

NAUTILUS NITRO®/ NITRO® PLUS EQUIPMENT

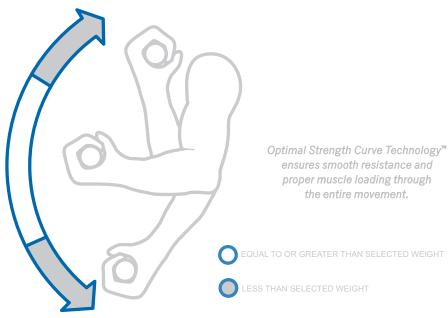


COMMERCIAL SERIES

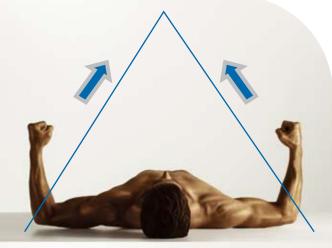
SELECTORIZED STRENGTH EQUIPMENT DESIGNED TO MOVE WITH THE BODY

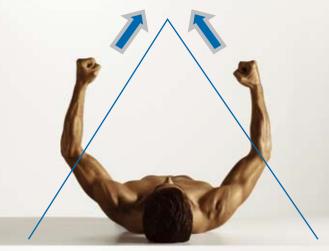


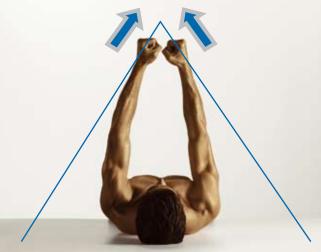




#### **CONVERGING PRESS ARMS**







#### **OPTIMAL STRENGTH CURVE TECHNOLOGY™.**

BARRIERS: ZERO.

PERFORMANCE: AMAZING.

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 Nitro® equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Leading to unprecedented results.

# CONVERGING PRESS ARMS. THE CORRECT WAY TO WORK OUT.

Instead of forcing users to follow an incorrect path of motion, Nautilus Nitro® equipment provides a proper movement path. The independent converging press arms also ensure greater rotation in the shoulder joint for greater muscle contraction.

# BECAUSE EVERY REP MATTERS.

Our upper-body and core equipment is devoted to sculpting the chest, back, arms, shoulders and abs. Dependent arm movement provides maximum stability and balanced resistance from beginning to end. The comfortable seats and back pads adjust easily to fit a wide range of users.

# **UPPER BODY**



#### **VERTICAL CHEST S5VC**

Ensures maximum pec contraction. The machine also offers two handle positions, depending on the user's preference.

Back pads adjust to a variety of starting positions.

Dimensions: 39" W x 57" L x 72" H 99 W x 145 L x 183 H cm

#### **INCLINE PRESS S5IP**

The 35° angle targets the upper chest muscles.

Dimensions: 42" W x 61" L x 54" H 107 W x 155 L x 137 H cm



Features a rotation angle of 170° to work the lower portion of the pecs.

Dimensions: 36.5" W x 59.5" L x 60" H 93 W x 151 L x 152 H cm





This dual-purpose machine features a single overhead adjustment, enabling users to perform either exercise from the same position. Adjustable back pads allow for varying starting positions.

Dimensions: 35" W x 67" L x 73" H 89 W x 170 L x 185 H cm



# **UPPER BODY**



#### **OVERHEAD PRESS S50P**

The dual handle positions accommodate the needs of any user.

Dimensions: 41" W x 57" L x 58" H 104 W x 145 L x 147 H cm



#### LATERAL RAISE S5LR

Handgrips pivot to accommodate different forearm lengths.

Dimensions: 36.5" W x 54.5" L x 59" H  $93 \text{ W} \times 138 \text{ L} \times 150 \text{ H} \text{ cm}$ 



#### **MID ROW S5MR**

The arms allow for user-defined paths of motion, and the rotating handles follow the body's natural movement.

Dimensions: 38" W x 62" L x 54" H 97 W x 158 L x 137 H cm



This powerful machine provides 250° of shoulder rotation, working the lats, pecs and abs.

Dimensions: 46" W x 57" L x 67" H 117 W x 145 L x 170 H cm



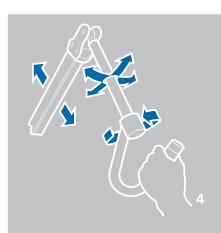
#### **COMPOUND ROW S5CR**

The arms enable user-defined paths of motion, and the handles rotate for a more natural feel.

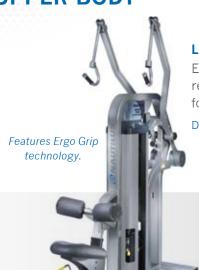
Dimensions: 35" W x 75" L x 67" H 89 W x 191 L x 170 H cm



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



# **UPPER BODY**



#### **LAT PULLDOWN S5LATP**

Effectively works the back muscles while reducing shoulder stress. The handles rotate for a more natural feel.

