

**NAUTILUS**  
**ONE™**



*\*Equipment shown in custom colors*

## FOLLOW YOUR INTUITION

Nautilus One equipment combines revolutionary weight stack technology and the most intuitive and user-friendly selection method ever created: a dial. Our unique 4-bar linkage and specialized cam design provides smooth resistance and proper muscle loading through the complete range of motion, while fewer guide rods, cams and pulleys extend the life of this product well past other machines. For a unique, safe and effective strength training experience, there is only ONE choice that will ensure your facility stands out from your competition.



### UNIQUE WEIGHT SELECTION DIAL

Now weight selection is as easy as turning a dial. The unique weight selection dial is easily recognizable and always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection. Nautilus One® has no guide rods and no weight stack pins, which means less maintenance and downtime.



### INNOVATIVE AND UNIFIED TOWERS

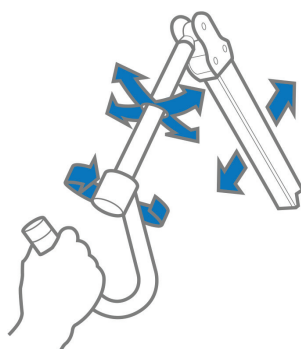
Genius in its simplicity, the Nautilus One line features compact unified towers, each with patented weight stack technology and the unique weight selection dial. Plates are stacked side-by-side with minimal use of pulleys and belts to allow for natural movement mechanics that give a smooth, plate-loaded workout feel from a selectorized machine.

[corehealthandfitness.com](http://corehealthandfitness.com)



### ROW S6MR

<b>W</b>	54 IN (137 CM)
<b>L</b>	62 IN (157 CM)
<b>H</b>	47 IN (119 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	860 LB (391 KG)
<b>SHIPPING WEIGHT</b>	910 LB (413 KG)



### ERGO GRIP TECHNOLOGY

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



### LAT PULLDOWN S6LATP

<b>W</b>	51 IN (130 CM)
<b>L</b>	72 IN (183 CM)
<b>H</b>	87 IN (221 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	890 LB (405 KG)
<b>SHIPPING WEIGHT</b>	955 LB (433 KG)



### CHEST PRESS S6CP

<b>W</b>	64 IN (163 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	75 IN (191 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	852 LB (387 KG)
<b>SHIPPING WEIGHT</b>	888 LB (403 KG)



### SHOULDER PRESS S6SP

<b>W</b>	64 IN (163 CM)
<b>L</b>	59 IN (150 CM)
<b>H</b>	62 IN (157 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	854 LB (388 KG)
<b>SHIPPING WEIGHT</b>	906 LB (411 KG)



### BICEP CURL S6BC

<b>W</b>	63 IN (160 CM)
<b>L</b>	51 IN (130 CM)
<b>H</b>	51 IN (130 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	795 LB (361 KG)
<b>SHIPPING WEIGHT</b>	845 LB (384 KG)



### ABDOMINAL CRUNCH S6AB

<b>W</b>	55 IN (140 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	59 IN (150 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	859 LB (390 KG)
<b>SHIPPING WEIGHT</b>	909 LB (413 KG)



### TRICEP PRESS S6TP

<b>W</b>	58 IN (147 CM)
<b>L</b>	59 IN (150 CM)
<b>H</b>	47 IN (119 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	801 LB (364 KG)
<b>SHIPPING WEIGHT</b>	851 LB (386 KG)



### FOUR-WAY NECK MACHINE S6FWN

<b>W</b>	64 IN (163 CM)
<b>L</b>	46 IN (117 CM)
<b>H</b>	57 IN (145 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	772 LB (351 KG)
<b>SHIPPING WEIGHT</b>	825 LB (375 KG)



### LEG PRESS S6LP

<b>W</b>	51 IN (130 CM)
<b>L</b>	72 IN (183 CM)
<b>H</b>	57 IN (144 CM)
<b>STACK WEIGHT</b>	430 LB (200 KG)
<b>OVERALL WEIGHT</b>	984 LB (447 KG)
<b>SHIPPING WEIGHT</b>	1319 LB (599 KG)



### ROTARY TORSO S6RT

<b>W</b>	41 IN (104 CM)
<b>L</b>	71 IN (180 CM)
<b>H</b>	47 IN (119 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	782 LB (355 KG)
<b>SHIPPING WEIGHT</b>	845 LB (384 KG)



### LOW BACK S6LB

<b>W</b>	51 IN (130 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	49 IN (124 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	824 LB (375 KG)
<b>SHIPPING WEIGHT</b>	870 LB (395 KG)



### HIP ABDUCTION/ADDUCTION S6AA

<b>W</b>	41 IN (104 CM)
<b>L</b>	87 IN (221 CM)
<b>H</b>	48 IN (122 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	857 LB (390 KG)
<b>SHIPPING WEIGHT</b>	880 LB (399 KG)



### SEATED LEG CURL S6LC

<b>W</b>	52 IN (132 CM)
<b>L</b>	64 IN (163 CM)
<b>H</b>	49 IN (124 CM)
<b>STACK WEIGHT</b>	255 LB (116 KG)
<b>OVERALL WEIGHT</b>	855 LB (389 KG)
<b>SHIPPING WEIGHT</b>	907 LB (412 KG)



## ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes on select models
ASSISTED ADJUSTMENTS	Yes, gas assist
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	Unilateral and Bilateral dependent on SKU
CONVERGING OR DIVERGING MOVEMENTS	Yes, unit dependent; converging movement arms with multiple hand position options for a variety of movement options
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	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	Belt drive
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
HEIGHT	Machine dependent
WIDTH	Machine dependent
LENGTH	Machine dependent
SHIPPING WEIGHT	Machine dependent

## USER SPECIFIC INFORMATION

STATIC PLACARDS	QR code scans showing instructional videos, machine dependent
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Large and graphical, limited text to eliminate translation requirements
ANIMATED LENTICULAR	Animated lenticulars, showing start and stop positions
SAFETY CATCH & STOPS	N/A
WATER BOTTLE HOLDER	Yes, integrated into top cap of shroud
PHONE HOLDER	Yes, integrated into top cap of shroud
GRIP SPECIFICATIONS	Ergo Grip, rubber handles
FOOT PLATFORM	Machine dependent; low height and integrated handle on platform to assist entry/exit
CONTOURED PADS	Yes, contoured back pads on select machines
BELT STABILIZATION SYSTEM	No

## WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	Machine dependent
INCREMENTAL WEIGHT SYSTEM	Yes, all machines can be purchased with the standard 250 lb. weight system, which features incremental, adjustable in 1 lb. increments. Each machine is upgradeable to the 425 lb. weight system, adjustable in 25 lb. increments; incremental weights are adjustable in 5 lb.
WEIGHT STACK TOWER HEIGHT	Standard, low profile 47" height on all products
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
WEIGHT SELECTION	Patenting One dial select technology
ADD-ON RESISTANCE AVAILABLE	Yes, available in 1lb increments for our standard 250 lb (1250 kg) and 5lb increments for our 425 lb (200 kg) configurations.
WEIGHT STACK SHROUD SPECIFICATIONS	Molded plastic, available in either Clear or Black

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.

