHT	255 LBS (116 KG)
H	87" (221 CM)		

ERGO GRIP TECHNOLOGY

Ergo Grip technology provides complete and independent arm movement enabling a natural, user-defined path of motion.

ROW S6MR

W	54" (137 CM)	SHIP WEIGHT	860 LBS (390 KG)
L	62" (157 CM)	STACK WEIGHT	255 LBS (116 KG)
H	47" (120 CM)		



CHEST PRESS S6CP

W	64" (163 CM)	SHIP WEIGHT	852 LBS (386 KG)
L	58" (148 CM)	STACK WEIGHT	255 LBS (116 KG)
H	75" (190 CM)		

PEC FLY S6PF

W	74" (189 CM)	SHIP WEIGHT	821 LBS (372 KG)
L	57" (144 CM)	STACK WEIGHT	255 LBS (116 KG)
H	54" (136 CM)		

BICEPS CURL S6BC

W	63" (161 CM)	SHIP WEIGHT	795 LBS (361 KG)
L	51" (131 CM)	STACK WEIGHT	255 LBS (116 KG)
H	51" (131 CM)		



TRICEPS EXTENSION S6TE

W	62" (158 CM)	SHIP WEIGHT	880 LBS (399 KG)
L	48" (122 CM)	STACK WEIGHT	255 LBS (116 KG)
H	54" (138 CM)		

TRICEPS PRESS S6TP

W	58" (148 CM)	SHIP WEIGHT	801 LBS (363 KG)
L	59" (150 CM)	STACK WEIGHT	255 LBS (116 KG)
H	47" (120 CM)		

FOUR-WAY NECK MACHINE S6FWN

W	64" (162 CM)	SHIP WEIGHT	772 LBS (360 KG)
L	46" (116 CM)	STACK WEIGHT	255 LBS (116 KG)
H	57" (146 CM)		



LATERAL RAISE S6LR

W	57" (145 CM)	SHIP WEIGHT	860 LBS (390 KG)
L	46" (116 CM)	STACK WEIGHT	255 LBS (116 KG)
H	57" (145 CM)		



SHOULDER PRESS S6SP

W	64" (163 CM)	SHIP WEIGHT	854 LBS (387 KG)
L	59" (149 CM)	STACK WEIGHT	255 LBS (116 KG)
H	62" (158 CM)		



LOW BACK S6LB

W	51" (131 CM)	SHIP WEIGHT	824 LBS (374 KG)
L	50" (126 CM)	STACK WEIGHT	255 LBS (116 KG)
H	49" (125 CM)		



ABDOMINAL CRUNCH S6ABC

W	55" (139 CM)	SHIP WEIGHT	859 LBS (390 KG)
L	53" (136 CM)	STACK WEIGHT	255 LBS (116 KG)
H	59" (150 CM)		



ROTARY TORSO S6RT

W	41" (104 CM)	SHIP WEIGHT	782 LBS (355 KG)
L	71" (179 CM)	STACK WEIGHT	255 LBS (116 KG)
H	47" (120 CM)		



LEG EXTENSION S6LE

W	52" (131 CM)	SHIP WEIGHT	829 LBS (376 KG)
L	72" (183 CM)	STACK WEIGHT	255 LBS (116 KG)
H	49" (125 CM)		



LEG PRESS S6LP

W	51" (130 CM)	SHIP WEIGHT	1,332 LBS (604 KG)
L	72" (183 CM)	STACK WEIGHT	430 LBS (195 KG)
H	49" (125 CM)		



HIP ABDUCTION/ADDUCTION S6AA

W	41" (104 CM)	SHIP WEIGHT	857 LBS (389 KG)
L	87" (221 CM)	STACK WEIGHT	255 LBS (116 KG)
H	48" (123 CM)		



SEATED LEG CURL S6LC

W	52" (131 CM)	SHIP WEIGHT	855 LBS (389 KG)
L	64" (163 CM)	STACK WEIGHT	255 LBS (116 KG)
H	49" (125 CM)		

UNIQUE WEIGHT SELECTION DIAL



Now weight selection is as easy as turning a dial. The unique weight selection dial is easily recognizable and always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection. Nautilus One® has no guide rods and no weight stack pins, which means less maintenance and downtime.

INNOVATIVE & UNIFIED TOWERS

Genius in its simplicity, the Nautilus One® line features compact unified towers, each with patented weight stack technology and the unique weight selection dial. Plates are stacked side-by-side with minimal use of pulleys and belts to allow for natural movement mechanics that give a smooth, plate-loaded workout feel from a selectorized machine.

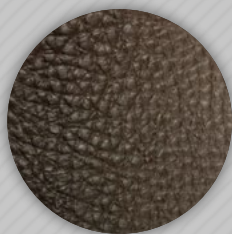


AVAILABLE COLORS

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