



## Multi-Adjustable Bench 100

The Nautilus Instinct Multi-Adjustable Bench (MAB100) supports a full range of free weight training, targeting the chest, shoulders, back, arms, and core through decline, flat, and multiple incline positions. This versatile bench allows users to adjust the angle of resistance, enhancing muscle activation across different movement patterns. Built for light commercial use, the MAB100 delivers professional performance in a compact footprint—ideal for hospitality gyms, corporate wellness centers, and boutique training spaces.



### PRODUCT DIMENSIONS

<b>Width</b>	25 in (64 cm)
<b>Length</b>	61 in (155 cm)
<b>Height</b>	17 in (44 cm)
<b>Overall Weight</b>	86 lb (39 kg)

### FEATURES, ADJUSTMENTS & MOVEMENTS

<b>Assisted adjustments</b>	Gravity assisted positioning
<b>Color coded pivot points and adjustments</b>	Yes on all units

### FRAME SPECIFICATIONS & CABLE INFORMATION

<b>Frame color</b>	Black
<b>Upholstery color</b>	Dove Gray or Black with removable wear strap for extended upholstery life
<b>Frame finish</b>	Electrostatic Powder coating
<b>Customizable paint options available</b>	Yes with additional fees and extended lead times
<b>Customizable upholstery options available</b>	Yes with additional fees and extended lead times
<b>Bolt down locations defined</b>	Yes
<b>Integrated leveling system</b>	No, rubber feet for floor protection
<b>Hardware type</b>	Hex / Button Head
<b>Tubing style &amp; thickness</b>	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

### USER SPECIFIC INFORMATION

<b>Safety catch &amp; stops</b>	Integrated grip and wheels for transport
<b>Grip specifications</b>	Rounded pads with large radius seat bottom
<b>Contoured pads</b>	No

### SKUS

9NN-B7506