

Triceps Extension

The Nautilus Inspiration Triceps Extension utilizes a bilateral stabilized motion for seamless control targeting the long head of the triceps through the full range of motion. The ergonomic gas assist seat adjustment ensures optimal comfort, while the highlighted axis of rotation guarantees precise user positioning. With the Lock N Load weight selection system, featuring 5lb increments, the Inspiration Triceps Extension is a key piece in the strength circuit.



PRODUCT DIMENSIONS	
Width	56 in (142 cm)
Length	43 in (109 cm)
Height	64 in (163 cm)
Overall Weight	620 lb (281 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with the axis of rotation highlighted for precise user positioning
Assisted adjustments	Adjustable handles
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
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 and comfortable arm support pads. Bilateral stabilized motion "tabletop" pad
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	
IPTE5	