



**At Last —**

Coach Don Shula of the Miami Dolphins  
World Champion Professional Football  
Team in the Dolphins' Nautilus training  
facility.

## **From Nautilus . . . NAUTILUS SQUAT MACHINE**

Full squats . . . half squats . . . three-quarter squats . . . or anything in-between. Go as low as you like, and NO LOWER . . . the resistance is removed at the bottom, and returns only when you start back up. Thus the pressure is removed in the low position, you can actually relax at the bottom as well as the top.

Set the exact depth you want and then squat, with no danger of going lower than planned.

Squat without danger of bending your back.

Squat without the fear of falling . . . you can't fall.

Squat without losing your balance . . . no balance is required.

Perform "negative accentuated" squats . . . up with two legs, down with one. A style that is impossible with any other type of equipment.

Squat with no pressure on your neck . . . and with very little pressure on your spinal column.

IN SHORT . . . the Nautilus SQUAT machine removes all of the problems connected with the squat. While retaining all of the advantages. And while adding advantages that exist only in Nautilus equipment; features like automatically-variable resistance that gives you the exact amount of resistance you need in every position . . . more resistance in your

stronger positions, less resistance in your weaker positions.

This is the machine that was used as the primary leg exercise during the Colorado Experiment . . . together with a Nautilus Hip and Back Machine, Nautilus Super Leg Machine, and Nautilus Leg-Curl Machine. The other leg machines were used in some of Casey Viator's 14 workouts, but the new Squat Machine was used in every workout.

One of the heaviest Nautilus Machines, as it must be . . . and built like a bridge . . . as it must be . . . the Nautilus Squat Machine is nevertheless a rather compact machine in regard to "working space" requirements.

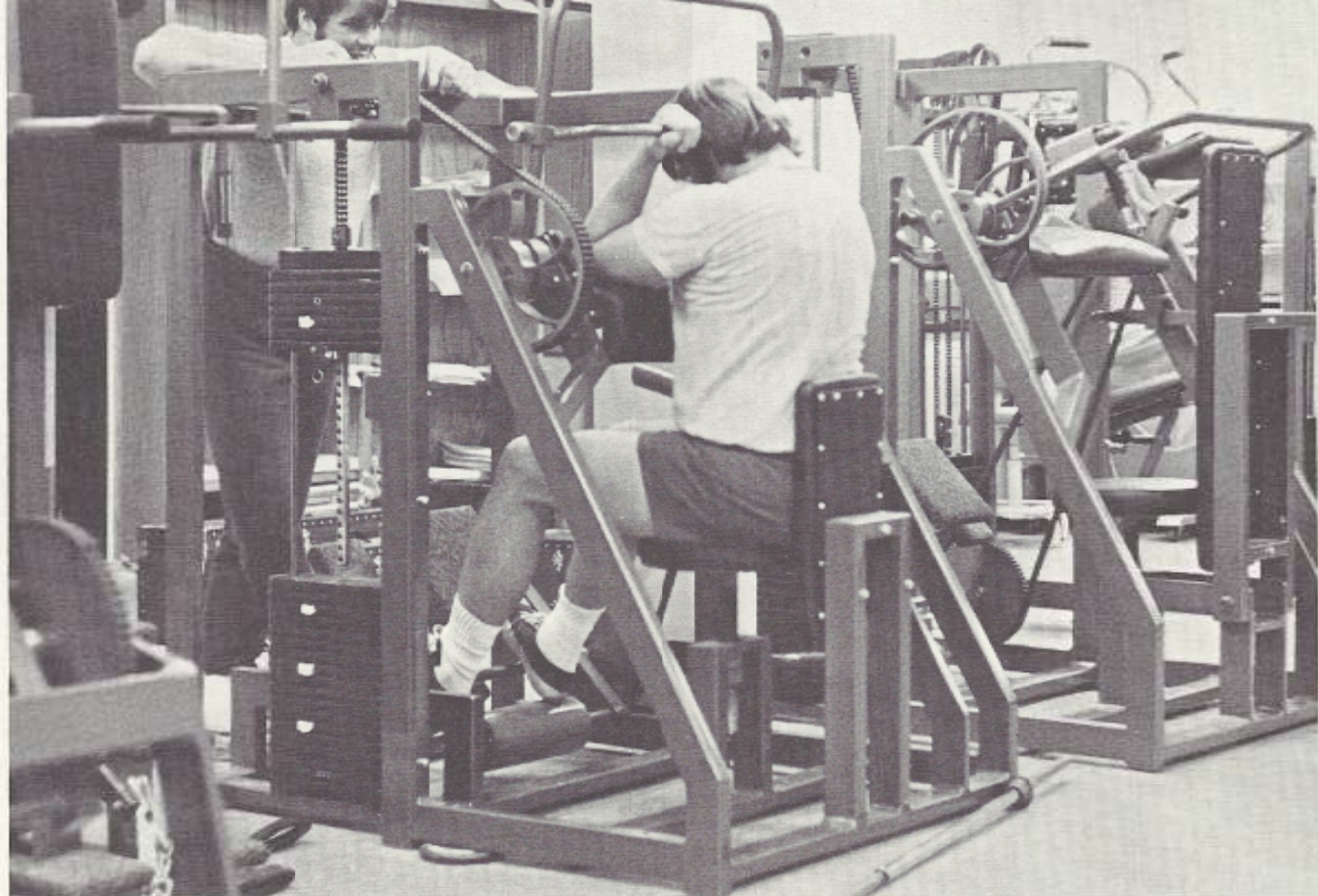
Having used it for the first time, Casey Viator (one of the best squatters in history) remarked . . . "goodbye to the barbell, I never want to see one again."

