



CORE

HEALTH & FITNESS



2018

Catalogue

BUILD ON GREATNESS.

When you set out to build something, the finished product is only as strong as its foundation. At Core Health & Fitness we aim to provide our partners a foundation backed by the strongest brands in the industry.

Star Trac. StairMaster. Nautilus. Schwinn.

Four iconic brands that pioneered entire categories, and whose machines are still the ones members ask for by name. Today, we're committed building on that legacy by providing the best products and programs in every category – and that's greatness you can feel good about building on.

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WHAT CAN WE BUILD TOGETHER?



CORE

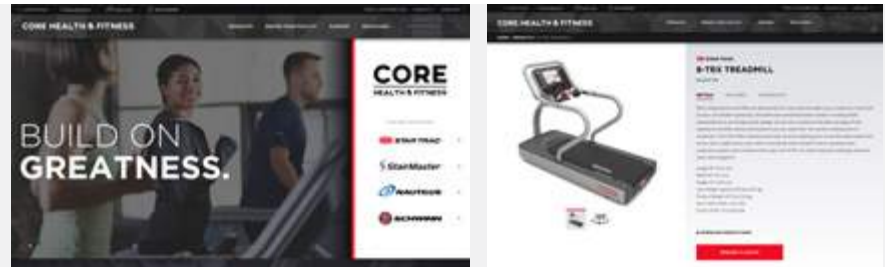
HEALTH & FITNESS

WE ARE HERE TO SUPPORT YOU!

We have a wide array of resources and content available for you to take advantage of; including an intuitive and comprehensive website that features all four brands, a technical support website and a service hotline. We also have a wide variety of social media accounts where you can connect with other fitness enthusiasts, watch relevant videos and stay up-to-date on your favorite brands and industry news.

CORE HEALTH & FITNESS WEBSITE - CoreHealthandFitness.com

- Browse our entire product library with intuitive search functions
- Download sell sheets or spec sheets for individual products
- Connect to our service centers and sales team
- Find a distributor in your area
- Use the gym designer tool to see how your new equipment will fit in your space
- Connect with us on social media and see our recent media posts
- Read our blog and keep up with current industry trends
- View our events calendar and find out where we will be next
- Read Master Trainer bios and sign up for training and certification courses



FOLLOW US ON SOCIAL MEDIA

Core Health & Fitness



Star Trac



StairMaster



Nautilus



Schwinn



STAY IN THE KNOW - info.corehandf.com/subscribe-to-our-blog

Check out the Core Health & Fitness blog for the hottest industry information and upcoming events. On a weekly basis you can find the latest information on HIIT programming, fitness technology updates and tips from some of the biggest names in the industry. Subscribe to our blog and never miss an update again!



YOUR GLOBAL FITNESS PROVIDER



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THE CORE VALUES WE LIVE BY

At Core we believe that culture is the foundation for success and our Core Values are the mortar that holds it all together.

PLAY TO WIN

WE COMPETE AS A TEAM. WE HAVE A BIAS TOWARDS POSITIVE ACTION.
We cultivate employees who want to be part of a team; that are passionate about our industry, our products and our success. We value employees who excel in a fast-paced team environment and that want to play to win.

KEEP SCORE

TO KNOW HOW TO WIN, WE NEED TO KNOW WHERE WE STAND.
Do the math, ensuring we are using our time and resources effectively towards a common goal. We believe financial rigor drives our efforts.

OWN IT

WE ARE ACCOUNTABLE, END TO END.
We own it from start to finish; we do what we say we are going to do, when we say we are going to do it. We earn the trust of our partners, achieving the right results in the right way. This is the only level of integrity we tolerate.

CHANGE IT UP

PLAN, AND PREPARE TO BE NIMBLE.
We are empowered to change it up. Dynamic environments call for dynamic solutions. We will look for “what’s possible”, not settle for “what is”, and keep moving forward.

ALL IN

WE ACT AS ONE TEAM.
We know greatness is not achieved with less than everything we got. As one team, all in together, we strive for breakthrough results and push ourselves to be the best. We are motivated and passionate about our actions and the results.

FIND A WAY

DO WHAT IT TAKES. THINK BIG FOR CORE. NO EXCUSES.
We find a way to create results where others cannot; the words “no” and “failure” are not a part of our vocabulary. We get the job done in spite of any obstacles, and our success is defined by the value we deliver, to our people and our customers.

SPEAK UP

LET’S HEAR IT. PRACTICE RESPECTFUL, UNFILTERED DIALOGUE.
We value your input - Speak up.
No idea will ever materialize into success if it remains inside someone’s head.
All ideas qualify; best idea wins. No silent suffering.



STAR TRAC



STAR TRAC Coach

Create or Select A Workout

Quick Start!

English

SAFETY

Always use proper form when using the treadmill. Do not use the treadmill if you are pregnant, have a heart condition, or are recovering from surgery. Always use the handrails and the emergency stop button.



OPENHUB™ FAMILY OF CONSOLES

BUILDING ON HERITAGE THROUGH CONTINUED INNOVATION

When we set out to design our new console, our philosophy was simple: provide a flexible platform that connects expert partners to provide solutions for every customer for today and into the future. OpenHub is a smart, affordable, configurable solution available on Star Trac® and StairMaster® cardio equipment packed with entertainment, fitness tracking, group display, and asset management solutions. Whether you are looking for embedded TV, streaming video, 800/900mhz receivers or an add-on pvs, it's all possible. The best part is, you add (and pay for) only what you want, when you want. All OpenHub consoles can connect with leading technology and third party apps to deliver connectivity solutions for users to easily track, save and share their workout results. The future of club connectivity is here. The future is OpenHub.

AVAILABLE ON:



OPENHUB EXCLUSIVE PROGRAMS



Star Trac Coach® 8TRx

Star Trac Coach is a personalized treadmill workout led by a professional coach. Whether you're a competitive runner or a daily walker, the Star Trac Coach program helps you maximize your treadmill workout. With the push of a few simple buttons, runners and walkers can create a treadmill workout with varying intensity, terrain and endurance levels sure to provide an efficient, effective and encouraging workout. Exclusive on the 8TRx 15" embedded display, the Star Trac Coach takes the ordinary treadmill experience to a new level of engagement never seen before!

Spartan™ Training Gauntlet

The Spartan Race community is as resilient as they come and so it makes sense that Spartan would partner with StairMaster, the toughest workout in the gym. The Sprint, Super and Beast are a series of challenging Spartan races held each year around the world. Last year there were over 100 events globally, and the Spartan Race Championships were broadcast on NBC in the US. Exclusive on 15" embedded and 10" Gauntlet displays are 6 different Spartan race programs to challenge gym goers to a grueling fitness challenge. Experience the Sprint, Super and Beast on the StairMaster Gauntlet and find out if you are tough enough to be a Spartan.



OPENHUB™

THREE CONSOLE OPTIONS



15" TOUCH SCREEN

10" TOUCH SCREEN

LCD SCREEN

FEATURES

	15" TOUCH SCREEN	10" TOUCH SCREEN	LCD SCREEN
BLUETOOTH	●	●	●
ANT+	●	●	●
USB CHARGING PORT	●	●	●
HDMI PORT	●	○	○
PERSONAL FAN	●	●	●
TV TUNER (GLOBAL)	●		
INTEGRATED SERVICE LIGHT		●	●
800/900mHz RECEIVER		○	○
IPTV	○	○	○
ADD-ON PERSONAL VIEWING SCREEN		○	○
ECOFIT	○	○	○

OUR EXPERT PARTNERS:



INCLUDED



OPTIONAL



ECOFIT™
NETWORKED FITNESS



STRAVA™

mapmy**run**



FI+ME+RIX



FitMetric, Broadcastvision Entertainment, ECOFIT, Wahoo Fitness, Nike+, Strava, Endomondo, MYE, mapmyrun, Performance IQ, and MyZone are registered trademarks and/or service marks owned by other companies not affiliated with Core Health & Fitness LLC and are not owned by Core Health & Fitness LLC.

Entertainment Options

STB Ready Consoles

Connect to IPTV, satellite or cable services, if a system uses a STB, or is capable of using one, then it will connect with our new STB Ready embedded cardio screens. The connection is seamless, and user control of channel and volume is done via integrated controls on the display. No add-on keypads required. Any STB in the world. Simple.

Leaderboard Connectivity

Get visual feedback, coordinate engaging competitions and motivate members by connecting OpenHub to MyZone or similar leaderboard systems.

Wireless Audio Receiver

Optional Integrated 800/900 MHz wireless receivers have Worldwide system compatibility and provide audio from any ceiling or wall mounted TV. *(Requires wireless audio transmitter)*

Add-on PVS Kit

Our 8 Series LCD, 10" display units, and all of our S Series cardio products are pre-wired to accept an add-on 15.6" HD Personal Viewing Screen. The PVS mounts seamlessly to the product, and 8 Series cardio includes an integrated control keypad inserted into the front of the cardio display for easy control.



8 Series Special Features

Asset Management

ECOFIT® asset management solutions let you see beyond the basics of which machines are most used – you'll get insights that show you if you should rotate machine placements to improve maintenance scheduling, identify and plan preventive maintenance to ensure equipment is available to members and much more.

Streaming from Personal Devices

Our 15" embedded console and our PVS add-on displays for 8 Series allows users to stream content from their personal device to the screen. This requires an HDMI connection to our integrated HDMI port using a cable appropriate for a user's personal device, be it Apple®, Android™ or other. *(Cables not included)*

Personal Device Storage

Over 70% of cardio users carry a personal device with them, and most will use this device for entertainment while exercising. Our display has a standard tray and shelf that will allow users to store and access their device or prop it up for viewing on the display.

Hub Cap - Optional Tablet Holder

As an even better solution for users who want to view video content on their personal device while exercising, we offer an optional tablet holder that can be added to the top of any LCD or 10" OpenHub™ console. Able to hold tablets up to 10.1" diagonal screen size, the tablet holder puts the user's personal entertainment in the ideal position for viewing, while holding it secure.



OPENHUB CONSOLES

Our affordable, flexible, innovative OpenHub consoles are available on every piece of 8 Series Star Trac. They offer best in class entertainment, fitness tracking and asset management solutions. With the ability to select just the features you want, and add new features in the future, this open platform offers you the ability to have exactly what you want, when you want it.



STAR TRAC®
CARDIO

With **Star Trac®**, we're with you and your members at every step. It goes beyond providing cardio products. It's about solutions designed around users to help mold lifelong habits for health and fitness. For facility operators, it's about **relationships that are just as strong and enduring as the equipment that bears our name.**

UNMATCHED USER COMFORT

Whether it is our signature personal fans, the shock absorbent Soft Trac® technology in our treads & pedals, or the convenience of accessible water bottle holders and media trays, Star Trac cardio will keep your members happy with its commitment to user comfort.



IMPRESSIVE & UNIFIED AESTHETIC

The cardio section has never looked so appealing. All Star Trac Cardio is styled with a sleek, modern look, with each additional unit complementing the section as a whole. With their shared look and OpenHub interface, members will feel at home on whatever machine they choose to use.



