



**XPLOAD™ EQUIPMENT**



**COMMERCIAL SERIES**

**INTELLIGENT PLATE-LOADED EQUIPMENT  
FOR HIGH-PERFORMANCE WORKOUTS**





**Be Strong.™**

## NAUTILUS® XPLOAD™ EQUIPMENT FOLLOWS THE BODY'S EVERY MOVE.

Our plate-loaded line combines the smooth feel of free weight equipment with the controlled biomechanical movement of a machine.

*Optimal Strength Curve Technology™  
ensures smooth resistance and  
proper muscle loading through  
the entire movement.*

-  EQUAL TO OR GREATER THAN SELECTED WEIGHT
-  LESS THAN SELECTED WEIGHT



### OPTIMAL STRENGTH CURVE TECHNOLOGY™.

**BARRIERS: ZERO.  
PERFORMANCE: AMAZING.**

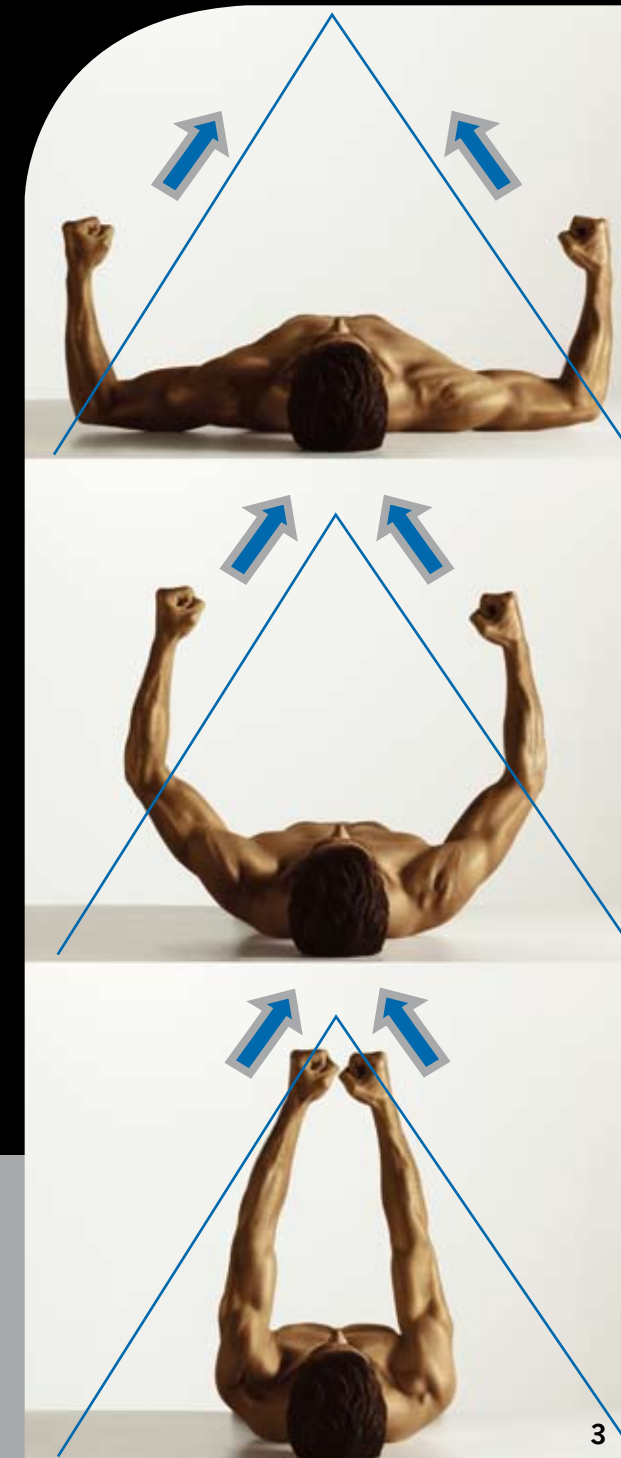
During any exercise, an individual's strength varies at different points. Other machines don't address this strength curve—instead, the weight remains constant from beginning to end. This can limit muscle recruitment and overall performance.

Enter Optimal Strength Curve Technology™. 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. XPLoad™ equipment users get immediate, smooth resistance and proper muscle loading through the complete range of motion. Leading to unprecedented results.

### CONVERGING PRESS ARMS. THE CORRECT WAY TO WORK OUT.

Instead of forcing users to follow an incorrect path of motion, XPLoad™ equipment provides a proper movement path. The independent converging press arms also ensure greater rotation in the shoulder joint for greater muscle contraction.

