



## Vertical Row

The Nautilus Instinct Vertical Row strengthens the upper back and rear shoulders using a chest-supported horizontal pull. This modality improves posture and scapular control while supporting shoulder health. Engineered for efficiency, its ergonomic adjustments and compact design make it a perfect fit for light commercial environments that prioritize space and usability.



| PRODUCT DIMENSIONS                        |                                                                                                                                                                          |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Width                                     | 46 in (117 cm)                                                                                                                                                           |
| Length                                    | 48 in (122 cm)                                                                                                                                                           |
| Height                                    | 55 in (140 cm)                                                                                                                                                           |
| Overall Weight                            | 405 lb (183 kg)                                                                                                                                                          |
| ADJUSTMENTS & MOVEMENTS                   |                                                                                                                                                                          |
| User defined range of motion              | No, machine defined path of motion                                                                                                                                       |
| Assisted adjustments                      | Gravity assisted seat bottom, ratcheting chest pad                                                                                                                       |
| Color coded pivot points and adjustments  | Yes                                                                                                                                                                      |
| Unilateral or bilateral movement          | Bilateral                                                                                                                                                                |
| 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                 | 15, 235                                                                                                                                                                  |
| 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-S3320