Treadmill 8TRx

- Easily accessible Hot Bar® is located closer to the user with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
- Star Trac Coach® is available on 15" embedded screens and provides over 1 million possible workouts, ensuring a different workout every time—taking the ordinary treadmill experience to a new level of engagement never seen before
- Star Trac's popular personal fans create a more rewarding workout
- Soft Trac® triple cell cushioning system provides maximum shock absorption making the entire deck a sweet spot
- 20% max incline | 15 mph max speed
- 21.5" (54.6 cm) wide belt
- 10" (25.4 cm) step-up height
- User weight capacity of 500 lb(227 kg)
- Lighter weight aluminum frame



Overall Weight
447 lb (203 kg)

Width
36" (91 cm)

Length
85" (215 cm)

Height
60" (152 cm)

Running Surface
60" x 21.5"
(152 x 54.6 cm)



Treadmill 8TR

- Pre-wired for 8 Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry and multiple cup and accessory holders
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 5 HP AC Motor
- Star Trac's popular personal fans create a more rewarding workout
- 15% max incline | 12.5 mph max speed
- 21.5" (54.6 cm) wide belt
- 10" (25.4 cm) step-up height
- User weight capacity 500 lb(227 kg)



Overall Weight
576 lb (261 kg)

Width
32" (81 cm)

Length
81" (206 cm)

Height
60" (152 cm)

Running Surface
60" x 21.5"
(152 x 54.6 cm)



Trail Hiker 8TH

- Patented design and movement pattern maximize both caloric burn and motivate users to work harder, burning up to 2 times more calories than walking on a flat treadmill at the same speed
- Movement arms and dual ramping decks create total body engagement, and the feel of outdoor hiking with trekking poles
- User-defined dual ramping decks provide an incline to flat step pattern capturing all the benefits of a treadmill, elliptical and stepper
- Easily accessible Hot Bar® with one-finger speed and level controls, integrated stop button and contact heart rate grips
- Treadle belt width 52" x 9" (132 x 23 cm) x 2
- 5 HP AC Motor
- Star Trac's popular personal fans create a more rewarding workout
- User weight capacity 350 lb(159 kg)



Overall Weight
719 lb (326 kg)

Width
36" (91 cm)

Length
83" (211 cm)

Height
83" (211 cm)

Step-Up Height
12" (31 cm)



VersaStrider™ 8VS

- MyStride™ technology in the VersaStrider allows users to vary their stride length from 10" to 32" dynamically - no buttons to push, just stride the way you want
- Level control buttons are integrated into movement arms - adjust level without letting go of handles
- Display includes MyStride® indicator showing user's stride length during workout
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, Polar® telemetry and multiple cup and accessory holders
- Star Trac's popular personal fans create a more rewarding workout
- Integrated movement wheel at rear of machine allows one person to easily maneuver the unit for placement or service
- Movement arms follow a converging path of motion that closely follows the human body's natural movement



Overall Weight
694 lb (315 kg)

Width
35" (89 cm)

Length
89" (226 cm)

Height
69" (175 cm)

Overall Weight
456 lb (207 kg)

Width
30" (76 cm)

Length
76" (193 cm)

Height
72" (182 cm)

Step-Up Height
7" (18 cm)

Cross Trainer 8CT

- Available with all 3 OpenHub™ console options
- 10 programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intervals, Heart Rate Intervals, Calorie Goal, Heart Rate Zone Trainer
- Electronically controlled alternator with chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones
- Patented independent pedal geometry with four-bar linkage keeps pedals level ensuring a comfortable, biomechanically correct movement
- Step range 1" to 14" (2.5 cm to 36 cm)
- Step rate: 26-174 steps per minute

15"

10"

LCD

PVS



Overall Weight
380 lb (172 kg)

Width
36" (91 cm)

Length
86" (218.44 cm)

Height
73" (185 in)

Rear Drive Elliptical 8RDE

- User-friendly console and keypad feature a large service scrolling message window and user-specific workout programs
- Ergonomic hand grips offer multiple hand positions and heart rate detection
- Convenience features like water bottle holders, a media shelf & optional tablet holder
- Star Trac's popular personal fans create a more rewarding workout
- Articulating foot pads & 18" stride length create a very comfortable and natural stride pattern

15"

10"

LCD

PVS



Overall Weight
152 lb (69 kg)

Width
25" (64 cm)

Length
51" (130 cm)

Height
58" (147 cm)

Upright Bike 8UB

- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Heart Rate Control adjusts intensity level based on the user's heart rate for interval training
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular personal fans create a more rewarding workout
- Morse Taper bottom bracket and pedal system for extreme durability
- Light weight aluminum frame for maximum corrosion protection
- User weight capacity of 350 lb(159 kg)

15"

10"

LCD

PVS



Overall Weight
189 lb (86 kg)

Width
28" (71 cm)

Length
66" (167 cm)

Height
52" (132 cm)

Recumbent Bike 8RB

- Dual platform pedals with ratcheting straps provide users with the option for a secure hold or a strap-free platform workout
- Star Trac's popular personal fans create a more rewarding workout
- Contoured backrest for increased airflow and comfort
- Improved shroud design to ease service
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Morse Taper bottom bracket and pedal system for extreme durability
- User weight capacity of 350 lb(159 kg)
- Telescoping hand grips adjust to fit every user and allow access to the contact heart rate
- Light weight aluminum frame for maximum corrosion protection

15"

10"

LCD

PVS





Treadmill STRc

- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holders
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 21.5" (54.6 cm) wide belt
- 7" (17.7 cm) step-up height
- User weight capacity 500 lb(227 kg)



Overall Weight
533 lb (242 kg)

Width
32" (81 cm)

Length
81" (206 cm)

Height
58" (147 cm)

Running Surface
60" x 21.5"
(152 cm x 54.6 cm)



Treadmill STRx

- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and accessory holders
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 3 HP DC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 21.5" (54.6 cm) wide belt
- 7" (17.7 cm) step-up height
- User weight capacity of 350 lb(159 kg)



Overall Weight
514 lb (233 kg)

Width
32" (81 cm)

Length
81" (206 cm)

Height
58" (147 cm)

Running Surface
60" x 20"
(152 x 51 cm)



Cross Trainer SCTx

- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holders
- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- User weight capacity of 350 lb(159 kg)



Overall Weight
483 lb (219 kg)

Width
30" (76 cm)

Length
76" (193 cm)

Height
72" (183 cm)

Step-Up Height
7" (18 cm)



Upright Bike SUBx

- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holders
- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular personal adjustable fan creates a more rewarding workout
- Morse Taper bottom bracket and pedal system
- User weight capacity of 350 lb(159 kg)



Overall Weight
157 lb (71 kg)

Width
23" (58 cm)

Length
46" (117 cm)

Height
57" (145 cm)

Overall Weight
212 lb (96 kg)

Width
26" (66 cm)

Length
66" (168 cm)

Height
53" (135 cm)

Recumbent Bike SRBx

- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holders
- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease
- Dual platform pedals with ratcheting straps provide user with option for secure hold or strap-free platform workout
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Wrap-around seat adjust provides an intuitive handle for simple seat position changes
- Star Trac's popular personal adjustable fan creates a more rewarding workout
- Morse Taper bottom bracket and pedal system
- User weight capacity of 350 lb(159 kg)



Antonino Gioello | BE-FIT, Leutkirch When I was on the look-out for a suitable partner, it didn't take long to choose Star Trac. I thought that their advice and suggested solutions were fantastic and totally focused on the customer. The delivery, assembly and installation were all top notch – I am fully satisfied with the entire team and I look forward to working with them again in the future.



Paresh Patel | Kriya Hotels We use Core Health & Fitness products at all of our Hilton properties because the brands that they manufacture are well priced, have great warranties, and the service is exceptional. Jeff Josephson has been our contact for the past 5 years and he has gone above and beyond to support our company. We look forward to working with both Core Health & Fitness, and Jeff for many years to come.

NEW HIIT CONSOLE

The new StairMaster® HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays. The HIIT Console now comes standard on StairMaster HIIT products.



 **StairMaster®**
HIGH INTENSITY

Decades after pioneering the **toughest workout in the gym**, our machines are still the ones members choose to push themselves to the limit. Today, we add new innovations to StairMaster's portfolio that make hearts pound, lungs burn and **keep members coming back to the workouts they love to hate.**

BEST IN THE BOX

Hailed as the workouts that members love to hate, the new line of StairMaster® HIIT products will work you harder and smarter than ever before. Tested at CrossFit™ events and partnered with Spartan, StairMaster High Intensity equipment and programs will leave your heart racing, lungs pounding and you begging for more.



NEW HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a fierce High Intensity Interval Training program that will leave your members hurting for more. Have your trainers and coaches HIIT certified by our Master Trainers, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.





StairMaster[®] HIIT Console

- Simple, easy to read Backlight display
- Easy to use programmable time, distance, calories, time interval, and calorie interval programs
- Bluetooth connectivity to share your information to your favorite tracking app
- Displays heart rate broadcast from ANT+ or 5kHz heart rate straps
- ANT+ allows you to display data on leaderboards with tracking software
- Standard on HIITMill, HIITMill X, HIIT Bike & HIIT UBE



TOUGHER WITH TRAINING

From the makers of the toughest workouts in the gym, comes a fierce High Intensity Interval Training program that will leave your members hurting for more. HIIT has seen a massive growth in popularity and many fitness experts believe it is here to stay, due largely in part to its numerous scientifically-backed health benefits, shorter time investment, ability to motivate participants through an engaging group environment and option to incorporate group competition. Have your trainers and coaches HIIT certified by our Master Trainers, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.

HIIT PROGRAMMING

The StairMaster HIIT Solution is an easy to follow system that provides variety, builds community and delivers results. The easy to use, scientifically-based programming can also be delivered in a variety of ways to allow trainers to be more creative with their class design. StairMaster HIIT programming can be customized and scaled to suit the target audience, available space and/or available equipment. We offer a foundation that can be built upon to deliver the best possible experience that will keep your members coming back for more!





Gauntlet™ 8G

- Available with all 3 OpenHub™ console options
- Includes the Landmark Challenge Program as well as standard console programs. Spartan programs are available on 10" and 15" embedded screens
- Hot bar with stop button, Heart Rate, and level control
- Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones
- Revolving staircase with eight steps. Step surface: 8"(20cm) high, 9"(23 cm) deep and 22"(56 cm) wide.
- Step rate: 24-162 steps per minute
- User weight capacity 350 lb(159 kg)

15"

10"

LCD

PVS

Overall Weight
343 lb (156 kg)

Width
34" (86 cm)

Length
58" (147 cm)

Height
89" (226 cm)



FreeClimber™ 8FC

- Available with all 3 OpenHub™ console options
- 10 programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intervals, Heart Rate Intervals, Calorie Goal, Heart Rate Zone Trainer
- Electronically controlled alternator with chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones
- Patented independent pedal geometry with four-bar linkage keeps pedals level ensuring a comfortable, biomechanically correct movement
- Step range 1" to 14" (2.5 cm to 36 cm)
- Step rate: 26-174 steps per minute

15"

10"

LCD

PVS

Overall Weight
155 lb (70 kg)

Width
27" (69 cm)

Length
43" (110 cm)

Height
68" (173 cm)



HIIT Bike™ 9-4650

- Dual-action wind resistance provides a total body workout
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs
- Robust, heavy gauge welded steel construction
- The StairMaster AirFit™ was given a warm welcome at the 2014 & 2015 CrossFit Games where it put the toughest among us to the test
- Backed by a full commercial warranty
- User compatible size range typically 4'11" to 6'8" (150 to 203 cm) tall
- User weight capacity 350 lb(159 kg)

Overall Weight
124 lb (56 kg)

Width
29" (74 cm)

Length
51" (130 cm)

Height
58" (147 cm)



HIIT UBE™ 9-4660

- Adjustable tower accommodates a wide variety of workouts and user sizes
- Integrated bench for seated workouts can be removed to accommodate standing or wheelchair workouts
- Adjustable cranks for varied range of motion and bilateral or unilateral motions
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs
- Wheelchair accessible ramp option allows wheelchair access and meets ADA criteria. The removable ramp's unique mounting system adds only 22" (56 cm) to the total length of the machine
- User weight capacity 350 lb (159 kg)

Overall Weight
320 lb (145 kg)

Width
36" (92 cm)

Length
70" (178 cm)

Max Height
73" (178 cm)

Overall Weight
390 lb (177 kg)

Width
38" (95 cm)

Length
78" (197 cm)

Height
66" (167 cm)

HIITMill™ 9-4670

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Extra wide 23" belt width for lateral training and max stability under load
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs



Overall Weight
430 lb (195 kg)

Width
55" (140 cm)

Length
78" (197 cm)

Height
66" (167 cm)

HIITMill X™ 9-4680

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Farmer's Carry lift arms (HIITMill X only)
- 3mm cushioned turf belt compatible with plastic field cleats
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs



Overall Weight
246 lb (112 kg)

Width
33" (84 cm)

Length
30" (76 cm)

Height
82" (208 cm)

BoxMaster® 9BM-9401

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients
- Optional base and optional kick pad available (sold separately)



Overall Weight
1305 lb (593 kg)

Width
75" (185 cm)

Length
73" (183 cm)

Height
82" (200 cm)

BoxMaster Quad® 9BM-9404

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- 4 towers for an effective small group exercise environment
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients





EXPANSIVE SELECTION

Nautilus covers all your strength needs. Whether you are looking for a primary strength circuit, free weights, plate loaded machines, benches & racks or functional training. Nautilus has a line to fit the needs of you and your members.



