Maximize Your Investment

The Nautilus® NOVA line offers you the same commitment to biomechanical and mechanical excellence as the rest of the Nautilus® strength lines in a more affordable package. The compact design allows you to make the most of your facility’s available space.

NEW!
Now with patented EVO® weight stack!

Same price, upgraded features!

www.nautiluscommercial.com

During any exercise, an individual’s strength varies at different points. Other machines don’t address this strength curve - instead, the weight remains constant from beginning to end. 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® NOVA equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion leading to unprecedented results.

Attention to Detail

We are committed to providing superior strength equipment that is high-quality, functional, yet comfortable and packed with features.

- The Nautilus® NOVA line uses the same 11-gauge steel frame tubes and commercial-grade components as our other popular Nautilus EVO® and XPLoad® strength lines
- The Kevlar® reinforced belt drive system, double-sealed bearings, four-bar linkage and ultra-low friction guide rod bearings provide a longer life, a smoother feel and a stronger weight transport system than conventional cable drive systems
- Marine-grade, contoured upholstery adds comfort, longevity and improved aesthetics over flat pads
- Bright colored adjustment handles add to user-friendliness, along with fully-illustrated instructions on each station

4 Key Features of Nautilus® NOVA Equipment

- Increased visibility through transparent weight towers
- Integrated 5 lb. increment weight system (10 lb. increment on the Leg Press/Calf Flex)
- User-friendly molded accessory tray accommodates a variety of items
- Quick and easy seat adjustments with a safe and solid pop-pin system
Nautilus®
NOVA

Single Function

Uncompromising craftsmanship in an affordable package

- Small footprint, lowest priced Nautilus® strength line
- Full-commercial warranty - Made in Virginia

Upper Body

OVERHEAD PRESS S8OP
Provides easy entry movement arm start position without compromising full-range exercise, along with multiple grip positions.

Dimensions:
57" L x 49" W x 58" H
145 L x 124 W x 147 H cm

TRICEPS PRESS S8TP
Provides increased contraction of the triceps with pivoting handles that ensure proper wrist alignment and comfort.

Dimensions:
63" L x 34" W x 58" H
160 L x 86 W x 147 H cm

BICEPS CURL S8BC
Features supinated pivoting handle for varying forearm lengths and an extra thick elbow pad for added comfort and proper positioning.

Dimensions:
48" L x 45" W x 58" H
121 L x 113 W x 147 H cm

The modern streamlined design minimizes floor space requirements with the ability to closely arrange machines, making this line of strength equipment perfect for facilities with limited space.
Upper Body

**COMPOUND ROW S8CR**
Accommodates user-defined movement paths and independent motion with dual-cable handles.

Dimensions:
77" L x 22" W x 72" H
195 L x 57 W x 183 H cm

Upper Body

**LAT PULLDOWN S8LATP**
Independent dual-cable handles provide multiple movement paths with a front pull design.

Dimensions:
51" L x 22" W x 82" H
130 L x 57 W x 208 H cm

Upper Body

**LATERAL RAISE S8LR**
Provides full-range, single-joint rotary movement for the deltoids with pivoting handle grips that accommodate different forearm lengths.

Dimensions:
40" L x 48" W x 58" H
102 L x 121 W x 147 H cm

Upper Body

**PEC FLY S8PF**
Provides 140 degrees of rotation throughout a shoulder-friendly movement that targets the larger, lower portion of pectoral major for massive gains.

Dimensions:
53" L x 60" W x 58" H
134 L x 152 W x 147 H cm
Nautilus NOVA delivers maximum results without sacrificing quality, and offers facilities with limited resources the opportunity to maximize their investment.

**Core**

**LOW BACK S8LB**
Provides isolated full-range lumbar exercise, while the adjustable foot platform positions the knees above the hip joint and eliminates pelvic thrust and maintains axis alignment.

Dimensions:
- 50” L x 49” W x 58” H
- 126 cm L x 124 cm W x 147 H cm

**ABDOMINAL S8AB**
The movement arm isolates the abdominal sheath, while the pads and hand grips provide upper body stabilization.

Dimensions:
- 47” L x 53” W x 58” H
- 118 cm L x 134 cm W x 147 H cm

**Lower Body**

**LEG EXTENSION S8LE**
Positions the body to allow maximum range extension, while maintaining axis alignment. The reclined seat back prevents hamstring interference and maximizes full-range quadriceps contraction.

