

Nautilus 14 Station: Compact Design, Comprehensive Workouts

Sometimes, space is a luxury—and other times, it's a limitation. That's why the **Nautilus 14 Station** is an ideal choice. This multi-station system delivers a complete workout experience with a commercial feel, all while minimizing space requirements. Designed with functionality and versatility in mind, it combines the essential components of our strength training lines in a small footprint.

Key features like swiveling pulleys for Lat Pull Down, Low Row, and Triceps Press stations, as well as fully adjustable pulleys on the Cable Cross Over System, make this equipment a space-saving yet powerful solution.

Nautilus 14 Station Features

- **3 Lat Pull Down Stations** with swivel pulleys
 - **2 Triceps Press Stations** with swivel pulleys
 - **3 Low Row Stations** with swivel pulleys
 - **2 Fully Adjustable Cable Cross Over Systems**
 - **2 Integrated Pull-Up Stations** for bodyweight training
 - **Stabilization Handles** for improved balance and control
 - **Lock N Load® Weight Selection System** for easy weight adjustments
 - **Rubber Feet** to protect floors
 - **5 lb Incremental Add-On Plates** for precise progression
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Specifications

- **Length:** 146 in (371 cm)
 - **Width:** 395 in (1003 cm)
 - **Height:** 94 in (239 cm)
 - **Stack Weight Capacity:**
 - Lat Pull Down / Low Row: 297 lbs
 - Triceps Press: 231 lbs
 - Cable Cross Over: 2 x 115.5 lbs
 - **Product Weight:** 5565 lbs (2524 kg)
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Warranty

- **Residential Use:**

- 10 years on 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
 - 3 years labor
 - **Light Commercial (Non-Paying Dues Facilities):**
 - 10 years on structural frame (excluding coatings)
 - 5 years on major mechanical components
 - 3 years on minor mechanical components
 - 90 days on upholstery
 - 3 years labor
 - **Commercial (Paying Dues Facilities):**
 - 10 years on structural frame (excluding coatings)
 - 5 years on major mechanical components
 - 1 year on minor mechanical components
 - 90 days on upholstery
 - 1 year labor
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The **Nautilus 14 Station** is a durable, efficient, and all-in-one solution for fitness spaces looking to optimize functionality without sacrificing quality.

True Fitness TMS6000 Modular Frame with Dual Cable Crossovers

The **TMS6000 Modular Frame** is a versatile, high-capacity strength training system designed to accommodate up to 8 users simultaneously. Featuring a **TMS4000 4-sided pod** connected to dual cable crossovers, it offers extensive customization options to meet the unique needs of your facility.

Base Features

- **TMS4000 4-Sided Pod**
 - **2x Cable Crossovers** with Adjustable Cable Columns
 - **2x Multi-Grip Chin Bar Assemblies**
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Customizable Options

1. **Cable Crossover Resistance Options:**
 - Standard: **4x at 170 lbs / 85 lbs resistance**
 - Optional:
 - **2x at 170 lbs / 85 lbs resistance + 2x at 250 lbs / 125 lbs resistance**
 - **4x at 250 lbs / 125 lbs resistance**
 2. **Side Stations (B-Side, Maximum 2, Minimum 1):**
 - **Lat Pulldown (TMS1100):**
 - Adjustable thigh pad assembly
 - Elevated weight stack for easy access
 - Weight options: **210 lbs (95 kg)** or **310 lbs (141 kg)**
 - **Seated Low Row (TMS1200):**
 - Elevated seat position to minimize floor space
 - Weight options: **210 lbs (95 kg)** or **310 lbs (141 kg)**
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Convenient Features

- Adjustable Cable Columns:
 - **Pop-pin design** for quick one-handed adjustments
 - **25 clearly marked positions** for ease of use
 - Integrated **multi-grip chin bar**
 - Optional Front and Rear Shrouds:
 - Protect weight stacks
 - Enhance the unit's aesthetics
 - Built-In Exercise Guides:
 - Clear color illustrations for start and end exercise positions on add-on stations
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Physical Specifications