Nautilus® invented the **entire modern strength training category more than 40 years ago**, and we've been reinventing it ever since. We never innovate for the sake of fads, bells or whistles, but to provide a fitness experience that naturally fits human movements. **We wouldn't settle for anything less, and neither should you.**

INNOVATIVE WEIGHT SELECTION

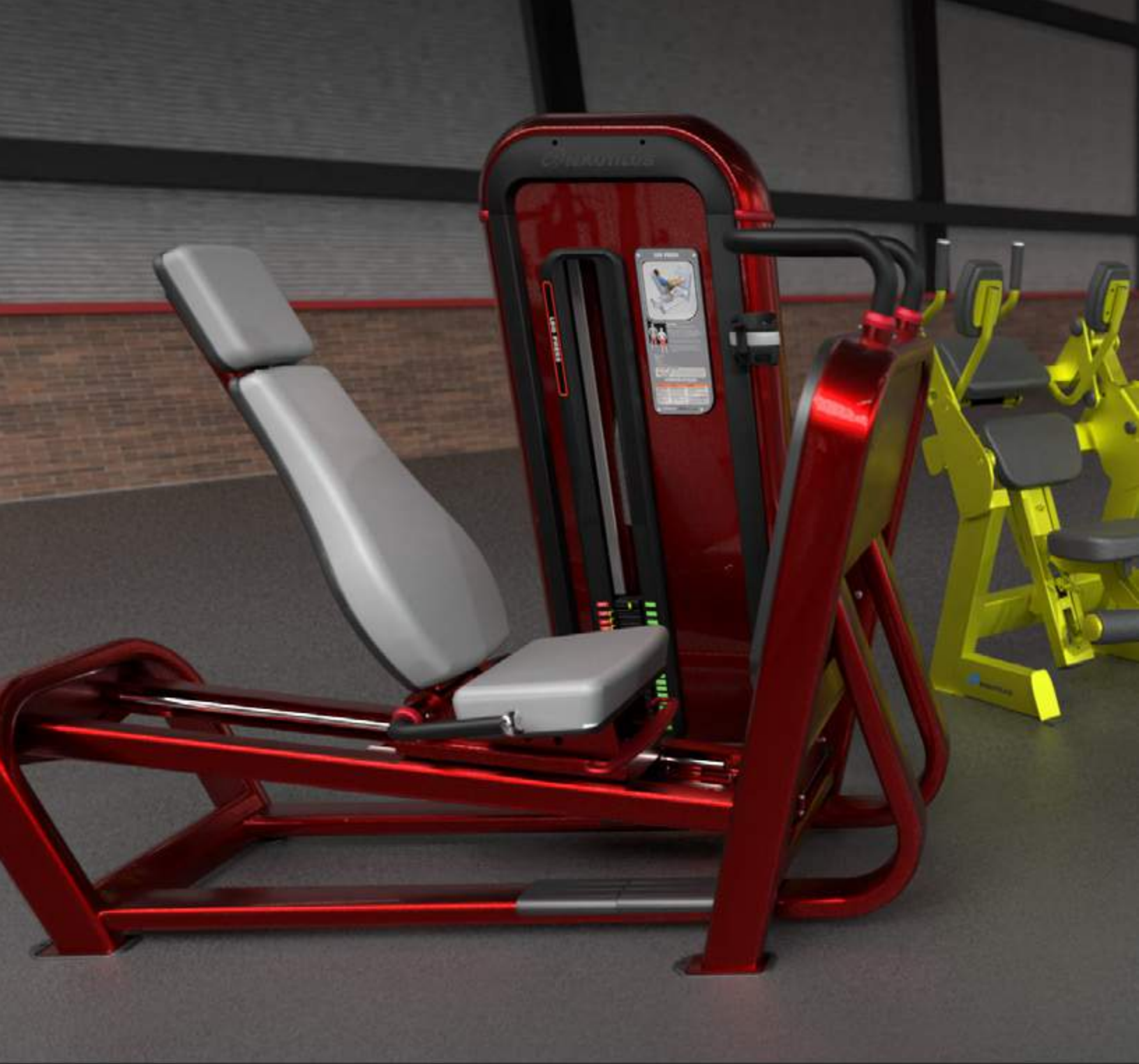
Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Both Lock N Load® and the weight dial remove any need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch or turning a dial.



NAUTILUS CUSTOM STRENGTH

Make a stronger first impression with custom strength equipment from Nautilus. We have a wide variety of options to help you match the look of your strength equipment to your personal brand, with the ability to create custom colored upholstery, frames and even design custom shrouds with your logo, on select strength lines.





A More Personal Touch

You now have the option to customize your strength equipment with custom colored frames and upholstery. You can even add your logo to select equipment to help enhance your brand. See examples of past installations to get an idea of what we can do for you.







Upgrade Your Strength Training

Core Health & Fitness is excited to offer products, programming and marketing tools to help you drive new opportunities that will assist in your business growth, space utilization, training revenue and client satisfaction. With an expansive variety of strength equipment and support from a world class team of Master Trainers, Core Health & Fitness has the resources you need to develop a competitive training program in your facility.

Lock N Load®

Anyone who works out has been there. You're ready to begin training and you walk over to a machine only to find the weight selection pin missing, broken, damaged or the lanyard is a tangled mess. Now you can say goodbye to the frustration and maintenance issues thanks to our revolutionary, patented Lock N Load® weight selection system.

Now weight selection is as easy as flipping a switch. The intuitive Lock N Load design is easily recognizable. If you've ever flicked a light switch on and off, you'll immediately understand how it works. Universally color-coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance-free operation.

Simple and innovative, you'll find it to be a welcome relief from the headaches and maintenance costs often associated with traditional strength equipment weight stacks. With very few moving parts and an internal case-hardened steel engagement pin, there's virtually nothing to break or maintain.

Available on Nautilus Inspiration, Impact, Instinct & HumanSport.



Nautilus One™ Weight Dial

Now weight selection is as easy as turning a dial. The unique weight selection dial is easily recognizable and always within reach from the seated position - no more bending down, reaching behind or standing up to adjust weight selection. Nautilus One® has no guide rods and no weight stack pins, which means less maintenance and downtime. 1 lb weight increments and range of motion limiter options are also available, making this weight adjustment ideal for physical therapy. Available on Nautilus One.





Innovative weight select dial makes for easy adjustments and less maintenance



Modern, compact and unified weight tower design



Support and comfort from custom contoured, hand-crafted upholstery

DIAL "ONE" FOR UNPRECEDENTED RESULTS

Nautilus One™ equipment combines revolutionary weight stack technology, a 4-bar linkage and special CAM designs to provide users with smooth resistance and proper muscle loading through the complete range of motion, and the most intuitive and user-friendly selection method ever created: a dial. Fewer cams, pulleys and no guide rods extend the life of this product well past other machines.



Leg Press

Model	S6LP
OW	1,332 lb (605 kg)
SW	430 lb (195 kg)
W	51" (130 cm)
L	72" (183 cm)
H	57" (144 cm)



Leg Extension

Model	S6LE
OW	829 lb (377 kg)
SW	255 lb (116 kg)
W	52" (132 cm)
L	53" (135 cm)
H	49" (124 cm)

Seated Leg Curl

Model	S6LC
OW	855 lb (389 kg)
SW	255 lb (116 kg)
W	52" (132 cm)
L	64" (163 cm)
H	49" (124 cm)



Hip Abduction/Adduction

Model	S6AA
OW	857 lb (390 kg)
SW	255 (116 kg)
W	41" (104 cm)
L	87" (221 cm)
H	48" (122 cm)

Chest Press

Model	S6CP
OW	852 lb (387 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	58" (147 cm)
H	75" (191 cm)



Pec Fly

Model	S6PF
OW	821 lb (373 kg)
SW	255 lb(116 kg)
W	74" (188 cm)
L	57" (145 cm)
H	54" (137 cm)

Lat Pulldown

Model	S6LATP
OW	890 lb (405 kg)
SW	255 lb (116 kg)
W	51" (130 cm)
L	72" (183 cm)
H	87" (221 cm)



Row

Model	S6MR
OW	860 lb (391 kg)
SW	255 lb (116 kg)
W	54" (137 cm)
L	62" (157 cm)
H	47" (119 cm)

Shoulder Press

Model	S6SP
OW	854 lb (388 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	59" (150 cm)
H	62" (157 cm)



Lateral Raise

Model	S6LR
OW	860 lb (391 kg)
SW	255 lb (116 kg)
W	57" (145 cm)
L	46" (117 cm)
H	57" (145 cm)

Nautilus One® towers are ingenious in their simplicity. Unlike traditional weight stacks, plates are stacked side-by-side with minimal use of pulleys and belts. This allows for natural movement mechanics and gives a smooth, plate-loaded workout feel from a selectorized machine.



Biceps Curl

Model	S6BC
OW	795 lb (361 kg)
SW	255 lb (116 kg)
W	63" (160 cm)
L	51" (130 cm)
H	51" (130 cm)

Triceps Press

Model	S6TP
OW	801 lb (364 kg)
SW	255 lb (116 kg)
W	58" (147 cm)
L	59" (150 cm)
H	47" (119 cm)



Triceps Extension

Model	S6TE
OW	880 lb (400 kg)
SW	255 lb (116 kg)
W	62" (157 cm)
L	48" (122 cm)
H	54" (137 cm)

Abdominal Crunch

Model	S6AB
OW	859 lb (390 kg)
SW	255 lb (116 kg)
W	55" (140 cm)
L	53" (135 cm)
H	59" (150 cm)



Rotary Torso

Model	S6RT
OW	782 lb (355 kg)
SW	255 lb (116 kg)
W	41" (104 cm)
L	71" (180 cm)
H	47" (119 cm)

Low Back

Model	S6LB
OW	824 lb (375 kg)
SW	255 lb (116 kg)
W	51" (130 cm)
L	50" (127 cm)
H	49" (124 cm)



Four-Way Neck Machine

Model	S6FWN
OW	772 lb (351 kg)
SW	255 lb (116 kg)
W	64" (163 cm)
L	46" (117 cm)
H	57" (145 cm)

Henric Anderung | Friskis&Svettis The quality and design of the products that Apirosport/Core Health & Fitness offers is very good and above all consistent: no matter what brand and piece of equipment they complement each other and maintain the same excellent quality.





Lock N Load®
weight selection system



Modern tower design
with customizable shrouds



Custom frames &
upholstery available

A STRONGER FIRST IMPRESSION

Proudly made in the USA, the Nautilus Inspiration Strength® line delivers a series of must-have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration makes a powerful first impression.

Each machine captures the essence of natural movement. Members will appreciate the many easy to use and easy to see features like our patented Lock N Load® weight selection system, the wrap-around assisted seat adjustment, Lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.