Dimensions:
- 56” L x 48” W x 58” H
- 142 cm L x 121 cm W x 147 H cm

**SEATED LEG CURL S8LC**
The reclined seat back angle provides full range hamstring contraction, while the coupled movement arm technology reduces knee strain and maintains axis alignment.

Dimensions:
- 64” L x 48” W x 58” H
- 163 cm L x 121 cm W x 147 H cm
Dual Function

The best design dual function machines in the industry

• A maximum of only two adjustments is required to switch between movements
• Users can change movements ‘on the fly’ without getting off the machine

**ABDOMINAL/LOW BACK** S8AB-LB
Unmatched biomechanics isolate the abdominals and back extensors like no other dual machine for the ultimate core workout.

• Combination of elbow and back pads with hand grips provide upper body stabilization eliminating low back muscle involvement
• Adjustable foot platform positions knees above hip joint thus eliminating pelvic thrust and maintaining axis alignment
• Contoured lower back pad allows for full-range extension

Dimensions:
60” L x 53” W x 58” H
151 L x 134 W x 147 H cm

**MULTI-CHEST** S8MCH
The Multi-Chest with trailing-link movement arm provides a variable pectoral workout.

• Dependent action, trailing-link movement arm provides incline, decline and flat bench movements
• Multiple hand grip positions with oversized handles for comfort
• Adjustable back pad for varying starting position stretch

Dimensions:
58” W x 54” L x 58” H
147 W x 137 L x 147 H cm
Dual Function

LAT PULLDOWN/COMPOUND ROW S8LTCR
Combines two vital back strengthening exercises in one compact machine.

- Accommodates multiple movement paths with dual-cable handles providing user with direct upper torso workout
- Front pull design eliminates shoulder Impingement
- Angled seat with large, non-slip foot bar provides the ultimate in rowing stabilization

Dimensions:
70" L x 22" W x 90" H
177 L x 57 W x 228 H cm

Dual Function

BICEPS CURL/TRICEPS EXTENSION S8BC-TE
Combines two key arm exercises into one compact, dual-functioning machine.

- Biceps movements can be performed in both seated and standing positions
- Walk-in design for easy entry and exit
- Rope hand grip with ball ends allow for better grip and comfort during triceps exercises

Dimensions:
52" L x 22" W x 78" H
131 L x 57 W x 198 H cm

Our commercial products are built - and tested - to handle the unrelenting demands of fitness facilities.
HIP ABDUCTION/ADDUCTION S8AA
Unique individual strength profiles for each movement provides more functional muscle loading and isolation.

- Movement arm easily adjusts for different starting positions from the exercise position
- Weight stack location provides user privacy and easy accessibility
- Movement arm easily adjusts for different starting positions
- Full seat back design supports the entire spine for added safety during exercise

Dimensions:
65” L x 31” W x 58” H
166 L x 78 W x 147 H cm

LEG PRESS/CALF FLEX S8LPCF
Patented four-bar linkage technology controls position and angle of the articulating foot platform to reduce knee stress, while allowing additional hip rotation.

- Extra wide platform allows varying foot placement with an entry/exit assist handle
- Thick contoured back pad for comfort and lumbar support
- Unique, non-slip footpad lip allows for calf press movements as a dual function

Dimensions:
73” L x 48” W x 72” H
187 L x 121 W x 183 H cm

LEG EXTENSION/LEG CURL S8LE-LC
Combines the unique features of two leg machines into one with individual strength curves for optimal biomechanics and a user-friendly design.

- Reclined seat back angle prevents quadriceps from interfering with full-range hamstring contraction
- Long range seat back adjustment provides axis alignment for all users
- Kneepad releases out of way for easy entry/exit

Dimensions:
63” L x 48” W x 58” H
160 L x 121 W x 147 H cm
Nautilus® brand fitness equipment frames are available in four standard colors.

Our marine-grade upholstery is built to withstand rigorous use, and is available in twelve different standard colors.

Custom colors are available on request.

**Frame:**
- white
- industrial silver
- powerhouse granite
- black

**Upholstery:**
(Due to the nature of the printing process, texture and colors are approximate.)
- allspice
- azure
- black cherry
- charcoal gray
- forest green
- gray
- lollipop
- outback
- jade
- lapis blue
- purple reign
- slate black
- black
- purple
- reign