



COMMERCIAL SERIES

NAUTILUS® CARDIO
EQUIPMENT

INNOVATIVE CARDIO EQUIPMENT



WWW.MEDFITSYSTEMS.COM



www.medfitsystems.com

Every product in our portfolio is designed first for user fit and performance. Whether it is a strength machine, a bike or a treadmill, we analyze the ideal user biomechanics and build our products to replicate and enable them. As a result, sometimes our products take a little longer to design, or are a little more expensive to build, but our unwavering commitment to those who use our equipment is that we will always provide the highest training performance possible. We believe that if you take the time to train, you should train right.

WHAT WAS TRUE WHEN ARTHUR JONES FIRST
DESIGNED HIS FIRST PIECE OF EXERCISE
EQUIPMENT IS STILL TRUE TODAY. SUPERIOR
EQUIPMENT EQUALS SUPERIOR RESULTS.

WHO KNEW IT WOULD START A REVOLUTION?

In 1970, we designed and built the first machines that applied greater resistance in exercise motions where muscles are strongest, and less resistance where muscles are weakest.

This concept - using equipment to maximize training efforts and results - revolutionized the way that everyone from the athletic to the deconditioned thought about training. By 1984, our strength machines were being used in more than 3,000 gyms. And since then, our fitness equipment has been embraced by millions of people in thousands of fitness facilities around the world.

Today, we continue to be the #1 name in fitness equipment. We constantly research and develop new technologies to advance the science of fitness training. We partner with athletes and fitness experts in every step of product development, and we provide a full line of strength and cardio equipment for fitness facilities, both domestic and international.

No matter which Nautilus® products you choose, you'll find the ideal combination of cutting-edge technology, superb craftsmanship, and heavy-duty commercial quality materials. With our tradition of excellence, you can be sure that Nautilus® products are designed for a lifetime of use.



Nautilus® Commercial Products manufacturing facility in Independence, Virginia.

Nautilus® | A Heritage of Innovation

NAUTILUS® T916 TREADMILL

The Nautilus® T916 treadmills are so versatile, they work for everyone. They combine cutting-edge technology, superb craftsmanship, and heavy-duty materials with the backing of the Quinton® and Nautilus® brands. Ironically the Nautilus® T916 treadmill is also the simplest to use, getting your members on the road to their workouts in no time at all.



The no-maintenance 4-ply belt is lubricated for the life of the machine. And the deck features a 1" (2.5 cm) high-density board that's both durable and reversible.

The Nautilus® T916 Treadmills use our patented REACT® absorption control technology, which protects the user's ankles, knees, hips, and back by providing the most advanced and most dynamic cushioning system available. Some of your members will use our treadmill to walk, others to jog, and still others to run. Whatever their pace, their stride, or their incline, the REACT® system will adjust automatically, so the surface will never be too hard, and never too soft.

The Nautilus® T916 treadmill offers a generous 22"W (56 cm) by 63"L (160 cm) working surface, which is the longest effective working area of any treadmill in today's market.

Our designers and engineers have gone to great lengths to make this treadmill simple to learn. The T916 console features six easy-to-use program buttons, including the 5 Minute Demo for a complete lesson on use.

The two-line, 32-character display provides a distinctive, easy-to-follow user interface.



Key workout data is displayed so your members can easily track their results.

The T916 offers 5 professionally designed training workouts and several additional advanced programs.

Speed Range	0.5–12 mph 0.8–19.3 kph	MECHANICAL
Incline Range	0–15%	
Drive Motor	4.8 hp AC, with Hyperdrive® system	
Belt Construction	4-ply premium lubricated belt	
Walking Surface	22" x 63" 56 x 160 cm	
Frame	13-gauge welded steel main frame	
Rollers	Crowned, front and rear 3" 7.6 cm	ELECTRONICS & PROGRAMMING
Power Plug-ins	2: front and rear	
Display Type	C51 custom backlit LCD	
Workout Programs	5 Minute Demo, Treadmill Workout, More Workouts, Random Play, Manual, Fat Burner, Calorie Burner, Calorie Goal, Distance Goal, Nautilus® fitness test, Firefighter fitness test, Military fitness tests, and custom intervals	
Heart Rate Control Programs	Speed- or incline-controlled, constant, and interval	OTHER
Heart Rate Monitoring	Contact sensors and wireless telemetry	
Dimensions	35" W x 88" L 89 W x 224 L cm	
Maximum User Weight	600 lb. 181 kg	
Treadmill Weight	370 lb. 168 kg	
Shipping Weight	430 lb. 196 kg	
Color	Frame: Nautilus® Silver, Shrouding: Graphite	
Warranty	Frame and motor: 15 years, Parts: 3 years, Labor and wear items: 1 year	