Leg Press

Model	IPLP3
OW	1,227 lb (558 kg)
SW	400 lb (181 kg)
W	54" (137 cm)
L	74" (187 cm)
H	64" (163 cm)



Leg Extension

Model	IPLP3
OW	729 lb (331 kg)
SW	240 lb (109 kg)
W	48" (122 cm)
L	53" (135 cm)
H	64" (163 cm)



Leg Curl

Model	IPLC3
OW	817 lb (371 kg)
SW	240 lb (109 kg)
W	46" (117 cm)
L	64" (163 cm)
H	64" (163 cm)



Abduction / Adduction

Model	IPAA3
OW	835 lb (380 kg)
SW	200 lb (91 kg)
W	55" (140 cm)
L	56" (142 cm)
H	64" (163 cm)



Glute Press

Model	IPGM3
OW	729 lb (331 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	75" (191 cm)
H	64" (163 cm)



Chest Press

Model	IPVP3
OW	877 lb (399 kg)
SW	240 lb (109 kg)
W	59" (150 cm)
L	43" (109 cm)
H	76" (193 cm)



Lat Pull Down

Model	IPPD3
OW	872 lb (396 kg)
SW	240 lb (109 kg)
W	55" (140 cm)
L	55" (140 cm)
H	77" (196 cm)



Vertical Row

Model	IPVR3
OW	824 lb (375 kg)
SW	240 lb (109 kg)
W	50" (127 cm)
L	45" (114 cm)
H	77" (196 cm)



Pec Fly / Rear Deltoid

Model	IPPF3
OW	882 lb (401 kg)
SW	240 lb (109 kg)
W	58" (147 cm)
L	46" (117 cm)
H	80" (203 cm)



Shoulder Press

Model	IPSP3
OW	775 lb (352 kg)
SW	200 lb (91 kg)
W	58" (147 cm)
L	60" (152 cm)
H	64" (163 cm)



Deltoid Raise

Model	IPDR3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	52" (132 cm)
L	47" (119 cm)
H	64" (163 cm)



Biceps Curl

Model	IPBC3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Bilateral Arm Curl

Model	IPBA3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	45" (114 cm)
H	64" (163 cm)



Tricep Dip

Model	IPTD3
OW	906 lb (412 kg)
SW	240 lb (109 kg)
W	53" (135 cm)
L	54" (137 cm)
H	64" (163 cm)

Tricep Extension

Model	IPTE3
OW	690 lb (314 kg)
SW	200 lb (91 kg)
W	56" (142 cm)
L	43" (109 cm)
H	64" (163 cm)



Abdominal Crunch

Model	IPAC3
OW	684 lb (310 kg)
SW	200 lb (91 kg)
W	52 in (132 cm)
L	51 in (130 cm)
H	64 in (163 cm)

Back Extension

Model	IPBE3
OW	560 lb (255 kg)
SW	200 lb (91 kg)
W	51" (130 cm)
L	50" (127 cm)
H	64" (163 cm)



Dual Adjustable Pulley

Model	IPDA3
OW	1,439 lb (654 kg)
SW	2 x 400 lb (2 x 181 kg) 2 x 100 lb (at handle)
W	62" (157 cm)
L	46" (117 cm)
H	91" (231 cm)

Pull Over

Model	IPPO3
OW	701 lb (318 kg)
SW	200 lb (91 kg)
W	58 in (147 cm)
L	58 in (147 cm)
H	64 in (163 cm)

The iconic Nautilus pullover movement is now available in the Inspiration line. Dubbed the "Squat of the upper body" by Nautilus founder Arthur Jones, the pullover is a powerful machine that provides 250° of shoulder rotation, working the lats, pecs and abs.



Converging press arms provide a proper movement path



Strength Curve Technology™ ensures proper muscle loading for entire motion



Ergo Grip gives natural, user-defined path of motion

YOU HAVE TO FEEL IT TO BELIEVE IT

Nautilus EVO™ equipment adapts itself to the way the body moves instead of forcing users to adapt to the machine. Our four-bar linkage system and cam design dynamically mirror the body's strength curve. Nautilus users get immediate, smooth resistance and proper muscle loading through the complete range of motion and gives users the ability to change the weight in 5 lb increments with no add-on stack. Evo offers unprecedented results from the First Name In Strength.



Leg Press

Model	S9LP
OW	981 lb (446 kg)
SW	480 lb (218 kg)
W	40" (102 cm)
L	92" (234 cm)
H	64" (171 cm)



Leg Extension

Model	S9LE
OW	538 lb (245 kg)
SW	240 lb (109 kg)
W	37" (94 cm)
L	52" (132 cm)
H	54" (137 cm)



Seated Leg Curl

Model	S9LC
OW	517 lb (235 kg)
SW	240 lb (109 kg)
W	35" (89 cm)
L	62" (157 cm)
H	54" (137 cm)



Prone Leg Curl

Model	S9LCP
OW	498 lb (226 kg)
SW	200 lb (91 kg)
W	35" (90 cm)
L	65" (166 cm)
H	54" (137 cm)



Hip Abduction / Adduction

Model	S9AA
OW	530 lb (241 kg)
SW	200 lb (91 kg)
W	37" (94 cm)
L	60" (152 cm)
H	56" (142 cm)



Seated Calf

Model	S9SC
OW	498 lb (226 kg)
SW	200 lb (91 kg)
W	35" (89 cm)
L	65" (165 cm)
H	54" (137 cm)



Vertical Chest

Model	S9VC
OW	540 lb (245 kg)
SW	240 lb (109 kg)
W	39" (99 cm)
L	56" (142 cm)
H	71" (180 cm)



Incline Press

Model	S9IP
OW	522 lb (237 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	62" (157 cm)
H	54" (137 cm)



Pec Fly

Model	S9PF
OW	566 lb (257 kg)
SW	240 lb (109 kg)
W	36" (91 cm)
L	61" (154 cm)
H	57" (145 cm)



Lat Pulldown

Model	S9LATP
OW	632 lb (287 kg)
SW	240 lb (109 kg)
W	31" (78 cm)
L	74" (188 cm)
H	89" (225 cm)



Mid Row

Model	S9MR
OW	558 lb (254 kg)
SW	240 lb (109 kg)
W	39" (99 cm)
L	62" (157 cm)
H	54" (137 cm)



Compound Row

Model	S9CR
OW	516 lb (235 kg)
SW	240 lb (109 kg)
W	36" (91 cm)
L	85" (216 cm)
H	67" (170 cm)

Pullover

Model	S9PO
OW	631 lb (286 kg)
SW	240 lb (109 kg)
W	49" (124 cm)
L	57" (145 cm)
H	67" (170 cm)



Rear Delt / Pec Fly

Model	S9RDPF
OW	543 lb (246 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	68" (173 cm)
H	61" (157 cm)

Overhead Press

Model	S90P
OW	555 lb (252 kg)
SW	240 lb (109 kg)
W	39" (99 cm)
L	61" (155 cm)
H	54" (137 cm)



Lateral Raise

Model	S9LR
OW	463 lb (210 kg)
SW	200 lb (91 kg)
W	36" (91 cm)
L	54" (137 cm)
H	54" (137 cm)

Preacher Curl

Model	S9PC
OW	496 lb (225 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	51" (130 cm)
H	54" (137 cm)



Biceps Curl

Model	S9BC
OW	488 lb (222 kg)
SW	160 lb (73 kg)
W	45" (114 cm)
L	38" (97 cm)
H	55" (139 cm)

V-Triceps Extension

Model	S9VTE
OW	552 lb (257 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	48" (122 cm)
H	57" (145 cm)



Triceps Extension

Model	S9TE
OW	490 lb (223 kg)
SW	160 lb (73 kg)
W	45" (114 cm)
L	33" (84 cm)
H	63" (160 cm)

Seated Dip

Model	S9SD
OW	538 lb (245 kg)
SW	240 lb (109 kg)
W	48" (122 cm)
L	39" (99 cm)
H	54" (137 cm)



Gravitron Machine

Model	S9GRV
OW	629 lb (286 kg)
SW	240 lb (109 kg)
W	45" (114 cm)
L	69" (175 cm)
H	91" (231 cm)



Abdominal

Model	S9AB
OW	509 lb (231 kg)
SW	200 lb (91 kg)
W	44" (112 cm)
L	41" (104 cm)
H	54" (137 cm)



Lower Back

Model	S9LB
OW	558 lb (254 kg)
SW	200 lb (91 kg)
W	41" (104 cm)
L	57" (145 cm)
H	54" (137 cm)

Rotary Torso

Model	S9RT
OW	496 lb (225 kg)
SW	200 lb (91 kg)
W	45" (114 cm)
L	56" (142 cm)
H	56" (142 cm)



Freedom Trainer Dual Stack

Model	F3FTD
OW	581 lb (263 kg)
SW	2 x 170 lb (2 x 77 kg)
W	56" (142 cm)
L	38" (97 cm)
H	77" (196 cm)

Steve Dockman | Middleburg Hts. Community Center We are in the process of renovating our Fitness Area at the Middleburg Hts. Community Center and have used the experience and advice from Core Health & Fitness to help us purchase equipment that suits our needs. They are extremely professional and informative and I trust them to provide us quality products and service.





Lock N Load®
weight selection system



Ratcheting vertical
seat adjustment



Simple pop pin range
of motion adjustment

PROVEN. SMART. EFFECTIVE.

The Impact Strength® line brings many subtle innovations to the power of your next weight training workout. It is the evolution of the proven biomechanics and user features that have made the Impact Strength Line a solid, competitive product. This line retains all the unique, proven, individual design features that customers have stated are ideal, such as pre-stretch, start assist, range of motion selection and graduated heavy weight stacks. Impact Strength incorporates new aesthetics and biomechanics features that have established its position as a competitive and diverse strength product line.



Seated Leg Press

Model	9NA-S1305
OW	825 lb (374kg)
SW	360 lb (180 kg)
W	47" (119 cm)
L	74" (187 cm)
H	65" (165 cm)



Leg Extension

Model	9NA-S1312
OW	530 lb (241 kg)
SW	260 lb (130 kg)
W	38" (97 cm)
L	57" (145 cm)
H	60" (152 cm)

Seated Leg Curl

Model	9NA-S1313
OW	630 lb (286 kg)
SW	260 lb (130 kg)
W	39" (99 cm)
L	70" (178 cm)
H	60" (152 cm)



Leg Curl

Model	9NA-S1301
OW	440 lb (200 kg)
SW	180 lb (90 kg)
W	38" (97 cm)
L	71" (180 cm)
H	60" (152 cm)

Kneeling Leg Curl

Model	9NA-S1311
OW	360 lb (164 kg)
SW	130 lb (65 kg)
W	44" (112 cm)
L	51" (130 cm)
H	60" (152 cm)



Adductor

Model	9NA-S1308
OW	430 lb (195 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)

Abductor

Model	9NA-S1307
OW	430 lb (195 kg)
SW	180 lb (90 kg)
W	48" (122 cm)
L	58" (147 cm)
H	60" (152 cm)



Standing Calf

Model	9NA-S1309
OW	485 lb (220 kg)
SW	260 lb (130 kg)
W	49" (124 cm)
L	41" (104 cm)
H	62" (151 cm)

Chest Press

Model	9NA-S4301
OW	545 lb (248 kg)
SW	260 lb (130 kg)
W	52" (132 cm)
L	50" (127 cm)
H	60" (152 cm)



Incline Press

Model	9NA-S2301
OW	570 lb (259 kg)
SW	260 lb (130 kg)
W	51" (130 cm)
L	75" (191 cm)
H	60" (152 cm)

Deltoid Fly

Model	9NA-S4304
OW	450 lb (205 kg)
SW	220 lb (110 kg)
W	30" (76 cm)
L	50" (127 cm)
H	79" (201 cm)



Lat Pull Down

Model	9NA-S3305
OW	435 lb (197 kg)
SW	260 lb (130 kg)
W	55" (140 cm)
L	47" (119 cm)
H	98" (249 cm)



Low Row

Model	9NA-S3306
OW	585 lb (266 kg)
SW	260 lb (130 kg)
W	29" (72 cm)
L	90" (119 cm)
H	86" (218 cm)



Deltoid Raise

Model	9NA-S4302
OW	430 lb (195 kg)
SW	130 lb (65 kg)
W	46" (117 cm)
L	51" (130 cm)
H	60" (152 cm)



Tricep Extension

Model	9NA-S5302
OW	460 lb (209 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	47" (119 cm)
H	60" (152 cm)



Fixed Lat Pull Down

Model	9NA-S3303
OW	700 lb (318 kg)
SW	260 lb (130 kg)
W	43" (109 cm)
L	64" (163 cm)
H	80" (203 cm)



Vertical Row

Model	9NA-S3301
OW	575 lb (261 kg)
SW	260 lb (130 kg)
W	45" (114 cm)
L	62" (157 cm)
H	60" (152 cm)



Shoulder Press

Model	9NA-S4307
OW	530 lb (241 kg)
SW	260 lb (130 kg)
W	53" (135 cm)
L	64" (163 cm)
H	60" (152 cm)



Biceps Curl

Model	9NA-S5301
OW	460 lb (209 kg)
SW	180 lb (90 kg)
W	46" (117 cm)
L	58" (147 cm)
H	60" (152 cm)



Dip Machine

Model	9NA-S5303
OW	655 lb (297 kg)
SW	260 lb (130 kg)
W	42" (107 cm)
L	55" (140 cm)
H	65" (165 cm)



Chin Dip Assist

Model	9NA-S6334
OW	650 lb (295 kg)
SW	200 lb (100 kg)
W	60" (152 cm)
L	50" (127 cm)
H	91" (231 cm)



The **Chin Dip Assist** has become a staple strength product because it allows the user to adjust their desired weight balance and build the muscles needed for these bodyweight exercises. With the innovative Lock N Load® weight stack and updates for an even more durable construction, this machine will be at home in any weight room.