Dimensions: 30" W x 73" L x 88.5" H 76 W x 185 L x 225 H cm



The raised-arm design maximizes muscle contraction. The back pad adjusts to accommodate different users.

Dimensions: 45" W x 41" L x 57" H  $\,$  114 W x 104 L x 145 H cm



#### **PREACHER CURL S5PC**

Simulates the movement of an EZ curl bar to build the biceps while reducing wrist strain.

Dimensions: 41" W x 48" L x 54" H 104 W x 122 L x 137 H cm



#### TRICEPS EXTENSION S5TE

This machine features a raised-arm design for more targeted workouts, and an adjustable back pad.

Dimensions: 44" W x 34" L x 53" H 112 W x 86 L x 135 H cm



#### **V-TRICEPS EXTENSION S5VTE**

Adjustable seat and back pads ensure that the elbow joints are properly aligned.

Dimensions: 41" W x 48" L x 58" H 104 W x 122 L x 147 H cm





# **UPPER BODY**

#### **SEATED DIP S5SD**

This machine positions the torso forward for better triceps contraction.

Dimensions: 43" W x 37" L x 54" H 109 W x 94 L x 137 H cm



# CORE

#### **ABDOMINAL S5AD**

This true abdominal-crunch machine keeps the upper and lower body stable to fully target the muscles.

Dimensions: 42" W x 41" L x 54" H

107 W x 104 L x 137 H cm



### **LOWER BACK S5LB**

Works the lumbar muscles while eliminating pressure on the spine. The adjustable foot platform ensures proper form.

Dimensions: 38" W x 56" L x 54" H 97 W x 142 L x 137 H cm



#### **ROTARY TORSO S5RT**

The patented design provides upper-body stability for a more effective oblique workout.

Dimensions: 36" W x 44" L x 57" H 91 W x 112 L x 145 H cm





# **LOWER BODY**



#### **LEG PRESS S5LP**

The four-bar linkage foot platform articulates with the knees to reduce knee shear. The back pad adjusts, allowing users to recruit more or fewer muscles.

Dimensions: 39" W x 75" L x 67" H 99 W x 191 L x 170 H cm



Positions the body to fully isolate the quads. The movement arm is heavily padded for user comfort.

Dimensions: 36" W x 55" L x 54" H 91 W x 140 L x 137 H cm



The cam design encourages full contraction of the hamstrings.

Dimensions: 35" W x 52" L x 54" H 89 W x 132 L x 137 H cm



Allows users to build stronger hamstrings from a seated position with minimal knee strain.

Dimensions: 36" W x 56" L x 54" H 91 W x 142 L x 137 H cm





# **LOWER BODY**

# SEATER

#### **HIP ABDUCTION/ADDUCTION S5AA**

Offers users an outer-hip and inner-thigh workout in a single, space-saving machine. Adjustable back pad ensures proper positioning.

Dimensions: 31" W x 60" L x 57" H 79 W x 152 L x 145 H cm

**SEATED CALF S5SC** 

The stationary heel rest and trailing linkage movement arm offer superior muscle isolation.

Dimensions: 35" W x 58" L x 54" H 89 W x 147 L x 137 H cm



# COMBINATION

#### **GRAVITRON® MACHINE S5GRV**

Our weight-assisted machine allows almost any user to perform chin-ups, pull-ups and vertical dips.

Dimensions: 46" W x 65" L x 84" H 117 W x 165 L x 213 H cm

#### FREEDOM TRAINER™ MACHINE F2FT

This functional trainer offers an incredible range of workout options. The dual pulley design allows users to easily adjust the arms in a horizontal or vertical position.

Dimensions: 47" W x 50" L x 76" H 119 W x 127 L x 193 H cm





Oversized, padded handgrips make pressing exercises more comfortable.



Small grips for pulling exercises make heavy loads more comfortable.



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



Users can easily select their desired weight in 5 lb. increments using the tethered weight-stack pins.



EZ-Glide™ seats accommodate any user with a quick, simple adjustment.

# **NAUTILUS NITRO® PLUS EQUIPMENT.** BECAUSE LOOKS MATTER.

**PLUS S5VC** 

The Nautilus Nitro® Plus line offers the same functionality and technology as Nautilus Nitro® machines. But the upgraded appearance and special enhancements will definitely attract attention.





## **NAUTILUS NITRO® PLUS UPGRADES**

- Tower shields create a more integrated look, especially on non-silver framed machines
- Improved cleanability—the painted shields will not show smudges/finger prints as easily as stainless, and will wipe down much more readily
- Contoured seats make workouts extra comfortable.
- · Convenient accessory trays, mounted on each weight stack, give your members a place to put their water bottles and other personal items.



#### 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.





#### **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.

on the frames, welded parts and weight stacks; a 3-year warranty on other moving parts; a 1-year

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

#### NAUTILUS NITRO® PLUS COLOR OPTIONS





#### **Upholstery:**

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



#### VIEW YOUR COLOR CHOICES.

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



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