

# NAUTILUS HUMANSPORT™



\*Equipment shown in custom colors

## ARM CRUNCH HSAC3

HumanSport is so simple, intuitive and natural that it feels as if it were custom-built for each and every user. Seven cable-based machines with dual weight stacks provide a complete range of workouts for total body training. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.

### PRODUCT DIMENSIONS

WIDTH	39 IN (99 CM)
LENGTH	43 IN (109 CM)
HEIGHT	68 IN (172 CM)
STACK WEIGHT	2X 88 LBS (2X 40 KG)
OVERALL WEIGHT	655 LBS (298 KG)
SHIPPING WEIGHT	767 LBS (348 KG)

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**ADJUSTMENTS & MOVEMENTS**

<b>USER DEFINED RANGE OF MOTION</b>	Yes, seat is eliminated to facilitate exercise in the standing position and provide multiple arm curling motions pronated, supinated and hammer curls. Adjustable lumbar pads provides stabilization for abdominal movements
<b>ASSISTED ADJUSTMENTS</b>	Yes, gas assist shock
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	Yes, Unilateral or bilateral use user defined
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	Yes, user defined
<b>PULLEY RATIO</b>	2:1 ratio

**FRAME SPECIFICATIONS & CABLE INFORMATION**

<b>STANDARD FRAME COLOR OPTIONS</b>	Silver with wood trim, Black with carbon fiber trim
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	Black
<b>FRAME FINISH</b>	Electrostatic Powder coating
<b>CUSTOMIZABLE PAINT OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE BRANDING OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CABLE VS. BELT DRIVEN TRANSMISSION</b>	3mm cable driven
<b>BOLT DOWN LOCATIONS DEFINED</b>	Yes
<b>INTEGRATED LEVELING SYSTEM</b>	No, rubber feet for floor protection
<b>HARDWARE TYPE</b>	Hex / Button Head
<b>TUBING STYLE &amp; THICKNESS</b>	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

**USER SPECIFIC INFORMATION**

<b>STATIC PLACARDS</b>	Start finish diagram
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	Yes
<b>ANIMATED LENTICULAR</b>	No
<b>SAFETY CATCH &amp; STOPS</b>	No
<b>WATER BOTTLE HOLDER</b>	No
<b>PHONE HOLDER</b>	No
<b>GRIP SPECIFICATIONS</b>	Multiple accessory handle configurations with multiple D-rings to support varying levels of pre-stretch and modalities. Abdominal crunch straps can be used for overhead triceps extension
<b>FOOT PLATFORM</b>	Steel foot platform with black traction paint
<b>CONTOURED PADS</b>	Yes
<b>RESTRAINT SYSTEM</b>	No but wheelchair accessible

**WEIGHT STACK SPECIFICATIONS**

<b>TOTAL STACK WEIGHT</b>	Stack Weight Capacity: 2x 88 lbs (2x 40 kg)
<b>INCREMENTAL WEIGHT SYSTEM</b>	No
<b>WEIGHT STACK TOWER HEIGHT</b>	65 in (165 cm)
<b>PLATE LOADED</b>	N/A
<b>WEIGHT STORAGE SOLUTION</b>	N/A
<b>LNL TECHNOLOGY</b>	Yes, standard
<b>ADD-ON RESISTANCE AVAILABLE</b>	No
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	Inside and outside steel shrouds.

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

