



## Dual Abdominal/Lower Back

The Nautilus Instinct Dual Abdominal / Lower Back machine strengthens the core and spinal erectors with two distinct movement paths, ab crunch and back extension. This dual-function modality maximizes space while providing effective trunk training. With a walkthrough design, intuitive adjustments, and Lock N Load® selectorized weight system, it's ideal for light commercial environments prioritizing compact, results-driven equipment.



### PRODUCT DIMENSIONS

<b>Width</b>	40 in (102 cm)
<b>Length</b>	45 in (114 cm)
<b>Height</b>	55 in (140 cm)
<b>Overall Weight</b>	369 lb (168 kg)

### ADJUSTMENTS & MOVEMENTS

<b>User defined range of motion</b>	Fixed path
<b>Assisted adjustments</b>	Gravity assisted seat bottom, pull pin arm adjustments
<b>Color coded pivot points and adjustments</b>	Yes
<b>Unilateral or bilateral movement</b>	Bilateral
<b>Converging or diverging movements</b>	Linear motion
<b>Pulley ratio</b>	1:1

### FRAME SPECIFICATIONS & CABLE INFORMATION

<b>Frame color</b>	Black
<b>Upholstery color</b>	Dove Gray or Black with removable wear strap for extended upholstery life
<b>Frame finish</b>	Electrostatic Powder coating
<b>Customizable paint &amp; upholstery options available</b>	Yes with additional fees and extended lead times
<b>Customizable branding options available</b>	Yes with additional fees and extended lead times
<b>Cable vs. belt driven transmission</b>	Cable
<b>Bolt down locations defined</b>	Yes
<b>Integrated leveling system</b>	No, rubber feet for floor protection
<b>Hardware type</b>	Hex / Button Head
<b>Tubing style &amp; thickness</b>	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

### USER SPECIFIC INFORMATION

<b>Static placards</b>	Yes, simple and intuitive placard
<b>Multi-language placards options available</b>	Large and graphical, limited text to eliminate translation requirements
<b>Safety catch &amp; stops</b>	ROM stops
<b>Grip specifications</b>	Rubber, large grips for pushing, smaller grips for pulling.
<b>Foot platform</b>	Oversized, rubber grip foot pad
<b>Contoured pads</b>	No, removable wear strap for extended upholstery life

### WEIGHT STACK SPECIFICATIONS

<b>Total stack weight</b>	120 lb (54 kg)
<b>Incremental weight system</b>	10 lb (4.5 kg) increments
<b>Weight stack tower height</b>	54.5 in (138 cm)
<b>Lock N Load® Technology</b>	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.
<b>Weight stack shroud specifications</b>	Transparent, smoked plexiglass inside and outside shrouds

### SKUS

9NL-D6330