

## Rotary Torso

The Nautilus Instinct Rotary Torso targets the obliques and rotational muscles of the core with a kneeling movement pattern that reduces lower back strain while promoting controlled, functional strength development. Ideal for light commercial and space-conscious facilities, this compact unit delivers user-friendly operation, quick adjustments, and a safe, stable experience for users of all levels.



PRODUCT DIMENSIONS	
Width	38 in (97 cm)
Length	39 in (99 cm)
Height	55 in 140 (cm)
Overall Weight	418 lb (190 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Pull pin arm adjustments
Color coded pivot points and adjustments	Yes
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	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
Safety catch & stops	ROM stops
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-S6300