

Nautilus One™ Shoulder Press

"DIAL 'ONE' FOR UNPRECEDENTED RESULTS"

The Nautilus One™ Shoulder Press revolutionizes strength training with advanced weight stack technology and a dial for easy and precise weight selection. Its unique 4-bar linkage and specialized cam design ensure smooth, consistent resistance through the full range of motion, minimizing maintenance and maximizing longevity. This equipment delivers a safe, effective strength training experience, making it an ideal choice for facilities looking to stand out.

Key Features:

Converging Arms: Front press movement with converging arms reduces shoulder impingement.

Multiple Grips: Provides various hand position options for comfort and customization.

Dial Weight Selection: Standard 250 lbs (125 kg) weight stack, with 5 lbs (2.5 kg) incremental adjustments; optional 1 lb (0.5 kg) increments available.

Specifications:

Dimensions: 59" x 64" x 62" (LxWxH)

Product Weight: 854 lbs

Stack Weight: 255 lbs

Warranty Coverage:

10 Years: Frame Components and Welds (excludes coatings)

5 Years: Bronze Bushings, Bearings, Pulleys, Weight Plates, and Guide Rods (excludes coatings)

1 Year: Cables, Linear Bearings, Shafts, and other parts

90 Days: Wear parts (Labels, Pads, Grips)

1 Year: Labor

Nautilus Impact® Shoulder Press

"Proven. Smart. Effective."

The Nautilus Impact® Shoulder Press brings the power of advanced biomechanics and user-friendly features to strength training. This line incorporates innovations that make workouts more efficient and comfortable, such as pre-stretch, start assist, range of motion selection, and graduated weight stacks. The Impact® line blends performance with aesthetics, creating a reliable and diverse product ideal for any gym.

Key Features:

- **User-Friendly Weight Selection:** Simplifies weight adjustments with 5 lb incremental progression.
- **Patented Lock N Load® System:** Enhances safety and convenience during weight changes.
- **Adjustable Comfort:** Ratcheting seat adjustment and rounded lumbar support.
- **Gravity-Assisted Positioning:** Aids in a natural, fluid range of motion.

Specifications:

- **Dimensions:** 64" L x 53" W x 60" H (163 x 135 x 152 cm)
- **Stack Weight:** 260 lbs (130 kg)
- **Product Weight:** 530 lbs (241 kg)

Warranty Coverage:

- **Residential Use:** 10 years on structural frame, 5 years on major components, 3 years on minor components, 90 days on upholstery, 3 years labor.
- **Light Commercial (Non-Paying Dues Facilities):** 10 years on structural frame, 5 years on major components, 3 years on minor components, 90 days on upholstery, 3 years labor.
- **Commercial (Paying Dues Facilities):** 10 years on structural frame, 5 years on major components, 1 year on minor components, 90 days on upholstery, 1 year labor.

True Fitness Fuse-0700 Shoulder Press

The True Fitness Fuse-0700 Shoulder Press offers a comprehensive shoulder workout experience, incorporating independent, converging press arms that allow for full unilateral movement to maximize muscle activation. With both standard and neutral grips, an adjustable back pad, and a gas-assisted seat, it's designed for user comfort and efficient workouts.

Key Features:

Grips and Adjustable Back: Standard and neutral grips combined with a 3-position back pad enhance comfort and fit.

Converging Unilateral Arms: Independent arm movement allows for natural shoulder articulation and balanced muscle recruitment.

Seat Adjustability: Five-position seat uses four-bar linkage and gas cylinder assist for smooth, stable adjustments.

Convenient User Amenities: Integrated towel holder, accessory tray with cup holder, and a height adjustment guide.

Physical Specifications:

Dimensions: 57" L x 45" W x 58" H (145 cm x 114 cm x 147 cm)

Machine Weight: 480 lbs (218 kg) or 560 lbs (254 kg) based on weight stack option

Weight Stack Options: 170 lbs (77 kg) or 250 lbs (113 kg)

Color Options:

Matte black powder coat finish, with customizable options

Upholstery available in a wide range of colors

Warranty Coverage:

10 Years: Frame Components and Welds (excludes coatings)

5 Years: Bronze Bushings, Sealed Rotating Bearings, Pulleys, Weight Plates, Guide Rods (excludes coatings)

1 Year: Labor, Cables, Linear Bearings, Shafts, and other components

90 Days: Normal wear parts, including labels, pads, and grips

Nautilus Instinct™ Shoulder Press

"Easy to Use. Easy on Space."

