

## Glute Press

The Nautilus Inspiration Glute Press boasts a triple extension movement, engaging hip, knee, and ankle for comprehensive glute isolation. The Inspiration Glute Press, complete with torso isolation bars and an adjustable ramping feature, offers superior support and user-friendly touchpoints, making glute targeting a seamless experience. Addresses muscle imbalances, enhances leg muscle synergy, and strengthens hips effortlessly with each rep. It offers a harmonious blend of joint stabilization, core engagement, and targeted isolation in this exceptional glute workout.



PRODUCT DIMENSIONS	
Width	45 in (114 cm)
Length	75 in (191 cm)
Height	64 in (163 cm)
Overall Weight	600 lb (272 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Adjustable ramping feature to accommodate all users. This allows for triple extension movement – hip extension, knee extension and ankle plantar flexion
Assisted adjustments	Gas assist shock to adjust ramping feature
Unilateral or bilateral movement	Unilateral extension movements
Color coded pivot points and adjustments	Yes
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Black
Frame finish	Electrostatic Powder coating
Customizable paint and branding options available	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
Tubing 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	Single, rubberized foot platform and right/left wrap around torso stabilization bars
WEIGHT STACK SPECIFICATIONS	
Total stack weight	240 lb (109 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	
IPGM5	