

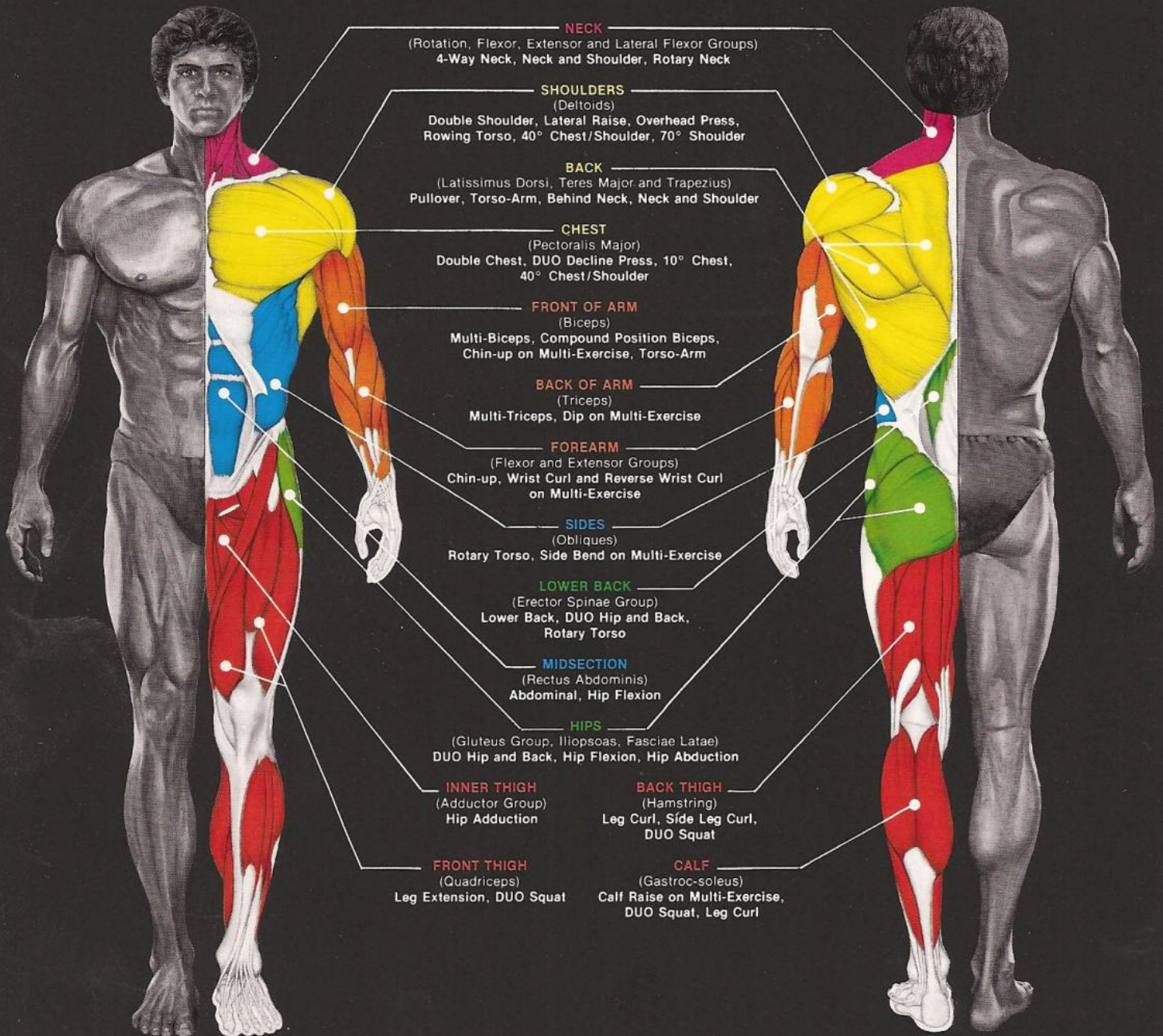
NAUTILUS TRAINING CHART

WORKOUT SEQUENCE

- | | | | |
|---|--------------|---|--------------|
| 1 | HIPS | 4 | ARMS |
| 2 | LEGS | 5 | WAIST |
| 3 | TORSO | 6 | NECK |

TRAINING GUIDELINES

- TRAIN HARDER BUT BRIEFER
- EXERCISE PROGRESSIVELY
- CONTROL THE RESISTANCE
- ACCENTUATE THE NEGATIVE
- WORK LARGER MUSCLES FIRST
- KEEP ACCURATE RECORDS



This chart is available from Nautilus as a full-color 22x32 1/2 poster.

ILLUSTRATION BY STEVE HADDOCK