
Announcing . . .

A complete new concept of muscle training through use of the most revolutionary new training equipment ever provided for the field of bodybuilding

See this sensationally new and advanced equipment at the Veterans Memorial Auditorium, Culver Blvd. and Overland, Culver City, California on the occasion of the Sr. National Weightlifting Championships, June 13 and 14th. Two of these machines developed by Arthur Jones will be on display with Boyer Coe demonstrating and answering your questions.

Carefully controlled research with these machines indicates that you can develop maximum muscular size and power with about 10% of the usual time expended. You are able to reduce the number of sets and number of workouts.

These special machines, along with new routine systems will give you results several times faster than have been available with conventional barbell equipment and routines. The combination of the new machines and new methods of application will revolutionize the body building field.

If you can't possibly make it to the Sr. Nationals, then watch for new announcements and information in Iron Man and follow the interesting and informative articles by the inventor, Arthur Jones, beginning in this issue of Iron Man.

The new equipment will be available soon through Iron Man Magazine, Boyer Coe, Bill Pearl and Arthur Jones Productions.

Nautilus Training Equipment Available



The New Revolutionary Nautilus Training equipment is now available in limited supply. Up to now we have supplied only schools and research programs but can now supply a few for gyms and private individuals. Eventually this will be available from offices in Florida, Louisiana, Nebraska and California.

Twenty-five applications or stations are finished, but only a few are now in production for a first-come, first-served basis of sale.

The Pullover Torso Machine is now ready. This machine provides full-range, omni-directional, rotary movement, automatically variable, balanced direct resistance for the large muscles of the torso without working the muscles of the arms, and will produce more results on the torso in 8 weeks than years of conventional exercise. For the first time you can work the muscles directly and to the limit of their ability without limitations imposed by weaker, smaller muscles. The weak link in the chain has been removed.

Shipping weight is 400 lbs. Height 70 inches, length 5 feet, width 3 feet.

THE NAUTILUS PULLOVER TORSO MACHINE IS \$590.00 f.o.b. DeLand, Fla.

Other training machines available on the same first-come, first-served basis:

Nautilus System Curling Machine	\$445.00
Nautilus System Combination Curling & Triceps Machine	\$715.00
Nautilus Biceps and Forearm Machine	\$165.00
Nautilus System (single station, dual exercise) Chinning Machine	\$315.00
Nautilus System Arm Machine (incorporating ten exercises for development of the arms)	\$850.00
Nautilus System Torso Machine (four stations, five exercises, incorporating three stations — Behind Neck torso machine, Rowing type Torso machine and single station dual exercise chinning machine)	\$1925.00

For those wanting to train on this equipment in the best equipped gym anywhere, consider training at the DeLand Public High School under the direction of Coach Bill Bradford, in a special adult education program. The cost is only \$5.00 per year plus, of course, your living costs.

Also available, a new book on the Nautilus System equip-

ment. Write to address below.

Also order Bulletin No. 1. This is a plainly written and to the point outline of the new Nautilus System and includes many revolutionary training principles that can be incorporated into your conventional barbell program for greatly improved results. Send \$4.00 for this bulletin which consists of nearly 100 pages, to:

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