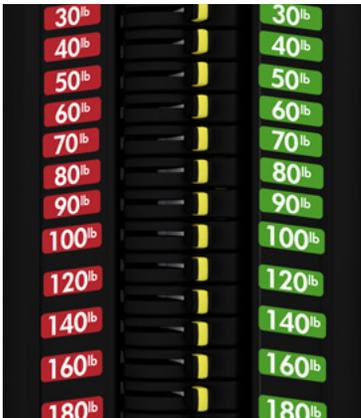




**Equipment shown in custom colors*

EASY TO USE. EASY ON SPACE.

Welcoming to users of all levels, Instinct Strength is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.



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.



DUAL USE MACHINES

The versatile dual purpose machines from Nautilus Instinct have a modest footprint and allow you to switch between two different exercises with a simple adjustment. This is ideal for smaller facilities, giving them the ability to fit a full fitness circuit in a much smaller space.



LEG EXTENSION 9NL-S1010

W	37 IN (94 CM)
L	41 IN (104 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	436 LB (198 KG)
SHIPPING WEIGHT	457 LB (207 KG)



DUAL ABDOMINAL/LOWER BACK 9NL-D6330

W	40 IN (102 CM)
L	45 IN (114 CM)
H	55 IN (140 CM)
STACK WEIGHT	120 LB (54 KG)
OVERALL WEIGHT	369 LB (168 KG)
SHIPPING WEIGHT	522 LB (237 KG)



LEG CURL 9NL-S1011

W	37 IN (94 CM)
L	56 IN (140 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	469 LB (213 KG)
SHIPPING WEIGHT	490 LB (222 KG)



DUAL LEG EXTENSION/ LEG CURL 9NL-D1014

W	37 IN (94 CM)
L	56 IN (142 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	484 LB (220 KG)
SHIPPING WEIGHT	553 LB (251 KG)



DUAL LEG PRESS/ CALF RAISE 9NL-D1013

W	39 IN (99 CM)
L	74 IN (188 CM)
H	55 IN (140 CM)
STACK WEIGHT	235 LB (107 KG)
OVERALL WEIGHT	612 LB (278 KG)
SHIPPING WEIGHT	689 LB (313 KG)



DUAL INNER/ OUTER THIGH 9NL-D1015

W	27 IN (69 CM)
L	57 IN (145 CM)
H	55 IN (140 CM)
STACK WEIGHT	150 LB (68 KG)
OVERALL WEIGHT	451 LB (205 KG)
SHIPPING WEIGHT	520 LB (236 KG)



GLUTE PRESS 9NL-S1012

W	37 IN (94 CM)
L	67 IN (170 CM)
H	55 IN (140 CM)
STACK WEIGHT	120 LB (55 KG)
OVERALL WEIGHT	313 LB (142 KG)
SHIPPING WEIGHT	353 LB (160 KG)



CHEST PRESS 9NL-S2100

W	28 IN (71 CM)
L	49 IN (124 CM)
H	55 IN (140 CM)
STACK WEIGHT	235 LB (107 KG)
OVERALL WEIGHT	427 (194 KG)
SHIPPING WEIGHT	474 (215 KG)



DUAL MULTI-PRESS 9NL-D2120

W	55 IN (140 CM)
L	74 IN (188 CM)
H	55 IN (140 CM)
STACK WEIGHT	235 LB (107 KG)
OVERALL WEIGHT	506 LB (230 KG)
SHIPPING WEIGHT	576 LB (261 KG)



**DUAL LAT PULL DOWN/VERTICAL ROW
9NL-D3340**

W	47 IN (119 CM)
L	50 IN (127 CM)
H	84 IN (213 CM)
STACK WEIGHT	235 LB (107 KG)
OVERALL WEIGHT	473 LB (215 KG)
SHIPPING WEIGHT	540 LB (245 KG)



LAT PULL DOWN 9NL-S3310

W	47 IN (119 CM)
L	60 IN (152 CM)
H	73 IN (185 CM)
STACK WEIGHT	235 LB (107KG)
OVERALL WEIGHT	515 LB (234 KG)
SHIPPING WEIGHT	584 LB (265 KG)



VERTICAL ROW 9NL-S3320

W	46 IN (117 CM)
L	48 IN (122 CM)
H	55 IN (140 CM)
STACK WEIGHT	235 LB (107 KG)
OVERALL WEIGHT	405 LB (183 KG)
SHIPPING WEIGHT	452 LB (205 KG)



SHOULDER PRESS 9NL-S4100

W	53 IN (135 CM)
L	58 IN (147 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	448 LB (203 KG)
SHIPPING WEIGHT	496 LB (225 KG)



