



COMMERCIAL SERIES

NAUTILUS ONE<sup>™</sup>  
EQUIPMENT

FIRST THERE WAS NAUTILUS<sup>®</sup> STRENGTH,  
NOW THERE'S NAUTILUS ONE<sup>™</sup>



[Nautilus.com/ONE](http://Nautilus.com/ONE)

**FIRST THERE WAS NAUTILUS® STRENGTH,  
NOW THERE'S NAUTILUS ONE™**

## **THE FUTURE IS ONE**

Introducing the Nautilus One™ line, the next generation of single-station strength.

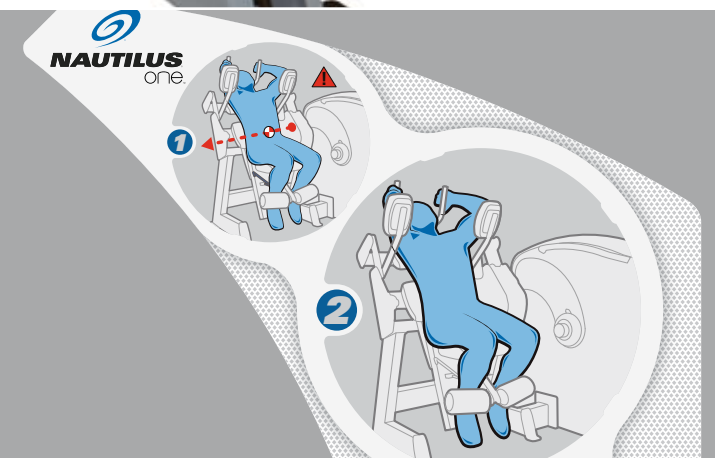
Nautilus One™ equipment combines a revolutionary new weight stack technology with the most intuitive and user-friendly selection method ever created: a dial. The result is a line of equipment that finally brings single-station training into the 21st century.



## IT'S ALL ABOUT THE DIAL

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— There has never been an easier way to select weights
- The dial is based on the incredibly successful Select-Tech® dumbbells — millions sold means consumers (your members) know and value this product
- The dial is always within reach from seated position — no more bending down, reaching behind or standing up to adjust weight selection
- We showed this idea to gym-goers, and they told us that putting the dial on a selectorized machine makes it easy-to-use, improves their training experience, and is just plain “cool”<sup>1</sup>



## ULTIMATE USER EXPERIENCE

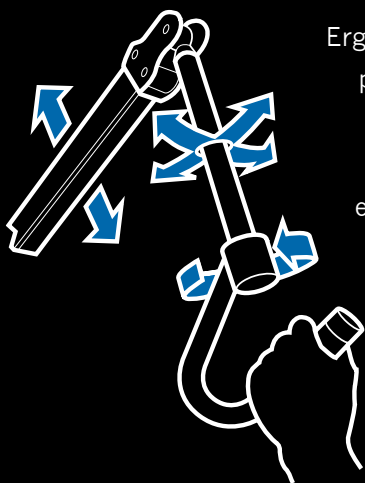
If it feels good, your members will use it, and keep using it. They'll get results which will keep them coming back. That's why we designed the Nautilus One™ line to be the ultimate user experience.

- Ultimate support 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 — no reading necessary
- Proper machine set-up is facilitated by large red markers on axis points that aid user in proper joint alignment

## REDUCE YOUR MAINTENANCE COSTS

What if we told you that not only is Nautilus One™ equipment superior in look and feel, but it's also easier to maintain?

- No guide rods to lubricate
- No weight stack pins to bend or get lost
- Hydraulic seat adjustments utilize a direct linkage for maintenance-free use



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

Dimensions:  
88" H x 77" L x 51" W  
224 H x 196 L x 130 W cm

### ROW S6MR

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

Dimensions: 50" H x 67" L x 49" W, 127 H x 170 L x 124 W cm



### CHEST PRESS S6CP

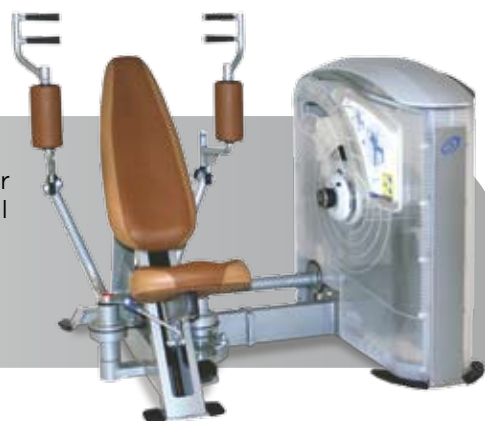
- Converging movement arms with multiple hand position options for a variety of movement options