### CONVERGING PRESS ARMS



Rugged, yet easy to use, each XPLoad™ machine correctly addresses the strength curve of the body part it's designed to train. And the durability is unmatched, thanks to the 11-gauge steel frames and industrial-grade materials. For convenience, weight plates are loaded low to the ground.

Our XPLoad™ line offers such powerful results, no wonder it's been adopted by so many professional and college sports teams around the nation.

### LOW LOADING PLATES.

*One of the many benefits of XPLoad™ equipment is low-to-the-ground weight horns—which make loading and unloading plates easier.*

Plates not included.

## UPPER BODY

### DESIGNED TO HELP YOUR MEMBERS REALIZE THEIR POTENTIAL.

Our upper-body equipment offers an intense—and biomechanically correct—workout. The patented four-bar linkage system ensures proper resistance through an entire range of motion, and guides the user's movement.



#### VERTICAL CHEST P3VC

Allows for superior pec development. This machine offers multiple handle positions and converging arm movement.

Dimensions: 51" W x 57" L x 71" H  
130 W x 145 L x 180 H cm

#### INCLINE PRESS P3IP

The adjustable back pad allows for a variety of starting positions at a 35° angle. Features multiple handle motions and converging arm movement.

Dimensions: 51" W x 72" L x 52" H  
130 W x 183 L x 132 H cm



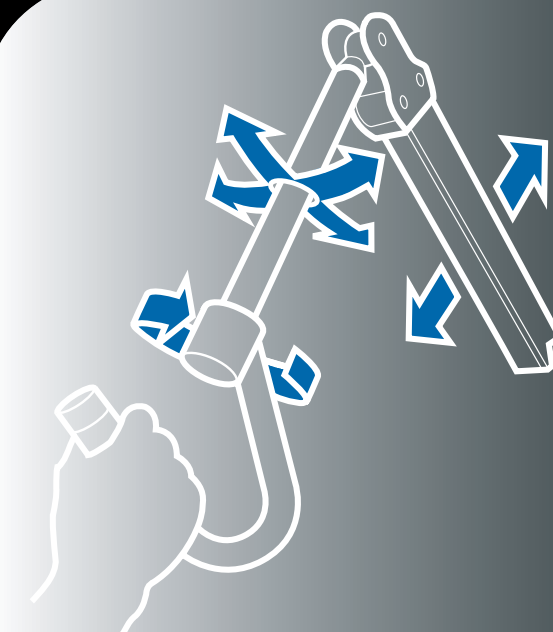
#### OVERHEAD PRESS P30P

Develops the deltoids from a more shoulder-friendly workout platform. The adjustable seat and multiple handle positions accommodate the needs of any user. Also features converging arm movement.

Dimensions: 51" W x 56" L x 57" H  
130 W x 142 L x 145 H cm

#### ERGO GRIP TECHNOLOGY

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



## UPPER BODY



Features Ergo Grip technology.

### COMPOUND ROW P3CR

The arms provide additional user-defined paths of motion, and the rotating handles follow the body's natural movement. To ensure stability, the foot platforms are oversized.

Dimensions: 43" W x 92" L x 37" H  
109 W x 234 L x 94 H cm

### LAT PULLDOWN P3LATP

This machine's design helps reduce shoulder stress. The arms offer multiple user-defined paths of motion, and the handles rotate for a more natural feel.

Dimensions: 47" W x 78" L x 91" H  
119 W x 198 L x 231 H cm



Features Ergo Grip technology.



### BICEPS CURL P3BC

The raised-arm design ensures maximum muscle contraction. Users can work arms together or separately.

Dimensions: 60" W x 39" L x 59" H  
152 W x 99 L x 150 H cm

### TRICEPS EXTENSION P3TE

This machine features a raised-arm design for more targeted workouts and optimal muscle stretch. Users can work arms together or separately.

Dimensions: 60" W x 39" L x 60" H  
152 W x 99 L x 152 H cm



### SEATED DIP P3SD

Effectively works the triceps, chest and shoulders. The walk-in design makes entry and exit easy.

Dimensions: 43" W x 52" L x 42" H  
109 W x 132 L x 107 H cm

Some upper-body machines are just better than others. Nautilus® equipment provides multiple paths of motion from various exercise positions. So users get a more natural feel and more thorough muscle recruitment during each rep.



