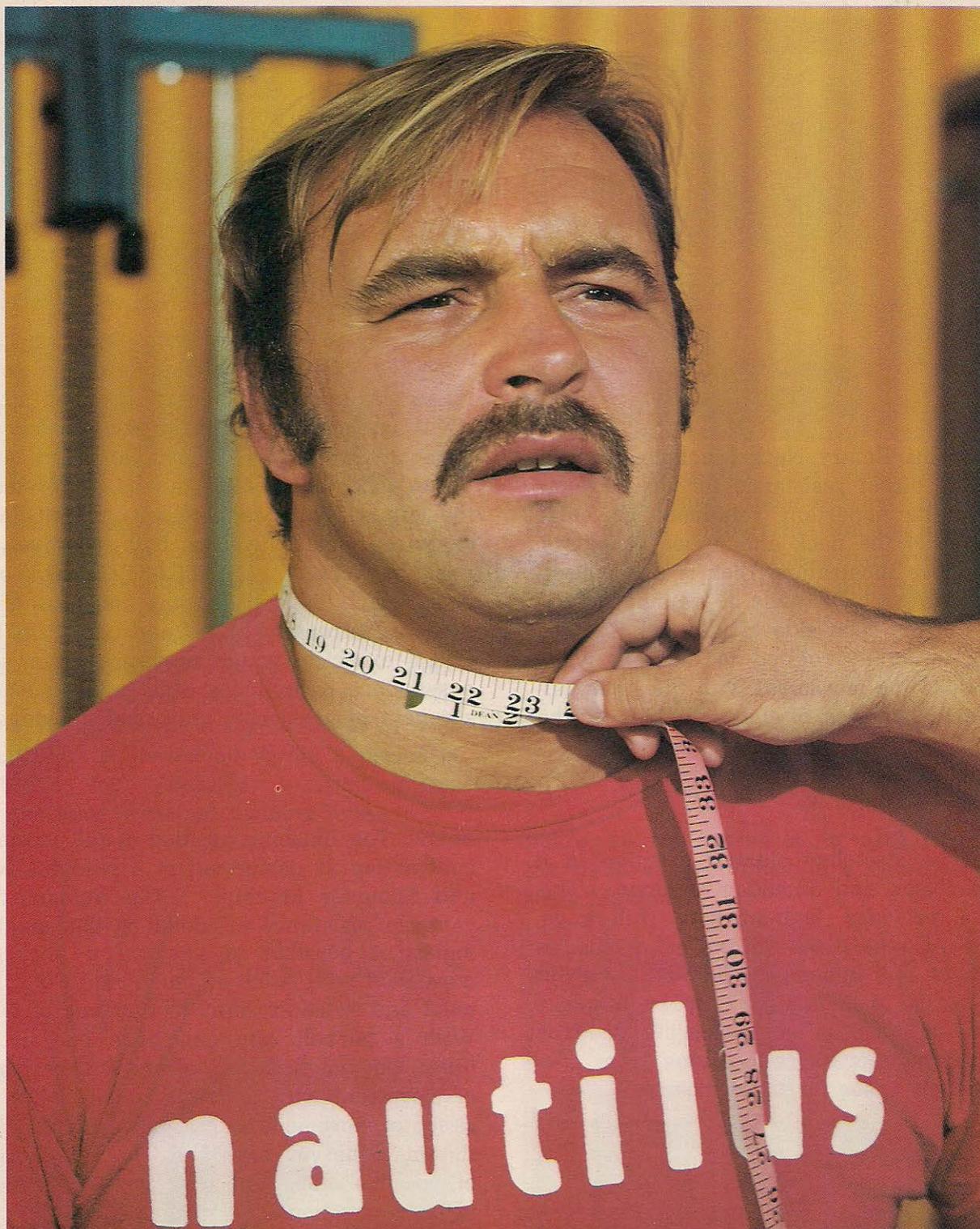


Dick Butkus immediately before the start of a very brief but high-intensity workout on three Nautilus neck machines . . . the 4-way Neck Machine, the Rotary Neck Machine, and the Neck and Shoulder Machine. These three Nautilus machines provide exercises for all seven of the basic functions of the neck . . . (1) posterior extension . . . (2) anterior flexion . . . (3) lateral flexion to the right . . . (4) lateral flexion to the left . . . (5) rotation to the right . . . (6) rotation to the left . . . and (7) elevation of the shoulders.