Low Back

Model	9NA-S3302
OW	680 lb (308 kg)
SW	260 lb (130 kg)
W	46" (117 cm)
L	53" (135 cm)
H	60" (152 cm)



Abdominal

Model	9NA-S6301
OW	365 lb (166 kg)
SW	130 lb (65 kg)
W	43" (109 cm)
L	59" (150 cm)
H	60" (152 cm)



Timothy M. Hilk | YMCA, Former President/Chief Executive Officer
 Several years ago we realized an opportunity to improve on the quality of strength and cardio equipment that we purchase for our membership facilities. For this reason, as well as for an opportunity to improve upon the level of maintenance service, the leadership team of the YMCA of Youngstown decided to select Core Health & Fitness as our primary vendor. We could not be happier with our choice to engage Michael Bruno and the excellent staff at Core Health & Fitness.

The staff team at Core Health & Fitness has assisted us in selecting the very best equipment for our members. We have been extremely happy with the quality of equipment, the commitment to servicing this equipment, as well as the willingness of the staff team at Core Health & Fitness to listen to our feedback. We believe that our relationship with Core Health & Fitness is a win for our YMCA membership. I can assure you that Core Health & Fitness has earned my trust and my business. I look forward to a long relationship with Core Health & Fitness and their team of experts.



Lock N Load®
weight selection system



Increased visibility through
transparent weight towers



Kevlar transmission belt for
extended life and easy replacement

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.



Leg Extension

Model	9NL-S1010
OW	436 lb (198 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	41" (104 cm)
H	55" (140 cm)



Leg Curl

Model	9NL-S1011
OW	469 lb (213 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	56" (140 cm)
H	55" (140 cm)



Dual Leg Extension / Leg Curl

Model	9NL-D1014
OW	484 lb (220 kg)
SW	190 lb (86 kg)
W	37" (94 cm)
L	56" (142 cm)
H	55" (140 cm)



Dual Leg Press / Calf Raise

Model	9NL-D1013
OW	689 lb (313 kg)
SW	235 lb (107 kg)
W	39" (99 cm)
L	74" (188 cm)
H	55" (140 cm)

Dual Inner / Outer Thigh

Model	9NL-01015
OW	498 lb (226 kg)
SW	150 lb (68 kg)
W	27" (69 cm)
L	57" (145 cm)
H	55" (140 cm)



Glute Press

Model	9NL-S1012
OW	354 lb (161 kg)
SW	120 lb (55 kg)
W	37" (94 cm)
L	67" (170 cm)
H	55" (140 cm)

Chest Press

Model	9NL-S2100
OW	477 lb (217 kg)
SW	235 lb (107 kg)
W	28" (71 cm)
L	49" (124 cm)
H	55" (140 cm)



Dual Multi-Press

Model	9NL-02120
OW	539 lb (244 kg)
SW	235 lb (107 kg)
W	55" (140 cm)
L	74" (188 cm)
H	55" (140 cm)

Dual Lat Pull Down / Vertical Row

Model	9NL-03340
OW	513 lb (233 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	50" (127 cm)
H	84" (213 cm)



Dual function machines allow for facilities with space limitations to get more great exercises in a smaller space. With multi-position grips, the innovative Lock N Load weight stack and simple switching between multiple exercises, Instinct gives you the most for your small footprint.

Lat Pull Down

Model	9NL-S3310
OW	554 lb (252 kg)
SW	235 lb (107 kg)
W	47" (119 cm)
L	60" (152 cm)
H	73" (185 cm)



Vertical Row

Model	9NL-S3320
OW	460 lb (209 kg)
SW	235 lb (107 kg)
W	46" (117 cm)
L	48" (122 cm)
H	55" (140 cm)

Shoulder Press

Model	9NL-S4100
OW	460 lb (209 kg)
SW	190 lb (86 kg)
W	53" (135 cm)
L	58" (147 cm)
H	55" (140 cm)



Dual Pectoral Fly / Rear Deltoid

Model	9NL-D2110
OW	473 lb (215 kg)
SW	190 lb (86 kg)
W	50" (127 cm)
L	54" (137 cm)
H	79" (201 cm)

Biceps Curl

Model	9NL-S5100
OW	416 lb (189 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)



Triceps Extension

Model	9NL-S5110
OW	416 lb (189 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	40" (102 cm)
H	55" (140 cm)

Dual Biceps Curl / Triceps Extension

Model	9NL-D5120
OW	425 lb (193 kg)
SW	190 lb (86 kg)
W	39" (99 cm)
L	52" (132 cm)
H	55" (140 cm)



Rotary Torso

Model	9NL-S6300
OW	423 lb (192 kg)
SW	190 lb (86 kg)
W	38" (97 cm)
L	39" (99 cm)
H	55" (140 cm)

Dual Abdominal / Lower Back

Model	9NL-D6330
OW	369 lb (168 kg)
SW	120 lb (54 kg)
W	40" (102 cm)
L	45" (114 cm)
H	55" (140 cm)



Dual Adjustable Pulley

Model	9NL-D2002
OW	894 lb (406 kg)
SW	2 x 200 lb (2 x 100 kg)
W	36" (91 cm)
L	66" (168 cm)
H	81" (207 cm)



HUMANSPORT™ FUNCTIONAL TRAINING

HumanSport opens up completely new programming opportunities for members, trainers and facility operators. Trainers can take advantage of a wide variety of training variants and customizable programs to help members reach their individual training goals quickly and safely. For facility operators, HumanSport is a sensationally straightforward and effective tool with the flexibility to offer unique and tailorable training programs for your clients, boosting your marketability and giving you an edge over the competition.

HumanSport is designed to allow unlimited resistance training options through movements in the seated isolated position, seated unstable position, and standing position. By utilizing all three, your fitness staff can create any number of unique goal-based programs to cater to your desired client groups. These programs can be used for one-on-one personal training or to capitalize on small group training. Examples of training programs developed by our Master Trainers for HumanSport include:

- Aerobics
- Back Strength
- Stay Young & Fit
- Tennis
- Golf
- Strength for Athletes
- Ski
- Running
- Soccer
- Cycling
- Climbing

Give your members an outstanding functional training tool and gain the ability to target all new client groups with HumanSport.

NAUTILUS HUMANSPORT™



Lock N Load®
weight selection system



Designed with two weight stacks
for multiple training options



We offer a wide variety of
training variants and programs

A PERFECT FIT FOR EVERY USER

With a design inspired by the graceful, natural motions of the human body, HumanSport® offers a truly unique and human way of conditioning. HumanSport is so simple, so intuitive and so natural that it feels as if it were custom-built for each and every user. Six dual-function cable-based machines act as twelve workout stations by utilizing dual weight stacks to provide a wide range of total body training. Paired with a variety of included programming designed by our own Master Trainers, HumanSport makes a powerful addition to any facility.



Shoulder Chest

Model	HSSC3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	63" (160 cm)
L	45" (114 cm)
H	64" (163 cm)



Lat Pulley

Model	HSLP3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	58" (147 cm)
L	58" (147 cm)
H	83" (211 cm)

Arm Crunch

Model	HSAC3
OW	655 lb (298 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	43" (109 cm)
H	68" (173 cm)



Pull Lift

Model	HSPL3
OW	750 lb (341 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	78" (198 cm)
H	95" (241 cm)

Total Delts

Model	HSTD3
OW	600 lb (273 kg)
SW	2 x 88 lb (2 x 40 kg)
W	29" (74 cm)
L	78" (198 cm)
H	64" (163 cm)



Total Legs

Model	HSTL3
OW	691 lb (314 kg)
SW	2 x 88 lb (2 x 40 kg)
W	39" (99 cm)
L	64" (163 cm)
H	65" (165 cm)



Chris Salisbury & Nick Bendixon | Hive The versatility of the HumanSport line allows us to effectively program workouts for all clientele regardless of fitness level. The ease of transitioning exercise progressions and regressions is a key element in maximizing our semi-private coaching platform.



Low load points for safe and simple use



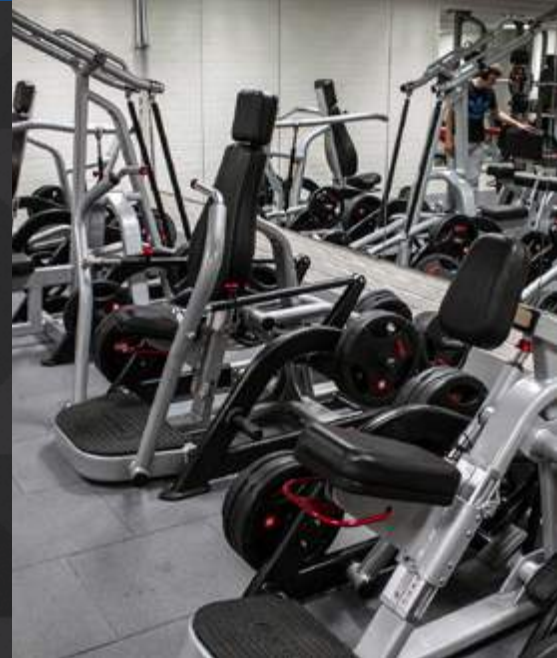
One-of-a-kind lever & pivot points for optimum biomechanics



Intuitive touch points & user-friendly gas shock assisted seat adjust

A ONE-OF-A-KIND PLATE LOADED EXPERIENCE

The Nautilus Leverage™ line offers a one-of-a-kind plate-loaded experience with features that outshine the competition. Leverage features stainless steel knurled grips, assisted seat adjustments and user pre-stretch settings. Using multiple levers and cams, Leverage creates a unique lifting profile for each movement that maximizes the mechanics of the human body. With a sleek look and integrated storage, the Leverage strength line will appeal to facility operators and their members. It's all about the feel and once you've exercised on Leverage, pushing and pulling weight plates will never be the same again.



Chest Press

Model	9NP-L2002
OW	600 lb (273 kg)
W	59" (150 cm)
L	71" (180 cm)
H	58" (147 cm)



Incline Press

Model	9NP-L2003
OW	530 lb (241 kg)
W	51" (130 cm)
L	76" (193 cm)
H	51" (130 cm)



Decline Press

Model	9NP-L2004
OW	615 lb (280 kg)
W	58" (147 cm)
L	81" (206 cm)
H	49" (124 cm)



Lat Pull Down

Model	9NP-L3003
OW	530 lb (241 kg)
W	51" (130 cm)
L	81" (206 cm)
H	80" (203 cm)



High Row

Model	9NP-L3005
OW	575 lb (261 kg)
W	51" (130 cm)
L	86" (218 cm)
H	73" (185 cm)



Low Row

Model	9NP-L3004
OW	550 lb (250 kg)
W	51" (130 cm)
L	79" (201 cm)
H	46" (117 cm)



Shoulder Press

Model	9NP-L4002
OW	540 lb (245 kg)
W	51" (130 cm)
L	71" (180 cm)
H	58" (147 cm)



Biceps Curl

Model	9NP-L5002
OW	575 lb (261 kg)
W	62" (157 cm)
L	61" (155 cm)
H	41" (104 cm)



Abdominal Crunch

Model	9NP-L5003
OW	461 lbs (209 kg)
W	61" (156 cm)
L	62" (157 cm)
H	61" (156 cm)



The **NEW Plate Loaded Ab Crunch** combines the iconic Nautilus clam shell ab crunch motion with key features of the Leverage line like low plate load points, a progressive strength curve, two color frame design and convenient plate storage.

NAUTILUS PLATE LOADED

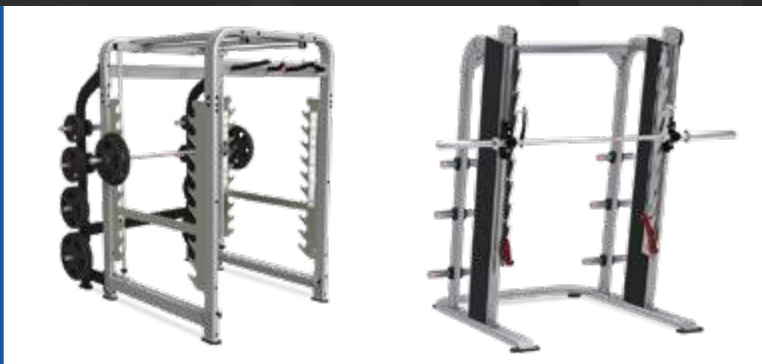


It's no secret that working out with plates is one of the most effective ways to train and condition, but it's what you do with those weights that makes all the difference. Designed to make working out with plates as effective, rewarding and safe as possible, our Plate Loaded line occupies its own unique place in training and on your facility floor. With industry standard designs like our Leg Press and Hack Squat, we helped set the benchmark for traditional plate loaded machines. When it comes to innovation we've led the way with our 7 degree angled Smith Machine and the Freedom Rack™, which delivers the safety of a Smith Machine and the versatility of a Power Rack.



