



Nautilus ONE

The result is a line of equipment that finally brings single-station training into the 21st century.

DIAL "ONE" for
Unprecedented
Results

Introducing the Nautilus
ONE line, the next
generation of single-
station strength.

Nautilus ONE
equipment combines
a revolutionary new
weight stack technology
with the most intuitive
and user-friendly
selection method ever
created: a dial.



Weight Tower

All units utilize a single weight tower design, always placed on the same side of the movement. The weight tower is only 47" high, creating an open, uncluttered look.



The Technical Details

These machines are genius in their simplicity.

- Patented weight stack technology - a rack of plates, stacked side-by-side
- Turning the dial engages "hook" mechanism to select desired weight
- Fewer pulleys and belts than current weight stack technologies, no guide rods and no weight stack pins
- The result is a smooth, plate-loaded workout feel from a selectorized machine

Weight System

- Range of motion limiters available
- All machines (except Leg Press) come standard with 250 lb. weight system, adjustable in 10 lb. increments (10, 20, 30...); incremental weight is a 5 lb increment; total weight potential is 255 lbs.
- Leg Press standard with 425 lbs., adjustable in 25 lb. increments (50, 75, 100...); incremental weights are adjustable in 5 lb. increments (+5, +10, +15, +20); total weight potential is 445 lbs.

Ever turned a door knob?
Then you already know how to
use Nautilus ONE equipment!

- Select weight with the simple turn of the aluminum dial - It's that easy
- The dial is based on the incredibly successful Select Tech® dumbbells
- The dial is always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection



Options:

- All machines can be purchased with the standard 250 lb. weight system, which features incremental weights that are adjustable in 1 lb. increments (+1, +2, +3 ...+9); and are easily and safely selected as part of the dial mechanism. Total weight potential is 259 lbs.
- Each machine is upgradable to the 425 lb. weight system, adjustable in 25 lb. increments (50, 75, 100); incremental weights are adjustable in 5 lb. increments (+5, +10, +15, +20); and are easily and safely selected as part of the dial mechanism. Total weight potential is 445 lbs.



Ultimate User Experience

- Supports and comfort from custom contoured, hand-crafted upholstery
- Easy, smooth user set-up with standard hydraulic seat adjustments
- Instructional placards are large and graphical - no text - and utilize lenticular images (they move as you move your head) to visually demonstrate correct movement
- Proper machine set-up is facilitated by large red markers on axis points that aid users in proper joint alignment





Nautilus ONE

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

Upper Body



LAT PULLDOWN S6LATP

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation which reduces stress at the wrist

Dimensions:
72" L x 59" W x 88" H
183 L x 148 W x 223 H cm

Upper Body

ROW S6MR

- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hands supination and pronation
- Foot pads and adjustable chest pad provide user stabilization

Dimensions:
69" L x 57" W x 48" H
174 L x 144 W x 121 H cm



Upper Body



CHEST PRESS S6CP

- Converging movement arms with multiple hand position options for a variety of movement options

Dimensions:
58" L x 66" W x 76" H
147 L x 168 W x 192 H cm

Upper Body

PEC FLY S6PF

- Smart Arm linkage provides varying radius throughout range of movement
- Adjustable starting position allows for different-size users
- Arm pad design allows for both internal and external arm positions

Dimensions:
57" L x 69" W x 54" H
145 L x 174 W x 137 H cm



Upper Body

BICEPS CURL S6BC

- Front, open entry for easy entrance/exit for users of all conditioning levels
- Pivoting Ergo Handles accommodate varying user sizes
- Independent, pivoting movement arms allow user to curl towards the center line of the body for more complete contraction

Dimensions:
42" L x 65" W x 55" H
106 L x 165 W x 139 H cm



Upper Body

TRICEPS EXTENSION S6TE

- Front open entry for easy entrance/exit for users of all conditioning levels
- Independent movement arms for a balanced workout

Dimensions:
42" L x 63" W x 52" H
106 L x 160 W x 131 H cm



Upper Body

TRICEPS PRESS S6TP

- Front, open entry for easy entrance/exit for users of all conditioning levels
- Smart Arm linkage for multiple, user-defined paths

