

Nautilus One Leg Extension

The **Nautilus One Leg Extension** combines cutting-edge technology and design to offer a superior strength training experience. With its innovative dial weight selection and advanced biomechanics, this machine ensures a smooth and effective workout, while being durable and user-friendly. The Nautilus One™ series is designed to stand out, offering performance and longevity that outpaces many other machines on the market.

Key Features:

- **Maximum Range Extension:** The machine provides the maximum range of motion while maintaining proper knee alignment, ensuring safe and efficient muscle targeting.
- **Adjustable Leg Pad:** The leg pad can be adjusted from the seated position, allowing users to easily find their optimal fit without needing to get up.
- **Reclined Seat Angle:** The seat is positioned to promote a full range quadriceps contraction, enhancing the effectiveness of each repetition.
- **Patented Dial Weight Selection:** The Nautilus One™ system features a unique dial for easy weight adjustments. The machine comes with a standard 250 lbs (125 kg) stack, with 5 lbs (2.5 kg) increments. Optional 1 lb (0.5 kg) increments are available for more precise progression.

Specifications:

- **Product Dimensions:** 53" L x 52" W x 49" H (135 cm x 132 cm x 124 cm)
- **Product Weight:** 829 lbs (376 kg)
- **Stack Weight:** 255 lbs (115 kg)

Warranty:

- **10 Years:** Frame components and welds (excluding coatings)
- **5 Years:** Bronze bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings)
- **1 Year:** Cables, linear bearings, shafts, and all other components not mentioned elsewhere in this warranty
- **90 Days:** Normal wear parts including labels, upholstered pads, and grips
- **1 Year:** Labor

True Fitness Force SD-1000 Leg Extension/Leg Curl

The TRUE FORCE Leg Extension/Leg Curl machine has revolutionized the ability to transition from extension to curl exercises. Like the rest of the FORCE Series, all adjustments for both exercises are clearly labeled to provide users with extreme ease of use.

Key Features:

- **Multi-Position Contoured Back Pad:** Features lumbar support wings and an integrated head pad, with a one-way ratchet for easy adjustment.
- **Three Starting Positions:** Allows users to select the best range of motion for both Leg Extension and Leg Curl exercises.
- **4-Position Adjustable Ankle Pad:** Easily adjusts to accommodate a wide range of users.
- **Fixed Shin Pad:** Provides stability during the Leg Curl exercise and eliminates the need for additional adjustments, enhancing comfort and performance.

Specifications:

- **Footprint:** 57.5" x 47.5" x 57" (146 cm x 121 cm x 145 cm)
- **Machine Weight:**
 - Standard: 517 lbs (234 kg)
 - Heavy: 597 lbs (271 kg)

Warranty:

- **10 Years:** Frames, welds, cams, and weight plates
- **5 Years:** Bushings, pivot bearings, gas-shocks, pulleys, and guide rods
- **1 Year:** Cables, rubber grips
- **6 Months:** Upholstery, hardware, and all other parts not mentioned

Color Options:

- **Powder Coat Finish:** Matte black
- **Vinyl Seat Color:** Black
- **Frame Color Options:** Custom colors available (contact for more information)

This machine offers an efficient, adjustable, and user-friendly solution for leg training, ensuring ease of use and long-lasting durability.

True Fitness Fuse-0100 Leg Extension

The **True Fitness Fuse-0100 Leg Extension** is designed to provide an intuitive and adjustable leg extension experience, offering superior support and comfort to a wide range of users. It features user-friendly adjustments for optimal alignment and positioning, making it a perfect addition to any fitness facility.

Key Features:

- **Intuitive Adjustments:** Features a four-position start range limiter and multiple position back and ankle pad assemblies to ensure proper alignment for a variety of users.
- **Gas Cylinder Seat Adjustment:** The five-position seat utilizes a four-bar linkage with gas cylinder assist, providing smooth and easy adjustments.
- **Fixed Angle Back Pad:** The 20° fixed angle contoured back pad offers excellent support and ensures proper alignment throughout the exercise.
- **Ergonomically Located Handles:** The handles with contoured grips provide added support and help users maintain proper positioning during exercises.

Specifications:

- **Product Dimensions:** 46" L x 46" W x 58" H (117 cm x 117 cm x 147 cm)
- **Machine Weight:** 405 lbs (184 kg), 485 lbs (220 kg) depending on the weight stack option
- **Weight Stack Options:** 170 lbs (77 kg) or 250 lbs (113 kg)

Warranty:

- **10 Years:** Frame components and welds (excluding coatings)
- **5 Years:** Bronze bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings)
- **1 Year:** Labor, cables, linear bearings, shafts, and all other components not mentioned elsewhere in this warranty
- **90 Days:** Normal wear parts, including labels, upholstered pads, and grips

Color Options:

- **Powder Coat Finish:** Available in matte black with custom color options.
- **Upholstery:** Available in a wide range of colors.

User Amenities:

- **Height Adjustment Guide:** Easily adjustable to accommodate different users.
- **Step-by-Step Exercise Chart:** Includes clear, easy-to-follow instructions for optimal use.
- **Accessory Tray & Cup Holder:** Convenient features for added user comfort.

- **Integrated Towel Holder:** A practical addition for quick access to a towel during workouts.

