

Ironman Articles

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Nautilus System Torso Machines

Ironman Advertisement

Using three types of readily-available Nautilus Torso Machines, two cycles of four exercises performed in a total period of less than eight minutes will produce the maximum-possible degree of growth stimulation in the muscular structures involved – in the latissimus, the pectorals, the trapezoids, the abdominals, and in other, smaller muscles. Less than twenty-four minutes of WEEKLY training on these machines will quickly produce results that are literally impossible using any amount of any other type of training equipment.

Three weekly workouts of less than eight minutes each are all that is required – or even desirable: careful tests have shown that three such cycles in each of three weekly workouts almost always results in a condition of “overtraining” – gains will still be produced in most cases, but not as rapidly as the results produced by only two cycles. And in some cases, three or more cycles will bring progress to a halt – or even produce losses.

The machines required for producing such results are the Pullover-type Torso Machine, the Behind-neck type Torso Machine and the Torso/Arm Machine. In a properly-performed cycle, a set of 12 to 20 repetitions is performed in the Pullover-type machine, to the point of failure – immediately followed by a set of 10 to 15 repetitions in the Behind-neck type machine, again to the point of failure – immediately followed by one set of each of two different exercises in the Torso/Arm machine, first a set of “behind-neck pulldowns” and secondly a set of “chinning-grip pulldowns” to the chest, with both sets being carried to the point of failure.

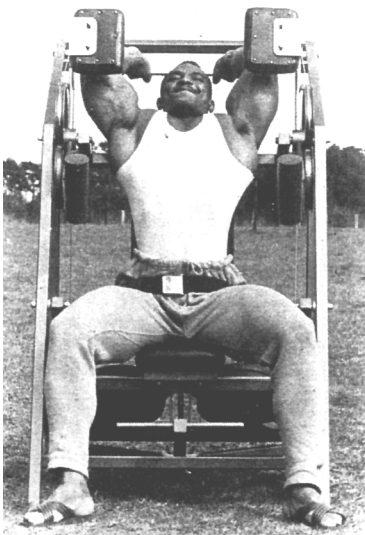
The first set, on the pullover-type machine, works all of the major muscles of the torso over a range-of-movement of as much as 255 degrees (or as much flexibility of the individual subject will permit), against constant, full-range, double-direct, automatically-variable, omni-directional, balanced resistance – and it does so without involving the muscles or strength of the arms, thus the “weak link” of the involvement of arm-strength which is one of the limiting factors of conventional forms of exercises intended for these same torso muscles is totally removed; you are working the torso muscles – which you are trying to do – instead of overworking the arms in largely-wasted efforts to exercise the torso muscles.

The second set of the cycle, on the behind-neck type machine, works the same muscular structures from another angle – over a range-of-movement of approximately 160 degrees; and again you are getting the benefit of all of the revolutionary features of the Nautilus System machines. Even though the previously-used pullover-type machine was used to the point that any amount of additional movement was literally impossible (and it should be used in that fashion), and even

though the set on the behind-neck type machine is started immediately after the set on the pullover machine is finished – it is still possible to work the same muscular structures quite hard; because, in the second machine, you are working the same muscles in a different direction, involving fibers and using strength that could not be used in the first set on the pullover machine.

By the end of the second set, your major torso muscles will be exhausted to a point where additional movement against significant resistance is impossible – so, at that point, you immediately move to the third machine, the Torso/Arm machine; the Torso/Arm machine does involve the strength and the muscles of the arms – and in that respect it is different from the first two machines which do not involve or work the arm muscles. But at that point in the cycle, it is desirable to involve the arms – because it is then necessary to use the strength of the arms to force the torso muscles to work far beyond a point where they would normally fail and refuse to function.

In the first exercise performed on the Torso/Arm machine, “behind-neck pulldowns” are performed using a proper grip, a narrow, parallel grip, and variable resistance is provided by the special Nautilus “double cam” type of spiral pulleys



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– when a point of failure is reached in this first exercise on the Torso/Arm machine, the grip is quickly switched to a “regular chinning” grip, and a second set is immediately performed pulling the bar down in front of the chest.

When no additional amount of movement can be produced, then you have completed one “cycle” – total time about three and a half minutes or less; at which point your latissimus muscles, your pectorals, your trapezoids, your abdominals, your upper-arms, your forearms, and several smaller muscular structures will have been worked in a manner that is utterly impossible to duplicate in any other way in any amount of time.

Most people require only one such cycle in each of three weekly workouts; advanced bodybuilders usually produce best results from two cycles in each of three weekly workouts – and **NOBODY** should **EVER** use more than three cycles in any one workout and in such cases then it would be a very good idea to perform only one or two weekly workouts.

