

NAUTILUS PLATE LOADED



**Equipment shown in custom colors*

INCLINE LEVER ROW NP-L3140

Working out with plates is one of the most effective ways to train, which is why plate loaded machines are a staple for facilities. Whether you are looking to build a full strength circuit or round out your offering with specific pieces, Nautilus Plate Loaded offers the best machines for plate workouts. Each machine is built strong enough to stand up to full commercial use and is designed to make plate workouts as effective, rewarding and safe as possible.

PRODUCT DIMENSIONS

WIDTH	34 IN (86 CM)
LENGTH	72 IN (183 CM)
HEIGHT	49 IN (124 CM)
STACK WEIGHT	N/A
OVERALL WEIGHT	214 LBS (97 KG)
SHIPPING WEIGHT	252 LBS (114 KG)

ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes with two hand grip positions for workout variation
ASSISTED ADJUSTMENTS	No
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	N/A
UNILATERAL OR BILATERAL MOVEMENT	N/A
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	N/A

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	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	N/A
CABLE VS. BELT DRIVEN TRANSMISSION	N/A
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

USER SPECIFIC INFORMATION

STATIC PLACARDS	Yes
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	Easy to reach and operate safety stops with low load points for safe and simple use
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Rubber, smaller grips.
FOOT PLATFORM	Yes, wear guards on step up legs to protect finish
CONTOURED PADS	No
RESTRAINT SYSTEM	N/A

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	N/A
INCREMENTAL WEIGHT SYSTEM	N/A
WEIGHT STACK TOWER HEIGHT	N/A
PLATE LOADED	35 lb (15.8 kg) starting resistance
WEIGHT STORAGE SOLUTION	No
LNL TECHNOLOGY	N/A
ADD-ON RESISTANCE AVAILABLE	315 lb (142 kg) max load capacity
WEIGHT STACK SHROUD SPECIFICATIONS	N/A

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