



Dual Adjustable Pulley

The Nautilus Instinct Dual Adjustable Pulley is a full-body training solution that targets strength, coordination, and stability through a wide range of functional cable movements. With independently adjustable arms and integrated pull-up handles, this unit enables hundreds of exercise variations to engage the upper body, core, and lower body. Designed for maximum versatility in minimal space, it's an ideal fit for light commercial environments like hospitality, corporate wellness, and multi-unit housing gyms.



PRODUCT DIMENSIONS	
Width	36 in (91 cm)
Length	62 in (157 cm)
Height	81 in (207 cm)
Overall Weight	894 lb (406 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	User defined path of motion
Assisted adjustments	Gravity assisted, pull pin arm adjustments
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Both, user defined
Converging or diverging movements	Both, user defined
Pulley ratio	Instinct DAP has 2:1 ratio, user feels 100 lb (50 kg) at handle
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Black
Upholstery color	Dove Gray or Black with removable wear strap for extended upholstery life
Frame finish	Electrostatic Powder coating
Customizable paint & upholstery 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	Cable
Bolt down locations defined	Yes
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 2.5mm / 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	Safety pull pin on user left and right handles, multi-position pull-up bars
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
WEIGHT STACK SPECIFICATIONS	
Total stack weight	2x 200 lbs (2x 100 kg)
Incremental weight system	5 lb (2 kg) increments
Weight stack tower height	81 in (207 cm)
Weight storage solution	No, accessory rack for multiple attachments. Stirrup grips (x2), ankle strap, long bar, curl 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	Steel inside and outside shrouds
SKUS	

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