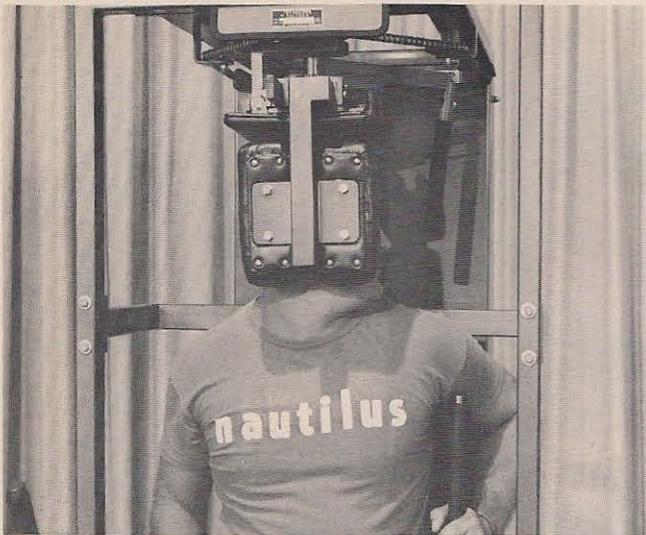


Exactly five minutes later. Dick after performing seven brief exercises in the three Nautilus neck machines. While temporary, the enormous degree of muscular "pump" produced by these exercises is clear proof of their effectiveness. In a recently conducted research program, eighteen subjects increased their neck strength an average of more than 91% as a result of only twelve brief workouts performed over a period of six weeks.

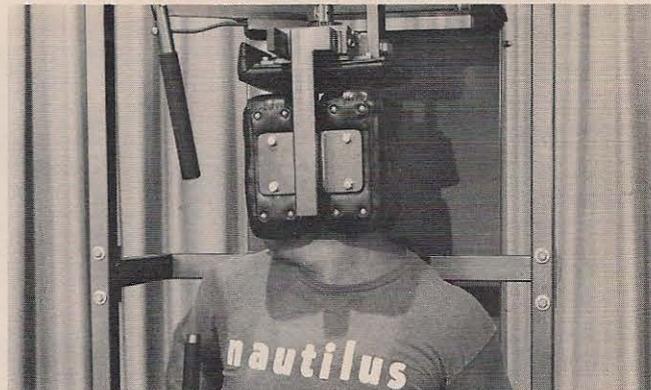
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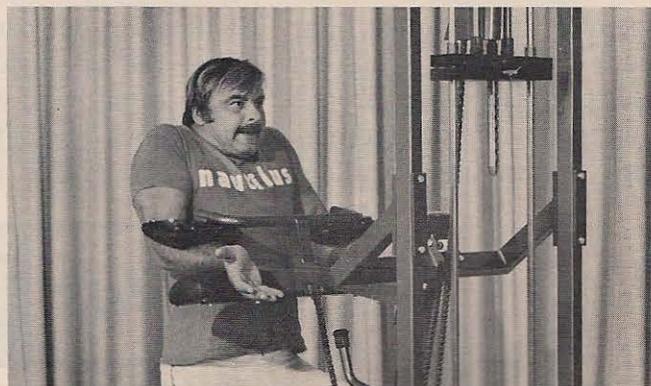
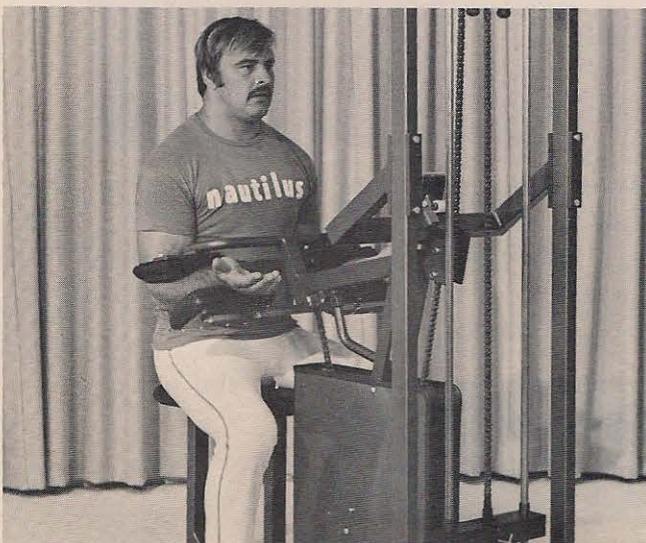
The Nautilus Rotary Neck Machine provides full-range, direct resistance for the development of the important rotational muscular structures of the neck and upper shoulders. In the above illustration, Dick is demonstrating a "negative only" style of training for the muscles of the right side of the neck . . . the head is forcefully rotated to the left, while Dick resists the movement with the potentially powerful muscles of the right side of the neck.

