



NAUTILUS® COMMERCIAL
FREE WEIGHTS



COMMERCIAL SERIES

BE STRONG IN LOOK AND PERFORMANCE



Be Strong.™

A close-up, low-angle shot of a man's muscular torso. He is shirtless, showing his pectorals, abdominals, and obliques. His arms are slightly away from his body, and his hands are at his sides. The lighting is dramatic, highlighting the contours of his muscles against a dark background.

WE'RE DRIVEN BECAUSE YOU'RE DRIVEN.

Pursuit of perfection is what gets us out of bed in the morning. Pursuit of perfection is what drove us for two years of designs, reviews, and more designs. Perfection is the only thing we are willing to offer you.

Introducing our new commercial free weight line, a study in perfection.

Our strength training experts, industry consultants and fitness facility managers drew-up their dream designs. Nautilus engineers made those dreams a reality. A few big changes and a lot of subtle ones result in the easiest to use, highest performing line of commercial free weights we've ever developed. Details you'll discover include new user-friendly adjustment mechanisms, innovative and thoughtful bench designs and modern hi-tech frame shapes that make you want to reach out and touch them.

Perfection? Study the details, then you decide.

DESIGNED FOR PERFORMANCE, EASE OF USE, AND AESTHETICS

*No “pop pins” on any of our adjustable pieces—
ratcheting mechanisms are more durable and provide
more solid placements.*



*Thoughtful details your members will notice like
entry and exit handles and ergonomic pads to
properly support the user and enable full range of motion.*



*Adjustment levers/touch points are
colored blue for easy identification.*



*You'll find wheels on the most popular benches
for easy transport.*



*Tri-pod base
creates a perfectly
stable platform.*

UTILITY BENCHES

0-90 ADJUSTABLE UTILITY BENCH F30-90

This bench has a ratcheting seat pad and back pad adjustment. No pop pins, making it strong and reliable. Back pad folds over the seat pad in incline position, eliminating the gap between the two pads.

Seat and back pad adjustments:

Back pad: flat, 15, 30, 45, 60 and 85° Seat pad: flat, 10, 20 and 30°

Dimensions: 22.3" W x 55.5" L x 16.25" H
56.6 W x 141 L x 41.3 H cm



ADJUSTABLE DECLINE BENCH

The Adjustable Decline bench achieves the decline angle by lowering the head, instead of raising the seat, which enables easier user mount and dismount. Utilizes a ratcheting back pad adjustment. No pop pins, making it strong and reliable.

Adjustments: flat, -5, -10, -15 and -20°

Dimensions: 26.5" W x 60" L x 24.5" H
67.3 W x 152.4 L x 62.2 H cm

FLAT UTILITY BENCH F3FU

This Flat Utility bench features a stable, 47" long back pad that is 10" wide at the chest position. Convenient transport handle and wheels allow for ease in moving. The solid tripod base sits evenly on the floor.

Dimensions: 24.2" W x 52" L x 15.5" H
61.5 W x 132.1 L x 39.4 H cm



ADJUSTABLE ABDOMINAL BENCH

The Adjustable Abdominal bench achieves the decline angle by lowering the head, instead of raising the seat, which enables easier user mount and dismount. Utilizes a ratcheting back pad adjustment as well as a constant radius back pad. Features a leg anchoring design at a fixed height. No pop pins, making it strong and reliable.

Adjustments: flat, -5, -10, -15 and -20°

Dimensions: 26.5" W x 56.5" L x 45.5" H
67.3 W x 143.5 L x 115.6 H cm

SEATED UTILITY BENCH F3SU

The Seated Utility bench back pad reclines 10° for proper torso support, and the seat pad reclines 5°, adding to user stability. Back pad to seat pad: 95°. Convenient wheels allow for ease in moving.

Dimensions: 22.2" W x 28.75" L x 37.75" H
56.4 W x 73 L x 95.9 H cm



REFINED TO HELP PROMOTE SAFE AND PROPER EXERCISE MOTIONS.

Our seat and back profiles provide optimum support and pinch-free movement. Bench heights are 15" or less from the floor so a user's feet are flat on the floor and their back is fully supported (not arched).

The Nautilus® Commercial Free Weight line uses 11-gauge steel frame tubes, incorporating a new, softer curved profile for a strong, modern look. Pivot points use durable bronze brushings, along with a 3-point base design which results in a self-leveling bench.

EXERCISE MACHINES

PREACHER CURL F3PC

The Preacher Curl machine has brushed chrome-plated bar holders that protect the uprights. The pad supports user's upper arm, and doesn't impinge the elbow allowing for better activation of the biceps. Walk-in design and easy height adjustment promotes an optimal seat angle and moves smaller users closer to the arm pad.

Dimensions: 34.5" W x 43.5" L x 39" H
87.6 W x 110.5 L x 99.1 H cm



T-BAR ROW

The T-Bar Row machine has a wide foot platform with a non-skid surface. The pivoting handles allow for a narrow to wide pull, plus a low rear pivot point improves the pull angle. Economical in length and width.

