



**Equipment shown in custom colors*

DEADLIFT SHRUG NP-L3006

Working out with plates is one of the most effective ways to train, which is why plate loaded machines are a staple for facilities. Whether you are looking to build a full strength circuit or round out your offering with specific pieces, Nautilus Leverage® offers the best machines for plate workouts. Each machine is built strong enough to stand up to full commercial use and is designed to make plate workouts as effective, rewarding and safe as possible.

PRODUCT DIMENSIONS

WIDTH	61 IN (156 CM)
LENGTH	74 IN (188 CM)
HEIGHT	31 IN (79 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	249 LBS (113 KG)
SHIPPING WEIGHT	393 LBS (178 KG)

ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Fixed path
ASSISTED ADJUSTMENTS	Spring loaded pop pins for pre-stretch adjustments and to lock out the left and rights for bilateral use
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes
UNILATERAL OR BILATERAL MOVEMENT	Unilateral and bilateral use
CONVERGING OR DIVERGING MOVEMENTS	Linear motion with user pre-stretch adjustment for optimal start position
PULLEY RATIO	N/A

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	N/A
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	No
CABLE VS. BELT DRIVEN TRANSMISSION	Pivot points to create leverage
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
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	N/A
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	Yes, where applicable
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Stainless steel knurled grip with red accent
FOOT PLATFORM	N/A
CONTOURED PADS	N/A
RESTRAINT SYSTEM	No

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	N/A
INCREMENTAL WEIGHT SYSTEM	N/A
WEIGHT STACK TOWER HEIGHT	N/A
PLATE LOADED	Yes, Max capacity 270 lbs per arm, 540 lb total. Starting resistance 25 lbs per arm.
WEIGHT STORAGE SOLUTION	4 weight horns to accommodate easy access
LNL TECHNOLOGY	N/A
ADD-ON RESISTANCE AVAILABLE	N/A
WEIGHT STACK SHROUD SPECIFICATIONS	N/A

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