NAUTILUS

Flat Bench

A staple in every strength room, this Flat Bench delivers premium construction and mobility in a clean, streamlined design. With integrated wheels and handle grips, it's easy to relocate for circuit training, while rubber foot protection and reinforced crossbars ensure long-term performance.



PRODUCT DIMENSIONS	
Width	27 in (69 cm)
Length	55 in (140 cm)
Height	20 in (51 cm)
Product Weight	77 lb (35 kg)
Shipping weight	86 lb (39 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted positioning
Color coded pivot points and adjustments	Yes on all units
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
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	No
Bolt down locations defined	Yes, Sku dependent
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	
Animated lenticulars	No
Safety catch & stops	Yes, Sku dependent
Grip specifications	Integrated Grip and wheels
Contoured pads	Yes, contoured back pads on select machines with lumbar support
Restraint system	No

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