Dimensions: 34.3" W x 83.75" L x 29" H
87.1 W x 212.7 L x 73.7 H cm



ADJUSTABLE HIP EXTENSION F3AHE

The Adjustable Hip Extension's hip pad adjustment accommodates short to tall users. Features comfortable and secure design elements such as wide wrap-over hip/thigh pads, optimal hip pad to knee pad distance, and exit/entry handles. The leg anchoring design includes support pads behind the user's knees.

Dimensions: 37" W x 62.2" L x 33" H
94 W x 158 L x 83.8 H cm



CHIN-DIP LEG RAISE

Leg Raise: Cushioned elbow pads angled at 30° lock the user in. Ergonomic back pad promotes constant comfort.

Chin-Ups: Multiple grip handle positions, from narrow to wide.

Dips: The dip bar handles taper outwards, with mounting steps for chin-ups or dips.

Dimensions: 40.5" W x 48" L x 94.5" H
102.9 W x 121.9 L x 240 H cm



BUILT STRONG

The Nautilus® line of free weight Olympic Benches handle over 600 pounds of plate storage. The brushed chrome-plated (5/16" thick) bar holders contain two catch positions that are parallel to the user's path of motion, making it easier to rack/unrack Olympic bars.

OLYMPIC BENCHES

OLYMPIC FLAT (SUPINE) BENCH F30SB

The Olympic Flat bench features contoured back pad for proper support.

Dimensions: 69" W x 66.5" L x 52" H
175.3 W x 168.9 L x 132.1 H cm



Bench telescopes 6"



OLYMPIC DECLINE BENCH

The Olympic Decline bench features a fore-aft adjustable seat with four positions, to ensure the user is in the proper lift position. The bench decline angle: 15°

Dimensions: 69" W x 83" L x 52" H
175.3 W x 210.8 L x 132.1 H cm

OLYMPIC INCLINE BENCH F30IB

The Olympic Incline bench has a 35° incline and adjustable ratcheting seat. The back pad tapers to 10" wide at the chest. Includes an integrated spotter's platform.

Dimensions: 69" W x 81" L x 64" H
175.3 W x 205.7 L x 162.6 H cm



OLYMPIC MILITARY BENCH

The Olympic Military bench includes both front and rear bar catches. Features an adjustable ratcheting seat design.

Dimensions: 69" W x 59" L x 71" H
175.3 W x 149.9 L x 180.3 H cm

SMITH MACHINE F3SM

Our redesigned Smith machine features 12 racking positions to fit different users, exercises and benches. Squats and other lifts are now performed facing the machine. This places the user in a proper lift position, and conserves space when using a bench. Linear ball bearings are on a 1-1/2" hardened steel shaft, and a J-hook bail out design with new (spring-loaded) safety stop catches have been added. The Olympic bar is counter-balanced to 10 pounds. Counter weight and pulleys are shielded.

Dimensions: 92.2" W x 57.8" L x 87.5" H
234.2 W x 146.3 L x 222.3 H cm



POWER RACK

The Power Rack is designed to allow ease-of-use with the 0-90 bench. It has a workout area of 42" by 88". The J-hook racking system has a locking mechanism. This rack also features a built-in ergonomic chin bar with multiple grip positions, and has a maximum lift load of 1000 pounds.

Dimensions: 64.6" W x 77.8" L x 95" H
164.1 W x 197.3 L x 241.3 H cm

Safety bailout bars include 15 positions on a stainless channel that eliminates chipped paint.



SQUAT RACK F3SR

The Squat Rack can accommodate over 600 pounds of plate storage, using its brushed chrome-plated weight horns. The bar holders are 5/16" thick and feature two catch positions.

Dimensions: 69" W x 65.5" L x 71" H
175.3 W x 166.4 L x 180.3 H cm

TOWERS



DUAL-PULLEY ADJUSTABLE TOWER F3AT

- Standard 240 pound weight stack.
- Lightweight (12 pounds) carriage assembly is adjustable with 14 locking positions, is self-centering and has a 180° total range of motion.
- Dual-pulley design allows a 1:2 ratio when using only one handle.
- Can be configured in Cable Crossover with bridge, an adjustable tower with two or three added towers, and/or in a pod with one or more additional Nautilus® towers—cannot be used standalone.

Dimensions: 46.5" W x 24" L x 92" H
118.1 W x 61 L x 233.7 H cm

CABLE CROSSOVER TOWER F3CC

- Features two Adjustable Towers and overhead beam for multiple chest, back, leg and arm exercises.
- Pull-up bar with multiple hand positions.
- Can stand alone as designed or be used in 2-pod, 3-pod or 4-pod configurations.

Dimensions: 46.5" W x 139.75" L x 93.7" H
118.1 W x 355 L x 238 H cm



DUAL-PULLEY LAT PULLDOWN TOWER F3DLATP

- Standard 240 pound weight stack.
- Dual-handle, independent cable drive system has unilateral or bilateral movements and wide V-pulleys.
- Can be used stand-alone or connected with one, two, or three additional Nautilus® tower units.

Dimensions: 46.5" W x 55" L x 92" H
118.1 W x 139.7 L x 233.7 H cm



Adjustable, locking thigh pads are set at a 20° angle to lock in the hip, similar to the Nautilus Nitro® and Nautilus® XPLoad™ gyms.

