



Instinct Strength is a full line of intuitive machines, benches and racks with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. The versatility of Instinct's small footprint also lets you get the most from minimal space and is offered in both single and dual function units to meet the needs of any space or facility.



OLYMPIC FLAT BENCH 9NN-B7503

W	61 IN (155 CM)
L	63 IN (160 CM)
H	54 IN (137 CM)
OVERALL WEIGHT	185 LB (84 KG)
SHIPPING WEIGHT	203 LB (92 KG)



PRODUCT CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus Benches & Racks in a variety of custom frame color and upholstery options.



A PERFECT PARTNERSHIP

Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.

FEATURES, ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	N/A
ASSISTED ADJUSTMENTS	N/A
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	N/A
UNILATERAL OR BILATERAL MOVEMENT	N/A
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	N/A

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver, White, Black
STANDARD UPHOLSTERY COLOR OPTIONS	Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	No
CABLE VS. BELT DRIVEN TRANSITION	N/A
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	N/A
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	N/A
ANIMATED LENTICULAR	N/A
SAFETY CATCH & STOPS	Dual bar catches & Integrated plate storage with rubber end caps (6)
WATER BOTTLE HOLDER	N/A
PHONE HOLDER	N/A
GRIP SPECIFICATIONS	N/A
FOOT PLATFORM	N/A
CONTOURED PADS	No
RESTRAINT SYSTEM	No

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

©2020 Core Health & Fitness LLC. All rights reserved. Star Trac, the Star Trac logo and StairMaster are registered trademarks of Core Health & Fitness, LLC. Schwinn and Nautilus are registered trademarks of Nautilus Inc. used under license to Core Health & Fitness LLC. Throwdown is a registered trademark of Throwdown Industries, LLC.