NAUTILUS

Arm Crunch

The Nautilus HumanSport Arm Crunch combines targeted abdominal and arm training in a uniquely versatile cable-based system. Designed without a seat, this modality supports standing abdominal crunches and arm curls—activating the core, biceps, and triceps with full-body stability. The upright, space-efficient design is ideal for functional training environments and inclusive for wheelchair users.





WHEELCHAIR ACCESSIBLE
2:1 cable ratio for low starting resistance
Flat anti-skid plate that can be used to roll in a wheelchair
Adjustable stabilizer pad
Seat is eliminated allowing for wheelchair access
Accessory handles are optimally placed for easy access while in the seated position
Weight stack utilizes LockNLoad switch technology for quick and easy weight selection even while seated

PRODUCT DIMENSIONS	
Width	39 in (99 cm)
Length	43 in (109 cm)
Height	68 in (172 cm)
Stack Weight	2x 88 lbs (2x 40 kg)
Overall Weight	655 lbs (298 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, seat is eliminated to facilitate exercise in the standing position and provide multiple arm curling motions pronated, supinated and hammer curls. Adjustable lumbar pads provides stabilization for abdominal movements
Assisted adjustments	Yes, gas assist shock
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Yes, Unilateral or bilateral use user defined
Converging or diverging movements	Yes, user defined
Pulley ratio	2:1 ratio

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FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Matte Black (-60)
Upholstery color	Black
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	Yes with additional fees and extended lead times
Cable vs. belt driven transmission	3mm cable driven
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	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Grip specifications	Multiple accessory handle configurations with multiple D-rings to support varying levels of pre-stretch and modalities. Abdominal crunch straps can be used for overhead triceps extension
Foot platform	Steel foot platform with black traction paint
Contoured pads	Yes
Restraint system	No, but wheelchair accessible
WEIGHT STACK SPECIFICATIONS	
Total stack weight	2x 88 lbs (2x 40 kg)
Weight stack tower height	65 in (165 cm)
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required.
Weight stack shroud specifications	Inside and outside steel shrouds.

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