

Vertical Row

The Nautilus Instinct Vertical Row strengthens the upper back and rear shoulders using a chest-supported horizontal pull. This modality improves posture and scapular control while supporting shoulder health. Engineered for efficiency, its ergonomic adjustments and compact design make it a perfect fit for light commercial environments that prioritize space and usability.



PRODUCT DIMENSIONS	
Width	46 in (117 cm)
Length	48 in (122 cm)
Height	55 in (140 cm)
Overall Weight	405 lb (183 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	No, machine defined path of motion
Assisted adjustments	Gravity assisted seat bottom, ratching chest pad
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
Tubbing 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	235 lb (107 kg)
Incremental weight system	15 lb (7 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-S3320	