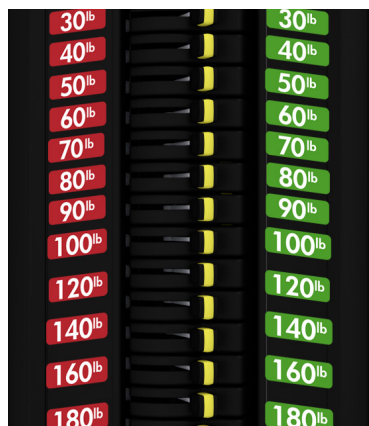




## EASY TO USE. EASY ON SPACE.

Welcoming to users of all levels, Instinct Strength is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.



### LOCK N LOAD® WEIGHT SELECTION

Selecting a weight with the intuitive Lock N Load design is as easy as flicking a switch. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation. Lock N Load prevents unnecessary maintenance headaches since there are no pins to lose or replace.



### DUAL USE MACHINES

The versatile dual purpose machines from Nautilus Instinct have a modest footprint and allow you to switch between two different exercises with a simple adjustment. This is ideal for smaller facilities, giving them the ability to fit a full fitness circuit in a much smaller space.



**LEG EXTENSION 9NL-S1010**

<b>W</b>	37 IN (94 CM)
<b>L</b>	41 IN (104 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	436 LB (198 KG)
<b>SHIPPING WEIGHT</b>	457 LB (207 KG)



**DUAL ABDOMINAL/LOWER BACK  
9NL-D6330**

<b>W</b>	40 IN (102 CM)
<b>L</b>	45 IN (114 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	120 LB (54 KG)
<b>OVERALL WEIGHT</b>	369 LB (168 KG)
<b>SHIPPING WEIGHT</b>	522 LB (237 KG)



**LEG CURL 9NL-S1011**

<b>W</b>	37 IN (94 CM)
<b>L</b>	56 IN (140 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	469 LB (213 KG)
<b>SHIPPING WEIGHT</b>	490 LB (222 KG)



**DUAL LEG EXTENSION/ LEG CURL  
9NL-D1014**

<b>W</b>	37 IN (94 CM)
<b>L</b>	56 IN (142 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	484 LB (220 KG)
<b>SHIPPING WEIGHT</b>	553 LB (251 KG)



**DUAL LEG PRESS/ CALF RAISE  
9NL-D1013**

<b>W</b>	39 IN (99 CM)
<b>L</b>	74 IN (188 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>OVERALL WEIGHT</b>	612 LB (278 KG)
<b>SHIPPING WEIGHT</b>	689 LB (313 KG)



**DUAL INNER/ OUTER THIGH  
9NL-D1015**

<b>W</b>	27 IN (69 CM)
<b>L</b>	57 IN (145 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	150 LB (68 KG)
<b>OVERALL WEIGHT</b>	451 LB (205 KG)
<b>SHIPPING WEIGHT</b>	520 LB (236 KG)



**GLUTE PRESS 9NL-S1012**

<b>W</b>	37 IN (94 CM)
<b>L</b>	67 IN (170 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	120 LB (55 KG)
<b>OVERALL WEIGHT</b>	313 LB (142 KG)
<b>SHIPPING WEIGHT</b>	353 LB (160 KG)



**CHEST PRESS 9NL-S2100**

<b>W</b>	28 IN (71 CM)
<b>L</b>	49 IN (124 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>OVERALL WEIGHT</b>	427 (194 KG)
<b>SHIPPING WEIGHT</b>	474 (215 KG)



**DUAL MULTI-PRESS 9NL-D2120**

<b>W</b>	55 IN (140 CM)
<b>L</b>	74 IN (188 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>OVERALL WEIGHT</b>	506 LB (230 KG)
<b>SHIPPING WEIGHT</b>	576 LB (261 KG)



**DUAL LAT PULL DOWN/VERTICAL ROW 9NL-D3340**

<b>W</b>	47 IN (119 CM)
<b>L</b>	50 IN (127 CM)
<b>H</b>	84 IN (213 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>OVERALL WEIGHT</b>	473 LB (215 KG)
<b>SHIPPING WEIGHT</b>	540 LB (245 KG)



**LAT PULL DOWN 9NL-S3310**

<b>W</b>	47 IN (119 CM)
<b>L</b>	60 IN (152 CM)
<b>H</b>	73 IN (185 CM)
<b>STACK WEIGHT</b>	235 LB (107KG)
<b>OVERALL WEIGHT</b>	515 LB (234 KG)
<b>SHIPPING WEIGHT</b>	584 LB (265 KG)



**VERTICAL ROW 9NL-S3320**

<b>W</b>	46 IN (117 CM)
<b>L</b>	48 IN (122 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>OVERALL WEIGHT</b>	405 LB (183 KG)
<b>SHIPPING WEIGHT</b>	452 LB (205 KG)



**SHOULDER PRESS 9NL-S4100**

<b>W</b>	53 IN (135 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	448 LB (203 KG)
<b>SHIPPING WEIGHT</b>	496 LB (225 KG)



**DUAL PECTORAL FLY/REAR DELTOID 9NL-D2110**

<b>W</b>	50 IN (127 CM)
<b>L</b>	54 IN (137 CM)
<b>H</b>	79 IN (201 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	426 LB (193 KG)
<b>SHIPPING WEIGHT</b>	497 LB (226 KG)



**BICEPS CURL 9NL-S5100**

<b>W</b>	39 IN (99 CM)
<b>L</b>	40 IN (102 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	416 LB (186 KG)
<b>SHIPPING WEIGHT</b>	450 LB (204 KG)



**TRICEPS EXTENSION 9NL-S5110**

<b>W</b>	39 IN (99 CM)
<b>L</b>	40 IN (102 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	421 LB (191 KG)
<b>SHIPPING WEIGHT</b>	454 LB (206 KG)