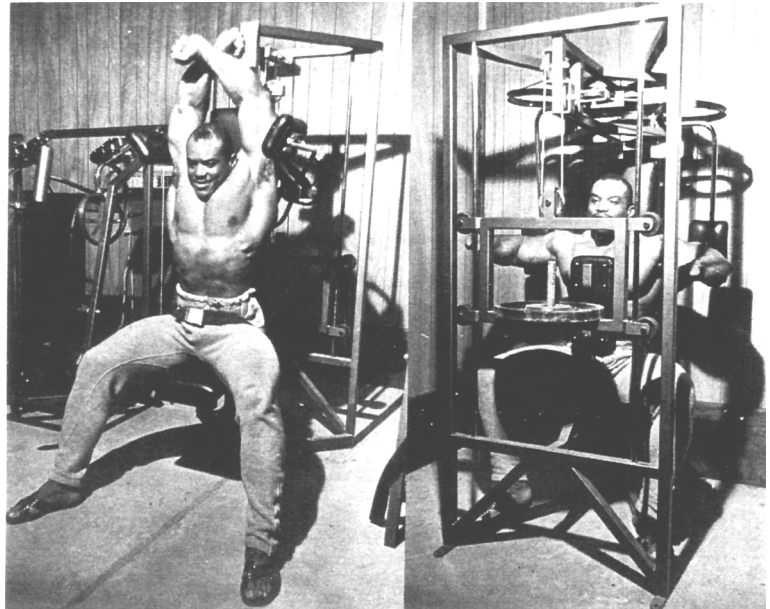
The above description of a “proper” workout is intended to outline the method of use required for maximum-possible results; but even if the machines are used without such “intensity of effort”, very good results will still be produced – but nothing on the order of the results that could have been produced by proper use of the machines.

However, **NOBODY** – regardless of previous training experience or starting “condition” – should attempt to use the machines in the manner described without at least a week of careful “break-in” training; a first hard workout on these machines will produce a state of outright shock in almost anybody –and up to this point, nobody has been able to perform such a hard first workout without literally becoming sick. But after a week or ten days of careful “break-in” training, then almost anybody can use the machines properly – without becoming sick; and for the maximum in possible results, the machines must be used as outlined above. Doing more sets will **NOT** make up for doing the exercises with less intensity – doing the four exercises over a longer period of time (with even very short periods between sets) will **NOT** produce the same degree of results – and changing the order of exercises would gradually reduce the production of results.

We are interested in one thing – building the maximum possible degree of muscular size and strength in the shortest possible elapsed time; in effect, we want to build as much size and strength as we can within a period of one year – or one month. If longer workouts would produce more results over a period of a year, we would use them – but they won’t; if more frequent workouts would produce better results over a period of one year, we would use them – but they won’t; if more sets or more exercises or more of anything in the way of exercise would produce better results over a period of a year, then we would use any such helpful methods or systems of training – **BUT THEY WON’T**.

We did not set out in search of a way to reduce overall weekly training time – but it has undeniably been proven that very brief training is actually a requirement for producing best possible results; but such a situation is certainly a very welcome “side benefit” – even if a totally unexpected one.

Secondly, we were not looking for ways to improve cardiovascular efficiency – but the required fast-pace-of-training and the necessary intensity-of-effort unavoidably produce simply enormous increases in “condition” or “wind”, as well as overall cardiovascular efficiency. So, again, a very valuable “side benefit” is produced – even if, as happened in this case, totally by accident. But while it may be true – and it is true – that these welcome “side benefits” of great



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Boyer Coe in Compound Machine

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improvements in cardiovascular efficiency and enormous savings in required training time were accidental by-products by the type of training that is required for producing maximum results in the way of muscular size and strength, it should be clearly understood that these results are the only thing “accidental” about these machines; the pullover-type machine uses one “shape” of cam (or spiral pulley), the behind-neck type machine uses an almost entirely different shape of cam, and the Torso/Arm machine uses a special “double cam” – such drastically different shapes being absolute requirements for producing good results.

In short, the machines **MUST BE** a combination of many things – they must be practical applications of clearly understood physical principles; and if you think that “exact shape”, for example, is of little or no importance – then just shave as little as 1% off one side of one of the tires on your car, and then see what happens when you try to drive it. Or notice – the next time you fly – what an actually tiny deflection of a control surface is required to roll an airplane onto its back. Or try misdirecting a heavy bullet aimed at an elephant’s brain by as little as a quarter of an inch – as a friend of mine did a few minutes before we gathered him up out of several nearby trees.

Nautilus machines are “right” – as exactly right as the combined effects of a giant computer and the brains of the people who discovered and applied the involved principles can make them; insofar as function is concerned, they are literally beyond improvement – any slightest change would destroy all or most of their value. As a tool for building muscular size and strength, they are beyond compare – but like any tool, they should be used properly.