

Leg Curl

The Nautilus Instinct Leg Curl targets the hamstrings with a seated, joint-friendly curl motion designed to improve posterior chain strength and muscular balance. Ideal for light commercial environments, this machine supports a safe, effective movement path while offering quick adjustments and space-efficient design—perfect for circuit training or standalone use in multi-unit housing, hospitality, and corporate fitness centers.



PRODUCT DIMENSIONS	
Width	37 in (94 cm)
Length	56 in (140 cm)
Height	55 in (140 cm)
Stack Weight	190 lb (86 kg)
Overall Weight	469 lb (213 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Gravity assisted seat bottom
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Bilateral
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
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
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Contoured pads	No, removable wear strap for extended upholstery life
WEIGHT STACK SPECIFICATIONS	
Total stack weight	190 lb (86 kg)
Incremental weight system	5 lb (2 kg) increments
Weight stack tower height	Machine dependent
Plate loaded	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-S1011	