

# Nautilus One®

## MEDICAL / REHAB

### The Future is One

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

### It's All About the Dial

**Reliable and effective equipment that produces results** — The Nautilus One® line builds on the brand's heritage of superior biomechanics through the use of unique cam designs and four-bar linkage technology combined with a revolutionary new weight engine that eliminates the friction of guide-rods and pins for smooth, plate-loaded experience.

**Ease of use** — The Nautilus One® line incorporates numerous features, like the "Click-N-Go" weight adjustment dial, hydraulic seats, range of motion limiters, low profile weight towers, non language based instruction placards, easy to see axis indicators, and entry/exit handles, making the equipment non-intimidating and extremely easy to use.

**Education and motivation** — The Nautilus Institute® provides training resources and tools to increase usage, results, and improve your return on investment through access to well-known industry experts and ongoing research regarding workout effectiveness for the aging population.



### Reduce Your Maintenance Costs

What if we told you that not only is Nautilus One® equipment superior in look and feel, but it's also easier to maintain? There's no guide rods to lubricate and no weight stack pins to bend or get lost, reducing total cost of ownership. Nautilus One® equipment also features marine grade upholstery that is exceptionally durable.



### Nautilus One® Leg Press Features:

- Builds leg strength for walking, fall prevention, and general stability
- Maximum muscle involvement with minimum knee and back stress in a small footprint
- Four-bar linkage technology controls position and angle of foot platform, providing 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
- Optional terminal range of motion control device to prevent hyperextension of knees
- Starting weight at five pounds and adjustable in five pound increments to a total of 445 pounds
- Dimensions: 57" H x 62" L x 51" W



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### Nautilus One® Low Back Features:

- Builds core strength for stability, posture, balance, and reduced pain
- The only full range lumbar isolated machine that emulates the function of rotation around multiple vertebrae
- Contoured lower back pad for safe and proper extension
- Optional range of motion control device to easily vary starting position
- Starting weight at one pound and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 49"H x 52" L x 50" W



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### Nautilus One® Mid Row Features:

- Builds arm strength and helps retract shoulders for improved breathing, posture, and balance
- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation
- Foot pads and adjustable chest pad provide user stabilization
- Easy entry and exit
- Range of motion can be varied through seat adjustment
- Starting weight at one pound and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 50" H x 67" L x 49" W



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### Nautilus One® Tricep Press Features:

- Builds arm and shoulder strength for getting out of chairs, picking things up, and carrying items
- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation
- Foot pads and adjustable chest pad provide user stabilization
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### Nautilus One® Abdominal Features:

- Builds core strength for stability, posture, balance, and reduced pain
- 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
- Optional range of motion control device to easily vary starting position
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### Nautilus One® Shoulder Press Features:

- Builds arm and shoulder strength for getting out of chairs, picking things up, and carrying items
- Front press movement with converging arms minimizes shoulder impingement
- Multiple grips provide hand position options
- Range of motion can be varied through seat adjustment
- Starting weight at one pound and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 63" H x 63" L x 64" W



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### Nautilus One® Hip Abduction/ Adduction Features:

- Builds leg strength for walking, fall prevention, and general stability
- 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
- Starting weight at one pound and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 53" H x 40" L x 70" W