## LOWER BODY

### OVER THREE DECADES OF FITNESS EXPERIENCE IS BEHIND EVERY REP.

Our exclusive four-bar linkage system provides the proper strength curve and a complete range of motion—offering your members a more effective lower-body workout. The back pads, seats and roller pads are fully adjustable, accommodating a wide range of users.

#### LEG PRESS P3LP

The four-bar linkage design articulates with the knees to reduce knee shear. An extra-wide foot platform allows users to vary the position of their feet to emphasize different muscles.

Dimensions: 68" W x 97" L x 55" H  
173 W x 246 L x 140 H cm



#### INCLINE LEG PRESS P3ILP

Features a 45° angle and an extra-wide foot platform, which is positioned to reduce knee stress. An emergency-stop feature provides added safety.

Dimensions: 63" W x 94" L x 64" H  
160 W x 239 L x 163 H cm



#### LEG EXTENSION P3LE

The angled seat is designed to fully isolate the quads, while the arm handles help prevent the body from twisting.

Dimensions: 47" W x 65" L x 53" H  
119 W x 165 L x 135 H cm



#### PRONE LEG CURL P3LCP

The bench pad keeps the hips raised to ensure full hamstring contraction.

Dimensions: 47" W x 72" L x 29" H  
119 W x 183 L x 74 H cm



#### SEATED CALF P3SC

The unique, diamond-plate foot platform helps prevent users' feet from slipping, regardless of their workout position.

Dimensions: 30" W x 57" L x 40" H  
76 W x 145 L x 102 H cm

## LOWER BODY



With Ergo Grip handles.

### DEADLIFT/SHRUG P3DLS

This dual-purpose machine features adjustable handles, enabling a variety of starting positions. The walk-in design allows for easy entry and exit.

Dimensions: 60" W x 70" L x 31.5" H  
152 W x 178 L x 80 H cm

### FOUR-WAY NECK MACHINE P3FWN

A torso pad supports the body during flexion and extension exercises. The face pad swivels to maintain proper alignment.

Dimensions: 49" W x 43" L x 61" H  
125 W x 109 L x 155 H cm



## WE DON'T JUST SUPPORT EDUCATION. WE'VE CREATED OUR OWN INSTITUTE.

At Nautilus, we're always researching ways to help people stay committed to a healthy lifestyle by making exercise more effective. More fun. And more rewarding. So we've established the Nautilus Institute™. This comprehensive resource — brought to you by acclaimed experts in the fitness industry—provides the tools you need to attract and retain more members. The Nautilus Institute™ offers your staff proven, hands-on training programs, including Expressway™ circuit; Cardiathlon™ circuit; Arms, Chest and Back; Hips, Buns and Thighs; and Core 360™ circuit. All the circuits are based on solid scientific research. And you can place them back-to-back for endless variety and training options. Find out more by going to [www.NautilusInstitute.org](http://www.NautilusInstitute.org).



#### 35-YEAR HERITAGE

For more than three decades, Nautilus has been known for its expertise and innovation in the fitness industry.

#### DURABLE

Our commercial products are built—and tested—to handle the unrelenting demands of fitness facilities.

#### NATURAL MOTION

Engineered by experts in exercise science and strength-training techniques, our equipment ensures proper form for better results.

#### COMPACT FOOTPRINT

Unlike other plate-loaded designs, each XPLoad™ machine maintains its original footprint when the arms are extended.

## YOUR PARTNER IN FITNESS. AND IN BUSINESS.

Nautilus does a lot more than sell equipment. Over the years, we've helped thousands of facilities like yours strengthen their business and take advantage of revenue-generating opportunities. We can assist you with member recruitment and retention through marketing programs, special incentives, and more. Nautilus also offers financing programs, facility planning, product training, and staff education. And you can count on our dedicated service crew—they're just a phone call away.



Oversized, padded handgrips make pressing exercises more comfortable.



