
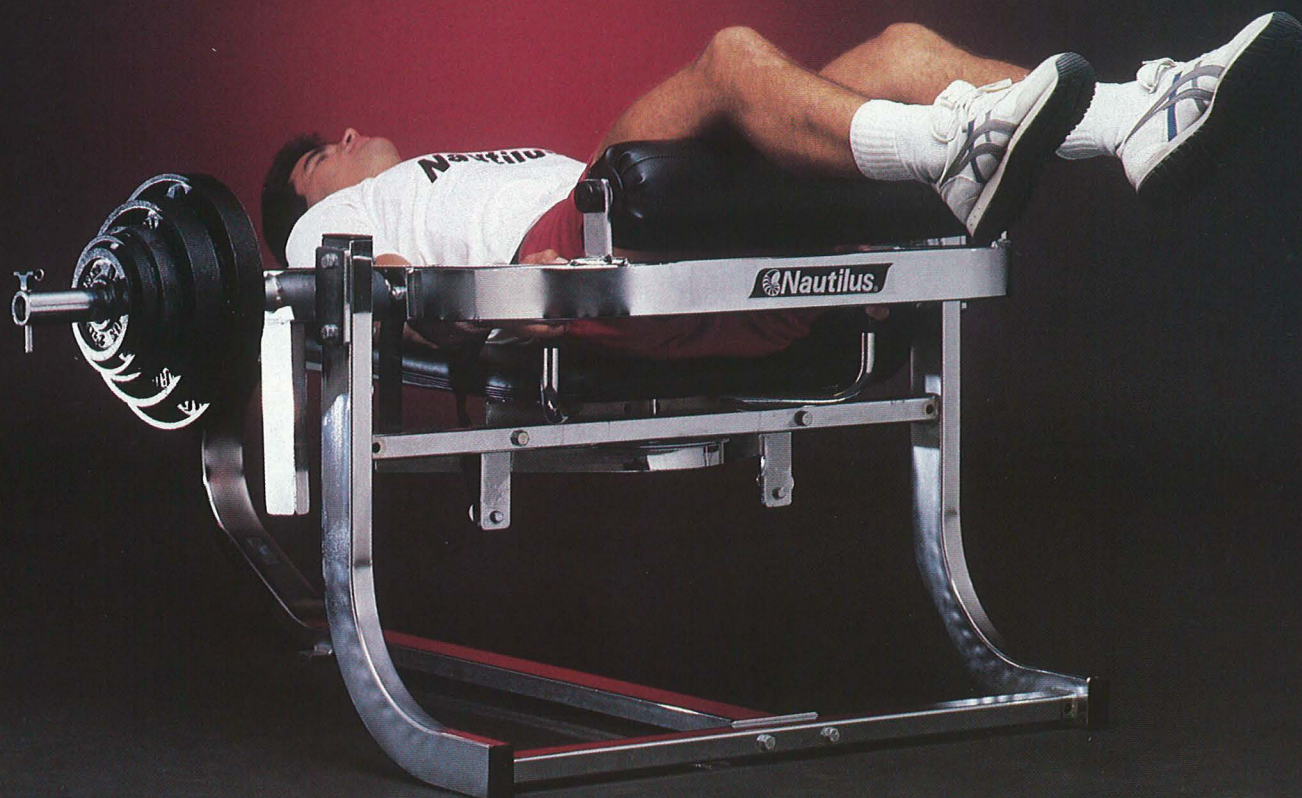




LEVERAGE
MACHINES
by  **Nautilus**



The forceful extension of the hip is controlled by the largest and strongest muscles of the body, the gluteus maximus. Running, jumping or any movement that requires intensive pushing with the legs, is made possible with these muscles.

The NAUTILUS HIP and BACK machine isolates and strengthens the gluteus maximus and erector spinae, the primary muscles of the buttocks and lower back. By placing the movement arm and the hip joint on a common axis, direct, variable resistance is applied to the rear of the thighs. This direct resistance is a key element in the rapid development of these muscle groups.

Women are frequently concerned with overly fat hips. Although this condition is usually the result of an inherited tendency to store fat on the backside, the condition can usually be improved with the proper combination of diet and exercise on the NAUTILUS HIP and BACK machine.

HIP & BACK EXERCISE MACHINE



Strengthening the legs not only improves an athlete's performance in any running or jumping activity, but also reduces the likelihood of injury. Powerful quadriceps and hamstrings provide a tripod effect around the knee and offer the first line of defense for the most critical and most vulnerable part of the leg.

