

Seated Leg Press

The Nautilus Impact Seated Leg Press builds foundational lower body strength by engaging the glutes, hamstrings, and quadriceps through a natural pressing motion. Its wide foot platform also allows users to perform seated calf raises, adding versatility to leg day routines. The seated position reduces back strain, making it ideal for all fitness levels. With a biomechanically optimized strength curve and a true 1:1 weight ratio, this machine delivers smooth, consistent resistance. Lock N Load® technology and a compact footprint make it a space-efficient choice for lower body training zones.



FEATURES	
Width	47 in (119 cm)
Length	74 in (187 cm)
Height	65 in (165 cm)
Overall Weight	968 lbs (439 kg)
Shipping weight	1078 lbs (489 kg)
ADJUSTMENTS AND MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	SKU Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, branding options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubing thickness	11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Yes
Range of Motion Stops	Yes
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Contoured pads	Yes, contoured back pads on select machines
WEIGHT STACK SPECIFICATIONS	
Total stack weight	360 lbs (180 kg)
Incremental weight system	5 lb incremental weight system for optimal progression
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.
Add-on resistance available	Yes, 5lb incremental
Weight stack shroud specifications	Inside and outside steel shrouds, clear windows on both sides
SKUS	
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