



CORE HEALTH & FITNESS

  **SCHWINN**  **NAUTILUS**  **STAR TRAC**  **THROWDOWN**

2020 CATALOGUE

RESPECT THE WORKOUT



CORE

HEALTH & FITNESS

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. Whether working with us directly or through our partners and distributors world-wide, 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. To learn more about our portfolio of brands and fitness products visit: corehealthandfitness.com

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“ Our purpose is to innovate by sharing our passion for fitness performance ”

CORE VALUES

AT CORE WE BELIEVE THAT CULTURE IS THE FOUNDATION FOR SUCCESS AND OUR CORE VALUES ARE THE MORTAR THAT HOLDS IT ALL TOGETHER.

PLAY TO WIN

WE COMPETE AS A TEAM. WE HAVE A BIAS TOWARDS POSITIVE ACTION.

KEEP SCORE

TO KNOW HOW TO WIN, WE NEED TO KNOW WHERE WE STAND.

OWN IT

WE ARE ACCOUNTABLE, END TO END.

CHANGE IT UP

PLAN AND PREPARE TO BE NIMBLE.

ALL IN

WE ACT AS ONE TEAM.

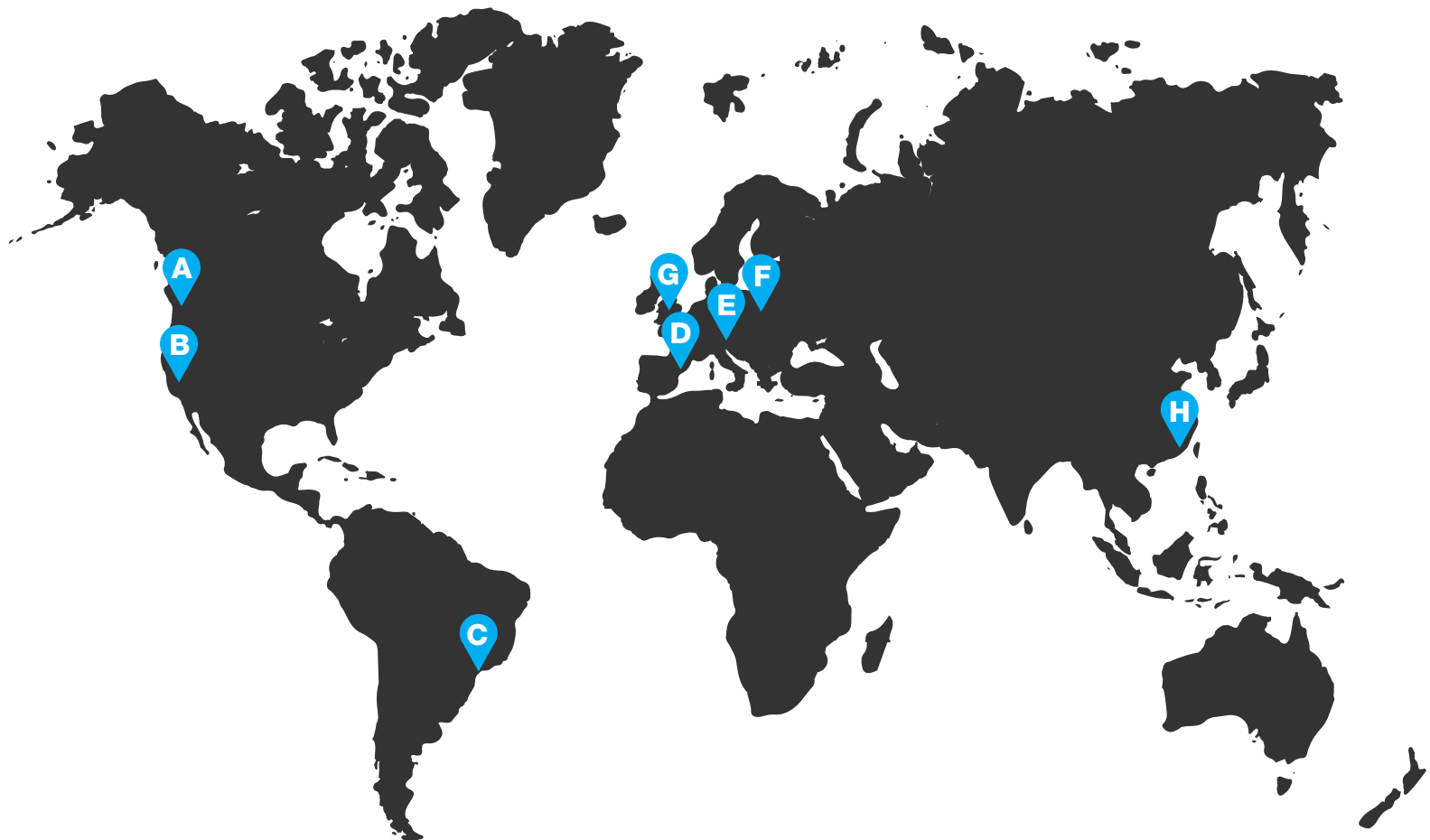
FIND A WAY

DO WHAT IT TAKES. THINK BIG FOR CORE. NO EXCUSES.

SPEAK UP

LET'S HEAR IT. PRACTICE RESPECTFUL, UNFILTERED DIALOGUE.

YOUR **GLOBAL** FITNESS PROVIDER



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StairMaster® knows what it takes to make the toughest workouts, pioneering the stepmill and taking HIIT to the next level. We're a trend forward brand that will continue to lead the way in fitness training with innovative products and our unique style of encouragement that dares you to challenge yourself and push through the pain.

WHAT WE'RE KNOWN FOR

- The **#1 name** in cardio
- Known for **high intensity**
- Known for having **reliable products**
- Delivers **quick results**
- A **reputable, trustworthy** company

HIIT CONSOLE

The StairMaster HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays. The HIIT Console now comes standard on StairMaster HIIT products.

HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a tough, engaging and scientifically backed High Intensity Interval Training program. Have your trainers and coaches HIIT certified by our Master Trainers, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.

[Learn more about our education offerings on page 70.](#)

StairMaster® HIIT Console

- Simple, easy to read backlit display
- Easy to use programmable time, distance, calories, time interval, and calorie interval programs
- Bluetooth connectivity to share your information to your favorite tracking app
- Displays heart rate broadcast from ANT+ or 5kHz heart rate straps
- ANT+ allows you to display data on leaderboards with tracking software
- Standard on HIIT Rower, HIITMill, HIITMill X, HIIT Bike & HIIT UBE



OPENHUB™ PROGRAMS



LANDMARK CHALLENGE

The Landmark Challenge on the StairMaster Gauntlet lets you test yourself against various landmarks. See if you can climb the Eiffel Tower, the Empire State building, the Burj Khalifa, or one of many other landmarks selected from all over the globe.

OVERDRIVE TRAINING MODE

An entirely new climbing experience – OverDrive simulates carrying and pushing a load while climbing stairs. Users choose either manual control or one of several pre-programmed interval workouts in the OverDrive Training Mode. Overdrive creates the toughest workout ever delivered on the cardio floor. Push to accelerate the steps and increase your work load, stop pushing to recover. The most demanding StairMaster workout. Ever.

**Available only on the StairMaster 10G*



10G

- Available with 3 OpenHub™ console options
- OverDrive Training Mode simulates carrying or pushing a load up stairs for an all-new level of HIIT workout
- Widest, deepest step in the industry and lowest step up height
- Redesigned handrail system supports a variety of workout positions including push/carry in new OverDrive Training Mode and optimal entry/exit
- Service panel removes with 4 fasteners, allows easy access to drive train and electronics
- Hand rail mounted stop button, level controls and contact heart rate
- Revolving staircase with eight steps. Step surface: 12" (30 cm) Deep x 22" (56 cm) Width
- Step rate: 25 Levels ranging from 24-190 steps per minute
- User weight capacity 400 lb (181kg)



Overall Weight	Width	Length	Height
653 lb (296 kg)	34" (86 cm)	63" (160 cm)	83" (210 cm)



HIIT ROWER 9-4690

- StairMaster HIIT console
- Isokinetic fan resistance offers unlimited workout options
- Fan dampening system allows for increased or decreased workloads at a given stroke rate
- Water bottle and accessory holder located under foot plates for safe storage
- Easy storage while not in use by disconnecting at center point
- User weight 500 lb as tested by CORE / 350 lb as tested per EN 20957-7
- Power two C cell batteries or an optional external power supply can be ordered
- Drive Train Nickel plated steel chain
- Construction Aluminum and Steel
- Electrostatic Powder Coating for long lasting durability



Overall Weight
82 lb (37 kg)
Width
26.5" (68 cm)
Length
96" (244 cm)
Height
43" (109 cm)

Gauntlet® 8G

- Available with 3 OpenHub™ console options
- Hot bar with stop button, heart rate, and level control
- Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones
- Revolving staircase with eight steps. Step surface: 8" (20cm) high, 10" (23 cm) deep and 22" (56 cm) wide.
- Step rate: 24-162 steps per minute
- User weight capacity 350 lb (159 kg)



15''	Overall Weight
	381 lb (173 kg)
10''	Width
	34" (86 cm)
LCD	Length
	58" (147 cm)
PVS	Height
	89" (226 cm)

FreeClimber™ 8FC

- Available with 3 OpenHub™ console options
- 10 programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intervals, Heart Rate Intervals, Calorie Goal, Heart Rate Zone Trainer
- Electronically controlled alternator with chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones
- Patented independent pedal geometry with four-bar linkage keeps pedals level ensuring a comfortable, biomechanically correct movement
- Step range 1" to 14" (2.5 cm to 36 cm)
- Step rate: 26-174 steps per minute



15"

Overall Weight
187 lbs (85 kg)

10"

Width
27" (69 cm)

LCD

Length
43" (110 cm)

PVS

Height
68" (173 cm)

HIIT Bike™ 9-4650

- Dual-action wind resistance provides a total body workout
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs
- Robust, heavy gauge welded steel construction
- The StairMaster HIIT Bike™ was given a warm welcome at the CrossFit Games where it put the toughest among us to the test
- Backed by a full commercial warranty
- User compatible size range typically 4'11" to 6'8" (150 to 203 cm) tall
- User weight capacity 350 lb (159 kg)



Overall Weight
146 lb (66 kg)

Width
29" (74 cm)

Length
51" (130 cm)

Height
58" (147 cm)

HIIT UBE™ 9-4660

- Adjustable tower accommodates a wide variety of workouts and user sizes
- Integrated bench for seated workouts can be removed to accommodate standing or wheelchair workouts
- Adjustable cranks for varied range of motion and bilateral or unilateral motions
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs
- Wheelchair accessible ramp option allows wheelchair access and meets ADA criteria. The removable ramp's unique mounting system adds only 22" (56 cm) to the total length of the machine
- User weight capacity 350 lb (159 kg)



Overall Weight
320 lb (145 kg)

Width
36" (92 cm)

Length
48" (121 cm)

Max Height
73" (178 cm)

HIITMill® 9-4670

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Extra wide 23" belt width for lateral training and max stability under load
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs



Overall Weight
382 lb (173 kg)

Width
38" (95 cm)

Length
78" (197 cm)

Height
66" (167 cm)

HIITMill® X 9-4680

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Farmer's Carry lift arms
- 3mm cushioned turf belt compatible with plastic field cleats
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs



Overall Weight
441 lb (220 kg)

Width
55" (140 cm)

Length
78" (197 cm)

Height
66" (167 cm)

BoxMaster® 9BM-9401

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients
- Optional base and optional kick pad available (sold separately)



Overall Weight
225 lb (102 kg)

Width
33" (84 cm)

Length
30" (76 cm)

Height
82" (208 cm)

BoxMaster® Quad 9BM-9404

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- 4 towers for an effective small group exercise environment
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients



Overall Weight
1226 lb (556 kg)

Width
75" (185 cm)

Length
73" (183 cm)

Height
82" (200 cm)

Stepmill® 3 SM3

- Compact design to fit 8-foot ceilings and standard doorways
- Easy-to-navigate console featuring motivating programs and features on a large, backlit LCD
- Low initial step for easy access and exit
- Light commercial and home use warranty
- Input Voltage 100-240 VAC 50/60 Hz 100 VA
- Backlit LCD Console
- Electronically controlled alternator, brake, and drive chain precisely controls the stair speed allowing a wide range of users to exercise smoothly within their comfort zones
- Revolving staircase with six steps, 6" (15 cm) high, 9" (23 cm) deep and 17" (43 cm) wide



Overall Weight
212 lb (96 kg)

Width
29" (74 cm)

Length
46" (117 cm)

Height
73" (185 cm)





SCHWINN[®]
RIDE AS ONE

With historic roots in outdoor cycling, Schwinn's focus has always been on authenticity and quality. We brought the feel of the road to indoor cycling with the same expertise and education that drives the industry forward. Schwinn is an informational and educational source for all things Indoor Cycling.

WHAT WE'RE KNOWN FOR

- Known for **high quality products**
- A brand members are **proud to use**
- Products are **ergonomically designed** for proper movement
- A **reliable brand**
- Makes products that are **fun to use**
- A **reputable, trustworthy** company

YOUR RIDE YOUR WAY

Schwinn[®] is committed to giving you the most customizable and authentic ride possible. Choose between the new AC & SC bike lines with the all-new Power bikes. Outfit your bike with the many great new additions like the 4iiii[®] crank arm which gives you the most accurate power reading on the market, and is a perfect compliment to the new Echelon2 console. Finally, ask us about how you can get your bikes with custom paint and decals to fit your style to your company image. Get what you want, the way you want it.

ENGAGE THE COMPETITION

We know that measurement = motivation. Take your group cycle experience to another level by adding a group display system to your facility. There are several options, compatible with the Echelon consoles, to display competitive data between riders. Competition can be a great source of motivation and increased engagement, greater member retention, higher membership rates and more meaningful trainer/client relationships.



YOUR RIDE YOUR WAY



CUSTOM BIKE DECALS

Enhance your brand with custom bike decals. Add your logo or custom artwork to up to eight different locations.