The unique design of the NAUTILUS LEG PRESS produces an upward-sloping resistance curve, nearly identical to the ideal strength curve developed by the muscles used in this movement. This varying load continuously provides the right amount of resistance so that the muscles are worked to their maximum through the full range of motion.

Traditional exercise equipment such as hip sleds and barbells can cause significant spinal loading because the resistance is always applied to the shoulders. By utilizing a seated position designed to reduce spinal loading, the NAUTILUS LEG PRESS is not only more effective, but it is more comfortable to use.

LEG PRESS EXERCISE MACHINE

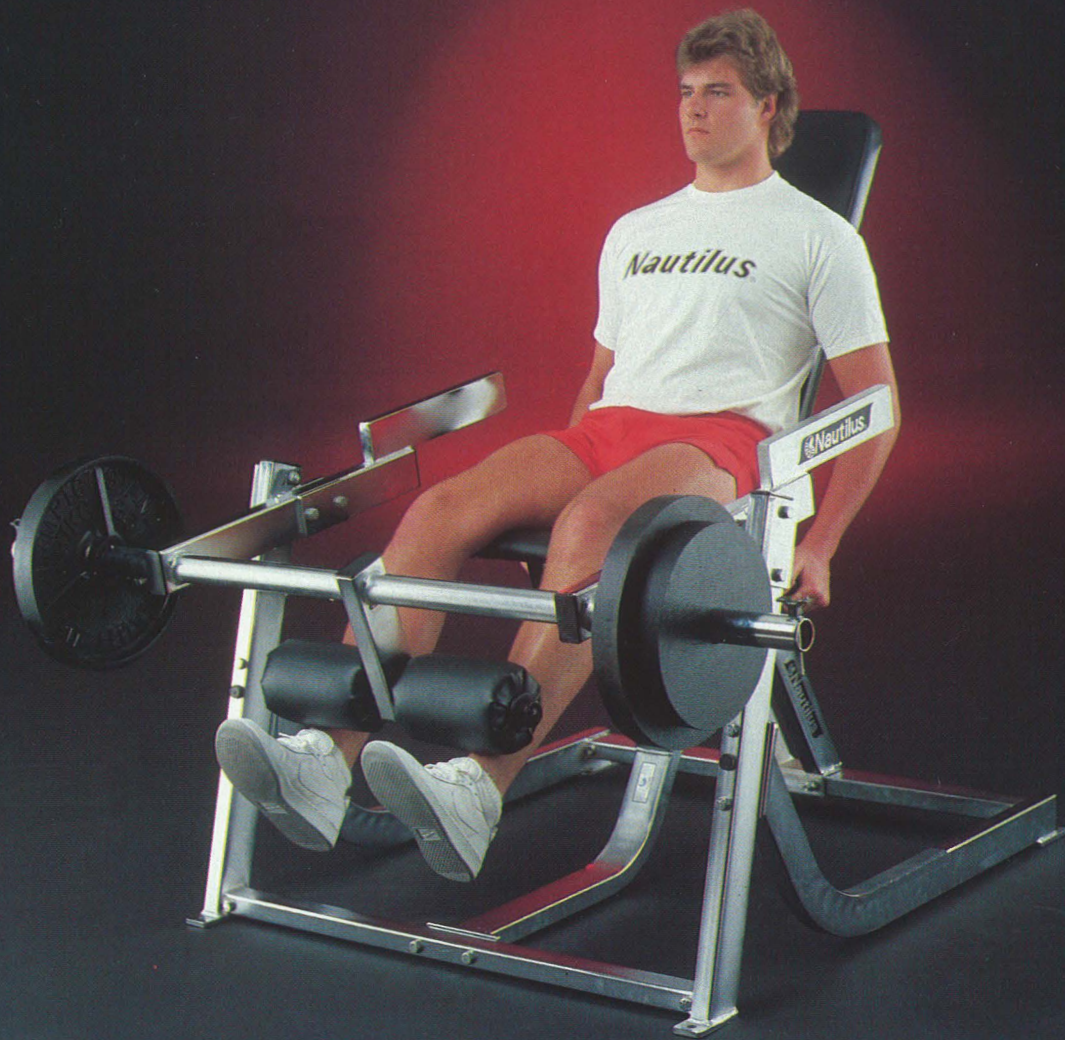


Three major muscle groups contribute to the stability of the knee. Of these, one of the most important groups is located in the back of the thigh. Consisting of three separate muscles, which are collectively known as the hamstrings, their primary function is to flex the lower leg on the thigh. Besides protecting the knee from injury, the hamstrings are important to running, jumping, and when properly conditioned, also contribute to the cosmetic appearance of the back of the thigh.

