

## Pendulum Squat

The Nautilus Pendulum Squat's unique design allows users to squat deeper with more control, resulting in greater muscle activation and a more effective workout for quad development. The Pendulum Squat design minimizes strain on the lower back and hips which offers both safety and versatility for all fitness levels. Featuring back-loaded plates with a max load of 360 lbs, adjustable foot platform, band resistance, integrated plate storage, and a linear motion system with user pre-stretch adjustment for optimal start position, this machine ensures efficient strength-building.



FEATURES	
Length	95 in (241 cm)
Width	56 in (142 cm)
Height	72 in (183 cm)
Product Weight	485 lb (220 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	NA
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral use
Converging or diverging movements	NA
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	Matte Black (-60)
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint options available	Yes with additional fees and extended lead times
Customizable upholstery options available	Yes with additional fees and extended lead times
Customizable branding options available	No
Cable vs. belt driven transmission	NA
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	Start finish diagram with stating weight included
Multi-language placards options available	Yes
Safety catch & stops	Yes, where applicable
Grip specifications	Rubber grips with Chrome accent
Foot platform	Oversized rubber non slip foot platform
Contoured pads	Yes, contoured back pads on select machines with lumbar support
WEIGHT STACK SPECIFICATIONS	
Plate loaded	Yes, Max capacity 360 lbs total. Starting resistance 70 lbs
Weight storage solution	4 weight horns to accommodate easy access
SKUS	
9NP-L1143	