

## Abduction/Adduction

The Nautilus Inspiration Abduction/Adduction machine is a versatile solution for strengthening hips and thighs. Features a reclined seat to engage multiple muscle groups often neglected, and a vanity shield for privacy while working inner and outer thighs. Its innovative design allows for maximum performance with contoured support that aligns with natural posture. Engaging outer hip muscles for lateral stability with abduction and toning inner thighs for athletic conditioning with adduction. The Inspiration Abduction/Adduction delivers a comprehensive thigh workout, maximizing muscle engagement for optimal results.



PRODUCT DIMENSIONS	
Width	55 in (140 cm)
Length	56 in (142cm)
Height	64 in (163 cm)
Overall Weight	657 lb (298 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion
Assisted adjustments	Right/Left range of motion adjustment handle beneath seat with rotating thigh pads for inner/outer thigh positioning
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two leg movements)
Color coded pivot points and adjustments	Yes
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame & upholstery color	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, and branding options	Yes, with additional fees and extended lead times
Cable vs. belt driven transmission	Cable
Bolt down locations defined	Yes
Integrated leveling system	Yes
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
Safety catch & stops	Yes, end range of motion safety stop
Water bottle holders	Yes, integrated to weight stack tower, eye level
Phone holder	Yes, adjustable in size and position
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling
Foot platform	Right/Left rubber foot plates for stabilization plus, vanity shield with user stabilization entry/exit handle
Contoured pads	Yes, contoured pads with lumbar support
WEIGHT STACK SPECIFICATIONS	
Total stack weight	200 lb (91 kg)
Incremental weight system	10 lb increment, 5 lb add on
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	Uniform size, standard steel / customized aluminum materials
SKUS	
IPAA5	