

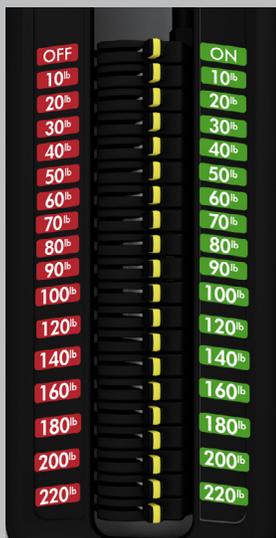
NAUTILUS[®] INSPIRATION

Experience the epitome of abdominal strength training with our Abdominal Crunch machine, designed to reflect the premium quality of the Inspiration Strength Line and pay homage to the classic clamshell movement pioneered by the Nautilus brand over half a century ago. This exceptional fitness equipment is renowned for its ability to engage your entire core, as both your legs and arms work together in perfect alignment to facilitate a complete trunk flexion.

The Abdominal Crunch offers a comprehensive core workout, making it an essential component to enhance your circuit training regimen.

ABDOMINAL CRUNCH IPAC5

W	52 IN (132 CM)
L	51 IN (130 CM)
H	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
OVERALL WEIGHT	684 LB (310 KG)
SHIPPING WEIGHT	776 LB (352 KG)



LOCK N LOAD[®] WEIGHT SELECTION

Selecting a weight with the intuitive Lock N Load design is as easy as flicking a switch. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation. Lock N Load prevents unnecessary maintenance headaches since there are no pins to lose or replace.



SMART TOWER DESIGN

The beautifully designed Nautilus Inspiration line, with their uniform 64" (163 cm) towers, deliver superior lines of site across your venue and create a visually powerful impression during facility tours. The tower housing is designed to accommodate custom graphics and wraps to personalize the equipment in your facility.

ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Fixed path of motion with the axis of rotation highlighted for precise user positioning. Combination of upper and lower movement arms with the four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ultimate user feel and provides true abdominal crunch motion.
ASSISTED ADJUSTMENTS	Gas assist seat adjust.
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes on all units
UNILATERAL OR BILATERAL MOVEMENT	N/A
CONVERGING OR DIVERGING MOVEMENTS	N/A
PULLEY RATIO	1:1 pulley ratio

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	60 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	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	Cable drive
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	Yes
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

USER SPECIFIC INFORMATION

STATIC PLACARDS	Animated lenticulars, showing start and stop positions
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	Animated lenticulars, showing start and stop positions
SAFETY CATCH & STOPS	Yes, end range of motion safety stop
WATER BOTTLE HOLDER	Yes, integrated to weight stack tower, eye level
PHONE HOLDER	Yes, adjustable in size and position
GRIP SPECIFICATIONS	Rubber, large grips for pushing, smaller grips for pulling.
FOOT PLATFORM	N/A
CONTOURED PADS	Yes, contoured pads and comfortable support pads.
BELT STABILIZATION SYSTEM	N/A

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	200 LB (91 KG)
INCREMENTAL WEIGHT SYSTEM	10 lb increment, 5 lb add on
WEIGHT STACK TOWER HEIGHT	Standard 64in (163 cm) height on all products
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
LNL TECHNOLOGY	Yes
ADD-ON RESISTANCE AVAILABLE	Yes, 5 lb incremental add on plate
WEIGHT STACK SHROUD SPECIFICATIONS	Uniform size, standard steel / customized aluminum materials

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.

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