

Ab Bench

The Nautilus Instinct Ab Bench strengthens the core by targeting the abdominal muscles through a stable, focused training position. Ideal for improving core stability and posture, this modality supports both beginner and advanced users. Its compact footprint, durable build, and intuitive design make it a perfect fit for space-conscious facilities such as hotels, corporate gyms, and multi-unit housing fitness centers.



PRODUCT DIMENSIONS

Width	25 in (64 cm)
Length	53 in (135 cm)
Height	34 in (86 cm)
Overall Weight	148 lb (67 kg)

FEATURES, ADJUSTMENTS & MOVEMENTS

Color coded pivot points and adjustments	Yes
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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
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

Safety catch & stops	Hand grips for stabilization
Grip specifications	N/A
Foot platform	Chrome plated, dual foot pegs
Contoured pads	Yes, contoured back pads with lumbar support

SKUS

9NN-B7505