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**Nautilus® Olympic Bench Strength System**  
**Owner's Manual & Fitness Handbook**



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**NAUTILUS**

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**WARNING!**

**Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.**

## For Your Safety Please Follow These Instructions

- It is your responsibility to read and understand all warnings and instructions contained in the Owner’s Manual. This is essential to safe operation.
  - Keep your body weight centered on the machine or bench while exercising.
  - Never allow children on the machine. Teenagers should always have parental supervision when using this machine.
  - Before exercising, make sure the spring lock seat pin is securely fastened and the bench is firmly in place.
  - Inspect your machine before each workout. Periodically check all fasteners to make sure none have loosened with use. Tighten if necessary.
  - Never attempt to exercise with more resistance than you are physically able to handle.
  - For safety, it is recommended that you exercise with a training partner or spotter.
- The following safety instructions apply only to Nautilus machines using weight stack resistance mechanisms:
- Be certain that the weight pins are completely inserted prior to exercising.
  - Make sure the weight stack or top plate is never pinned in an elevated position. Do not use the machine if it is found in this position. Call your repair facility or consult your assembly guides if this occurs.
  - Inspect all cables, belts or chains and their connections prior to use. Do not use the machine if any component is found worn or damaged.
  - Never use dumbbells or any other means to incrementally increase the machine’s weight resistance, other than those means provided by Nautilus.

## Warranty Information

**What Is Covered**

Nautilus warrants to the original purchaser of this Nautilus product that the equipment is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser.

**Warranty**

The frame and welds of this product are warranted to the original purchaser for thirty (30) years from date of original purchase. Upholstery, pulleys, bushings and bearings are warranted for five (5) years to the original purchaser from the date of purchase. Cables and all other parts are warranted to the original purchaser for a period of one (1) year from the date of purchase.

- Warranties Do Not Cover**
- Damage due to use by persons who weigh more than 350 pounds.
  - Damage due to abuse, accident, failure to follow instructions or warnings in the Owner’s Manual, misuse, mishandling, accident or Acts of God (such as floods or power surges).
  - Consequential or incidental damage.

- Use in any institutional or commercial settings such as health clubs, schools or recreation centers.
- Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.*

**What We Will Repair**

During your Warranty Coverage Period, Nautilus will repair any Nautilus equipment that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, at its option, will either replace your equipment or refund your purchase price, less shipping and handling.

**How To Obtain Service**

To obtain service for a Nautilus Fitness Product, contact an authorized Nautilus Fitness Retailer. You may also contact a Nautilus company representative at 800-864-1270 to help you locate a dealer in your area.

**How State Law Applies**

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

## Get To Know Your Machine

When you buy any exercise equipment you need stability, durability, and quality and you want long term results. But these alone are not enough: more than anything else, you need equipment that's designed by the people who set the standards for ergonomic correctness and precision during exercise.

At Nautilus, our expertise in the science of human performance goes into every piece of fitness equipment we offer. We design our machines to be stable, comfortable, easy to use, and to provide the body support you need to exercise with proper form, while avoiding injury.

As a supplier of fitness equipment to health clubs worldwide, the Nautilus name has become synonymous with

- Ultimate performance
- Optimum results
- Maximum durability.

As you pursue your fitness goals, you can be sure that the same care, craftsmanship and rigorous standards that we put into our professional equipment, go into our full line of home gym equipment, too.

Nautilus... Making the world stronger since 1970.

## The Nautilus® Olympic Bench



## Machine Maintenance

### Daily:

After each use, wipe machine free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.

### Weekly:

If used often, your machine should be thoroughly cleaned using a clean cloth and an ammonia based cleanser. Wipe machine down completely and be sure to touch up any scratches with touch-up paint to prevent rusting.

## Define Your Goals

Your body will do what you train it to do. That's why it's important to define your goals and focus them. Here are some fitness components that will help you define your goals and choose your fitness program.

**Muscle Strength** is the maximum force that you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance - great enough so you can perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size.

**Muscle Endurance** is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions - about 15-20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

**Muscle Power** is the combination of strength and speed of the muscular contraction. This is often misinterpreted as a) being directly associated with certain skill or sport and/or b) meaning that you must move fast. Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved

power. Body Composition is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight.

**Balanced Strength** and alignment are the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body.

**Flexibility** is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possibly by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs that are included in this manual.

**Cardiovascular Endurance** is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health.

# Define Your Goals

## Reaching Your Goals

To reach your goals, follow a consistent, well-designed program that provides balanced development to all parts of the body and includes both aerobic and strength exercise. Only then will you meet your goals safely and efficiently. The workout routines found in this manual are professionally designed and written to target specific fitness goals. Should you not find one specific program to your liking, you can design your own, based on sound information and the principles found in this manual.

## Design Your Own Program

You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy, as long as you follow the guidelines below.