ECHELON2

- Large, easy-to-read backlit display with all measurements on one screen
- Pairs with the 4iiii® powermeter to give you the most accurate power measurement system on the market
- Displays: Power (WATTS), RPM, Calories, Gear, Heart Rate, Time, Distance, AVG/MAX Power
- Get multiple options for tracking rider workouts, including Wireless ANT+ and USB
- Compatible with all AC & SC bikes





SMARTER. FASTER. SAFER.

With a rich history in developing sports technology, 4iiii Innovations has worked hand-in-hand with the world's best cyclists to develop an industry-leading powermeter. Using patented 3D strain gauge technology, the 4iiii crank delivers accurate, reliable and consistent data. Trusted by the best athletes in the world, the same technology is now available to indoor riders. Whether it's tracking calories or in-depth power analysis, the 4iiii crank offers accurate results to help riders reach their full potential.



- Most accurate direct crank based power measurement, accurate within <1%
- Bluetooth Smart and ANT+ provides reliable connection to leaderboards, personal tracking apps, sport watches, and consoles
- Reliable, robust and watertight
- The same technology used by professional World Tour cycling teams
- 1500 hours of battery life via 2 standard AA batteries

TRIPLE LINK PEDALS

Triple Link pedals give users the freedom to choose between strapping in with the use of toe cages or using cycling shoes with pedal options for SPD® & Keo or SPD & Delta® compatible clips. Our pedals use a patent-pending threadless spindle that virtually eliminates the potential for the pedal spindle to break or back out of the crank. With easy installation and worry-free performance, we think it's the best thing to happen to pedals since the clip.



ACCESSORIES



OPTIONAL DUMBBELL HOLDERS

are rear-mounted onto the fore/aft seat slider for easy in-class access while riding



OPTIONAL NUMBERING TAGS

enable clubs to rotate bikes, balance usage, and increase longevity while still keeping the numbering layout consistent for members



CUSTOM POWER BIKE LED

light up your ride with your choice of 6 different custom LED color options (white, red, orange, yellow, green, blue, pink)



MOTOSUMO



RIDE AS ONE

Motosumo is the only group fitness solution powered by smartphones to track and connect everyone. Members can connect, compete and compare their results in real time with their class and instructors using only their smartphones. The app also supports team workouts and group display for a more engaging class experience. The Motosumo app is available now on both iPhone and Android.

COMPATIBLE WITH ALL BIKES, PAST, PRESENT, FUTURE, WITH OR WITHOUT CONSOLE, OURS OR NOT!

- Uses sensors in smartphone to measure RPM
- Uses 4iiii crank to record Power or display Watt/KG, %FTP
- Uses Bluetooth heart rate monitors to record BPM or display %HR
- Calculates duration, distance, calories



REAL TIME COMPETITION, COMPARISON, AND MEASUREMENT:

- Join your class, be part of the team or race a friend. View progress of the whole class on your own device, and rate your instructor
- Easy to use and FREE – just download and ride
- Monitor cadence, distance, calories and intensity in numbers and personalized COLOR ZONES
- Bring your history home
- Join social competitions through your studio or globally through Schwinn and Motosumo

AC™ Power 9-7300

- Customizable with frame paint, personally branded decals, and accessories
- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- On-board generator powers Echelon2G Console without batteries
- Morse Taper pedals for increased durability and reliability
- Performance Plus™ handlebars ergonomically designed for reduced hand pressure in performance positions
- Schwinn Fit System enables versatile seat and handlebar adjustments for refined positioning
- Frame Finish - Powder Coated Aluminum
- Seat Slider and handlebar materials - Aluminum



Overall Weight

110 lb (50 kg)

Width

21" (53 cm)

Length

54" (137 cm)

Height

51" (130 cm)

AC™ Performance 9-7320

- Customizable with frame paint, personally branded decals, and accessories
- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Optional Echelon2 Console provides immediate feedback to help riders train with results
- Morse Taper pedals for increased durability and reliability
- Performance Plus™ handlebars ergonomically designed for reduced hand pressure in performance positions
- Schwinn Fit System enables versatile seat and handlebar adjustments for refined positioning
- Frame Finish - Powder Coated Aluminum
- Seat Slider and handlebar materials - Aluminum



Overall Weight

102 lb (46 kg)

Width

21" (53 cm)

Length

54" (137 cm)

Height

51" (130 cm)

AC™ Sport 9-7340

- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Optional Echelon2 Console provides immediate feedback to help riders train with results
- Morse Taper pedals for increased durability and reliability
- Schwinn Fit System enables versatile seat and handlebar adjustments for refined positioning
- Frame Finish - E-Coated & Powder Coated Steel
- Seat Slider, Handlebars, Hardware Materials - Stainless Steel



Overall Weight

115 lb (52 kg)

Width

20" (51 cm)

Length

50" (127 cm)

Height

50" (127 cm)

IC Classic 9-7420

- Chain drive using forged steel crank and ISIS oversized bottom bracket
- Heavy Perimeter-Weighted Flywheel
- Direct Pressure Brake Resistance
- Narrow Q-Factor
- Optional Cadence Pro Console
- Trapezoidal seat adjustment
- Frame Finish - E-Coated & Powder Coated Steel



Overall Weight

114 lb (52 kg)

Width

20" (51 cm)

Length

43.5" (110 cm)

Height

46" (117 cm)

SC Power 9-7310

- Customizable with frame paint, personally branded decals, and accessories
- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide an Smooth Cycling experience
- Direct Pressure Brake Resistance
- 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- On-board generator powers Echelon2G Console without batteries
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Multi-position handlebars accommodate a wide range of choreography
- Find your perfect riding position with easy micro seat and handlebar adjustments
- Frame Finish - Powder Coated Aluminum
- Seat slider and handlebar materials - Aluminum



Overall Weight

120 lb (54 kg)

Width

21" (53 cm)

Length

55" (140 cm)

Height

46" (117 cm)

SC7 9-7400

- Customizable with frame paint, personally branded decals, and accessories
- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide an Smooth Cycling experience
- Direct Pressure Brake Resistance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Multi-position handlebars accommodate a wide range of choreography
- Find your perfect riding position with easy micro seat and handlebar adjustments
- Frame Finish - Powder Coated Aluminum
- Seat slider and handlebar materials - Aluminum



Overall Weight

120 lb (54 kg)

Width

21" (53 cm)

Length

55" (140 cm)

Height

46" (117 cm)

SC5 9-7410

- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide an Smooth Cycling experience
- Direct Pressure Brake Resistance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Optional Echelon2 Console provides immediate feedback to help riders train with results
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Multi-position handlebars accommodate a wide range of choreography
- Find your perfect riding position with easy micro seat and handlebar adjustments
- Frame Finish - E-Coated & Powder Coated Steel
- Seat slider and handlebar materials - Aluminum



Overall Weight

134 lb (61 kg)

Width

21" (53 cm)

Length

55" (140 cm)

Height

46" (117 cm)

COMPATIBLE USER RANGE

(All Bikes)

Max User Weight

350 lb (159 kg)

User Height Range

4'11" to 6'8" (150 cm to 203 cm)





Nautilus® invented the entire modern strength training category 50 years ago, and we have been reinventing it ever since. We never innovate for the sake of fads, bells or whistles but to provide a fitness experience that naturally fits human movements. We wouldn't settle for anything less.

WHAT WE'RE KNOWN FOR

- Known for **high quality products**
- A **reputable, trustworthy** company
- Has **reliable products** with **high uptime**
- The equipment **used by serious enthusiasts**
- The equipment **used in higher end gyms**

50 YEARS DOWN AND STILL GOING STRONG

Nautilus is known as the first name in strength for creating the modern strength category 50 years ago. This year we are commemorating our 50th anniversary with limited edition custom Nautilus products, acknowledging our history while looking forward to the next 50 years of moving the industry forward through innovation, commitment to quality and a passion for fitness.

INNOVATIVE WEIGHT SELECTION

Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Both Lock N Load® and the weight dial remove any need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch or turning a dial.

NAUTILUS CUSTOM STRENGTH

Make a stronger first impression with custom strength equipment from Nautilus. We have a wide variety of options to help you match the look of your strength equipment to your personal brand, with the ability to create custom colored upholstery, frames and even design custom shrouds with your logo, on select strength lines.



MAKE A STRONGER IMPRESSION

Brand is everything. And now, you can make an even longer lasting impression with customized strength equipment in your facility. With custom colored frames, upholstery and even your logo (on select equipment) you can enhance your brand. Put your best foot forward with Nautilus custom strength equipment.





**Equipment shown in custom colors*



Innovative weight select dial makes for easy adjustments and less maintenance



Modern tower design with customizable shrouds



Custom frames & upholstery available

DIAL “ONE” FOR UNPRECEDENTED RESULTS

Nautilus One™ equipment combines revolutionary weight stack technology, a 4-bar linkage and specialized CAM designs to provide users with smooth resistance and proper muscle loading through the complete range of motion and the most intuitive and user-friendly selection method ever created: a dial. Fewer cams, pulleys and no guide rods extend the life of this product well past other machines.

Leg Press

Model	S6LP
OW	984 lb (447 kg)
SW	430 lb (200 kg)
W	51" (130 cm)
L	72" (183 cm)
H	57" (144 cm)



Leg Extension

Model	S6LE
OW	829 lb (377 kg)
SW	255 lb (116 kg)
W	52" (132 cm)
L	53" (135 cm)
H	49" (124 cm)

Seated Leg Curl

Model	S6LC
OW	855 lb (389 kg)
SW	255 lb (116 kg)
W	52" (132 cm)
L	64" (163 cm)
H	49" (124 cm)



Hip Abduction/Adduction

Model	S6AA
OW	857 lb (390 kg)
SW	255 lb (116 kg)
W	41" (104 cm)
L	87" (221 cm)
H	48" (122 cm)

Chest Press

Model	S6CP
OW	852 lb (387 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	58" (147 cm)
H	75" (191 cm)



Lat Pulldown

Model	S6LATP
OW	890 lb (405 kg)
SW	255 lb (116 kg)
W	51" (130 cm)
L	72" (183 cm)
H	87" (221 cm)

Row

Model	S6MR
OW	860 lb (391 kg)
SW	255 lb (116 kg)
W	54" (137 cm)
L	62" (157 cm)
H	47" (119 cm)



Shoulder Press

Model	S6SP
OW	854 lb (388 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	59" (150 cm)
H	62" (157 cm)

Biceps Curl

Model	S6BC
OW	795 lb (361 kg)
SW	255 lb (116 kg)
W	63" (160 cm)
L	51" (130 cm)
H	51" (130 cm)



Triceps Press

Model	S6TP
OW	801 lb (364 kg)
SW	255 lb (116 kg)
W	58" (147 cm)
L	59" (150 cm)
H	47" (119 cm)

Abdominal Crunch

Model	S6AB
OW	859 lb (390 kg)
SW	255 lb (116 kg)
W	55" (140 cm)
L	53" (135 cm)
H	59" (150 cm)



Rotary Torso

Model	S6RT
OW	782 lb (355 kg)
SW	255 lb (116 kg)
W	41" (104 cm)
L	71" (180 cm)
H	47" (119 cm)



Low Back

Model	S6LB
OW	824 lb (375 kg)
SW	255 lb (116 kg)
W	51" (130 cm)
L	50" (127 cm)
H	49" (124 cm)



Four-Way Neck Machine

Model	S6FWN
OW	772 lb (351 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	46" (117 cm)
H	57" (145 cm)



**Line shown with optional black shrouds*

Nautilus One towers are genius in their simplicity. Unlike traditional weight stacks, plates are stacked side-by-side with minimal use of pulleys and belts. This allows for natural movement mechanics and gives a smooth, plate-loaded workout feel from a selectorized machine.

NAUTILUS INSPIRATION™



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Modern tower design
with customizable shrouds



Custom frames &
upholstery available

A STRONGER FIRST IMPRESSION

Proudly designed in the USA, the Nautilus Inspiration Strength® line delivers a series of must-have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration 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.

Leg Press

Model	IPLP3
OW	1,227 lb (558 kg)
SW	400 lb (181 kg)
W	54" (137 cm)
L	74" (187 cm)
H	64" (163 cm)



Leg Extension

Model	IPLE3
OW	717 lb (325 kg)
SW	200 lb (91 kg)
W	48" (122 cm)
L	53" (135 cm)
H	64" (163 cm)



Leg Curl

Model	IPLC3
OW	743 lb (337 kg)
SW	240 lb (109 kg)
W	46" (117 cm)
L	64" (163 cm)
H	64" (163 cm)



Abduction / Adduction

Model	IPAA3
OW	657 lb (298 kg)
SW	200 lb (91 kg)
W	55" (140 cm)
L	56" (142 cm)
H	64" (163 cm)



Glute Press

Model	IPGM3
OW	600 lb (272 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	75" (191 cm)
H	64" (163 cm)



Chest Press

Model	IPVP3
OW	664 lb (301 kg)
SW	240 lb (109 kg)
W	59" (150 cm)
L	43" (109 cm)
H	76" (193 cm)



Lat Pull Down

Model	IPPD3
OW	715 lb (324 kg)
SW	240 lb (109 kg)
W	55" (140 cm)
L	55" (140 cm)
H	77" (196 cm)



Vertical Row

Model	IPVR3
OW	690 lb (313 kg)
SW	240 lb (109 kg)
W	50" (127 cm)
L	45" (114 cm)
H	77" (196 cm)



Pull Over

Model	IPPO3
OW	693 lb (314 kg)
SW	200 lb (91 kg)
W	58" (147 cm)
L	58" (147 cm)
H	64" (163 cm)



The iconic Nautilus pullover movement is now available in the Inspiration line. Dubbed the "Squat of the upper body" by Nautilus founder Arthur Jones, the pullover is a powerful machine that provides 250° of shoulder rotation, working the lats, pecs and abs.

