

# NAUTILUS INSTINCT®

NAUTILUS  
TRUSTED STRENGTH CENTER



*\*Equipment shown in custom colors*

## DUAL MULTI-PRESS 9NL-D2120

Welcoming to users of all levels, Instinct Strength is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.

### PRODUCT DIMENSIONS

<b>WIDTH</b>	55 IN (140 CM)
<b>LENGTH</b>	74 IN (188 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>OVERALL WEIGHT</b>	506 LB (230 KG)
<b>SHIPPING WEIGHT</b>	576 LB (261 KG)

[corehealthandfitness.com](http://corehealthandfitness.com)

**ADJUSTMENTS & MOVEMENTS**

<b>USER DEFINED RANGE OF MOTION</b>	No, machine defined path of motion
<b>ASSISTED ADJUSTMENTS</b>	Gravity assist with multi-position seat and back pads adjust together for multiple pressing positions
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	No, support exercises: Flat Chest Press, Incline Chest Press and Shoulder Press
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	N/A
<b>PULLEY RATIO</b>	1:1

**FRAME SPECIFICATIONS & CABLE INFORMATION**

<b>STANDARD FRAME COLOR OPTIONS</b>	Silver, White, Textured Black
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	Dove Gray, Black with removable wear strap for extended upholstery life
<b>FRAME FINISH</b>	Electrostatic Powder coating
<b>CUSTOMIZABLE PAINT OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE BRANDING OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CABLE VS. BELT DRIVEN TRANSMISSION</b>	Kevlar belt transmission belt for extended life and easy replacement
<b>BOLT DOWN LOCATIONS DEFINED</b>	Yes
<b>INTEGRATED LEVELING SYSTEM</b>	No, rubber feet for floor protection
<b>HARDWARE TYPE</b>	Hex / Button Head
<b>TUBBING STYLE &amp; THICKNESS</b>	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

**USER SPECIFIC INFORMATION**

<b>STATIC PLACARDS</b>	Yes, simple and intuitive placard
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	Large and graphical, limited text to eliminate translation requirements
<b>ANIMATED LENTICULAR</b>	N/A
<b>SAFETY CATCH &amp; STOPS</b>	N/A
<b>WATER BOTTLE HOLDER</b>	No
<b>PHONE HOLDER</b>	No
<b>GRIP SPECIFICATIONS</b>	Rubber, large grips for pushing
<b>FOOT PLATFORM</b>	N/A
<b>CONTOURED PADS</b>	No
<b>RESTRAINT SYSTEM</b>	N/A

**WEIGHT STACK SPECIFICATIONS**

<b>TOTAL STACK WEIGHT</b>	235 lb (107 kg)
<b>INCREMENTAL WEIGHT SYSTEM</b>	N/A
<b>WEIGHT STACK TOWER HEIGHT</b>	55 in (140 cm)
<b>PLATE LOADED</b>	N/A
<b>WEIGHT STORAGE SOLUTION</b>	N/A
<b>LNL TECHNOLOGY</b>	Yes, standard
<b>ADD-ON RESISTANCE AVAILABLE</b>	N/A
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	Transparent, smoked plexiglass inside and outside shrouds

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

