NAUTILUS

Freedom Trainer Dual Stack

The Nautilus HumanSport Freedom Trainer is the ultimate dual-stack cable system, offering adjustable pulley arms and a user-defined path of motion for dynamic full-body training. With 9 horizontal and 12 vertical arm positions, this compact, wall-compatible system supports everything from explosive athletic drills to low-load mobility work.

WHEELCHAIR ACCESSIBLE
3:1 cable ratio for low starting resistance
Open design allowing for wheelchair access
Easily adjustable, counter balanced pivot handles, even while in the seated position
Weight stack utilizes LockNLoad switch technology for quick and easy weight selection even while seated

PRODUCT DIMENSIONS	
Width	75 in (191 cm), arms extended left and right 125 in (317 cm)
Length	43 in (108 cm)
Height	72 in (182 cm), arms extended vertically up 92 in (234 cm)
Stack Weight	2X 80 lb (2x 36 kg)
Overall Weight	1,100 lb (499 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, cable-based training utilizing multiple planes of motion. Nine horizontal position options and 12 vertical position adjustment options
Assisted adjustments	Yes, counter balanced on vertical adjustment arm ends
Color coded pivot points and adjustments	Yes, including visual indicators when pull pin is disengaged
Unilateral or bilateral movement	Yes, independent arms use for user defined path of motion by incorporating independent weight stacks and swivel pulleys
Converging or diverging movements	Yes, user defined
Pulley ratio	3:1 ratio with 9.5 ft (289.5 cm) training space and 113 in (287 cm) cable travel

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FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Matte Black (-60)
Frame finish	Electrostatic Powder coating
Customizable paint options available	Yes with additional fees and extended lead times
Customizable branding options available	Yes with additional fees and extended lead times
Cable vs. belt driven transmission	4mm cable driven
Bolt down locations defined	Yes, 3 defined bolt down locations located on weight stack tower
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 2.5 mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	12 pre-defined exercises with static placards with start and finish diagrams
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Grip specifications	Oversized, rubber grips on stabilization handles which provide ideal positioning for hip, knee and ankle exercises
WEIGHT STACK SPECIFICATIONS	
Total stack weight	User Feels Stack Weight Capacity: 2x 80 lb (2x 36 kg) at each handle through two, independent and enclosed weight stacks. Actual weight stack, 2x 240 lb (109 kg)
Weight stack tower height	68.5 in (174 cm)
Weight storage solution	No but it does include accessory rack for multiple pulley attachments: – Grip Handles (2) – Ankle strap – Long bar
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	Inside and outside steel shrouds.

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