



# Nautilus EVO™

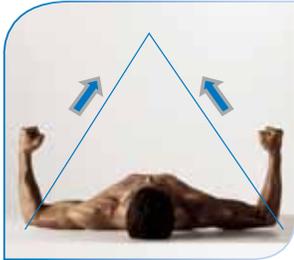
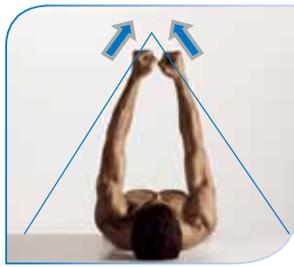
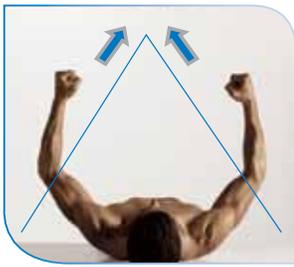
## Optimal Strength Curve Technology™

You have to feel it to believe it. Nautilus EVO™ equipment adapts itself to the way the body moves-instead of forcing users to adapt to the machine.

The patented, four-bar linkage system directs the movement through its entire range for better, quicker results.

Durability is a given. Industrial-grade components, 2" x 4" steel frames, and superior construction go into every machine we build. Our equipment even meets GSA qualification standards.





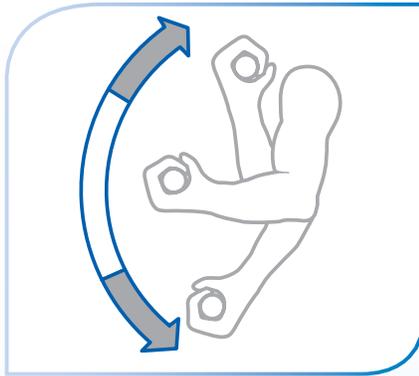
### Converging Press Arms - The Correct Way to Work Out

Instead of forcing users to follow an incorrect path of motion, Nautilus EVO<sup>®</sup> equipment provides a proper movement path. The independent converging press arms also ensure greater rotation in the shoulder joint for greater muscle contraction.

### Barriers: Zero. Performance: Amazing.

During any exercise, an individual's strength varies at different points. Other machines don't address this strength curve - instead, the weight remains constant from beginning to end. This can limit muscle recruitment and overall performance.

Enter Optimal Strength Curve Technology.<sup>™</sup> Driven by our four-bar linkage system, cam design, or a combination of both, this unique technology dynamically matches the body's potential increases and decreases in strength. Nautilus EVO<sup>®</sup> equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Leading to unprecedented results.



### Optimal Strength Curve Technology<sup>™</sup>

Ensures smooth resistance and proper muscle loading through the entire movement

- Equal to or greater than selected weight
- Less than selected weight

And while the Nautilus EVO<sup>®</sup> line offers a powerful workout, the equipment is intuitive enough for novices to use.



Introducing our patent-pending 5 lb. increment weight stack

It accommodates slight strength gains and eliminates friction and maintenance of add-on weights. Proprietary pin design limits pilferage and misuse liability



Updated exercise placards with EVO<sup>®</sup> exercise descriptions. integrated parts schematic inside shroud simplifies service

Updated sleek, fully-enclosed weight shields that protect users (and looks very cool!)

Marine-grade, contoured upholstery (same as Nautilus ONE<sup>®</sup>!) for added comfort, longevity and improved aesthetics

Enlarged bottle holder and towel knob for convenience





# Nautilus EVO

Our upper-body and core equipment is devoted to sculpting the chest, back, arms, shoulders and abs.

## Upper Body

### VERTICAL CHEST S9VC

Ensures maximum pec contraction. The machine also offers two handle positions, depending on the user's preference. Back pads adjust to a variety of starting positions.



Dimensions:  
57" L x 41" W x 71" H  
144 L x 102 W x 181 H cm

## Upper Body

### INCLINE PRESS S9IP

The 35° angle targets the upper chest muscles.



Dimensions:  
66" L x 46" W x 56" H  
167 L x 117 W x 140 H cm

## Upper Body

### PEC FLY S9PF

Features a rotation angle of 170° to work the lower portion of the pecs.



Dimensions:  
62" L x 37" W x 58" H  
157 L x 93 W x 147 H cm

## Upper Body

### REAR DELT/PEC FLY S9RDPF

This dual-purpose machine features a single overhead adjustment, enabling users to perform either exercise from the same position. Adjustable back pads allow for varying starting positions.



Dimensions:  
69" L x 41" W x 74" H  
174 L x 105 W x 187 H cm

Shown with optional footrest: 95-0570



## Upper Body

### MID ROW S9MR

The arms allow for user-defined paths of motion, and the rotating handles follow the body's natural movement.



Dimensions:  
64" L x 40" W x 55" H  
161 L x 100 W x 138 H cm

## Upper Body

### PULLOVER S9PO

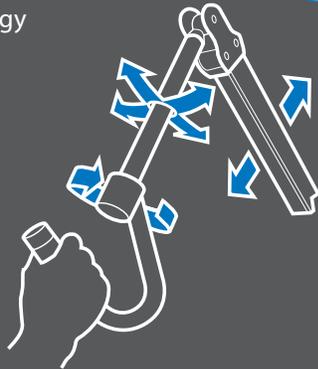
This powerful machine provides 250° of shoulder rotation, working the lats, pecs and abs.



Dimensions:  
59" L x 49" W x 68" H  
150 L x 125 W x 171 H cm

## Features Ergo Grip Technology

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



## Upper Body

### COMPOUND ROW S9CR

The arms enable user-defined paths of motion, and the handles rotate for a more natural feel.



