

Leg Extension

The Nautilus Instinct Leg Extension isolates and strengthens the quadriceps with a smooth, controlled movement ideal for users at all fitness levels. This seated machine features easy adjustments and an ergonomic design, making it a great fit for light commercial environments. Its compact footprint and intuitive Lock N Load® weight selection system deliver efficient performance in circuit-based training.



| PRODUCT DIMENSIONS | |
|---|--|
| Width | 37 in (94 cm) |
| Length | 41 in (104 cm) |
| Height | 55 in (140 cm) |
| Overall Weight | 436 lb (198 kg) |
| ADJUSTMENTS & MOVEMENTS | |
| User defined range of motion | Fixed path |
| Assisted adjustments | Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment |
| 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 |
| 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. |
| 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 | 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-S1010 | |