



## Dual Leg Extension/ Leg Curl

The Nautilus Instinct Dual Leg Extension / Leg Curl offers total leg training in a single, space-conscious design. With smooth transitions between seated leg extensions and leg curls, it's ideal for strengthening both the quadriceps and hamstrings. This dual-function unit features simple setup, intuitive adjustments, and Lock N Load® technology making it a go-to solution for light commercial and hospitality fitness rooms.



PRODUCT DIMENSIONS	
Width	37 in (94 cm)
Length	56 in (142 cm)
Height	55 in (140 cm)
Overall Weight	484 lb (220 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Gravity assisted, ratching seat back, self leveling ankle pad, and gravity assisted thigh pad
Unilateral or bilateral movement	Bilateral
Color coded pivot points and adjustments	Yes
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	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
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	190 lb (86 kg)
Incremental weight system	5 lb (2 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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