NAUTILUS

Total Legs

The Nautilus HumanSport Total Legs enables full posterior and anterior chain development with cable-based resistance for hip, knee, and ankle movement. It includes unique foot harnesses and a raised platform for functional single-leg training, stability, and core integration—ideal for sports performance and rehab-focused facilities.



PRODUCT DIMENSIONS	
Width	39 in (99 cm)
Length	64 in (163 cm)
Height	65 in (165 cm)
Stack Weight	2x 88 lbs (2x 40 kg)
Overall Weight	691 lbs (314 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, multiple lower extremity anterior and posterior training via cable based training
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	Unique anterior & posterior foot harness accommodates users of all sizes and allows users to turn the body sideways and perform hip abduction and adduction
Foot platform	Oversized rubber non slip raised platform and stabilization handles provide ideal positioning for hip, knee and ankle exercises
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	
9-HSTL3	

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