

Compare Facts

..... Not Claims

Full-range exercise has certain basic requirements . . . lacking even one of these requirements, full-range exercise is simply impossible.

Exercise can be provided in a number of ways . . . but full-range exercise can be provided in only one way. Nautilus is the ONLY source of full-range exercise. "Function dictates design" . . . and the requirements for full-range exercise dictated the design of Nautilus equipment.

Improved flexibility increases speed and greatly reduces the chances of injury . . . and improvements in flexibility are a direct result of full-range exercise.

Increased strength throughout the entire length of a muscular structure improves functional athletic ability, in any sport . . . another direct result of full-range exercise.

Nautilus equipment is now being used by the World Champion Miami Dolphins . . . the Cincinnati Bengals . . . the Denver Broncos . . . the St. Louis Cardinals . . . the Washington Redskins . . . the Buffalo Bills . . . Notre Dame University . . . the University of Alabama . . . the U. S. Military Academy at West Point . . . the University of Tennessee . . . Clemson University . . . University of Arizona . . . University of Kentucky . . . University of Colorado . . . Syracuse University . . . Louisiana State University . . . plus a dozen other professional football teams and hundreds of other universities and high schools.

Nautilus equipment is also being used exclusively in a number of Sports/Medical Clinics operated by leading orthopedic surgeons.

The leaders in American sports and sports/medicine chose Nautilus on the basis of fact, not claims . . . and the fact is that Nautilus is the ONLY source of Full-range exercise.

(Continued on Cover 3)



Coach Don Shula in the World Champion Miami Dolphins' Nautilus training facility.

THE REQUIREMENTS FOR FULL-RANGE EXERCISE	Universal Machines	Isokinetics	Barbells	Nautilus Machines
1 Rotary movement	NO	NO	NO	YES
2 Direct resistance	NO	NO	NO	YES
3 Automatically - variable resistance	NO	NO	NO	YES
4 Balanced resistance	NO	NO	NO	YES
5 Positive work	YES	YES	YES	YES
6 Negative work	YES	NO	YES	YES
7 Stretching	NO	NO	NO	YES
8 Pre-stretching	NO	NO	NO	YES
9 Resistance in position of full muscular contraction	NO	NO	NO	YES
10 Unlimited speed-of-movement	YES	NO	YES	YES
SCORE:	30%	10%	30%	100%

(Continued from Page 3)

During the last three years, hundreds of coaches, trainers and athletes from all over the world have been trained by the Nautilus staff in Florida . . . at no charge. At the moment, we are building the largest and finest training and rehabilitation clinic in the world . . . 30,000 square-feet under one roof, with several additional acres of outdoor facilities. Upon completion, the clinic will be fully equipped with all of the latest developments

for testing human performance . . . and will be staffed by recognized leaders in Physiology. The facilities and services of this clinic will be available to any coach, trainer or athlete . . . at no charge.

In the meantime, we will continue to train as many people as possible in our present facility . . . but we are momentarily limited to approximately 300 trainees on a full-time basis, so arrangements should be made in advance.

For additional information, contact . . .

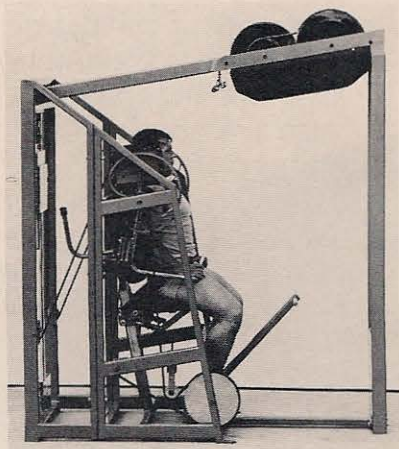
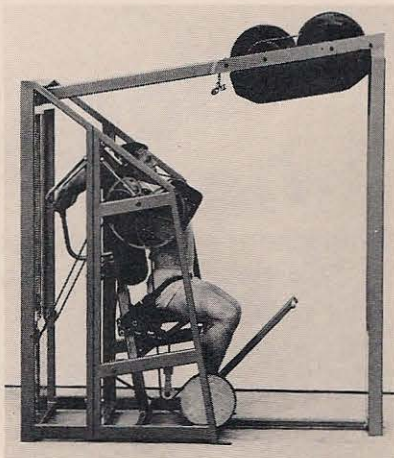


NAUTILUS SPORTS / MEDICAL INDUSTRIES

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Heavy exercise is a requirement for increasing the flexibility of an athlete in any sport. Yet the stereotype still exists that relates muscular development to a restricted range-of-movement; in a large part of the public mind, great strength and a lack of flexibility still go together like bread and butter.

While, in fact, the exercises that are best for increasing strength are also best for increasing flexibility. Both the potential for strength and the potential for flexibility vary on an individual basis; some men find it rather easy to build great strength or an unusual degree of flexibility, or both, and some men find it difficult or impossible. But proper exercise is capable of increasing the muscular strength of almost anybody to a marked degree, and also capable of increasing the flexibility of almost anybody to an equally marked degree; even if the final results are not equal in all cases. And while it is not reasonable to expect exactly equal results in all cases, it is both reason-



Over 240 degrees of rotary resistance is provided in the primary movement in a Nautilus Pullover/Torso-Arm Machine.

Flex

As a Result of Exercise

able and logical to use the same type of exercise for increasing both strength and flexibility, and also reasonable and logical to use the same exercises for men with good potential and men with poor potential.

In effect, the method remains the same, regardless of the potential of the subject, and regardless of the purpose for which training is being conducted. When a few common misconceptions are cleared up, it will be obvious that heavy exercise is not only capable of increasing flexibility but is actually required for that purpose.

BUT IT SHOULD BE CLEARLY UNDERSTOOD . . . that it is possible to perform heavy exercises without increasing flexibility. If mid-range movements against heavy resistance are practiced, the result may eventually be a marked increase in strength with no increase in flexibility. And if such training is performed in a haphazard manner, with little or no attention to the development of equal degrees of strength in antagonistic muscles, then the result may well be an asymmetrical muscular development combined with an actual reduction in flexibility.

Such limited range exercise movements and such a choice of exercises is certainly not the most productive style of training even for the purpose of increasing strength; strength increases are produced much more rapidly and to a greater degree when full-range exercises are used, and strength increases also come faster when a balanced program of exercises that provides heavy work for all of the muscular structures of the body is performed. So there is really never any excuse for a badly outlined program of exercises, and no excuse for a poor style of performance. Training properly for maximum strength increases will also provide maximum increases in flexibility.

Flexibility is a result of stretching, and increases in flexibility are produced best when the resistance is heavy in the starting position of an exercise movement; heavy enough to pull the involved body-parts into a fully extended position.

bility

By Arthur Jones

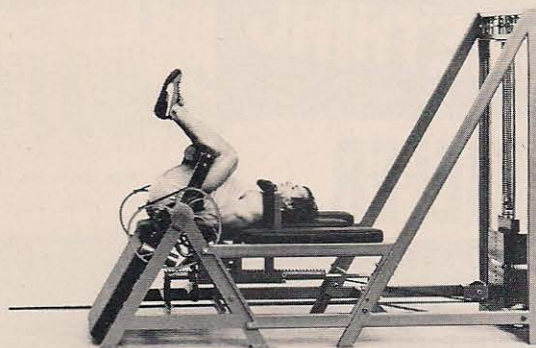
Heavy resistance is also required in the starting position of an exercise movement for the purpose of "pre-stretching" the muscles; which pre-stretching is an important requirement for the stimulation of a maximum intensity of muscular contraction.

