



Dual Abdominal/Lower Back

The Nautilus Instinct Dual Abdominal / Lower Back machine strengthens the core and spinal erectors with two distinct movement paths, ab crunch and back extension. This dual-function modality maximizes space while providing effective trunk training. With a walkthrough design, intuitive adjustments, and Lock N Load® selectorized weight system, it's ideal for light commercial environments prioritizing compact, results-driven equipment.



PRODUCT DIMENSIONS

Width	40 in (102 cm)
Length	45 in (114 cm)
Height	55 in (140 cm)
Overall Weight	369 lb (168 kg)

ADJUSTMENTS & MOVEMENTS

User defined range of motion	Fixed path
Assisted adjustments	Gravity assisted seat bottom, pull pin arm adjustments
Color coded pivot points and adjustments	Yes
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	Cable
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
Safety catch & stops	ROM stops
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Foot platform	Oversized, rubber grip foot pad
Contoured pads	No, removable wear strap for extended upholstery life

WEIGHT STACK SPECIFICATIONS

Total stack weight	120 lb (54 kg)
Incremental weight system	10, 150
Weight stack tower height	54.5 in (138 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-D6330