

NAUTILUS PLATE LOADED

NAUTILUS
TRUSTED STRENGTH CENTER



**Equipment shown in custom colors*

TILT SEAT CALF NP-L1110

Working out with plates is one of the most effective ways to train, which is why plate loaded machines are a staple for facilities. Whether you are looking to build a full strength circuit or round out your offering with specific pieces, Nautilus Plate Loaded offers the best machines for plate workouts. Each machine is built strong enough to stand up to full commercial use and is designed to make plate workouts as effective, rewarding and safe as possible.

PRODUCT DIMENSIONS

WIDTH	27 in (69 cm)
LENGTH	58 in (147 cm)
HEIGHT	37 in (94 cm)
STACK WEIGHT	N/A
OVERALL WEIGHT	170 lbs (77 kg)
SHIPPING WEIGHT	203 lbs (92 kg)

corehealthandfitness.com

ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes, limited to vertical motion
ASSISTED ADJUSTMENTS	Gravity assisted with adjustable thigh support to accommodate all users
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes
UNILATERAL OR BILATERAL MOVEMENT	N/A
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	N/A

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	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	N/A
CABLE VS. BELT DRIVEN TRANSMISSION	N/A
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

USER SPECIFIC INFORMATION

STATIC PLACARDS	Yes
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	Easy to reach and operate safety stops with low load points for safe and simple use
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Rubber, smaller grips.
FOOT PLATFORM	Yes, wear guards on step up legs to protect finish
CONTOURED PADS	Yes
RESTRAINT SYSTEM	N/A

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	N/A
INCREMENTAL WEIGHT SYSTEM	N/A
WEIGHT STACK TOWER HEIGHT	N/A
PLATE LOADED	35 lb (15.8 kg) starting resistance
WEIGHT STORAGE SOLUTION	No
LNL TECHNOLOGY	N/A
ADD-ON RESISTANCE AVAILABLE	315 lb (142 kg) max load capacity
WEIGHT STACK SHROUD SPECIFICATIONS	N/A

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.