DUAL-PULLEY ROW TOWER

- Standard 240 pound weight stack.
- Dual-handle, independent cable drive system has unilateral or bilateral movements and wide V-pulleys.
- Wide foot platform with non-skid surface.
- Can be used stand-alone or connected with one, two, or three additional Nautilus® tower units.

Dimensions: 46.5" W x 75" L x 92" H
118.1 W x 190.5 L x 233.7 H cm



Towers nest together for maximum space efficiency and flexibility.

EQUIPMENT STORAGE

BARBELL RACK F3BR

The Barbell rack features brushed chrome-plated bar holders that can store up to 10 standard (fixed) barbells, five per side. Also accommodates standard easy-curl bars. Comes with a weight accessories tray, designed to hold extra handles, bar collars and wraps.

Dimensions: 37.5" W x 45" L x 50.25" H
95.3 W x 114.3 L x 127.6 H cm



ONE-TIER DUMBBELL RACK

The One-Tier Dumbbell rack holds five pairs of dumbbells (5 lb to 100 lb sizes). The molded dumbbell saddles protect weights from scuffing. This rack can be nested length-wise to other dumbbell racks.

Dimensions: 30.3" W x 95.75" L x 29" H
77 W x 243.2 L x 73.7 H cm

TWO-TIER DUMBBELL RACK F3 2TDR

The Two-Tier Dumbbell rack holds ten pairs of dumbbells (5 lb to 100 lb sizes). The molded dumbbell saddles protect weights from scuffing. This rack can be nested length-wise to other dumbbell racks.

Dimensions: 30.3" W x 95.75" L x 29" H
77 W x 243.2 L x 73.7 H cm



WEIGHT TREE F3WT

The Weight Tree has six zinc-plated weight horns for plates and collars, with an easy on/off design. The wide base helps prevent tip-overs, and features a storage area in the center.

Dimensions: 38.75" W x 34" L x 37" H
98.4 W x 86.4 L x 94 H cm

WE DON'T JUST SUPPORT EDUCATION. WE'VE CREATED OUR OWN INSTITUTE.

At Nautilus, we're always researching ways to help people stay committed to a healthy lifestyle by making exercise more effective. More fun. And more rewarding. So we've established the Nautilus Institute™. This comprehensive resource—brought to you by acclaimed experts in the fitness industry—provides the tools you need to attract and retain more members. The Nautilus Institute™ offers your staff proven, hands-on training programs, including Expressway™ circuit; Cardiathlon™ circuit; Arms, Chest and Back; Hips, Buns and Thighs; and Core 360™ circuit. All the circuits are based on solid scientific research. And you can place them back-to-back for endless variety and training options. Find out more by going to www.NautilusInstitute.org.



35-YEAR HERITAGE

Nautilus pioneered the concept of selectorized equipment more than three decades ago. Our innovative thinking continues today.

DURABLE

Our commercial products are built—and tested—to handle the unrelenting demands of fitness facilities.

NATURAL MOTION

Engineered by experts in exercise science and strength training, our equipment helps ensure a better feel and proper form.

SMALL FOOTPRINT

The compact design allows you to make the most of your facility's available space.

YOUR PARTNER IN FITNESS. AND IN BUSINESS.

Nautilus does a lot more than sell equipment. Over the years, we've helped thousands of facilities like yours strengthen their business and take advantage of revenue-generating opportunities. We can assist you with member recruitment and retention through marketing programs, special incentives, and more. Nautilus also offers financing programs, facility planning, product training, and staff education. And you can count on our dedicated service crew—they're just a phone call away.



A WARRANTY THAT ENDURES.

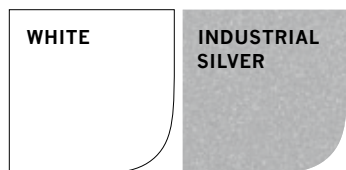
At Nautilus, we've stood behind our products for more than three decades. Nautilus® Commercial Free Weight equipment continues that tradition with some of the best warranties in the industry. You get a 12-year warranty on the frames, welded parts and weight stacks; a 3-year warranty on other moving parts; a 1-year labor warranty; and a 6-month warranty on upholstery, pads, grips and tethered weight-stack pins.

FIRST WE TEST OUR STRENGTH EQUIPMENT. THEN WE TORTURE IT.

You can count on Nautilus® Commercial Free Weights to handle the never-ending demands of your members. Every Nautilus® product goes through rigorous testing in the harshest environments under the most extreme performance conditions. And all testing is done in-house with a dedicated team of engineers.

NAUTILUS® COMMERCIAL FREE WEIGHT COLOR OPTIONS

Frame:



Upholstery:



VIEW YOUR COLOR CHOICES.

To see the full line of Nautilus® Commercial Free Weight equipment in the frame and upholstery colors shown here, go to www.Nautilus.com/Commercial. Custom colors are available on request.

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



Be Strong.™

For more information about our Commercial Series Nautilus® Free Weight products, or other Nautilus® equipment for your facility, visit www.Nautilus.com/Commercial.