



STRONGER THAN EVER™

Nautilus ONE®

The result is a line of equipment that finally brings single-station training into the 21st century.

DIAL “ONE” for Unprecedented Results

Introducing the Nautilus ONE® line, the next generation of single-station strength.

Nautilus ONE® equipment combines a revolutionary new weight stack technology with the most intuitive and user-friendly selection method ever created: a dial.



Weight Tower

All units utilize a single weight tower design, always placed on the same side of the movement. The weight tower is only 47" high, creating an open, uncluttered look.



The Technical Details

These machines are genius in their simplicity.

- Patented weight stack technology - a rack of plates, stacked side-by-side
- Turning the dial engages "hook" mechanism to select desired weight
- Fewer pulleys and belts than current weight stack technologies, no guide rods and no weight stack pins
- The result is a smooth, plate-loaded workout feel from a selectorized machine

Weight System

- All machines (except Leg Press) come standard with 250 lb. weight system, adjustable in 5 lb. increments. Total weight potential is 255 lbs.
- Leg Press standard with 425 lbs., adjustable in 5 lb. increments. Total weight potential is 445 lbs.

Ever turned a door knob? Then you already know how to use Nautilus ONE® equipment!

- Select weight with the simple turn of the aluminum dial - It's that easy
- The dial is based on the incredibly successful Select Tech® dumbbells
- The dial is always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection



Options:

- All machines can be purchased with the standard 250 lb. weight system, which features incremental weights that are adjustable in 1 lb. increments and are easily and safely selected as part of the dial mechanism. Total weight potential is 259 lbs.
- Each machine is upgradable to the 425 lb. weight system, adjustable in 5 lb. increments and are easily and safely selected as part of the dial mechanism. Total weight potential is 445 lbs.
- Range of motion limiters available



Ultimate User Experience

- Supports and comfort from custom contoured, hand-crafted upholstery
- Easy, smooth user set-up with standard hydraulic seat adjustments
- Instructional placards are large and graphical - no text - and utilize lenticular images (they move as you move your head) to visually demonstrate correct movement
- Proper machine set-up is facilitated by large red markers on axis points that aid users in proper joint alignment



Nautilus ONE®

Ergo Grip technology provides complete and independent arm movement enabling a natural, user-defined path of motion.

Upper Body



LAT PULLDOWN S6LATP

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation which reduces stress at the wrist

Dimensions:
72" L x 51" W x 87" H
182 L x 129 W x 221 H cm

Upper Body

ROW S6MR

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hands supination and pronation
- Foot pads and adjustable chest pad provide user stabilization

Dimensions:
62" L x 54" W x 47" H
157 L x 137 W x 120 H cm



Upper Body



CHEST PRESS S6CP

- Converging movement arms with multiple hand position options for a variety of movement options

Dimensions:
58" L x 64" W x 75" H
148 L x 163 W x 190 H cm

Upper Body

PEC FLY S6PF

- Smart Arm linkage provides varying radius throughout range of movement
- Adjustable starting position allows for different-size users
- Arm pad design allows for both internal and external arm positions

Dimensions:
57" L x 74" W x 54" H
144 L x 189 W x 136 H cm



Upper Body

BICEPS CURL S6BC

- Front, open entry for easy entrance/exit for users of all conditioning levels
- Pivoting Ergo Handles accommodate varying user sizes
- Independent, pivoting movement arms allow user to curl towards the center line of the body for more complete contraction

Dimensions:
51" L x 63" W x 51" H
131 L x 161 W x 131 H cm



Upper Body

TRICEPS EXTENSION S6TE

- Front open entry for easy entrance/exit for users of all conditioning levels
- Independent movement arms for a balanced workout

Dimensions:
48" L x 62" W x 54" H
122 L x 158 W x 138 H cm



Upper Body

TRICEPS PRESS S6TP

- Front, open entry for easy entrance/exit for users of all conditioning levels
- Smart Arm linkage for multiple, user-defined paths

