

## Back Extension

The Nautilus Inspiration Back Extension is a premium choice for building a stronger, pain-free back while improving posture and strengthening the lower back. Designed for comfort and effectiveness, it aligns with the body's natural curve during seated recline and extension. Adjustable back roller pads and range of motion settings allow users to position themselves for optimal performance. A two-position foot stabilization bar secures the user, while the contoured back pad follows the spine's curvature to enable full extension and effectively target the lower back.



PRODUCT DIMENSIONS	
Width	51 in (130 cm)
Length	50 in 127 cm)
Height	64 in (163 cm)
Overall Weight	600 lb (272 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with the axis of rotation highlighted for precise user positioning. Range of motion adjustments for exercise variation
Assisted adjustments	Gravity-assisted adjustable back roller pad to accommodate all users
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	Anti-slip, rubberized two position foot stabilization bar
Contoured pads	Yes, contoured back pad for comfortable extension motion
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	
IPBE5	