

Instinct Strength is a full line of intuitive machines, benchs and racks 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. The versatility of Instinct's small footprint also lets you get the most from minimal space and is offersed in both single and dual function units to meet the needs of any space or facility.



| W | 32 IN (81 CM) |
|-----------------|----------------|
| L | 54 IN (137 CM) |
| Н | 39 IN (99 CM) |
| OVERALL WEIGHT | 97 LB (44 KG) |
| SHIPPING WEIGHT | 108 LB (49 KG) |



PRODUCT CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus Benches & Racks in a variety of custom frame color and upholstery options.



A PERFECT PARTNERSHIP

Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.





| FEATURES, ADJUSTMENTS & MOVEMENTS | |
|--|---|
| USER DEFINED RANGE OF MOTION | N/A |
| ASSISTED ADJUSTMENTS | Gravity assisted hip pads at 45 degree user angle |
| COLOR CODED PIVOT POINTS AND ADJUSTMENTS | Yes on all units |
| UNILATERAL OR BILATERAL MOVEMENT | N/A |
| CONVERGING OR DIVERGING MOVEMENTS | N/A |
| PULLEY RATIO | N/A |

| FRAME SPECIFICATIONS & CABLE INFORMATION | |
|---|--|
| STANDARD FRAME COLOR OPTIONS | Silver, White, Black |
| STANDARD UPHOLSTERY COLOR OPTIONS | Black |
| 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 | No |
| CABLE VS. BELT DRIVEN TRANSITION | N/A |
| 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 | N/A |
| MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE | N/A |
| ANIMATED LENTICULAR | N/A |
| SAFETY CATCH & STOPS | Hand grips for stabilization & fixed calf pads |
| WATER BOTTLE HOLDER | N/A |
| PHONE HOLDER | N/A |
| GRIP SPECIFICATIONS | Integrated grip and wheels for transport |
| FOOT PLATFORM | Oversized, rubber grip foot pad |
| CONTOURED PADS | No, adjustable hip pads and fixed calf pads |
| RESTRAINT SYSTEM | No |

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

