

Nautilus & Athletic Journal Articles

Responses to Exercise

If you are interested in exercise for any purpose, study the two charts on the following page... and read the following very carefully. You need this information, and there is only one source.

Some people respond to exercise in a very distinctive manner, and some people respond in a totally different way. During the 1980s, we have discovered a total of four new physiological factors... factors of enormous importance. Factors of such importance that they must be understood and applied in a manner by anybody involved in exercise for any purpose.

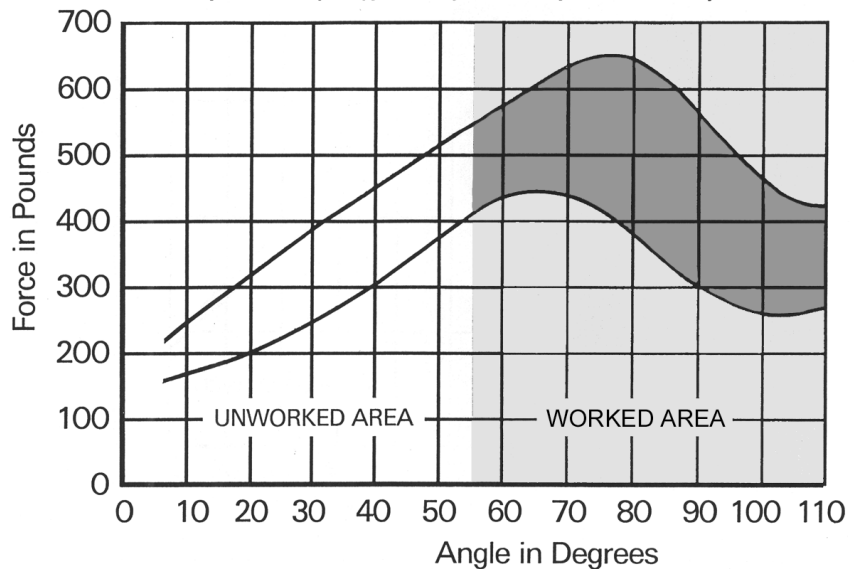
The two charts shown to the right provide clear examples of one of these four newly discovered factors... chart A shows the results produced by a Type G subject over a period of 91 days... chart B shows a totally different response to exercise, the results produced by a Type S subject over a period of 131 days.

A Type G subject will produce results over a full range of movement... even from limited-range exercise. In contrast, a Type S subject will not. Since most forms of exercise are not full-range movements, it follows that Type S subjects will produce only limited-range results. While producing little or nothing in the way of benefits in the unworked range of movement.

Both of these charts show the full-range strength increases produced by limited-range exercise. The Type G subject gained throughout the full range of movement... the Type S subject did not.

Type G for "general"... Type S for "specific"... Type G subjects respond to exercise in a general manner, showing meaningful, although not proportionate, increases in strength even in areas where no exercise is performed... Type S subjects respond differently, in a specific manner, showing results only in the worked area, and little or nothing in the way of results in the unworked area.

Results produced by a Type G subject over a period of 91 days.



Results produced by a Type S subject over a period of 131 days.