**DUAL BICEPS CURL/TRICEPS EXTENSION 9NL-D5120**

<b>W</b>	39 IN (99 CM)
<b>L</b>	52 IN (132 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	395 LB (180 KG)
<b>SHIPPING WEIGHT</b>	463 LB (210 KG)



**ROTARY TORSO 9NL-S6300**

<b>W</b>	38 IN (97 CM)
<b>L</b>	39 IN (99 CM)
<b>H</b>	55 IN 140 (CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	418 LB (190 KG)
<b>SHIPPING WEIGHT</b>	474 LB (215 KG)



**DUAL ADJUSTABLE PULLEY**  
**9NL-D2002**

<b>W</b>	62 IN (157 CM)
<b>L</b>	44.5 IN (113 CM)
<b>H</b>	81 IN (207 CM)
<b>STACK WEIGHT</b>	2 X 200 LB (2 X 100KG)
<b>OVERALL WEIGHT</b>	894 LB (406 KG)
<b>SHIPPING WEIGHT</b>	932 LB (423 KG)



**OLYMPIC FLAT BENCH 9NN-B7503**

<b>W</b>	61 IN (155 CM)
<b>L</b>	63 IN (160 CM)
<b>H</b>	54 IN (137 CM)
<b>OVERALL WEIGHT</b>	185 LB (84 KG)
<b>SHIPPING WEIGHT</b>	203 LB (92 KG)



**ADJUSTABLE ABDOMINAL DECLINE BENCH 9NN-B7200**

<b>W</b>	25 IN (64 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	34 IN (86 CM)
<b>OVERALL WEIGHT</b>	95 LB (43 KG)
<b>SHIPPING WEIGHT</b>	110 LB (50 KG)



**OLYMPIC INCLINE BENCH**  
**9NN-B7201**

<b>W</b>	61 IN (155 CM)
<b>L</b>	63 IN (160 CM)
<b>H</b>	69 IN (175 CM)
<b>OVERALL WEIGHT</b>	269 LB (122 KG)
<b>SHIPPING WEIGHT</b>	291 LB (132 KG)



**DUMBBELL RACK 10-PAIR/3 TIER**  
**9NN-R8002**

<b>W</b>	69 IN (175 CM)
<b>L</b>	29 IN (74 CM)
<b>H</b>	50 IN (127 CM)
<b>OVERALL WEIGHT</b>	243 LB (110 KG)
<b>SHIPPING WEIGHT</b>	267 LB (121 KG)



**DUMBBELL RACK 10-PAIR/2 TIER**  
**9NN-R8001**

<b>W</b>	105 IN (267 CM)
<b>L</b>	29 IN (74 CM)
<b>H</b>	37 IN (94 CM)
<b>OVERALL WEIGHT</b>	221 LB (100 KG)
<b>SHIPPING WEIGHT</b>	251 LB (114 KG)



**45 DEGREE BACK EXTENSION**  
**9NN-B7502**

<b>W</b>	32 IN (81 CM)
<b>L</b>	54 IN (137 CM)
<b>H</b>	39 IN (99 CM)
<b>OVERALL WEIGHT</b>	97 LB (44 KG)
<b>SHIPPING WEIGHT</b>	108 LB (49 KG)



**AB BENCH**  
**9NN-B7505**

<b>W</b>	37 IN (94 CM)
<b>L</b>	61 IN (155 CM)
<b>H</b>	42 IN (106 CM)
<b>OVERALL WEIGHT</b>	148 LB (67 KG)
<b>SHIPPING WEIGHT</b>	172 LB (78 KG)



**MULTI-ADJUSTABLE BENCH**  
**9NN-B7501**

<b>W</b>	27 IN (69 CM)
<b>L</b>	53 IN (135 CM)
<b>H</b>	18 IN (46 CM)
<b>OVERALL WEIGHT</b>	73 LB (33 KG)
<b>SHIPPING WEIGHT</b>	84 LB (50 KG)



**MULTI-ADJUSTABLE BENCH 100\***  
**9NN-B7506-XXXXX**

W	25 IN (64 CM)
L	61 IN (155 CM)
H	17 IN (44 CM)
OVERALL WEIGHT	79.5 LB (36 KG)
SHIPPING WEIGHT	113 LB (51 KG)

*\*FOR LIGHT COMMERCIAL USE*

## ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Fixed path, except for Dual Adjustable Pulley
ASSISTED ADJUSTMENTS	SKU dependent, Gravity assisted positioning, adjustable seat with “easy up” ratcheting adjustment
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	Yes, unit dependent
CONVERGING OR DIVERGING MOVEMENTS	Yes, unit dependent
PULLEY RATIO	Instinct DAP has 2:1 ratio, user feels 100 lb (50 kg) at handle

## FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Black
STANDARD UPHOLSTERY COLOR OPTIONS	Dove Gray, Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	Yes, SKU dependent
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

## USER SPECIFIC INFORMATION

STATIC PLACARDS	Yes, simple and intuitive placard
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Large and graphical, limited text to eliminate translation requirements
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	SKU dependent
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Rubber, large grips for pushing, smaller grips for pulling.
FOOT PLATFORM	Machine dependent
CONTOURED PADS	No, removable wear strap for extended upholstery life
RESTRAINT SYSTEM	N/A

## WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	Machine dependent
INCREMENTAL WEIGHT SYSTEM	Machine dependent
WEIGHT STACK TOWER HEIGHT	Machine dependent
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
LNL TECHNOLOGY	Yes
ADD-ON RESISTANCE AVAILABLE	No
WEIGHT STACK SHROUD SPECIFICATIONS	Transparent, smoked plexiglass inside and outside shrouds

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