Pec Fly / Rear Deltoid

Model	IPPF3
OW	706 lb (320 kg)
SW	240 lb (109 kg)
W	58" (147 cm)
L	46" (117 cm)
H	80" (203 cm)



Shoulder Press

Model	IPSP3
OW	609 lb (276 kg)
SW	200 lb (91 kg)
W	58" (147 cm)
L	60" (152 cm)
H	64" (163 cm)



Deltoid Raise

Model	IPDR3
OW	618 lb (280 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	47" (119 cm)
H	64" (163 cm)



Biceps Curl

Model	IPBC3
OW	613 lb (278 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Bilateral Arm Curl

Model	IPBA3
OW	618 lb (280 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Tricep Dip

Model	IPTD4
OW	750 lb (340 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	51" (130 cm)
H	64" (161 cm)



Tricep Extension

Model	IPTE3
OW	620 lb (281 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	43" (109 cm)
H	64" (163 cm)



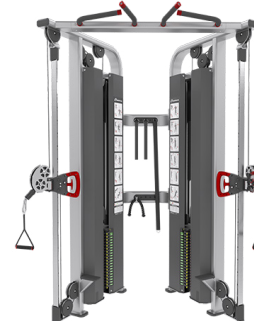
Abdominal Crunch

Model	IPAC3
OW	684 lb (310 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	51" (130 cm)
H	64" (163 cm)



Back Extension

Model	IPBE3
OW	600 lb (272 kg)
SW	200 lb (91 kg)
W	51" (130 cm)
L	50" (127 cm)
H	64" (163 cm)



Dual Adjustable Pulley

Model	9NP-D9302
OW	1,308 lb (593 kg)
SW	2 x 400 lb (2 x 181 kg) 2 x 100 lb (at handle)
W	62" (157 cm)
L	46" (117 cm)
H	91" (231 cm)



NAUTILUS IMPACT™



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Ratcheting vertical
seat adjustment



Simple pop pin range
of motion adjustment

PROVEN. SMART. EFFECTIVE.

The Impact Strength line brings many subtle innovations to the power of your next weight training workout. It is the evolution of the proven biomechanics and user features that have made the Impact Strength line a solid, competitive product. This line retains all the unique, proven, individual design features that customers have stated are ideal, such as pre-stretch, start assist, range of motion selection and graduated heavy weight stacks. Impact Strength incorporates new aesthetics and biomechanics features that have established its position as a competitive and diverse strength product line.

Seated Leg Press

Model	9NA-S1305
OW	968 lbs (439 kg)
SW	360 lb (180 kg)
W	47" (119 cm)
L	74" (187 cm)
H	65" (165 cm)



Leg Extension

Model	9NA-S1312
OW	609 lbs (276 kg)
SW	260 lb (130 kg)
W	38" (97 cm)
L	57" (145 cm)
H	60" (152 cm)

Seated Leg Curl

Model	9NA-S1313
OW	664 lbs (301 kgs)
SW	260 lb (130 kg)
W	39" (99 cm)
L	70" (178 cm)
H	60" (152 cm)



Leg Curl

Model	9NA-S1301
OW	516 lb (234 kg)
SW	180 lb (90 kg)
W	38" (97 cm)
L	71" (180 cm)
H	60" (152 cm)

Kneeling Leg Curl

Model	9NA-S1311
OW	434 lb (197 kg)
SW	130 lb (65 kg)
W	44" (112 cm)
L	51" (130 cm)
H	60" (152 cm)



Adductor

Model	9NA-S1308
OW	430 lb (195 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)

Abductor

Model	9NA-S1307
OW	543 lb (237 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)



Standing Calf

Model	9NA-S1309
OW	635 lb (288 kg)
SW	260 lb (130 kg)
W	49" (124 cm)
L	41" (104 cm)
H	62" (151 cm)

Chest Press

Model	9NA-S4301
OW	596 lb (270 kg)
SW	260 lb (130 kg)
W	52" (132 cm)
L	50" (127 cm)
H	60" (152 cm)



Incline Press

Model	9NA-S2301
OW	690 lb (313 kg)
SW	260 lb (130 kg)
W	51" (130 cm)
L	75" (191 cm)
H	60" (152 cm)

Deltoid Fly

Model	9NA-S4304
OW	580 lb (263 kg)
SW	220 lb (110 kg)
W	30" (76 cm)
L	50" (127 cm)
H	79" (201 cm)



Fixed Lat Pull Down

Model	9NA-S3303
OW	673 lb (305 kg)
SW	260 lb (130 kg)
W	43" (109 cm)
L	64" (163 cm)
H	80" (203 cm)



Lat Pull Down

Model	9NA-S3305
OW	593 lbs (269 kg)
SW	260 lb (130 kg)
W	55" (140 cm)
L	47" (119 cm)
H	98" (249 cm)



Vertical Row

Model	9NA-S3301
OW	598 lb (271 kg)
SW	260 lb (130 kg)
W	45" (114 cm)
L	62" (157 cm)
H	60" (152 cm)



Low Row

Model	9NA-S3306
OW	565 lbs (256 kgs)
SW	260 lb (130 kg)
W	29" (72 cm)
L	90" (119 cm)
H	86" (218 cm)



Shoulder Press

Model	9NA-S4307
OW	620 lbs (281 kg)
SW	260 lb (130 kg)
W	53" (135 cm)
L	64" (163 cm)
H	60" (152 cm)



Deltoid Raise

Model	9NA-S4302
OW	479 lb (217 kg)
SW	130 lb (65 kg)
W	46" (117 cm)
L	51" (130 cm)
H	60" (152 cm)



Biceps Curl

Model	9NA-S5301
OW	545 lb (247 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	58" (147 cm)
H	60" (152 cm)



Tricep Extension

Model	9NA-S5302
OW	499 lb (226 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	47" (119 cm)
H	60" (152 cm)



Dip Machine

Model	9NA-S5303
OW	540 lb (245 kg)
SW	260 lb (130 kg)
W	42" (107 cm)
L	55" (140 cm)
H	65" (165 cm)



Chin Dip Assist

Model	9NA-S6334
OW	776 lbs (352 kg)
SW	200 lb (100 kg)
W	60" (152 cm)
L	50" (127 cm)
H	91" (231 cm)



The **Chin Dip Assist** has become a staple strength product because it allows the user to adjust their desired weight balance and build the muscles needed for these bodyweight exercises. With the innovative Lock N Load® weight stack and updates for an even more durable construction, this machine will be at home in any weight room.

Low Back

Model	9NA-S3302
OW	593 lb (269 kg)
SW	260 lb (130 kg)
W	46" (117 cm)
L	53" (135 cm)
H	60" (152 cm)



Abdominal

Model	9NA-S6301
OW	382 lbs (173 kg)
SW	130 lb (65 kg)
W	43" (109 cm)
L	59" (150 cm)
H	60" (152 cm)

NAUTILUS INSTINCT®



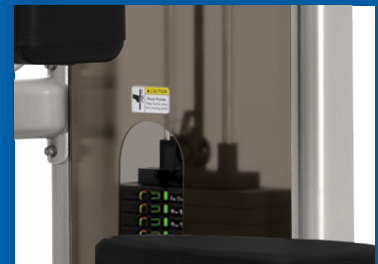
**Equipment shown in custom colors*



Lock N Load®
weight selection system



Increased visibility through
transparent weight towers



Kevlar transmission belt for
extended life and easy replacement

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.

Leg Extension

Model	9NL-S1010
OW	436 lb (198 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	41" (104 cm)
H	55" (140 cm)



Leg Curl

Model	9NL-S1011
OW	469 lb (213 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	56" (140 cm)
H	55" (140 cm)



Dual Leg Extension / Leg Curl

Model	9NL-D1014
OW	484 lb (220 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	56" (142 cm)
H	55" (140 cm)



Dual Leg Press / Calf Raise

Model	9NL-D1013
OW	612 lb (278 kg)
SW	235 lb (107 kg)
W	39" (99 cm)
L	74" (188 cm)
H	55" (140 cm)



Dual Inner / Outer Thigh

Model	9NL-D1015
OW	451 lb (205 kg)
SW	150 lb (68 kg)
W	27" (69 cm)
L	57" (145 cm)
H	55" (140 cm)



Glute Press

Model	9NL-S1012
OW	313 lb (142 kg)
SW	120 lb (55 kg)
W	37" (94 cm)
L	67" (170 cm)
H	55" (140 cm)



Chest Press

Model	9NL-S2100
OW	427 (194 kg)
SW	235 lb (107 kg)
W	28" (71 cm)
L	49" (124 cm)
H	55" (140 cm)



Dual Multi-Press

Model	9NL-D2120
OW	506 lb (230 kg)
SW	235 lb (107 kg)
W	55" (140 cm)
L	74" (188 cm)
H	55" (140 cm)



Dual Lat Pull Down / Vertical Row

Model	9NL-D3340
OW	473 lb (215 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	50" (127 cm)
H	84" (213 cm)



Dual function machines allow for facilities with space limitations to get more great exercises in a smaller space. With multi-position grips, the innovative Lock N Load weight stack and simple switching between multiple exercises, Instinct gives you the most for your small footprint.

Lat Pull Down

Model	9NL-S3310
OW	515 lb (234 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	60" (152 cm)
H	73" (185 cm)



Vertical Row

Model	9NL-S3320
OW	405 lb (183 kg)
SW	235 lb (107 kg)
W	46" (117 cm)
L	48" (122 cm)
H	55" (140 cm)



Shoulder Press

Model	9NL-S4100
OW	448 lb (203 kg)
SW	190 lb (86 kg)
W	53" (135 cm)
L	58" (147 cm)
H	55" (140 cm)



Dual Pectoral Fly / Rear Deltoid

Model	9NL-D2110
OW	426 lb (193 kg)
SW	190 lb (86 kg)
W	50" (127 cm)
L	54" (137 cm)
H	79" (201 cm)



Biceps Curl

Model	9NL-S5100
OW	416 lb (186 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)



Triceps Extension

Model	9NL-S5110
OW	421 lb (191 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)



Dual Biceps Curl / Triceps Extension

Model	9NL-D5120
OW	395 lb (180 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	52" (132 cm)
H	55" (140 cm)



Rotary Torso

Model	9NL-S6300
OW	418 lb (190 kg)
SW	190 lb (86 kg)
W	38" (97 cm)
L	39" (99 cm)
H	55" (140 cm)



Dual Abdominal / Lower Back

Model	9NL-D6330
OW	369 lb (168 kg)
SW	120 lb (54 kg)
W	40" (102 cm)
L	45" (114 cm)
H	55" (140 cm)



Dual Adjustable Pulley

Model	9NL-D2002
OW	894 lb (406 kg)
SW	2 x 200 lb (2 x 100 kg)
W	36" (91 cm)
L	66" (168 cm)
H	81" (207 cm)



NAUTILUS HUMANSPORT™



**Equipment shown in custom colors*



Lock N Load®
weight selection system



Designed with two weight stacks for
multiple training options



We offer a wide variety of training
variants and programs

A PERFECT FIT FOR EVERY USER

With a design inspired by the graceful, natural motions of the human body, HumanSport™ offers a truly unique and human way of conditioning. HumanSport is so simple, so intuitive and so natural that it feels as if it were custom-built for each and every user. Six dual-function cable-based machines act as twelve workout stations by utilizing dual weight stacks to provide a wide range of total body training. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.

Shoulder Chest

Model	HSSC3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	63" (160 cm)
L	45" (114 cm)
H	64" (163 cm)



Lat Pulley

Model	HSLP3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	58" (147 cm)
L	58" (147 cm)
H	83" (211 cm)



Arm Crunch

Model	HSAC3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	43" (109 cm)
H	68" (173 cm)



Pull Lift

Model	HSPL3
OW	750 lb (341 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	78" (198 cm)
H	95" (241 cm)



Total Delts

Model	HSTD3
OW	600 lb (273 kg)
SW	2 x 88 lb (2 x 40 kg)
W	29" (74 cm)
L	78" (198 cm)
H	64" (163 cm)



Total Legs

Model	HSTL3
OW	691 lb (314 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	64" (163 cm)
H	65" (165 cm)



Freedom Trainer Dual Stack

Model	HSFT3
OW	1,100 lb (499 kg)
SW	2 x 80 lb (2 x 36 kg)
W	124" (315 cm)
L	64.5" (164 cm)
H	92" (234 cm)



Examples of HumanSport training programs developed by our Master Trainers include:

- Aerobics
- Back Strength
- Stay Young & Fit
- Tennis
- Golf
- Strength for Athletes
- Ski
- Running
- Soccer
- Cycling
- Climbing

HUMANSPORT™ FUNCTIONAL TRAINING

HumanSport opens up completely new programming opportunities for members, trainers and facility operators. HumanSport is designed to allow unlimited resistance training options through movements in the seated isolated position, seated unstable position and standing position. By utilizing all three, your fitness staff can create any number of unique goal-based programs to cater to your desired client groups. These programs can be used for one-on-one personal training or to capitalize on small group training. Give your members an outstanding functional training tool and gain the ability to target all new client groups with HumanSport.

NAUTILUS LEVERAGE®

NAUTILUS
LISTED STRENGTH CENTER



**Equipment shown in custom colors*



Low load points for
safe and simple use



One-of-a-kind lever & pivot points
for optimum biomechanics



Intuitive touch points & user-friendly
gas shock assisted seat adjust

A ONE-OF-A-KIND PLATE LOADED EXPERIENCE

The Nautilus Leverage® line offers a one-of-a-kind plate loaded experience with features that outshine the competition. Leverage features stainless steel knurled grips, assisted seat adjustments and user pre-stretch settings. Using multiple levers and cams, Leverage creates a unique lifting profile for each movement that maximizes the mechanics of the human body. With a sleek look and integrated storage, the Leverage strength line will appeal to facility operators and their members. It's all about the feel and once you've exercised on Leverage, pushing and pulling weight plates will never be the same again.

Chest Press

Model	9NP-L2002
OW	481 lb (218 kg)
W	59" (150 cm)
L	71" (180 cm)
H	58" (147 cm)



Incline Press

Model	9NP-L2003
OW	413 lb (187 kg)
W	51" (130 cm)
L	76" (193 cm)
H	51" (130 cm)

Decline Press

Model	9NP-L2004
OW	503 lb (228 kg)
W	58" (147 cm)
L	81" (206 cm)
H	49" (124 cm)



Lat Pull Down

Model	9NP-L3003
OW	406 lb (184 kg)
W	51" (130 cm)
L	81" (206 cm)
H	80" (203 cm)

High Row

Model	9NP-L3005
OW	443 lb (201 kg)
W	51" (130 cm)
L	86" (218 cm)
H	73" (185 cm)



Low Row

Model	9NP-L3004
OW	426 lbs (193 kg)
W	51" (130 cm)
L	79" (201 cm)
H	46" (117 cm)

Shoulder Press

Model	9NP-L4002
OW	410 lb (186 kg)
W	51" (130 cm)
L	71" (180 cm)
H	58" (147 cm)



Biceps Curl

Model	9NP-L5002
OW	465 lb (211 kg)
W	62" (157 cm)
L	61" (155 cm)
H	41" (104 cm)

Abdominal Crunch

Model	9NP-L5003
OW	461 lb (209 kg)
W	61" (156 cm)
L	62" (157 cm)
H	61" (156 cm)



The **Plate Loaded Ab Crunch** combines the iconic Nautilus clam shell ab crunch motion with key features of the Leverage line like low plate load points, a progressive strength curve, two color frame design and convenient plate storage.

