

## Glute Press

The Nautilus Instinct Glute Press targets the glutes and posterior chain through a natural, standing hip extension movement. This modality helps strengthen the lower body, enhance stability, and support functional movement patterns. With its compact footprint and intuitive adjustments, the Glute Press is ideal for space-conscious facilities focused on delivering lower body training without compromising floor space.



### PRODUCT DIMENSIONS

<b>Width</b>	37 in (94 cm)
<b>Length</b>	67 in (170 cm)
<b>Height</b>	55 in (140 cm)
<b>Overall Weight</b>	313 lb (142 kg)

### ADJUSTMENTS & MOVEMENTS

<b>User defined range of motion</b>	Fixed path
<b>Assisted adjustments</b>	Gravity assisted seat bottom
<b>Color coded pivot points and adjustments</b>	Yes on all units
<b>Unilateral or bilateral movement</b>	Unilateral
<b>Converging or diverging movements</b>	Linear motion
<b>Pulley ratio</b>	1:1

### FRAME SPECIFICATIONS & CABLE INFORMATION

<b>Frame color</b>	Black
<b>Upholstery color</b>	Dove Gray or Black with removable wear strap for extended upholstery life
<b>Frame finish</b>	Electrostatic Powder coating
<b>Customizable paint options available</b>	Yes with additional fees and extended lead times
<b>Customizable upholstery options available</b>	Yes with additional fees and extended lead times
<b>Customizable branding options available</b>	Yes with additional fees and extended lead times
<b>Cable vs. belt driven transmission</b>	Belt
<b>Bolt down locations defined</b>	Yes
<b>Integrated leveling system</b>	No, rubber feet for floor protection
<b>Hardware type</b>	Hex / Button Head
<b>Tubing style &amp; thickness</b>	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

### USER SPECIFIC INFORMATION

<b>Static placards</b>	Yes, simple and intuitive placard
<b>Multi-language placards options available</b>	Large and graphical, limited text to eliminate translation requirements
<b>Grip specifications</b>	Rubber, large grips for pushing, smaller grips for pulling.
<b>Foot platform</b>	Rubber grip foot pad
<b>Contoured pads</b>	No, removable wear strap for extended upholstery life

### WEIGHT STACK SPECIFICATIONS

<b>Total stack weight</b>	120 lb (55 kg)
<b>Incremental weight system</b>	10/15, 120
<b>Weight stack tower height</b>	54.5 in (138.5 cm)
<b>Lock N Load® Technology</b>	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.
<b>Weight stack shroud specifications</b>	Transparent, smoked plexiglass inside and outside shrouds

### SKUS

9NL-S1012