

## Lat Pull Down

Unlock the ultimate in upper body training with the Nautilus Inspiration Lat Pull Down. It features a diverging axis, unilateral and bilateral movement options, and multiple grip choices for a personalized, comfortable workout. An adjustable thigh pad supports users of all sizes, while the ergonomic gas-assisted seat enhances comfort. The Lock N Load system enables quick, pin-less weight changes, and a clear lenticular placard guides use. The Inspiration Lat Pull Down is a seamless, effective addition to any strength circuit.



PRODUCT DIMENSIONS	
Width	55 in (140 cm)
Length	55 in (140 cm)
Height	77 in (196 cm)
Overall Weight	715 lb (324 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with standard supinated and pronated grip options
Assisted adjustments	Wrap-around gas assist seat adjust and gravity assisted thigh stabilization pad adjustments
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two arm movements)
Converging or diverging movements	Diverging axis
Color coded pivot points and adjustments	Yes
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame & upholstery color	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, and branding options	Yes, with additional fees and extended lead times
Cable vs. belt driven transmission	Cable
Bolt down locations defined	Yes
Integrated leveling system	Yes
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Safety catch & stops	Yes, end range of motion safety stop
Water bottle holders	Yes, integrated to weight stack tower, eye level
Phone holder	Yes, adjustable in size and position
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling
Contoured pads	Yes
WEIGHT STACK SPECIFICATIONS	
Total stack weight	240 lb (109 kg)
Incremental weight system	10 lb increment, 5 lb add on
Weight stack tower height	64in (163 cm)
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	Uniform size, standard steel / customized aluminum materials

### SKUS

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