

## Deltoid Fly

The Nautilus Impact Deltoid Fly / Pec Fly offers dual-function training to target both the rear deltoids and the pecs with biomechanically sound fly movements. This versatility makes it ideal for facilities looking to maximize space while delivering comprehensive chest and shoulder isolation exercises. Its 1:1 weight ratio with dual biomechanically optimized cams and Lock N Load® system ensure consistent resistance and user-friendly performance.



FEATURES	
Width	30 in (76 cm)
Length	50 in (127 cm)
Height	79 in (201 cm)
Overall Weight	580 lb (263 kg)
Shipping weight	646 lb (293 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	Unilateral
Converging or diverging movements	Both
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	220 lb (110 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	
9NA-S4304	