"Intensity of muscular contraction" is certainly the most important factor for increasing strength; so it is thus obvious that a full-range exercise movement is highly advantageous for both strength and flexibility. Stretching for flexibility . . . and pre-stretching for strength.

And it is also obvious that the resistance must be heavy enough to produce a high degree of both stretching and pre-stretching; light resistance will not provide enough force to result in either. Such "back pressure" of force that pulls against the direction of movement produced by muscular contraction is provided by all Nautilus Machines, in barbell exercises, and in conventional exercise machines such as the Universal Machine. But it is NOT provided in friction-based exercises such as the so-called "Isokinetic" or "Isonetic" devices produce.

Which is not meant to imply that all barbell exercises and the barbell-like exercises produced by the Universal Machine provide good stretching or pre-stretching. THEY DON'T . . . because barbells and Universal Machines provide "straight line" resistance; while the movement of the body-parts caused by muscular contraction is "rotary" in nature. The result being that most barbell and Universal Machine exercises do little or nothing in the way of increasing flexibility, and likewise do not produce as high an intensity of muscular contraction as is really desirable.

A few barbell exercises do provide stretching and pre-stretching; but when these factors are involved in a barbell exercise, they are purchased at a high price . . . the price being a total lack of resistance in the other end of the movement, the fully-contracted finishing position.



The pre-stretched starting position is shown in a Nautilus Super Hip and Back Machine. From this position, the padded resistance arm is moved through a full 150 degrees of rotation. Only Nautilus provides direct, full-range exercise for the strongest muscles in the body, the muscles of the hips and lower back.

No matter how you try to do it, YOU CAN NOT GO AROUND A CURVE WHILE MOVING IN A STRAIGHT LINE. During an exercise your body-parts move through an arc, part of a circle . . . but the resistance provided by barbells and Universal Machines is moving in a straight line. The result being that a full-range exercise is utterly impossible with a barbell or a Universal Machine. You can have resistance during the mid-range of movement . . . or you can have resistance at the start and during the first part of a movement . . . or you can have resistance during the last part of a movement and at the end of a movement . . . BUT YOU CAN HAVE ONLY ONE OF THE THREE CHOICES. And in many cases you have no real choice, you are stuck with what is available.

Most barbell and Universal Machine exercises provide only mid-range resistance, and such exercises do absolutely NOTHING for flexibility. Friction-based exercises (Isokinetics or Isonetics) are utterly useless in regard to flexibility.

Only Nautilus Machines are designed to provide the absolutely essential rotary form of movement that is required for full-range resistance, thus Nautilus Machines are the ONLY source of FULL-RANGE exercise.

* * * *

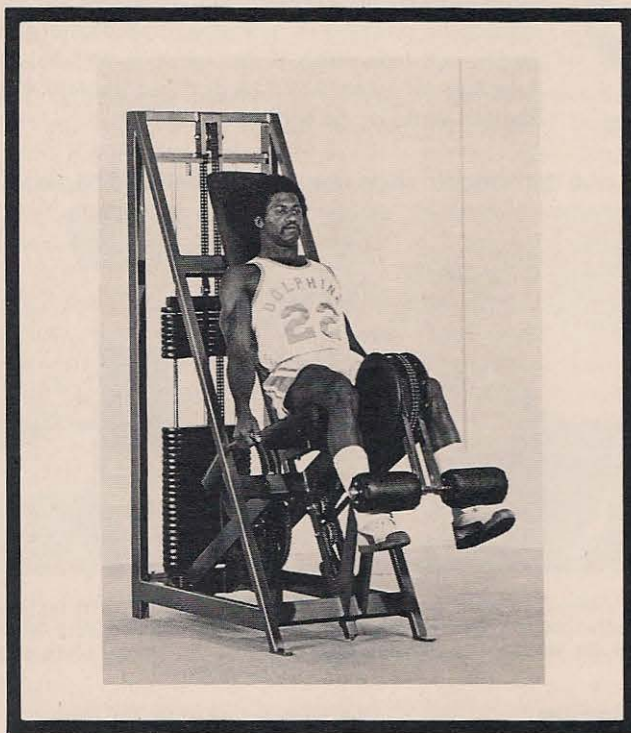
The Most Productive Tool

Why has Nautilus become the most sought after physical training equipment in the world? Because Nautilus is the first logical approach to

Full-Range Exercise

If you are training with conventional exercises, you have not reached a muscular size or strength level that corresponds to your potential.

Conventional methods exercise only a small number of muscle fibers. The FULL-RANGE exercises of Nautilus involve a far larger number of fibers. Function dictates design,



Mercury Morris of the World Champion Miami Dolphins demonstrates the mid-range position in a Nautilus Super Leg machine.

and all of the requirements for full-range exercise are provided by Nautilus equipment.

The requirements for FULL-RANGE exercise are:

- 1) Rotary movement
- 2) Direct resistance
- 3) Automatically-variable resistance
- 4) Balanced resistance
- 5) Positive work
- 6) Negative work
- 7) Stretching
- 8) Pre-stretching
- 9) Resistance in position of full muscular contraction
- 10) Unlimited speed of movement

Conventional exercises provide only three of these requirements, thus they are NOT full-range exercises, and are not as productive as they should be in proportion to the efforts devoted to them.

Isokinetic exercise, having only one of these requirements, is the least productive form of exercise for any purpose.

