



Dual Lat Pull Down/Vertical Row

The Nautilus Instinct Dual Lat Pulldown / Vertical Row targets the upper back, lats, biceps, and rear delts through two essential pulling motions—vertical and horizontal—in one space-saving machine. Designed to improve posture, pulling strength, and upper-body definition, it's a powerful addition to any strength circuit. With quick-adjust pads, multi-grip handles, and a compact footprint, it's engineered for high-traffic, space-conscious environments like hospitality and multi-unit housing.



PRODUCT DIMENSIONS	
Width	47 in (119 cm)
Length	50 in (127 cm)
Height	84 in (213 cm)
Overall Weight	473 lb (215 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path, except for Dual Adjustable Pulley
Assisted adjustments	Gravity assisted seat bottom, ratching chest pad
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral
Converging or diverging movements	Linear motion
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.
Contoured pads	No, removable wear strap for extended upholstery life
WEIGHT STACK SPECIFICATIONS	
Total stack weight	235 lb (107 kg)
Incremental weight system	15 lb (7 kg) increments
Weight stack tower height	83.5 in (212 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

9NL-D3340