



Nautilus exercise machines

Nautilus Fitness not only have every model in the current Nautilus 2ST line (24 pieces in total), we have added a number of machines that are not presently manufactured, however are functionally and bio-mechanically excellent Nautilus Fitness Abdominal machines. Some of our older pieces are highly sought after classic bodybuilding machines, used when the likes of Arnold Schwarzenegger dominated the bodybuilding scene.

Nautilus has produced well in excess of 60 different pieces of equipment over the years. The manufacturing cost of maintaining such an extensive line was incredibly high. Resultantly, for pure economic reasons, this was reduced to the current level of 24 pieces, in the flagship 2ST line. (This is more than adequate as most gyms only have around 12-14 pieces!) Securing the older pieces is particularly difficult, and their value has soared, because they are now so keenly sought after! We are particularly proud to have available, a number of those older pieces of equipment.



Nautilus: 3 Generations of Superior Equipment

Nautilus Fitness Rowing Back

Nautilus "1st Generation" is the earliest line of equipment made by Nautilus. An example of such a piece is shown on the left, and it is the "Rowing Back" piece. A classic 1st Generation piece, it is designed to primarily strengthen the Posterior Deltoid muscle, and it is a particularly rare, and valuable, piece of equipment. The "1st Generation" pieces are characterised by minimal shielding on the frame, and a chain driven mechanism.

Nautilus "Next Generation" was the next line of equipment to be produced, and it is noted for it's fully shielded frames. Two excellent examples of this line are shown on the left. The "Double Chest" and the "Lower Abdominal". Both are unique machines, with the Double Chest being the only machine that can properly facilitate advanced chest development routines such as Pre-Exhaustion.

Nautilus Fitness Lower Abdominal The Lower Abdominal is a handy addition to a session that requires a little extra abdominal attention, and when followed by a traditional set of Abdominal work, produces excellent results.

Nautilus Fitness Lower Back

Nautilus "2ST" is the current flagship line. Characterised by partial shielding and the replacement of chains by kevlar belt, it is as distinct as it's predecessors. It is perhaps the most remarkable piece of equipment ever made, the "Lower Back." By strengthening the lower back it is possible to irradicate back pain altogether. No other back machine can accurately target the lower back and safely apply resistance to that region. Without applying direct resistance, and slowly increasing that resistance, it is not possible to strengthen anything, let alone the lower back!



Rowing Back



Double Chest



Lower Abdominal