**NAUTILUS SQUAT MACHINE . . . . . \$2,890**

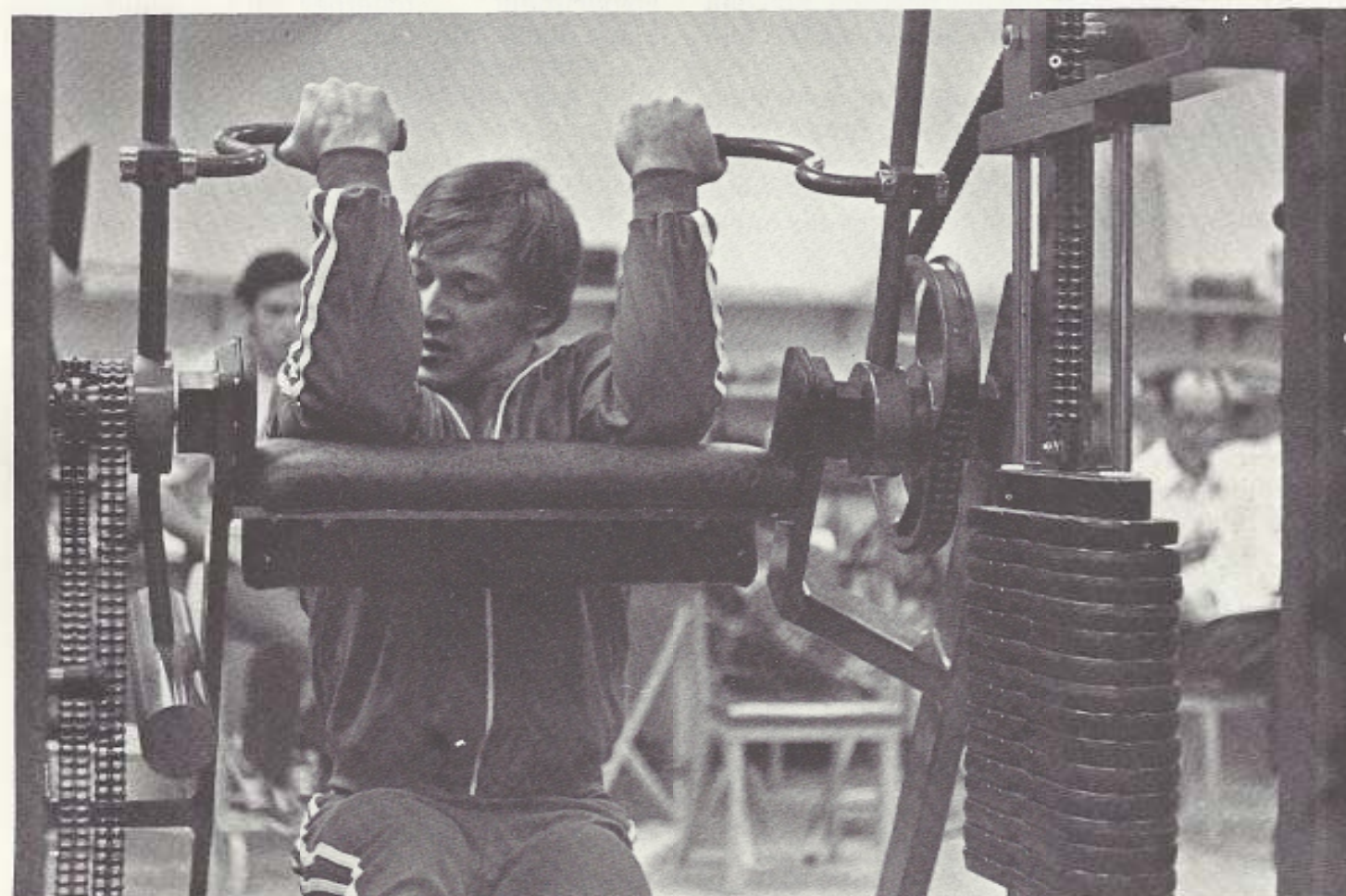
F.O.B. DeLand, Florida. Add \$95 for crating if machine must be shipped by commercial truck line. 4 per cent state tax for Florida residents or if machine is picked-up in Florida by out-of-state customers.

