



Dual Biceps Curl/Triceps Extension

The Nautilus Instinct Dual Biceps Curl / Triceps Extension targets the upper arms with guided flexion and extension movements to strengthen the biceps and triceps. This dual-function machine allows users to train opposing muscle groups efficiently, making it ideal for circuit-based workouts and time-conscious training. Designed with a walk-through frame, intuitive adjustments, and a compact footprint, it's a space-efficient solution for light commercial facilities seeking versatility and performance in one unit.



PRODUCT DIMENSIONS	
Width	39 in (99 cm)
Length	52 in (132 cm)
Height	55 in (140 cm)
Overall Weight	395 lb (180 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
Tubbing 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 on arm weldments
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	190 lb (86 kg)
Incremental weight system	5/10/15, 190
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-D5120