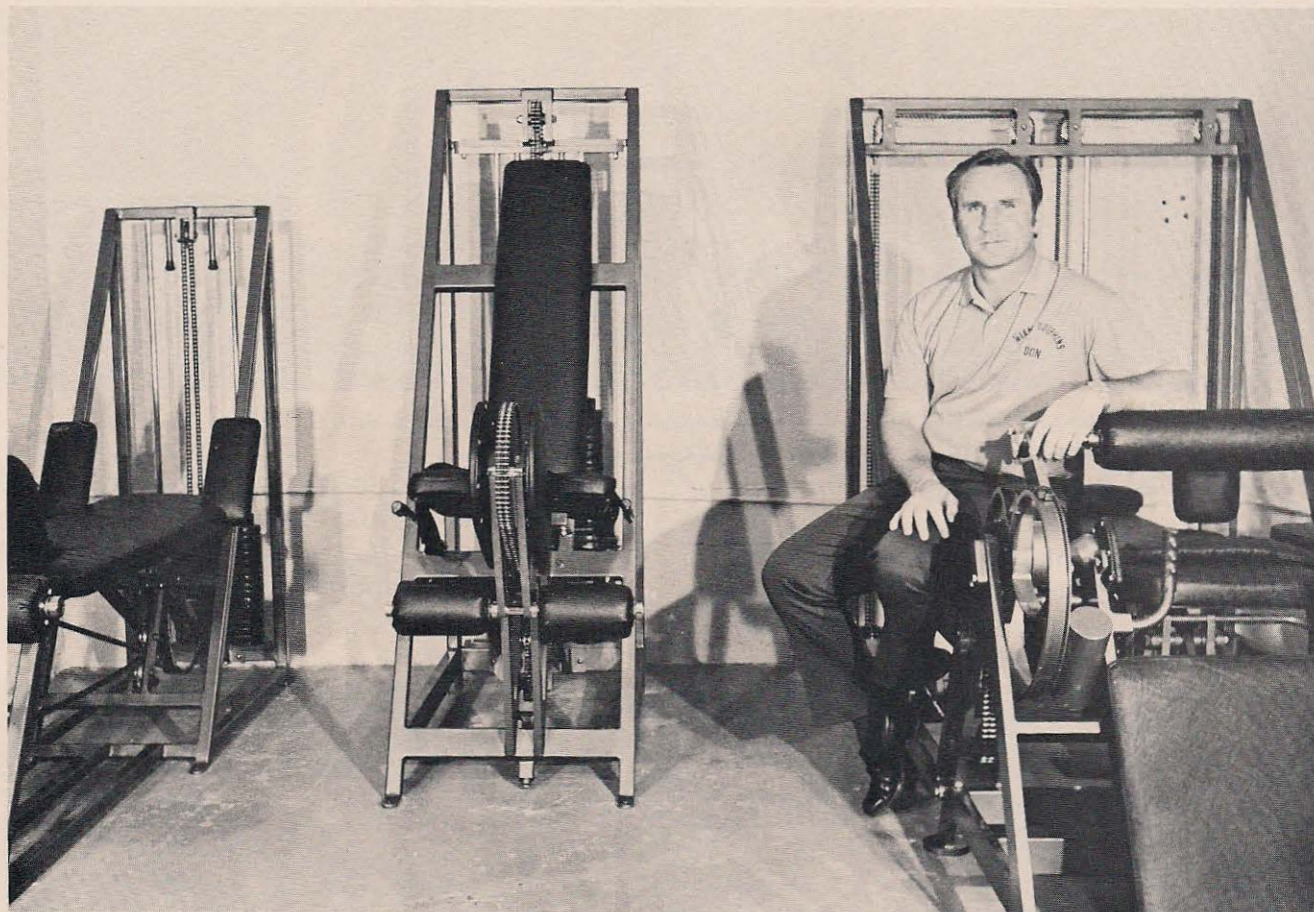
Nautilus exercises provide all of the requirements for full-range exercise, and are designed without limitations of any kind.

Rugged Dependability

Nautilus exercise equipment is constructed of QUALITY materials that provide years of dependability and trouble-free operation.

in the History of Exercise

exercise; the only type of exercise based on a solid foundation of facts, undeniable laws of physics, and established principles of physiology.



Coach Don Shula in the Miami Dolphins Nautilus training facility.

for additional information, please contact...

Nautilus Southwest 

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For *STRENGTH, FLEXIBILITY,* and *OVERALL CONDITIONING*

Nautilus... The first *LOGICAL APPROACH* to Exercise

Within the last few years, public interest in athletics has skyrocketed.

Regardless of the reasons for such widespread appeal, one fact is obvious — **ATHLETICS IS BIG BUSINESS.** Some of the highest salaries in the world are earned by professional athletes, and the time and money required to train an athlete of **ANY AGE,** or of **ANY CALIBER,** is staggering.

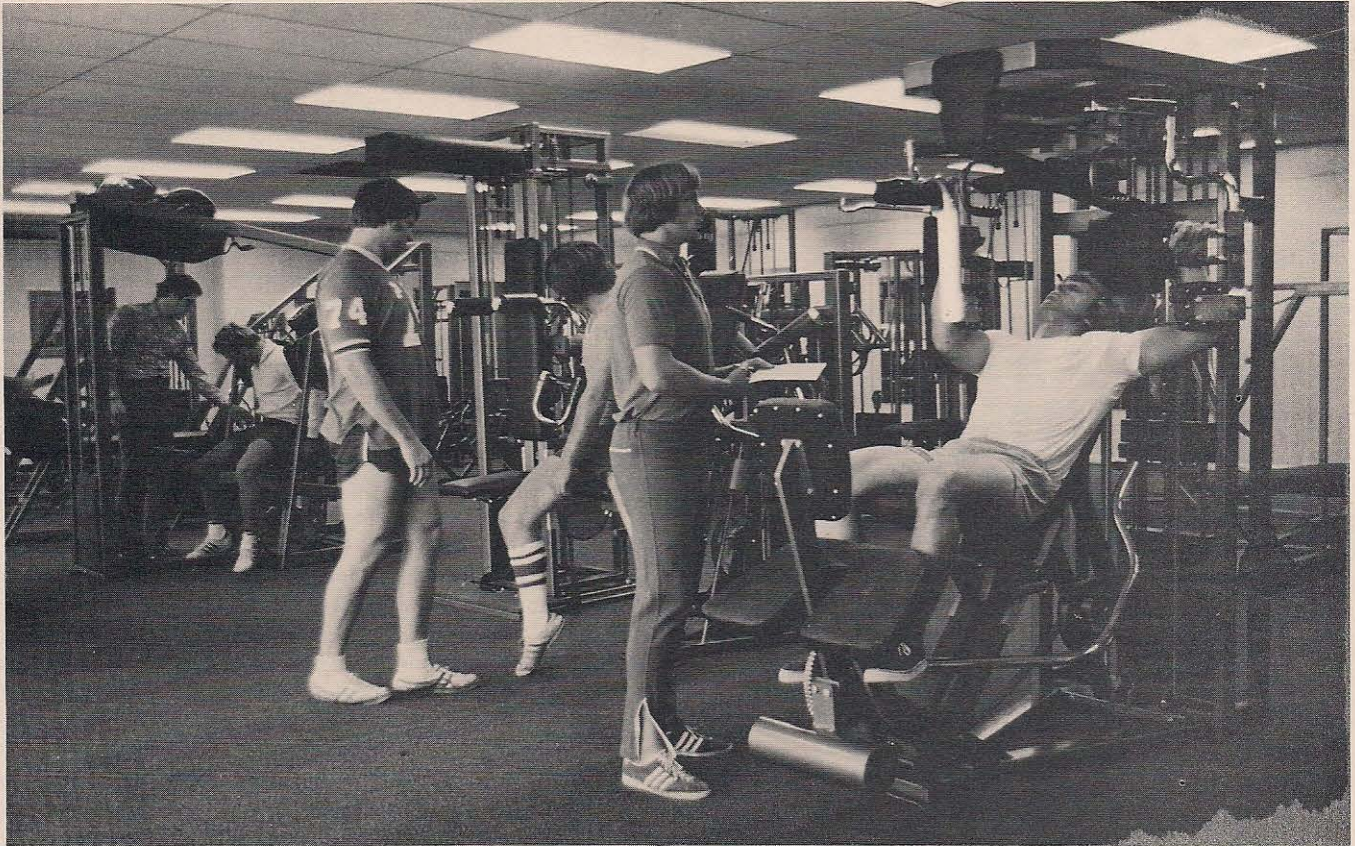
Because of the emphasis placed on winning, a school must recruit the best coaches

and players, and obtain the best training equipment possible. A coach should not have to approach training on a "trial and error" basis. Training should be approached with confidence — the coach having all of the facts for proper training at his disposal — the "trial and error" left to those in athletic research.

Nautilus Sports/Medical Industries offers the finest and most productive exercise equipment in the world, coupled with the first logical approach to athletic training.



The Stetson University baseball team has compiled their best record while using Nautilus exercises.



The main exercise area of the new Nautilus Southwest training center located in Dallas, Texas.

New Concepts

The barbell revolutionized physical training — in its time — but the barbell, or weight training machines that copy the functions of the barbell, have been outmoded.

