

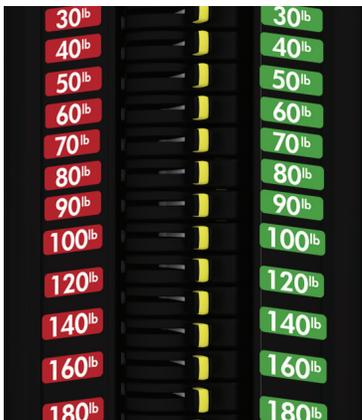
# NAUTILUS INSPIRATION



\*Equipment shown in custom colors

## A STRONGER FIRST IMPRESSION

Designed with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration Strength® makes a powerful first impression. Each machine captures the essence of natural movement. Members will appreciate the many easy to use and easy to see features like our patented Lock N Load weight selection system, the wrap-around assisted seat adjustment, lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.



### LOCK N LOAD WEIGHT SELECTION

Selecting a weight with the intuitive Lock N Load design is as easy as flicking a switch. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation. Lock N Load prevents unnecessary maintenance headaches since there are no pins to lose or replace.



### SMART TOWER DESIGN

The beautifully designed Nautilus Inspiration line, with their uniform 64" (163 cm) towers, deliver superior lines of site across your venue and create a visually powerful impression during facility tours. The tower housing is designed to accommodate custom graphics and wraps to personalize the equipment in your facility.



### LEG EXTENSION IPLE3

<b>W</b>	48 IN ( 122 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	717 LB (325 KG)
<b>SHIPPING WEIGHT</b>	800 LB (363 KG)



### ABDOMINAL CRUNCH IPAC3

<b>W</b>	52 IN (132 CM)
<b>L</b>	51 IN (130 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	684 LB (310 KG)
<b>SHIPPING WEIGHT</b>	776 LB (352 KG)



### LEG PRESS IPLP3

<b>W</b>	54 IN (137 CM)
<b>L</b>	74 IN (187 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	400 LB (181 KG)
<b>OVERALL WEIGHT</b>	1120 LB (508 KG)
<b>SHIPPING WEIGHT</b>	1,204 LB (546 KG)



### LEG CURL IPLC3

<b>W</b>	46 IN (117 CM)
<b>L</b>	64 IN (163 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	743 LB (337 KG)
<b>SHIPPING WEIGHT</b>	833 LB (378 KG)



### ABDUCTION/ ADDUCTION IPAA3

<b>W</b>	55 IN (140 CM)
<b>L</b>	56 IN (142CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	657 LB (298 KG)
<b>SHIPPING WEIGHT</b>	734 LB (333 KG)



### GLUTE PRESS IPGM3

<b>W</b>	45 IN (114 CM)
<b>L</b>	75 IN (191 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	600 LB (272 KG)
<b>SHIPPING WEIGHT</b>	679 LB (308 KG)



### CHEST PRESS IPVP3

<b>W</b>	59 IN (150 CM)
<b>L</b>	43 IN (109 CM)
<b>H</b>	76 IN (193 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	664 LB (301 KG)
<b>SHIPPING WEIGHT</b>	730 LB (331 KG)



**LAT PULL DOWN IPPD3**

<b>W</b>	55 IN (140 CM)
<b>L</b>	55 IN (140 CM)
<b>H</b>	77 IN (196 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	715 LB (324 KG)
<b>SHIPPING WEIGHT</b>	805 LB (365 KG)



**VERTICAL ROW IPVR3**

<b>W</b>	50 IN (127 CM)
<b>L</b>	45 IN (114 CM)
<b>H</b>	77 IN (196 CM)
<b>STACK WEIGHT</b>	240 LB (108 KG)
<b>OVERALL WEIGHT</b>	690 LB (313 KG)
<b>SHIPPING WEIGHT</b>	772 LB (350 KG)



**PULL OVER IPPO3**

<b>W</b>	58 IN (147 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	693 LB (314 KG)
<b>SHIPPING WEIGHT</b>	783 LB (355 KG)



**PEC FLY/ REAR DELTOID IPPF3**

<b>W</b>	58 IN (147 CM)
<b>L</b>	46 IN (117 CM)
<b>H</b>	80 IN (203 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	706 LB (320 KG)
<b>SHIPPING WEIGHT</b>	798 LB (362 KG)



**SHOULDER PRESS IPSP3**

<b>W</b>	58 IN (147 CM)
<b>L</b>	60 IN (152 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	609 LB (276 KG)
<b>SHIPPING WEIGHT</b>	697 LB (316 KG)



