

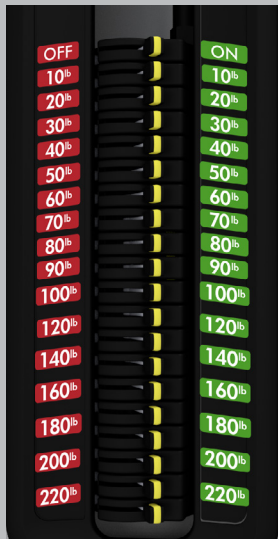
# NAUTILUS INSPIRATION

The Nautilus Inspiration Pull Over facilitates 250 degrees of shoulder rotation, engaging lats, pecs, and abs. Designed with ergonomics in mind, the Inspiration Pull Over reduces tension, providing users with enhanced stability and control. Often hailed as the “Squat of the upper body,” the Nautilus Inspiration Pull Over is the perfect addition to a strength circuit looking to round out its offering with a piece that engages the entire core.



## PULL OVER IPPO5

<b>W</b>	58 IN (147 CM)
<b>L</b>	58 IN (147 CM)
<b>H</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	200 LB (91 KG)
<b>OVERALL WEIGHT</b>	693 LB (314 KG)
<b>SHIPPING WEIGHT</b>	783 LB (355 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

USER DEFINED RANGE OF MOTION	Fixed path of motion with 250 degrees of shoulder rotation.
ASSISTED ADJUSTMENTS	Wrap-around gas assist seat adjust with axis of rotation highlighted for precise user positioning.
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	Unilateral and Bilateral dependent can be performed (one or two arm movements)
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	1:1 pulley ratio

### 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	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	Cable drive
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes
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	Animated lenticulars, showing start and stop positions
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	Animated lenticulars, showing start and stop positions
SAFETY CATCH & STOPS	Yes, end range of motion safety stop
WATER BOTTLE HOLDER	Yes, integrated to weight stack tower, eye level
PHONE HOLDER	Yes, adjustable in size and position
GRIP SPECIFICATIONS	Rubber, large grips for pushing, smaller grips for pulling.
FOOT PLATFORM	Extra-large non-slip leverage bar for assisted start and stop positions.
CONTOURED PADS	Yes, contoured pads
BELT STABILIZATION SYSTEM	Yes, heavy-duty seat belt restraint system to accommodate all users

### WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	200 LB (91 KG)
INCREMENTAL WEIGHT SYSTEM	10 lb increment, 5 lb add on
WEIGHT STACK TOWER HEIGHT	Standard 64in (163 cm) height on all products
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
LNL TECHNOLOGY	Yes
ADD-ON RESISTANCE AVAILABLE	Yes, 5 lb incremental add on plate
WEIGHT STACK SHROUD SPECIFICATIONS	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.