NAUTILUS

Olympic Flat Bench

The Nautilus Instinct Olympic Flat Bench is built for strength training fundamentals, offering secure bar placement and easy weight access. Its durable construction and integrated storage make it ideal for compact strength zones.



PRODUCT DIMENSIONS	
Width	61 in (155 cm)
Length	63 in (160 cm)
Height	54 in (137 cm)
Overall Weight	185 lb (84 kg)
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	Dual bar catches & Integrated plate storage with rubber end caps (6)
Contoured pads	No
Restraint system	No

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