NAUTILUS

Olympic Military Press

Designed for overhead pressing movements, this Olympic Military Press Bench provides a rock-solid platform for developing shoulder and upper body strength. With dual bar holders, optional front safety catches, and an open spotting frame, it combines safety and freedom of movement in a clean, functional design.



PRODUCT DIMENSIONS	
Width	74 in (188 cm)
Length	65 in (165 cm)
Height	60 in (152 cm)
Product Weight	269 lb (122 kg)
Shipping weight	320 lb (145 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted positioning
Color coded pivot points and adjustments	Yes on all units
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint options available	Yes with additional fees and extended lead times
Customizable upholstery options available	Yes with additional fees and extended lead times
Customizable branding options available	No
Bolt down locations defined	Yes, Sku dependent
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	
Animated lenticulars	No
Safety catch & stops	Yes, Sku dependent
Grip specifications	Integrated Grip and wheels
Contoured pads	Yes, contoured back pads on select machines with lumbar support
Restraint system	No

SKUS

9NP-B7205

CORE HEALTH & FITNESS

©2026 Core Health & Fitness LLC. All rights reserved. Schwinn and Nautilus are registered trademarks used under license to Core Health & Fitness LLC.