NAUTILUS

Lat Pulley

The Nautilus HumanSport Lat Pulley supports compound back and arm development through frontal and sagittal plane pulls, rotational pulls, and unilateral movement. Its foldaway seat and high cable positioning offer seated, standing, or wheelchair-accessible training—making it a smart, space-conscious solution for total upper-body cable work.





WHEELCHAIR ACCESSIBLE
2:1 cable ratio for low starting resistance
Fold away seat to allow for wheelchair access
Knee pad adjustment stabilizes users lifting heavy loads
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	58 in (147 cm)
Length	58 in (147 cm)
Height	83 in (211 cm)
Stack Weight	2x 88 lbs (2x 40 kg)
Overall Weight	655 lbs (298 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, multiple pulling motions including frontal plane and sagittal plane pull, rotational pull and unilateral pull. Drop-down seat for enhanced training options in the standing position. Seated stable, seated unstable and standing positions can be utilized
Assisted adjustments	No but knee pad adjustment stabilizes users lifting heavy loads
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.
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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