Nautilus has created a new revolution in athletic training, because Nautilus does NOT work within the limitations of the barbell; instead, Nautilus exercises are designed to work within the limitations of the human body.

Training Facts

Most of an athlete's training time and energy MUST be devoted to sport-connected training. Research in the areas of human motor-learning indicates little skill transfer from one activity to another, although both activities may be similar. Therefore, football players must practice and develop the skills required in football, and sprinters must sprint.

Supplemental training can and will improve performance, but it must NOT conflict with other training programs. Nautilus provides strength training that does not interfere with other training activities.

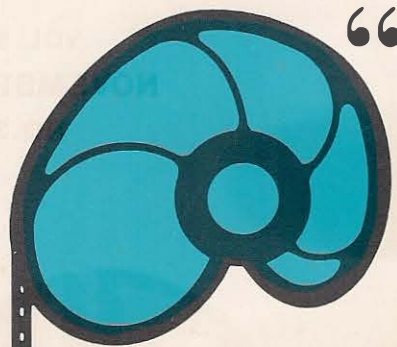
Less than one hour of weekly training is all that is required to produce maximum results with Nautilus exercises. More training time is neither necessary nor desirable.

EVERYTHING ELSE BEING EQUAL, A STRONGER ATHLETE WILL ALWAYS WIN — IN ANY SPORT. Proper utilization of Nautilus exercises will produce maximum strength increases in minimum time . . . and time properly devoted to Nautilus exercises will improve any athlete — IN ANY SPORT.

For further information regarding proper exercise in the sports/medical field, please contact:

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“CAM ACTION”

The Exclusive Nautilus Principle

The “heart” of every Nautilus machine is the exclusive Nautilus “cam” . . . the spiral-shaped pulley that automatically and instantly varies the resistance as movement occurs.

When you move, you become stronger—or weaker—depending upon the direction of movement. The Nautilus cam instantly compensates for the resulting change in strength—automatically increasing or reducing the resistance to match your changing strength.

With conventional exercises you are always limited by your strength in the weakest position, thus, you never have enough resistance in the stronger positions.

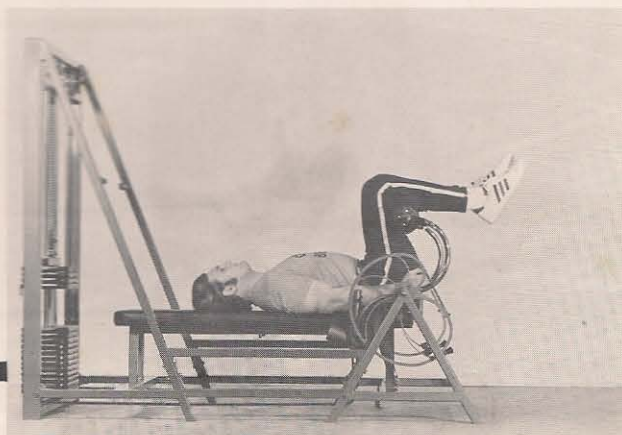
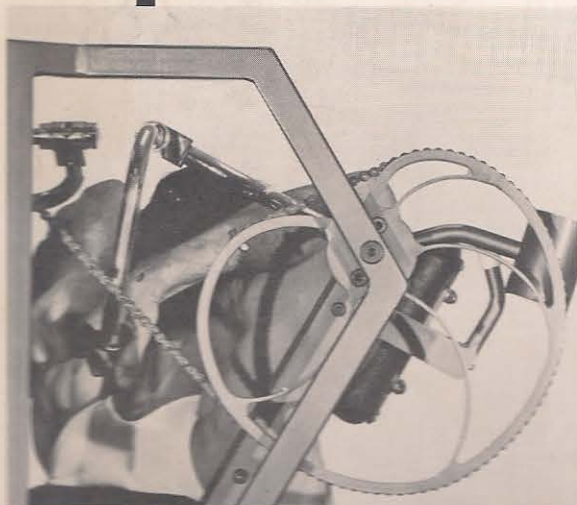
Nautilus provides correct resistance in every position; lower in your weak positions, higher in your strong positions, and maximum in your strongest position.

With conventional exercises you are limited by poorly designed tools. With Nautilus, you have tools that permit you to exercise to the limit of your own potential.

Muscular contraction produces “rotary form” movement of the related body part, and Nautilus provides rotary-form resistance to exactly match that movement. Conventional exercises do NOT—instead, they have only “straight line” resistance.

Attempting to provide full-range resistance against a rotary form of movement is exactly like trying to drive around a curve while going in a straight line. In short, it is IMPOSSIBLE. Conventional exercises are literally attempting the impossible . . . and failing.

Nautilus exercises are designed with a clear aware-



Just as a light man can balance a much heavier man on a see-saw—by moving out to a greater distance from the axis of rotation—the Nautilus cam gives you an automatic advantage in leverage, or a disadvantage, in order to provide your muscles with exactly the right amount of resistance in every position.

ness of the POSSIBLE, in full accord with unchangeable laws of physics—providing all of the features and functions that are required for proper exercise.

Nautilus exercises are designed without limitations of any kind. If it was possible to improve an exercise in any manner, then the features required to produce such an improvement would be added.

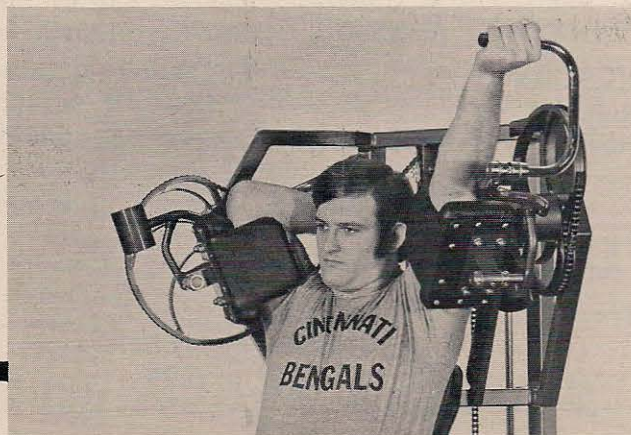
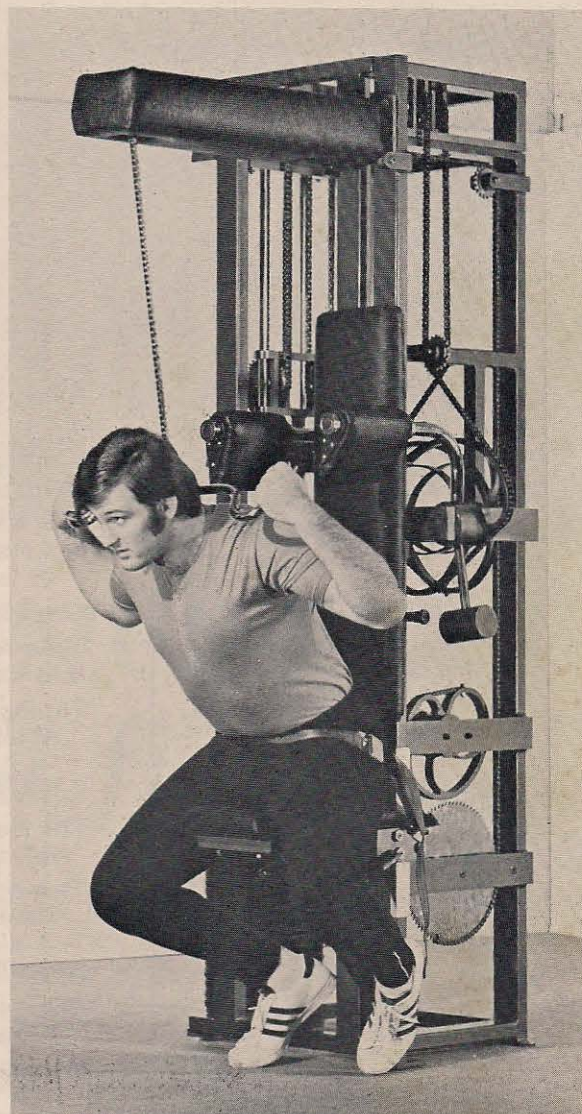
The Nautilus cam is the only practical method of automatically changing the available resistance during the actual movement. It does so by automatically changing the “moment arm”, and thus the torque.

