

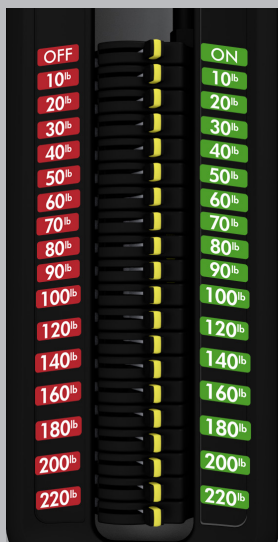
# NAUTILUS<sup>®</sup> INSPIRATION

The Nautilus Inspiration Biceps Curl is optimally designed to position the user into a naturally advantageous pre-stretch position for concentration curls. This seated unilateral piece offers premium support as it isolates the bicep and prevents upper body momentum from influencing the lift. Crafted with a trusted design, the Inspiration Biceps Curl ensures every repetition is a step towards maximum results.



## BICEPS CURL IPBC5

W	56 IN (142 CM)
L	45 IN (114 CM)
H	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
OVERALL WEIGHT	613 LB (278 KG)
SHIPPING WEIGHT	699 LB (317 KG)



## LOCK N LOAD<sup>®</sup> 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 the axis of rotation highlighted for precise user positioning.
<b>ASSISTED ADJUSTMENTS</b>	Wrap-around gas assist seat adjust and multiple hand placement options.
<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 arm 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 and comfortable arm support pads
<b>BELT STABILIZATION SYSTEM</b>	N/A

### WEIGHT STACK SPECIFICATIONS

<b>TOTAL STACK WEIGHT</b>	200 LB (91 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

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.