

# NAUTILUS PLATE LOADED



## SMITH MACHINE NP-L8500

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	89 IN (226 CM)
LENGTH	67 IN (170 CM)
HEIGHT	82 IN (208 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	648 LBS (294 KG)
SHIPPING WEIGHT	794 LBS (360 KG)

**ADJUSTMENTS & MOVEMENTS**

<b>USER DEFINED RANGE OF MOTION</b>	Yes, enhanced biomechanics with a 7 degree angle for squatting and pressing motions
<b>ASSISTED ADJUSTMENTS</b>	Yes, Gravity assisted positioning
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	N/A
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	N/A
<b>PULLEY RATIO</b>	N/A

**FRAME SPECIFICATIONS & CABLE INFORMATION**

<b>STANDARD FRAME COLOR OPTIONS</b>	Matte Black (-60)
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	N/A
<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>	N/A
<b>CUSTOMIZABLE BRANDING OPTIONS AVAILABLE</b>	No
<b>CABLE VS. BELT DRIVEN TRANSMISSION</b>	N/A
<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>	No
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	N/A
<b>ANIMATED LENTICULAR</b>	No
<b>SAFETY CATCH &amp; STOPS</b>	Adjustable red safety catches to insure proper execution of all exercises
<b>WATER BOTTLE HOLDER</b>	No
<b>PHONE HOLDER</b>	No
<b>GRIP SPECIFICATIONS</b>	Rubber, smaller grips.
<b>FOOT PLATFORM</b>	N/A
<b>CONTOURED PADS</b>	N/A
<b>RESTRAINT SYSTEM</b>	Rotating Olympic handle insures easy release and reset of bar with each set & adjustable red safety catches to insure proper execution of all exercises

**WEIGHT STACK SPECIFICATIONS**

<b>TOTAL STACK WEIGHT</b>	N/A
<b>INCREMENTAL WEIGHT SYSTEM</b>	N/A
<b>WEIGHT STACK TOWER HEIGHT</b>	N/A
<b>PLATE LOADED</b>	Counterbalanced Olympic bar with 12 lb (5.5 kg) starting resistance
<b>WEIGHT STORAGE SOLUTION</b>	Six, marked weight storage pegs per side to accommodate all plate increments
<b>LNL TECHNOLOGY</b>	N/A
<b>ADD-ON RESISTANCE AVAILABLE</b>	Yes, max load capacity 8-45 lb (20 kg) plates per side
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	N/A

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