

Nautilus
&
Athletic Journal
Articles

Why Nautilus?

Because Nautilus is the only actual improvement in exercise since the invention of the barbell.

Conventional weight machines are more attractive than a barbell, safer than a barbell, more convenient than a barbell... but **LESS PRODUCTIVE** than a barbell.

Nautilus is even more attractive, much safer, far more convenient... and **MUCH MORE PRODUCTIVE** than a barbell.

Conventional machines offer several worthwhile features – at the price of an actual loss in function.

Nautilus offers all of the same worthwhile features, plus a number of other exclusively Nautilus features of even more value – while greatly improving function.

The barbell was a very productive and worthwhile tool – in its time. But that time has passed.

The barbell revolutionized physical training – in its time. But the barbell has now been outmoded.

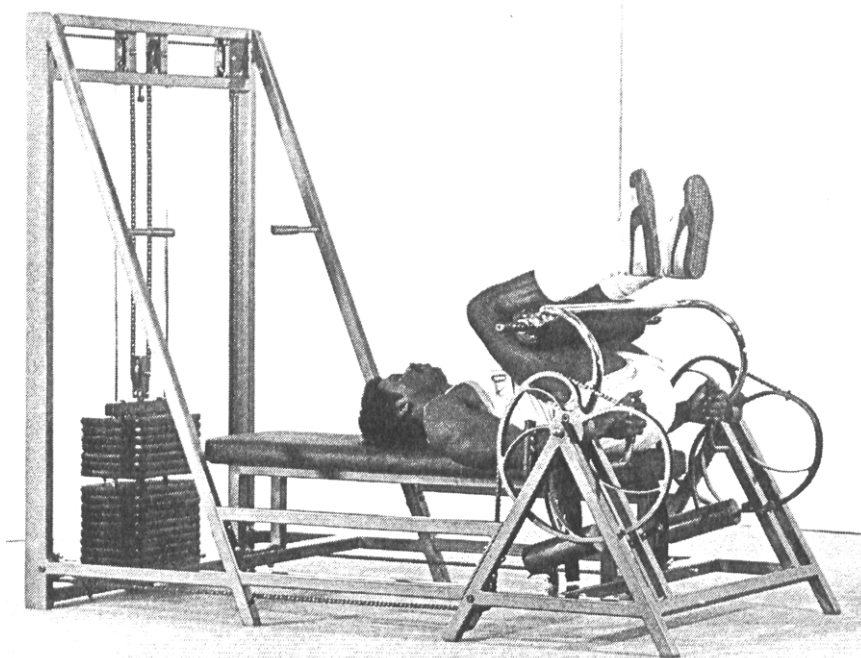
Machines that attempt to copy the functions of a barbell are forced to work within the limits of a barbell – so conventional weight machines have also been outmoded.

Nautilus has created a new revolution in physical training – without compromise, because Nautilus is **NOT** working within the limitations of a barbell.

Instead, Nautilus exercises are designed to work within the limitations of the human body.