The NAUTILUS LEG CURL provides direct, variable, rotary resistance to the hamstrings muscles. Again, like all NAUTILUS LEVERAGE MACHINES, the LEG CURL produces a resistance curve that closely approximates the potential strength curve of the muscles used in this movement.

When properly used, the NAUTILUS LEG CURL, LEG EXTENSION and LEG PRESS machines will assure that the maximum strength potential of the lower body is achieved.

LEG CURL EXERCISE MACHINE



Another important group of muscles that bolster and safeguard the knee are the quadriceps, located in the front of the thigh. Their primary purpose is to rotate the lower leg about the knee joint, extending and straightening the leg. Strong quadriceps are of tremendous benefit in running, jumping, kicking, or any other activity where the legs are used extensively.

The NAUTILUS LEG EXTENSION machine is designed to provide direct exercise for the quadriceps. By offsetting the leg pads from the plate bar, the resistance curve produced is closely matched to the potential strength curve of the quadriceps, in the leg extension movement.

The reclined, Naugahyde covered seat is designed to utilize fully the upper body weight to secure the athlete in the machine during the exercise. Covered hand grips located on each side of the seat assist in maintaining proper body position at all times.

LEG EXTENSION EXERCISE MACHINE



A strong upper body is important, not only to appearance, but to success in athletics. The muscles of the chest and shoulders, for example, are used to throw a ball, to swing a bat or a tennis racquet, and in activities like swimming and gymnastics.

The NAUTILUS DOUBLE PRESS is a dual-purpose training tool; first, for developing the muscles of the chest (cover photo), and second, as an exercise for the muscles of the shoulders (above). The specially designed dual position movement arm and seat can easily be adjusted to provide the proper body position for both exercises. The seat height is also adjustable to handle various torso lengths.

In both the chest and shoulder positions, the NAUTILUS DOUBLE PRESS provides smooth, variable resistance for those important muscles of the upper body, namely, the deltoids, pectoralis major, triceps and trapezius.

DOUBLE PRESS EXERCISE MACHINE



Although there are a number of muscles that surround the chest area, the pectoralis major is the most important. One end of this muscle is attached to the sternum and the other end to the front of the upper arm. When these large, fan-shaped muscles contract, they move the upper arms across the torso.

The NAUTILUS 10° CHEST is designed to isolate the pectoralis major by providing direct, variable, rotary resistance to the upper arm. Conventional exercises for the chest are dependent on the strength of the triceps muscles. The unique design of the NAUTILUS 10° CHEST places the resistance on the elbows, rather than on the hands, thus by-passing the weaker muscles of the upper arms.

By using the NAUTILUS 10° CHEST to pre-exhaust the pectorals, followed by a multiple joint movement such as the NAUTILUS DOUBLE PRESS (chest position) or the dip, thorough and efficient stimulation of the chest muscles can be achieved.