The Nautilus Instinct™ Shoulder Press is designed for quick, efficient workouts, making it suitable for all fitness levels. This equipment is perfect for facilities looking for a compact, versatile solution that offers high functionality in limited space. The Instinct™ line's intuitive features, including the patented Lock N Load® weight system, allow users to engage in a complete workout circuit in as little as 30 minutes.

Key Features:

- **User-Friendly Design:** Simple instructional placard and multi-position hand grips for user convenience.
- **Adjustable Comfort:** Ratcheting seat adjustment for a personalized fit.
- **Durability Enhancements:** Removable wear strap and Kevlar transmission belt for extended equipment life.
- **Patented Lock N Load® System:** Secure and easy weight selection without the need for pins.

Specifications:

- **Overall Dimensions:** 58" L x 53" W x 55" H (147 cm x 135 cm x 140 cm)
- **Overall Weight:** 460 lbs (209 kg)
- **Stack Weight:** 190 lbs (86 kg)

Warranty Coverage:

- **10 Years:** Frame
- **5 Years:** Parts
- **1 Year:** Labor

Hoist Fitness CL-3501 Shoulder Press

The Hoist Fitness CL-3501 Shoulder Press is part of the premium CLUB LINE, designed for a compact and quiet operation, ideal for space-conscious facilities. This machine features the unique Slide Select System, eliminating guide rods and selector pins to minimize friction and provide a smoother, quieter user experience. The system allows for 5-pound incremental adjustments, ensuring precise, customized workouts.

Key Features:

- **Multiple Grip Handles:** Offers versatility in hand positioning for user comfort.
- **Counter-Balanced Arm:** Ensures balanced, controlled movement.
- **Easy Seat Adjustment:** Gas-spring assisted seat with a large handle for convenient adjustments.

Specifications:

- **Dimensions:** 50.75" L x 55" W x 50" H (129 cm x 140 cm x 127 cm)
- **Machine Weight:** 568 lbs (258 kg)
- **Weight Stack:** 200 lbs (91 kg)

Warranty Information: Hoist Fitness offers one of the best warranties in the industry, backing the CL-3501 Shoulder Press with a warranty covering defects in workmanship and materials under normal use.

Nautilus Instinct™ Shoulder Press

"Easy to Use. Easy on Space."

The Nautilus Instinct™ Shoulder Press is designed for efficient workouts, making it ideal for all fitness levels. It's compact and versatile, perfect for facilities looking to maximize space without compromising on functionality. Featuring the revolutionary Lock N Load® weight system, this shoulder press enables users to enjoy a complete workout in just 30 minutes, whether used as a standalone machine or in a circuit setup.

Key Features:

- **User-Friendly Design:** Simple instructional placard and multi-position hand grips.
- **Adjustable Seat:** Ratcheting seat adjustment for personalized comfort.
- **Durable Construction:** Removable wear strap and Kevlar transmission belt for longevity.
- **Lock N Load® System:** Secure and easy weight selection without the need for pins.

Specifications:

- **Dimensions:** 58" L x 53" W x 55" H (147 cm x 135 cm x 140 cm)
- **Overall Weight:** 460 lbs (209 kg)
- **Stack Weight:** 190 lbs (86 kg)

Warranty:

- **10 Years:** Frame
- **5 Years:** Parts
- **1 Year:** Labor

True Fitness Shoulder Press

The True Fitness Shoulder Press combines versatility and comfort with dual grip positions and an adjustable seat, allowing users to customize their workout for optimal results. Designed to accommodate a range of users, this shoulder press is user-friendly and includes instructional labels with QR codes for easy access to online tutorials.

Key Features:

- **Dual Grip Positions:** Three grip options provide exercise variation and accommodate different users.
- **Adjustable Seat:** Five-position seat for proper alignment and comfort.
- **User-Friendly Instructions:** Large labels with QR codes linking to instructional videos.

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) or 250 lbs (113 kg)
- **Machine Weight:** 441 lbs (200 kg) or 521 lbs (236 kg) depending on weight stack

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