

## Shoulder Press

The Nautilus Inspiration Shoulder Press features a converging axis and supinated and pronated grip options for a personalized, effective workout targeting the anterior delts, with secondary emphasis on the triceps, traps, and pecs. An ergonomic wrap-around gas-assisted seat enhances comfort, while unilateral and bilateral movement options provide flexibility. Seat adjustments allow pre-stretch control, and the Lock N Load system enables quick weight changes in 5 lb increments. The Inspiration Shoulder Press is a valuable addition to any strength circuit.



PRODUCT DIMENSIONS	
Width	58 in (147 cm)
Length	60 in (152 cm)
Height	64 in (163 cm)
Overall Weight	609 lb (276 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with standard supinated and pronated grip options
Assisted adjustments	Wrap-around gas assist seat adjust. The seat position controls user pre-stretch
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two arm movements)
Converging or diverging movements	Converging axis
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
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
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
Contoured pads	Yes, contoured pads with lumbar support
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

### SKUS

IPSP5