

COMMERCIAL SERIES

( INTELLIGENT PLATE-LOADED EQUIPMENT FOR HIGH-PERFORMANCE WORKOUTS

# XP LOAD<sup>™</sup> EQUIPMENT

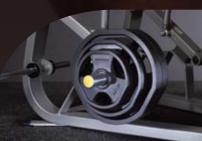
Be Strong.<sup>™</sup>

# NAUTILUS<sup>®</sup> XP LOAD<sup>™</sup> EQUIPMENT FOLLOWS THE BODY'S EVERY MOVE.

Our plate-loaded line combines the smooth feel of free weight equipment with the controlled biomechanical movement of a machine.

Rugged, yet easy to use, each XP Load<sup>™</sup> machine correctly addresses the strength curve of the body part it's designed to train. And the durability is unmatched, thanks to the 11-gauge steel frames and industrial-grade materials. For convenience, weight plates are loaded low to the ground.

Our XP Load<sup>™</sup> line offers such powerful results, no wonder it's been adopted by so many professional and college sports teams around the nation.



Optimal Strength Curve Technology™ ensures smooth resistance and proper muscle loading through the entire movement.

EQUAL TO OR GREATER THAN SELECTED WEIGHT

LESS THAN SELECTED WEIGHT

# 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<sup>™</sup>. 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. XP Load<sup>™</sup> 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.

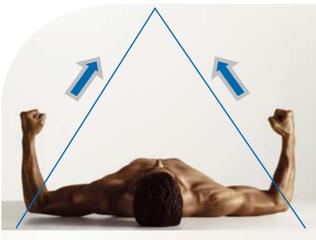
Instead of forcing users to follow an incorrect path of motion, XP Load<sup>™</sup> equipment provides a proper movement path. The independent converging press arms also ensure greater rotation in the shoulder joint for greater muscle contraction.

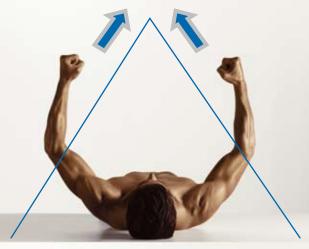
#### LOW LOADING PLATES.

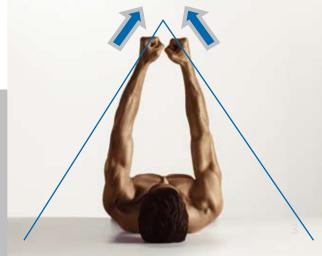
One of the many benefits of XP Load™ equipment is low-to-the-ground weight horns—which make loading and unloading plates easier.

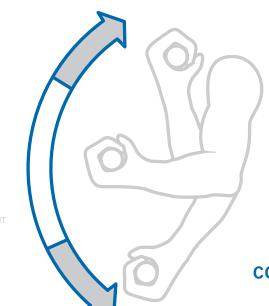
Plates not included.

# **CONVERGING PRESS ARMS**









# DESIGNED TO HELP YOUR MEMBERS REALIZE THEIR POTENTIAL.

Our upper-body equipment offers an intense—and biomechanically correct—workout. The patented four-bar linkage system ensures proper resistance through an entire range of motion, and guides the user's movement.

#### **VERTICAL CHEST P3VC**

Allows for superior pec development. This machine offers multiple handle positions and converging arm movement.

Dimensions: 51" W x 57" L x 71" H 130 W x 145 L x 180 H cm





#### **UPPER BODY**





#### **INCLINE PRESS P3IP**

The adjustable back pad allows for a variety of starting positions at a 35° angle. Features multiple handle motions and converging arm movement.

Dimensions: 51" W x 72" L x 52" H 130 W x 183 L x 132 H cm



#### **OVERHEAD PRESS P30P**

Develops the deltoids from a more shoulderfriendly workout platform. The adjustable seat and multiple handle positions accommodate the needs of any user. Also features converging arm movement.

Dimensions: 51" W x 56" L x 57" H 130 W x 142 L x 145 H cm



COMPOUND ROW P3CR

The arms provide additional user-defined paths of motion, and the rotating handles follow the body's natural movement. To ensure stability, the foot platforms are oversized.

Dimensions: 43" W x 92" L x 37" H 109 W x 234 L x 94 H cm



# technology.

Features Ergo Grip

#### LAT PULLDOWN P3LATP

This machine's design helps reduce shoulder stress. The arms offer multiple user-defined paths of motion, and the handles rotate for a more natural feel.

