

## Vertical Row

The Nautilus Impact Vertical Row targets the rear delts, traps, and upper back through a controlled horizontal pulling movement. Ideal for improving postural strength and shoulder stability, this machine features a biomechanically refined cam, true 1:1 weight ratio, and ergonomic seat adjustments to ensure consistent results for all user levels. A user-defined pre-stretch setting allows individuals to customize the starting position, enhancing both comfort and training effectiveness.



FEATURES	
Width	45 in (114 cm)
Length	62 IN (157 cm)
Height	60 in (152 cm)
Overall Weight	598 lb (271 kg)
Shipping weight	684 lb (310 kg)
ADJUSTMENTS AND MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	SKU Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, branding options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubbing thickness	11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Yes
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Contoured pads	Yes, contoured back pads on select machines
WEIGHT STACK SPECIFICATIONS	
Total stack weight	260 lbs (130 kg)
Incremental weight system	5 lb incremental weight system for optimal progression
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.
Add-on resistance available	Yes, 5lb incremental
Weight stack shroud specifications	Inside and outside steel shrouds, clear windows on both sides
SKUS	
9NA-S3301	