NAUTILUS

Multi-Adjustable Bench 100

The Nautilus Instinct Multi-Adjustable Bench (MAB100) supports a full range of free weight training, targeting the chest, shoulders, back, arms, and core through decline, flat, and multiple incline positions. This versatile bench allows users to adjust the angle of resistance, enhancing muscle activation across different movement patterns. Built for light commercial use, the MAB100 delivers professional performance in a compact footprint—ideal for hospitality gyms, corporate wellness centers, and boutique training spaces.



PRODUCT DIMENSIONS	
Width	25 in (64 cm)
Length	61 in (155 cm)
Height	17 in (44 cm)
Overall Weight	86 lb (39 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted positioning
Color coded pivot points and adjustments	Yes on all units
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Black
Upholstery color	Dove Gray or Black with removable wear strap for extended upholstery life
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
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	
Safety catch & stops	Integrated grip and wheels for transport
Grip specifications	Rounded pads with large radious seat bottom
Contoured pads	No

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