

# NAUTILUS IMPACT™

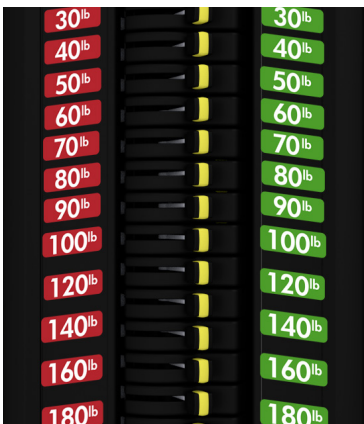
NAUTILUS  
TRUSTED STRENGTH CENTER



*\*Equipment shown in custom colors*

## PROVEN. SMART. EFFECTIVE.

It is the evolution of the proven biomechanics and user features that have made the Impact Strength line a solid, competitive product. This line retains all the unique, proven, individual design features that customers have stated are ideal, such as pre-stretch, start assist, range of motion selection and graduated heavy weight stacks. Impact Strength incorporates new aesthetics and biomechanics features that have established its position as a competitive and diverse strength product line.



### LOCK N LOAD WEIGHT SELECTION

Selecting a weight with the intuitive Lock N Load design is as easy as flicking a switch. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation. Lock N Load prevents unnecessary maintenance headaches since there are no pins to lose or replace.



### THE ESSENTIAL STRENGTH LINE

This 23 piece line covers all of the essentials needed make up the foundation of any facility. Suited for all fitness levels, users can isolate and focus on each body part, making their workout customizable and efficient. Proven biomechanics and a rock solid construction ensure the durability that club owners expect.

[corehealthandfitness.com](http://corehealthandfitness.com)



**SEATED LEG PRESS 9NA-S1305**

<b>W</b>	47 IN (119 CM)
<b>L</b>	74 IN (187 CM)
<b>H</b>	65 IN (165 CM)
<b>STACK WEIGHT</b>	360 LBS (180 KG)
<b>OVERALL WEIGHT</b>	968 LBS (439 KG)
<b>SHIPPING WEIGHT</b>	1078 LBS (489 KG)



**SEATED LEG CURL 9NA-S1313**

<b>W</b>	39 IN 99 CM)
<b>L</b>	70 IN (178 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LBS (130 KG)
<b>OVERALL WEIGHT</b>	664 LBS (301 KGS)
<b>SHIPPING WEIGHT</b>	732 LBS (332 KGS)



**KNEELING LEG CURL 9NA-S1311**

<b>W</b>	44 IN (112 CM)
<b>L</b>	51 IN (130 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	130 LBS (65 KG)
<b>OVERALL WEIGHT</b>	434 LB (197 KG)
<b>SHIPPING WEIGHT</b>	505 LB (229 KG)



**ABDUCTOR 9NA-S1307**

<b>W</b>	48 IN (122 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>OVERALL WEIGHT</b>	543 LB (237 KG)
<b>SHIPPING WEIGHT</b>	613 LB (278 KG)



**CHEST PRESS 9NA-S4301**

<b>W</b>	52 IN (132 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	596 LB (270 KG)
<b>SHIPPING WEIGHT</b>	666 LB (302 KG)



**LEG EXTENSION 9NA-S1312**

<b>W</b>	38 IN (145 CM)
<b>L</b>	57 IN (97 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LBS (130 KG)
<b>OVERALL WEIGHT</b>	609 LBS (276 KG)
<b>SHIPPING WEIGHT</b>	668 LBS (303 KG)



**LEG CURL 9NA-S1301**

<b>W</b>	38 IN (97 CM)
<b>L</b>	71 IN (180 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>OVERALL WEIGHT</b>	516 LB (234 KG)
<b>SHIPPING WEIGHT</b>	589 LB (267 KG)



**ADDUCTOR 9NA-S1308**

<b>W</b>	48 IN (122 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>OVERALL WEIGHT</b>	523 LB (237 KG)
<b>SHIPPING WEIGHT</b>	613 LB (278 KG)



**STANDING CALF 9NA-S1309**

<b>W</b>	49 IN (124 CM)
<b>L</b>	41 IN (104 CM)
<b>H</b>	62 IN (151 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	635 LB (288 KG)
<b>SHIPPING WEIGHT</b>	706 LB (320 KG)



**INCLINE PRESS 9NA-S2301**

<b>W</b>	51 IN (130 CM)
<b>L</b>	75 IN (191 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	690 LB (313 KG)
<b>SHIPPING WEIGHT</b>	814 LB (369 KG)



**DELTOID FLY 9NA-S4304**

<b>W</b>	30 IN (76 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	79 IN (201 CM)
<b>STACK WEIGHT</b>	220 LB (110 KG)
<b>OVERALL WEIGHT</b>	580 LB (263 KG)
<b>SHIPPING WEIGHT</b>	646 LB (293 KG)



**LAT PULL DOWN 9NA-S3305**

<b>W</b>	55 IN (140 CM)
<b>L</b>	47 IN (119 CM)
<b>H</b>	98 IN (249 CM)
<b>STACK WEIGHT</b>	260 LBS (130 KG)
<b>OVERALL WEIGHT</b>	593 LBS (269 KG)
<b>SHIPPING WEIGHT</b>	642 LBS (291 KG)



