

# NAUTILUS PLATE LOADED



\*Equipment shown in ~60

## FREEDOM RACK® NP-L8507

Working out with plates is one of the most effective ways to train, which is why plate loaded machines are a staple for facilities. Whether you are looking to build a full strength circuit or round out your offering with specific pieces, Nautilus Plate Loaded offers the best machines for plate workouts. Each machine is built strong enough to stand up to full commercial use and is designed to make plate workouts as effective, rewarding and safe as possible.

### PRODUCT DIMENSIONS

WIDTH	75 IN (191 CM)
LENGTH	83 IN (211 CM)
HEIGHT	90 IN (229 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	655 LBS (297 KG)
SHIPPING WEIGHT	829 LBS (376 KG)

## ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes, unique technology provides simultaneous bar movement both vertically and horizontally
ASSISTED ADJUSTMENTS	Unique design provides the safety of a Smith Machine with the exercise diversity of a Power Rack. Unique technology provides simultaneous bar movement both vertically and horizontally.
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	N/A
UNILATERAL OR BILATERAL MOVEMENT	N/A
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	N/A

## FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Matte Black (-60)
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	N/A
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	N/A
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

## USER SPECIFIC INFORMATION

STATIC PLACARDS	Yes, intuitive user placards featuring 20 detailed exercise explanations are conveniently located within the unit
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	Multiple bar rack safety catches offer forward, rear and lower racking for enhanced safety
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Integrated multi-grip pull-up station
FOOT PLATFORM	N/A
CONTOURED PADS	N/A
RESTRAINT SYSTEM	Multiple bar rack safety catches offer forward, rear and lower racking for enhanced safety

## WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	N/A
INCREMENTAL WEIGHT SYSTEM	N/A
WEIGHT STACK TOWER HEIGHT	N/A
PLATE LOADED	Custom rotating 44 lb (20 kg) Olympic bar
WEIGHT STORAGE SOLUTION	Complete Olympic plate storage
LNL TECHNOLOGY	N/A
ADD-ON RESISTANCE AVAILABLE	500 lb (227 kg) max load capacity
WEIGHT STACK SHROUD SPECIFICATIONS	N/A

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.