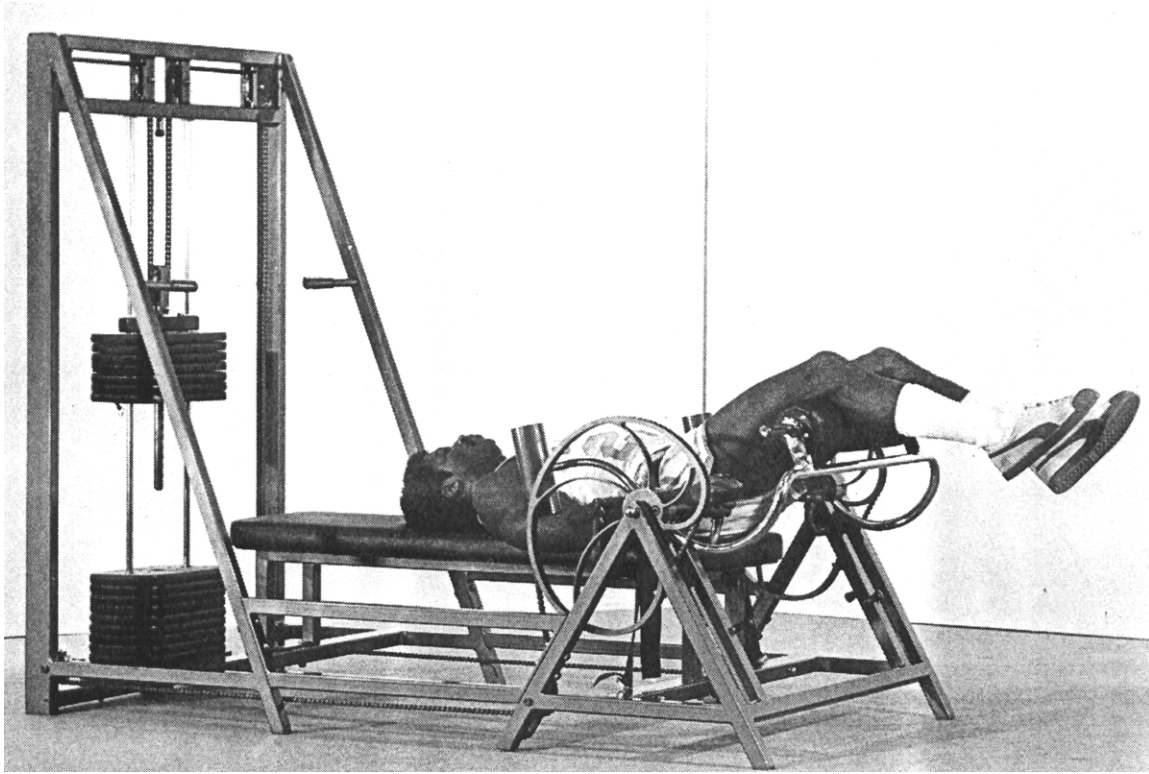
If you are not already using Nautilus exercises – you will. Because, once you clearly understand the basic principles upon which Nautilus is founded – you cannot then fail to realize the value to be found only in Nautilus exercises.

Nautilus is **NOT** the “latest thing” in exercise – instead, it is the “final word” in exercise. Because it is the first logical approach to exercise – the only type of exercise based on a solid foundation of facts, undeniable laws of physics, established principles of physiology.

