Nautilus TRAINING RECORD

Name _____ Occupation _____

M/F _____ Age _____ Height _____

		Date																	
		Bodyweight																	
Workout Time	START / FINISH																		
	WEIGHT / REPS																		
Machine	Seat Adj.																		
1.																			
2.																			
3.																			
4.																			
5.																			
6.																			
7.																			
8.																			
9.																			
10.																			
11.																			
12.																			

RULES FOR NAUTILUS TRAINING

1. Perform one set of 4-6 exercises for the lower body and 6-8 exercises for the upper body, and no more than 12 exercises in any workout.
2. Select a resistance on each exercise that allows you to do between 8-12 repetitions.
3. Continue each exercise until no additional repetitions are possible. When 12 or more repetitions are performed, increase the resistance by approximately 5 percent at the next workout.
4. Accentuate the lowering portion of each repetition.
5. Move slower, never faster, if in doubt about the speed of movement.
6. Do everything possible to isolate and work each large muscle group to exhaustion.
7. Attempt constantly to increase the number of repetitions or the amount of weight, or both. But do not sacrifice form in an attempt to produce result.
8. Train no more than three times a week.
9. Keep accurate records — date, resistance, repetitions, and overall training time — of each workout.
10. Vary the workouts often.