

Chest Press

The Nautilus Impact Chest Press is designed to build pressing strength in the pecs, anterior deltoids, and triceps through a controlled horizontal push. This movement mimics barbell or dumbbell bench pressing but offers a safer, guided path with consistent resistance. An adjustable pre-stretch allows users to fine-tune the range of motion based on comfort or training goals. Featuring a biomechanically refined cam, true 1:1 weight ratio, and Lock N Load® technology, it's ideal for creating accessible, progressive upper body training circuits.



FEATURES	
Width	52 in (132 cm)
Length	50 in (127 cm)
Height	60 in (152 cm)
Overall Weight	596 lbs (270 kg)
Shipping weight	666 lbs (302 kg)
ADJUSTMENTS AND MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Sku Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, branding options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubbing thickness	11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Yes
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Contoured pads	Yes, contoured back pads on select machines
WEIGHT STACK SPECIFICATIONS	
Total stack weight	260 lbs (130 kg)
Incremental weight system	5 lb incremental weight system for optimal progression
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.
Add-on resistance available	Yes, 5lb incremental
Weight stack shroud specifications	Inside and outside steel shrouds, clear windows on both sides
SKUS	

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