



Starting position of movement in new Nautilus Compound-position Triceps Machine.



Finishing position in Nautilus Compound-position Triceps Machine.

# NEW ... from Nautilus

## COMPOUND-POSITION ARM MACHINES

Already in use at Andy Gropp's Adam and Eve Spa in Trenton, New Jersey — at Scott Cooper's Nautilus Gym in Coral Gables, Florida — at Red Lerille's Health Studio in Lafayette, Louisiana — at the House of Shi-Boi in Clearwater, Florida — at Enterprise Sports System in Atlanta, Georgia — at Ron Peters' Nautilus Center in the Los Angeles area — at Ronny

Barnes Health Club in Greensboro, North Carolina — and at many other gyms and health clubs.

New, large, beautifully-made, super deluxe, heavy-duty, chain-driven, selectorized, adjustable COMPOUND-POSITION ARM MACHINES by NAUTILUS offer a number of features never before available in any type of machine.

NAUTILUS COMPOUND-POSITION TRICEPS MACHINE, f.o.b. DeLand (uncrated) \$980. Add \$55. for crating if shipment must be made. Florida residents add 4 per cent state sales tax — no tax on orders shipped out of state by commercial truck line. This is the machine pictured — featuring adjustable seat for exact regulation of "movement-arm to seat" distance, chain drive, automatically-adjustable hand-grips for precise, automatic adjustment of "axis-of-rotation to grip" distance, self-contained, pin-selector, 200 pound weight-stack, quality chromed "movement arms" and "stabilization bar" made from very-heavy 1¼ inch solid cold-rolled steel, new, extra-heavy-duty upholstery material manufactured by U. S. Royal, precision alignment and oil-impregnated bushings for perfectly smooth operation and years of trouble-free use in hard ser-



The new Nautilus Compound-position Triceps Machine.

only to be expected from Nautilus — but what about function, the ability to produce results in the way of muscular size and strength increases? Insofar as “function” is concerned, these machines are beyond compare. They offer all of the revolutionary features of other Nautilus Machines — full-range resistance, double-direct resistance, balanced resistance, automatically-variable resistance, rotary resistance, omni-directional resistance — and they provide these features for the major muscular structures of the arms in the COMPOUND POSITION, the only position in which it is even possible to involve all of the fibers of any muscular structure in any form of exercise. In short, while other Nautilus arm machines are simply beyond comparison to any other form of exercise for the arms, these machines are even better.

They DO take a bit of “getting used to” — and you can reasonably expect for your arms to stay very sore for at least a week after your start using these machines — but you can also expect your arms to grow, and they will if you use the machines right and don't make the mistake of overusing them. These machines will work fibers in your arms that you have never worked before in your life — fibers that can NOT be worked in

last part of this program, these subjects were also taking part in spring training activities.

The top three subjects from one school increased their strength in the thigh extension by an average of 56 percent—the top three from another school increased 61 percent, another similar group increased 33 percent, another increased 36 percent, another increased 53 percent, another increased 33 percent.

For the entire group of 75 subjects, the average increase in strength in the thigh extension was 31.8 percent (thirty-one and eight-tenths percent).

With the average gain for the top three subjects from each school being 45.1 percent—and the best increase being 65 percent, which increase was produced by two subjects.

The above-mentioned training program consisted of one set of each of sixteen different exercises—performed twice weekly; a total-body workout requiring approximately twenty minutes for completion.

So much for what can be done for the strength of the frontal thigh muscles—but of far more importance are the muscles of the hips and back; for which we use the Nautilus Hip and Back Machine—the only exercise device in existence that provides anything even approaching actually productive exercise for these all-important muscular structures, the strongest muscles in the body.

Shown in the “starting” position in picture number 13, and in the “finishing” position in picture number 14, the Nautilus Hip and Back Machine provides full range, double direct, rotary form, omni-directional, automatically variable, balanced resistance, TOTAL RESISTANCE, for the most important muscular structures in the body. For squatting, for running, for jumping, for football—for almost any sport or physical activity—the muscles of the hips and back are the most important muscles in the body; and, up to very recently, they were the most neglected muscles—muscles that were seldom if ever worked hard enough to produce much, if anything, in the way of strength increases.

