NAUTILUS

Adjustable Abdominal Decline Bench

The Nautilus Instinct Adjustable Abdominal Decline Bench enhances core development by enabling users to train across a range of decline angles. Designed to strengthen the abdominals through a controlled decline motion, this bench offers gravity-assisted angle adjustments for progressive training. With fixed shin pads and dual rollers, it's an ideal solution for light commercial environments needing space-efficient, user-friendly strength equipment.



PRODUCT DIMENSIONS	
Width	25 in (64 cm)
Length	53 in (135 cm)
Height	34 in (86 cm)
Overall Weight	95 lb (43 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted back pad. Adjustments start at 90° and finish at 120°. (90°, 100°, 105°, 110°, 115°, 120°
Color coded pivot points and adjustments	Yes
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
Customizable branding options available	No
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	Fixed shin stabilization pads & dual ankle rollers
Grip specifications	Integrated grip and wheels for transport
Restraint system	No
SKUS	
9NN-B7200	

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