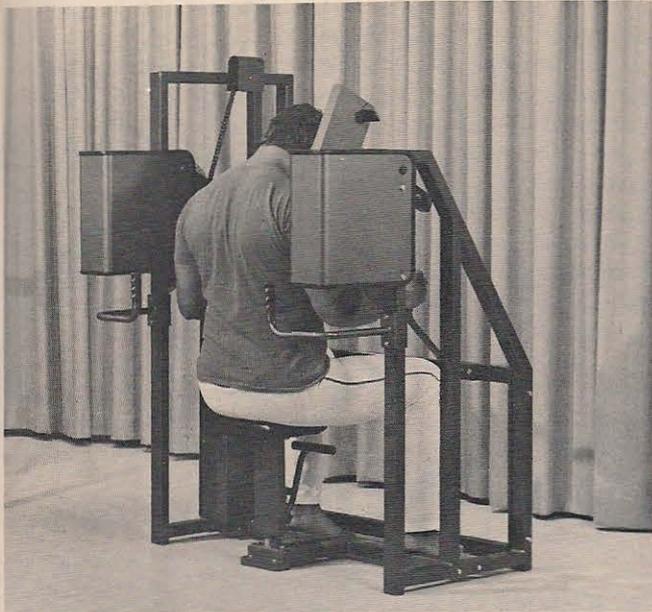


In the above illustration, Dick demonstrates a "positive only" style of training in the Rotary Neck Machine . . . turning his head to the right against resistance imposed firmly but comfortably by the adjustable head pads. Three styles of training can be performed in the Rotary Neck Machine . . . (1) NORMAL exercise, which involves both positive and negative work . . . (2) NEGATIVE ONLY exercise, which is best for the purpose of increasing strength . . . and (3) POSITIVE ONLY exercise, which is desirable in some cases since it produces little or no muscular soreness in previously untrained individuals.

**Below:** The stretched starting position in a Nautilus Neck and Shoulder Machine. This machine provides high-intensity, full-range, variable resistance for the powerful muscles of the neck and upper shoulders . . . without the necessity to maintain a grip on a heavy bar, and without the headaches produced by the high blood pressure resulting from conventional exercises for these muscles.

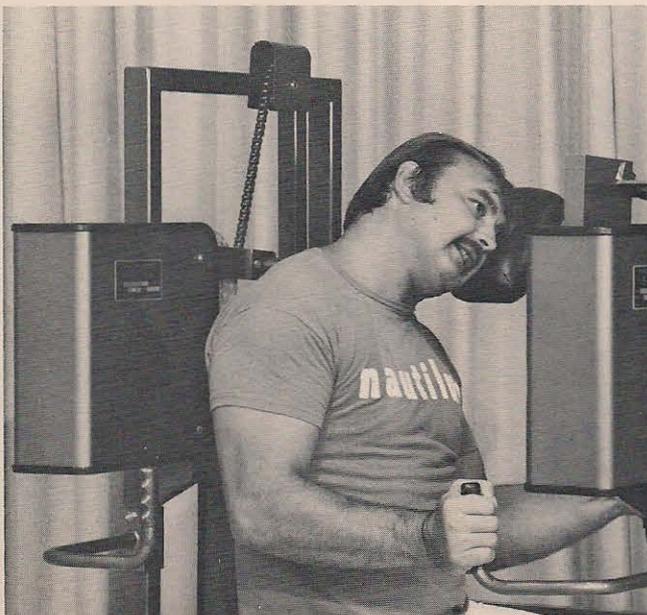
**Below:** The finishing position of full muscular contraction as performed in a Nautilus Neck and Shoulder Machine. The automatically variable resistance provided by this machine makes it possible to perform a shrugging movement with twice as much range of movement and twice as many foot-pounds of work. With a barbell, you can have one or the other, but not both . . . either a short range of movement with a heavy weight, or a full range of movement with a light weight. With this machine you have both . . . a full range of possible movement with heavy resistance in every position.





The contracted position of the anterior flexion exercise as performed in the Nautilus 4-way Neck Machine. One set of approximately twelve repetitions of each of the four exercises provided by this machine should be performed two or three times weekly. Additional training is neither necessary nor desirable . . . and large scale increases in neck strength can be produced within a period of as little as four weeks, as a result of less than one hour of actual training time.