10° CHEST EXERCISE MACHINE

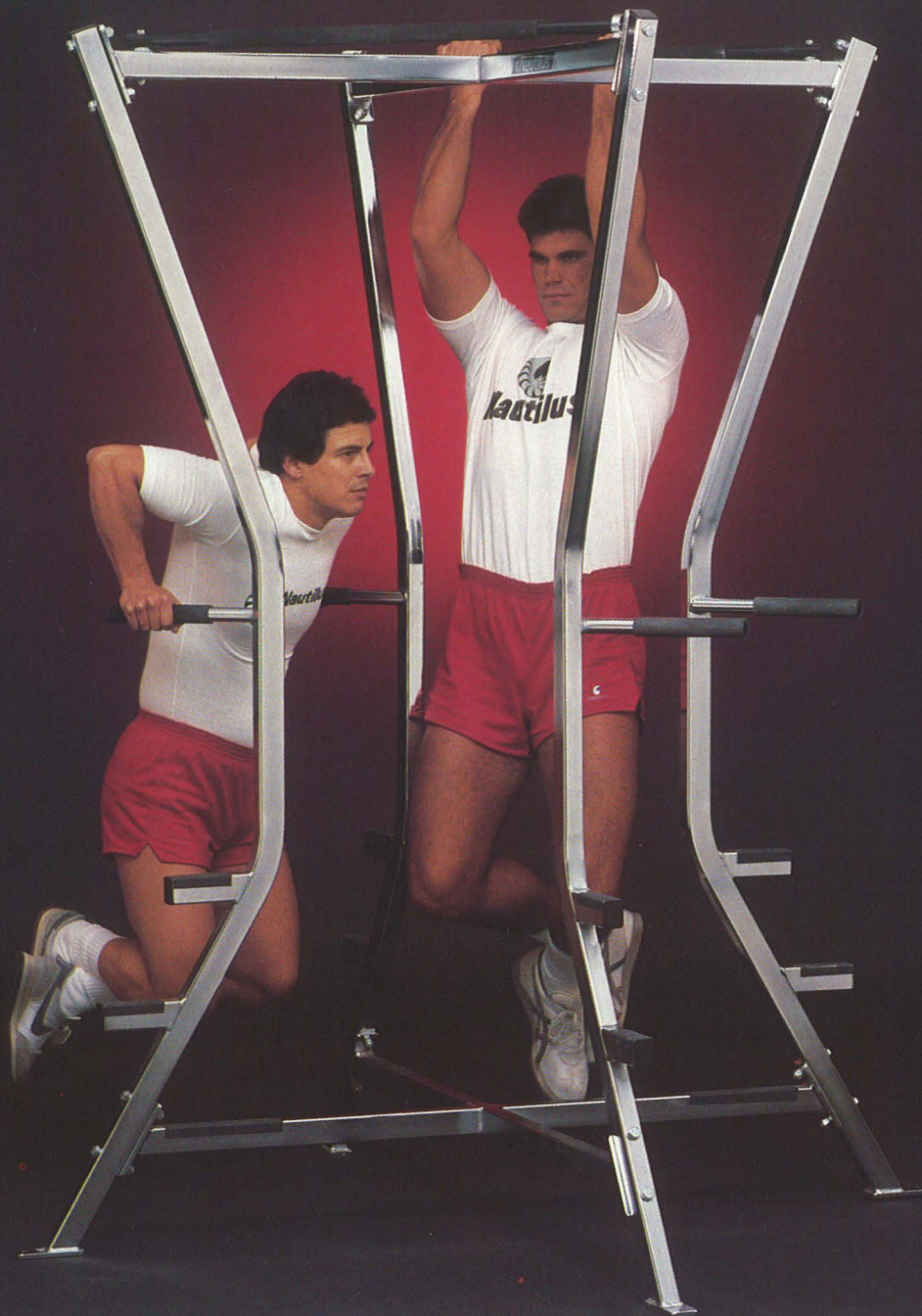


The largest and strongest muscles of the upper body are the latissimus dorsi. These muscles join to the lower part of the spine and sweep up to the armpit, where they are inserted into the upper arm bone. When the latissimus dorsi muscles contract they move the upper arms around the shoulder axes.

The NAUTILUS ROWING TORSO machine is designed to exercise the latissimus dorsi, along with the biceps, posterior deltoids and scapular stabilizers. The contoured chest pad secures the athlete's upper body in the machine allowing the rowing exercise to be performed through the greatest possible range of motion.

The handles of the NAUTILUS ROWING TORSO are padded for a firm, comfortable grip. Varying arm and torso length is accommodated by the dual-position handle bars and adjustable seat.