- **6 Weight Stack Dimensions:**
 - 288" x 145" x 96" (731 cm x 368 cm x 243 cm)
 - **5 Weight Stack Dimensions:**
 - 288" x 77" x 96" (731 cm x 196 cm x 243 cm)
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Warranty

- **Frame:** 10 Years
- **Parts:** 10 Years
- **Labor:** 1 Year
- **Cosmetic and Coating:** 3 Months

The **TMS6000 Modular Frame with Dual Cable Crossovers** combines flexibility, durability, and customization, making it an excellent choice for facilities aiming to offer diverse training options while maximizing space efficiency.

True Fitness TMS8000 Dual Modular Frame with Cable Crossover

The **TMS8000 Dual Modular Frame** is a high-capacity, customizable strength training system designed for flexibility and efficiency. Featuring **two TMS4000 4-sided pods** connected by a **Cable Crossover**, it can be configured to fit in the center of a room or positioned against a wall or mirror. With optional stations, it can accommodate up to **9 users** simultaneously.

Base Features

- **2x TMS4000 4-Sided Pods**
 - **Cable Crossover** with Adjustable Cable Columns
 - **Multi-Grip Chin Bar Assembly** with Suspension Bracket
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Customization Options

1. **Cable Crossover Resistance:**
 - Standard: **170 lbs / 85 lbs resistance**
 - Optional: **250 lbs / 125 lbs resistance**
2. **End Stations (A-Side, Maximum 2, Minimum 0):**
 - **Single Adjustable Cable Column (TMS0070):**
 - Resistance options: **170 lbs / 85 lbs** or **250 lbs / 125 lbs**
 - **Biceps Curl Station (TMS0600):**
 - Resistance: **170 lbs**
 - **Triceps Extension Station (TMS0500):**
 - Resistance: **170 lbs**
3. **Side Stations (B-Side, Maximum 4, Minimum 2):**
 - **Lat Pulldown (TMS1100):**
 - Adjustable thigh pad assembly with elevated weight stack for easy access
 - Weight options: **210 lbs** or **310 lbs**
 - **Seated Low Row (TMS1200):**
 - Elevated seat position to minimize floor space

- Weight options: **210 lbs** or **310 lbs**
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Convenient Features

- Adjustable Cable Columns:
 - **Pop-pin design** for single-handed vertical adjustments
 - **25 clearly marked positions** for precise customization
 - Integrated **multi-grip chin bar**
 - Optional Front and Rear Shrouds:
 - Protect weight stacks
 - Enhance aesthetics
 - Built-In Exercise Guides:
 - Includes clear, color illustrations for start and end exercise positions
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Physical Specifications

- **8 Weight Stack Dimensions:**
 - 218" x 145" x 96" (554 cm x 368 cm x 243 cm)
 - **6 Weight Stack Dimensions:**
 - 218" x 103" x 96" (554 cm x 262 cm x 243 cm)
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Warranty

- **Frame:** 10 Years
 - **Parts:** 10 Years
 - **Labor:** 1 Year
 - **Cosmetic and Coating:** 3 Months
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Optional Stations Overview

- **Single Adjustable Cable Column (TMS0070):**
 - Swivel pulley housing with 25 positions and easy lift handle
- **Biceps Curl (TMS0600):**
 - Space-efficient design
- **Triceps Extension (TMS0500):**
 - Upholstered back support for comfort
- **Lat Pulldown (TMS1100):**

- Adjustable thigh pad for secure positioning
 - **Seated Low Row (TMS1200):**
 - Elevated seat to save floor space
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The **True Fitness TMS8000 Dual Modular Frame** provides a fully customizable solution for facilities looking to optimize training space while offering diverse workout options for multiple users.

