



VERTICAL CHEST S9VC - W 39" (99 CM) / L 56" (142 CM) / H 71" (180 CM) / 540 LBS (245 KG) / 240 LBS (109 KG)

## YOU HAVE TO FEEL IT TO BELIEVE IT

Nautilus Evo® equipment adapts itself to the way the body moves instead of forcing users to adapt to the machine. Our four-bar linkage system and cam have been designed to dynamically mirror the body's strength curve. Nautilus users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Expect unprecedented results from the First Name In Strength.

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

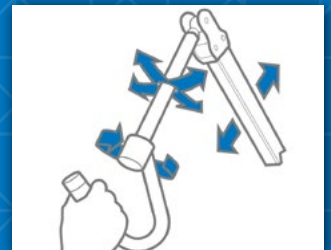
## FEATURES



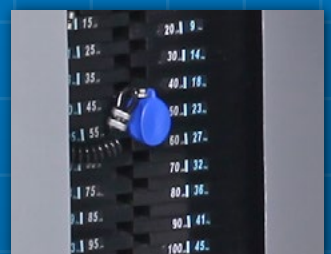
CONVERGING PRESS ARMS PROVIDE A PROPER MOVEMENT PATH



STRENGTH CURVE TECHNOLOGY™ ENSURES SMOOTH RESISTANCE AND PROPER MUSCLE LOADING THROUGH THE ENTIRE MOVEMENT



ERGO GRIP TECHNOLOGY PROVIDES COMPLETE AND INDEPENDENT ARM MOVEMENT, ENABLING A NATURAL, USER-DEFINED PATH OF MOTION.



PATENTED 5 LB. INCREMENT WEIGHT STACK ELIMINATES FRICTION AND MAINTENANCE OF ADD-ON WEIGHTS.



**MADE  
IN THE  
USA**



### INCLINE PRESS S9IP

W	45" (113 CM)	SHIP WEIGHT	522 LBS (237 KG)
L	62" (157 CM)	STACK WEIGHT	240 LBS (109 KG)
H	54" (137 CM)		



### PEC FLY S9PF

W	36" (91 CM)	SHIP WEIGHT	566 LBS (257 KG)
L	61" (154 CM)	STACK WEIGHT	240 LBS (109 KG)
H	57" (145 CM)		



### REAR DELT/PEC FLY S9RDPF

W	41" (104 CM)	SHIP WEIGHT	543 LBS (246 KG)
L	68" (172 CM)	STACK WEIGHT	200 LBS (91 KG)
H	73" (187 CM)		



### MID ROW S9MR

W	39" (99 CM)	SHIP WEIGHT	558 LBS (253 KG)
L	62" (157 CM)	STACK WEIGHT	240 LBS (109 KG)
H	54" (137 CM)		



### PULLOVER S9PO

W	49" (124 CM)	SHIP WEIGHT	631 LBS (286 KG)
L	57" (145 CM)	STACK WEIGHT	240 LBS (109 KG)
H	67" (170 CM)		



### COMPOUND ROW S9CR

W	36" (91 CM)	SHIP WEIGHT	516 LBS (234 KG)
L	85" (216 CM)	STACK WEIGHT	240 LBS (109 KG)
H	67" (170 CM)		



### BICEPS CURL S9BC

W	45" (113 CM)	SHIP WEIGHT	488 LBS (221 KG)
L	38" (97 CM)	STACK WEIGHT	160 LBS (73 KG)
H	55" (139 CM)		



### PREACHER CURL S9PC

W	41" (104 CM)	SHIP WEIGHT	496 LBS (225 KG)
L	51" (130 CM)	STACK WEIGHT	200 LBS (91 KG)
H	54" (137 CM)		



### TRICEPS EXTENSION S9TE

W	45" (113 CM)	SHIP WEIGHT	490 LBS (222 KG)
L	33" (84 CM)	STACK WEIGHT	160 LBS (73 KG)
H	63" (160 CM)		



### V-TRICEPS EXTENSION S9VTE

W	41" (104 CM)	SHIP WEIGHT	552 LBS (250 KG)
L	48" (121 CM)	STACK WEIGHT	200 LBS (91 KG)
H	57" (145 CM)		



### OVERHEAD PRESS S9OP

W	39" (99 CM)	SHIP WEIGHT	555 LBS (252 KG)
L	61" (154 CM)	STACK WEIGHT	240 LBS (109 KG)
H	62" (157 CM)		



