



Dual Inner/ Outer Thigh

The Nautilus Instinct Dual Inner / Outer Thigh strengthens the adductors and abductors through controlled seated movements that enhance hip stability, mobility, and lower body tone. Ideal for users of all levels, this dual-function machine supports both inward and outward leg movement, making it an efficient solution for full hip engagement. With a privacy-focused design and easy adjustments, it's a smart fit for space-conscious facilities prioritizing comfort, functionality, and flow.



PRODUCT DIMENSIONS	
Width	27 in (69 cm)
Length	57 in (145 cm)
Height	55 in (140 cm)
Overall Weight	451 lb (205 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Bilateral
Pulley ratio	1:1
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	Belt
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
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Foot platform	Oversized, rubber grip foot pad
Contoured pads	No, removable wear strap for extended upholstery life
WEIGHT STACK SPECIFICATIONS	
Total stack weight	150 lb (68 kg)
Incremental weight system	10 lb (4.5 kg) increments
Weight stack tower height	54.5 in (138.5 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	Transparent, smoked plexiglass inside and outside shrouds
SKUS	

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