Nautilus Impact Leg Extension

The **Nautilus Impact Leg Extension** combines smart design with innovative technology to deliver a powerful and effective workout experience. Part of the **Impact® Strength line**, this machine offers a range of features that enhance usability, comfort, and efficiency, making it a top choice for both residential and commercial facilities.

Key Features:

- **User-Friendly Weight Selection:** The machine features the patented **Lock N Load® weight selection system**, which allows for easy and quick adjustments, similar to flipping a light switch. This intuitive design minimizes maintenance and eliminates the need for lost or replaced pins.
- **Incremental Weight System:** The **5 lb incremental weight system** allows users to progressively increase resistance, making it ideal for users of all fitness levels.
- **Ratcheting Seat Adjustment:** Ensures a customizable fit, providing optimal comfort and support for different body types.
- **Rounded Lumbar Extension Pad:** Designed for comfort and support during use, enhancing the overall ergonomic experience.
- **Gravity Assisted Positioning:** The machine's positioning is gravity-assisted for easy entry and exit, reducing strain during setup.

Specifications:

- **Dimensions:** 57" L x 38" W x 60" H (145 cm x 97 cm x 152 cm)
- **Stack Weight:** 260 lbs (130 kg)
- **Product Weight:** 530 lbs (241 kg)
- **Shipping Weight:** 668 lbs (303 kg)

Warranty:

- **Residential:** 10 years on the structural frame (excluding coatings), 5 years on major mechanical components (guide rods, plates, bearings), 3 years on minor mechanical components (plate switches, cables, grips), 90 days on upholstery, and 3 years labor.
- **Light Commercial:** Same as residential warranty terms.
- **Commercial:** 10 years on the structural frame (excluding coatings), 5 years on major mechanical components, 1 year on minor mechanical components, 90 days on upholstery, and 1 year labor.

Customization Options:

- The **Nautilus Impact Leg Extension** can be customized with different frame colors, upholstery options, and logo/branding designs. Contact the manufacturer for further details.

Hoist Fitness HD-3400 Dual Leg Extension/Leg Curl

The Hoist Fitness HD-3400 Dual Leg Extension/Leg Curl machine is part of the expanded HOIST HD Dual Series, designed for fitness facilities that need to maximize space while maintaining high-quality equipment. With its durable construction, ergonomic features, and versatile functionality, this machine is perfect for a variety of fitness centers, offering two essential exercises in one compact design.

Key Features:

- **Dual Functionality:** Combines leg extension and leg curl exercises in a single machine, saving space and enhancing the workout experience.
- **Self-Aligning Roller Pad:** Automatically adjusts to reduce potential stress on the ankle joints, ensuring a more comfortable and efficient workout.
- **Eight Back Pad Adjustments:** Provides flexibility for varying leg lengths, accommodating users of different sizes.
- **Multiple Range-of-Motion Adjustments:** Allows users to customize both leg extension and leg curl exercises for optimal results.
- **Weight Stack:**
 - **Standard Weight:** 215 lbs (98 kg)
 - **Heavy Stack Option:** 240 lbs (109 kg)

Specifications:

- **Dimensions:** 61 in (155 cm) L x 55 in (140 cm) W x 51 in (130 cm) H
- **Machine Weight:**
 - **Standard:** 566 lbs (257 kg)
 - **Heavy Stack Option:** 591 lbs (268 kg)

Warranty:

- **HOIST® offers an industry-leading warranty for the HD-3400, providing peace of mind with coverage for defects in workmanship or materials under normal use. (Details available on request for full warranty terms.)**

Benefits:

- **Space-Saving:** Ideal for fitness centers with limited space, combining two key exercises into one machine.

- **Superior Biomechanics:** Designed to provide a comfortable and efficient workout, ensuring minimal stress on the joints while maximizing results.
- **Durability:** Built to last with high-quality components, making it a reliable choice for long-term use.

True Fitness Leg Extension

The **True Fitness Leg Extension** machine is designed to provide comfort, adjustability, and durability for a wide range of users. With its easy-to-use adjustments and ergonomic design, this machine delivers a smooth and effective leg extension workout.

Key Features:

- **Adjustable Back Pad:** The 5-position back pad allows for easy adjustments to fit different body types, providing proper alignment during exercises.
- **Self-Aligning Ankle Pad:** This innovative feature eliminates the need for manual adjustments while ensuring optimal support throughout the entire range of motion, reducing strain on the ankle joints.
- **Clear Instruction Labels:** Large, easy-to-read instruction labels with **QR codes** link to instructional online videos for added convenience and user education.

Specifications:

- **Dimensions:** 65" L x 44" W x 57" H (165 cm x 112 cm x 145 cm)
- **Weight Stack Options:**
 - 170 lbs (77 kg)
 - 250 lbs (113 kg)
- **Machine Weight:**
 - 423 lbs (192 kg)
 - 503 lbs (228 kg)

Warranty:

- **10 Years:** Frame components and welds (excluding coatings)
- **5 Years:** Bronze bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings)
- **1 Year:** Cables, linear bearings and shafts, and all other components not mentioned elsewhere
- **90 Days:** Normal wear parts including labels, upholstered pads, and grips
- **1 Year:** Labor