

# **Nautilus Bulletin #1**

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## The Next Step

Using existing types of Nautilus equipment, the most productive routine that we have encountered up to this point requires approximately four minutes of training time to work most of the muscular structures of the upper torso; starting from scratch with a "cold" subject, four exercises are performed in rapid succession – (1) a set of 15 to 20 repetitions on a Pullover-type Torso Machine, (2) a set of 12 to 15 repetitions on a Behind-Neck type Torso Machine, (3) a set of 10 repetitions on a Torso/Arm Machine, pulling the bar to a behind-neck position, and (4) a set of 10 repetitions on the same machine but using a reverse grip, this time pulling the bar to the chest.

The indicated number of repetitions are merely a "guide figure," in practice, a weight should be selected that will permit approximately that number of full repetitions; but then the subject should perform as many repetitions as possible – counting only the full repetitions but continuing with partial movements until it is literally impossible to move the resistance even slightly in any position. Then, when the above indicated number of full repetitions become possible, the resistance should be increased.

The first set, on the pullover-type machine, heavily works the major muscular structures of the upper back and chest over a range of movement of approximately 240 degrees – but the arms are not worked at all, or at least not to a measurable degree; the second set, on the behind-neck type machine, works most of the same muscular structures – but from another angle, in another direction, this time over a range of movement of about 160 degrees. At the end of the second set, the muscles of the upper torso have been worked very hard – far harder than it is possible to work them in any other manner – but the arms are still fresh and strong; thus, for a very brief period, the arms are actually stronger than the torso muscles – a situation has been created (a fleetingly temporary condition that exists for a matter of only a very few seconds) that is the exact reverse of the normal situation.

Normally, the arms are weaker than the torso muscles – and you fail in torso exercises when the arms become exhausted; but now you have reversed that situation – and while it exists, while the arms are actually stronger than the torso muscles, you take advantage of this condition and put it to very good use.

The third set – on the torso/arm machine – is performed instantly after the completion of the second set; in this machine you ARE using the arms –using their strength to enable you to work the torso muscles even harder than they have already been worked by the preceding two sets.

In the fourth set – performed on the same machine but using a different movement – you are again taking advantage of the unbalanced strength relationship; by the end of this last set, the latissimus group of muscles, the upper pectorals, the abdominals, the trapezoids, and several smaller muscular structures will have been worked almost literally "into the ground" – and the bending muscles of the arms will have been worked quite heavily as well. Within a period of about four minutes, you will produce a condition that is literally impossible to produce in any other fashion – regardless of the number of exercises practiced or the number of sets performed, or the amount of time devoted to any other type of training; the degree of "pump" produced throughout the upper torso must literally be experienced to be believed – and regardless of your condition or previous training experience, the first such cycle will leave you in a state of near-shock, and the resulting degree of muscular soreness will be almost crippling.

## The Arthur Jones Collection

Performing the same four-exercise cycle at a slower pace – or with rest periods between the different exercises – will NOT produce the same degree of results; but such a pace – and intensity – of work should not be undertaken right from the start of training on the new equipment, a careful break-in period of about a week should precede any really hard work on this equipment. During that first week of break-in training, five consecutive workouts should be performed – at a much slower pace than that indicated above; with only one such cycle in each workout.

Later, two such cycles should be performed in each of three weekly workouts – a total weekly training time for that section of the body of only about twenty-four minutes (two cycles of four minutes each times three weekly workouts = :24); and when performed in the proper manner described above, such brief training will produce far more results than any amount of any other type of training for the same muscular structures.

Additional training over-and-above the amount indicated above will almost always REDUCE the production of results; and in many cases only one such cycle is all that is required in each of three weekly workouts – or two such cycles in each of two weekly workouts.

Other existing types of Nautilus equipment will produce very similar degrees of results in other areas of the body – in a very brief period of training time; the arms can be worked far better than is otherwise possible, in a period of about twelve minutes, producing a degree of pump that usually exceeds a full inch in the case of a muscular individual – the legs can be worked fully (and for the first time, "properly") in an even briefer period.

The machines that are capable of producing the above described results are available now; there is literally no reasonable basis upon which they can be compared to any previously-existing type of training equipment – they are NOT an improvement in training equipment, they are something new, completely different. Or, at least, they can be – if used properly; but just as owning a set of fine brushes does not make you an artist, it should be clearly understood that these machines merely "make such results possible", they do not remove stupidity, ignorance, or lack of understanding – and they are subject to improper use, like any tool.

The primary value of the machines is solidly based on the simple fact that they "make much HARDER training possible"; and if such harder training is practiced on a brief, irregular basis, then best possible results in any individual case literally MUST be produced – but if the machines are overused, it is just as certain that losses will be produced instead. And if the harder training that these machines provide is not used, then results will not be what they could have been – what they should have been, and what they WOULD have been if the machines had been used properly.

And having gone this far, where do we go from here – what is the next step?

The next step is already well underway; having produced full-range, double-direct, omni-directional, rotary form, automatically variable, balanced resistance, we are now working with the first few models of even more advanced types of machines – the "compound" series of machines, machines that work all of the functions of muscular structures, involving literally 100% of the available muscle fibers.

I will not attempt to explain the functions of these machines – but I will say that they will be even better than our present machines; required training time will be reduced even more – final results will be even better – elapsed (overall) training time will be reduced again. Such machines will NOT replace our present machines – just as the currently available machines have not replaced barbells; and in any case, all of the new series of compound machines will not be available for at least several years – but they are coming.