### LATERAL RAISE S9LRPH

W	36" (91 CM)	SHIP WEIGHT	463 LBS (210 KG)
L	54" (137 CM)	STACK WEIGHT	200 LBS (91 KG)
H	54" (137 CM)		



### SEATED DIP S9SD

W	48" (121 CM)	SHIP WEIGHT	538 LBS (244 KG)
L	39" (99 CM)	STACK WEIGHT	240 LBS (109 KG)
H	54" (137 CM)		



### LAT PULLDOWN S9LATP

W	31" (78 CM)	SHIP WEIGHT	632 LBS (287 KG)
L	74" (188 CM)	STACK WEIGHT	240 LBS (109 KG)
H	89" (225 CM)		



### LOWER BACK S9LB

W	41" (104 CM)	SHIP WEIGHT	558 LBS (253 KG)
L	57" (145 CM)	STACK WEIGHT	200 LBS (91 KG)
H	54" (137 CM)		



### ROTARY TORSO S9RT

W	45" (113 CM)	SHIP WEIGHT	496 LBS (225 KG)
L	56" (142 CM)	STACK WEIGHT	200 LBS (91 KG)
H	56" (142 CM)		



### ABDOMINAL S9AB

W	44" (112 CM)	SHIP WEIGHT	509 LBS (231 KG)
L	41" (104 CM)	STACK WEIGHT	200 LBS (91 KG)
H	54" (137 CM)		



### GRAVITRON MACHINE S9GRV

W	45" (113 CM)	SHIP WEIGHT	629 LBS (285 KG)
L	69" (175 CM)	STACK WEIGHT	240 LBS (109 KG)
H	91" (231 CM)		



### LEG PRESS S9LP

W	40" (102 CM)	SHIP WEIGHT	517 LBS (234 KG)
L	92" (234 CM)	STACK WEIGHT	240 LBS (109 KG)
H	64" (171 CM)		



### LEG EXTENSION S9LE

W	37" (95 CM)	SHIP WEIGHT	538 LBS (244 KG)
L	52" (131 CM)	STACK WEIGHT	240 LBS (109 KG)
H	54" (137 CM)		



### PRONE LEG CURL S9LCP

W	35" (90 CM)	SHIP WEIGHT	498 LBS (226 KG)
L	65" (166 CM)	STACK WEIGHT	200 LBS (91 KG)
H	54" (137 CM)		



### SEATED CALF S9SC

W	35" (90 CM)	SHIP WEIGHT	517 LBS (234 KG)
L	62" (157 CM)	STACK WEIGHT	240 LBS (109 KG)
H	54" (137 CM)		



### SEATED LEG CURL S9LC

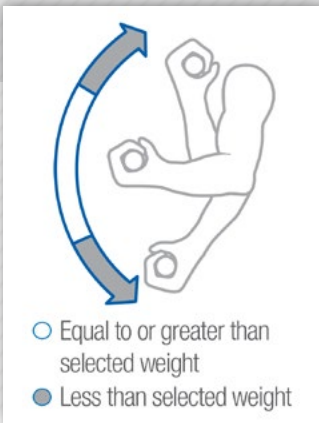
W	37" (95 CM)	SHIP WEIGHT	530 LBS (240 KG)
L	60" (152 CM)	STACK WEIGHT	200 LBS (91 KG)
H	54" (137 CM)		



### HIP ABDUCTION/ADDUCTION S9AA

W	36" (91 CM)	SHIP WEIGHT	530 LBS (240 KG)
L	65" (166 CM)	STACK WEIGHT	200 LBS (91 KG)
H	56" (142 CM)		

# STRENGTH CURVE TECHNOLOGY™



During any exercise, an individual's strength varies at different points. This can limit muscle recruitment and overall performance. Enter Optimal Strength Curve Technology.™ Driven by our four-bar linkage system, cam design, or a combination of both, this unique technology dynamically matches the body's potential increases and decreases in strength. Nautilus Evo® equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion, leading to unprecedented results.

## THE CORRECT WAY TO WORK OUT

Nautilus Evo® equipment is built to provide the user a natural movement path and proper muscle loading with every repetition. The converging press arms ensure greater rotation in the shoulder joint or greater muscle contraction for correct form and to help prevent injury.



## 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**