Muscular contraction produces torque (rotary force around an axis) . . . and torque is a resultant of two factors: (1) the length of the moment arm (or lever), and (2) the amount of weight (or straight-line force).

If you double the length of the moment arm, then you double the torque, even though the weight remains constant.

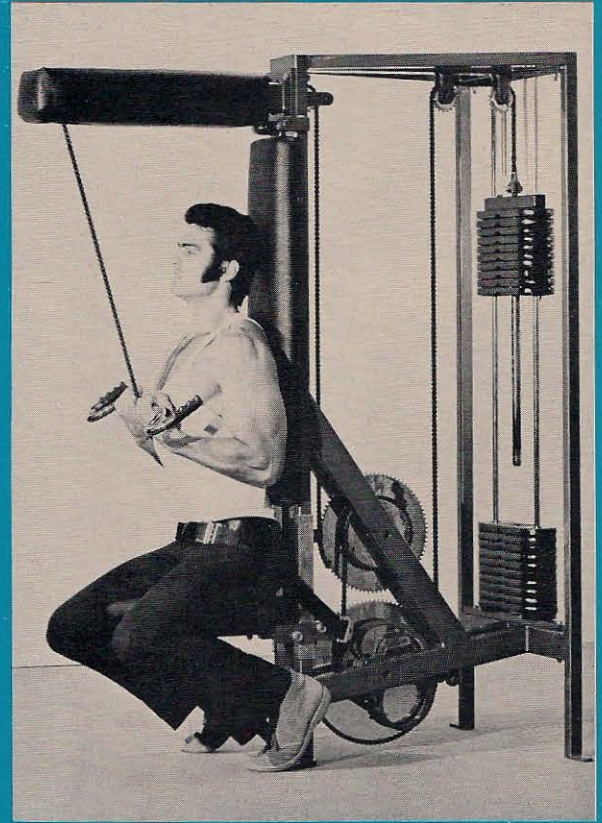
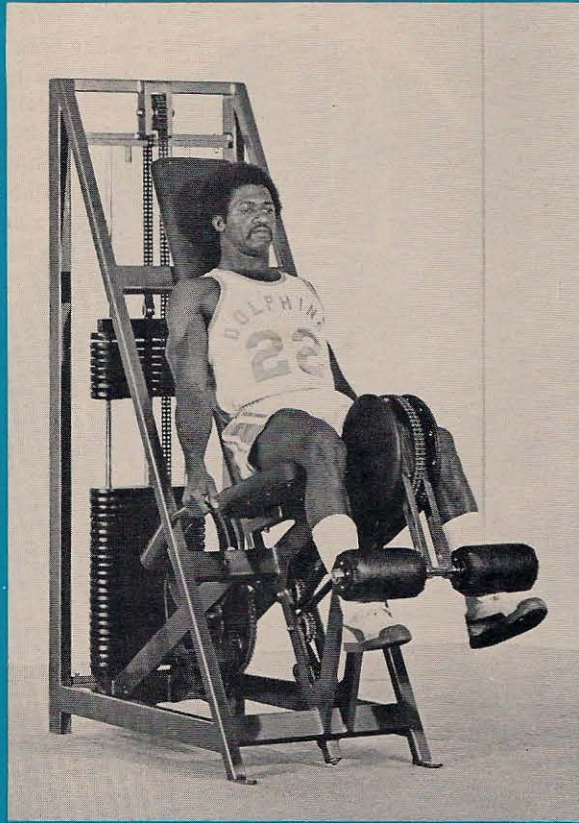
In a Nautilus machine, the selected weight can be as much or as little as you require—and the weight remains constant during the exercise. But the Nautilus cam varies the moment arm as movement occurs, thus increasing or reducing the effective resistance—the torque.

Conventional exercises work only “part” of a muscle, but Nautilus works ALL of a muscle. Quite simply, there is NO OTHER METHOD of providing this important requirement for full-range exercise . . . and the cam is exclusive with Nautilus.



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FULL-RANGE EXERCISE

An exercise is "full-range" ONLY if there is resistance in the extended (starting) position. Resistance in the extended position is important for two reasons . . . (1) because it is required for "pre-stretching" the involved muscles, and (2) because it increases flexibility.

But important as it is, resistance in the extended position is not enough . . . nor does it, by itself, provide full-range exercise.

For full-range exercise you must also have resistance in the contracted (finishing) position . . . the ONLY position in which it is even possible to involve ALL of a muscular structure.

Any exercise that lacks either one of those two basic requirements is NOT a full-range exercise.

Yet, most exercises provide neither one of those requirements . . . and no conventional exercise provides both of them.

Nautilus is the ONLY source of full-range exercise.

Conventional exercises are "mid-range" movements . . . strength is developed only in the mid-range of possible movement. And little or nothing is done in the way of improving flexibility.

If you can "lock out" and hold, as you can in most exercises—then there is no resistance in that position. And without resistance there is no exercise.

You can lock-out in most conventional exercises—the squat, the leg-press, bench press, standing press, parallel dips, curl, pullover and many other movements; thus all of these are mid-range exercises . . . NONE of them are full-range exercises.

You can NOT lock-out in Nautilus exercises—Nautilus provides resistance in every position.

If you encounter areas of movement with little or no resistance, as you do in almost all conventional exercises . . . then you do NOT have full-range exercise.