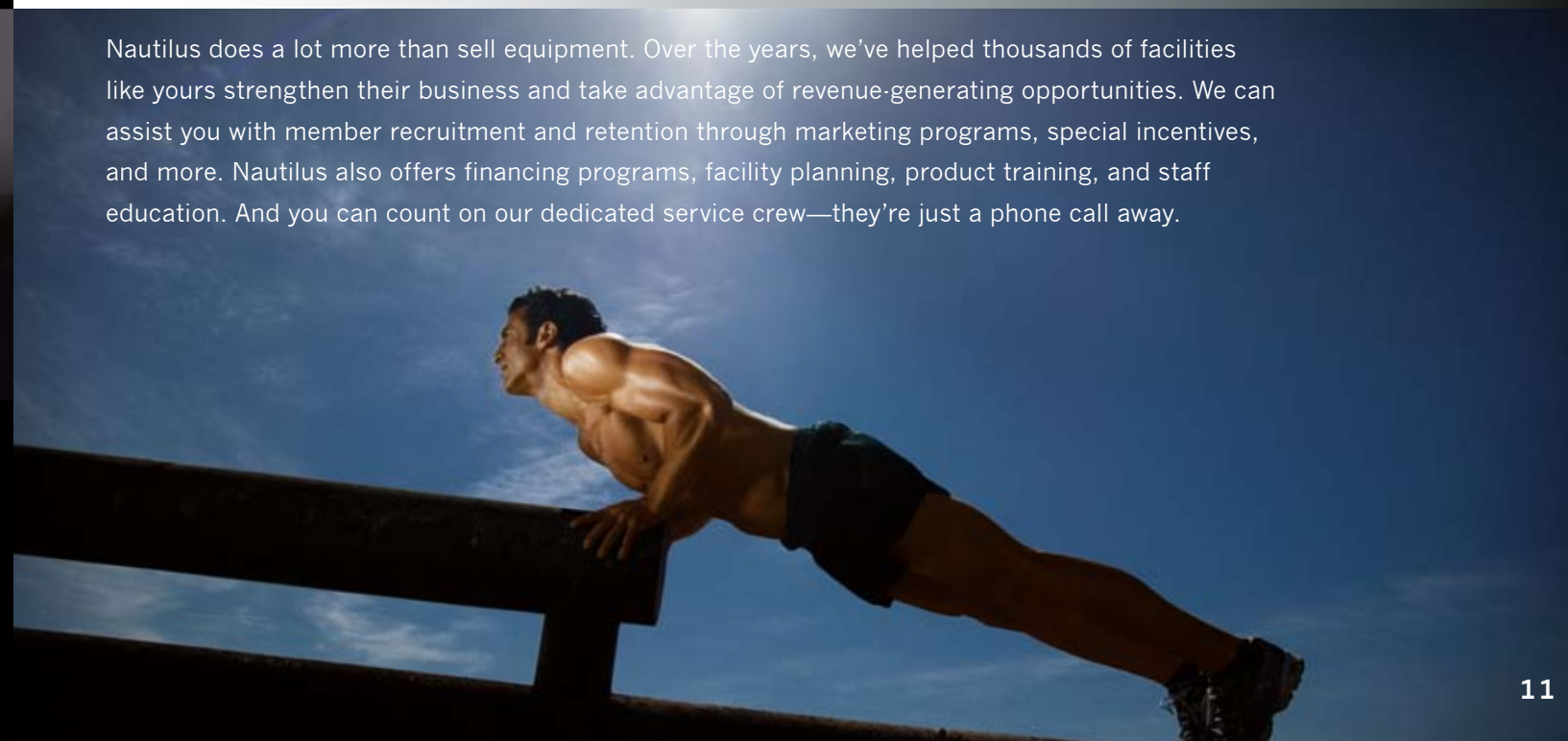
Small grips for pulling exercises make heavy loads more comfortable.



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



EZ-Glide™ seats accommodate any user with a quick, simple adjustment.



## A WARRANTY THAT ENDURES.

At Nautilus, we've stood behind our products for more than three decades. Our XPLoad™ line continues that tradition with some of the best warranties in the industry. You get a 12-year warranty on frames and welded parts, a 3-year warranty on other moving parts, a 1-year labor warranty, and a 6-month warranty on upholstery, pads and grips.

## FIRST WE TEST OUR XPLOAD™ LINE. THEN WE TORTURE IT.

You can count on our plate-loaded 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.

## NAUTILUS® XPLOAD™ COLOR OPTIONS

Frame:



Upholstery:

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



## VIEW YOUR COLOR CHOICES.

To see the full line of Nautilus® XPLoad™ equipment in the frame and upholstery colors shown here, go to [www.Nautilus.com/Commercial](http://www.Nautilus.com/Commercial). Custom colors are available on request.

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

Plates not included.



Be Strong.™

For more information about our Commercial Series XPLoad™ line or other Nautilus® equipment for your facility, visit [www.Nautilus.com/Commercial](http://www.Nautilus.com/Commercial).