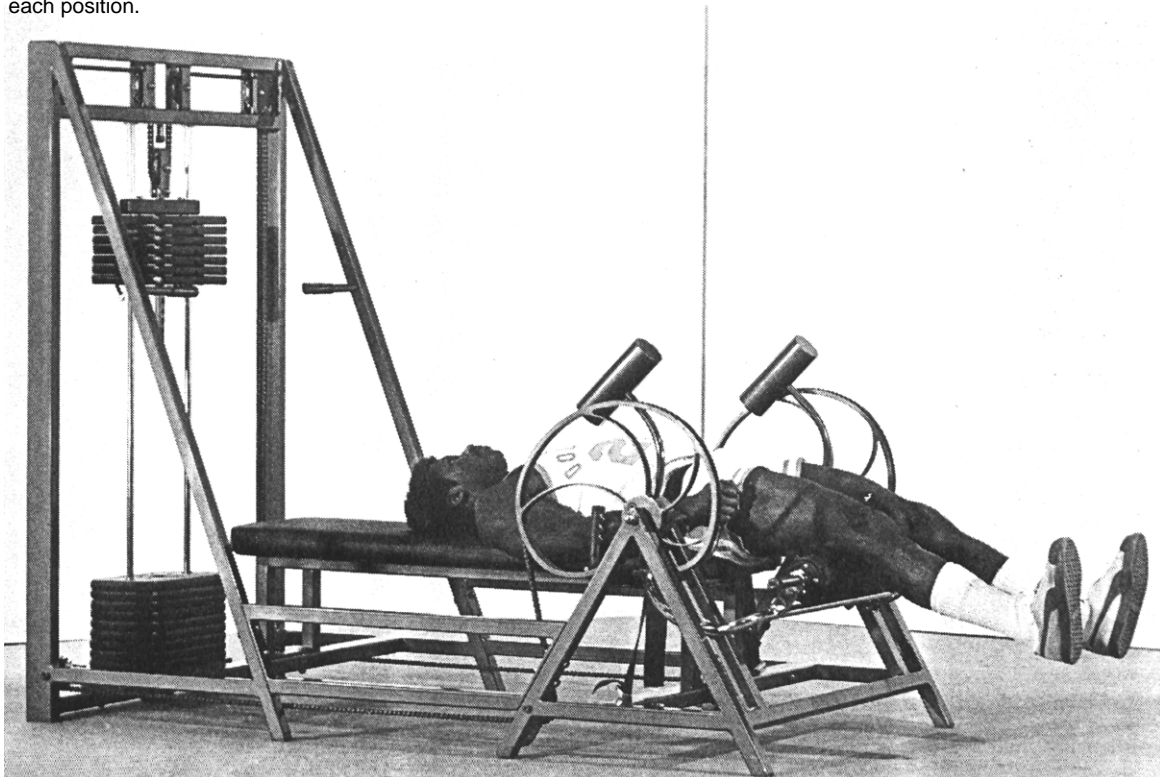


Mercury Morris of the Miami Dolphins – demonstrating a Nautilus Hip and Back Machine, the **ONLY** full range exercise for the strongest muscles in the body, the important muscles of the hips and lower back. The most important muscles for any athletic activity requiring strength in the legs, running, jumping, driving, in football, in track, in basketball.

The Arthur Jones Collection



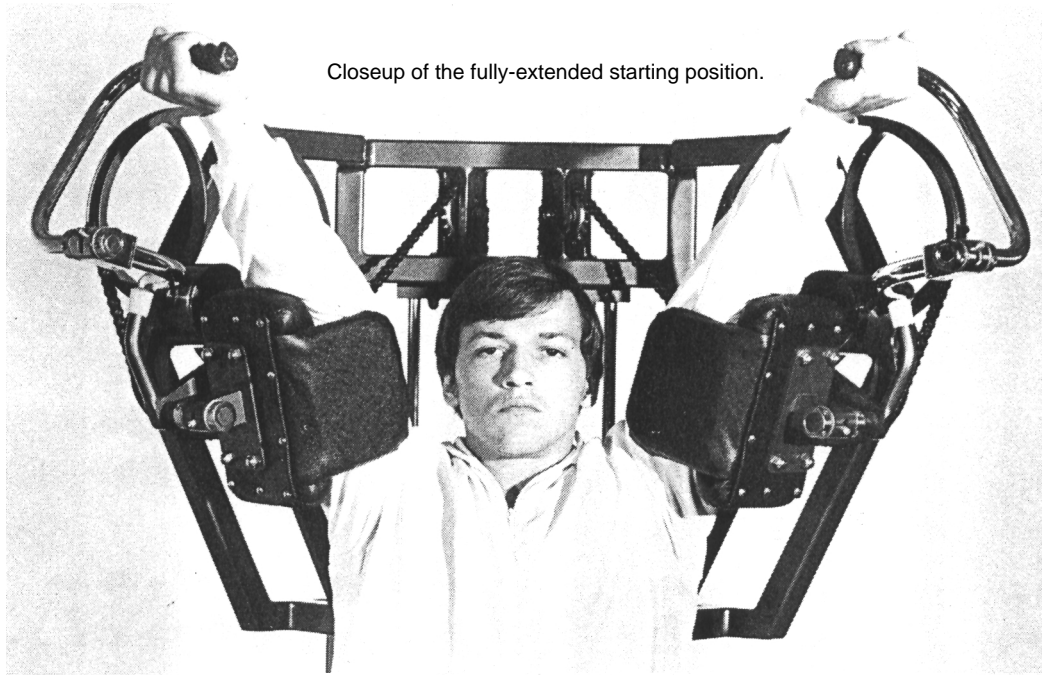
The exclusive Nautilus cam varies the resistance throughout the movement in direct proportion to the athlete's strength in each position.