Dimensions: 75" H x 60" L x 60" W  
191 H x 152 L x 152 W cm

### PEC FLY S6PF

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

Dimensions:  
53" H x 54" L x 64" W  
135 H x 137 L x 163 W cm



### LATERAL RAISE S6LR

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

Dimensions: 61" H x 47" L x 54" W  
155 W x 119 L x 137 W cm

## UPPER BODY



### SHOULDER PRESS S6SP

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

Dimensions: 63" H x 63" L x 64" W  
160 H x 160 L x 163 W cm



### 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 centerline of the body for more complete contraction

Dimensions: 54" H x 48" L x 61" W, 137 H x 122 L x 155 H cm



### TRICEPS EXTENSION S6TE

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

Dimensions: 54" H x 49" L x 58" W  
137 H x 124 L x 147 W 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:  
59" H x 54" L x 56" W  
150 H x 137 L x 142 W cm



### 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: 49" H x 52" L x 50" W  
124 H x 132 L x 127 W cm

## LOWER BODY

### STRENGTH SELLS!

When was the last time you showed off your strength line to current or prospective members? In most facilities, the strength line is required, functional...and kind of boring. That's all changed. The Nautilus One™ line has a sleek, modern design that will elevate your look, improve your members' training experience, and make strength a selling point for your facility.

#### 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:

50" H x 53" L x 52" W  
127 H x 135 L x 132 W cm



#### LEG PRESS S6LP

- Maximum muscle involvement with minimum knee and back stress in a small 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: 57" H x 62" L x 51" W, 145 H x 157 L x 130 W cm

#### 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: 53" H x 40" L x 70" W  
135 H x 102 L x 178 W cm



#### 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: 50" H x 58" L x 52" W, 127 H x 147 L x 132 W cm



## WEIGHT TOWER

- All units utilize a single weight tower design, always placed on the same side of the movement — line them up and create a clean, contemporary look
- 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

- Range of motion limiters available
- All machines (except Leg Press) come standard with 250 lb weight system, adjustable in 10 lb increments (10, 20, 30...); add-on weight is a 5 lb increment; total weight potential is 255 lbs
- Leg Press standard with 425 lbs, adjustable in 25 lb increments (50, 75, 100...); add-on weights are adjustable in 5 lb increments (+5, +10, +15, +20); total weight potential is 445 lbs

### OPTIONS

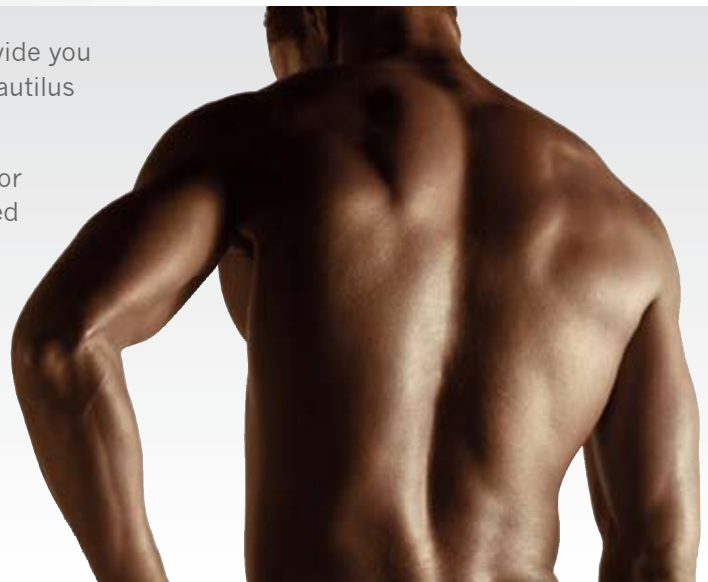
- All machines can be purchased with the optional 250 lb weight system, which features add-on weights that are adjustable in 1 lb increments (+1, +2, +3...+9); total weight potential is 259 lbs
- Each machine is upgradeable to the 425 lb weight system, adjustable in 25 lb increments (50, 75, 100); add-on weights are adjustable in 5 lb increments (+5, +10, +15, +20); total weight potential is 445 lbs



## CIRCUIT PROGRAMMING

Along with machines that they'll want to use, we can provide you with the tools to help show your members HOW to use Nautilus One™ equipment.

- Nautilus Institute circuit programming is available for the Nautilus One™ line. The weight tower is designed with integrated sign mount to accommodate circuit signage
- We worked with the National Academy of Sports Medicine (NASM) to create a simple training protocol that utilizes the dial for increased training options and maximized results



## UPHOLSTERY

Nautilus One™ equipment comes standard with custom-designed upholstery.

You have the choice of 12 standard upholstery color options to place on the inner and outer portions of the seats.

Inner and outer can be the same color, or you can choose a combination.



## VIEW YOUR COLOR CHOICES

To see Nautilus One™ in your choice of colors, go to [Nautilus.com/One](http://Nautilus.com/One) and select our interactive color-change tool from any product detail page.

### Frame:



### Upholstery:

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



Be Strong.™

To learn more or to contact your Nautilus® representative visit: [Nautilus.com/ONE](http://Nautilus.com/ONE)