ROWING TORSO EXERCISE MACHINE

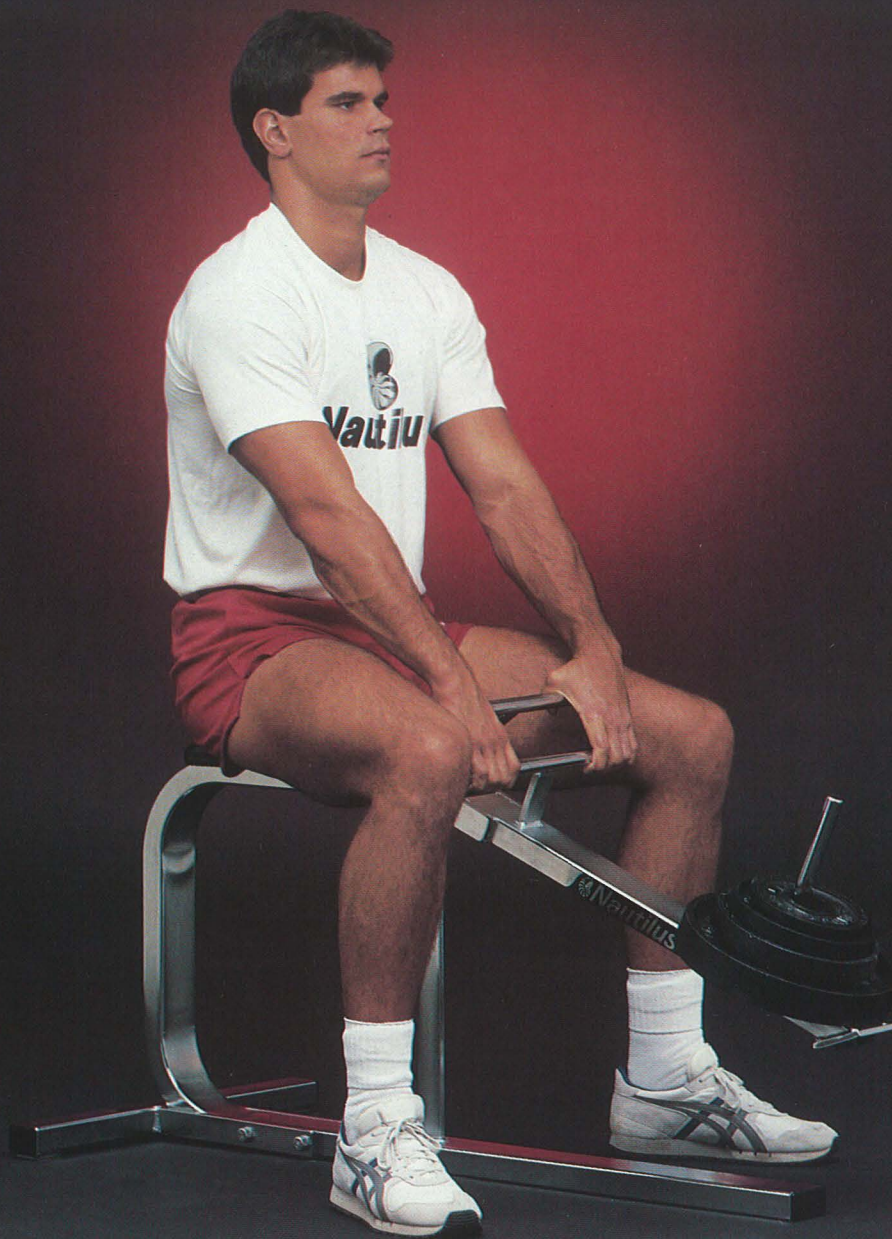


The new four-position CHIN-DIP STATION from NAUTILUS allows athletes to perform two of the most productive and important exercises for the upper body.

The pull-up strengthens the biceps and the large muscles of the upper back, while the parallel dip strengthens the triceps, the pectoralis major of the chest and the anterior deltoids. When preceded by a rotary movement exercise, both the pull-up and dip provide thorough and efficient stimulation of the upper body muscles.

The NAUTILUS CHIN-DIP STATION features a stable, free-standing frame with two stations for dips and two for chins, plus graduated steps to allow training in a negative-only fashion. All handle bars are padded for a firm, comfortable grip. The frame disassembles quickly for easy storage.