Dimensions:
59" L x 58" W x 47" H
150 L x 148 W x 120 H cm

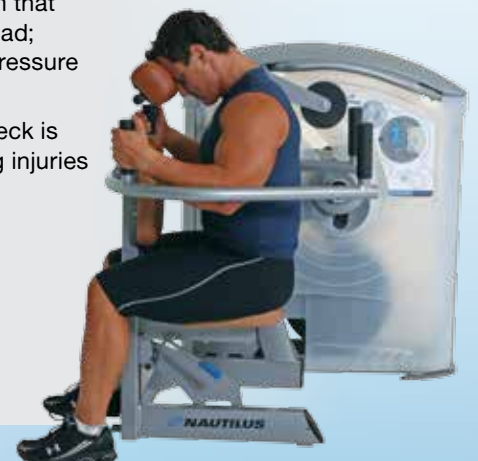


Upper Body

FOUR-WAY NECK MACHINE S6FWN

- The forehead pad is made of visco-elastic foam that forms to your forehead; this eliminates the pressure on your face
- Strengthening the neck is essential in reducing injuries for athletes

Dimensions:
46" L x 64" W x 57" H
116 L x 162 W x 146 H cm





Nautilus ONE®

4-bar linkage and specialized CAM designs provide smooth resistance and proper muscle loading through the complete range of motion.

Upper Body

LATERAL RAISE S6LR

- Pivoting handle grips accommodate different-sized users
- Independent movement arms for a balanced shoulder workout



Dimensions:
46" L x 57" W x 57" H
116 L x 145 W x 145 H cm

Upper Body

SHOULDER PRESS S6SP

- Front press movement with converging arms minimizes shoulder impingement
- Multiple grips provide hand position options



Dimensions:
59" L x 64" W x 62" H
149 L x 163 W x 158 H cm

Core

LOW BACK S6LB

- The only full range lumbar isolated machine that emulates the function of rotation around multiple vertebrae
- Contoured lower back pad allows full range extension



Dimensions:
50" L x 51" W x 49" H
126 L x 131 W x 125 H cm

Core

ABDOMINAL CRUNCH S6ABC

- The only TRUE abdominal crunch machine!
- Combination of upper and lower movement arms reinvents the original Nautilus® abdominal crunch (the 'clamshell') with modern-day technology
- Four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ultimate user feel



Dimensions:
53" L x 55" W x 59" H
136 L x 139 W x 150 H cm

NEW!

Rotary Torso now available with our revolutionary patented Nautilus ONE® weight tower!

New seat design includes an exerciser stabilization system that isolates the obliques and rotational musculature without being limited by hip adductor strength. Stress on the adductor muscles is also reduced. Offers an amazing workout for the external and internal obliques.

DIAL "ONE" for Unprecedented Results

Core

ROTARY TORSO S6RT

- Seat adjusts left/right to provide from 0 to 80 degree range
- Movement arm provides 150 degrees of rotation to both the left and right
- Upper body stabilization and body positioning provide exercise effectiveness
- Seat pads oriented for superior lower body positioning
- Cams custom designed for the ultimate workout

Dimensions:
71" L x 41" W x 47" H
179 L x 104 W x 120 H cm



Lower Body

LEG EXTENSION S6LE

- Maximum range extension while maintaining proper knee alignment
- Leg pad adjustment accessible from seated position for easy adjustment
- Reclined seat angle promotes full range quadriceps contraction



Dimensions:
53" L x 52" W x 49" H
135 L x 131 W x 125 H cm

Lower Body

LEG PRESS S6LP

- Maximum muscle involvement with minimum knee and back stress in a compact footprint
- Four-bar linkage technology controls position and angle of foot platform and provides optimal biomechanics
- Low height and integrated handle on platform to aid entry/exit
- Extra wide platform allows varying foot placement
- Overstuffed, adjustable contoured back pad for comfort, with ratcheting adjustment for stability

Dimensions:
72" L x 51" W x 49" H
183 L x 130 W x 125 H cm



Lower Body

HIP ABDUCTION/ADDUCTION S6AA

- Two biomechanically correct movements in one machine, each with individual strength curve
- Weight tower position provides user privacy and easy accessibility
- Adjustable range of motion for customization to individual user needs



