



From Olympic benches that can be customized with or without weight storage to our one-of-a-kind abdominal and back extension benches, we've raised the bar for both aesthetics and function. Our benches and racks flow seamlessly with our other products so you will notice a family look and feel as you position your free weights along side our other strength lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.



PRODUCT CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus Benches & Racks in a variety of custom frame color and upholstery options.



A PERFECT PARTNERSHIP

Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.



MULTI-ADJUSTABLE BENCH
9NP-B7506

W	27 IN (69 CM)
L	55 IN (140 CM)
H	20 IN (51 CM)
STACK WEIGHT	
OVERALL WEIGHT	117 LB (53 KG)
SHIPPING WEIGHT	128 LB (58 KG)



MILITARY PRESS 9NP-B7205

W	74 IN (188 CM)
L	65 IN (165 CM)
H	60 IN (152 CM)
STACK WEIGHT	
OVERALL WEIGHT	269 LB (122 KG)
SHIPPING WEIGHT	320 LB (145 KG)



ADJUSTABLE INCLINE BENCH
9NP-B7523

W	27 IN (69 CM)
L	56 IN (142 CM)
H	39 IN (99 CM)
STACK WEIGHT	
OVERALL WEIGHT	113 LB (51 KG)
SHIPPING WEIGHT	143 LB (65 KG)



FLAT BENCH 9NP-B7507

W	27 IN (69 CM)
L	55 IN (140 CM)
H	20 IN (51 CM)
STACK WEIGHT	
OVERALL WEIGHT	77 LB (35 KG)
SHIPPING WEIGHT	86 LB (39 KG)



UTILITY BENCH 9NP-B7516

W	27 IN (69 CM)
L	34 IN (86 CM)
H	38 IN (97 CM)
STACK WEIGHT	
OVERALL WEIGHT	71 LB (32 KG)
SHIPPING WEIGHT	79 LB (36 KG)



ADJUSTABLE DECLINE BENCH
9NP-B7508

W	34 IN (86 CM)
L	53 IN (135 CM)
H	31 IN (79 CM)
STACK WEIGHT	
OVERALL WEIGHT	155 LB (70 KG)
SHIPPING WEIGHT	181 LB (82 KG)



STOOL 9NP-B7521

W	31 IN (79 CM)
L	27 IN (68 CM)
H	17 IN (44 CM)
STACK WEIGHT	
OVERALL WEIGHT	27 LBS (12 KG)
SHIPPING WEIGHT	38 LBS (17 KG)



ADJUSTABLE BACK EXTENSION
9NP-B7514

W	34 IN (86 CM)
L	53 IN (135 CM)
H	31 IN (79 CM)
STACK WEIGHT	
OVERALL WEIGHT	157 LB (71 KG)
SHIPPING WEIGHT	190 LB (86 KG)



DECLINE BENCH PRESS 9NP-B7204

W	65 IN (165 CM)
L	49 IN (124 CM)
H	49 IN (124 CM)
STACK WEIGHT	
OVERALL WEIGHT	177 LB (80 KG)
SHIPPING WEIGHT	199 LB (90 KG)



INCLINE BENCH PRESS 9NP-B7203

W	65 IN (165 CM)
L	70 IN (178 CM)
H	59 IN (150 CM)
STACK WEIGHT	
OVERALL WEIGHT	185 LB (84 KG)
SHIPPING WEIGHT	210 LB (95 KG)



LEG RAISE/DIP 9NP-B7517

W	28 IN (71CM)
L	61 IN (155 CM)
H	66 IN (168 CM)
STACK WEIGHT	
OVERALL WEIGHT	267 LBS (121 KG)
SHIPPING WEIGHT	311 LBS (141 KG)



OLYMPIC BENCH PRESS 9NP-B7202

W	65 IN (165 CM)
L	73 IN (185 CM)
H	49 IN (124 CM)
STACK WEIGHT	
OVERALL WEIGHT	115 LB (52 KG)
SHIPPING WEIGHT	139 LB (63 KG)



PULL-UP/DIP/LEG RAISE 9NP-B7511

W	48 IN (122 CM)
L	61 IN (155 CM)
H	90 IN (229 CM)
STACK WEIGHT	
OVERALL WEIGHT	335 LB (152 KG)
SHIPPING WEIGHT	370 LB (168 KG)



DIP STATION 9NP-B7518

W	29 IN (114 CM)
L	45 IN (114 CM)
H	48 IN (122 CM)
STACK WEIGHT	
OVERALL WEIGHT	148 LB (67 KG)
SHIPPING WEIGHT	179 LB (81 KG)



PREACHER CURL 9NP-B7509

W	30 IN (76 CM)
L	43 IN (109 CM)
H	40 IN (102 CM)
STACK WEIGHT	
OVERALL WEIGHT	163 LB (74 KG)
SHIPPING WEIGHT	181 LB (82 KG)



STANDING PREACHER CURL 9NP-B7515

W	30 IN (76 CM)
L	39 IN (99 CM)
H	45 IN (114 CM)
STACK WEIGHT	
OVERALL WEIGHT	174 LB (79 KG)
SHIPPING WEIGHT	190 LB (86 KG)



ADJUSTABLE ABDOMINAL BENCH 9NP-B7510

W	35 IN (89 CM)
L	55 IN (140 CM)
H	45 IN (114 CM)
STACK WEIGHT	
OVERALL WEIGHT	159 LB (72 KG)
SHIPPING WEIGHT	176 LB (80 KG)



GLUTE HAM 9NP-B7522

W	43 IN (110 CM)
L	72 IN (182 CM)
H	48 IN (122 CM)
STACK WEIGHT	
OVERALL WEIGHT	188 LB (85 KG)
SHIPPING WEIGHT	223 LB (101 KG)

FEATURES, ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	N/A
ASSISTED ADJUSTMENTS	Gravity assisted positioning
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	N/A
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	N/A

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	No
CABLE VS. BELT DRIVEN TRANSITION	N/A
BOLT DOWN LOCATIONS DEFINED	Yes, Sku dependent
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

USER SPECIFIC INFORMATION

STATIC PLACARDS	N/A
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	N/A
ANIMATED LENTICULAR	N/A
SAFETY CATCH & STOPS	Yes, Sku dependent
WATER BOTTLE HOLDER	N/A
PHONE HOLDER	N/A
GRIP SPECIFICATIONS	Integrated grip and wheels for transport
FOOT PLATFORM	N/A
CONTOURED PADS	Yes, contoured back pads on select machines with lumbar support
RESTRAINT SYSTEM	No

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

