NAUTILUS

Multi-Adjustable Bench

The Nautilus Instinct Multi-Adjustable Bench supports flat and incline positions to target the chest, shoulders, and arms. Designed for strength training versatility, this bench provides stable support for a variety of dumbbell and barbell exercises. Its durable construction and compact profile make it a reliable solution for light-use commercial settings, hospitality gyms, or home studios prioritizing quality and function.



PRODUCT DIMENSIONS	
Width	27 in (69 cm)
Length	53 in (135 cm)
Height	18 in (46 cm)
Overall Weight	73 lb (33 kg)
FEATURES, ADJUSTMENTS & MOVEMENTS	
Assisted adjustments	Gravity assisted positioning
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
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	Yes
Grip specifications	Integrated grip and wheels for transport
Contoured pads	No, adjustable seat and back pads

SKUS

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