



## Dual Multi-Press

The Nautilus Instinct Dual Multi-Press targets the chest, shoulders, and triceps with three classic pressing variations—flat, incline, and overhead—all in one compact machine. Ideal for developing upper body strength and muscular balance, this multi-function unit supports efficient training progression through smooth, biomechanically sound movement. With quick-adjust settings and a space-saving footprint, it's the perfect fit for light commercial environments seeking versatility without compromising floor space.



PRODUCT DIMENSIONS	
Width	55 in (140 cm)
Length	74 in (188 cm)
Height	55 in (140 cm)
Overall Weight	506 lb (230 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	No, machine defined path of motion
Assisted adjustments	Gravity assist with multi-position seat and back pads adjust together for multiple pressing positions
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Bilateral
Pulley ratio	1:1
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	Yes with additional fees and extended lead times
Cable vs. belt driven transmission	Kevlar belt transmission belt for extended life and easy replacement
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	Rubber, large grips for pushing
WEIGHT STACK SPECIFICATIONS	
Total stack weight	235 lb (107 kg)
Weight stack tower height	55 in (140 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	Transparent, smoked plexiglass inside and outside shrouds
SKUS	

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