Dimensions:
58" L x 60" W x 48" H
147 L x 151 W x 121 H cm

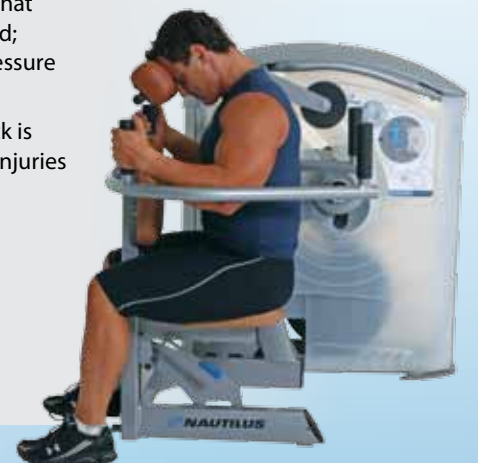


Upper Body

FOUR-WAY NECK MACHINE S6FWN

- The forehead pad is made of visco-elastic foam that forms to your forehead; this eliminates the pressure on your face
- Strengthening the neck is essential in reducing injuries for athletes

Dimensions:
42" L x 65" W x 58" H
106 L x 164 W x 147 H cm





Nautilus ONE

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

Upper Body

LATERAL RAISE S6LR

- Pivoting handle grips accommodate different-sized users
- Independent movement arms for a balanced shoulder workout



Dimensions:
44" L x 58" W x 58" H
110 L x 147 W x 146 H cm

Upper Body

SHOULDER PRESS S6SP

- Front press movement with converging arms minimizes shoulder impingement
- Multiple grips provide hand position options



Dimensions:
60" L x 66" W x 63" H
151 L x 167 W x 160 H cm

Core

LOW BACK S6LB

- The only full range lumbar isolated machine that emulates the function of rotation around multiple vertebrae
- Contoured lower back pad allows full range extension



Dimensions:
50" L x 52" W x 51" H
127 L x 133 W x 129 H cm

Core

ABDOMINAL CRUNCH S6ABC

- The only TRUE abdominal crunch machine!
- Combination of upper and lower movement arms reinvents the original Nautilus' abdominal crunch (the 'clamshell') with modern-day technology
- Four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ultimate user feel



Dimensions:
43" L x 56" W x 59" H
109 L x 142 W x 149 H cm

Lower Body

LEG EXTENSION S6LE

- Maximum range extension while maintaining proper knee alignment
- Leg pad adjustment accessible from seated position for easy adjustment
- Reclined seat angle promotes full range quadriceps contraction



Dimensions:
54" L x 53" W x 50" H
136 L x 133 W x 127 H cm

Lower Body

LEG PRESS S6LP

- Maximum muscle involvement with minimum knee and back stress in a compact footprint
- Four-bar linkage technology controls position and angle of foot platform and provides optimal biomechanics
- Low height and integrated handle on platform to aid entry/exit
- Extra wide platform allows varying foot placement
- Overstuffed, adjustable contoured back pad for comfort, with ratcheting adjustment for stability



Dimensions:
73" L x 52" W x 50" H
184 L x 132 W x 126 H cm

Lower Body

HIP ABDUCTION/ADDUCTION S6AA

- Two biomechanically correct movements in one machine, each with individual strength curve
- Weight tower position provides user privacy and easy accessibility
- Adjustable range of motion for customization to individual user needs



Dimensions:
74" L x 48" W x 49" H
188 L x 121 W x 123 H cm

Lower Body

SEATED LEG CURL S6LC

- Advanced coupled movement arm technology creates the first seated leg curl machine to enable proper knee axis alignment throughout movement
- Knee and tibia pad adjustment handles accessible from seated position for easy set-up



Dimensions:
65" L x 53" W x 50" H
164 L x 133 W x 126 H cm



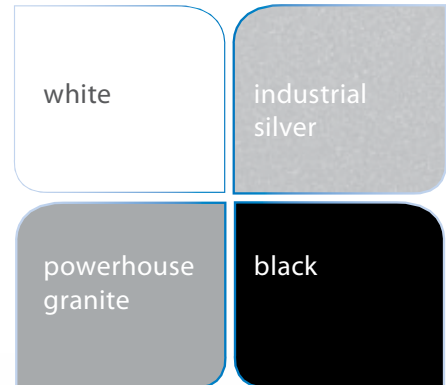
Color Options

Nautilus® brand fitness equipment frames are available in four standard colors.

