



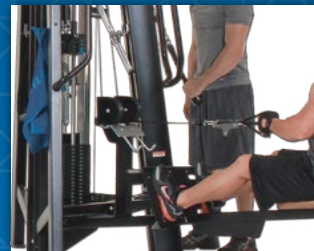
## THE REVOLUTION IN FUNCTIONAL TRAINING

Our lean, modular XPLOAD Zone™ solution is ideal for any facility - large or small - including fitness clubs, personal training studios, fire and police departments, sport teams, or any fitness center looking to maximize space for group training.

The XPLOAD Zone™ line comes with a variety of options such as pull-up bars, dip bars, cable stations and so much more!

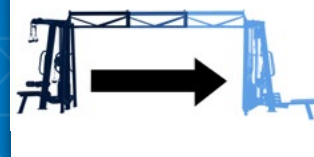
[corehealthandfitness.com](http://corehealthandfitness.com)

## FEATURES



THE NAUTILUS® CABLE STATIONS HAVE A 33% SMALLER FOOTPRINT THAN OTHER BODY WEIGHT RESISTANCE MODELS.

### Built To Size



TRUSS LENGTH STARTS AT 5' AND IS EXPANDABLE IN 20" INCREMENTS



DOZENS OF WORKOUTS IN ONE STATION WITH THE OPTION TO ADD EVEN MORE



OUR MASTER TRAINERS ARE HERE TO GET YOUR STAFF UP TO SPEED ON ALL NEW EQUIPMENT



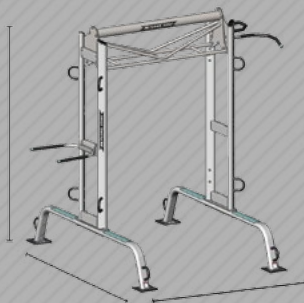
**MADE  
IN THE  
USA**

# POPULAR CONFIGURATIONS

	5' Truss	End Frame	Dip Station	Pull Up Station	Olympic Bar Swivel	F3 Tower w/ Adjustable Cable	F3 Lat Pull Down	F3 Dual Pulley Low Row
<b>Body Weight &amp; Suspension Station</b>								
Package A - 5 ft Truss	1	2	1	1	1			
Package B - 10 ft Truss	2	2	1	1	1			
<b>Body Weight, Suspension Station &amp; Cable Training Station</b>								
Package C - 5 ft Truss	1	1	1	1	1	2		
Package D - 10 ft Truss	2	1	1	1	1	2		
<b>Body Weight, Suspension Station &amp; Multi-Station Strength</b>								
Package E - 10 ft Truss	2					1	2	1



## TECHNICAL SPECS

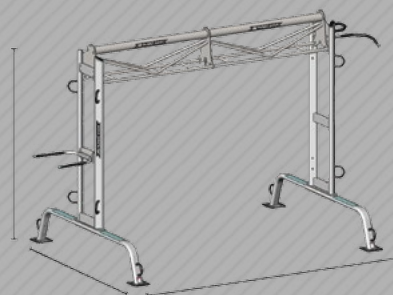


**XPLOAD Zone™ w/1 x 5' Truss with dip bars and pull-up bars**

96" W x 103" L x 103" H | 488 lb  
244 W x 262 L x 262 H cm | 221 kg

Dimensions: (without dip bars or pull-up bars)  
96" W x 71" L x 103" H  
244 W x 180 L x 262 H cm

Machine Weight: 446 lbs. / 202 kg without dip bars or pull-up bars



**XPLOAD Zone™ w/2 x 5' Truss with dip bars and pull-up bars**

96" W x 163" L x 103" H | 570 lb  
244 W x 414 L x 262 H cm | 259 kg

Dimensions: (without dip bars or pull-up bars)  
96" W x 131" L x 103" H  
244 W x 333 L x 262 H cm

Machine Weight: 528 lbs. / 239 kg without dip bars or pull-up bars

## BUILD ON GREATNESS

At **Core Health & Fitness**, when we brought together fitness brands to build our company, we settled for nothing but the best. Four iconic brands that pioneered entire categories and whose machines are still the ones members ask for by name. Today, we're committed to continuing the tradition that started decades ago – and that's greatness you can feel good about building your business on.



**CORE HEALTH & FITNESS**