Hoist Fitness Mi6 Functional Training System

The **Hoist Mi6 Functional Training System** is a state-of-the-art personal pulley gym engineered for a full range of functional training exercises. With its sleek design and advanced features, the Mi6 offers a smooth, versatile workout experience that supports natural body movements. It combines innovative technology, aesthetic appeal, and user-friendly adjustments for maximum results.

Features

- **Streamlined Design:**
 - Conceals hardware for a clean appearance
 - Includes an **adjustable tablet housing** (tablet not included)
- **Pulley System:**
 - Full **360-degree rotation** for versatile movement
 - **Patent-pending Integrated Adjustment System** and **Quick-Release Adaptors** for one-handed adjustments
 - **28 pulley adjustment points** per column for independent or simultaneous training on both sides
- **Compact & Functional Design:**
 - **Walk-through layout** fits easily into corners and small spaces
 - Fully enclosed weight stacks for safety, noise reduction, and clean lines
- **Enhanced Accessibility & Storage:**
 - Integrated recessed **accessory rack**, bottle holders, and towel hooks
- **Split Weight Cabling™:**
 - Reduces resistance by 50% for extended cable travel (114" with strap handles)
- **Multi-Position Chin-Up Bar:**
 - Diamond-pattern grip for improved handling
 - Supports up to **300 lbs user weight**

Accessories

- **Included Standard Accessories:**
 - Two (2) Adjustable Strap Handles with Three-Square Rings
 - Dual-Attachment Long Strap for weight-assisted pull-ups
 - Dual-Attachment Aluminum Long Bar for simultaneous pulley use
 - Padded Ankle/Thigh Strap for comfortable leg exercises
 - Ultra-Light Aluminum Short Curl Bar for bicep curls, triceps press-downs, and rows
 - **Optional Benches:**
 - **Hoist HF 4145:** Folding Multi-Position Workout Bench
 - **Hoist HF 5167:** 7-Position FID Bench
 - **Hoist HF 5165:** 7-Position FID Bench
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Weight Stack Details

- Standard: **300 lbs total** (150 lbs per side with Silent Steel® plates)
 - Upgradeable:
 - **200 lbs per side** (400 lbs total)
 - Optional **50 lb weight stack upgrade per side**
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Specifications

- **Dimensions:** 54" W x 37.75" L x 83" H (137 cm x 96 cm x 211 cm)
 - **Machine Weight:** 611 lbs (277 kg)
 - **Max Pull-Up Bar User Weight:** 300 lbs
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Highlights

- **Smooth Motion:** Radial LOC weight system minimizes plate shifting for quiet, fluid movements.
 - **Space-Saving Design:** Fits into a corner with minimal floor space required.
 - **Pulley Adjustments:** 28 positions for tailored workouts targeting specific muscle groups.
 - **Durability:** Built with premium materials to ensure long-term reliability.
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Reviews

★★★★★ "What an awesome piece!!" – Patrick

"Killer looks, well built, excellent job!"

★★★★★ "Best dual pulley on the market." – MCarlsbad

"Love the range of movement from the 360° rotating columns. Cannot wait for it to be added to the MyHOIST APP!"

The **Hoist Mi6 Functional Training System** is perfect for those seeking a high-quality, space-saving gym solution with unmatched versatility and a sleek, modern design.

Hoist Fitness HD 3000 Commercial Functional Trainer

The **Hoist HD 3000 Commercial Functional Trainer** offers a blend of innovative design and functional flexibility, making it an ideal choice for commercial and light commercial fitness facilities. Its **space-efficient corner design** maximizes floor space while providing a wide range of training options. Featuring patented technologies, advanced adjustability, and a variety of accessories, the HD 3000 delivers a premium workout experience.

