NAUTILUS

Leg Raise/Dip

The Leg Raise/Dip station delivers effective, bodyweight-based upper body and core training in a space-efficient footprint. Featuring diverging dip bars for grip variety and padded elbow/back supports for vertical knee raises, this dual-function unit is ideal for both dedicated strength zones and circuit-based training areas. Built with commercial-grade durability and finished with wear guards and rubber feet, it's designed to handle high traffic without compromising comfort or performance.



PRODUCT DIMENSIONS	
Width	28 in (71cm)
Length	61 in (155 cm)
Height	66 in (168 cm)
Product Weight	267 lbs (121 kg)
Shipping weight	311 lbs (141 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted positioning
Color coded pivot points and adjustments	Yes on all units
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	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	No
Bolt down locations defined	Yes, Sku dependent
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	
Animated lenticulars	No
Safety catch & stops	Yes, Sku dependent
Grip specifications	Integrated Grip and wheels
Contoured pads	Yes, contoured back pads on select machines with lumbar support
Restraint system	No

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