

Nautilus One®

Medical / Rehab / Senior



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. This technology allows increments changes of one pound on all but the Leg Press.

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, and QR scans features Dr. Wayne Westcott, easy to see axis indicators, and entry/exit handles, making the equipment non-intimidating and extremely easy to use.



Range Limiters and Stability Belts

Starting range-of motion limiters are available on most Nautilus One® machines and stability belts are standard on applicable machines.

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.

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Range Limiters

Starting range-of-motion limiters are available on all Nautilus One® machines. These ROM limiters are an excellent option for those environments where the user may not have the flexibility to stretch to the normal starting position due to injury, recent surgery, deconditioning, or age. Leg Press offers a terminal Range of motion limiter.



- Unique coupling design allows adjustment of the stretch position of the machine while maintaining the correct strength curve of the movement. Unlike our competitors who merely uncouple the movement arm from the cam, Nautilus range limiters have always insured the movement arm is synchronized with the intended strength curve.
- Easy access to adjustment lever from users position or by an attending clinician.
- Adjustment resolution leads the industry in precision. This is accomplished by an innovative, gear based, hi-resolution mechanism instead of a pop pin system utilized by other manufacturers.
- Easy to read range indicator (Goniometer) for accurate repeatability.
- Machine aesthetics are preserved by incorporating the ROM mechanism into the shielded weight tower.



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Nautilus One® Leg Press Features:

- Builds leg strength for walking, fall reduction, and general stability
- Six hip rotation and 13 knee flexion adjustments
- 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
- Features terminal range of motion control device to prevent hyperextension of knees
- Adjustable in five pound increments to a total of 385 pounds, medical weight stack with lighter starting weight
- Dimensions: 49"H x 75"L x 51"W



Why is wheelchair access to a leg press germane?

Because many times the reason a person is confined to a wheelchair is not injury or infirmity- simply muscular weakness. Address the loss of muscle mass and "cure" the disease. The Nautilus ONE leg press seat is standard wheelchair height, with movable hand grips and dual safety access bars. The patient can enter at a high degree of knee flexion, and then the care giver can adjust the ROM while the patient/client is in the device.



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
- Lighter starting weight 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
- Optional Locking handle option
- Optional handle extender
- Foot pads and adjustable chest pad provide user stabilization
- Easy entry and exit
- Optional range of motion control device to easily vary starting position
- Range of motion can be varied through seat adjustment
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 50"H x 62"L x 54"W



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
- Optional Locking handle option
- Foot pads and adjustable chest pad provide user stabilization
- Easy entry and exit
- Range of motion can be varied through seat adjustment
- Lighter starting weight 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® 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 ideal rectus abdominus isolation
- Optional range of motion control device to easily vary starting position
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 59"H x 54"L x 56"W



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
- Optional counterbalance arm weight kit (18 lbs off weight)
- Range of motion can be varied through seat adjustment
- Lighter starting weight 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® Four Way Neck Features:

- 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, while seniors can greatly improve their breathing, speech, posture and chewing capabilities.
- 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: 57"H x 46"L x 64"W



Nautilus One® Leg Extension Features:

- 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
- Range of motion can be varied through seat adjustment
- Optional range of motion control device to easily vary starting position
- Lighter starting weight 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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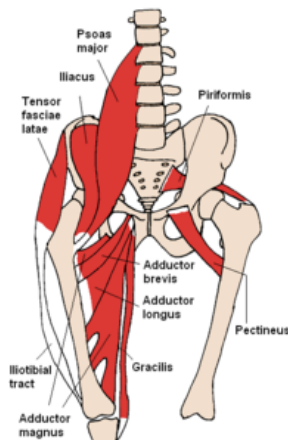


Nautilus One® Hip Abduction/Adduction Features:

- 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
- Removable thigh pads for easy access
- Adjustable range of motion for customization to individual user needs
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 53"Hx40"Lx70"W



Strengthening adductor muscles has been correlated with improving bladder and bowel control in the elderly, increasing stability and lateral movement, and recovery of muscular strength.



The new removable thigh pad feature reduces the amount of hip flexor and knee flexion required to enter and exit the exercise position. This facilitates use by a greater spectrum of the population and reduces caregiver effort and injury risk.

Added to the safety of an enclosed weight mechanism, one pound increments, and superior bio-mechanics, the *Nautilus ONE®* hip ab/ad (Model S6AA) is the perfect solution for all long term care and rehabilitation facilities.



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Medical Fitness Solutions is a minority woman owned small business

“Improve your outcomes with MEND Functional Medical Nutrition”

“Sarcopenia has become a key measure of aging. Countering sarcopenia, and maintaining quality muscle, is critical to continuing an active, functioning lifestyle, not only physically, but also cognitively, as we age. The researched, targeted ingredients in MEND Regenerate, are used to build muscle, and when utilized in conjunction with effective, age appropriate strength training, for example using Nautilus Medical strength equipment, may produce optimum improvement in skeletal muscle and overall strength.”

Kevin Spelman, PHD

Ph.D. MCPP, Professor, Scientist, Leading Botanical Educator