

NAUTILUS PLATE LOADED



A BENCHMARK FOR PLATE LOADED MACHINES

It's no secret that working out with plates is one of the most effective ways to train and condition, but it's what you do with those weights that makes all the difference. That's why our Plate Loaded line occupies its own unique place in training and on your facility floor. With industry standard designs like our Leg Press and Hack Squat, we helped set the benchmark for traditional plate loaded machines. When it comes to innovation we've led the way with our 7 degree angled Smith Machine and the patented Freedom Rack®, which delivers the safety of a Smith Machine and the versatility of a Power Rack.

Designed to make working out with plates as effective, rewarding and safe as possible, our Plate Loaded line captures the features users want and need. When it comes to having a high-performance strength program, we give you all the options that will engage and maintain your client base.

corehealthandfitness.com

FEATURES



WEAR GUARDS ON STEP UP LEGS TO PROTECT FINISH AND RUBBER FEET FOR FLOOR PROTECTION



CUSTOM COLORED FRAMES AND UPHOLSTERY AVAILABLE ON REQUEST



MANY PLATE LOADED PIECES INCLUDE INTEGRATED PLATE STORAGE



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



FREEDOM RACK® NP-L8507

W	75" (191 CM)	OVERALL WEIGHT	957 LBS (435 KG)
L	83" (211 CM)		
H	90" (229 CM)		



SMITH MACHINE NP-L8500

W	89" (226 CM)	OVERALL WEIGHT	680 LBS (309 KG)
L	67" (170 CM)		
H	82" (208 CM)		



ANGLED LEG PRESS NP-L1141

W	72" (182 CM)	OVERALL WEIGHT	566 LBS (257 KG)
L	90" (229 CM)		
H	58" (147 CM)		



HACK SQUAT NP-L1130

W	72" (182 CM)	OVERALL WEIGHT	449 LBS (204 KG)
L	93" (236 CM)		
H	47" (119 CM)		



TILT SEAT CALF NP-L1110

W	27" (69 CM)	OVERALL WEIGHT	183 LBS (83 KG)
L	58" (147 CM)		
H	37" (94 CM)		



INCLINE LEVER ROW NP-L3140

W	34" (86 CM)	OVERALL WEIGHT	214 LBS (97 KG)
L	72" (183 CM)		
H	49" (124 CM)		



LEG PRESS P3LP

W	69" (174 CM)	OVERALL WEIGHT	560 LBS (254 KG)
L	108" (275 CM)		
H	57" (144 CM)		



DEADLIFT/SHRUG P3DLS

W	61" (154 CM)	OVERALL WEIGHT	219 LBS (99 KG)
L	71" (181 CM)		
H	46" (117 CM)		

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