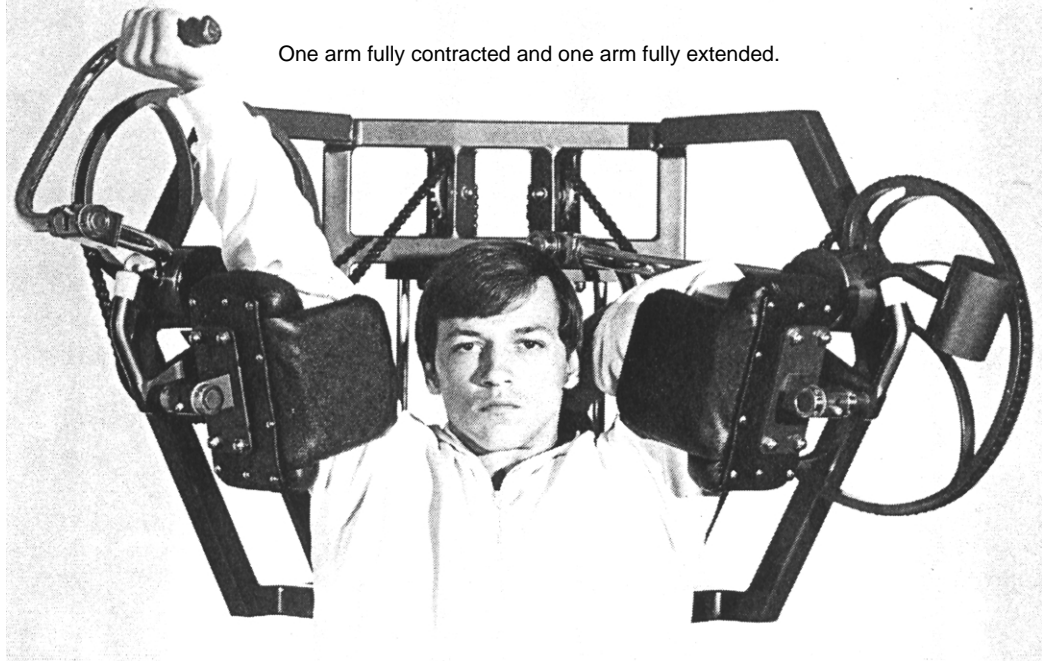
The fully contracted finishing position provides the required resistance that is not provided by conventional exercises — and eliminates the “lock out” experienced in conventional exercises.

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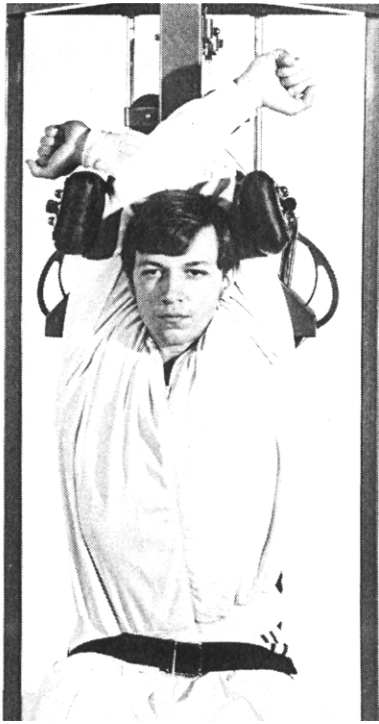
Closeup of the fully-extended starting position.



One arm fully contracted and one arm fully extended.

Full muscular contraction unavoidably results in a particular position of the related body part... when the biceps of the arm is fully contracted, the hand is twisted into a supinated (palm up) position, the forearm is bent back as far as possible against the upper-arm, and the upper-arm is raised in relation to the torso. Full contraction of the biceps can NOT occur in any other position... because this is the position that will result, **MUST RESULT**, if full contraction occurs. Thus this is the **ONLY** position in which it is even possible to involve all of the biceps muscle in any form of exercise. Nautilus exercises are designed with the functions of human muscular structures clearly in mind... instead of the limitations of barbell exercises.