Key Features

- **Pull-Up/Chin-Up Options:**
 - Five grip options, including **Flip N Grip® handles** and rock grips
 - Integrated step-up assist for easy access to pull-up grips
- **Suspension Training:**
 - **Dedicated attachment hook** for TRX and suspension trainer exercises
- **Pulley Adjustability:**
 - **27 pulley positions** placed at 2.5" increments
 - Dual pulleys for bilateral and unilateral exercises
- **Weight Stacks:**
 - Comes standard with **two 200 lb Silent Steel® weight stacks**
 - 2:1 resistance ratio (50% resistance) for smooth and versatile movements
 - Weight stacks are surrounded by steel shields for added safety
- **Space Efficiency:**
 - Corner design allows for optimum placement while saving space
- **Storage & Organization:**

- Integrated accessory racks with water bottle and tablet holder
 - Accessory shelf for additional storage
 - **Exercise Guidance:**
 - Two instructional placards for upper and lower body workouts
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Included Accessories

- **Adjustable Strap Handles** (1 pair) for varying user sizes
 - **Padded Ankle Strap** for leg exercises
 - **Curl Bar** for bicep and tricep training
 - **Long Bar** for simultaneous dual-pulley use
 - **Long Assist Strap** for enhanced exercise versatility
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Specifications

- **Dimensions:** 51.1" L x 71.6" W x 91.7" H
 - **Machine Weight:** 708 lbs
 - **Pulley Adjustments:** 27 positions for a wide range of exercise angles
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Warranty

- **Frame:** Lifetime warranty covering manufacturer defects
 - **Moving Parts:** 5 years for manufacturer defects
 - **Paint, Cables, Upholstery:** 1 year for manufacturer defects
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Highlights

- **Smooth Adjustments:** Integrated adjuster system enables quick, one-handed modifications.
- **Dual Weight Stacks:** Graduated Silent Steel stacks ensure smooth, quiet operation.
- **Comprehensive Training Options:** Supports pull-up variations, suspension training, bilateral/unilateral exercises, and more.
- **User-Friendly Design:** Space-efficient, organized, and equipped with instructional guides for ease of use.

The **Hoist HD 3000 Functional Trainer** is a versatile, durable, and space-saving solution that combines innovative features with premium quality, making it perfect for any commercial fitness facility.

Nautilus 9 Station (Non Configurable)

HUGE VARIETY. SMALL FOOTPRINT.

The **Nautilus 9 Station** is a versatile, space-saving multi-station designed for fitness facilities that demand functionality and commercial-grade quality. Combining essential strength training features with a compact design, this system delivers a total workout experience while minimizing space requirements. With innovative components like swiveling pulleys and fully adjustable cable crossovers, the Nautilus 9 Station provides an economical, durable solution without compromising on performance.

Features

- **2 Lat Pull Down Stations** with swiveling pulleys for smooth, controlled movements
 - **2 Triceps Press Stations** with swiveling pulleys
 - **2 Low Row Stations** with swiveling pulleys
 - **Fully Adjustable Cable Cross Over System** for a wide range of exercises
 - **Integrated Pull-Up Stations** for bodyweight training
 - **Stabilization Handles** for improved balance and control
 - **Lock N Load® Weight Selection System** for easy and secure adjustments
 - **Rubber Feet** to protect floors and prevent slippage
 - **5 lb Incremental Add-On Plates** for precise weight increases
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Specifications

- **Length:** 146 in (371 cm)
- **Width:** 240 in (609 cm)
- **Height:** 94 in (239 cm)
- **Stack Weight Capacity:**
 - Lat Pull Down / Low Row: 297 lbs
 - Triceps Press: 231 lbs
 - Cable Cross Over: 2 x 115.5 lbs
- **Product Weight:** 3690 lbs (1673 kg)

Warranty

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

Highlights

- **Compact Design:** Perfect for maximizing space in gyms or fitness facilities.
- **Comprehensive Training Options:** Combines multiple exercise stations into a single, efficient unit.
- **Durability:** Built to withstand heavy, consistent use in commercial environments.
- **Ease of Use:** User-friendly design with simple adjustments and ergonomic features.

The **Nautilus 9 Station** is the perfect blend of functionality, durability, and space efficiency, making it an excellent choice for both commercial and residential fitness environments.