Freedom Rack™

Model	NP-L8507
OW	957 lb (435 kg)
W	75" (191 cm)
L	83" (211 cm)
H	90" (229 cm)



Smith Machine

Model	NP-L8500
OW	680 lb (309 kg)
W	89" (226 cm)
L	67" (170 cm)
H	82" (208 cm)

Angled Leg Press

Model	NP-L1141
OW	566 lb (257 kg)
W	72" (182 cm)
L	90" (229 cm)
H	58" (147 cm)



Hack Squat

Model	NP-L1130
OW	449 lb (204 kg)
W	72" (182 cm)
L	93" (236 cm)
H	47" (119 cm)



Tilt Seat Calf

Model	NP-L1110
OW	183 lb (83 kg)
W	27" (69 cm)
L	58" (147 cm)
H	37" (94 cm)



Incline Lever Row

Model	NP-L3140
OW	214 lb (97 kg)
W	34" (86 cm)
L	72" (183 cm)
H	49" (124 cm)



Seated Dip

Model	P3SD
OW	316 lbs (143 kg)
W	43" (109 cm)
L	52" (132 cm)
H	42" (107 cm)



Leg Press

Model	P3LP
OW	560 lb (254 kg)
W	69" (174 cm)
L	108" (275 cm)
H	57" (144 cm)



Deadlift/Shrug

Model	P3DLS
OW	219 lb (99 kg)
W	61" (154 cm)
L	71" (181 cm)
H	46" (117 cm)



Four-Way Neck Machine

Model	P3FWN
OW	230 lb (104 kg)
W	61" (154 cm)
L	49" (125 cm)
H	61" (154 cm)



Prone Leg Curl

Model	P3LCP
OW	181 lb (82 kg)
W	44" (113 cm)
L	77" (195 cm)
H	31" (78 cm)



Leg Extension

Model	P3LE
OW	236 lb (107 kg)
W	46" (116 cm)
L	74" (189 cm)
H	53" (134 cm)





IMPROVED VERSATILITY. REDUCED SPACE.

Sometimes you have space for multiple pieces of equipment and sometimes you don't. That is exactly why our multi-stations are a great option when you're still looking for the total workout experience and commercial feel while needing to maximize space.

Each of our multi-stations have the smallest possible footprint, while combining the most essential and core elements from our strength lines. Add in great features like swiveling pulleys on the Lat Pull Down, Low Row and Triceps Press and fully adjustable pulleys on the Cable Crossover System, and you have an economical, space-saving equipment solution that doesn't look, feel or train like one.

STANDARD CONFIGURATIONS



Cable Crossover

Model	9NP-M9201
OW	1,010 lb (458 kg)
W	31" (78 cm)
L	158" (401 cm)
H	90" (228 cm)



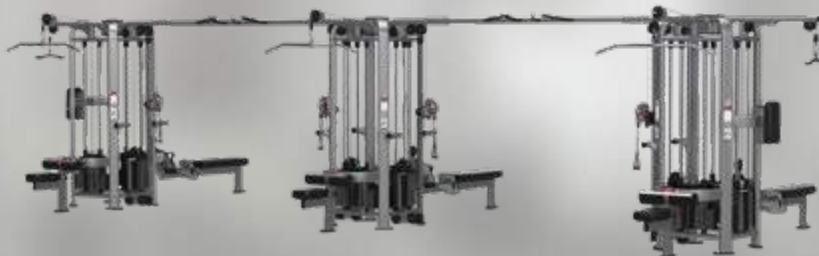
5 Station

Model	9NP-M9605
OW	2,350 lb(1,066 kg)
W	146" (371 cm)
L	200" (508 cm)
H	94" (239 cm)



9 Station

Model	9NP-M9619
OW	3,690 lb (1,673 kg)
W	146" (371 cm)
L	240" (609 cm)
H	94" (239 cm)



14 Station

Model	9NP-M9620
OW	5,565 lb(2,524 kg)
W	146" (371 cm)
L	395" (1,003 cm)
H	94" (239 cm)

STACK WEIGHTS

Lat Pull Down / Low Row	297 lb(135 kg)	Triceps Press / High-Low Pulley	231 lb(105 kg)	Cable Crossover	115.5 lb(2 x 52.2 kg)
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NAUTILUS BENCHES & RACKS



Molded urethane bar holders for quiet and safe bar placement



Benches include Integrated grip and wheels for easy transport



Rubber feet for floor protection

STRENGTH BUILT STRONGER

From Olympic benches that can be customized with or without weight storage to our one-of-a-kind abdominal and back extension benches, we've raised the bar for both aesthetics and function. Our benches and racks flow seamlessly with our other products so you will notice a family look and feel as you position your free weights along side our Inspiration Strength®, Impact® Strength, HumanSport®, Leverage®, multi-stations and plate loaded lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects.



NAUTILUS HALF RACK



IMPROVED VERSATILITY. REDUCED SPACE.

The sturdy and versatile Nautilus Half Rack is built to accommodate a wide range of exercises, movements and users from beginner to professional athlete. The open-front design lets users move freely and allows for the use of a variety of benches. The optional wood floor and band pegs make it perfect for athletic training and Olympic style lifting, while the shorter 97" tower means it can fit into facilities with lower ceilings. The compact design and built-in plate storage make our Half Rack ideal for schools and personal training facilities as well as larger facilities.

4" SOUND DAMPENING PLATFORM

The new Nautilus dampening platform was developed as a way to reduce sound and vibration caused when users drop barbells when performing Olympic and power lifting. It uses a proprietary blend of materials designed to absorb the force of the barbell. These absorption characteristics not only cut down on sound and vibration, they also reduce bar bounce. (9-HDP6D)

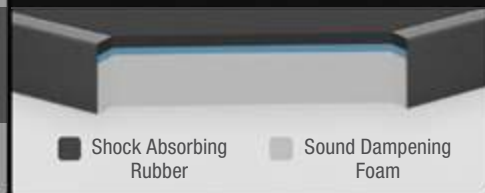


Wooden Platform
(9-HDP62)

Band Pegs & Storage
(95-0760)

Bumper Plate Storage
(9-HDCS1)

Pull Up Bridge
(9-HDPB1)



Shock Absorbing
Rubber

Sound Dampening
Foam

Half Rack

Model	9-HDHR2
OW	654 lbs (297 kg)
W	72" (183 cm)
L	63" (160 cm)
H	97" (246 cm)



Multi-Adjustable Bench

Model	9NP-B7506
OW	128 lb (58 kg)
W	27" (69 cm)
L	55" (140 cm)
H	20" (51 cm)

Flat Bench

Model	9NP-B7507
OW	121 lb (55 kg)
W	27" (69 cm)
L	55" (140 cm)
H	20" (51 cm)



Adjustable Incline Bench

Model	9NP-B7523
OW	126 lb (57 kg)
W	27" (69 cm)
L	56" (142 cm)
H	39" (99 cm)

Adjustable Decline Bench

Model	9NP-B7508
OW	182 lb (83 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)



Utility Bench

Model	9NP-B7516
OW	79 lb (36 kg)
W	27" (69 cm)
L	34" (86 cm)
H	38" (97 cm)

Stool

Model	9NP-B7521
OW	49 lb (22 kg)
W	31" (79 cm)
L	27" (68 cm)
H	17" (44 cm)



Adjustable Back Extension

Model	9NP-B7514
OW	182 lb (83 kg)
W	34" (86 cm)
L	53" (135 cm)
H	31" (79 cm)

Glute Ham

Model	9NP-B7522
OW	223 lb (101 kg)
W	43" (110 cm)
L	72" (182 cm)
H	48" (121 cm)



Adjustable Abdominal Bench

Model	9NP-B7510
OW	169 lb (77 kg)
W	35" (89 cm)
L	55" (140 cm)
H	45" (114 cm)

Seated Preacher Curl

Model	9NP-B7509
OW	187 lb (85 kg)
W	30" (76 cm)
L	43" (109 cm)
H	40" (102 cm)



Standing Preacher Curl

Model	9NP-B7515
OW	190 lb (86 kg)
W	30" (76 cm)
L	39" (99 cm)
H	45" (114 cm)

Dip Station

Model	9NP-B7518
OW	168 lb (76 kg)
W	29" (74 cm)
L	45" (114 cm)
H	48" (122 cm)



Pull-Up/Dip/Leg Raise

Model	9NP-B7511
OW	368 lb (167 kg)
W	48" (122 cm)
L	61" (155 cm)
H	90" (229 cm)

Leg Raise/Dip

Model	9NP-B7517
OW	300 lb (136 kg)
W	28" (71 cm)
L	61" (155 cm)
H	66" (168 cm)



Olympic Bench Press

Model	9NP-B7202
OW	241 lb (110 kg)
W	65" (165 cm)
L	73" (185 cm)
H	49" (124 cm)

Incline Bench Press

Model	9NP-B7203
OW	305 lb (139 kg)
W	65" (165 cm)
L	70" (178 cm)
H	59" (150 cm)



Decline Bench Press

Model	9NP-B7204
OW	284 lb (129 kg)
W	65" (165 cm)
L	49" (124 cm)
H	49" (124 cm)

Military Press

Model	9NP-B7205
OW	304 lb (138 kg)
W	74" (188 cm)
L	65" (165 cm)
H	60" (152 cm)



Squat Rack

Model	9NP-R8008
OW	456 lb (207 kg)
W	80" (203 cm)
L	71" (180 cm)
H	79" (201 cm)

The Power Cage design flows seamlessly with other Nautilus strength products so you will notice a family look and feel as you position your free weights along side the Inspiration, Impact Strength, HumanSport, Leverage, Multi-stations and plate loaded lines. The Power Cage doesn't just look strong, but exceeds industry requirements in all respects. Features include complete Olympic plate storage, integrated multi-grip pull up station and rubber feet for floor protection.

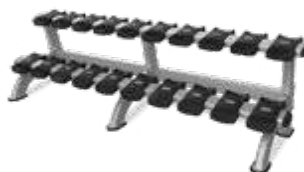
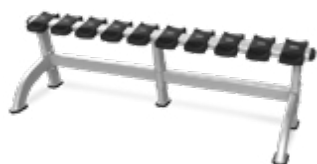


Power Cage

Model	9NP-R8005
OW	957 lb (435 kg)
W	63" (160 cm)
L	74" (188 cm)
H	89" (226 cm)

Single Dumbbell Rack

Model	9NP-R8009
OW	218 lb (99 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

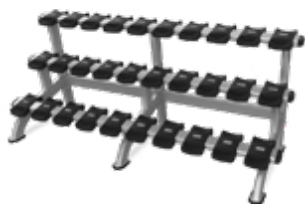


Double Dumbbell Rack

Model	9NP-R8010
OW	312 lb (142 kg)
W	90" (229 cm)
L	28" (71 cm)
H	26" (66 cm)

Triple Dumbbell Rack

Model	9NP-R8011
OW	455 lb (207 kg)
W	90" (229 cm)
L	38" (97 cm)
H	39" (99 cm)



Beauty Bell Rack

Model	9NP-R8014
OW	141 lb (64 kg)
W	40" (102 cm)
L	32" (81 cm)
H	40" (102 cm)

Barbell Rack

Model	9NP-R8012
OW	141 lb (64 kg)
W	36" (91 cm)
L	38" (97 cm)
H	53" (135 cm)



Accessory Rack

Model	9NP-R8013
OW	163 lb (74 kg)
W	28" (71 cm)
L	35" (89 cm)
H	51" (130 cm)

2-Sided Olympic Weight Tree

Model	9NP-R7512
OW	107 lb (49 kg)
W	27" (69 cm)
L	35" (89 cm)
H	40" (102 cm)



4-Sided Olympic Weight Tree

Model	9NP-R7513
OW	151 lb (69 kg)
W	28" (71 cm)
L	28" (71 cm)
H	46" (117 cm)

Multi-Adjustable Bench

Model	9NN-B7501
OW	88 lb (40 kg)
W	27" (69 cm)
L	53" (135 cm)
H	18" (46 cm)

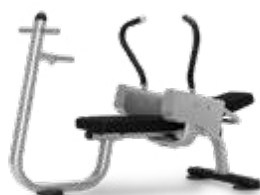


Adjustable Abdominal Decline Bench

Model	9NN-B7200
OW	79 lb (36 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)