Dimensions: 47" W x 78" L x 91" H 119 W x 198 L x 231 H cm

#### A BETTER FEEL FOR BETTER RESULTS.

ERGO GRIP TECHNOLOGY

Some upper-body machines are just better than others. Nautilus® equipment provides multiple paths of motion from various exercise positions. So users get a more natural feel and more thorough muscle recruitment during each rep.

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

#### **UPPER BODY**





#### **BICEPS CURL P3BC**

The raised-arm design ensures maximum muscle contraction. Users can work arms together or separately.

Dimensions: 60" W x 39" L x 59" H 152 W x 99 L x 150 H cm

#### **TRICEPS EXTENSION P3TE**

This machine features a raised-arm design for more targeted workouts and optimal muscle stretch. Users can work arms together or separately.

Dimensions: 60" W x 39" L x 60" H 152 W x 99 L x 152 H cm

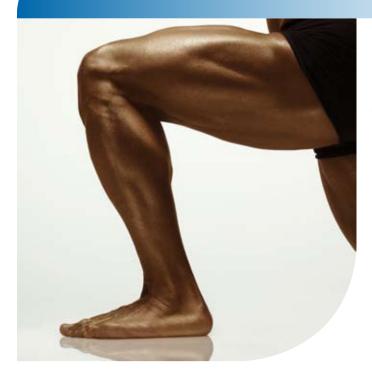


#### SEATED DIP P3SD

Effectively works the triceps, chest and shoulders. The walk-in design makes entry and exit easy.

Dimensions: 43" W x 52" L x 42" H 109 W x 132 L x 107 H cm

#### LOWER BODY



# OVER THREE DECADES OF FITNESS EXPERIENCE IS BEHIND EVERY REP.

Our exclusive four-bar linkage system provides the proper strength curve and a complete range of motion—offering your members a more effective lower-body workout. The back pads, seats and roller pads are fully adjustable, accommodating a wide range of users.

#### LEG PRESS P3LP

The four-bar linkage design articulates with the knees to reduce knee shear. An extra-wide foot platform allows users to vary the position of their feet to emphasize different muscles.

Dimensions: 68" W x 97" L x 55" H 173 W x 246 L x 140 H cm





#### **INCLINE LEG PRESS P3ILP**

Features a 45° angle and an extra-wide foot platform, which is positioned to reduce knee stress. An emergency-stop feature provides added safety.

Dimensions: 63" W x 94" L x 64" H 160 W x 239 L x 163 H cm

#### LOWER BODY

#### **LEG EXTENSION P3LE**

The angled seat is designed to fully isolate the quads, while the arm handles help prevent the body from twisting. Dimensions: 47" W x 65" L x 53" H 119 W x 165 L x 135 H cm



#### PRONE LEG CURL P3LCP

The bench pad keeps the hips raised to ensure full hamstring contraction.

Dimensions: 47" W x 72" L x 29" H 119 W x 183 L x 74 H cm





The unique, diamond-plate foot platform helps prevent users' feet from slipping, regardless of their workout position.

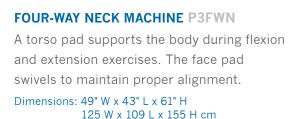
Dimensions: 30" W x 57" L x 40" H 76 W x 145 L x 102 H cm



#### **DEADLIFT/SHRUG P3DLS**

This dual-purpose machine features adjustable handles, enabling a variety of starting positions. The walk-in design allows for easy entry and exit.

Dimensions: 60" W x 70" L x 31.5" H 152 W x 178 L x 80 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. EZ-Glide<sup>™</sup> seats accommodate any user with a quick, simple adjustment.

# 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<sup>™</sup>. 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<sup>™</sup> offers your staff proven, hands-on training programs, including Expressway<sup>™</sup> circuit; Cardiathlon<sup>™</sup> circuit; Arms, Chest and Back; Hips, Buns and Thighs; and Core 360<sup>™</sup> 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

For more than three decades, Nautilus has been known for its expertise and innovation in the fitness industry.

#### NATURAL MOTION

Engineered by experts in exercise science and strengthtraining techniques, our equipment ensures proper form for better results.

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

#### COMPACT FOOTPRINT

Unlike other plate-loaded designs, each XP Load<sup>™</sup> machine maintains its original footprint when the arms are extended.



### 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.

warranty on frames and welded parts, a 3-year warranty on other moving parts, a 1-year

# FIRST WE TEST OUR XP LOAD™ LINE. THEN WE TORTURE IT.

under the most extreme performance conditions. And all testing is done in-house with a

# NAUTILUS<sup>®</sup> XP LOAD<sup>™</sup> COLOR OPTIONS



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

Plates not included.



For more information about our Commercial Series XP Load<sup>™</sup> line or other Nautilus® equipment for your facility, visit www.Nautilus.com/Commercial.