

## Power Squat

The Nautilus Power Squat is the ultimate tool for building leg strength, muscle definition, and lower body power. As a compound movement it targets the quadriceps, hamstrings, glutes, and calves, to deliver a comprehensive, high-intensity workout with optimal safety and stability. Whether performing traditional squats or front squats, the Power Squat allows for a more efficient and effective leg day. Its unique design includes an adjustable foot platform, band resistance options, and a nearly 1:1 weight ratio. With a max load of 630 lbs and integrated weight plate storage, it is built for intense workouts, offering versatility and user-friendly convenience.



FEATURES	
Length	86 in (218 cm)
Width	51 in (130 cm)
Height	56 in (142 cm)
Product Weight	695 lb (315 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	NA
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Bilateral use
Converging or diverging movements	NA
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	Matte Black (-60)
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 transmission	NA
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
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	Start finish diagram with stating weight included
Multi-language placards options available	Yes
Safety catch & stops	Yes, where applicable
Grip specifications	Rubber grip and red accent on movement arms
Foot platform	Oversized rubber non slip foot platform
Contoured pads	Yes, contoured back pads on select machines with lumbar support
WEIGHT STACK SPECIFICATIONS	
Plate loaded	Yes, Max capacity 630 lb total. Starting resistance 45 lbs.
Weight storage solution	4 weight horns to accommodate easy access
SKUS	
9NP-L1142	