Ab Bench

Model	9NN-B7505
OW	79 lb (36 kg)
W	25" (64 cm)
L	53" (135 cm)
H	34" (86 cm)



45° Back Extension

Model	9NN-B7502
OW	101 lb (46 kg)
W	32" (81 cm)
L	54" (137 cm)
H	39" (99 cm)

Dumbbell Rack 10-Pair / 2-Tier

Model	9NN-R8001
OW	266 lb (121 kg)
W	29" (74 cm)
L	105" (267 cm)
H	37" (94 cm)



Dumbbell Rack 10-Pair / 3-Tier

Model	9NN-R8002
OW	272 lb (124 kg)
W	29" (74 cm)
L	69" (175 cm)
H	50" (127 cm)

Olympic Flat Bench

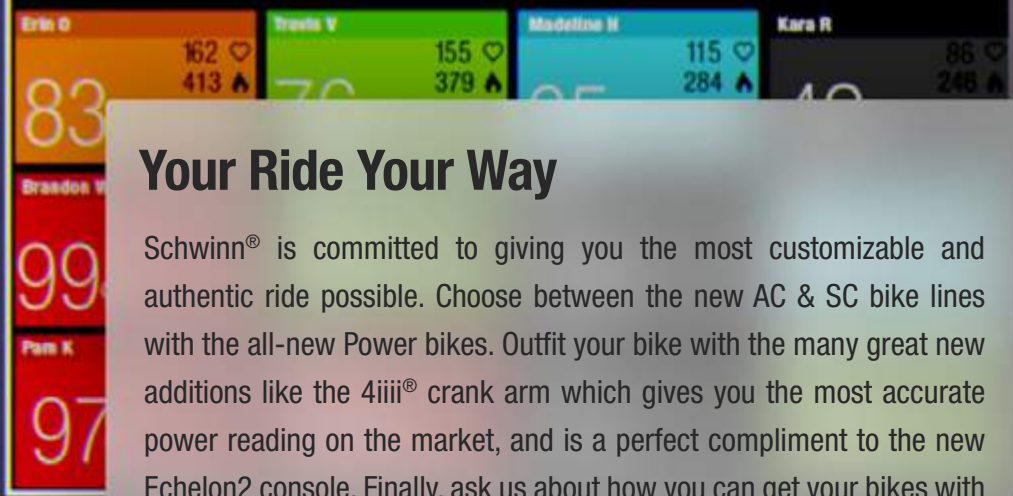
Model	9NN-B7503
OW	213 lb (97 kg)
W	61" (155 cm)
L	63" (160 cm)
H	54" (137 cm)



Olympic Incline Bench

Model	9NN-B7201
OW	348 lb (158 kg)
W	61" (155 cm)
L	63" (160 cm)
H	69" (175 cm)

Justin Young | Flow Fitness, Owner The Core Health and Fitness team were great to work with as they have a deep understanding of the industry, where the industry trends are going and what customers are looking for. They also were a great resource in providing us referrals that could help us meet our needs outside of Core Health.



Your Ride Your Way

Schwinn® is committed to giving you the most customizable and authentic ride possible. Choose between the new AC & SC bike lines with the all-new Power bikes. Outfit your bike with the many great new additions like the 4iiii® crank arm which gives you the most accurate power reading on the market, and is a perfect compliment to the new Echelon2 console. Finally, ask us about how you can get your bikes with custom paint and decals to fit your style to your company image. Get what you want, the way you want it.

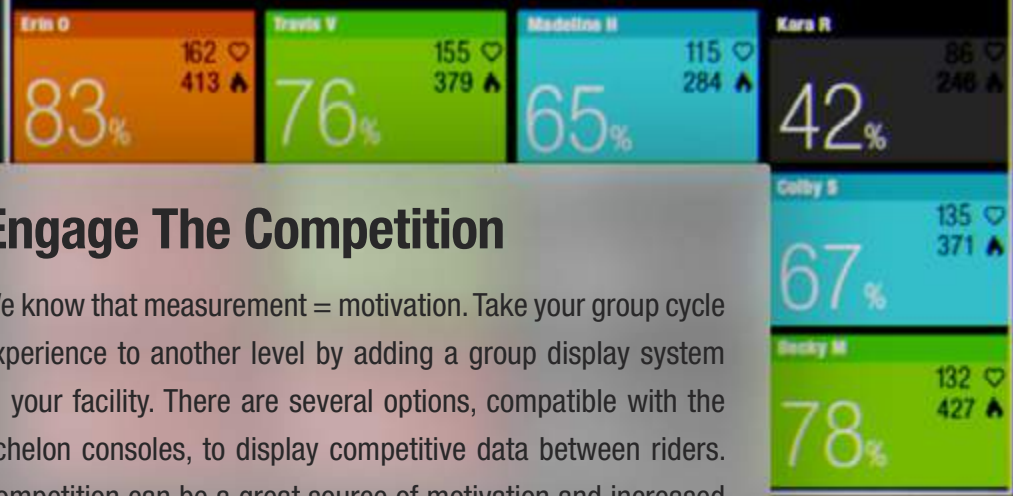


SCHWINN
GROUP CYCLE

20 years ago, Schwinn® launched a phenomenon with the first production bike designed specifically for indoor cycling. The bike **set the standard for an entire industry** - a standard that we've raised with each Schwinn innovation. Today, Schwinn bikes remain in a class by themselves. Our latest product line is a reflection of our **renewed energy and continued commitment** to intelligent design, quality manufacturing and authentic riding experiences. So take a look and see why **the most demanding fitness enthusiasts in the world ride Schwinn.**

Engage The Competition

We know that measurement = motivation. Take your group cycle experience to another level by adding a group display system to your facility. There are several options, compatible with the Echelon consoles, to display competitive data between riders. Competition can be a great source of motivation and increased engagement, greater member retention, higher membership rates and more meaningful trainer/client relationships.





Powered Up Like Never Before

Packed with all of the best-in-class features of Schwinn's top tier indoor bikes, the new AC Power and SC Power bikes take your ride to a whole new level with the amazingly accurate 4iiii® crank arm powermeter, the new Echelon2G console, and a built in generator, preventing the continuous need to replace batteries.

Smarter. Faster. Safer.

With a rich history in developing sports technology, 4iiii Innovations has worked hand-in-hand with the world's best cyclists to develop an industry-leading powermeter. Using patented 3D strain gauge technology, the 4iii crank delivers accurate, reliable and consistent data. Trusted by the best athletes in the world, the same technology is now available to indoor riders. Whether it's tracking calories or in-depth power analysis, the 4iiii crank offers accurate results to help riders reach their full potential.



- Most accurate direct crank based power measurement with 1.5% accuracy
- Bluetooth Smart and ANT+ provides reliable connection to leaderboards, personal tracking apps, sport watches, and consoles
- Reliable, robust and watertight
- The same technology used by professional World Tour cycling teams: Quick-Step Floors, BORA-hansgrohe and the Canadian National Cycling team
- 2000+ hours of battery life via 2 standard AA batteries



Carbon Blue®

Low maintenance

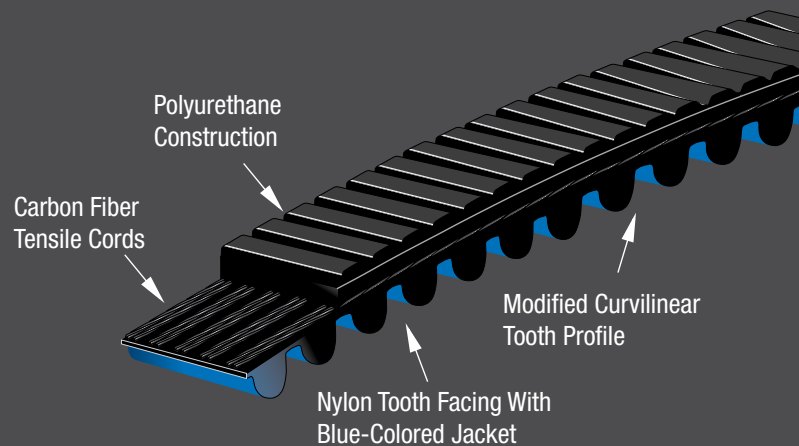
- Belt never requires lubrication
- Tension never needs to be adjusted

Real bike feel

- High-inertia drive train provides momentum and feel of chain drive
- Toothed belt provides rider feedback and road feel

5-YEAR warranty

- Carbon fiber reinforcement makes this belt incredibly durable
- The longest warranty of any belt or chain on the market



Triple Link Pedals

Triple Link pedals give users the freedom to choose between strapping in with the use of toe cages or using cycling shoes with pedal options for SPD® & Keo or SPD & Delta® compatible clips. Our pedals use a patent pending threadless spindle that virtually eliminates the potential for the pedal spindle to break or back out of the crank. With easy installation and worry-free performance, we think it's the best thing to happen to pedals since the clip.



Echelon2

- Large, easy-to-read backlit display with all measurements on one screen
- Pairs with the all-new 4iiii® powermeter to give you the most accurate power measurement system on the market
- Displays: Power (WATTS), RPM, Calories, Gear, Heart Rate, Time, Distance, AVG/MAX Power
- Get multiple options for tracking rider workouts, including Wireless ANT+ and USB
- Compatible with all AC & SC bikes



SCHWINN



Cadence Pro

Add a variety of basic rider feedback tools -- time, distance, calories and RPM -- to your ride with the Cadence Pro. This console brings motivation and measurement to the group cycling studio at a budget and is compatible with all Schwinn bikes. A compact display that is easy to use and easy to read, makes a great bike even better.

Model
9-7300

Overall Weight
110 lbs (50 kg)

Width
54" (137 cm)

Length
21" (53 cm)

Height
51" (130 cm)

AC™ Power

- Customizable with frame paint, personally branded decals, and accessories (Model # 9-7340)
- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- On-board generator powers Echelon2G Console without batteries
- Morse Taper pedals for increased durability and reliability
- Performance Plus™ handlebars ergonomically designed for reduced hand pressure in performance positions
- Schwinn® Fit System enables versatile seat and handlebar adjustments for refined positioning
- Frame Finish - Powder Coated Aluminum
- Seat Slider and handlebar materials - Aluminum



Model
9-7320

Overall Weight
102 lbs (46 kg)

Width
54" (137 cm)

Length
21" (53 cm)

Height
51" (130 cm)

AC™ Performance

- Customizable with frame paint, personally branded decals, and accessories (Model # 9-7320)
- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Optional Echelon2 Console provides immediate feedback to help riders train with results
- Morse Taper pedals for increased durability and reliability
- Performance Plus™ handlebars ergonomically designed for reduced hand pressure in performance positions
- Schwinn® Fit System enables versatile seat and handlebar adjustments for refined positioning
- Frame Finish - Powder Coated Aluminum
- Seat Slider and handlebar materials - Aluminum



Model
9-7340

Overall Weight
115 lbs (52 kg)

Width
50" (127 cm)

Length
20" (51 cm)

Height
50" (127 cm)

AC™ Sport

- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Optional Echelon2 Console provides immediate feedback to help riders train with results
- Morse Taper pedals for increased durability and reliability
- Schwinn® Fit System enables versatile seat and handlebar adjustments for refined positioning
- Frame Finish - E-Coated & Powder Coated Steel
- Seat Slider, Handlebars, Hardware Materials - Stainless Steel



Model
9-7270

Overall Weight
114 lbs (52 kg)

Width
50" (127 cm)

Length
20" (51 cm)

Height
48" (112 cm)

IC Classic

- Chain drive using forged steel crank and ISIS oversized bottom bracket
- Heavy Perimeter-Weighted Flywheel
- Direct Pressure Brake Resistance
- Narrow Q-Factor
- Optional Cadence Pro Console
- Trapezoidal seat adjustment
- Frame Finish - E-Coated & Powder Coated Steel





SC Power

- Customizable with frame paint, personally branded decals, and accessories (*Model # 9-7390*)
- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide an Smooth Cycling experience
- Direct Pressure Brake Resistance
- 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- On-board generator powers Echelon2G Console without batteries
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Multi-position handlebars accommodate a wide range of choreography
- Find your perfect riding position with easy micro seat and handlebar adjustments
- Frame Finish - Powder Coated Aluminum
- Seat slider and handlebar materials - Aluminum

