NAUTILUS

45 Degree Back Extension

The Nautilus Instinct 45º Back Extension targets the spinal erectors and posterior chain through a stable and effective angle of bodyweight resistance. Ideal for strengthening the lower back and improving core stability, this piece features adjustable hip pads and a rubber-coated foot plate for secure positioning. A compact, low-profile design makes it a smart choice for space-conscious strength zones.



PRODUCT DIMENSIONS	
Width	32 in (81 cm)
Length	54 in (137 cm)
Height	39 in (99 cm)
Overall Weight	97 lb (44 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted hip pads at 45 degree user angle
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	Hand grips for stabilization & fixed calf pads
Grip specifications	Integrated grip and wheels for transport
Foot platform	Oversized, rubber grip foot pad
Contoured pads	No, adjustable hip pads and fixed calf pads

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