

NAUTILUS FREEDOM RACK™

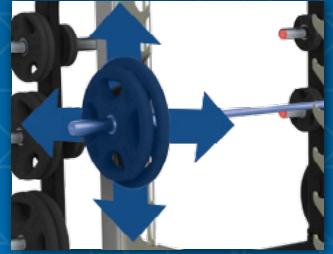


LIFT SAFELY. MOVE FREELY.

Users can finally break free from the restricted movement of similar track machines and now perform exercises that feel natural and safe. The Freedom Rack's track technology provides simultaneous vertical and horizontal bar movement to mimic the body's natural strength curve, offering the safety of a Smith Machine and the diversity of a Power Rack. The Freedom Rack features multiple bar rack safety catches that offer forward, rear and lower racking. Intuitive user placards featuring 20 detailed exercise explanations are conveniently located within the unit so members can properly engage in a variety of exercises. The Freedom Rack has many features that offer users peace of mind so that they can safely reach their goals while maximizing every rep.

corehealthandfitness.com

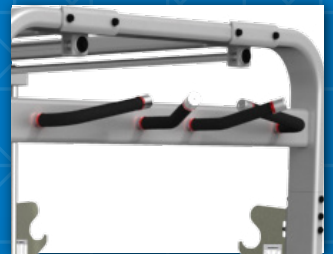
FEATURES



PROVIDES SIMULTANEOUS BAR
MOVEMENT BOTH VERTICALLY AND
HORIZONTALLY



WALK-THROUGH FRONT DESIGN
ALLOWS FOR THE USE OF
MULTIPLE BENCHES



INTEGRATED MULTI-GRIP PULL
UP STATION



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



PRODUCT TRAINING

We created our Master Trainer program to enhance the experience your staff and members have with our equipment. Different facilities have different needs and we customize our protocol to what is best for each customer. Our award-winning programming, offers education to thousands of instructors all over the world every year.

TECHNICAL SPECS

| OVERALL WEIGHT | WIDTH | LENGTH | HEIGHT |
|------------------|--------------|--------------|--------------|
| 957 lbs (434 kg) | 75" (191 cm) | 83" (211 cm) | 90" (228 cm) |

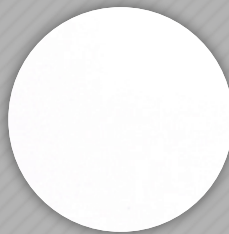
- Custom rotating 44 lb (20 kg) olympic bar
- 500 lb (227 kg) max user load capacity
- Rubber feet for floor protection
- Forward & rear safety catches
- Complete Olympic plate storage
- Weight plates sold separately



AVAILABLE COLORS



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