



PLAY HARD. TRAIN HARDER.

Introducing Nautilus® XPLOAD™ professional-grade plate-loaders, racks, platforms, and accessories.



XPLOAD™ Power Rack



Be Strong.™

In 1970, Nautilus, Inc. invented modern strength training equipment. We've been reinventing it ever since.

The Nautilus® brand is built on innovation in performance training. The standard for today's strength equipment was set over 35 years ago with our invention of strength cam technology. Since then, the Nautilus® name has been synonymous with strength training.

At Nautilus, Inc. we see no boundaries, only new technologies to explore. We continue to innovate in strength and cardio products with details that make a difference. Our TreadClimber® cardio machine is revolutionizing the way large athletes cardio train. Our XPLOAD™ plate-loaded line introduced four-bar linkage and strength curves to plate-loaded training. And there is no more punishing workout available than on the unparalleled StairMaster® StepMill® machine.

Today, Nautilus, Inc. is the company to offer a complete package of the highest-quality athletic performance tools. One call gives you access to a complete line of cardio and strength products that can give you the competitive edge you need to succeed.





The XPLOAD™ line wasn't just built, it was forged.

We issued a challenge to the Nautilus, Inc. engineering team: build the best elite strength training tools available. Period. They started with 7-gauge industrial grade steel. They combined 35 years of experience and knowledge with modern technology, such as a fully-automated tube laser. They built some extraordinary equipment.

Then we went to the real experts. Professional strength trainers and athletes. They told us what was right, and more importantly, what could be better.

After over a full year of design, development and testing, the XPLOAD™ line is ready. The details speak for themselves. Designed and tested by trainers for trainers, XPLOAD™ is everything that performance training equipment is supposed to be, and the first line of its kind worthy of the Nautilus® name.

Give your athletes the advantage they deserve.
XPLOAD™ gives you the tools to
take them all the way.

XPLOAD™ Leg Extension



The Design to Develop the Strength You Demand

Our Nautilus® XPLOAD™ plate-loaded product line combines the smooth feel of free-weight equipment with the biomechanically correct movement of a machine. The XPLOAD™ line offers intelligent, ergonomic designs, plus important extra features for an elite strength training experience.

Industrial-strength, yet easy-to-use, XPLOAD™ machines use Nautilus® Cam and Four Bar Linkage Technology to deliver the right strength curves for every lift. Better muscle recruitment, reduced chance of injury, increased results.

Good luck finding a plate-loaded line that feels or performs better.



Optimal Strength Curve Technology™ is smooth resistance and perfect muscle load.



Optimal Strength Curve Technology™ accounts for an athlete's increases and decreases in strength over a range of motion. XPLOAD™ equipment users get immediate, smooth resistance and proper muscle loading throughout the movement, creating results that are, well, optimal.

Load your plates low to the ground. XPLOAD™ machines feature loading points that are low to the ground. No more lifting plates to chest or eye level. Save time, avoid injuries. Save the hard work for the lifter. Another smart detail that makes the XPLOAD™ line the best choice for your team.



**XPLOAD™
Vertical Chest**

Integrated plate storage — STANDARD.

Of course the plate storage is standard on XPLOAD™ machines. You concentrate on training your team, we make sure you have everything to get the job done.



Big Performance, Small Footprints

Your athletes take up a lot of space. Your plate-loaded equipment doesn't have to. The XPLOAD™ line works for your biggest athletes, but takes up much less floor space than other plate-loaded lines. Even better, the movements of each machine stay completely within the footprint, making for a more controlled working environment.

- ✕ | All upper-body machines feature independent movement arms, and pressing movements feature converging press arms.

Innovative XPLOAD™ features provide comfort and performance



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

XPLOAD | Power Rack



You demand strength, endurance and attention to detail. So do we.

The engineers and trainers behind the Nautilus® XPLOAD™ Power Racks built intelligent details into a simple design. The result is the toughest, smartest rack we've ever built.

