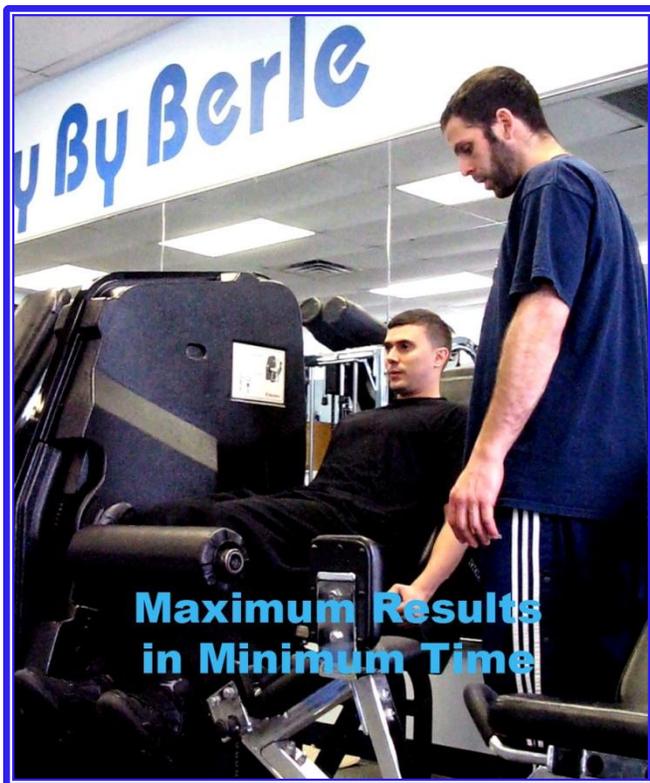


Why we use Nautilus Equipment at Body By Berle

By Richard Berle

Nautilus is the most famous name in exercise. Through decades of intense research and development, Nautilus has created over 40 different machines that thoroughly stimulate all the major muscles of the body. Nautilus machines are employed by professional sports teams, professional sports medicine clinics, hospitals, rehabilitation centers, the armed forces, law enforcement agencies, high schools and universities.

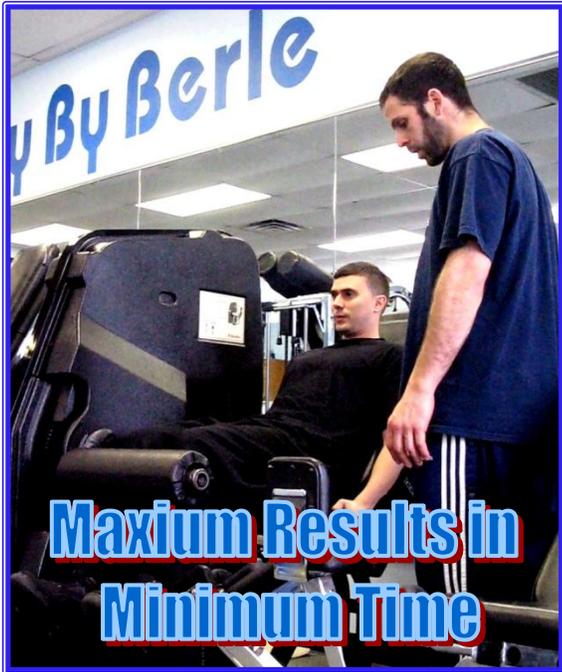


Nautilus equipment delivers variable resistance that corresponds precisely to your muscles' various strength curves. This makes it the only equipment that is constructed around the actual structural functions of human muscle. In addition, nautilus is the only equipment manufacturer to have funded it's own large scale research in the field of health and fitness/research conducted at prestige academic institutions such as West Point Military Academy, Princeton, Harvard, The University of Florida and the University of Colorado, among others. Such research provides documented, scientific evidence for their revolutionary approach to fitness training, which can be summed up in 6 words: **Train harder, train briefer, train infrequently.**

Their research has also established clinically and categorically that Nautilus exercise equipment will provide tremendous improvements in **strength,**

flexibility and cardiovascular fitness (the three components of "total fitness") and that it produces these results more quickly, more thoroughly and more safely than aerobics, barbell or free weight training and all other forms of exercise – combined.

Nautilus is the only equipment that is constructed around the structural functions of human muscle. Proper exercise for the human body requires movement against resistance. Nautilus was designed with the objective to make weight training more direct, efficient and productive, resulting in a more thorough stimulation of the muscle and a quicker route to total fitness.



**Maximum Results in
Minimum Time**