**NAUTILUS  
SPORTS/MEDICAL INDUSTRIES**  
P.O. Box 1783 DeLand, Florida 32720  
Phone area code 904 228-2884





**One of the Denver Broncos uses a new Nautilus Omni Curl Machine during the Colorado Experiment.**





**NEW . . .**

## **FROM NAUTILUS**

# **Nautilus Super OMNI Machines**

This is the first public announcement of a totally new concept in exercise equipment . . . the OMNI series of machines by Nautilus.

The word OMNI literally means "all" . . . and no better name could be selected for this series of machines. For the first time in the history of exercise, it is possible to use ALL TYPES of training with the same piece of equipment.

With these machines, exercises can be performed in five different ways . . .

- 1 In a "normal" fashion, where positive work is performed while the weight is being raised . . . and negative work is performed while the weight is lowered.
- 2 OR . . . the weight can be raised without involving the muscles being exercised at all. In this style of training, the work is entirely "negative" for the muscles being exercised.
- 3 OR . . . the weight can be raised by the muscles being exercised, and then lowered without involving these muscles at all. In this style of training, the exercise is "positive" only.
- 4 OR . . . the weight can be raised using both arms, and then lowered using only one arm. In this style of training the "negative" part of the work is accentuated, but the positive work is still involved.
- 5 OR . . . a "maximum resistance" style of training can be performed where both the positive and negative parts of the movement are performed against MAXIMUM POSSIBLE resistance. Each positive ("upwards") movement is against the maximum resistance that you are capable of handling at that moment . . . then, the weight is immediately lowered while resisting a far heavier weight during the negative part of the movement. Thus you are encountering maximum resistance during both parts of every repetition . . . and the resistance is always exactly right during immediately following repetitions. You can perform six, eight, ten, or almost any possible number of repetitions as rapidly as desired . . . without pause between repetitions, without help, and without any sort of adjustment between repetitions.

Five of these new OMNI machines were used in the Colorado Experiment . . . and have been used since then in our new training facility in Lake Helen, Florida; primarily for the training of professional football players and other athletes. Dick Butkus of the Chicago Bears Professional Football team trained on these machines during part of the Colorado Experiment, and then for a period of several weeks in Florida.

Because of the amount of weight that can be used during the "negative" movements, these machines are unavoidably large and VERY HEAVY-DUTY throughout . . . with large, built-in, selectorized weight-stacks, very long "strokes" (movement range of the weight), double chain drive with a chain test,



**Casey Viator performing an exercise in the new Nautilus Omni Triceps Machine during the Colorado Experiment, while Dr. Elliott Plese looks on.**

frameworks. In short, these machines are built to "take it" . . . literally the heaviest-possible use, as they must be for very heavy exercises of this nature.

However, designed in "sleeving" is incorporated into this entire series of machines . . . so they will easily pass through the smallest door. And the design is such that little if any more working room is required than the space needed for a normal machine . . . in short, they are built in an almost unbelievably rugged manner, but they are not so big that they require a lot of space.

Nautilus Super OMNI Curl Machine . . . . .	\$1,580
Nautilus Super OMNI Triceps Machine . . .	\$1,645
Nautilus Super "multi exercise" OMNI Machine . . . . .	\$1,865
Nautilus Super OMNI Back Machine . . . . .	\$1,955
Nautilus Super OMNI Shoulder Machine . .	\$2,165
Nautilus Super OMNI Chest Machine . . . . .	\$2,480

Prices F.O.B. DeLand, Florida . . . picked up at factory, uncrated. If shipment must be made by commercial truck line, then machines must be entirely crated in heavy wooden crates and an additional crating charge of \$85. must be made for each machine. Florida residents or customers from out of state who pick up machines at the factory must add 4 per cent state sales tax.

Because these machines have not been previously announced, we do not yet have a heavy back-log of orders . . . so the first customers will get delivery in four to six weeks; after which, orders will be on a strict "first come, first served" basis.

Terms . . . 50 per cent with order and balance prior to shipment, or full payment with order.

### **NAUTILUS SPORTS/MEDICAL INDUSTRIES**

P.O. Box 1783, DeLand, Florida 32720  
Phone (area code 904) 218-2884

**YES . . . the OMNI series of Nautilus Machines have the exclusive Nautilus features of FULL-RANGE MOVEMENT . . . DIRECT RESISTANCE . . . AUTOMATICALLY-VARIABLE RESISTANCE . . . ROTARY-FORM MOVEMENT . . . and the other revolutionary Nautilus features, plus unmatched**