

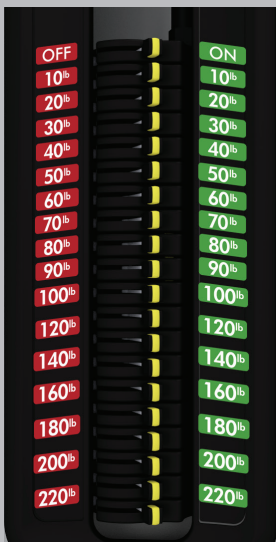
# NAUTILUS<sup>®</sup> INSTINCT

Instinct Strength is a full line of intuitive machines, benches and racks with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. The versatility of Instinct's small footprint also lets you get the most from minimal space and is offered in both single and dual function units to meet the needs of any space or facility.



## TRICEPS EXTENSION 9NL-S5110

<b>W</b>	39 IN (99 CM)
<b>L</b>	40 IN (102 CM)
<b>H</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>OVERALL WEIGHT</b>	421 LB (191 KG)
<b>SHIPPING WEIGHT</b>	454 LB (206 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.

## DUAL USE MACHINES



The versatile dual purpose machines from Nautilus Instinct have a modest footprint and allow you to switch between two different exercises with a simple adjustment. This is ideal for smaller facilities, giving them the ability to fit a full fitness circuit in a much smaller space.

### ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Fixed path
ASSISTED ADJUSTMENTS	Gravity assisted seat bottom
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	Possible if user uses one handle at a time
CONVERGING OR DIVERGING MOVEMENTS	Linear motion
PULLEY RATIO	1:1

### FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver, White, 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	Belt
BOLT DOWN LOCATIONS DEFINED	Yes
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

STATIC PLACARDS	Yes, simple and intuitive placard
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Large and graphical, limited text to eliminate translation requirements
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	ROM stops on arm weldments
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Rubber, large grips for pushing, smaller grips for pulling.
FOOT PLATFORM	N/A
CONTOURED PADS	No, removable wear strap for extended upholstery life
RESTRAINT SYSTEM	N/A

### WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	190 LB (86 KG)
INCREMENTAL WEIGHT SYSTEM	5/10/15, 190
WEIGHT STACK TOWER HEIGHT	54.5 in (138 cm)
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
LNL TECHNOLOGY	Yes
ADD-ON RESISTANCE AVAILABLE	No
WEIGHT STACK SHROUD SPECIFICATIONS	Transparent, smoked plexiglass inside and outside shrouds

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.

©2020 Core Health & Fitness LLC. All rights reserved. Star Trac, the Star Trac logo and StairMaster are registered trademarks of Core Health & Fitness, LLC. Schwinn and Nautilus are registered trademarks of Nautilus Inc. used under license to Core Health & Fitness LLC. Throwdown is a registered trademark of Throwdown Industries, LLC.