

Nautilus One™ Chest Press

"Dial 'One' for Unprecedented Results"

The Nautilus One™ Chest Press is designed with revolutionary weight stack technology and a dial-based selection system that offers an intuitive, user-friendly experience. This machine's 4-bar linkage and specialized cam design ensure smooth resistance and proper muscle loading throughout the full range of motion. Its durability is enhanced by reducing the number of guide rods, cams, and pulleys, making it a long-lasting choice for any fitness facility.

Key Features:

- **Converging Movement Arms:** Offers multiple hand position options for varied movement patterns.
- **Adjustable Backpad:** Allows users to set their preferred amount of pre-stretch.
- **Dial Weight Selection:** Standard 250 lbs (125 kg) weight stack with 5 lbs (2.5 kg) increments; optional 1 lb or 0.5 kg increments available.

Specifications:

- **Dimensions:** 58" L x 64" W x 75" H
- **Product Weight:** 852 lbs
- **Stack Weight:** 255 lbs

Warranty:

- **10 Years:** Frame Components and Welds (excludes coatings)
- **5 Years:** Bronze Bushings, Sealed Rotating Bearings, Pulleys, Weight Plates, Guide Rods (excludes coatings)
- **1 Year:** Cables, Linear Bearings, Shafts, and other components
- **90 Days:** Normal wear parts, including labels, pads, and grips
- **1 Year:** Labor

True Fitness Palladium Series SPL-0900 Chest Press

The Palladium Series SPL-0900 Chest Press from True Fitness combines advanced biomechanics and versatile adjustments for a highly customizable workout. With dual overhead pivots, this chest press enables a slight upward motion for increased muscle engagement. The converging unilateral press arms, set at a 25-degree angle, offer optimal shoulder articulation, while the adjustable back pad allows users to tailor their range of motion.

Key Features:

- **Dual Overhead Pivots:** Handles move in an upward motion for greater muscle recruitment.
- **Unilateral Converging Arms:** Converge at a 25-degree angle in front of the user for full shoulder articulation.
- **Adjustable Seat & Back Pad:** Eight-position seat with gas cylinder assist and a four-position back pad for personalized range of motion.

Specifications:

- **Dimensions:** 42" L x 56" W x 74" H (107 cm x 142 cm x 188 cm)
- **Product Weight:** 481 lbs (219 kg) with metal shrouds; 458 lbs (208 kg) with acrylic shrouds
- **Weight Stack Options:** 200 lbs (91 kg), 260 lbs (118 kg), or 320 lbs (145 kg)

Warranty:

- **10 Years:** Frame components and welds (excluding coatings)
- **5 Years:** Bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings)
- **1 Year:** Labor; cables, linear bearings, shafts, and other components
- **90 Days:** Normal wear parts, including labels, pads, and grips

True Fitness Fuse-0900 Chest Press

The Fuse-0900 Chest Press from True Fitness is designed to provide a smooth and effective workout with its independent converging press arms and three-position hand grips. The machine supports full articulation of the shoulder and offers true unilateral movement, maximizing muscle engagement and ensuring a more efficient chest workout.

Key Features:

- **Three Position Hand Grips:** Provide variation for different hand placements and workout styles.
- **Unilateral Converging Arms:** Maximize shoulder articulation and allow for a complete range of motion.
- **Five-Position Seat:** Features four-bar linkage with gas cylinder assist for easy, low-friction adjustments.
- **Integrated Towel Holder & Accessory Tray:** Includes a cup holder for convenience.

Specifications:

- **Footprint:** 57" L x 45" W x 58" H (145 cm x 114 cm x 147 cm)
- **Product Weight:** 473 lbs (215 kg) for 170 lbs stack; 553 lbs (251 kg) for 250 lbs stack
- **Weight Stack Options:** 170 lbs (77 kg), 250 lbs (113 kg)

Warranty:

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

True Fitness Shoulder Press

The True Fitness Shoulder Press is designed to accommodate a wide range of users with its adjustable features and dual grip positions, making it a versatile option for shoulder training.

Key Features:

- **3-Grip Positions:** Provides variation in exercises and accommodates different hand placements.
- **5-Position Seat:** Adjustable seat to fit users of various sizes and ensure a proper workout position.
- **Instructional Labels with QR Codes:** Includes easy-to-read labels and QR codes that link to online instructional videos for guidance.

Specifications:

- **Dimensions:** 37" L x 55" W x 57" H (94 cm x 140 cm x 145 cm)
- **Weight Stack Options:** 170 lbs (77 kg), 250 lbs (113 kg)
- **Machine Weight:** 441 lbs (200 kg) with 170 lbs stack; 521 lbs (236 kg) with 250 lbs stack

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 other components not listed
- **90 Days:** Normal wear parts (labels, upholstered pads, grips)

Nautilus Impact Chest Press

The Nautilus Impact Chest Press combines innovative design and biomechanical features to enhance your workout experience, offering smooth and effective strength training with advanced user-friendly adjustments.

Key Features:

- **User-friendly Weight Stack Selection:** Easy-to-use system for quick adjustments during workouts.
- **5 lb Incremental Weight System:** Helps achieve optimal progression and gradual improvements.
- **Ratcheting Seat Adjustment:** Allows for quick and precise adjustments to suit various user sizes.
- **Rounded Lumbar Extension Pad:** Offers added comfort and support during exercises.
- **Gravity Assisted Positioning:** Provides ease in adjusting the seat and handles for users.
- **Lock N Load® Weight Selection System:** Features patented system for seamless weight adjustments.

Specifications:

- **Length:** 50 in (127 cm)
- **Width:** 52 in (132 cm)
- **Height:** 60 in (152 cm)
- **Stack Weight:** 260 lbs (130 kg)
- **Product Weight:** 545 lbs (248 kg)

Warranty:

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