NAUTILUS® GLUTE DRIVE

The Nautilus Glute Drive safely and smartly isolates your glutes, building power through a strong hip bridge motion, creating sexy glutes, improved hip and core stability. The Glute Drive gives you the full benefits of the hip thrust exercise, simply, safely, and with good form. A comfortable padded belt secures the user to the back pad which supports the full length of the spine for added safety. Users can load up to four plates on each side, which gives the machine a max weight load of 360 lbs.

Glute Drive

Model	NP-L1131
OW	252 lbs (114 kg)
W	60" (152.5 cm)
L	62" (157.5 cm)
H	35" (89 cm)



- Upper body pivot bench provides full spinal stabilization and support
- Heavy reinforced padded waist harness provides optimal lifting application
- Oversized angled foot platform to accommodate users of all sizes
- Dual sided safety catch and release mechanism for ease of use
- Bottom dropout safety stop
- Integrated resistance band pegs for modification of load curve
- Commercial grade dual pivot bearings
- Delrin coated protective wear surfaces on heavy contact and load points
- 3mm wall thickness industrial grade steel

Freedom Rack®

Model	NP-L8507
OW	655 lbs (297 kg)
W	75" (191 cm)
L	83" (211 cm)
H	90" (229 cm)



Smith Machine

Model	NP-L8500
OW	648 lbs (294 kg)
W	89" (226 cm)
L	67" (170 cm)
H	82" (208 cm)

Angled Leg Press

Model	NP-L1141
OW	569 lbs (258 kg)
W	72" (182 cm)
L	90" (229 cm)
H	58" (147 cm)



Hack Squat

Model	NP-L1130
OW	446 lbs (202 kg)
W	72" (182 cm)
L	93" (236 cm)
H	47" (119 cm)

Tilt Seat Calf

Model	NP-L1110
OW	170 lbs (77 kg)
W	27" (69 cm)
L	58" (147 cm)
H	37" (94 cm)



Incline Lever Row

Model	NP-L3140
OW	214 lb (97 kg)
W	34" (86 cm)
L	72" (183 cm)
H	49" (124 cm)



NAUTILUS MULTI-STATIONS

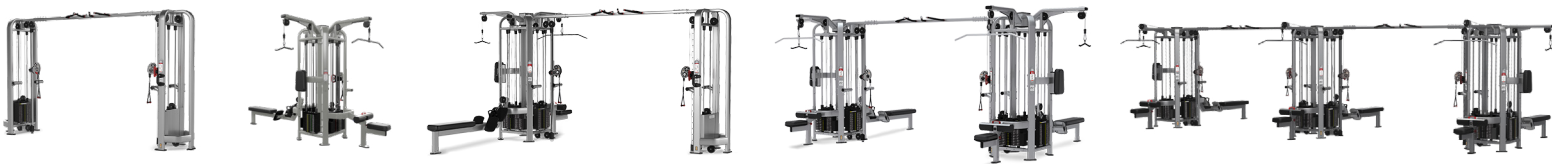


**Equipment shown in custom colors*

HUGE VARIETY. SMALL FOOTPRINT.

Sometimes you have space for multiple pieces of equipment and sometimes you don't. That is exactly why our multi-stations are a great option when you're still looking for the total workout experience and commercial feel while needing to maximize space.

Each of our multi-stations have the smallest possible footprint, while combining the most essential elements from our strength lines. Add in great features like swiveling pulleys on the Lat Pull Down, Low Row and Triceps Press and fully adjustable pulleys on the Cable Crossover System, and you have an economical, space-saving equipment solution that doesn't look, feel or train like one.



Cable Crossover

Model	9NP-M9201
OW	1,010 lb (458 kg)
W	31" (78 cm)
L	158" (401 cm)
H	90" (228 cm)

4 Station

Model	9NP-M9601
OW	1,732 lb (781 kg)
W	75" (190 cm)
L	152" (387 cm)
H	94" (239 cm)

5 Station

Model	9NP-M9605
OW	2,350 lb (1,066 kg)
W	146" (371 cm)
L	200" (508 cm)
H	94" (239 cm)

9 Station

Model	9NP-M9619
OW	3,690 lb (1,673 kg)
W	146" (371 cm)
L	240" (609 cm)
H	94" (239 cm)

14 Station

Model	9NP-M9620
OW	5,565 lb (2,524 kg)
W	146" (371 cm)
L	395" (1,003 cm)
H	94" (239 cm)

STACK WEIGHTS Lat Pull Down / Low Row | 297 lb (135 kg) Triceps Press / High-Low Pulley | 231 lb (105 kg) Cable Crossover | 115.5 lb (2 x 52.2 kg)

NAUTILUS BENCHES & RACKS



**Equipment shown in custom colors*



Molded urethane bar holders for quiet and safe bar placement



Benches include integrated grip and wheels for easy transport



Rubber feet for floor protection

STRENGTH BUILT STRONGER

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.

NAUTILUS HALF RACK

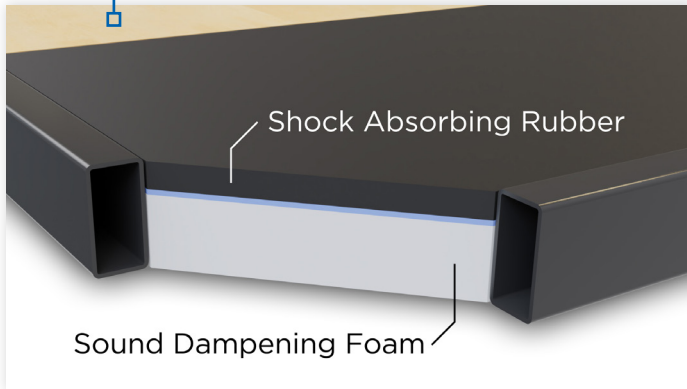
IMPROVED VERSATILITY. REDUCED SPACE.

The sturdy and versatile Nautilus Half Rack is built to accommodate a wide range of exercises, movements and users from beginner to professional athlete. The open-front design lets users move freely and allows for the use of a variety of benches. The optional wood floor and band pegs make it perfect for athletic training and Olympic style lifting, while the shorter 97" tower means it can fit into facilities with lower ceilings. The compact design and built-in plate storage make our Half Rack ideal for schools and personal training facilities as well as larger facilities.

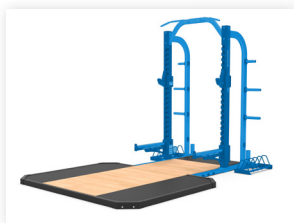


FEATURED

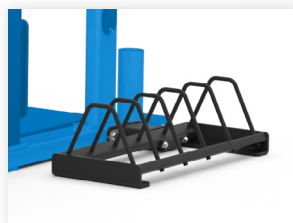
4" SVA PLATFORM



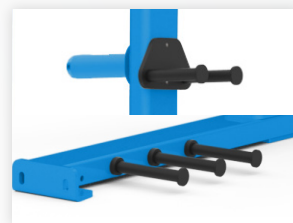
The new Nautilus dampening platform was developed as a way to reduce sound and vibration caused when users drop barbells when performing Olympic and power lifting. It uses a proprietary blend of materials designed to absorb the force of the barbell. These absorption characteristics not only cut down on sound and vibration, they also reduce bar bounce. (9-HDP6D)



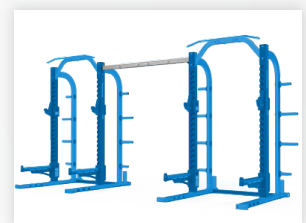
Wooden Platform
(9-HDP62)



Bumper Plate Storage
(9-HDCS1)



Band Pegs & Storage
(95-0760)



Pull Up Bridge
(9-HDPB1)

Half Rack

Model	9-HDHR2
OW	512 lbs (232 kg)
W	72" (183 cm)
L	63" (160 cm)
H	97" (246 cm)



Half Rack w/ SVA Platform

Model	9-HDHR2 9-HDP6D
OW	1,479 lb (671 kg)
W	95" (241.3 cm)
L	140.1" (356 cm)
H	97" (246 cm)



Stand Alone SVA Platform

Model	9-HDP6D-SA
OW	642 lb (291.2 kg)
W	95" (241 cm)
L	77" (196 cm)
H	4" (10 cm)



Multi-Adjustable Bench

Model	9NP-B7506
OW	117 lb (53 kg)
W	27" (69 cm)
L	55" (140 cm)
H	20" (51 cm)



Flat Bench

Model	9NP-B7507
OW	77 lb (35 kg)
W	27" (69 cm)
L	55" (140 cm)
H	20" (51 cm)



Adjustable Incline Bench

Model	9NP-B7523
OW	113 lb (51 kg)
W	27" (69 cm)
L	56" (142 cm)
H	39" (99 cm)



Adjustable Decline Bench

Model	9NP-B7508
OW	155 lb (70 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)



Utility Bench

Model	9NP-B7516
OW	71 lb (32 kg)
W	27" (69 cm)
L	34" (86 cm)
H	38" (97 cm)



Stool

Model	9NP-B7521
OW	27 lbs (12 kg)
W	31" (79 cm)
L	27" (68 cm)
H	17" (44 cm)



Adjustable Back Extension

Model	9NP-B7514
OW	157 lb (71 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)



Glute Ham

Model	9NP-B7522
OW	223 lb (101 kg)
W	43" (110 cm)
L	72" (182 cm)
H	48" (122 cm)



Adjustable Abdominal Bench

Model	9NP-B7510
OW	159 lb (72 kg)
W	35" (89 cm)
L	55" (140 cm)
H	45" (114 cm)



Seated Preacher Curl

Model	9NP-B7509
OW	163 lb (74 kg)
W	30" (76 cm)
L	43" (109 cm)
H	40" (102 cm)



Standing Preacher Curl

Model	9NP-B7515
OW	174 lb (79 kg)
W	30" (76 cm)
L	39" (99 cm)
H	45" (114 cm)



Dip Station

Model	9NP-B7518
OW	148 lb (67 kg)
W	29" (74 cm)
L	45" (114 cm)
H	48" (122 cm)



Pull-Up/Dip/Leg Raise

Model	9NP-B7511
OW	335 lb (152 kg)
W	48" (122 cm)
L	61" (155 cm)
H	90" (229 cm)



Leg Raise/Dip

Model	9NP-B7517
OW	267 lbs (121 kg)
W	28" (71 cm)
L	61" (155 cm)
H	66" (168 cm)



Olympic Bench Press

Model	9NP-B7202
OW	115 lb (52 kg)
W	65" (165 cm)
L	73" (185 cm)
H	49" (124 cm)



**Shown with optional weight storage (400-1125)*

Incline Bench Press

Model	9NP-B7203
OW	185 lb (84 kg)
W	65" (165 cm)
L	70" (178 cm)
H	59" (150 cm)



**Shown with optional weight storage (400-1125)*

Decline Bench Press

Model	9NP-B7204
OW	177 lb (80 kg)
W	65" (165 cm)
L	49" (124 cm)
H	49" (124 cm)



**Shown with optional weight storage (400-1125)*

Military Press

Model	9NP-B7205
OW	269 lb (122 kg)
W	74" (188 cm)
L	65" (165 cm)
H	60" (152 cm)



Squat Rack

Model	9NP-R8008
OW	445 lbs (202 kg)
W	80" (203 cm)
L	71" (180 cm)
H	79" (201 cm)

**Shown with optional weight storage (400-1125)*

The Power Cage design flows seamlessly with other strength products so you will notice a family look and feel as you position your free weights along side other Nautilus lines. The Power Cage doesn't just look strong, it exceeds industry requirements in all respects. Features include complete Olympic plate storage, integrated multi-grip pull-up station and rubber feet for floor protection.

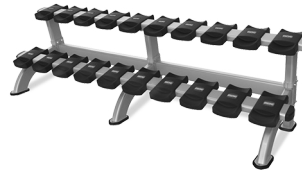
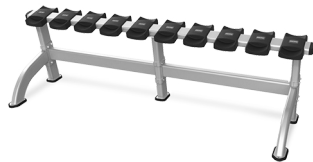


Power Cage

Model	9NP-R8005
OW	525 lbs (238 kg)
W	63" (160 cm)
L	74" (188 cm)
H	89" (226 cm)

Single Dumbbell Rack

Model	9NP-R8009
OW	155 lbs (70 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

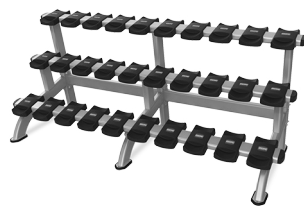


Double Dumbbell Rack

Model	9NP-R8010
OW	132 lbs (60 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

Triple Dumbbell Rack

Model	9NP-R8011
OW	364 lbs (165 kg)
W	90" (229 cm)
L	38" (97 cm)
H	39" (99 cm)



Beauty Bell Rack

Model	9NP-R8014
OW	141 lb (64 kg)
W	32" (81 cm)
L	40" (102 cm)
H	40" (102 cm)

Barbell Rack

Model	9NP-R8012
OW	159 lbs (72 kg)
W	36" (91 cm)
L	38" (97 cm)
H	53" (135 cm)



Accessory Rack

Model	9NP-R8013
OW	141 lbs (64 kg)
W	28" (71 cm)
L	35" (89 cm)
H	51" (130 cm)

2-Sided Olympic Weight Tree

Model	9NP-R7512
OW	86 lbs (39 kg)
W	27" (69 cm)
L	35" (89 cm)
H	40" (102 cm)



4-Sided Olympic Weight Tree

Model	9NP-R7513
OW	135 lbs (61 kg)
W	28" (71 cm)
L	28" (71 cm)
H	46" (117 cm)



Multi-Adjustable Bench

Model	9NN-B7501
OW	88 lb (40 kg)
W	27" (69 cm)
L	53" (135 cm)
H	18" (46 cm)



Adjustable Abdominal Decline Bench

Model	9NN-B7200
OW	95 lb (43 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)

Ab Bench

Model	9NN-B7505
OW	148 lb (67 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)



45° Back Extension

Model	9NN-B7502
OW	97 lb (44 kg)
W	32" (81 cm)
L	54" (137 cm)
H	39" (99 cm)

Dumbbell Rack 10-Pair / 2-Tier

Model	9NN-R8001
OW	221 lb (100 kg)
W	105" (267 cm)
L	29" (74 cm)
H	37" (94 cm)



Dumbbell Rack 10-Pair / 3-Tier

Model	9NN-R8002
OW	243 lb (110 kg)
W	69" (175 cm)
L	29" (74 cm)
H	50" (127 cm)

Olympic Flat Bench

Model	9NN-B7503
OW	185 lb (84 kg)
W	61" (155 cm)
L	63" (160 cm)
H	54" (137 cm)



Olympic Incline Bench

Model	9NN-B7201
OW	269 lb (122 kg)
W	61" (155 cm)
L	63" (160 cm)
H	69" (175 cm)





STAR TRAC[®]
MADE TO PERFORM

Star Trac[®] is with you and your members for every step. We go beyond providing cardio products by developing innovative user-oriented solutions that help mold lifelong health and fitness habits.

