NAUTILUS

Cable Cross Over



The Nautilus Multi-Station delivers modular strength training at its most efficient. Engineered for flexibility, this customizable cable-based system allows facility owners to choose from multiple base configurations and tower attachments to create a tailored solution that fits their space, audience, and training goals. Whether supporting circuit-style training, personal training, or functional fitness, the Multi-Station optimizes floor space while delivering full-body workout capability.

PRODUCT DIMENSIONS	
Width	158 in (401 cm)
Length	34 in (86 cm)
Height	91 in ((230 cm)
Overall Weight	1010 lb (458 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes
Assisted adjustments	Fully adjustable cable cross over system with spring-loaded pull pin handle for vertical adjustments
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Unilateral and Bilateral, cable driven movements
Converging or diverging movements	User defined path of motion with swivel pulley and unlimited high-low cable positioning combinations
Pulley ratio	2:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Matte Black (-60)
Upholstery color	Black
Frame finish	Electrostatic Powder coating
Customizable paint, and branding options	Yes, with additional fees and extended lead times
Cable vs. belt driven transmission	Cable drive
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Safety catch & stops	Yes
Grip specifications	Stabilization handles for balance and control. Rubber, large grips for pushing, smaller grips for pulling. Multiple handle accessory options: add-on package avail 95-0590 (1) triceps rope, (1) aluminum lat bar, (1) aluminum curl bar, (1) aluminum low row handle, (1) single rope handle, (1) v-triceps bar, (1) ankle cuff, (1) walking wait belt
Foot platform	Independent rubber foot platforms for low row stabilization
WEIGHT STACK SPECIFICATIONS	
Total stack weight	2 x 115.5 lbs (2 x 52.2 kg)
Incremental weight system	5 lb incremental add on plates
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required.
Weight stack shroud specifications	Steel on Cable Cross Over
SKUS	
9NP-M9201	

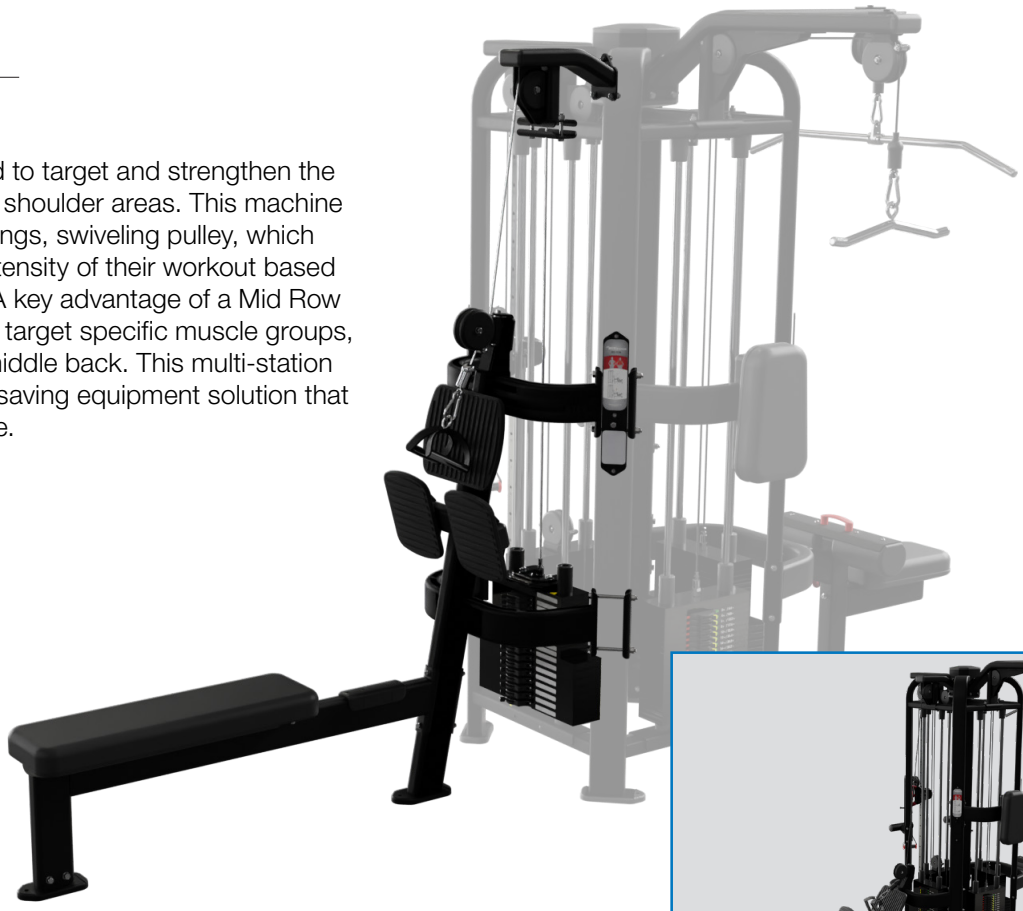
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Mid Row

The Mid Row station is designed to target and strengthen the muscles of the middle back and shoulder areas. This machine offers adjustable resistance settings, swiveling pulley, which allows users to customize the intensity of their workout based on their fitness level and goals. A key advantage of a Mid Row station is its ability to isolate and target specific muscle groups, particularly the muscles of the middle back. This multi-station add in is an economical, space-saving equipment solution that doesn't look, feel or train like one.





*The new Nautilus Mid Row can be added to new orders and is backwards compatible onto to existing Nautilus Multi-Station units in the field in the Low Row position. When retrofitting an existing unit, the Low Row weight stack is utilized. All other required parts are in the retrofit kit.

PRODUCT DIMENSIONS	
Width	30 in (76 cm)
Length	142 in (361cm)
Height	94 in (239 cm)
Overall Weight	162 lbs (90 kg)
ADJUSTMENTS & MOVEMENTS	
Converging or diverging movements	User defined path of motion with swivel pulley and unlimited high-low cable positioning combinations
Pulley ratio	2:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Integrated leveling system	No, rubber feet for floor protection
USER SPECIFIC INFORMATION	
Grip specifications	Stabilization handles for balance and control. Rubber, large grips for pushing, smaller grips for pulling.
Foot platform	Independent rubber foot platforms for low row stabilization
WEIGHT STACK SPECIFICATIONS	
Total stack weight	297 lbs (135 kg)
Incremental weight system	5 lb incremental add on plates
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required.

SKUS

731-9475

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