NAUTILUS® U916 & R916 BIKES

Commercial bikes score high for comfort, but often fail to deliver great results. Our bikes were designed by professional cyclists and tested and approved by trainers, so they provide a real bike workout with the comfort that your members demand.

From ratcheting foot straps to revolutionary rider biomechanics, the Nautilus® team has created a riding experience filled with intelligent design details that take indoor cycling to a new level of comfort and performance.



The ISIS bottom bracket that Nautilus uses is one of the strongest available on the market. This technology ensures that your members experience that noticeable smooth, stable, new-bike feeling.

Most commercial bikes utilize a one-piece crank because it's cheaper to manufacture. The Nautilus® commercial bikes utilize a three-piece crank which is stronger, lasts longer, and enables significantly easier shroud removal for maintenance and cleaning.

	U916	R916	
Drive Train	Poly-V belt drive	Poly-V belt drive	ELECTRONICS & PROGRAMMING
Resistance System	Alternator-based resistance	Alternator-based resistance	
ROC™ System	Yes	Yes	
Display Type	Custom LCD	Custom LCD	
Power Requirements	Cordless (Optional AC power)	Cordless (Optional AC power)	
Workout Levels	20	20	
Pre-programmed Workouts	8	8	
Fitness Test	Yes	Yes	
Constant Power Program	Yes	Yes	
Heart Rate Control Programs	Yes	Yes	
Heart Rate Monitoring	Contact sensors and wireless telemetry	Contact sensors and wireless telemetry	OTHER
Dimensions	45" L x 24" W x 57" H — 114 L x 61 W x 145 H cm	67" L x 24" W x 46" H — 170 L x 61 W x 117 H cm	
Maximum User Weight	400 lb. 181 kg	400 lb. 181 kg	
Color	Frame: Nautilus® Silver, Shrouding: Graphite	Frame: Nautilus® Silver, Shrouding: Graphite	
Warranty	Frame: 15 years, Parts: 3 years, Labor: 1 year, Wear Items: 1 year	Frame: 15 years, Parts: 3 years, Labor: 1 year, Wear Items: 1 year	

NAUTILUS® U916 UPRIGHT BIKE

Sophisticated design, comfortable ride and superior performance- all in one bike. We assembled a team of cyclists and trainers to help us push the envelope on performance and comfort while redesigning the exercise bike experience. Your members will now look forward to a highly effective, yet comfortable cycling experience.

Performance Comfort seat is wide towards the back to provide maximum user comfort when seated in a more upright position, while tapering towards the front to allow for a more performance, "real bike" feel while the rider is in a bent forward position.

Pop-pin-free seat adjustment for easy use and durability.

Cordless operation means bike can be placed anywhere.

Ergo bars enable multiple user riding positions for an amazing level of personalization.

Remote Operation Control (ROC)™ system on handlebars enable workout adjustments without letting go.



3 piece crank

NAUTILUS® R916 RECUMBENT BIKE

Traditionally, recumbent bikes have been designed for seated comfort. However, due to inferior biomechanics, most users are seated in an incorrect cycling position, making pedaling uncomfortable. The key to pedaling comfort is the angle between the hip and the center of the crank. With most recumbent bikes, this angle changes depending upon where the seat is adjusted, meaning an incorrect fit for most riders.

The Nautilus® R916 seat adjustment is designed to put users in the correct riding position from the shortest adjustment to the longest. Users will, as a result, get a comfortable and effective workout.

Performance Comfort seat disperses pressure for maximum user comfort, while also enabling proper cycling form.

Walk-thru design enables easy access for any user.

Ratchet-adjusted foot straps for easy, one-handed fitting, and no lost straps.