WHAT WE'RE KNOWN FOR

- The brand **used by enthusiasts**
- Great for **tracking**
- Makes products that are **fun to use**
- A **reputable, trustworthy** company

OPENHUB CONSOLES

Our affordable, flexible, innovative OpenHub consoles are available on every piece of 10 Series and 8 Series Star Trac. They offer best in class entertainment, fitness tracking and asset management solutions. With the ability to select just the features you want, and add new features in the future, this open platform offers you the ability to have exactly what you want, when you want it.

UNMATCHED USER COMFORT

Whether it is our signature personal fans, the shock absorbent Soft Trac[®] technology in our treads & pedals, or the convenience of accessible water bottle holders and media trays, Star Trac cardio will keep your members happy with its commitment to user comfort.

IMPRESSIVE & UNIFIED AESTHETIC

The cardio section has never looked so appealing. All Star Trac Cardio is styled with a sleek, modern look, with each additional unit complementing the section as a whole. With their shared look and OpenHub interface, members will feel at home on whatever machine they choose to use.

CONNECTED PERFORMANCE

REIMAGINED 15" & 19" OPENHUB MODELS AVAILABLE NOW

 STAR TRAC



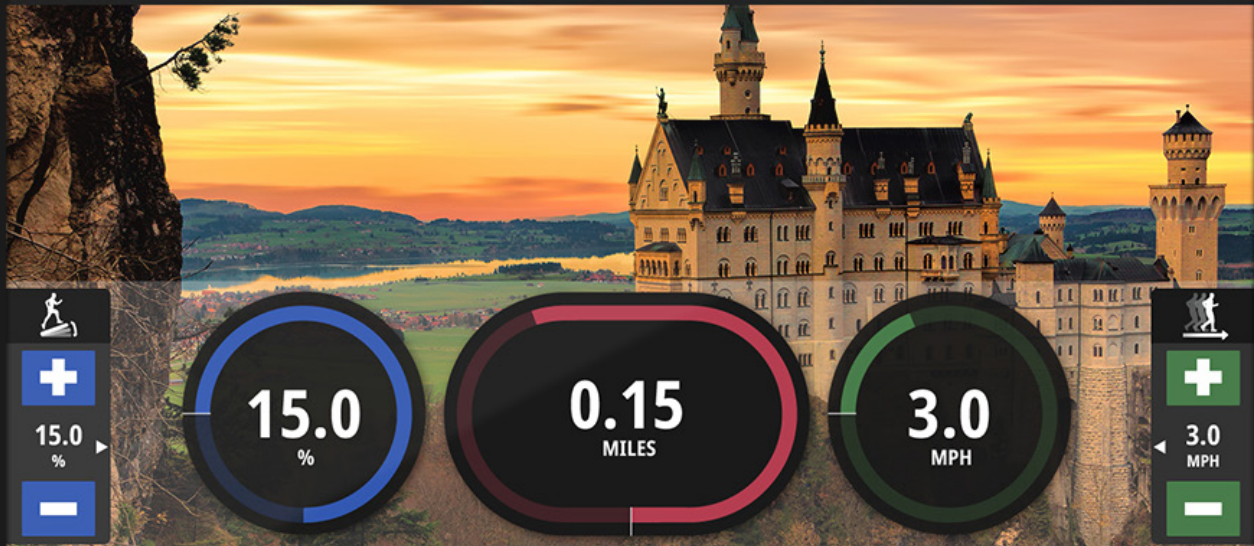
9,999
KCAL

99.99 mi
Total Distance

99:99
Total Time

99:99
Pace (Min/Mi)

999 99%
HR



15.0
%




0.15
MILES



3.0
MPH



CAUTION

 Read instruction manual
before using the equipment.
Always use proper technique and
appropriate warm-up and stretching
before and after each session.
Consult your physician if you have
any medical conditions or are
taking medication. Use of this
equipment may cause injury or
damage to property. Use only
approved accessories.



OPENHUB CARDIO CONSOLES

Our design philosophy for OpenHub was simple: provide a flexible platform that connects expert partners and provide solutions for every customer. We walked away with a smart, affordable and configurable solution. Available on Star Trac® and StairMaster® cardio equipment, OpenHub comes packed with entertainment, fitness tracking, group display and asset management solutions. Whether you are looking for embedded TV, streaming video, 800/900mhz receivers or an add-on PVS, it's all possible. The best part is, you add (and pay for) only what you want, when you want. New 15" and 19" embedded consoles have been enhanced with beautiful new HD touch screen displays, Wi-Fi and Ethernet internet connectivity, exciting new fitness training programs and integrated streaming, news and social apps. All OpenHub consoles can connect with leading technology and third-party apps to deliver connectivity solutions for users to easily track, save and share their workout results. The future of club connectivity is OpenHub.

CONSOLE OPTIONS

AVAILABLE ON:



15" / 19" TOUCH SCREEN

10" TOUCH SCREEN

LCD SCREEN

FEATURES	BLUETOOTH DATA TRACKING/ANT+	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	APPLE GYMKIT/SAMSUNG GALAXY WATCH CONNECTIVITY	<input checked="" type="radio"/>		<input checked="" type="radio"/>
	BLUETOOTH HR AND HEADPHONES	<input checked="" type="radio"/>		
	USB CHARGING PORT	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	WI-FI / ETHERNET	<input checked="" type="radio"/>		
	PERSONAL DEVICE STREAMING VIA HDMI PORT	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	PERSONAL FAN	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	TV TUNER (GLOBAL)	<input checked="" type="radio"/>		
	ADD-ON PERSONAL VIEWING SCREEN		<input type="radio"/>	<input type="radio"/>
	IPTV / SET TOP BOX CONTROL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	800 / 900 MHZ RECEIVER		<input type="radio"/>	<input type="radio"/>
	FIRST PERSON VIDEOS (RUNTV)	<input checked="" type="radio"/>		
	EXCLUSIVE HIIT PROGRAMS	<input checked="" type="radio"/>		
	INTEGRATED SERVICE INDICATOR	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	RFID	<input type="radio"/>		
	ECOFIT ASSET MANAGEMENT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	CUSTOMIZABLE HOME PAGE GRAPHICS/LOGO	<input checked="" type="radio"/>		
CUSTOMIZABLE USER APP LIST	<input checked="" type="radio"/>			

OUR EXPERT PARTNERS:



INCLUDED



OPTIONAL



FitMetrix, Broadcastvision Entertainment, ECOFIT, MYE, Performance IQ, Zwift, Runsocial, Apple and MyZone are registered trademarks and/or service marks owned by other companies not affiliated with Core Health & Fitness LLC and are not owned by Core Health & Fitness LLC.



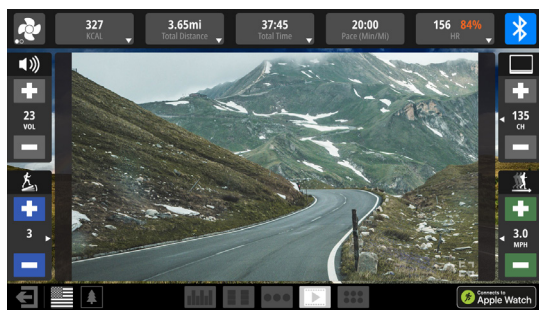
OPENHUB™ PROGRAMS

EXCLUSIVE HIIT PROGRAMS

OpenHub embedded consoles offer an exciting and innovative HIIT program developed by World Record Holder, Olympic Trials Qualifier and Master Instructor, Sonja Friend-Uhl. Interval training has been clinically proven to provide amazing benefits, such as reducing blood pressure, glucose sensitivity and body fat, while improving aerobic fitness and muscular power. A version of the program was created for each piece of cardio equipment, with time-efficient workouts that take only 20 minutes to complete and can be adjusted to work for any fitness level. Variations allow for hundreds of different workout combinations, keeping participants engaged as they progress through the ranks to higher effort levels. Get maximum benefits from your cardio workout with 90% less training volume and up to 67% less time commitment compared with other interval training protocols.



RUNTV



RunTV is an immersive fitness entertainment experience designed to help motivate you to get the most from your exercise. Gain access to a curated collection of virtual environments to run through and empowering videos to watch as you workout. Take on the Tour de France, watch videos on improving your technique, get inspired by stories of extraordinary human feats, or lose yourself in a feature film. Whatever you choose, RunTV will empower you on your journey.

ENTERTAINMENT OPTIONS

STB Ready Consoles

Connect to IPTV, satellite or cable services with our new STB Ready embedded cardio screens. The connection is seamless and user control of channel and volume is handled via integrated controls on the display. No add-on keypads required. Any STB in the world. Simple.

Leaderboard Connectivity

Get visual feedback, coordinate engaging competitions and motivate members by connecting OpenHub to MyZone or similar leaderboard systems.

Wireless Audio Receiver

Optional Integrated 800/900 MHz wireless receivers have worldwide system compatibility and provide audio from any ceiling or wall mounted TV. *(Requires wireless audio transmitter)*

Add-on PVS Kit

Our 8 Series LCD, 10" display units and all of our S Series cardio products are pre-wired to accept an add-on 15.6" HD Personal Viewing Screen. The PVS mounts seamlessly to the product and 8 Series cardio includes an integrated control keypad inserted into the front of the cardio display for easy control.



10 & 8 SERIES SPECIAL FEATURES

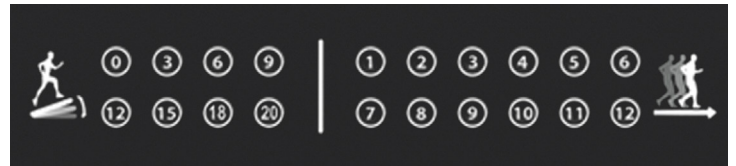
Wearable Device Connectivity

OpenHub LCD and new 15"/19" consoles can connect directly with Apple Watch and Samsung Galaxy Watch for real-time data sharing between the equipment and watch using NFC technology to allow a simple tap to pair connection.



Quick Key Selection

Quickly adjust speed and incline with the easy Quick Key selection on the 8-TRx treadmill. Members can quickly navigate the treadmill controls and adjust their workout with a row of large buttons on the LCD console. This user-friendly feature allows for easy adjustment to the workout while in motion.



Asset Management

ECOFIT® asset management solutions let you see beyond the basics of which machines are most used – you'll get insights that show you if you should rotate machine placements to improve maintenance scheduling, identify and plan preventative maintenance to ensure equipment is available to members and much more.

Streaming from Personal Devices

Our 15"/19" embedded console and our PVS add-on displays for 8 Series allows users to stream content from their personal device to the screen. This requires an HDMI connection to our integrated HDMI port using a cable appropriate for a user's personal device, be it Apple®, Android™ or other. *(Cables not included)*

Hub Cap - Optional Tablet Holder

For viewing content on a personal device while exercising, we also offer an optional tablet holder that can be added to the top of any LCD or 10" OpenHub™ console. Able to hold tablets up to 10.1" diagonal screen size.