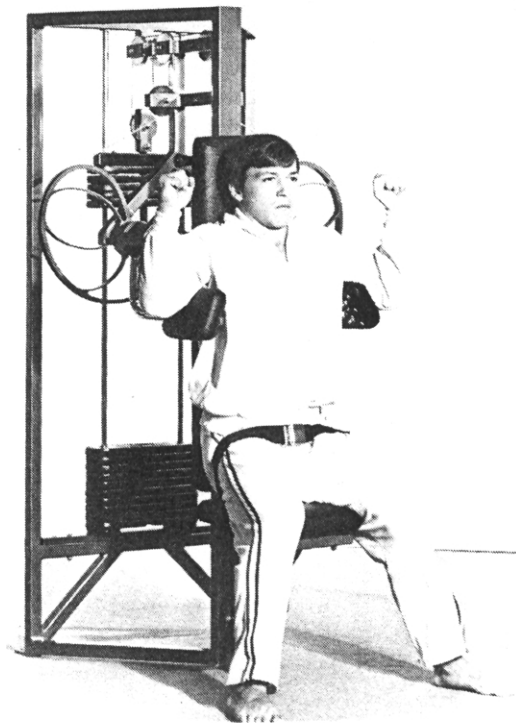
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The Nautilus "Behind-neck" Torso Machine provides a good example of the meaning of FULL-RANGE exercise. The fully-extended, pre-stretched starting position in this machine results in cross the arms behind the head... a required starting position that is literally IMPOSSIBLE to reach in conventional exercises. Such truly FULL-RANGE exercise results in great increases in flexibility.



After 90 degrees of movement against constant and automatically-increasing resistance.

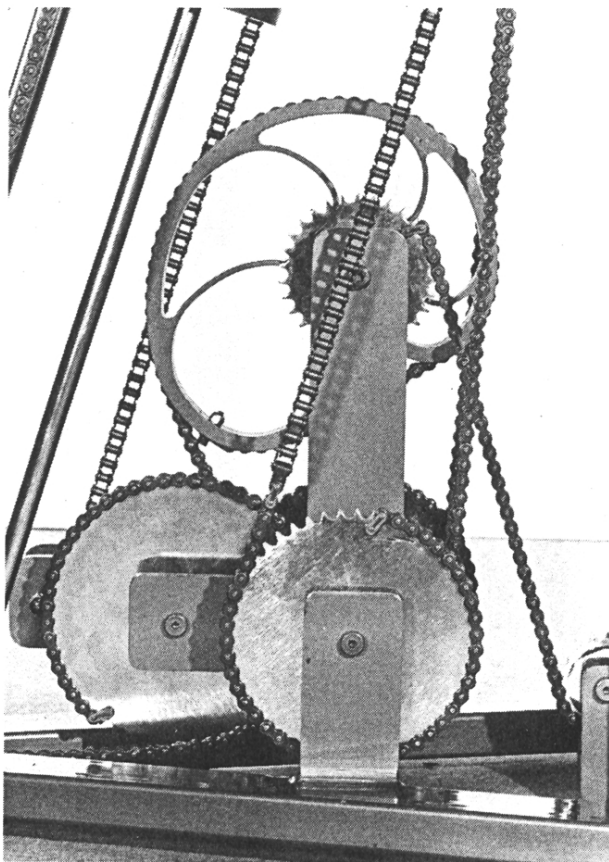
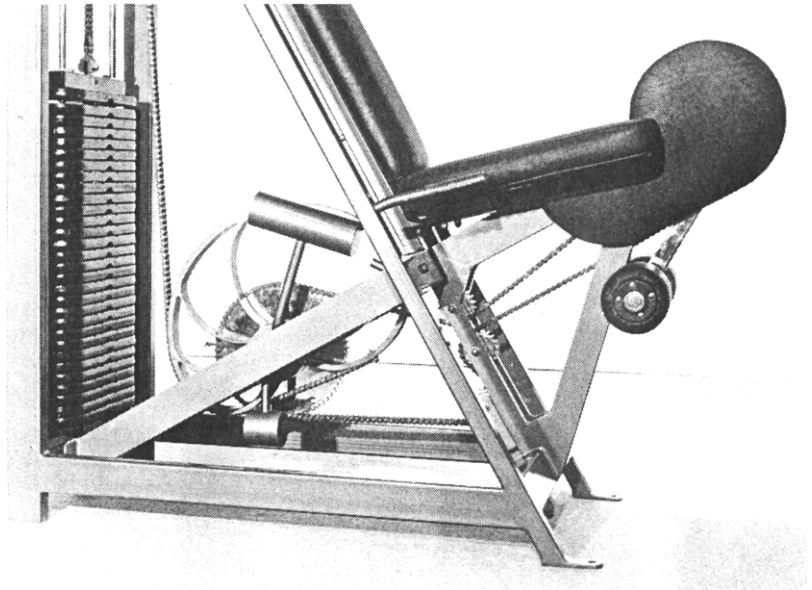