**DELTOID RAISE IPDR3**

<b>W</b>	52 IN (132 CM)
<b>L</b>	47 IN (119 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	618 LB (280 KG)
<b>SHIPPING WEIGHT</b>	686 LB (311 KG)



### BICEPS CURL IPBC3

<b>W</b>	56 IN (142 CM)
<b>L</b>	45 IN (114 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	613 LB (278 KG)
<b>SHIPPING WEIGHT</b>	699 LB (317 KG)



### BILATERAL ARM CURL IPBA3

<b>W</b>	56 IN (142 CM)
<b>L</b>	45 IN (114 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	618 LB (280 KG)
<b>SHIPPING WEIGHT</b>	692 LB (314 KG)



### TRICEP EXTENSION IPTE3

<b>W</b>	54 IN (136 CM)
<b>L</b>	57 IN (147 CM)
<b>H</b>	64 IN (161 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	620 LB (281 KG)
<b>SHIPPING WEIGHT</b>	694 LB (315 KG)



### BACK EXTENSION IPBE3

<b>W</b>	51 IN (130 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	600 LB (272 KG)
<b>SHIPPING WEIGHT</b>	688 LB (312 KG)



### TRICEP DIP IPTD4

<b>W</b>	52 IN (132 CM)
<b>L</b>	51 IN (130 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	750 LB (340 KG)
<b>SHIPPING WEIGHT</b>	831 LB (377 KG)



### DUAL ADJUSTABLE PULLEY NP-D9302

<b>W</b>	62 IN (157 CM)
<b>L</b>	46 IN (117 CM)
<b>H</b>	91 IN (231 CM)
<b>STACK WEIGHT</b>	2 X 400 LB (2 X 181 KG) 2 X 100 LB (AT HANDLE)
<b>OVERALL WEIGHT</b>	1,308 LB (593 KG)
<b>SHIPPING WEIGHT</b>	1,394 LB (632 KG)

## ADJUSTMENTS & MOVEMENTS

<b>USER DEFINED RANGE OF MOTION</b>	Fixed path, except for Dual Adjustable Pulley
<b>ASSISTED ADJUSTMENTS</b>	Gas assist shock, wrap around handles on all seat height adjustments.
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes on all units
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	Unilateral and Bilateral dependent on Sku
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	Converging and Diverging motion with user pre-stretch adjustment for optimal start position dependent on SKU
<b>PULLEY RATIO</b>	4:1 on Dual Adjustable Pulley

## FRAME SPECIFICATIONS & CABLE INFORMATION

<b>STANDARD FRAME COLOR OPTIONS</b>	Silver, White, Black
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	Black
<b>FRAME FINISH</b>	Electrostatic Powder coating
<b>CUSTOMIZABLE PAINT OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE BRANDING OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CABLE VS. BELT DRIVEN TRANSMISSION</b>	Cable drive
<b>BOLT DOWN LOCATIONS DEFINED</b>	Yes
<b>INTEGRATED LEVELING SYSTEM</b>	Yes
<b>HARDWARE TYPE</b>	Hex / Button Head
<b>TUBING STYLE &amp; THICKNESS</b>	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

## USER SPECIFIC INFORMATION

<b>STATIC PLACARDS</b>	Animated lenticulars, showing start and stop positions
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	Yes
<b>ANIMATED LENTICULAR</b>	Animated lenticulars, showing start and stop positions
<b>SAFETY CATCH &amp; STOPS</b>	Yes, where applicable
<b>WATER BOTTLE HOLDER</b>	Yes, integrated to weight stack tower, eye level
<b>PHONE HOLDER</b>	Yes, adjustable in size and position
<b>GRIP SPECIFICATIONS</b>	Rubber, large grips for pushing, smaller grips for pulling.
<b>FOOT PLATFORM</b>	Machine dependent
<b>CONTOURED PADS</b>	Yes, contoured back pads on select machines with lumbar support
<b>BELT STABILIZATION SYSTEM</b>	Yes on the IPPO only

## WEIGHT STACK SPECIFICATIONS

<b>TOTAL STACK WEIGHT</b>	Machine dependent
<b>INCREMENTAL WEIGHT SYSTEM</b>	10 lb increment, 5 lb add on
<b>WEIGHT STACK TOWER HEIGHT</b>	Standard 64in (163 cm) height on all products
<b>PLATE LOADED</b>	N/A
<b>WEIGHT STORAGE SOLUTION</b>	N/A
<b>LNL TECHNOLOGY</b>	Yes
<b>ADD-ON RESISTANCE AVAILABLE</b>	Yes, 5 lb incremental add on plate
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	Uniform size, standard steel / customized aluminum materials

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.

