



COMMERCIAL SERIES

NAUTILUS® CARDIO  
EQUIPMENT

INNOVATIVE CARDIO EQUIPMENT



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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® 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.

<b>Speed Range</b>	0.5–12 mph   0.8–19.3 kph	<b>MECHANICAL</b>
<b>Incline Range</b>	0–15%	
<b>Drive Motor</b>	4.8 hp AC, with Hyperdrive® system	
<b>Belt Construction</b>	4-ply premium lubricated belt	
<b>Walking Surface</b>	22" x 63"   56 x 160 cm	
<b>Frame</b>	13-gauge welded steel main frame	
<b>Rollers</b>	Crowned, front and rear 3"   7.6 cm	<b>ELECTRONICS &amp; PROGRAMMING</b>
<b>Power Plug-ins</b>	2: front and rear	
<b>Display Type</b>	C51 custom backlit LCD	
<b>Workout Programs</b>	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	
<b>Heart Rate Control Programs</b>	Speed- or incline-controlled, constant, and interval	<b>OTHER</b>
<b>Heart Rate Monitoring</b>	Contact sensors and wireless telemetry	
<b>Dimensions</b>	35" W x 88" L   89 W x 224 L cm	
<b>Maximum User Weight</b>	600 lb.   181 kg	
<b>Treadmill Weight</b>	370 lb.   168 kg	
<b>Shipping Weight</b>	430 lb.   196 kg	
<b>Color</b>	Frame: Nautilus® Silver, Shrouding: Graphite	
<b>Warranty</b>	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	
<b>Drive Train</b>	Poly-V belt drive	Poly-V belt drive	<b>ELECTRONICS &amp; PROGRAMMING</b>
<b>Resistance System</b>	Alternator-based resistance	Alternator-based resistance	
<b>ROC™ System</b>	Yes	Yes	
<b>Display Type</b>	Custom LCD	Custom LCD	
<b>Power Requirements</b>	Cordless (Optional AC power)	Cordless (Optional AC power)	
<b>Workout Levels</b>	20	20	
<b>Pre-programmed Workouts</b>	8	8	
<b>Fitness Test</b>	Yes	Yes	
<b>Constant Power Program</b>	Yes	Yes	
<b>Heart Rate Control Programs</b>	Yes	Yes	
<b>Heart Rate Monitoring</b>	Contact sensors and wireless telemetry	Contact sensors and wireless telemetry	<b>OTHER</b>
<b>Dimensions</b>	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	
<b>Maximum User Weight</b>	400 lb.   181 kg	400 lb.   181 kg	
<b>Color</b>	Frame: Nautilus® Silver, Shrouding: Graphite	Frame: Nautilus® Silver, Shrouding: Graphite	
<b>Warranty</b>	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.

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

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

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

Cordless operation means bike can be placed anywhere.



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.

3 piece crank

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

Cordless operation means bike can be placed anywhere.



## 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.

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.

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



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

<b>Stride Technology</b>	SyncLink® articulating foot pedals	<b>MECHANICAL</b>
<b>Drive Train</b>	Poly-V belt drive	
<b>Resistance System</b>	Custom alternator	
<b>ROC™ System</b>	Yes	
<b>Display Type</b>	C51 custom backlit LCD	<b>ELECTRONICS &amp; PROGRAMMING</b>
<b>Power Requirements</b>	Cordless	
<b>Workout Levels</b>	20	
<b>Pre-programmed Workouts</b>	9	
<b>Heart Rate Control Programs</b>	Yes	
<b>Heart Rate Monitoring</b>	Contact sensors and wireless telemetry	<b>OTHER</b>
<b>CSAFE Compatible</b>	Yes	
<b>Dimensions</b>	82" L x 20" W x 62" H — 208 L x 51 W x 157 H cm	
<b>Maximum User Weight</b>	400 lb.   181 kg	
<b>Elliptical Weight</b>	325 lb.   147 kg	
<b>Color</b>	Frame: Silver, Shrouding: Graphite	
<b>Warranty</b>	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](http://www.medfitsystems.com)

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