Nearing a position of full muscular contraction... 162 degrees of rotary-form, direct, automatically-variable, balanced, FULL-RANGE, omni-directional resistance.

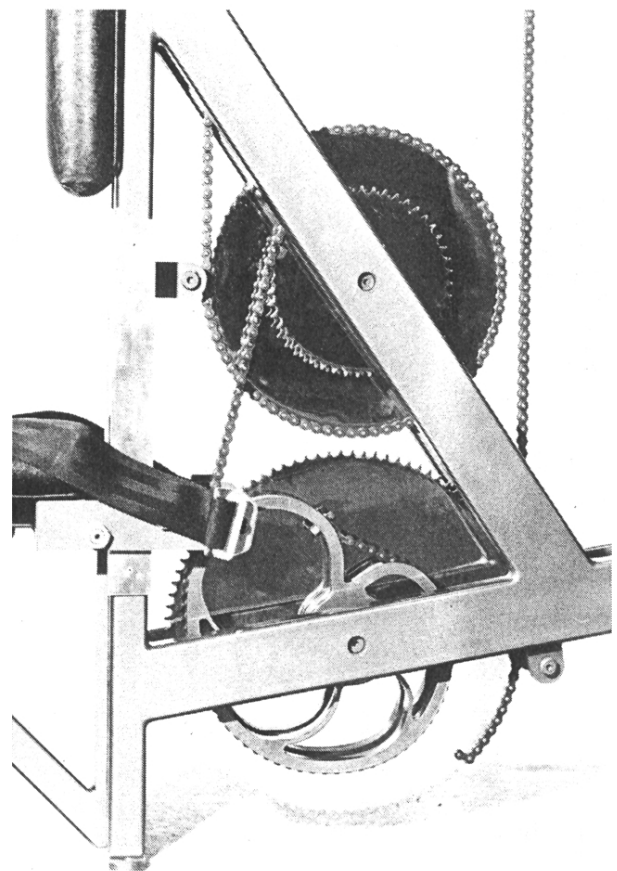
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The exclusive Nautilus "cam" in a Super Leg Machine. Also note the two counter-weight clubs. The smaller counter-weight exactly balances the eccentric mass of the cam. The larger counter-weight exactly balances the mass of the "resistance arms" and shin pads – removing the random torque that would otherwise be produced by movement of the machine itself. Thus the only source of resistance is directed through the cam – which exactly regulates it in accord with your strength in every position.



The Nautilus cam and some of the sprockets in a Double Shoulder Machine – providing automatically variable resistance during the secondary movement. Two other cams, located elsewhere in this same machine, provide full-range, automatically variable, balanced, direct resistance for the primary movement.



The Nautilus cam in a Torso/Arm Machine.