

## Adductor

The Nautilus Impact Adductor strengthens the inner thigh muscles through a controlled adduction movement. This machine supports proper posture and alignment, helping users improve balance, stability, and lower body control. Featuring a biomechanical cam, 1:1 weight ratio, and Lock N Load® technology, it's perfect for building a well-rounded lower body circuit.



FEATURES	
Width	48 in (122 cm)
Length	67.5 in (171 cm)
Height	60in (152 cm)
Overall Weight	523 lbs (237 kg)
Shipping weight	613 lbs (278 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
Converging or diverging movements	Converging
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
Tubing thickness	11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Yes
Range of Motion Stops	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	180 lbs (90 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	

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