

The FORERUNNER



NEWSLETTER

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Newest Nautilus Line Draws Raves from West Coast

Power Plus, a new line of cam-driven plate loading equipment from Nautilus, received high acclaim during its introduction at two West Coast shows in early October.

"The response has just been overwhelming," according to Jake Burkhardt, director of national accounts. "People are really excited to see that they can have quality in a machine which meets the needs of a plate loading line."

Attendees of the Gold's Gym Licensee Convention in Los Angeles and the National Fitness Trade Show in Las Vegas were among the first to pre-



view the new line. Fitness enthusiasts as well as heavy lifters were impressed, said Burkhardt.

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The only complete plate loading line to offer cam-driven variable resistance, Power Plus utilizes the patented Nautilus cam to satisfy all of the requirements for full-range exercise, including positive and negative work, stretching and pre-stretching, balanced resistance, resistance in fully contracted positions and unrestricted speed of movement. Nautilus upholds the same standards of ex-

ceptional engineering to ensure that this line meets necessary biomechanical requirements.

With Power Plus, Nautilus offers fitness facilities the unsurpassed Nautilus workout in a competitively priced plate loading line. Its versatility allows for use as a primary or secondary line or as a transitional piece in free weight areas or other areas which require unrestricted weight selection.

A full slate of accessories rounds out the Nautilus free weight line, including benches, weight racks and other support items. Heavy wall, steel tubing provides unrivaled durability and structural strength. All pieces are also designed for easy accessibility and convenient loading.

Special introductory prices are now being offered.

For more information on Power Plus, call Nautilus at 1-800-628-8458, ext. 267.

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is to lose the 60 pounds in 25 to 30 weeks. Be sure and review the guidelines that are presented in The Nautilus Diet.

Developing Your Chest, Nautilus Style!

By: *Matt Brzycki*

Nautilus produces more selectorized equipment to exercise the pectoralis major, the main muscle of the chest, than any other manufacturer.

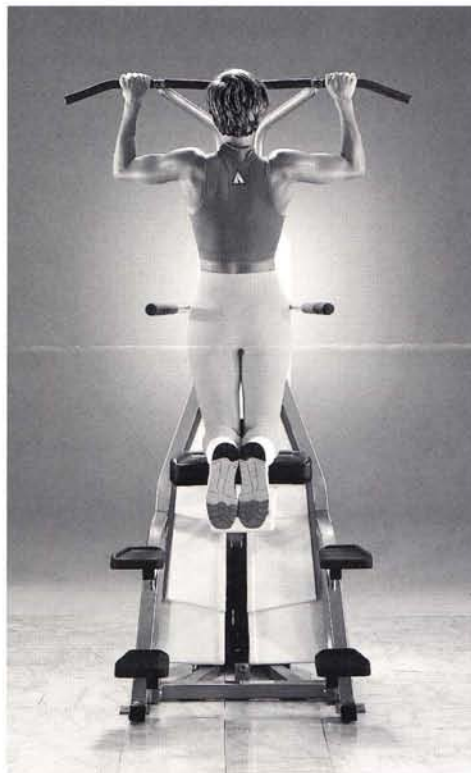


Nautilus chest machines may be grouped in two categories: primary and secondary. Primary, or single joint, movements for your chest involve a range of motion around only one joint -- your shoulder. The advantage of primary chest movements is that the resistance is applied directly to the powerful pectoral muscles without being filtered through the weaker triceps. One of the most popular primary chest movements has been the **Chest Machine**. The **Women's Chest** is a compact version which is engineered for smaller-framed individuals and has lighter initial weights.

Other primary chest movements are the **10-Degree Chest** and the **50-Degree Chest**. The major difference between the two exercises is that the latter machine

involves the upper region of the chest.

Secondary, or multiple joint, movements for your chest have ranges of motion around two joints, your shoulder and elbow. These exercises are advantageous because you can work relatively large amounts of muscle mass -- the chest, shoulder and triceps -- in one movement. Among secondary movements is the new **Incline Press**, which emphasizes the up-



per portion of the chest. This machine features independent movement arms with elongated handles for different hand positioning.

Another recent Nautilus chest machine is the prone **Bench Press**. It has a unique foot rest for reduced lumbar stress, extended handles for wide variations in hand placement and an optional 334-pound weight stack. The lower chest can be exercised with the **Decline Press**, which has independent movement arms and a

foot pedal that can be used to provide negative reps. Other exercises for the chest are chin-ups and dips, performed either on the Nautilus **Multi-Exerciser** or new **Weight-Assisted Chin-Up/Dip** unit. For those not yet able to lift their bodyweight, the **Weight-Assisted Chin-Up/Dip** provides the needed boost. And if your bodyweight doesn't provide enough of a challenge, you can do weighted dips or chin-ups on the **Multi-Exerciser** by attaching additional resistance from the machine's weight stack. The **Seated Dip** also allows those who have difficulty in performing unassisted dips by allowing users to perform a dip movement with as little as 20 pounds.

After more than 20 years, the Nautilus **Double Chest** remains a popular choice among fitness enthusiasts. This classic machine houses both a primary movement which pre-exhausts the chest and a secondary movement which uses the triceps for assistance in further exhausting the chest.

Regardless of how you want to exercise the chest, Nautilus has a machine for you!

Matt Brzycki is strength coach, health fitness coordinator and Nautilus director at Princeton University. He has authored more than 70 articles on strength and fitness. His book, A Practical Approach to Strength Training, is in its second edition.

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1-800-628-8458, ext. 274