

**NAUTILUS**  
**ONE™**

**NAUTILUS**  
TRUSTED STRENGTH CENTER



*\*Equipment shown in custom colors*

## FOLLOW YOUR INTUITION

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



### UNIQUE WEIGHT SELECTION DIAL

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



### INNOVATIVE AND UNIFIED TOWERS

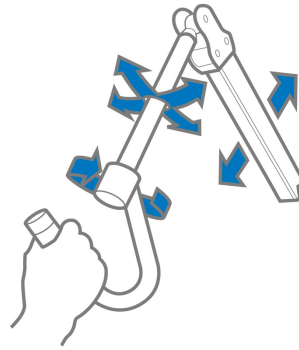
Genius in its simplicity, the Nautilus One line features compact unified towers, each with patented weight stack technology and the unique weight selection dial. Plates are stacked side-by-side with minimal use of pulleys and belts to allow for natural movement mechanics that give a smooth, plate-loaded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

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



### ROW S6MR

<b>W</b>	54 IN (137 CM)
<b>L</b>	62 IN (157 CM)
<b>H</b>	47 IN (119 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	727 LB (330 KG)
<b>SHIPPING WEIGHT</b>	849 LB (385 KG)



### ERGO GRIP TECHNOLOGY

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



### LAT PULLDOWN S6LATP

<b>W</b>	51 IN (130 CM)
<b>L</b>	72 IN (183 CM)
<b>H</b>	87 IN (221 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	780 LB (354 KG)
<b>SHIPPING WEIGHT</b>	913 LB (414 KG)



### CHEST PRESS S6CP

<b>W</b>	64 IN (163 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	75 IN (191 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	745 LB (338 KG)
<b>SHIPPING WEIGHT</b>	865 LB (393 KG)



### SHOULDER PRESS S6SP

<b>W</b>	64 IN (163 CM)
<b>L</b>	59 IN (150 CM)
<b>H</b>	62 IN (157 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	751 LB (341 KG)
<b>SHIPPING WEIGHT</b>	891 LB (404 KG)



### BICEP CURL S6BC

<b>W</b>	63 IN (160 CM)
<b>L</b>	51 IN (130 CM)
<b>H</b>	51 IN (130 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	708 LB (321 KG)
<b>SHIPPING WEIGHT</b>	840 LB (381 KG)



### ABDOMINAL CRUNCH S6AB

<b>W</b>	55 IN (140 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	59 IN (150 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	760 LB (345 KG)
<b>SHIPPING WEIGHT</b>	869 LB (394 KG)



### TRICEP PRESS S6TP

<b>W</b>	58 IN (147 CM)
<b>L</b>	59 IN (150 CM)
<b>H</b>	47 IN (119 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	815 LB (370 KG)
<b>SHIPPING WEIGHT</b>	851 LB (386 KG)



### FOUR-WAY NECK MACHINE S6FWN

<b>W</b>	64 IN (163 CM)
<b>L</b>	46 IN (117 CM)
<b>H</b>	57 IN (145 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	789 LB (358 KG)
<b>SHIPPING WEIGHT</b>	825 LB (375 KG)



**LEG PRESS S6LP**

<b>W</b>	51 IN (130 CM)
<b>L</b>	72 IN (183 CM)
<b>H</b>	57 IN (144 CM)
<b>STACK WEIGHT</b>	425 LB (200 KG)
<b>OVERALL WEIGHT</b>	1179 LB (535 KG)
<b>SHIPPING WEIGHT</b>	1314 LB (596 KG)



**ROTARY TORSO S6RT**

<b>W</b>	41 IN (104 CM)
<b>L</b>	71 IN (180 CM)
<b>H</b>	47 IN (119 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	701 LB (318 KG)
<b>SHIPPING WEIGHT</b>	825 LB (375 KG)



**LOW BACK S6LB**

<b>W</b>	51 IN (130 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	49 IN (124 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	719 LB (326 KG)
<b>SHIPPING WEIGHT</b>	845 LB (384 KG)



**HIP ABDUCTION/ADDUCTION S6AA**

<b>W</b>	41 IN (104 CM)
<b>L</b>	87 IN (221 CM)
<b>H</b>	48 IN (122 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	751 LB (341 KG)
<b>SHIPPING WEIGHT</b>	900 LB (408 KG)



**SEATED LEG CURL S6LC**

<b>W</b>	52 IN (132 CM)
<b>L</b>	64 IN (163 CM)
<b>H</b>	49 IN (124 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	758 LB (344 KG)
<b>SHIPPING WEIGHT</b>	893 LB (405 KG)



**LEG EXTENSION S6LE**

<b>W</b>	52 IN (132 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	49 IN (124 CM)
<b>STACK WEIGHT</b>	250 LB (125 KG)
<b>OVERALL WEIGHT</b>	729 LB (331 KG)
<b>SHIPPING WEIGHT</b>	864 LB (392 KG)

## ADJUSTMENTS & MOVEMENTS

<b>USER DEFINED RANGE OF MOTION</b>	Yes on select models
<b>ASSISTED ADJUSTMENTS</b>	Yes, gas assist
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes on all units
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	Unilateral and Bilateral dependent on SKU
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	Yes, unit dependent; converging movement arms with multiple hand position options for a variety of movement options
<b>PULLEY RATIO</b>	N/A

## FRAME SPECIFICATIONS & CABLE INFORMATION

<b>STANDARD FRAME COLOR OPTIONS</b>	Silver, White, Black
<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>	Belt drive
<b>BOLT DOWN LOCATIONS DEFINED</b>	Yes
<b>INTEGRATED LEVELING SYSTEM</b>	No
<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
<b>HEIGHT</b>	Machine dependent
<b>WIDTH</b>	Machine dependent
<b>LENGTH</b>	Machine dependent
<b>SHIPPING WEIGHT</b>	Machine dependent

## USER SPECIFIC INFORMATION

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

## WEIGHT STACK SPECIFICATIONS

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

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

