STRENGTH

Nautilus - Plate Loaded

Plate Loaded

Plate-loaded strength training is a cornerstone of effective muscle building, offering the versatility and control that serious lifters demand. The Nautilus Plate Loaded line is engineered to optimize biomechanics, ensuring smooth, natural movement patterns while maintaining the raw power of free weight training. Designed for both performance and safety, each machine enhances user confidence with controlled loading, stable mechanics, and intuitive adjustments. Whether maximizing space efficiency or delivering a premium strength experience, this line provides the durability, precision, and innovation that set the standard in plate-loaded equipment.

Glute Drive
NP-L1131

WIDTH	60 IN (152.5 Cm)
LENGTH	62 IN (157.5 Cm)
HEIGHT	35 IN (89 Cm)
PRODUCT WEIGHT	252 LB (114 KG)

Angled Leg Press
NP-L1141

WIDTH	72 IN (182 CM)
LENGTH	90 IN (229 CM)
HEIGHT	58 IN (147 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	569 LB (258 KG)

Smith Machine
NP-L8500

WIDTH	89 IN (226 CM)
LENGTH	67 IN (170 CM)
HEIGHT	82 IN (208 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	648 LB (294 KG)

Freedom Rack®
NP-L8507

WIDTH	75 IN (191 CM)
LENGTH	83 IN (211 CM)
HEIGHT	90 IN (229 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	655 LB (297 KG)

Tilt Seat Calf
NP-L1110

WIDTH	27 IN (69 CM)
LENGTH	58 IN (147 CM)
HEIGHT	37 IN (94 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	170 LB (77 KG)

Hack Squat
NP-L1130

WIDTH	72 IN (182 Cm)
LENGTH	93 IN (236 Cm)
HEIGHT	47 IN (119 Cm)
STACK WEIGHT	N/A
PRODUCT WEIGHT	446 LB (202 KG)

Incline Lever Row
NP-L3140

WIDTH	34 IN (86 CM)
LENGTH	72 IN (183 CM)
HEIGHT	49 IN (124 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	214 LB (97 KG)