

## Vertical Row

The Nautilus Inspiration Vertical Row delivers smooth biomechanics and contoured support for a premium feel while targeting the mid and upper back. Multiple grip positions and unilateral or bilateral movement options let users maximize performance. Its diverging axis follows natural motion, helping ensure a full range of motion for every user. The Vertical Row is a key piece in the Inspiration line, rounding out a balanced and effective strength circuit.



PRODUCT DIMENSIONS	
Width	50 in (127 cm)
Length	45 in (114 cm)
Height	77 in (196 cm)
Overall Weight	690 lb (313 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with standard 3 hand grip position options.
Assisted adjustments	Wrap-around gas assist seat adjust and adjustable torso stabilization pad for pre-stretch and range of motion adjustments.
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two arm movements)
Converging or diverging movements	Diverging 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
Foot platform	Extra-large non-slip rubber platform for stability
Contoured pads	Yes
WEIGHT STACK SPECIFICATIONS	
Total stack weight	240 lb (108 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	
IPVR5	