CHIN DIP STATION EXERCISE MACHINE



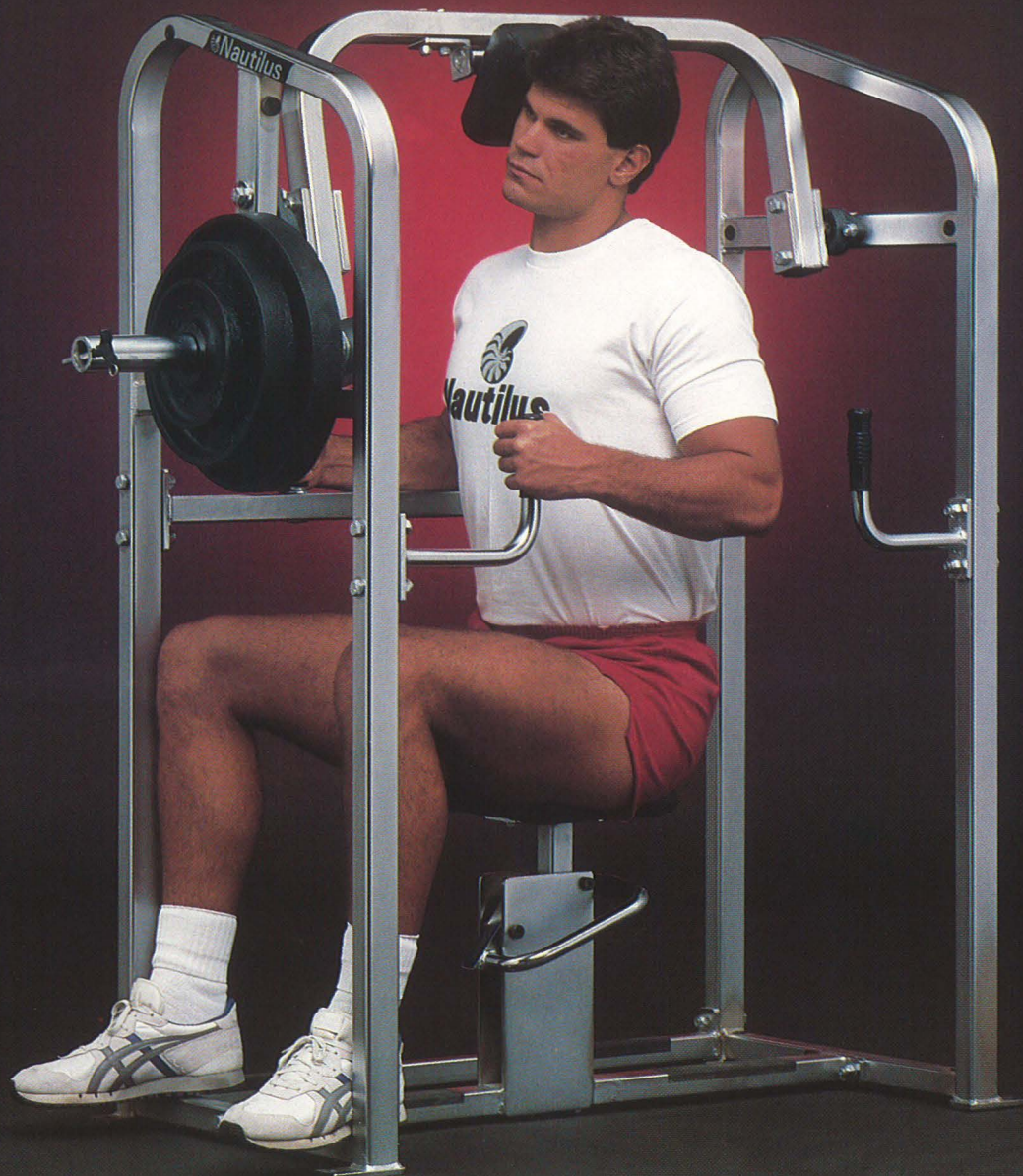
Powerful forearms are essential for a firm grip and to succeed in sports like baseball, wrestling, gymnastics and tennis. It is the forearm muscles that make it possible to throw or catch a ball and they provide the first line of defense against injury to the wrist.

The forearms and hands are very complex structures. Of the more than thirty muscles that control the motion of the hand and fingers, twenty originate about the forearm.

Traditional exercises for the forearm, such as the wrist curl, provide strengthening primarily for the wrist flexors but offer little meaningful overload for the finger flexors. And, while the forearm is actually composed of many different muscle groups, the finger flexors make up the majority of muscle mass.

The unique design of the NAUTILUS GRIPPER provides exercise which quickly strengthens the largest muscle groups of the forearm and the flexor muscles within the hand itself.

GRIPPER EXERCISE MACHINE



Most strength-training programs do little, or nothing, for the neck; yet few parts of the body are more important. A strong neck acts as a shock absorber, reducing the likelihood of injury to the head, shoulders and to the spinal cord. Increasing the size and strength of the neck helps the cervical spine withstand the tremendous forces created during such violent actions as blocking and tackling in football, and bridging in wrestling.

The NAUTILUS 4-WAY NECK provides direct, variable, rotary resistance to the neck's primary functions: anterior flexion, posterior extension, and lateral contraction to the left and right. A contoured pad keeps the head in a safe, comfortable position during each of the four exercises.

Because the neck muscles are typically in very poor condition, the growth induced by the NAUTILUS 4-WAY NECK machine is usually very rapid and quite dramatic. Therefore, development of the neck muscles is not a matter of months, but a few weeks.

4-WAY NECK EXERCISE MACHINE



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