Remote Operation Control (ROC)™ system located on hand grips allows users to easily start and stop their workout, as well as adjust the workout level.

Cordless operation means bike can be placed anywhere.



3 piece crank

Dual linear bearing, pop-pin-free seat slide adjustment allows for infinite adjustment and superior stability, enabling perfect riding position.

NAUTILUS® E916 ELLIPTICAL

You want to help your members stay motivated. So do we. That's why our equipment caters to all fitness levels and workout goals. On the Nautilus® E916 elliptical, users can choose from a wide range of program options and up to 20 resistance levels – right at their fingertips!



The inspiration behind SyncLink® technology: the human foot. The patented four-bar linkage system, built into each foot pedal, follows the natural movement of the feet during the entire elliptical motion. Because users will feel more comfortable, their workouts will be more challenging – leading to better results. The articulating pedals also keep hips, knees, and ankles properly aligned.

Remote Operation Control (ROC)™ technology is built into the arm handles so members can start and change their intensity levels without moving their hands.

Cordless operation lets you easily place the machine exactly where you want it.

The industrial grade poly-V belt drive provides nearly silent operation and maintenance-free performance.

Maintenance-free I-Glide™ bushings are resistant to sweat and cleaning solutions, and reduce vibrations for smoother, quieter workouts.

Stride Technology	SyncLink® articulating foot pedals	MECHANICAL
Drive Train	Poly-V belt drive	
Resistance System	Custom alternator	
ROC™ System	Yes	
Display Type	C51 custom backlit LCD	ELECTRONICS & PROGRAMMING
Power Requirements	Cordless	
Workout Levels	20	
Pre-programmed Workouts	9	
Heart Rate Control Programs	Yes	
Heart Rate Monitoring	Contact sensors and wireless telemetry	OTHER
CSAFE Compatible	Yes	
Dimensions	82" L x 20" W x 62" H — 208 L x 51 W x 157 H cm	
Maximum User Weight	400 lb. 181 kg	
Elliptical Weight	325 lb. 147 kg	
Color	Frame: Silver, Shrouding: Graphite	
Warranty	Frame: 15 years, Parts: 3 years, Labor and wear items: 1 year	

NAUTILUS® INTEGRATED CONSOLE HIGHLIGHTS:

- Console is common to all cardio machines in the Nautilus family
- A single, consistent user interface for members to learn
- Intuitive design makes it easy for your members to get started quickly and simply
- Common parts minimize down time should there be a problem

Members have choice of professionally designed training programs, including advanced fitness tests, interval workouts, and Heart Rate Control programs.

Displays standard workout metrics such as RPM, calorie burn, time, distance, speed.



Custom backlit LCD display eliminates glare, even if positioned in front of a window.

Easily integrates with NV916 15" LCD TV.

NAUTILUS® CARDIO EQUIPMENT + NETPULSE™ ENTERTAINMENT = THE TOTAL PACKAGE

NETPULSE™ provides a personalized entertainment experience for every member, every time. On-demand programming is delivered over the Netpulse™ patented customer content delivery network, which allows all your members to have an entertainment experience that is unique to them.

Look what it includes!

- Digital TV
- Multiple On-Demand Video Channels
- Multiple On-Demand Music Channels
- iPhone and iPod Compatibility
- Personal News Page with News Weather and Sports
- Social Networking Integration



EXERCISE TRACKING, COMPETITIONS AND REWARDS CLUB USAGE REPORTING

TECHNOLOGY THAT IS NEVER OBSOLETE! NO EQUIPMENT DOWN TIME FOR COMPUTER GLITCHES!

With the pace of technological advancements, it makes sense to deliver entertainment options on a separate screen and not the cardio console. With Netpulse™ the screen is never obsolete as internet connectivity insures fresh content.

CSAFE Ready and FitLinxx Compatible (International versions may vary)

NAUTILUS® COMMERCIAL CARDIOVASCULAR PRODUCTS

Cutting-Edge Technology. Superb Craftsmanship. Rock-Solid Durability.



A HERITAGE OF INNOVATION

For more information about Nautilus® Commercial Products or to book an interactive webinar that brings our showroom to you, please visit: www.medfitsystems.com

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