FEATURED



BUILT WITH:

HexDeck
 Technology

FreeRunner™ 10TRx

- Revolutionary new patented HexDeck technology features an aluminum running deck, supported by a proprietary, hexagonal polymer suspension system that creates a treadmill with unprecedented cushion and responsiveness
- 20% max incline | 15 mph (24 kmh) max speed
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity of 500 lb (227 kg)
- Contact and telemetry heart rate
- 10" (25.4 cm) step-up height



Overall Weight
494 lb (224 kg)

19" | **Width**
35" (88 cm)

LCD | **Length**
81" (207 cm)

PVS | **Height**
63" (160 cm)

Running Surface
60" x 22"
(152 x 55 cm)

Treadmill 8TRx

- Soft Trac® triple cell cushioning system provides maximum shock absorption making the entire deck a sweet spot
- 20% max incline | 15 mph (24 kmh) max speed
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity of 500 lb (227 kg)
- Contact and telemetry heart rate
- 10" (25.4 cm) step-up height
- Lighter weight aluminum frame for maximum corrosion protection



19"

Overall Weight
388 lb (176 kg)

10"

Width
36" (91 cm)

LCD

Length
85" (215 cm)

PVS

Height
60" (152 cm)

Running Surface
60" x 22"
(152 x 55 cm)

Treadmill 8TR

- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 15% max incline | 12.5 mph (20 kmh) max speed
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity of 500 lb (227 kg)
- Contact and telemetry heart rate
- 9" (23 cm) step-up height



10"

Overall Weight
425 lb (193 kg)

LCD

Width
32" (81 cm)

PVS

Length
81" (206 cm)

Height
63" (160 cm)

Running Surface
60" x 22"
(152 x 55 cm)

VersaStrider™ 8VS

- MyStride™ technology in the VersaStrider allows users to vary stride length dynamically - no buttons to push, just stride
- Level control buttons are integrated into movement arms - adjust level without letting go of handles
- Integrated movement wheel at rear of machine allows one person to easily maneuver the unit for placement or service
- Movement arms follow a converging path of motion that closely follows the human body's natural movement
- 10" - 32" (25 - 81 cm) stride length
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



15"

Overall Weight
586 lb (266 kg)

10"

Width
35" (89 cm)

LCD

Length
89" (226 cm)

PVS

Height
69" (175 cm)

Cross Trainer 8CT

- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- 18" (47 cm) stride length
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



15"

Overall Weight
337 lb (153 kg)

10"

Width
30" (76 cm)

LCD

Length
76" (193 cm)

PVS

Height
72" (182 cm)

Rear Drive Elliptical 8RDE

- Ergonomic hand grips offer multiple hand positions and heart rate detection
- Articulating foot pads create a very comfortable and natural stride pattern
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- 18" (47 cm) stride length
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



15"

Overall Weight
300 lb (136 kg)

10"

Width
36" (91 cm)

LCD

Length
86" (218.44 cm)

PVS

Height
73" (185 in)

Upright Bike 8UB

- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Easy-up seat adjust for simple seat position changes
- Morse Taper bottom bracket and pedal system for extreme durability
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



15"

Overall Weight
141 lb (64 kg)

10"

Width
23" (58 cm)

LCD

Length
46" (117 cm)

PVS

Height
63" (160 cm)

Recumbent Bike 8RB

- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Contoured backrest for increased airflow and comfort
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Morse Taper bottom bracket and pedal system for extreme durability
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



15"

Overall Weight
185 lb (84 kg)

10"

Width
28" (71 cm)

LCD

Length
65" (164 cm)

PVS

Height
60" (151 cm)

Treadmill STRc

- Soft Trac® triple cell cushioning system provides maximum shock absorption making the entire deck a sweet spot
- 15% max incline | 12.5 mph (20 kmh) max speed
- Star Trac's popular personal fan for comfort
- User weight capacity of 500 lb (227 kg)
- Contact and telemetry heart rate
- 7" (17.7 cm) step-up height



Overall Weight
381 lb (173 kg)

Width
32" (81 cm)

Length
81" (206 cm)

Height
58" (147 cm)

PVS

Running Surface
60" x 22"
(152 cm x 55 cm)

Treadmill STRx

- Soft Trac® triple cell cushioning system provides maximum shock absorption making the entire deck a sweet spot
- 15% max incline | 12.5 mph (20 kmh) max speed
- Star Trac's popular personal fan for comfort
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate
- 7" (17.7 cm) step-up height



Overall Weight
370 lb (168 kg)

Width
32" (81 cm)

Length
81" (206 cm)

Height
55" (140 cm)

Running Surface
60" x 22"
(152 x 55 cm)



Cross Trainer SCTx

- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- 18" (47 cm) stride length
- Star Trac's popular personal fan for comfort
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



Overall Weight
337 lb (153 kg)

Width
30" (76 cm)

Length
76" (193 cm)

Height
72" (183 cm)



Upright Bike SUBx

- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Easy-up seat adjust for simple seat position changes
- Morse Taper bottom bracket and pedal system
- Star Trac's popular personal fan for comfort
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



Overall Weight
141 lb (64 kg)

Width
23" (58 cm)

Length
46" (117 cm)

Height
57" (145 cm)



Recumbent Bike SRBx

- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease
- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Wrap-around seat adjust provides an intuitive handle for simple seat position changes
- Morse Taper bottom bracket and pedal system
- Star Trac's popular personal fan for comfort
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



Overall Weight
185 lb (84 kg)

Width
26" (66 cm)

Length
66" (168 cm)

Height
53" (135 cm)





4 Series Cardio

The 4 Series cardio line from Star Trac is the **perfect solution for the hospitality and multi-family housing markets**. With premium full color flat panel displays, quick select adjustment keys, and optional personal viewing screen, the 4 Series provides smaller facilities with the **look and performance of a full commercial product**.

Treadmill 4TR

- 15% max incline | 12.5 mph (20 kmh) max speed
- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for speed and incline allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity of 450 lb (205 kg)
- Contact and telemetry heart rate
- 7" (17.7 cm) step-up height



Overall Weight
399 lb (181 kg)

Width
32 in (81 cm)

Length
81" (206 cm)

Height
60 in (152 cm)

Running Surface
60" x 22"
(152 cm x 55 cm)



Cross Trainer 4CT

- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- 20" (51 cm) stride length
- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for level allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



Overall Weight
273 lb (124 kg)

Width
30 in (76 cm)

Length
76 in (193 cm)

Height
72 in (183 cm)



Recumbent Bike 4RB

- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease
- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for level allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



Overall Weight
186 lb (84 kg)

Width
23" (59 cm)

Length
68" (172 cm)

Height
54" (137 cm)



Upright Bike 4UB

- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for level allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



Overall Weight
132 lb (60 kg)

Width
23" (58 cm)

Length
46" (117 cm)

Height
57" (145 cm)







THROWDOWN®

PUSHING BOUNDARIES

Throwdown® creates opportunities to push boundaries, enabling everyone to reach their peak performance by creating flexible and challenging exercise environments. Our diverse offerings make it easy for trainers and members to mix it up.

FREE WEIGHTS

Throwdown offers a wide variety of products to ensure you have everything you need to fully outfit your free weight area. Every product meets our high-quality standard and is made with premium hard-wearing materials.

FLEXIBLE FUNCTIONAL TRAINING RIGS

The XTC is a hyper flexible rig, carefully engineered to create training zones for groups of members to train simultaneously. Constructed with 4' cross member bars, the XTC comes available in 14', 24' and 34' lengths to accommodate various spaces and group sizes. It can be customized with a wide variety of accessories and is ideal for Functional Training. Functional training targets multiple major muscle groups simultaneously and mimics movements that you perform in day-to-day activities.

DURABLE STORAGE OPTIONS

Throwdown XTR Storage is built to be both functional and durable. Simple intricate designs keep the area around the training center clutter free and safe for all members. Each piece provides a specific storage solution for all of your functional training accessories.

RECOMMENDED 4x14 XTC
9-XTC-414C-60THD



TARGET + DPU ADAPTER X2

BALL SHELF, 4' X4

WIDE SHELF, 4' X2

PLATE STORAGE, 4' X2

STORAGE BIN, 6' X1

VERTICAL DUMBBELL RACK X2

SQUAT STATION, 4' X2

LANDMINE, RIG MOUNT X2

BAR STORAGE X2

ROPE ANCHOR, RIG MOUNT X2

XTC CROSSMEMBER, 6' X1

STORAGE PIN X4

RECOMMENDED 4x24 XTC
9-XTC-424C-60THD



TARGET + DPU ADAPTER X2

BALL SHELF, 4' X4

WIDE SHELF, 4' X6

PLATE STORAGE, 4' X2

DIP BAR X2

STORAGE BIN, 6' X2

VERTICAL DUMBBELL RACK X2

SQUAT STATION, 4' X2

LANDMINE, RIG MOUNT X2

ROPE ANCHOR, RIG MOUNT X2

XTC CROSSMEMBER, 6' X2

STORAGE PIN X8

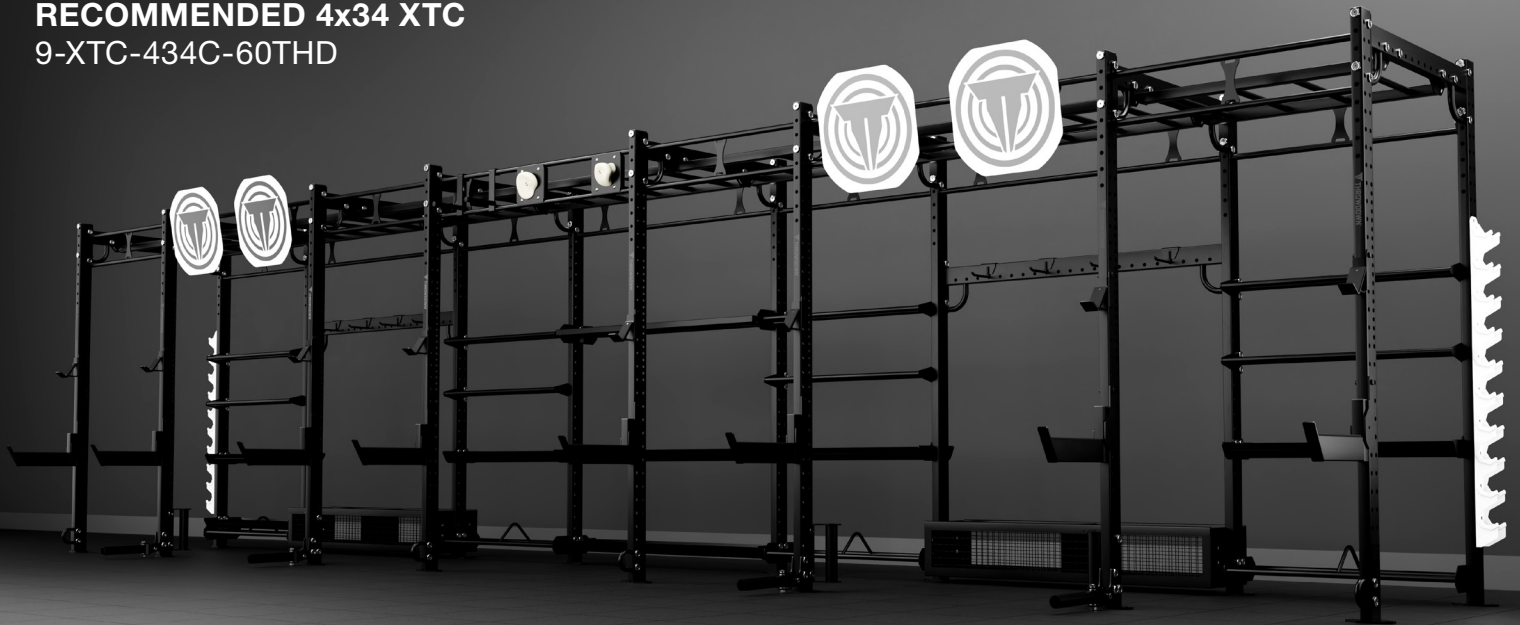
BAR STORAGE X2

MUSCLE UP ATTACHMENT X1

MEGA GRIP PULLUP BAR, 4' X1

NEUTRAL GRIP PULLUP X2

RECOMMENDED 4x34 XTC
9-XTC-434C-60THD



TARGET + DPU ADAPTER X4

BALL SHELF, 4' X8

WIDE SHELF, 4' X4

WIDE SHELF, 6' X3

PLATE STORAGE, 4' X4

STORAGE BIN, 6' X2

VERTICAL DUMBBELL RACK X2

SQUAT STATION, 4' X4

LANDMINE, RIG MOUNT X4

ROPE ANCHOR, RIG MOUNT X4

XTC CROSSMEMBER, 6' X2

STORAGE PIN X8

BAR STORAGE X4

NEUTRAL GRIP PULLUP X1

ROCK GRIP PULLUP X1



XTR STANDARD STORAGE
9-XTR-6061-60

WIDE SHELF, 4' X4



XTR BALL STORAGE
9-XTR-6062-60

STABILITY BALL SHELF, 6' X1

WIDE SHELF, 6' X2

STORAGE BIN, 6' X1



XTR SUSPENSION STORAGE
9-XTR-6063-60

XTC CROSSMEMBER, 6' X1

STORAGE PIN X8

STORAGE BIN, 6' X1



CUSTOM XTC RIG CONFIGURATIONS

The XTC comes available in 14', 24' and 34' lengths and can be customized with over 30 different unique attachments including storage, squat racks, pullup bars, landmine attachments and much more. Learn more about how you can get a custom rig configuration at [corehealthandfitness.com](https://www.corehealthandfitness.com).



URETHANE DUMBBELLS

- Solid steel heads
- Premium hard-wearing urethane coating
- Stainless steel ring at joint
- Stainless steel grips (5-20 lb are 29 mm, 25-125 lb are 35 mm diameter grips.)
- Head Diameter (5-15 lb are 126mm, 20-30 lb are 155mm, 35-125 lb are 205mm)

URETHANE DUMBBELL - SETS LB

5 - 25 lb Set	WT	5 lb	10 lb	15 lb	20 lb	25 lb
9-SMLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
30 - 50 lb Set	WT	30 lb	35 lb	40 lb	45 lb	50 lb
9-MDLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
55 - 75 lb Set	WT	55 lb	60 lb	65 lb	70 lb	75 lb
9-LGLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
80 - 100 lb Set	WT	80 lb	85 lb	90 lb	95 lb	100 lb
9-XLLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
7.5 - 27.5 lb Set	WT	7.5 lb	12.5 lb	17.5 lb	22.5 lb	27.5 lb
9-S2LB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
32.5 - 52.5 lb Set	WT	32.5 lb	37.5 lb	42.5 lb	47.5 lb	52.5 lb
9-M2LB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
5 - 100 lb Club Set (4 Sets)				9-UDC2-CLUBLB-60THD		

URETHANE DUMBBELLS - SINGLE LB

UDC2-105LB-60THD	WT	105 lb
UDC2-110LB-60THD	WT	110 lb
UDC2-115LB-60THD	WT	115 lb
UDC2-120LB-60THD	WT	120 lb
UDC2-125LB-60THD	WT	125 lb

URETHANE DUMBBELL - SETS KG

2.5 - 12.5 kg Set	WT	2.5 kg	5 kg	7.5 kg	10 kg	12.5 kg
9-SMKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
15 - 25 kg Set	WT	15 kg	17.5 kg	20 kg	22.4 kg	25 kg
9-MDKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
27.5 - 37.5 kg Set	WT	27.5 kg	30 kg	32.5 kg	35 kg	37.5 kg
9-LGKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
40 - 50 kg Set	WT	40 kg	42.5 kg	45 kg	47.5	50 kg
9-XLKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
1 - 5 kg Set	WT	1 kg	2 kg	3 kg	4 kg	5 kg
9-S2KG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
6 - 10 kg Set	WT	6 kg	7 kg	8 kg	9 kg	10 kg
9-M2KG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
2.5 - 50kg Club Set (4 Sets)				9-UDC2-CLUBKG-60THD		