Our marine-grade upholstery is built to withstand rigorous use, and is available in twelve different standard colors.

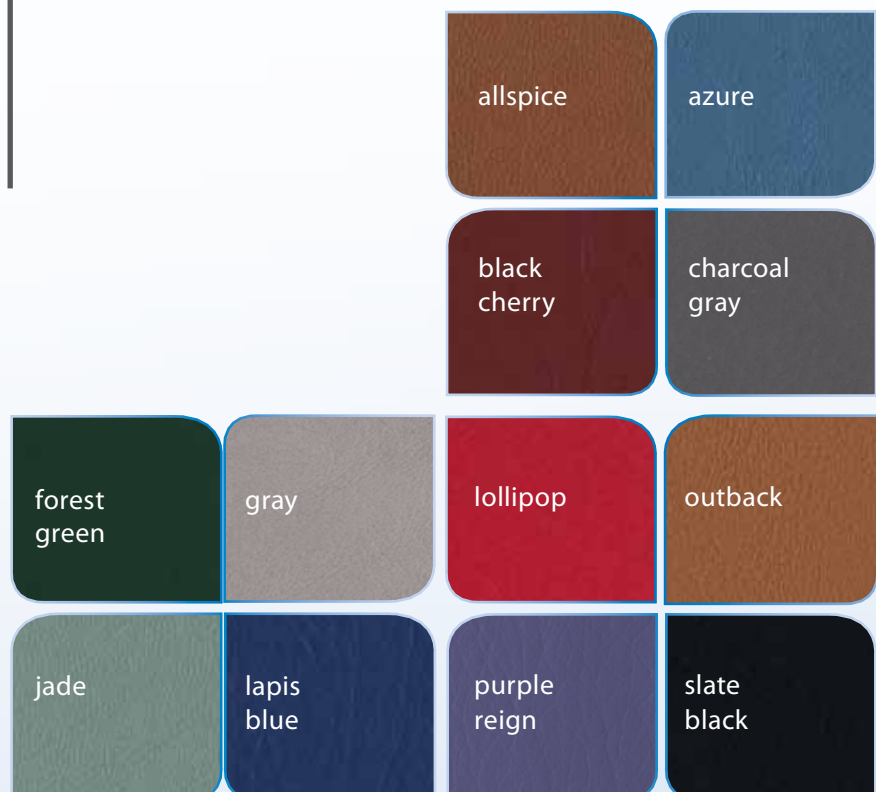
Custom colors are available on request.

Frame:



Upholstery:

(Due to the nature of the printing process, texture and colors are approximate.)





Warranty

Why Nautilus

40 YEARS AGO, NAUTILUS* PRACTICALLY INVENTED FITNESS EQUIPMENT. WE'VE BEEN REINVENTING IT EVER SINCE.

In 1970, we designed and built the first machines that applied greater resistance in exercise motions where muscles are strongest and less resistance where muscles are weakest. By 1984, our strength machines were being used in more than 3,000 gyms. And since then, our fitness equipment has been embraced by millions of people in thousands of health clubs around the world.

Today, we continue to be the #1 name in fitness equipment. With over 30 international patents, our passion for innovation and our pursuit of perfection is unmatched by any other fitness-equipment manufacturer. We involve athletes and fitness experts in every step of product development to ensure user functionality and superior results.

No matter which Nautilus® commercial products you choose, you'll find the ideal combination of cutting-edge technology, superb craftsmanship and heavy-duty club quality materials. With our tradition of excellence, you can be sure that Nautilus® products are designed for a lifetime of use.

A Warranty That Endures

We've stood behind our products for more than four decades. Nautilus® Commercial Fitness Equipment continues that tradition with some of the best warranties in the industry. You get a 12-year warranty on the frames, welded parts and weight stacks; a 3-year warranty on other moving parts; a 1-year labor warranty;* and a 6-month warranty on upholstery, pads, grips and tethered weight-stack pins.

*The labor warranty is not applicable to shipments outside of the United States.

First We Test Our Strength Equipment. Then We Torture It.

You can count on Nautilus® Commercial Fitness Equipment to handle the never-ending demands of your members. Every Nautilus® product goes through rigorous testing in the harshest environments under the most extreme performance conditions. And all testing is done in-house with a dedicated team of engineers.