



Functional Trainers



STRONGER THAN EVER™

For years, the Nautilus Freedom Trainer™ has been - and still is - the most popular functional exercise machine on the market!

- Improves strength in integrated movements that imitate specific activities-either sports-related or the movements that make up daily life. Versatility allows for an infinite number of exercises
- The arms adjust in a horizontal and vertical plane and are counterbalanced for ease of adjustment
- Visually-affirmed, positive locking vertical adjustments provide an additional measure of safety
- Fewer pulleys than other machines and no springs for smoother operation
- Dual pulley head design makes for better cable tracking
- Fully-enclosed weight stacks minimize maintenance and enhance safety
- Arms rotate out to 180 degrees
- Exercises can be performed standing, seated or in a supine or prone position with the use of a ball, bench or seated chair (optional benches available)
- ADA Compliant. Wheelchair accessible, horizontal plane adjustment

Freedom Trainer

FREEDOM TRAINER SINGLE STACK F3FT

- 4:1 weight ratio increases cable travel, reduces the negative effect of inertia and decreases the incremental weight per grip to 3.75 lbs.
- 305-lb. weight stack



Arms In:
38" L x 56" W x 77" H
97 L x 142 W x 196 H cm

Arms Out:
38" L x 142" W x 77" H
97 L x 361 W x 196 H cm

Arms Vertical:
38" L x 56" W x 100" H
97 L x 142 W x 254 H cm

INCLUDES STANDARD PATENT PENDING 3 IN 1 HANDLE

- Combination D-Handle, Ankle Sleeve, Triceps Rope and Grip Strength Impairment Accommodation
- ADA compliant
- Eliminates multiple handle changes
- Handle can be permanently anchored





Freedom Trainer

FREEDOM TRAINER DUAL STACK F3FTD

Unmatched Versatility. Smooth Operation.

- 2:1 weight ratio gives an incremental resistance of 5 lbs. at each grip
- Two 170 lb. stacks with 10 lb. increments

Arms In:

38" L x 56" W x 77" H
97 L x 142 W x 196 H cm

Arms Out:

38" L x 142" W x 77" H
97 L x 361 W x 196 H cm

Arms Vertical:

38" L x 56" W x 100" H
97 L x 142 W x 254 H cm



OPTIONAL FREEDOM TRAINER HANDLE PACKAGE

The optional handle package facilitates over 40 different exercises.

Optional Accessory Kit 95-0462

- Includes Iliac crest belt
- 42"- 3 pound bi-lateral bar
- Adjustable D handles
- 4-point ankle harness (available on single and dual stack)

Functional Training

F3 TOWER TRAINER F3TT

- The Nautilus Tower Trainer provides a variety of effective exercises in limited space
- The unit features pivoting dual high and low pulleys with four of our patent-pending 3 in 1 handles
- This newly designed handle takes the place of three traditional handles, accommodating a wide variety of uses while eliminating the possibility of accessories pilferage
- The shielded design provides both aesthetic and safety benefits, and a detailed pictorial placard lead the user through a progressive exercise regimen

Dimensions:

38" L x 46" W x 81" H
97 L x 116 W x 205 H cm





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In the interest of product development and improvement, specifications subject to change without notice.



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