**Below:** Lateral flexion of the neck muscles to the left, as performed in a Nautilus 4-way Neck Machine.



The Nautilus 4-way Neck Machine provides direct, full-range, automatically variable resistance and enables the athlete to perform four of the seven exercises that are required for full development of the important muscles of the neck. In the above illustration, Dick Butkus demonstrates the contracted position of the posterior extension exercise provided by this machine.

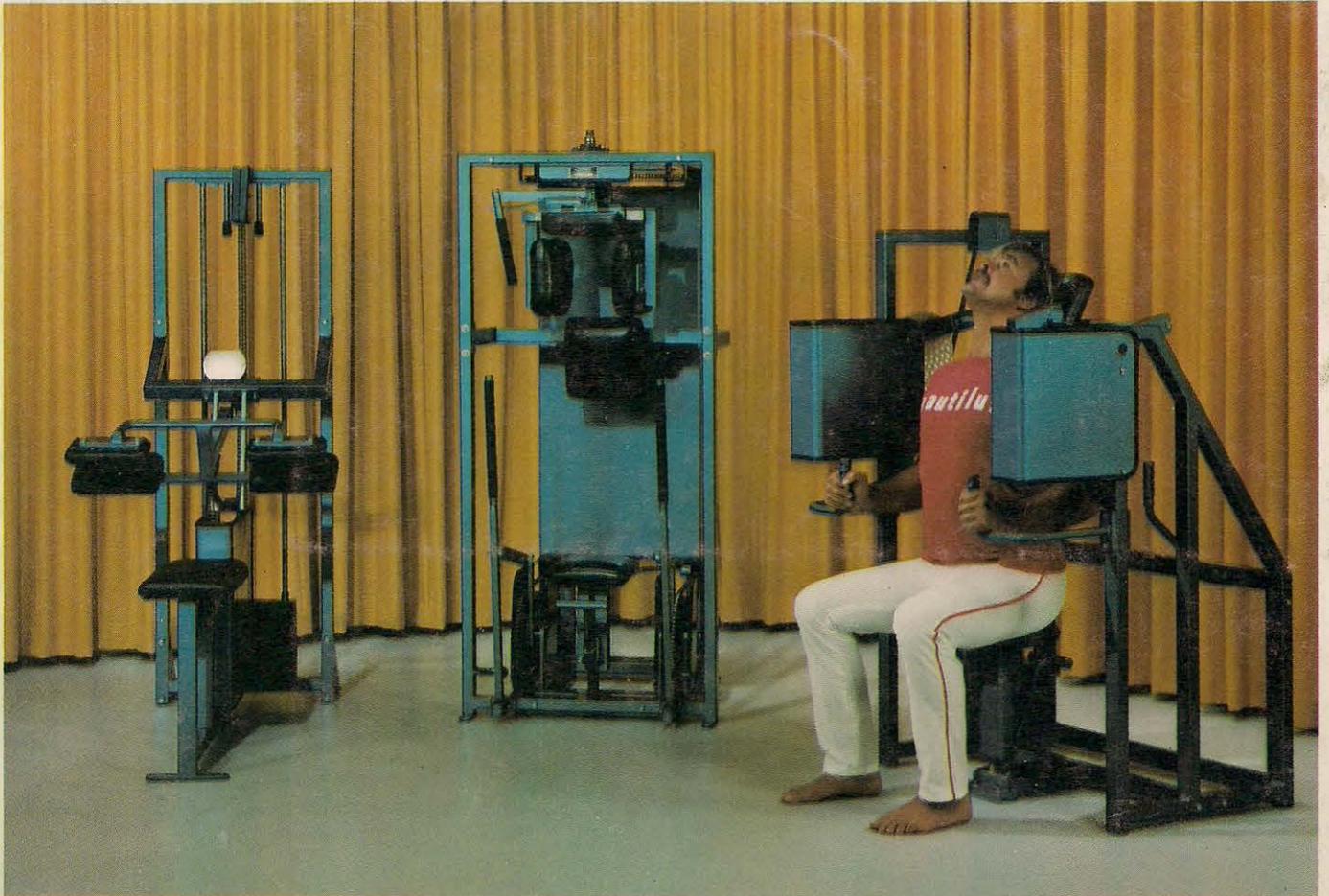
**Below:** Lateral flexion of the neck muscles to the right, as performed in a Nautilus 4-way Neck Machine.



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The Nautilus Neck and Shoulder Machine, Rotary Neck Machine and 4-way Neck Machine.

*An average increase in neck strength of 91.92% was produced in six weeks, as a result of only twelve brief workouts performed on the three Nautilus Neck Machines pictured above. Used in combination, these three machines provide full-range exercise for all seven of the functions of the neck muscles.*

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