URETHANE DUMBBELLS - SINGLE KG

UDC2-52.5KG-60THD	WT	52.5 kg
UDC2-55KG-60THD	WT	55 kg
UDC2-57.5KG-60THD	WT	57.5 kg
UDC2-60KG-60THD	WT	60 kg
UDC2-62.5KG-60THD	WT	62.5 kg
UDC2-65KG-60THD	WT	65 kg
UDC2-67.5KG-60THD	WT	67.5 kg
UDC2-70KG-60THD	WT	70 kg
UDC2-72.5KG-60THD	WT	72.5 kg
UDC2-75KG-60THD	WT	75 kg



URETHANE OLYMPIC PLATES

- Solid stainless steel insert
- Precision casting
- Premium hard-wearing urethane coating

URETHANE OLYMPIC PLATE - SETS LB

Benches & Racks Set	WT	2.5 lb	5 lb	10 lb	25 lb	35 lb	45 lb
9-UPR2-BRCLB-60THD	QTY	2 each	2 each	4 each	4 each	2 each	6 each
Leverage Set	WT	10 lb	25 lb	45 lb			
9-UPR2-LVRLB-60THD	QTY	2 each	4 each	4 each			
Weight Tree Add-on Set	WT	2.5 lb	5 lb	35 lb			
9-UPR2-SMLB-60THD	QTY	2 each	2 each	2 each			
4-Sided Weight Tree Set	WT	2.5 lb	5 lb	10 lb	25 lb	35 lb	45 lb
9-UPR2-4WTLB-60THD	QTY	4 each	4 each	4 each	4 each	4 each	6 each

URETHANE OLYMPIC PLATES - SINGLE LB

UPR2-2.5LB-60THD	WT	2.5 lb
UPR2-05LB-60THD	WT	5 lb
UPR2-10LB-60THD	WT	10 lb
UPR2-25LB-60THD	WT	25 lb
UPR2-35LB-60THD	WT	35 lb
UPR2-45LB-60THD	WT	45 lb

URETHANE OLYMPIC PLATE - SETS

200 kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-200KG-60THD	QTY	8 each	4 each	4 each	4 each	2 each	2 each	2 each
100kg Add-on Set	WT	2.5 kg	10 kg	15 kg	20 kg			
9-UPR2-SMKTKG-60THD	QTY	4 each	2 each	2 each	2 each			
200kg Add-on Set	WT	2.5 kg	15 kg	20 kg	25 kg			
9-UPR2-MDKTKG-60THD	QTY	4 each	4 each	4 each	2 each			
300kg Add-on Set	WT	5 kg	15 kg	20 kg	25 kg			
9-UPR2-LGKTKG-60THD	QTY	4 each	4 each	6 each	4 each			
300kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-300KG-60THD	QTY	8 each	8 each	4 each	6 each	4 each	4 each	2 each
400kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-400KG-60THD	QTY	8 each	8 each	4 each	4 each	6 each	6 each	4 each
1000kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-1000KG-60THD	QTY	16 each	16 each	16 each	10 each	10 each	16 each	10 each

URETHANE OLYMPIC PLATES - SINGLE KG

UPR2-1.25KG-60THD	WT	1.25 kg
UPR2-2.5KG-60THD	WT	2.5 kg
UPR2-05KG-60THD	WT	5 kg
UPR2-10KG-60THD	WT	10 kg
UPR2-15KG-60THD	WT	15 kg
UPR2-20KG-60THD	WT	20 kg
UPR2-25KG-60THD	WT	25 kg



URETHANE BUMPER PLATES

- Precision casting
- Large hard chrome plated hubs
- Premium hard-wearing urethane coating
- Beveled edges for easy pickup
- Bumper discs have 17.7" (450mm) outer diameter for 25-45 lb (IWF standards)

URETHANE BUMPER PLATE - SETS					
Platform Set	WT	10 lb	25 lb	35 lb	45 lb
9-UBP2-PLTLB-THD	QTY	2 each	2 each	2 each	2 each
Glute Drive Set	WT	10 lb	25 lb	45 lb	
9-UBP2-GLTLB-THD	QTY	4 each	2 each	4 each	

URETHANE BUMPER PLATES - SINGLE		
UBP2-10LB-THD	WT	10 lb
UBP2-25LB-THD	WT	25 lb
UBP2-35LB-THD	WT	35 lb
UBP2-45LB-THD	WT	45 lb

URETHANE BUMPER PLATE - SETS						
Standard Set	WT	5 kg	10 kg	15 kg	20 kg	25 kg
9-UBP2-SETKG-THD	QTY	2 each	2 each	2 each	2 each	2 each
50kg Add-on Set	WT	5 kg	10 kg			
9-UBP2-SMKTKG-THD	QTY	2 each	4 each			
Glute Drive Set	WT	5 kg	10 kg	20 kg		
9-UBP2-GLTKG-THD	QTY	2 each	2 each	2 each		
500kg Set	WT	5 kg	10 kg	15 kg	20 kg	25 kg
9-UBP2-500KG-THD	QTY	8 each	10 each	6 each	6 each	6 each

URETHANE BUMPER PLATES - SINGLE		
UBP2-05KG-THD	WT	5 kg
UBP2-10KG-THD	WT	10 kg
UBP2-15KG-THD	WT	15 kg
UBP2-20KG-THD	WT	20 kg
UBP2-25KG-THD	WT	25 kg

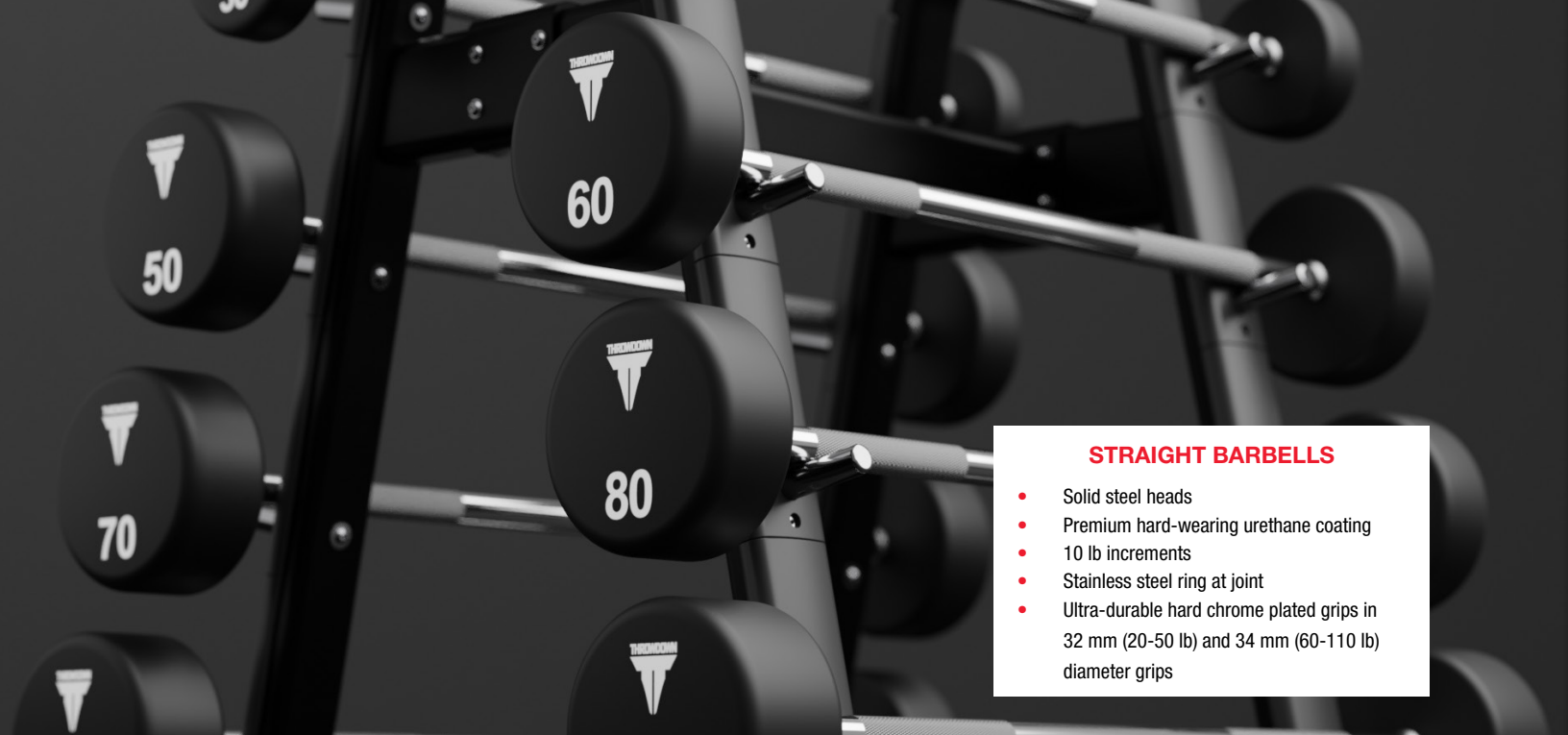


BEAUTY BELLS

- Straight knurled handles
- Chrome finish
- Stamped weight increments

BEAUTY BELL SET						
Beauty Bell Set	WT	5 lb	8 lb	10 lb	12 lb	15 lb
9-CDF2LB	QTY	3 pair	3 pair	2 pair	2 pair	2 pair

BEAUTY BELL SET											
Beauty Bell Set	WT	1 kg	2 kg	3 kg	4 kg	5 kg	6 kg	7 kg	8 kg	9 kg	10 kg
9-CDF2KG	QTY	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	2 pair	2 pair



STRAIGHT BARBELLS

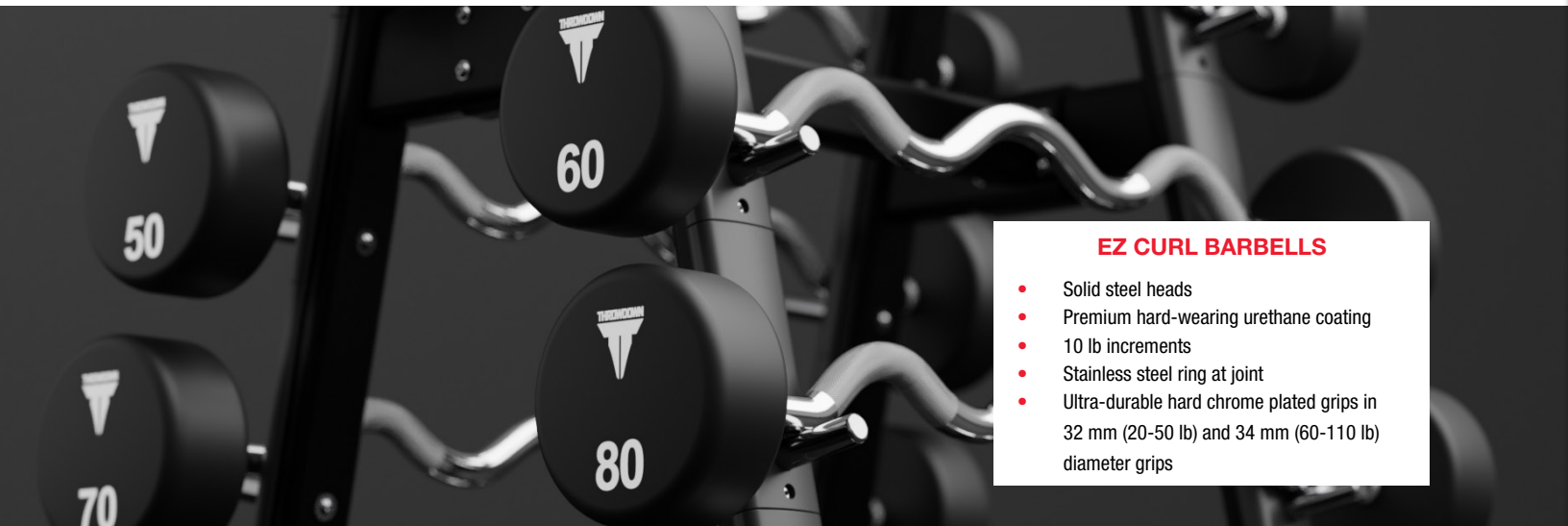
- Solid steel heads
- Premium hard-wearing urethane coating
- 10 lb increments
- Stainless steel ring at joint
- Ultra-durable hard chrome plated grips in 32 mm (20-50 lb) and 34 mm (60-110 lb) diameter grips

STRAIGHT BARBELL SET

Straight Barbell Set	WT	10 kg	12.5 kg	15 kg	17.5 kg	20 kg	25 kg	30 kg	35 kg	40 kg	45 kg
9-UBS2-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

STRAIGHT BARBELL SET

Straight Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBS2-CLUBLB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each



EZ CURL BARBELLS

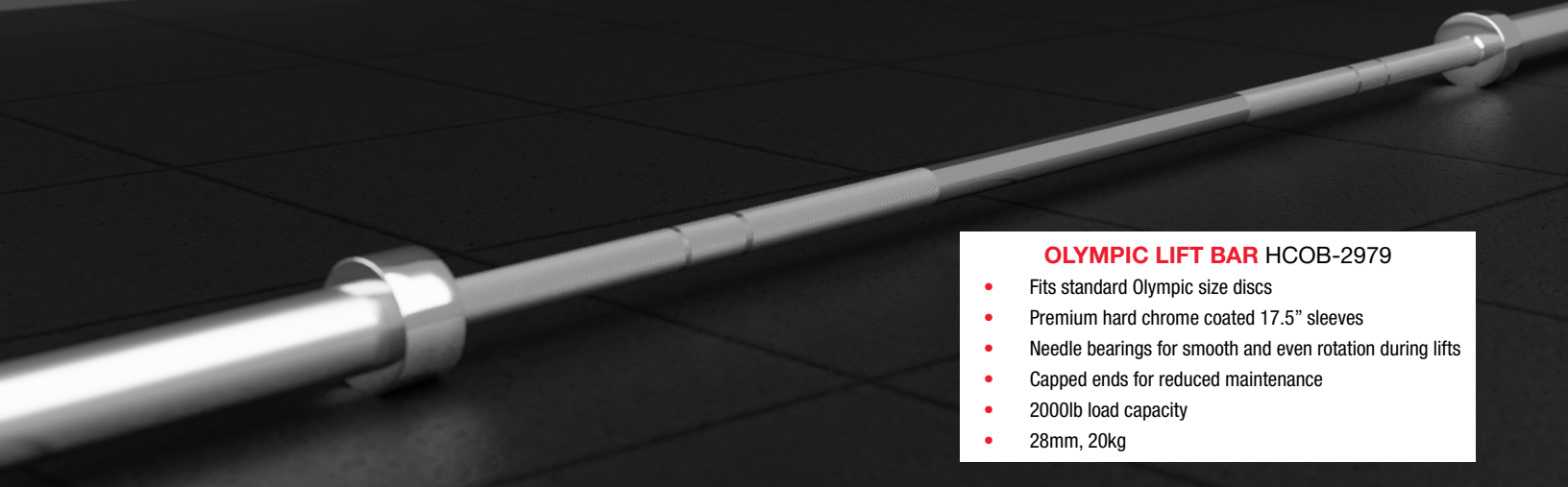
- Solid steel heads
- Premium hard-wearing urethane coating
- 10 lb increments
- Stainless steel ring at joint
- Ultra-durable hard chrome plated grips in 32 mm (20-50 lb) and 34 mm (60-110 lb) diameter grips

