

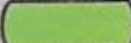




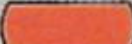
















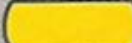




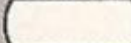
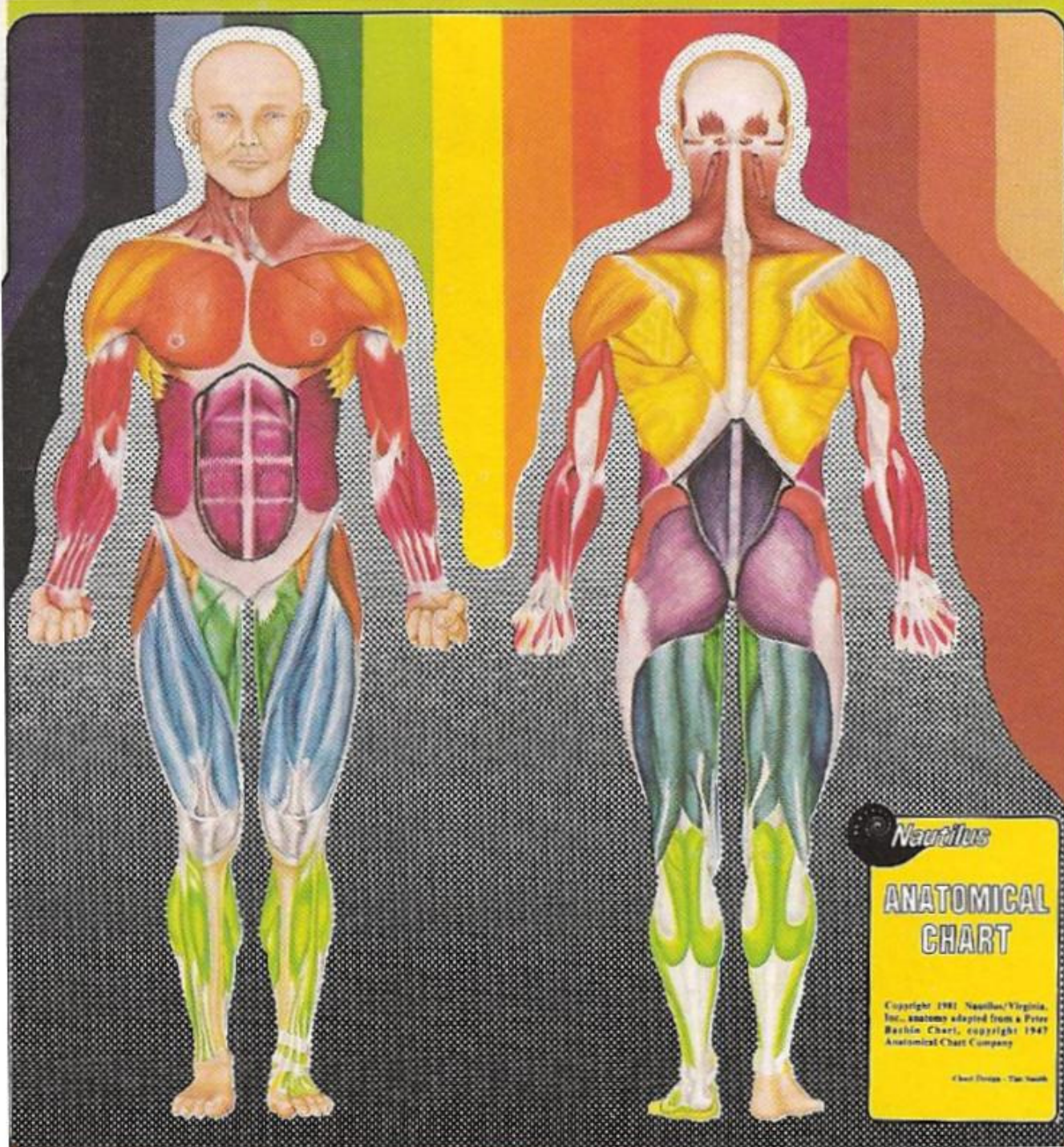


ROTARY NECK Rotation Group		DOUBLE SHOULDER Deltoid		HIP ADDUCTION Adductor Group	
4 - WAY NECK Flexor, Extensor, & Lateral Flexor Groups		ROWING TORSO Deltoid		HIP ABDUCTION Gluteus Medius	
NECK & SHOULDER Trapezius		DOUBLE CHEST Pectoralis Major		ABDUCTION / ADDUCTION Adductor Group & Gluteus Medius	
SUPER PULLOVER Latissimus Dorsi & Teres Major		WOMEN'S CHEST Pectoralis Major		HIP FLEXION Iliopsoas	
TORSO - ARM Latissimus Dorsi & Teres Major		BICEPS / TRICEPS Biceps & Triceps		HIP & BACK Gluteus Maximus & Erector Spinae Group	
PULLOVER / TORSO - ARM Latissimus Dorsi & Teres Major		COMPOUND POSITION BICEPS Biceps		SUPER LEG EXTENSION Quadriceps	
WOMEN'S PULLOVER Latissimus Dorsi & Teres Major		MULTI - BICEPS Biceps		LEG EXTENSION Quadriceps	
PLATE - LOADING PULLOVER Latissimus Dorsi & Teres Major		MULTI - TRICEPS Triceps		COMPOUND LEG Quadriceps	
BEHIND NECK Latissimus Dorsi & Teres Major		ABDOMINAL Rectus Abdominis		LEG CURL Hamstrings	
BEHIND NECK / TORSO - ARM Latissimus Dorsi & Teres Major		ROTARY TORSO External & Internal Oblique		MULTI - EXERCISE Total Body	



Nautilus
ANATOMICAL CHART

Copyright 1981 Nautilus/Virginia, Inc., anatomy adapted from a Peter Bachin Chart, copyright 1947 Anatomical Chart Company

Chart Design - Tom Smith