



Dual Pectoral Fly/Rear Deltoid

The Nautilus Instinct Dual Pec Fly / Rear Deltoid targets the pectoral and posterior deltoid muscles with smooth, controlled movement. This versatile unit supports both pec fly and rear deltoid training in one machine, offering space efficiency and dual-function value. Designed with easy seat adjustments, ergonomic grips, and Lock N Load® technology, perfect for hospitality, multi-family, and other light commercial facilities seeking complete upper body solutions in compact footprints.



PRODUCT DIMENSIONS	
Width	50 in (127 cm)
Length	54 in (137 cm)
Height	79 in (201 cm)
Overall Weight	426 lb (193 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Gravity assisted seat bottom, pull pin arm adjustments
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Unilateral
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
Tubing 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	ROM stops on arm weldments
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 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-D2110	