

NAUTILUS INSTINCT DUAL ADJUSTABLE PULLEY



- Effective resistance for the user of 100 lbs (50 kg)
- 5 lb (2 kg) user increments
- Effective resistance for the user of 100 lbs (50 kg)
- Simple, intuitive placard
- Multi-position pull-up bars
- Accessory rack for multiple pulley attachments: – Stirrup grips (2) – Ankle strap – Long bar – Triceps/Biceps curl bar
- Rubber feet for floor protection
- Featuring the patented Lock N Load® weight selection system

W: 36 IN (91 CM)

L: 66 IN (168 CM)

H: 81 IN (207 CM)

STACK WEIGHT: 2 X 200 LB (2 X 100KG)

OVERALL WEIGHT: 894 LB (406 KG)

When it comes to a complete workout, it's all business. Whether you're an experienced athlete or a beginner, everyone wants the ability to get a quick, easy and complete workout. And that's exactly what Instinct® Strength is all about. Each piece welcomes users of all levels with quick and easy adjustments for efficient workouts. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct® Strength offers both single and dual function units to meet the needs of any space or facility. Instinct also offers the revolutionary Lock N Load® patented weight selection system. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.