

Lat Pull Down

The Nautilus Instinct Lat Pulldown strengthens the lats, shoulders, and arms through a guided vertical pull, ideal for building upper body definition and posture. With multi-grip options, secure thigh stabilization, and a compact, intuitive setup, it's perfect for space-conscious facilities looking to support foundational upper body development.



PRODUCT DIMENSIONS	
Width	47 in (119 cm)
Length	60 in (152 cm)
Height	73 in (185 cm)
Overall Weight	515 lb (234 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	No, machine defined path of motion
Assisted adjustments	Gravity assisted seat bottom and thigh pads
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 options available	Yes with additional fees and extended lead times
Customizable 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	Kevlar belt transmission belt for extended life and easy replacement
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	5 lb (2 kg) increments
Weight stack tower height	57 in (145 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-S3310