

## Low Back

The Nautilus Impact Low Back machine strengthens the spinal erectors and posterior chain with controlled, seated back extension movement. Ideal for improving lower back strength and stability, its dynamic strength curve delivers a true 1:1 weight ratio. With pull-pin adjustments and Lock N Load® weight selection, it's a smart choice for total body circuit designs.



FEATURES	
Width	46 in (117 cm)
Length	53 in (135 cm)
Height	60 in (152 cm)
Overall Weight	593 lb (269 kg)
Shipping weight	676 lb (306 kg)
ADJUSTMENTS AND MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	SKU Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, branding options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubing thickness	11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Yes
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Contoured pads	Yes, contoured back pads on select machines
WEIGHT STACK SPECIFICATIONS	
Total stack weight	260 lb (130 kg)
Incremental weight system	5 lb incremental weight system for optimal progression
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.
Add-on resistance available	Yes, 5lb incremental
Weight stack shroud specifications	Inside and outside steel shrouds, clear windows on both sides
SKUS	

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