EZ CURL BARBELL SET

EZ Curl Barbell Set	WT	10 kg	12.5 kg	15 kg	17.5 kg	20 kg	25 kg	30 kg	35 kg	40 kg	45 kg
9-UBC2-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

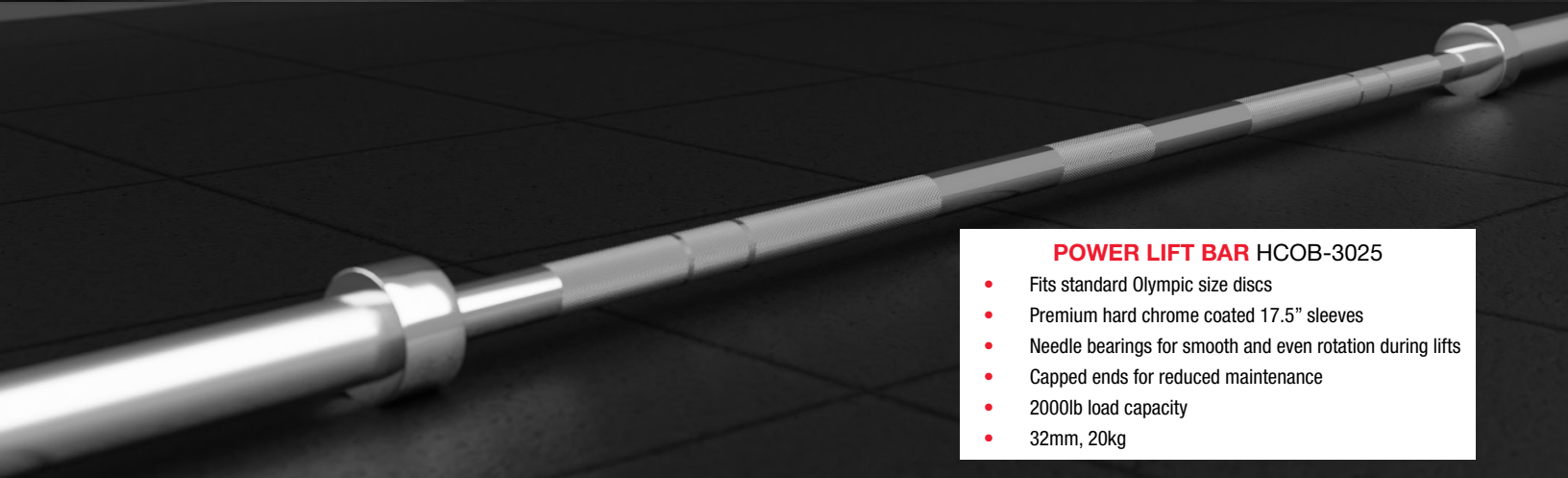
EZ CURL BARBELL SET

EZ Curl Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBC2-CLUBLB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each



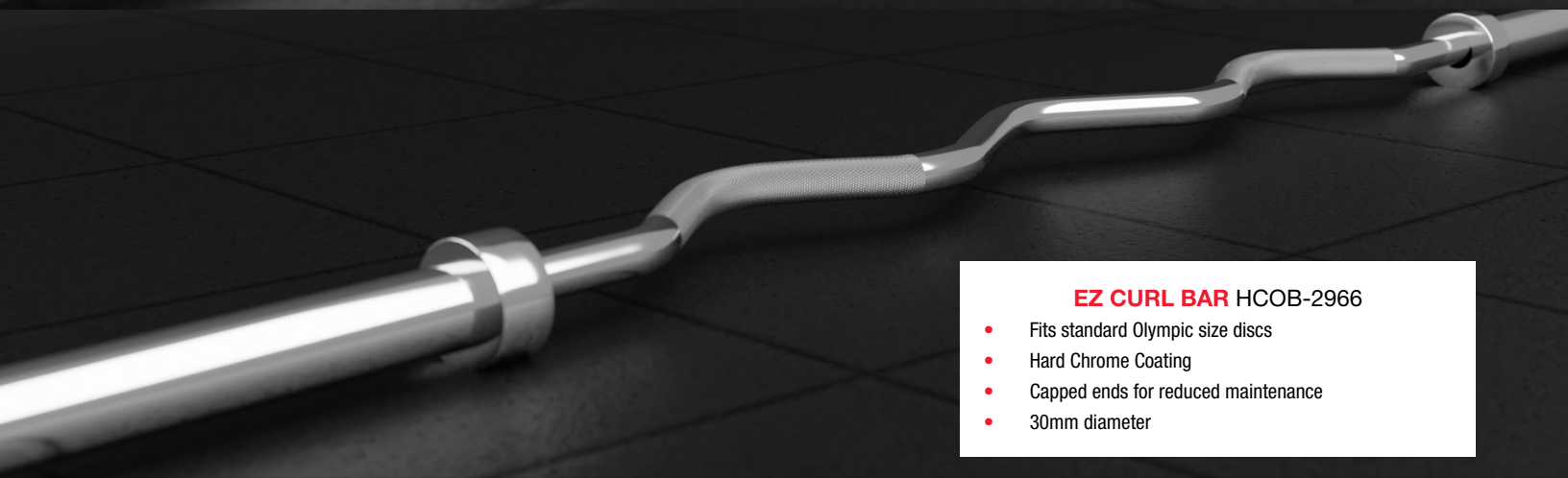
OLYMPIC LIFT BAR HCOB-2979

- Fits standard Olympic size discs
- Premium hard chrome coated 17.5" sleeves
- Needle bearings for smooth and even rotation during lifts
- Capped ends for reduced maintenance
- 2000lb load capacity
- 28mm, 20kg



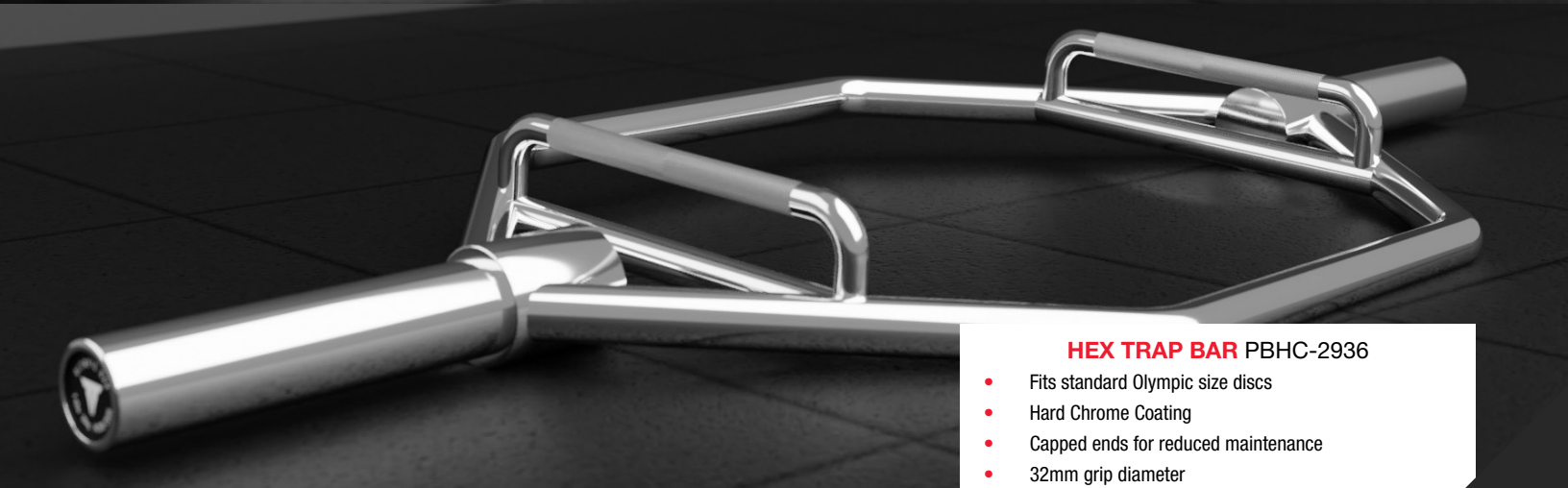
POWER LIFT BAR HCOB-3025

- Fits standard Olympic size discs
- Premium hard chrome coated 17.5" sleeves
- Needle bearings for smooth and even rotation during lifts
- Capped ends for reduced maintenance
- 2000lb load capacity
- 32mm, 20kg



EZ CURL BAR HCOB-2966

- Fits standard Olympic size discs
- Hard Chrome Coating
- Capped ends for reduced maintenance
- 30mm diameter



HEX TRAP BAR PBHC-2936

- Fits standard Olympic size discs
- Hard Chrome Coating
- Capped ends for reduced maintenance
- 32mm grip diameter



INCREASE REVENUE WITH EDUCATION

At Core Health & Fitness we believe that knowledge is power. With the world's greatest Master Instructors, we create the most personal, accessible and innovative instructor education programs available in the industry. With our award-winning teams, instructors can earn continuing education credits backed by global accreditation organizations like ACE AFAA, NASM and REPS. Our courses, live or online, transform passionate enthusiasts into thoughtful, empowered and skilled experts.

The Core Health & Fitness Master Instructor team can provide training sessions to enhance your staff and members experience with our equipment. You instructors can become certified in a variety of fitness programs including High Intensity Interval Training (HIIT), Indoor Cycling, BoxMaster, Strength Training and Cardio; helping you start up or optimize revenue generating programs. Different facilities have different needs and we can help address those needs. Our Master Instructors have extensive knowledge of our products, brands and training protocols required to set your teams up for success and to continue strengthening the relationship between our brands and your business.

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EDUCATION OFFERINGS



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Our education packages are filled with materials to help support your fitness programs. From instructor manuals to sample class instructions and promotional posters and email templates, you'll have what you need to attract members to your facility.



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Our online courses offer the same high quality education found in our live trainings in an accessible, convenient and self-paced curriculum. Providing instructors the opportunity to remotely access the tools and learning content needed to elevate them as coaches and instructors.



WE SUPPORT YOU

CUSTOMER SERVICE IS MORE THAN JUST SOMETHING WE OFFER, ITS WHAT WE DO BEST.

A company and its products are only as good as the people behind them- and we have the best in the business. We realize that no matter how good our equipment and products are, it means nothing the minute you have a question or a problem that goes unanswered or unresolved. That's why along with providing best-in-class fitness equipment, Core Health & Fitness boasts a Customer Services Department unparalleled in today's commercial fitness market.

We proudly offer world-class services to more than 90 countries around the globe with a team that truly partners with you to help grow your business and be there for all of your services needs, both pre and post- sale. In the end, our goal is to keep your facility operating at maximum capacity with little equipment downtime.

WHO WE ARE & WHAT WE DO

At Core health & Fitness, our customer service team is here to support you. With decades of experience, our Global Customer Service team work like a well oiled machine to assure you always have the best support for your equipment. This book is a guide to the customer service team, tools and solutions available t you and your business. We look forward to supporting you.

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Live technical support hotline
800.503.1221 6am-5pm PST

Network of 500+ factory-
trained, annually-certified
service providers

support.corehandf.com for
preventative maintenance
schedules, owner's manuals,
and other online support

A factory-certified
provider network of
more than 160 companies

In-service seminars for staff

CUSTOMER SERVICE SUPPORT CENTER

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us by phone, email, or through our 24 hour support site:

PHONE & EMAIL SUPPORT AVAILABLE: MONDAY - FRIDAY 6AM - 5PM PST

CORE CONNECT/WEB: support.corehandf.com

EMAIL: support@corehandf.com

PHONE: 1.800.503.1221

To help us support you, please provide the following information when requesting assistance with your equipment:

■ Facility Name & Address

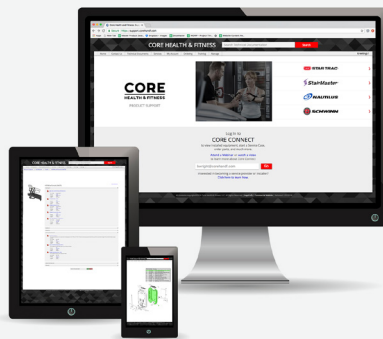
■ Product Serial Number

■ Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

CORE CONNECT

Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.



OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
- Real time communication



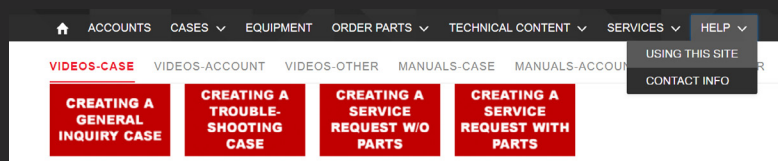
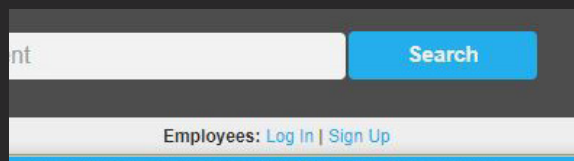
HOW TO GET STARTED WITH CORE CONNECT:

Visit: support.corehandf.com

To Request Access: Click 'Sign Up' and fill out the form

To log in: Click 'Log In' and enter your credentials

For more info on using Core Connect: Click 'HELP' and select 'USING THIS SITE' for video tutorials.



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