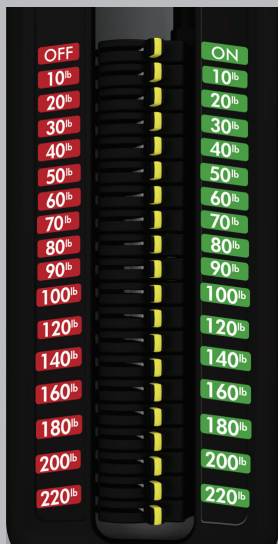


Instinct Strength is a full line of intuitive machines, benches and racks with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. The versatility of Instinct's small footprint 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.



### VERTICAL ROW 9NL-S3320

|                        |                 |
|------------------------|-----------------|
| <b>W</b>               | 46 IN (117 CM)  |
| <b>L</b>               | 48 IN (122 CM)  |
| <b>H</b>               | 55 IN (140 CM)  |
| <b>STACK WEIGHT</b>    | 235 LB (107 KG) |
| <b>OVERALL WEIGHT</b>  | 405 LB (183 KG) |
| <b>SHIPPING WEIGHT</b> | 452 LB (205 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.

### 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         | Dove Gray, 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                      | N/A   |
| 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                 | 235 LB (107 KG)   |
| INCREMENTAL WEIGHT SYSTEM          | 15, 235   |
| 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.