Standard Features:

- ✕ | 7-gauge steel uprights
- ✕ | Integrated ergo chin bar
- ✕ | Available in 8' and 9' heights
- ✕ | Bar catches, replaceable urethane liner included
- ✕ | Weight plate storage
- ✕ | Vertical bar storage

Optional Accessories:

- ✕ | Swivel spotter platforms
- ✕ | Stainless steel upright covers
- ✕ | Oak platform insert

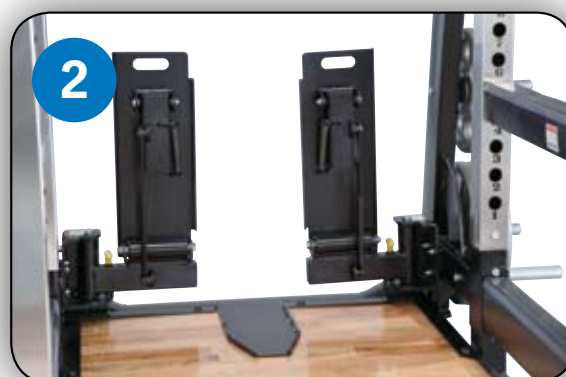


XPLOAD™ safety bars lock into place, firmly and easily.

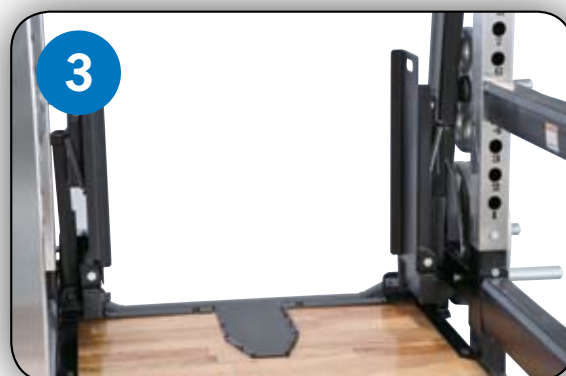
Nautilus® XPLOAD™ Spotter Platforms — designed for the way a spotter works!



When engaged, our platforms put the spotter in optimal position — no compromises.



When not in use, the platforms rotate completely out of the way...



...to allow easy walk-through access.

Slim design with all the results.

The Nautilus® XPLOAD™ Half Rack provides full performance in less space.

Standard Features:

- ✕ | 7-gauge steel uprights
- ✕ | Integrated ergo chin bar
- ✕ | Available in 8' and 9' heights
- ✕ | Bar catches, replaceable urethane liner included
- ✕ | Weight plate storage
- ✕ | Vertical bar storage

Optional Accessories:

- ✕ | Swivel spotter platforms
- ✕ | Stainless steel upright covers



Safety bars twist and lock into place.
Easy to adjust, stable when locked in.

Big power in a big package.

One unit, two workstations, a complete training solution.

Standard Features:

- ✕ | 7-gauge steel uprights
- ✕ | Integrated ergo chin bar
- ✕ | Available in 8' and 9' heights
- ✕ | Bar catches, replaceable urethane liner included
- ✕ | Weight plate storage
- ✕ | Vertical bar storage

Optional Accessories:

- ✕ | Swivel spotter platforms
- ✕ | Stainless steel upright covers
- ✕ | Oak platform insert



Extended ergo chin bars available on all racks.



Tough and durable, with a soft side.

This bench can take abuse and come back for more. Oversized comfort upholstery will help your athletes maximize their workout — the only pain will come from that extra rep.



(Above) Fore and aft adjustment — pads easily adjust 16" front-to-back to accommodate different sizes of athletes.



(Lower right) Docking system — lock out bench to any XLOAD™ rack.



- ✕** | Bench meets US Powerlifting Standards
- ✕** | Adjustable — easily adjusts to 7 different inclines; rock-solid in all positions.



XPLOAD™ Spotter Platforms

Use the Nautilus® XPLOAD™ Spotter Platforms once and you'll wonder why they all aren't designed this way.

- ✕ | Our platforms put the spotter in proper position when engaged – no compromises
- ✕ | Rotate completely out of the way when not in use for full walk-through access. See pg. 7.



Stainless Steel Upright Covers — Beauty and Brawn

Upgrade your equipment's looks while protecting it

- ✕ | Eliminate chipping paint
- ✕ | Elevate the look of your entire training facility



XPLOAD™ Platforms — for a Customized Finish

Available in 3 sizes, our platforms are made from oak and industrial-grade rubber. Integrate with any XPLOAD™ rack or use as a stand-alone. Includes customized logo, standard.



XLOAD™

www.NautilusXLOAD.com

1.877.657.7762



Be Strong.™

For more information about our Commercial Series Nautilus® XLOAD™ products,
or other Nautilus® athletic performance training tools for your facility, visit www.NautilusXLOAD.com.

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