

## Lat Pull Down

The Nautilus Impact Lat Pulldown strengthens the lats, biceps, and shoulders with a free-moving bar path that encourages natural range of motion. This machine is perfect for building pulling strength and improving posture. This features a true 1:1 weight ratio and the Lock N Load® system make it ideal for full-body circuits.



FEATURES	
Width	55 in (140 cm)
Length	47 in (119 cm)
Height	98 in (249 cm)
Overall Weight	593 lbs (269 kg)
Shipping weight	642 lbs (291 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	Yes, unit dependent
Converging or diverging movements	Yes, unit dependent
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
Safety catch & stops	Yes, SKU dependent
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 kgs)
Incremental weight system	5 lb incremental weight system for optimal progression
LnL technology	Yes
Add-on resistance available	Yes, 5lb incremental
Weight stack shroud specifications	Inside and outside steel shrouds, clear windows on both sides
SKUS	
9NA-S3305	