

NAUTILUS FREEDOM TRAINER™



BOASTING VERSATILITY, IN A MODEST SPACE.

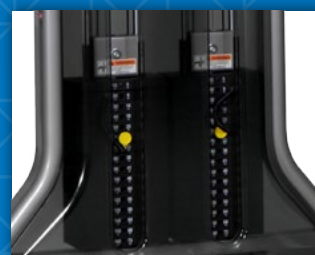
40 years ago, Nautilus® defined the modern strength category by matching strength machines to natural human movement. Today, all Nautilus equipment is backed by those decades of experience and extensive research in human anatomy and biomechanics. The Nautilus Freedom Trainer™ offers a new level of versatility to an outstanding selectorized machine by allowing user-defined paths of motion, enabling users to perform virtually any activity and reap the full reward of functional training exercises. Unlike other functional training systems in the industry, the dual arms adjust in two planes providing an infinite number of exercises and enabling users to imitate different motions that range from sports related activities to the movements that make up daily life. The dual arms are counterbalanced for easy adjustments between exercises.

corehealthandfitness.com

FEATURES



PROVIDES A VARIETY OF EFFECTIVE EXERCISES IN LIMITED SPACE



AVAILABLE WITH SINGLE OR DUAL WEIGHT STACKS



WHEELCHAIR ACCESSIBLE



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

FULL FEATURE LIST

- The Nautilus Freedom Trainer provides a variety of effective exercises in limited space
- The unit features pivoting dual high and low pulleys with four of our patent-pending 3-in-1 handles
- This newly-designed handle takes the place of three traditional handles, accommodating a wide variety of uses while eliminating the possibility of accessory theft
- The shielded design provides both aesthetic and safety benefits, and a detailed pictorial placard lead the user through a progressive exercise regimen
- 2:1 weight ratio gives an incremental resistance of 5 lbs at each grip
- Two 170 lb stacks with 10 lb increments
- Wheelchair accessible

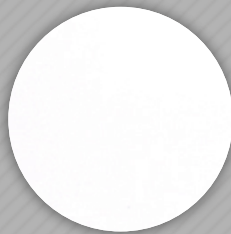
TECHNICAL SPECS

	OVERALL WEIGHT	WIDTH	LENGTH	HEIGHT	STACK WEIGHT
SINGLE STACK F3FT	550 lb (249 kg)	56" (142 cm)	38" (97 cm)	77" (196 cm)	581 lb (263 kg)
DUAL STACK F3FTD	581 lb (263 kg)	56" (142 cm)	38" (97 cm)	77" (196 cm)	2 x 170 lbs (2x 77 kg)

AVAILABLE COLORS



Silver



White



Textured Black

* Custom colors available on request

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