

Leg Curl

The Nautilus Inspiration Leg Curl provides a seated movement that optimally targets the hamstring in its lengthened position, which is ideal for maximum muscle engagement. The key to the Inspiration Leg Curl is the precise user positioning of the highlighted axis of rotation, push-button joint range control and contoured upholstery providing top of the line ergonomics suited for an array of users. With the pin less Lock N Load weight selection system, featuring 5lb increments, users can execute an effortless drop set, making the Inspiration Leg Curl ideal for all strength circuits.



PRODUCT DIMENSIONS	
Width	46 in (117 cm)
Length	64 in (163 cm)
Height	64 in (163 cm)
Overall Weight	743 lb (337 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with axis of rotation highlighted for precise user-positioning
Assisted adjustments	Gas assist shock, wrap around handles on seat adjustments. Plus, standard push button joint range of motion control and lower leg adjustment for perfect fit. And, 4-bar linkage seat back adjustability with paddle, right/left gas assist seat adjust. Also, gravity assisted thigh support pad for comfortable stabilization.
Unilateral or bilateral movement	Unilateral and bilateral dependent can be performed (one or two leg movements)
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
Contoured pads	Yes, contoured pads with lumbar support
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	
IPLC5	