

TIME MACHINES

By NAUTILUS

You can NOT buy time — but you can waste it. You can NOT horde time — but you can invest it wisely. We can NOT sell you time — but we can help you make the best possible utilization of your training time, and we can help you reduce the “elapsed time” required to reach your goals, and we can enormously reduce your “weekly training time” WHILE PRODUCING BETTER FINAL RESULTS.

Why spend thirty hours a week in the gym, when you can produce FAR BETTER results from less than three hours of weekly training?

Why spend ten years reaching your bodybuilding goals when you can produce FAR BETTER results in a year or two?

If you are training for “maximum-possible” results, for a championship physique or strength, then there is no “easy” road to follow. Hard work builds muscular size and strength — the harder the work, the greater the results. But MORE work does not equal HARDER work — quite the contrary, while it is literally impossible to work TOO HARD, it is easily possible to work TOO MUCH.

Nautilus machines are designed to do only one thing, to provide the hardest work possible — as they must in order to produce maximum-possible results in the way of muscular size and strength increases.

Barbell exercises are better than “free hand” exercises for only one reason — because barbells make it possible to work HARDER than you can with non-weighted exercises.

So, until the introduction of Nautilus equipment, the barbell was by far the best exercise tool in existence — only and simply because it was the HARDEST exercise tool available. That being true, and it is true, then it should naturally follow that most people would use a barbell in the most productive manner — that is, in the HARDEST manner, using the heaviest, hardest exercises.

But in fact, how do most people use a barbell? Well — in most cases — they use a barbell in the EASIEST possible manner. So it takes them years to produce the results that they could have produced in months — and then the very few that finally reach the top call themselves “experts.”

You should — and you CAN — produce measurable progress from every single workout, and you will if you train properly. If your progress isn't constant, and fast, then you are training wrong — or sick, or overage, or already at the limits of your individual potential.

And how can you tell if you have reached the limits of your individual potential? Well — if you have NOT been using Nautilus equipment, then you have NOT reached the limits of your potential. Because, without

Nautilus equipment, you are NOT training all of your muscles — if you have been using barbells (or any type of equipment except Nautilus equipment), then you have been training only SOME of your muscles, and only PART of your muscles. Spend two hours - or three days — pumping your arms as big as you can get them with conventional equipment; then wait two or three days and give us a chance to show you what you can do with Nautilus equipment — in seven or eight minutes you can pump your arms FAR LARGER than you can from any amount of conventional training.

Why? Simply because conventional exercises involve only PART of the muscles, DO NOT involve all of the fibers in your muscles — so you are pumping only part of the fibers in the muscles of your arms. No matter how many sets you do, you are still only working part of the muscles involved — and a small part, at that.

But — with Nautilus equipment — you are working a far larger number of fibers, almost literally every single fiber in all of the involved muscles. And, since FAR MORE fibers are involved in the exercises, the unavoidable result is a far greater degree of “pump” — and much faster growth, growth in areas that you have never worked before in your life.

Several factors are absolute requirements for working ALL of a particular muscle (any particular muscle), these requirements are — (1) full-range resistance, (2) constant resistance, (3) rotary resistance, (4) “double direct” resistance, (5) omnidirectional resistance, (6) variable resistance, (7) “balanced” resistance, and (8) “maximum-possible” resistance.

In barbell exercises you usually have NONE of those requirements — and you never have all of them. In Nautilus exercises you DO HAVE ALL OF THEM.

In spite of its limitations, a barbell is still a very good tool — but Nautilus equipment provides almost perfect tools, tools with none of the limitations of barbells, tools that involve ALL of your muscles, tools that provide HARDEST POSSIBLE exercises, exercises that are impossible in any other manner.

But if you are looking for an “easy” way to train, then look elsewhere — properly used, Nautilus equipment is certainly not “easy.”

Such HARDER exercises MUST NOT be overdone — if you attempt to use Nautilus exercises as much as many trainees use a barbell, then you may produce losses instead of gains; after all, you have only so much recovery ability, and when you are training ALL of your muscles instead of only part of them, then you are making much greater demands upon your recovery ability — so you must NOT overtrain with Nautilus equipment. Thus, if properly used, Nautilus machines not only make it possible to save time — they literally make “time saving” a requirement.

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