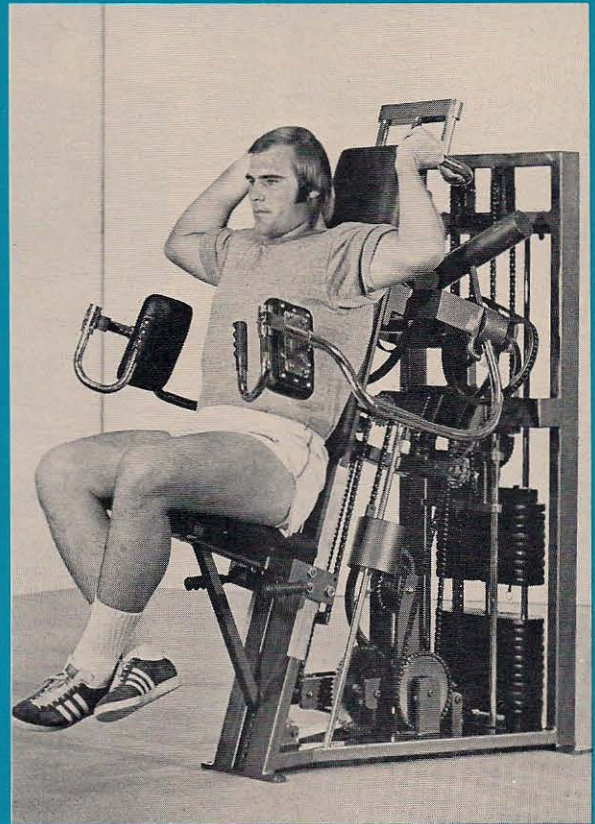
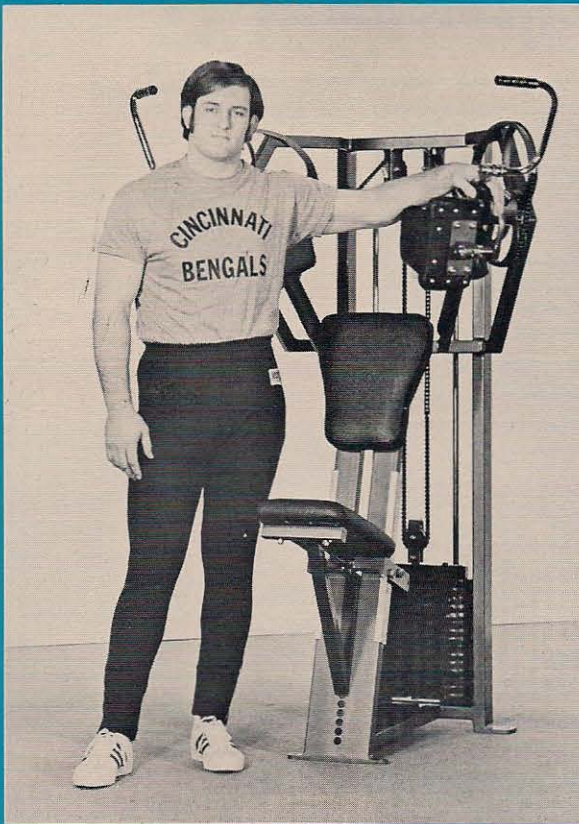
This does not happen in Nautilus exercises . . . Nautilus provides proper resistance in every position.

If you have "sticking points" where the resistance feels much heavier than it does in other areas of the movement . . . then this is simply another clear indication that you do NOT have full-range exercise. Such sticking-points are encountered in both squats and leg-presses, in bench-presses and standing-presses, in curls and in almost all other conventional exercises.

But there are no sticking-points in Nautilus exercises—Nautilus provides exactly the right amount of resistance in every position. Never too much, never too little.

Nautilus is the ONLY full-range exercise.

But what about the ~~REF~~ ~~sticking~~ ~~points~~ ~~exercises~~? Don't they



. . . Only from NAUTILUS

provide full-range resistance?

NO . . . Isokinetic exercises are NOT full-range exercises.

Isokinetic resistance is linked to movement . . . you encounter resistance only when you are moving. There is no resistance in the extended (starting) position—and no resistance in the contracted (finishing) position.

Some conventional exercises do at least have resistance in either the starting position OR the finishing position—although never in both; but Isokinetic exercises have no resistance in either of these all-important positions.

Full-range exercise is simply IMPOSSIBLE with Isokinetic resistance; because there is no “back pressure” to pull the muscle into a pre-stretched and fully extended position at the start of the movement—and no resistance to work the muscles at the end of the exercise when additional movement becomes impossible.

Nautilus is the ONLY full-range exercise.

“Function dictates design.” There are certain basic requirements for full-range exercise . . . and if even one of these requirements is not provided, then full-range exercise is simply impossible.

These requirements are . . . (1) rotary-form movement, (2) direct resistance, (3) automatically-variable resistance, (4) balanced resistance, (5) positive work, (6) negative work, (7) stretching, (8) pre-stretching, (9) resistance in position of full

muscular contraction, (10) unlimited speed-of-movement.

Conventional exercises provide only one of these basic requirements (negative-work potential)—Isokinetic exercises provide NONE of them.

Exercise can be provided in a number of ways . . . but full-range exercise can be provided in only one way. Nautilus is the ONLY source of full-range exercise. “Function dictates design” . . . and the requirements for full-range exercise dictated the design of Nautilus equipment.

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*Everything you need to
know about proper
conditioning
can
be
stated
in*

Less than 1,000 Words !

By a process of trial and error, determine the amount of resistance that you can use for approximately eight repetitions in each of twelve exercises.

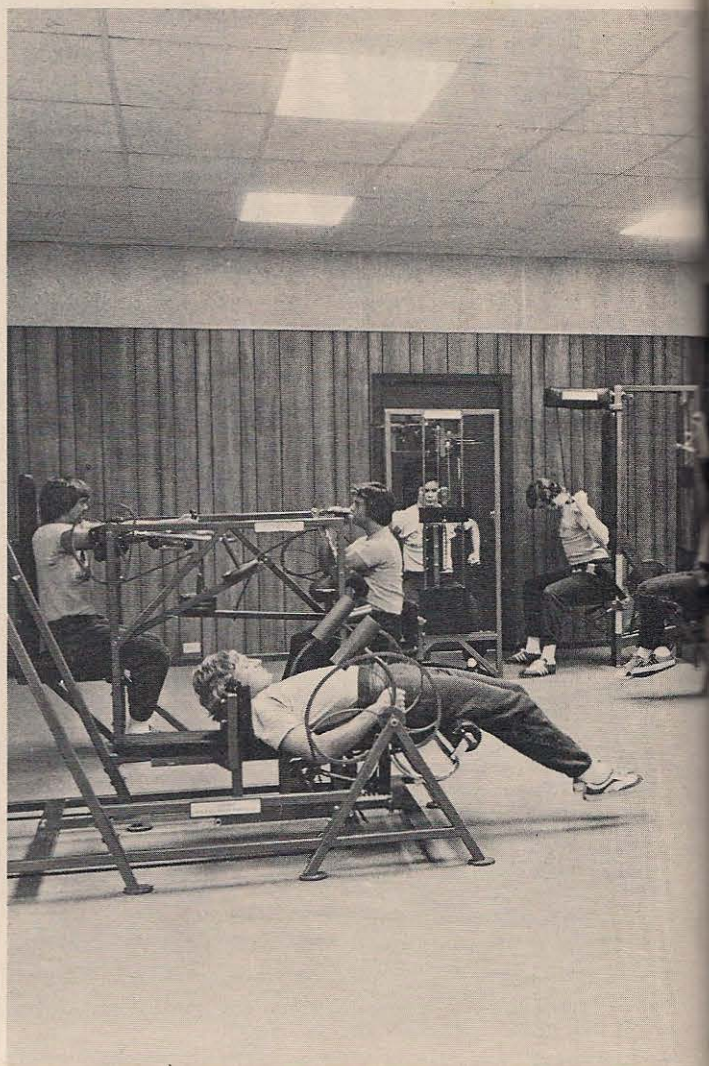
Then perform three weekly workouts with at least forty-eight hours between workouts. Using one set of each of the twelve exercises, and performing as many repetitions as momentarily possible without jerking or throwing the weight.

Both lifting and lowering movements should be smooth, slow and steady . . . and a brief pause should be involved at both ends of all movements.

When it becomes possible to perform twelve repetitions in any exercise, the resistance should be increased by approximately five percent in that exercise.

Workouts should be performed at approximately the same time on each training day, and should follow a meal by at least two hours.

