

Pull Over

The Nautilus Inspiration Pull Over facilitates 250 degrees of shoulder rotation, engaging lats, pecs, and abs. Designed with ergonomics in mind, the Inspiration Pull Over reduces tension, providing users with enhanced stability and control. Often hailed as the “Squat of the upper body,” the Nautilus Inspiration Pull Over is the perfect addition to a strength circuit looking to round out its offering with a piece that engages the entire core.



PRODUCT DIMENSIONS	
Width	58 in (147 cm)
Length	58 in (147 cm)
Height	64 in (163 cm)
Overall Weight	693 lb (314 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with 250 degrees of shoulder rotation
Assisted adjustments	Wrap-around gas assist seat adjust with axis of rotation highlighted for precise user positioning
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two arm 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
Foot platform	Extra-large non-slip leverage bar for assisted start and stop positions.
Contoured pads	Yes, contoured pads
Belt stabilization system	Yes, heavy-duty seat belt restraint system to accommodate all users
WEIGHT STACK SPECIFICATIONS	
Total stack weight	200 lb (91 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

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