

Glute Press

The Nautilus Instinct Glute Press targets the glutes and posterior chain through a natural, standing hip extension movement. This modality helps strengthen the lower body, enhance stability, and support functional movement patterns. With its compact footprint and intuitive adjustments, the Glute Press is ideal for space-conscious facilities focused on delivering lower body training without compromising floor space.



PRODUCT DIMENSIONS	
Width	37 in (94 cm)
Length	67 in (170 cm)
Height	55 in (140 cm)
Overall Weight	313 lb (142 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Gravity assisted seat bottom
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Unilateral
Converging or diverging movements	Linear motion
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame color	Black
Upholstery color	Dove Gray or Black with removable wear strap for extended upholstery life
Frame finish	Electrostatic Powder coating
Customizable paint & upholstery options available	Yes with additional fees and extended lead times
Customizable branding options available	Yes with additional fees and extended lead times
Cable vs. belt driven transmission	Belt
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
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
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Foot platform	Rubber grip foot pad
Contoured pads	No, removable wear strap for extended upholstery life
WEIGHT STACK SPECIFICATIONS	
Total stack weight	120 lb (55 kg)
Incremental weight system	10/15 lb (4.5/7 kg) increments
Weight stack tower height	54.5 in (138.5 cm)
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	Transparent, smoked plexiglass inside and outside shrouds
SKUS	
9NL-S1012	