Dimensions:
87" L x 41" W x 48" H
221 L x 104 W x 123 H cm

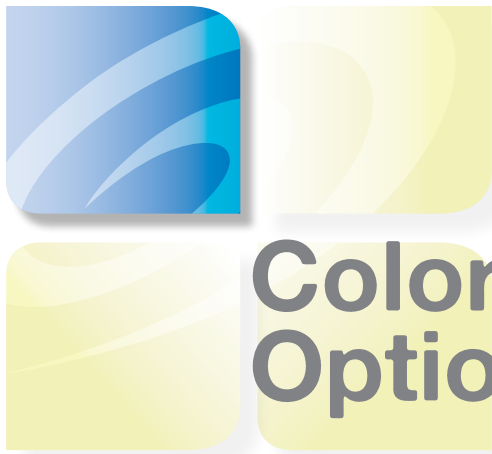
Lower Body

SEATED LEG CURL S6LC

- Advanced coupled movement arm technology creates the first seated leg curl machine to enable proper knee axis alignment throughout movement
- Knee and tibia pad adjustment handles accessible from seated position for easy set-up

Dimensions:
64" L x 52" W x 49" H
163 L x 131 W x 125 H cm





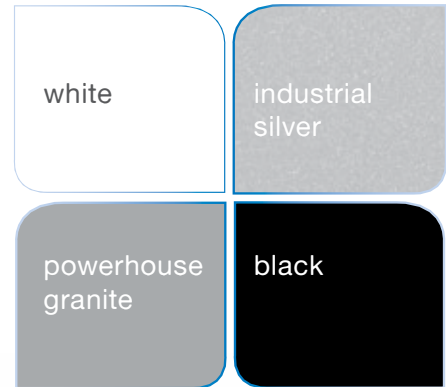
Color Options

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.

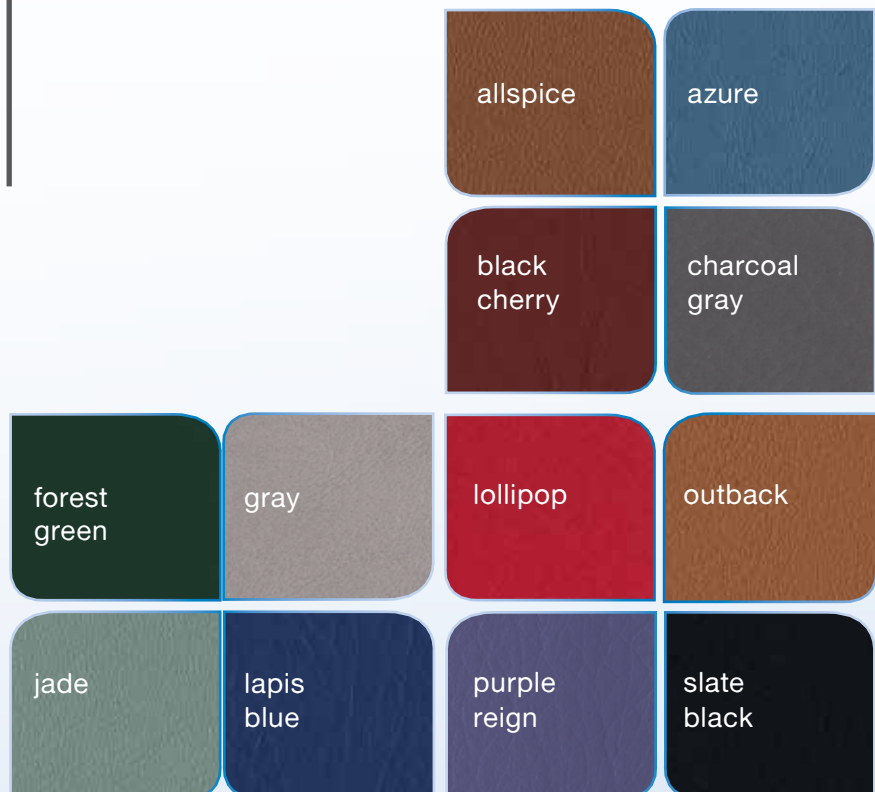
Custom colors are available on request.

Frame:



Upholstery:

(Due to the nature of the printing process, texture and colors are approximate.)





NAUTILUS
STRONGER THAN EVER™

For more information about Nautilus® Commercial
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In the interest of product development and improvement, specifications subject to change without notice.



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