

NAUTILUS INSTINCT®

NAUTILUS
TRUSTED STRENGTH CENTER



**Equipment shown in custom colors*

DUAL ADJUSTABLE PULLEY 9NL-D2002

Welcoming to users of all levels, Instinct Strength is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.

PRODUCT DIMENSIONS

WIDTH	62 IN (157 CM)
LENGTH	44.5 IN (113 CM)
HEIGHT	81 IN (207 CM)
STACK WEIGHT	2 X 200 LB (2 X 100KG)
OVERALL WEIGHT	867 LB (393 KG)
SHIPPING WEIGHT	946 LB (429 KG)

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ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes, user defined path of motion.
ASSISTED ADJUSTMENTS	Gravity assisted positioning
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes
UNILATERAL OR BILATERAL MOVEMENT	Both, user defined
CONVERGING OR DIVERGING MOVEMENTS	Both, user defined
PULLEY RATIO	Instinct DAP has 2:1 ratio, effective resistance for the user of 100 lbs (50 kg) at handle

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	N/A
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	N/A
CABLE VS. BELT DRIVEN TRANSMISSION	Cable driven
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
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	Safety pull pin on user left and right handles, multi-position pull-up bars
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Rubber, large grips for pushing, smaller grips for pulling.
FOOT PLATFORM	N/A
CONTOURED PADS	N/A
RESTRAINT SYSTEM	N/A

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	2x 200 lbs (2x 100 kg)
INCREMENTAL WEIGHT SYSTEM	5 lb (2 kg) user increments
WEIGHT STACK TOWER HEIGHT	81 in (207 cm)
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	Integrated accessory storage pegs. Comes standard with (2) 6" grip handles, (1) stirrup handle, (1) ankle strap, (1) body strap, (1) long bar
LNL TECHNOLOGY	Yes
ADD-ON RESISTANCE AVAILABLE	5 lb (2 kg) user increments
WEIGHT STACK SHROUD SPECIFICATIONS	Inside and outside steel shrouds