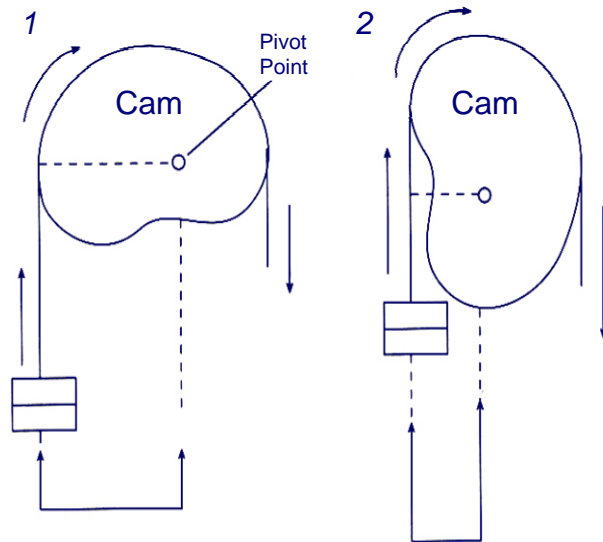
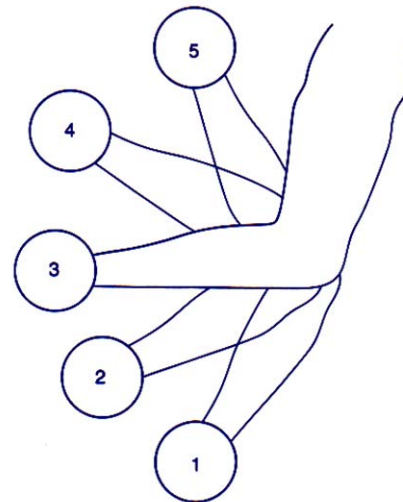


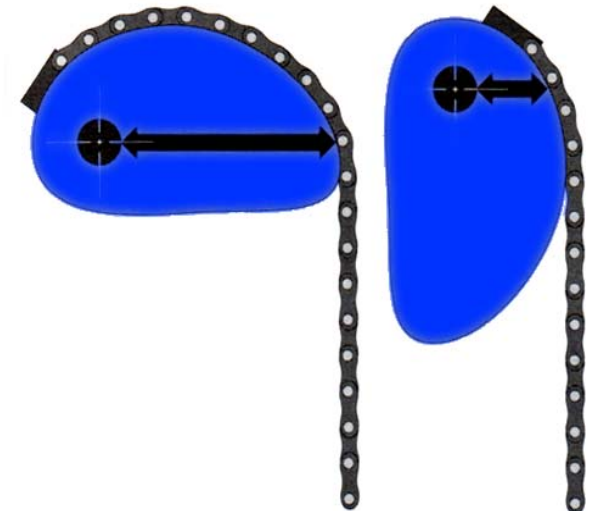
Patented Nautilus CAM



As the cam rotates from position 1 to 2, the distance from the pivot point to the weight plate shortens, which has the effect of reducing the load, thereby resulting in a more uniform muscle effort throughout each repetition.



At position 3, the distance between your elbow and the dumbbell and the force required to complete the curl are at their greatest.



The oval-shaped cam automatically changes the resistance force by moving the chain closer to, or farther from, the axis of rotation.