

## Chin Dip Assist

The Nautilus Impact Chin Dip Assist combines assisted chin-up and dip training in one space-efficient machine. Its counterbalanced assistance and pull-pin adjustments help users of all levels safely build upper body pulling and pressing strength. Featuring a 1:1 resistance ratio and Lock N Load® technology, it's perfect for progressive bodyweight training circuits.



| FEATURES   |  |
|--|--|
| Width  | 60 in (152 cm)   |
| Length   | 50 in (127 cm)   |
| Height   | 91 in (231 cm)   |
| Overall Weight   | 776 lbs (352 kg)   |
| Shipping weight  | 836 lbs (379 kg)   |
| ADJUSTMENTS AND MOVEMENTS                                  |  |
| User defined range of motion                               | Fixed path   |
| Assisted adjustments                                       | Sku Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment  |
| Color coded pivot points and adjustments                   | Yes on all units   |
| Unilateral or bilateral movement                           | Bilateral  |
| Converging or diverging movements                          | N/A  |
| Pulley ratio   | 1:1  |
| FRAME SPECIFICATIONS & CABLE INFORMATION                   |  |
| Standard frame color options                               | 60 Black   |
| Standard upholstery color options                          | Black  |
| Frame finish   | Electrostatic Powder coating   |
| Customizable paint, upholstery, branding 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  |
| Tubbing thickness  | 11 ga  |
| USER SPECIFIC INFORMATION                                  |  |
| Static placards  | Yes, simple and intuitive placard  |
| Multi-language placards options available                  | Yes  |
| Range of Motion Stops                                      | N/A  |
| Grip specifications  | Rubber, large grips for pushing, smaller grips for pulling.  |
| Contoured pads   | Yes, contoured back pads on select machines  |
| WEIGHT STACK SPECIFICATIONS                                |  |
| Total stack weight   | 200 lbs (100 kg)   |
| Incremental weight system                                  | 5 lb incremental weight system for optimal progression   |
| 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. |
| Add-on resistance available                                | Yes, 5lb incremental   |
| Weight stack shroud specifications                         | Inside and outside steel shrouds, clear windows on both sides  |
| SKUS   |  |

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