Model
9-7310

Overall Weight
120 lb (54 kg)

Width
21" (53 cm)

Length
55" (140 cm)

Height
46" (117 cm)



SC 7

- Customizable with frame paint, personally branded decals, and accessories (*Model # 9-7330*)
- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide an Smooth Cycling experience
- Direct Pressure Brake Resistance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Multi-position handlebars accommodate a wide range of choreography
- Find your perfect riding position with easy micro seat and handlebar adjustments
- Frame Finish - Powder Coated Aluminum
- Seat slider and handlebar materials - Aluminum

Model
9-7400

Overall Weight
120 lb (54 kg)

Width
21" (53 cm)

Length
55" (140 cm)

Height
46" (117 cm)



SC 5

- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide an Smooth Cycling experience
- Direct Pressure Brake Resistance
- Optional 4iiii® crank arm powermeter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Optional Echelon2 Console provides immediate feedback to help riders train with results
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Multi-position handlebars accommodate a wide range of choreography
- Find your perfect riding position with easy micro seat and handlebar adjustments
- Frame Finish - E-Coated & Powder Coated Steel
- Seat slider and handlebar materials - Aluminum

Model
9-7280

Overall Weight
134 lb (61 kg)

Width
21" (53 cm)

Length
55" (140 cm)

Height
47" (119 cm)



COMPATIBLE USER RANGE

(All Bikes)

Max User Weight
350 lb(159 kg)

User Height Range
4'11" to 6'8" (150 cm to 203 cm)

GET CERTIFIED



SCHWINN



FOR MORE INFORMATION VISIT COREHANDF.COM/CERTIFICATION

TRAINING & PROGRAMMING

Schwinn® has come a long way since building the first cycling bike. Today, in addition to manufacturing premium cycling equipment, we are a global organization of passionate Schwinn Master Trainers who educate thousands of instructors around the world every year. The bikes in your cycling room are only as good as the instructors who teach on them, that's why we are committed to developing cutting-edge programming and providing tools that can help any instructor elevate their class experience.





CORE HEALTH & FITNESS MASTER TRAINERS

The outstanding fitness programs we offer for each of our brands are only possible because they are backed by a world class team of dedicated and knowledgeable Master Trainers.

The purpose of the Master Trainer program is to enhance the experience your staff and members have with our equipment, certify your trainers in a variety of fitness programs (HIIT, Cycling, BoxMaster, etc) and help you start up or optimize your revenue generating programs. Different facilities have different needs and we customize our protocol to what is best for each customer.

The goal of each in-service seminar is to get the staff and members excited about their investment and provide a better understanding of how to use it to their best benefit. Our Master Trainer team will arrive with an understanding of your facility, the equipment purchased and a plan to educate your staff and members.

Our award-winning programming offers education to thousands of instructors all over the world annually. We view our team as an extension of the sales and marketing team. The Master Trainers have been trained extensively on our products and brands to support the company, provide you with the information required for a successful in-service and continue strengthening the relationship between our brands and your business.

SUPPORT

Support is more than just something we offer, it's something we are passionate about. A company and its products are only as good as the people behind them — and we have the best in the business. We realize that no matter how good our equipment and products are, it means nothing the minute you have a question or a problem that goes unanswered or unresolved. That's why along with providing best-in-class fitness equipment, Core Health & Fitness boasts a Customer Service Department unparalleled in today's commercial fitness market.

We proudly offer world-class services to more than 90 countries around the globe with a team that truly partners with you to help grow your business and support all of your service needs, both pre and post-sale. In the end, our goal is to keep your facility operating at maximum capacity with little equipment downtime.



Here are just a few services you'll find behind every Core Health & Fitness product:

- A factory-certified provider network of more than 160 companies
- A live, technical support hotline for troubleshooting
- In-service seminars for your staff to help provide solutions for any problems
- 24/7 website with detailed product diagrams, tech manuals and a user-friendly parts ordering system
- Extended call center service hours (USA 6:00am-5:00pm PST and Asia and Europe Regional Call Centers with Asia Pacific and GMT Hours)
- Over 700 certified technicians globally
- Monthly factory certification training
- Market-leading preventative maintenance

Benefits of the Core Health & Fitness customer services department



Live technical support hotline
800.503.1221 from 6:00am-5:00pm PST



Network of 500+ factory-trained, annually-certified service providers



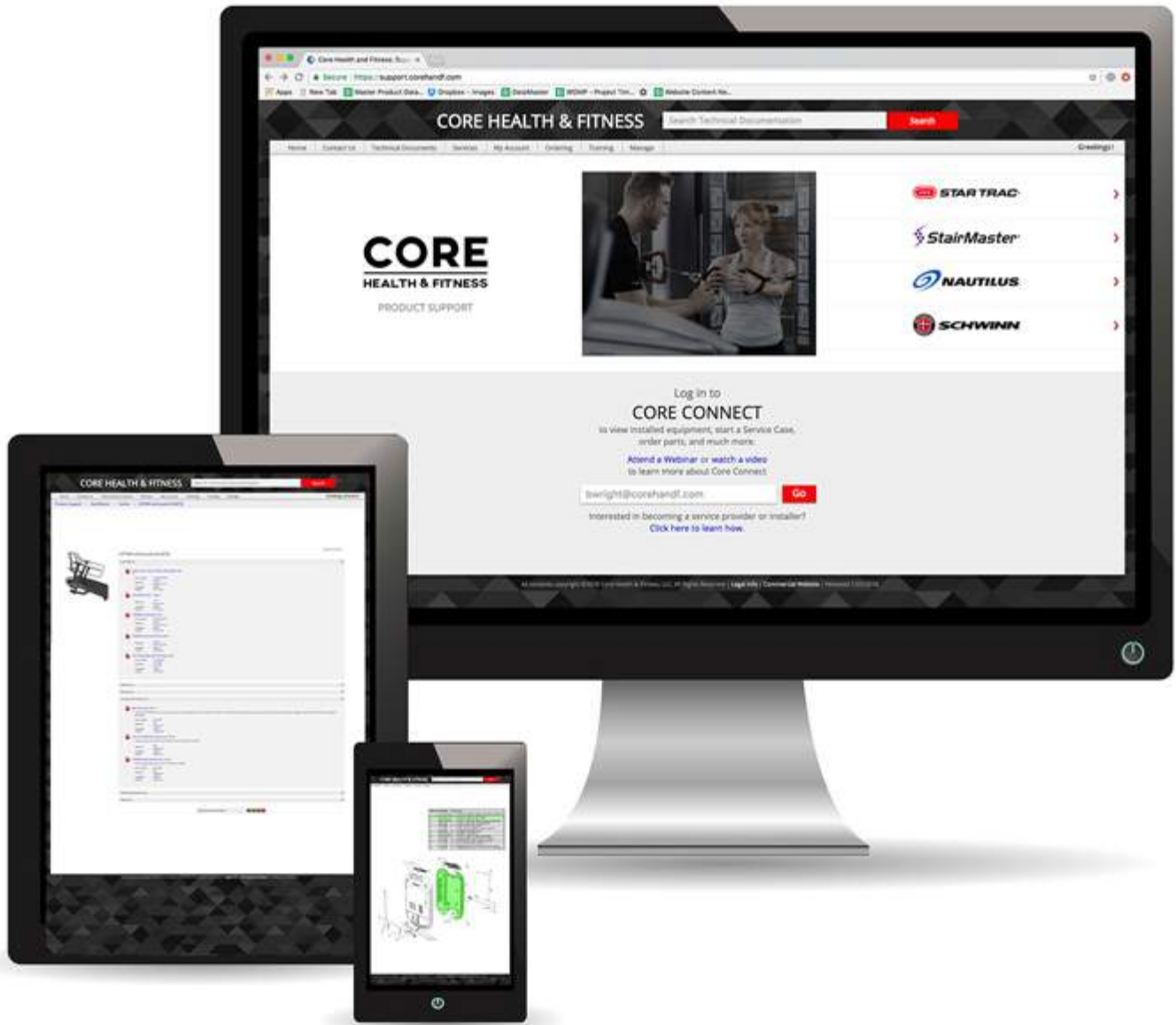
support.corehandf.com for preventative maintenance schedules, owner's manuals, and other online support



A factory-certified provider network of more than 160 companies



In-service seminars for staff



CORE CONNECT

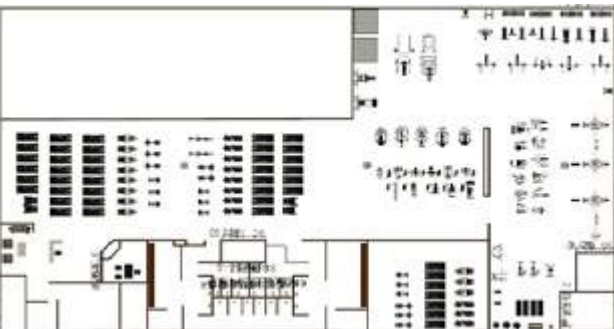
Get world class support for all four brands with our new support portal called, Core Connect. Get help with your general inquiries, warranty registration, preventative maintenance, service requests and parts orders. You can also make seamless service requests, get real time updates, manage your assets and intuitively order parts for all four brands direct from the site.

CORE CONNECT PORTAL FEATURES:

- 24 hour self service access
- Real time communication
- Seamless Order Experience
- Intuitive user experience
- Mobile friendly technology
- Asset management
- Automated partner payment
- Seamless access to technical library
- Transparency on service performance
- Fast, reliable, quality service every time

Visit **Support.CoreHandF.com**
and request access





Making the most of your space, from how it looks to the workouts that happen in it.

Core Health & Fitness is proud to offer a wide variety of layout services to help uncover more possibilities and turn your space into everything it can be.

The process begins with our basic gym designer, which is our free, web-based layout program and is ideal for planning smaller spaces. For some, it's all you might need, but that's just scratching the surface of our capabilities. From there, we begin implementing our proprietary 2D and 3D design software that helps you visualize your new space, the variety of equipment choices available and the possible layout options. If you really want to fully experience your space before construction, we also offer the latest in fly-through video technology for a true, virtual tour (additional fee subject to length and complexity).

2D LAYOUTS

Traditional architectural drawings show the final fitness room and equipment with precise details, such as electrical outlets, doorways and window placement.

Professionally scaled layouts reflect artistic views of equipment, wall and carpet colors, as well as window and door textures – see the true vision of your facility before it's complete.



Step One: Poznan, Poland Step One in Poznan, Poland creates a fun, motivational environment with an impressive range of equipment including: StairMaster Gauntlet, Nautilus HumanSport, Inspiration, Leverage and a huge 14-station.



Driffield Health Hub: UK Driffield Health Hub is a premier health club in the UK that features a wide array of new equipment from Core Health & Fitness with Star Trac cardio and Nautilus strength sections. They also include an impressive dedicated HIIT zone and Schwinn cycling studio.



Fitness24Seven: Halmstad Top quality, modern gym and super well equipped! It has everything you could wish for: private gym area for women, group training and indoor cycling classes are fantastic with really good instructors. Equipment includes strength, cardio, HIIT and group cycle from Core Health & Fitness.



University of Southern California: Los Angeles, CA USC takes great pride in their school and proudly displays their school logos in their fitness facilities on new custom Inspiration Strength machines.



Plan C: Kriens, Switzerland Plan C showcases a range of all new Core Health & Fitness equipment in beautiful surroundings. The equipment install includes: 8 Series Embedded Cardio, TreadClimber by Star Trac, StepMills, 5-Station, Nautilus Inspiration, HumanSport, Leverage, and Olympic benches.



Regymen: Niceville, FL Regymen is a new training studio that utilizes Star Trac 8-Series cardio with OpenHub, to pair with leaderboards and monitor heart rate. Their unique programs include 30, 60 and 90 minute workouts that include a variety of running, boxing and building.



Gold's Gym: Egypt This Gold's Gym is a fitness center and spa located in New Smouha, Alexandria. They have been outfitted with all-new strength and cardio from Core Health & Fitness. They offer group exercise classes, fitness facilities, aquatic facilities, child care, women's only gym and senior wellness programs.



The Marlow Club: Marlow, UK The Marlow Club is a premier fitness club and Core Health & Fitness showcase in the UK. It features custom white 8 Series Cardio with 15" embedded OpenHub Consoles, Inspiration Strength, Impact Strength, HumanSport, Benches & Racks and an indoor cycling studio full of Studio 7 bikes.

CORE

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