

## Chest Press

The Nautilus Instinct Chest Press builds upper body strength by targeting the pecs, anterior deltoids, and triceps. Its biomechanically sound movement path motion mimics free weights but offers enhanced control and safety—ideal for light commercial spaces prioritizing accessibility and performance. The compact frame and intuitive adjustments make it perfect for fast-paced circuit training environments.



PRODUCT DIMENSIONS	
Width	28 in (71 cm)
Length	49 in (124 cm)
Height	55 in (140 cm)
Overall Weight	427 (194 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Gravity assisted seat bottom
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral
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 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	Belt
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	
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	5/10/15, 235
Weight stack tower height	55 in (140 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-S2100	