

Shoulder Press

The Nautilus Instinct Shoulder Press targets the deltoids and triceps through an overhead pressing movement that enhances shoulder stability and upper body strength. This guided press reduces risk compared to free weights while maintaining biomechanical integrity. With its compact footprint, intuitive adjustments, and durable build, it's a top choice for small-group circuits and light commercial settings.



PRODUCT DIMENSIONS	
Width	53 in (135 cm)
Length	58 in (147 cm)
Height	55 in (140 cm)
Overall Weight	448 lb (203 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	No, machine defined path of motion
Assisted adjustments	Gravity assist seat bottom
Color coded pivot points and adjustments	Yes
Unilateral or bilateral movement	Bilateral
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
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
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 kb)
Incremental weight system	5 lb (2 kg) increments
Weight stack tower height	54.5 in (138 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-S4100