. A good choice of exercises to be used while training with conventional equipment would be . . . squats,

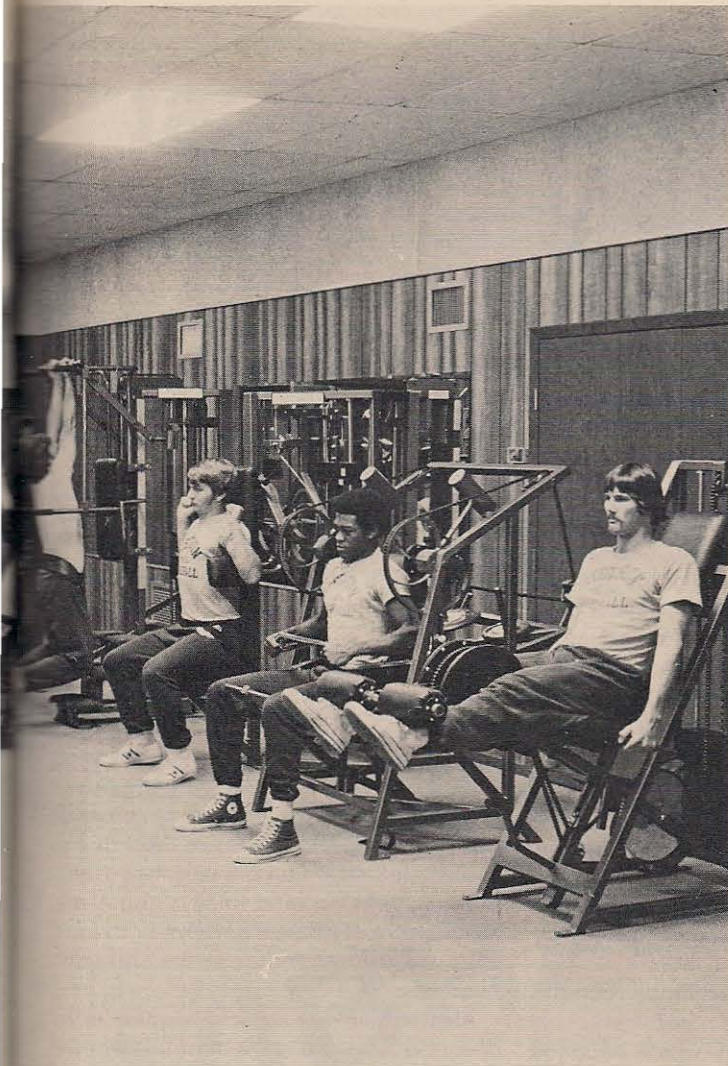


The Stetson University baseball team regularly tra

standing presses, behind-neck chinning, bench presses, regular chinning, parallel dips, standing curls, triceps curls, stiff-leg deadlifts, shoulder shrugs, wrist curls, calf raises . . . and the exercises should be performed in that order.

If Nautilus equipment is available, a far better choice of exercises would be provided by performing one set on each of the following machines, in the order listed . . .

- Hip and Back machine
- Compound Leg Machine
- Leg Curl Machine
- Squat Machine
- Double Shoulder Machine
- Pullover/Torso Arm Machine
- Double Chest Machine
- Behind Neck/Torso Arm Machine
- Omni Shoulder Machine
- Omni Curling Machine
- Omni Chest Machine
- Omni Triceps Machine



the full-range exercises that only Nautilus can offer.

Exercises should be added occasionally, but another exercise should be dropped when one is added, so that the program is never longer than outlined above.

At least one but not more than two of the weekly workouts should be performed in either a "negative only" or "negative accentuated" fashion, to the extent that such styles of training are possible with the available equipment. "Negative only" means lowering a resistance that has not been raised by the same muscles . . . "negative accentuated" means raising the resistance with two limbs, and then lowering it with only one of the same limbs. Such training is difficult or impossible with a barbell . . . but can be performed on the listed Nautilus machines; either style on the Omni machines, and negative accentuated on the other machines . . . without help in all cases.

A normal, reasonably-balanced diet should be followed . . . and careful attention should be given to the fat contents of the body in order to assure that fatty tissue is not being added. So long as the skin-fold thickness in the area of the waist is not becoming

thicker, or is being reduced gradually . . . the diet is not providing too many calories; but if the skin-fold thickness increases, the caloric intake should be reduced gradually until the trend is reversed. Sudden, large-scale changes in caloric intake should be avoided.

Supplemental protein or other substances are not required and will probably add fatty tissue if a normal diet is being consumed. Meals should be at regular hours and of normal quantity.

Every effort should be made to show progress in the form of the ability to perform more repetitions with a given resistance . . . or the same number of repetitions with more resistance. But the style of performance of exercises should not be changed in order to allow more resistance or repetitions.

If in doubt about the proper speed-of-movement, then perform the exercises more slowly than you have been doing them. If you are unable to pause and hold any position during an exercise movement, then the weight is too heavy and you have been lifting it by throwing it rather than by muscular contraction of the muscles that you are trying to exercise.

At the start of training, a rest-pause of approximately three minutes should be used between the different exercises . . . and over a period of three months or more, the period of resing between exercises should be gradually reduced; until, eventually, you will be resting a minute or less between exercises. But do not let the workouts degenerate into a race against the clock . . . do not start another exercise until you can do so without being restricted by your rate of breathing, which should remain fairly high throughout the workout, but which should not become so high that it makes proper performance of the exercises impossible.

Any sort of jerking or sudden movement should be totally avoided, and do not attempt to determine how much weight you can handle for a single, maximum-attempt repetition. Instead, judge your progress on the basis of how much resistance you can use for ten repetitions performed in good form.

Nautilus

SPORTS / MEDICAL
— INDUSTRIES —

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AREA CODE 904 / 228-2884

FULL-RANGE EXERCISE

for the Legs, Hips, and Lower Back

...in order to produce maximum possible strength in the legs and lower back, it is neither necessary nor desirable to impose long and system-exhausting workouts upon the body...

Three or four minutes of PROPER training, repeated two or three times weekly, will quickly build maximum strength in the legs, hips, and lower back. No amount of conventional exercise will produce an equal degree of results.

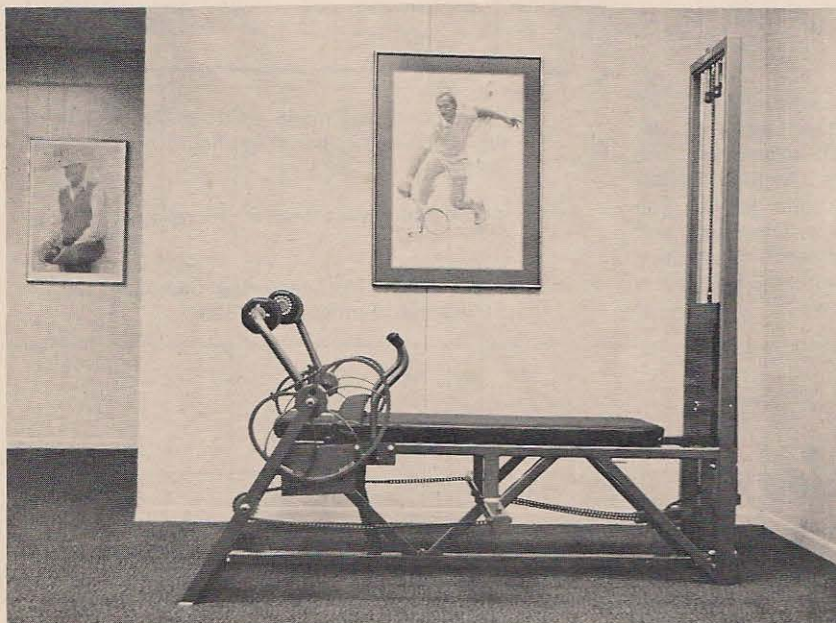
A properly performed Nautilus leg and lower back workout involves the use of three pieces of equipment. The athlete should use EITHER the Super Leg Extension Machine OR the Compound Leg Machine . . . BUT NOT BOTH . . . plus the Hip and Back Machine and the Leg Curl Machine.