Now they can be worked properly—and such work cannot be provided in any other manner. Quite simply, the Nautilus Hip and Back machine is the most significant development in the history of exercise.

But what about the muscles of the upper back and torso? Look at picture number 15, the Nautilus Combination Pullover-type Torso Machine and Torso-Arm Machine. A single-station, double-exercise machine for best-possible results in the upper back and torso muscles.

In picture number 16, the subject is shown just after the “starting” position of the pullover movement—in picture number 17, the mid-range of the pullover movement is shown, and in picture number 18, the “finishing” position of

but they must NOT be overused, since NOBODY can properly recover from more than three very-brief weekly workouts on these machines, and most trainees will usually make best gains from only two weekly workouts, short workouts. These machines do not make short workouts POSSIBLE — they make them NECESSARY.

Not shown, but also available now, the Nautilus COMPOUND-POSITION CURLING MACHINES, f.o.b. DeLand (picked up uncrated) \$860. Add \$55. for crating if machines must be shipped. Selectorized, deluxe, chain-driven, compound-position machines for the biceps.

AND — Nautilus COMPOUND-POSITION CURLING and TRICEPS MACHINES, f.o.b. DeLand (uncrated) \$1,740. Add \$65. for crating if shipped.

Above machines must be “sleeved” if they are used in a building with a door less than 42 inches wide. For “sleeving” add \$37.50.

People on the West Coast interested in seeing and trying some of the latest Nautilus Machines can see and try them at the private gym of Don Peters, 10780 San Vicente, Lynwood, Calif. Phone No. 213-638-7058. This is a private gym and does not have memberships but you can see and try the equipment. Hours are from 2 p.m. to 8 p.m.

provides 240 degrees of rotary resistance to the largest muscular structures in the upper torso—the muscles of the back, the chest, and the abdomen. This machine provides a built-in weight stack of 300 pounds with a “stroke” of 36 inches, giving a total of 900 foot-pounds of resistance—with a maximum torque of 250 pounds, as much torque as that produced by most automobile engines.

And ALL OF THIS RESISTANCE is provided directly to the muscles of the torso—without being filtered through the weaker muscular structures of the arms. The arms are NOT involved in the pullover movement to any significant degree, an absolute requirement for properly working the muscles of the torso, a requirement that is NOT provided by any other type of exercise device.

After the pullover movement is carried to the point of exhaustion, the subject IMMEDIATELY starts the next movement, the “pulldown”—this time the subject does use the muscles of the arms, uses them very advantageously to assist the torso muscles to work to a point actually beyond their point of normal failure.

Having been worked to a point of momentary failure, a muscle recovers fifty percent of its expended strength during the first three seconds of rest—thus, in order to fully take advantage of the extremely productive “pre-exhaustion” principle of training, a second movement must be started as soon as possible after the earlier pre-exhaustion movement is completed.

In this machine, the torso muscles are isolated and “pre-exhausted” by the pullover movement, without any significant work for the arms—then, immediately after completing the pullover movement, the “pulldown” is performed using the strength of the arms, thus working the torso muscles to a degree that is literally impossible in any other manner. One “double set” performed in each of two weekly workouts will rapidly build any possible degree of muscular size and strength into these large muscles. And it should be clearly understood that doing “more” such exercise will NOT improve results—such exercise is simply impossible in any other manner, and such exercise must NOT be overdone.

These are the Super Nautilus Machines, mentioned here for the first time in print—but already in use by thousands of trainees, including the football teams of many universities and three professional football teams, the Cincinnati Bengals, the Kansas City Chiefs, and the Atlanta Falcons.

The Universal Machine and similar exercise machines performed an extremely valuable service to all sports by introducing safe, convenient exercise—but now such features can be had in conjunction with RESULTS in a small fraction