**LOW ROW 9NA-S3306**

<b>W</b>	29 IN (72 CM)
<b>L</b>	90 IN (119 CM)
<b>H</b>	86 IN (218 CM)
<b>STACK WEIGHT</b>	260 LBS (130 KGS)
<b>OVERALL WEIGHT</b>	565 LBS (256 KGS)
<b>SHIPPING WEIGHT</b>	624 LBS (283 KGS)



**DELTOID RAISE 9NA-S4302**

<b>W</b>	46 IN (117 CM)
<b>L</b>	51 IN (130 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	130 LBS (65 KG)
<b>OVERALL WEIGHT</b>	479 LB (217 KG)
<b>SHIPPING WEIGHT</b>	560 LB (254 KG)



**TRICEP EXTENSION 9NA-S5302**

<b>W</b>	46 IN (117 CM)
<b>L</b>	47 IN (119 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>OVERALL WEIGHT</b>	499 LB (226 KG)
<b>SHIPPING WEIGHT</b>	580 LB (263 KG)



**FIXED LAT PULL DOWN 9NA-S3303**

<b>W</b>	43 IN (109 CM)
<b>L</b>	64 IN (163 CM)
<b>H</b>	80 IN (203 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	673 LB (305 KG)
<b>SHIPPING WEIGHT</b>	754 LB (342 KG)



**VERTICAL ROW 9NA-S3301**

<b>W</b>	45 IN (114 CM)
<b>L</b>	62 IN (157 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	598 LB (271 KG)
<b>SHIPPING WEIGHT</b>	684 LB (310 KG)



**SHOULDER PRESS 9NA-S4307**

<b>W</b>	53 IN (135 CM)
<b>L</b>	64 IN (163 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	620 LB (281 KG)
<b>SHIPPING WEIGHT</b>	684 LB (310 KG)



**BICEPS CURL 9NA-S5301**

<b>W</b>	46 IN (117 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>OVERALL WEIGHT</b>	545 LB (247 KG)
<b>SHIPPING WEIGHT</b>	626 LB (284 KG)



**DIP MACHINE 9NA-S5303**

<b>W</b>	42 IN (107 CM)
<b>L</b>	55 IN (140 CM)
<b>H</b>	65 IN (165 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	540 LB (245 KG)
<b>SHIPPING WEIGHT</b>	629 LB (285 KG)



**CHIN DIP ASSIST 9NA-S6334**

<b>W</b>	60 IN (152 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	91 IN (231 CM)
<b>STACK WEIGHT</b>	200 LBS (100 KG)
<b>OVERALL WEIGHT</b>	776 LBS (352 KG)
<b>SHIPPING WEIGHT</b>	836 LBS (379 KG)



**LOW BACK 9NA-S3302**

<b>W</b>	46 IN (117 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>OVERALL WEIGHT</b>	593 LB (269 KG)
<b>SHIPPING WEIGHT</b>	676 LB (306 KG)



**ABDOMINAL 9NA-S6301**

<b>W</b>	43 IN (109 CM)
<b>L</b>	59 IN (150 CM)
<b>H</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	130 LBS (65 KG)
<b>OVERALL WEIGHT</b>	382 LBS (173 KG)
<b>SHIPPING WEIGHT</b>	492 LBS (223 KG)



**ADJUSTMENTS & MOVEMENTS**

<b>USER DEFINED RANGE OF MOTION</b>	Fixed path
<b>ASSISTED ADJUSTMENTS</b>	SKU Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes on all units
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	Yes, unit dependent
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	Yes, unit dependent
<b>PULLEY RATIO</b>	1:1

**FRAME SPECIFICATIONS & CABLE INFORMATION**

<b>STANDARD FRAME COLOR OPTIONS</b>	Silver, White, Black
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	Black
<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>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE BRANDING OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CABLE VS. BELT DRIVEN TRANSMISSION</b>	SKU dependent
<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
<b>HEIGHT</b>	Changes per unit yet mostly 60"

**USER SPECIFIC INFORMATION**

<b>STATIC PLACARDS</b>	Yes, simple and intuitive placard
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	Yes
<b>ANIMATED LENTICULAR</b>	No
<b>SAFETY CATCH &amp; STOPS</b>	Yes, SKU dependent
<b>WATER BOTTLE HOLDER</b>	No
<b>PHONE HOLDER</b>	No
<b>GRIP SPECIFICATIONS</b>	Rubber, large grips for pushing, smaller grips for pulling.
<b>FOOT PLATFORM</b>	Machine dependent
<b>CONTOURED PADS</b>	Yes, contoured back pads on select machines
<b>RESTRAINT SYSTEM</b>	No

**WEIGHT STACK SPECIFICATIONS**

<b>TOTAL STACK WEIGHT</b>	Machine dependent
<b>INCREMENTAL WEIGHT SYSTEM</b>	5 lb incremental weight system for optimal progression
<b>WEIGHT STACK TOWER HEIGHT</b>	Machine dependent
<b>PLATE LOADED</b>	N/A
<b>WEIGHT STORAGE SOLUTION</b>	N/A
<b>LNL TECHNOLOGY</b>	Yes
<b>ADD-ON RESISTANCE AVAILABLE</b>	Yes, 5 lb incremental
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	Inside and outside steel shrouds, clear windows on both sides

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