If the Compound Leg Machine is used, then the entire workout consists of only four "sets" of approximately ten repetitions each . . . a training

session lasting about four minutes. The session should be repeated two or three times weekly—a total training time of eight minutes (for two weekly workouts) or twelve minutes (for three workouts).

If the Super Leg Extension Machine is used, then the workouts consist of only three "sets", with a weekly training time of six minutes for two workouts or nine minutes for three workouts.

Long, frequent and system-exhausting workouts are neither necessary nor desirable . . . MORE training does NOT equate BETTER training.



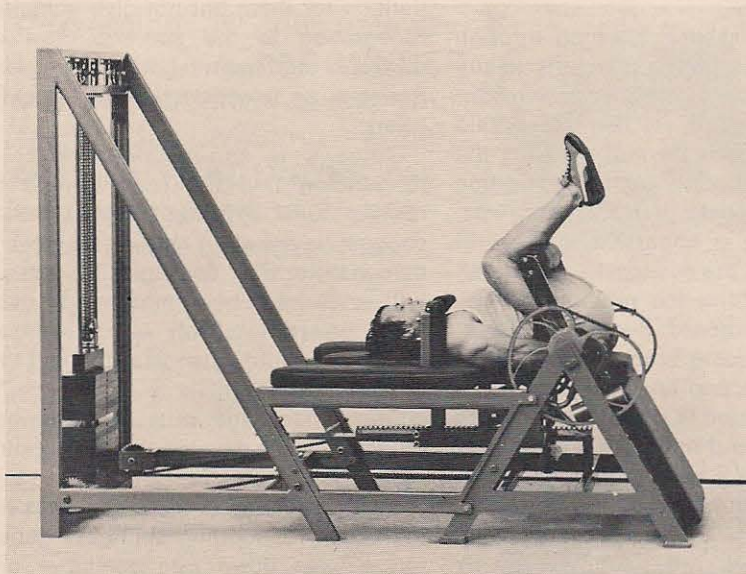
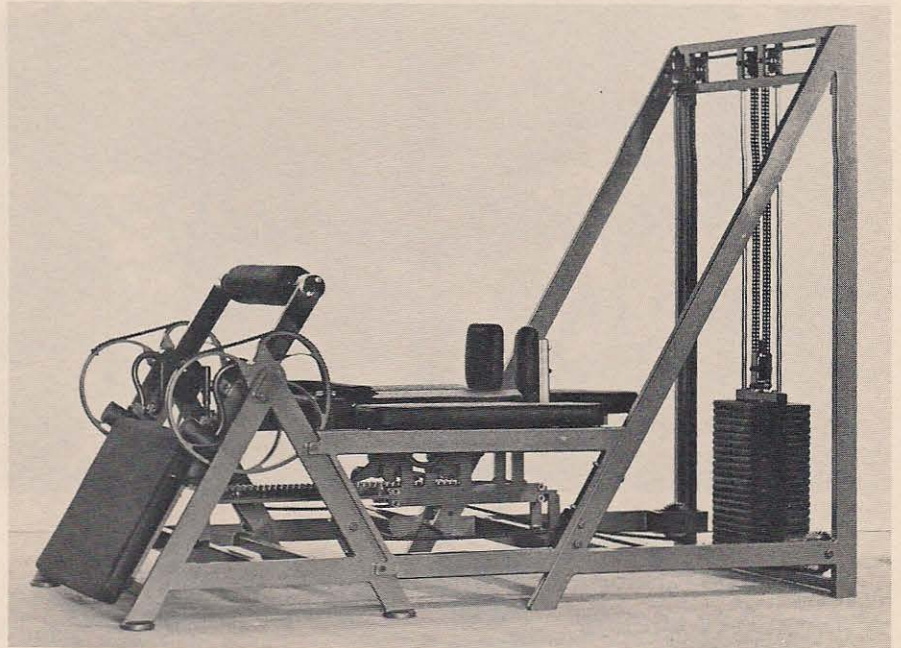
A recent model of a Nautilus Hip and Back Machine in the DUOsymmetric/POLYcontractile line of exercise equipment. The new design enables "pre-stretching" of the involved muscles for a maximum intensity muscular contraction.

The photograph was taken at the new Nautilus of the Southwest Training Center in Dallas, Texas.

Geared Hip and Back Machine

The strongest muscles in the body are the leg, hip, and back muscles, and the Nautilus Hip and Back Machine is the ONLY full-range exercise for maximum strength development in this area.

All Nautilus exercise equipment is designed to provide years of trouble-free operation.



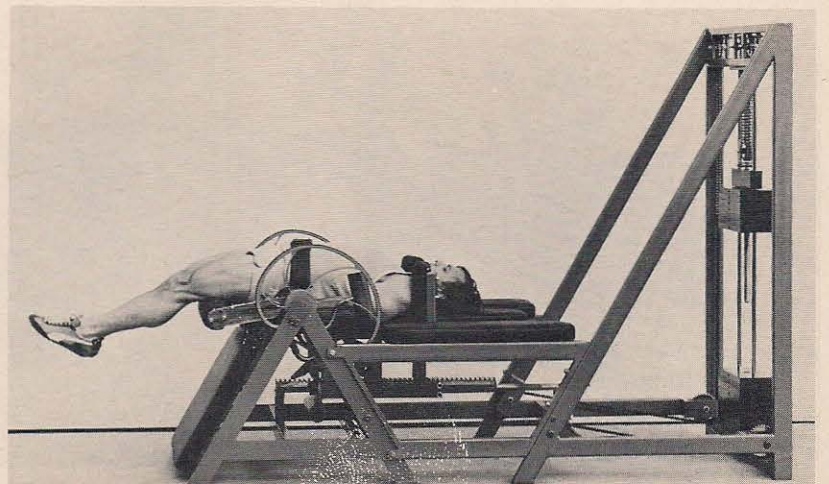
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Nautilus
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The enormous range of movement provided in a Nautilus Hip and Back Machine is apparent when comparing the extended (starting) position and the contracted (finishing) position of the exercise.

A full 150 degrees of rotary movement for the most important muscles for any athletic activity requiring strength in the legs.



At Nautilus Sports/Medical Industries, we welcome the opportunities to shed light on our operational motives.

Through medical research, our goal is to dissolve the fallacies which exist in the realm of sports medicine. Our endeavor is to present the facts of this little understood area to the public, refined by the light of scientific research.

We are concerned with the torrent of false claims against which the public has little defense. As a result, our desire is to build the structure that is legitimate sports medicine.

We welcome inquiries regarding our operations, and we extend the invitation to all coaches, trainers, and athletes to examine our facilities and utilize our services.

Additional information is also available from our selection of brochures, which may be had at no charge by contacting:

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