**DUAL PECTORAL FLY/REAR DELTOID
9NL-D2110**

W	50 IN (127 CM)
L	54 IN (137 CM)
H	79 IN (201 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	426 LB (193 KG)
SHIPPING WEIGHT	497 LB (226 KG)



BICEPS CURL 9NL-S5100

W	39 IN (99 CM)
L	40 IN (102 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	416 LB (186 KG)
SHIPPING WEIGHT	450 LB (204 KG)



TRICEPS EXTENSION 9NL-S5110

W	39 IN (99 CM)
L	40 IN (102 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	421 LB (191 KG)
SHIPPING WEIGHT	454 LB (206 KG)



**DUAL BICEPS CURL/TRICEPS EXTENSION
9NL-D5120**

W	39 IN (99 CM)
L	52 IN (132 CM)
H	55 IN (140 CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	395 LB (180 KG)
SHIPPING WEIGHT	463 LB (210 KG)



ROTARY TORSO 9NL-S6300

W	38 IN (97 CM)
L	39 IN (99 CM)
H	55 IN 140 (CM)
STACK WEIGHT	190 LB (86 KG)
OVERALL WEIGHT	418 LB (190 KG)
SHIPPING WEIGHT	474 LB (215 KG)



**DUAL ADJUSTABLE PULLEY
9NL-D2002**

W	36 IN (91 CM)
L	66 IN (168 CM)
H	81 IN (207 CM)
STACK WEIGHT	2 X 200 LB (2 X 100KG)
OVERALL WEIGHT	894 LB (406 KG)
SHIPPING WEIGHT	932 LB (423 KG)



OLYMPIC FLAT BENCH 9NN-B7503

W	61 IN (155 CM)
L	63 IN (160 CM)
H	54 IN (137 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	185 LB (84 KG)
SHIPPING WEIGHT	203 LB (92 KG)



**ADJUSTABLE ABDOMINAL DECLINE
BENCH 9NN-B7200**

W	25 IN (64 CM)
L	53 IN (135 CM)
H	34 IN (86 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	95 LB (43 KG)
SHIPPING WEIGHT	110 LB (50 KG)



**OLYMPIC INCLINE BENCH
9NN-B7201**

W	61 IN (155 CM)
L	63 IN (160 CM)
H	69 IN (175 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	269 LB (122 KG)
SHIPPING WEIGHT	291 LB (132 KG)



**DUMBBELL RACK 10-PAIR/3 TIER
9NN-R8002**

W	69 IN (175 CM)
L	29 IN (74 CM)
H	50 IN (127 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	243 LB (110 KG)
SHIPPING WEIGHT	267 LB (121 KG)



**DUMBBELL RACK 10-PAIR/2 TIER
9NN-R8001**

W	105 IN (267 CM)
L	29 IN (74 CM)
H	37 IN (94 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	221 LB (100 KG)
SHIPPING WEIGHT	251 LB (114 KG)



**45 DEGREE BACK EXTENSION
9NN-B7502**

W	32 IN (81 CM)
L	54 IN (137 CM)
H	39 IN (99 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	97 LB (44 KG)
SHIPPING WEIGHT	108 LB (49 KG)



AB BENCH 9NN-B7505

W	25 IN (64 CM)
L	53 IN (135 CM)
H	34 IN (86 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	148 LB (67 KG)
SHIPPING WEIGHT	172 LB (78 KG)

ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Fixed path, except for Dual Adjustable Pulley
ASSISTED ADJUSTMENTS	SKU dependent, Gravity assisted positioning, adjustable seat with “easy up” ratcheting adjustment
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	Yes, unit dependent
CONVERGING OR DIVERGING MOVEMENTS	Yes, unit dependent
PULLEY RATIO	Instinct DAP has 2:1 ratio, user feels 100 lb (50 kg) at handle

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	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	Yes, SKU dependent
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

USER SPECIFIC INFORMATION

STATIC PLACARDS	Yes, simple and intuitive placard
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Large and graphical, limited text to eliminate translation requirements
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	SKU dependent
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Rubber, large grips for pushing, smaller grips for pulling.
FOOT PLATFORM	Machine dependent
CONTOURED PADS	No, removable wear strap for extended upholstery life
RESTRAINT SYSTEM	N/A

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	Machine dependent
INCREMENTAL WEIGHT SYSTEM	Machine dependent
WEIGHT STACK TOWER HEIGHT	Machine dependent
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
LNL TECHNOLOGY	Yes
ADD-ON RESISTANCE AVAILABLE	No
WEIGHT STACK SHROUD SPECIFICATIONS	Transparent, smoked plexiglass inside and outside shrouds

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.

