NAUTILUS

Total Delts

The Nautilus HumanSport Total Delts targets all major deltoid heads through a range of high, mid, and low pulley positions. This cable-based unit supports rows, raises, shoulder rotation, and more—ideal for users looking to train upper body strength, posture, and shoulder stability with natural movement options and adjustable resistance.





WHEELCHAIR ACCESSIBLE
2:1 cable ratio for low starting resistance
Fold away seat to allow for wheelchair access
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	29 in (74 cm)
Length	78 in (198 cm)
Height	64 in (163 cm)
Stack Weight	2x 88 lbs (2x 40 kg)
Overall Weight	600 lbs (273 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, foldaway seat for enhanced training options in the standing position. Multiple mid and low pulley shoulder options. Seated supported, seated unstable and standing positions can be utilized
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. Abdominal crunch straps can be used for overhead triceps extension
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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