NAUTILUS

Pull Lift

The Nautilus HumanSport Pull Lift enables a wide range of upper and lower body movements, including squats, lunges, deadlifts, shrugs, curls, and rotational motions. Its platform-based design allows dynamic, 3-dimensional, functional training in a compact footprint—ideal for modern strength and conditioning spaces.



PRODUCT DIMENSIONS	
Width	39 in (99 cm)
Length	78 in (198 cm)
Height	95 in (241 cm)
Stack Weight	2x 88 lbs (2x 40 kg)
Overall Weight	750 lbs (341 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, multiple high pulley, upper body, and rotational movements along with numerous lower body movements can be combined with stepping and lunging to incorporate total body 3-Dimensional movements
Unilateral or bilateral movement	Yes, Unilateral or bilateral use user defined
Converging or diverging movements	Yes, user defined
Pulley ratio	2:1 ratio
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Matte Black (-60)
Frame finish	Electrostatic Powder coating
Customizable paint 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
Foot platform	Oversized rubber non slip raised platform and exercises can be performed on or off the platform
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
SKUS	
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