

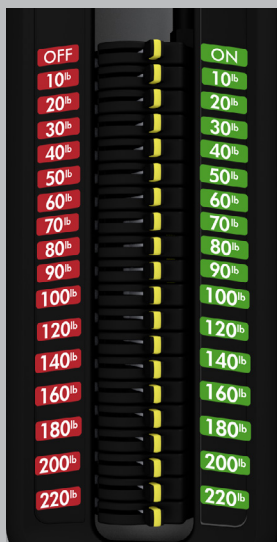
# NAUTILUS INSPIRATION

The Nautilus Inspiration Leg Curl provides a seated movement that optimally targets the hamstring in its lengthened position, which is ideal for maximum muscle engagement. The key to the Inspiration Leg Curl is the precise user positioning of the highlighted axis of rotation, push-button joint range control and contoured upholstery providing top of the line ergonomics suited for an array of users. With the pin less Lock N Load weight selection system, featuring 5lb increments, users can execute an effortless drop set, making the Inspiration Leg Curl ideal for all strength circuits.



## LEG CURL IPLC5

<b>W</b>	46 IN (117 CM)
<b>L</b>	64 IN (163 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	240 LB (109 KG)
<b>OVERALL WEIGHT</b>	743 LB (337 KG)
<b>SHIPPING WEIGHT</b>	833 LB (378 KG)



## LOCK N LOAD® WEIGHT SELECTION

Selecting a weight with the intuitive Lock N Load design is as easy as flicking a switch. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation. Lock N Load prevents unnecessary maintenance headaches since there are no pins to lose or replace.



## SMART TOWER DESIGN

The beautifully designed Nautilus Inspiration line, with their uniform 64" (163 cm) towers, deliver superior lines of site across your venue and create a visually powerful impression during facility tours. The tower housing is designed to accommodate custom graphics and wraps to personalize the equipment in your facility.

### ADJUSTMENTS & MOVEMENTS

<b>USER DEFINED RANGE OF MOTION</b>	Fixed path of motion with axis of rotation highlighted for precise user-positioning
<b>ASSISTED ADJUSTMENTS</b>	Gas assist shock, wrap around handles on seat adjustments. Plus, standard push button joint range of motion control and lower leg adjustment for perfect fit. And, 4-bar linkage seat back adjustability with paddle, right/left gas assist seat adjust. Also, gravity assisted thigh support pad for comfortable stabilization.
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes on all units
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	Unilateral and Bilateral dependent can be performed (one or two leg movements)
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	N/A
<b>PULLEY RATIO</b>	1:1 pulley ratio

### FRAME SPECIFICATIONS & CABLE INFORMATION

<b>STANDARD FRAME COLOR OPTIONS</b>	60 Black
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	Black
<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>	Cable drive
<b>BOLT DOWN LOCATIONS DEFINED</b>	Yes
<b>INTEGRATED LEVELING SYSTEM</b>	Yes
<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>	Animated lenticulars, showing start and stop positions
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	Yes
<b>ANIMATED LENTICULAR</b>	Animated lenticulars, showing start and stop positions
<b>SAFETY CATCH &amp; STOPS</b>	Yes, end range of motion safety stop
<b>WATER BOTTLE HOLDER</b>	Yes, integrated to weight stack tower, eye level
<b>PHONE HOLDER</b>	Yes, adjustable in size and position
<b>GRIP SPECIFICATIONS</b>	Rubber, large grips for pushing, smaller grips for pulling.
<b>FOOT PLATFORM</b>	N/A
<b>CONTOURED PADS</b>	Yes, contoured pads with lumbar support
<b>BELT STABILIZATION SYSTEM</b>	N/A

### WEIGHT STACK SPECIFICATIONS

<b>TOTAL STACK WEIGHT</b>	240 LB (109 KG)
<b>INCREMENTAL WEIGHT SYSTEM</b>	10 lb increment, 5 lb add on
<b>WEIGHT STACK TOWER HEIGHT</b>	Standard 64in (163 cm) height on all products
<b>PLATE LOADED</b>	N/A
<b>WEIGHT STORAGE SOLUTION</b>	N/A
<b>LNL TECHNOLOGY</b>	Yes
<b>ADD-ON RESISTANCE AVAILABLE</b>	Yes, 5 lb incremental add on plate
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	Uniform size, standard steel / customized aluminum materials

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