Dimensions:  
86" L x 37" W x 67" H  
218 L x 92 W x 170 H cm



# Nautilus EVO™

Dependent arm movement provides maximum stability and balanced resistance from beginning to end.

## Upper Body

### BICEPS CURL S9BC

The raised-arm design maximizes muscle contraction. The back pad adjusts to accommodate different users.



Dimensions:  
38" L x 46" W x 55" H  
97 L x 115 W x 139 H cm

## Upper Body

### PREACHER CURL S9PC

Simulates the movement of an EZ curl bar to build the biceps while reducing wrist strain.



Dimensions:  
49" L x 41" W x 55" H  
123 L x 104 W x 138 H cm

## Upper Body

### TRICEPS EXTENSION S9TE

This machine features a raised-arm design for more targeted workouts, and an adjustable back pad.



Dimensions:  
38" L x 46" W x 63" H  
97 L x 115 W x 160 H cm

## Upper Body

### V-TRICEPS EXTENSION S9VTE

Adjustable seat and back pads ensure that the elbow joints are properly aligned.



Dimensions:  
51" L x 41" W x 58" H  
130 L x 104 W x 146 H cm



### Upper Body

#### OVERHEAD PRESS S9OP

This machine provides an easy entry start position without compromising the user's full range of motion.

Dimensions:  
57" L x 41" W x 58" H  
145 L x 104 W x 147 H cm

### Upper Body

#### LATERAL RAISE S9LR

Provides a full-range, single-joint rotary movement for the deltoids.

Dimensions:  
54.5" L x 36.5" W x 59" H  
138 L x 93 W x 150 H cm



### Upper Body

#### SEATED DIP S9SD

This machine positions the torso forward for better triceps contraction.

Dimensions:  
40" L x 48" W x 55" H  
102 L x 122 W x 138 H cm



### Upper Body

#### LAT PULLDOWN S9LATP

Effectively works the back muscles while reducing shoulder stress. The handles rotate for a more natural feel.

Features  
Ergo Grip  
Technology

Dimensions:  
74" L x 31" W x 89" H  
186 L x 79 W x 226 H cm





# Nautilus EVO™

The comfortable seats and back pads adjust easily to fit a wide range of users.

## Core

### LOWER BACK S9LB

Works the lumbar muscles while eliminating pressure on the spine. The adjustable foot platform ensures proper form.



Dimensions:  
58" L x 42" W x 55" H  
146 L x 106 W x 138 H cm

## Core

### ROTARY TORSO S9RT

The patented design provides upper-body stability for a more effective oblique workout.



Dimensions:  
65" L x 48" W x 55" H  
164 L x 122 W x 139 H cm

## Core

### ABDOMINAL S9AB

This true abdominal crunch machine keeps the upper and lower body stable to fully target the muscles.



Dimensions:  
42" L x 45" W x 55" H  
106 L x 113 W x 139 H cm

## Combination

### GRAVITRON™ MACHINE S9GRV

Our weight-assisted machine allows almost any user to perform chin-ups, pull-ups and vertical dips.



Dimensions:  
70" L x 47" W x 85" H  
178 L x 119 W x 216 H cm

## Lower Body

### LEG PRESS S9LP

The four-bar linkage foot platform articulates with the knees to reduce knee shear. The back pad adjusts, allowing users to recruit more or fewer muscles.

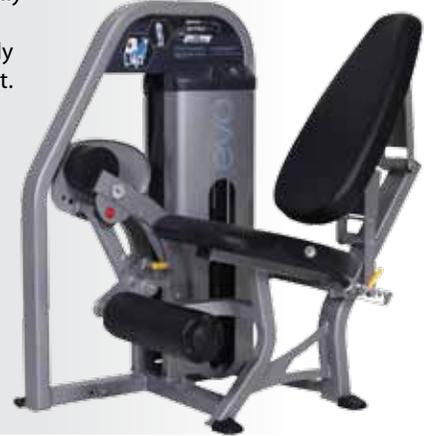


Dimensions:  
81" L x 42" W x 68" H  
205 L x 105 W x 171 H cm

## Lower Body

### LEG EXTENSION S9LE

Positions the body to fully isolate the quads. The movement arm is heavily padded for user comfort.



Dimensions:  
53" L x 38" W x 55" H  
135 L x 97 W x 138 H cm

## Lower Body

### PRONE LEG CURL S9LCP

The cam design encourages full contraction of the hamstrings.



Dimensions:  
70" L x 38" W x 58" H  
178 L x 95 W x 147 H cm

## Lower Body

### SEATED CALF S9SC

The stationary heel rest and trailing linkage movement arm offer superior muscle isolation.



Dimensions:  
63" L x 36" W x 55" H  
158 L x 91 W x 138 H cm

## Lower Body

### SEATED LEG CURL S9LC

Allows users to build stronger hamstrings from a seated position with minimal knee strain.



Dimensions:  
59" L x 39" W x 55" H  
150 L x 98 W x 138 H cm

## Lower Body

### HIP ABDUCTION/ADDUCTION S9AA

Offers users an outer-hip and inner-thigh workout in a single, space-saving machine. Adjustable back pad ensures proper positioning.



Dimensions:  
67" L x 36" W x 57" H  
169 L x 91 W x 143 H cm



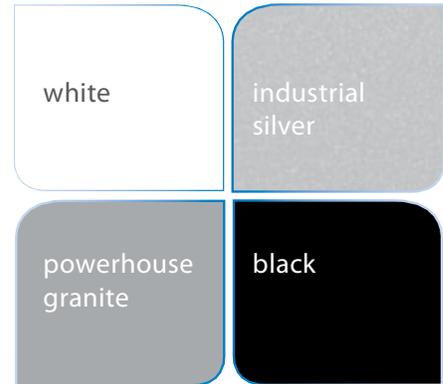
# Color Options

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.