## Understand fitness and its components:

Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

## Know your current fitness level:

Before you start any fitness program you should consult a physician who will help you determine your current abilities.

## Identify your goals:

Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle, but so is strategy. It's important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals.

## Select complementary exercises:

Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complimentary muscle groups.

## Put first things first:

During each session, first work muscle groups that need the most training.

## Remember your cardiovascular component:

Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, or bicycling.

## Training variables:

When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find out the best formula, you must experiment with several combinations of variables.

## The variables are as follows:

- Training Frequency: The number of times you train per week. We recommend daily activity but not daily training of the same muscle group.
- Training Intensity: The amount of resistance used during your repetition.
- Training Volume: The number of repetitions and sets performed.
- Rest intervals: The time you rest between sets and the time you rest between workouts.

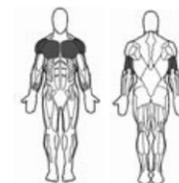
## Once you've established a base of fitness, follow these basic principles:

- Isolate muscle groups: Focus work on specific muscle groups.
- Progressive Loading: The gradual systematic increase of repetitions, resistance and exercise period.

# Nautilus® Olympic Bench Exercises

## Bench Press Shoulder Horizontal Adduction with Elbow Extension

**Muscles Worked:** Pectoralis Major; Anterior Deltoids



### Success Tips:

- Maintain a 90° angle between upper arms and torso throughout motion.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep elbows in front of shoulders and feet flat on the floor.
- Keep shoulder blades pinched together and maintain good spinal alignment.

### Start:

- Adjust Bench to a flat position and adjust Bar Rack to a proper height to allow you to push the bar off the rack, and replace it after the exercise.
- After the bar with weights has been placed on the bar rack, lie on the bench, bar across your sternum.
- Line up arms with cables keeping your wrists straight and in line with elbows.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

### Action:

- Push up on the bar, lifting it off the rack.
- Slowly push the bar toward your body, bending elbows outward and keeping forearms parallel.
- Stop when upper arms are straight out to your sides, elbows level with shoulders.
- Slowly return to Start position, keeping your wrists at shoulder width and in line with the cables and your chest muscles tight.



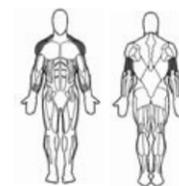
Start



Finish

## Seated Shoulder Press Shoulder Abduction with Elbow Extension

**Muscles Worked:** Anterior and Middle Deltoids; Triceps



### Success Tips:

- Keep knees bent and feet on floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep abdominals tight, chest lifted and good spinal alignment.
- Elbows should travel in line with your shoulders.
- Limit and control your range of motion.

### Start:

- Adjust the bench to flat position, and place the bar rack at a height where you can place your hands under the bar, arms at your sides, elbows bent.
- Grasp the bar with your palms facing away from you, elbows bent.
- Stabilize your lower body.
- Grasp the bar, hand is in line with forearms, elbows bent 90°.

### Action:

- Lift the bar off the rack.
- Slowly move the bar upward, slightly in front of your face, elbows straighten parallel to each other. Hands remain over elbows throughout movement.
- Stop when upper arms are approximately straight over your shoulders.
- Slowly lower the bar by bending your elbows and moving upper arm straight out from your sides. Elbows will be level with the shoulders or slightly below.



Start

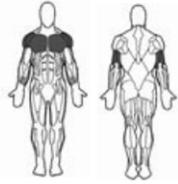


Finish

# Nautilus® Olympic Bench Exercises

## Decline Chest Press Shoulder Horizontal Adduction and Elbow Extension

**Muscles Worked:** Pectoralis Major; Anterior Deltoids



**Success Tips:**

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep elbows in front of shoulders and feet flat on the floor.
- Pinch shoulder blades together and maintain spinal alignment.

**Start:**

- Adjust the bench to a declined position and adjust Bar Rack to a height that allows you to push the bar off the rack, and replace it after the exercise.
- Lie on bench, bar across your sternum.
- Press your hands forward, straightening arms while moving your hands to the center and downward, at least 10° below your shoulders.
- Raise chest, pinch shoulder blades together, and maintain a comfortable arch in lower back.



Start

**Action:**

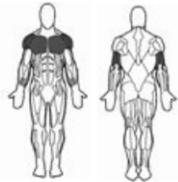
- Push up on the bar, lifting it off the rack.
- Slowly push the bar toward your body, bending elbows outward and keeping forearms parallel.
- Stop the movement when your upper arms are straight out to your sides - keeping them at an approximately 90° angle from your torso. The bar should be directly over your sternum.
- Slowly return to the Start position, keeping your wrists steady and your movements slow and controlled.



Finish

## Incline Chest Press Shoulder Horizontal Adduction and Elbow Extension

**Muscles Worked:** Pectoralis Major; Deltoids; Triceps



**Success Tips:**

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep elbows in front of shoulders and feet flat on the floor.
- Pinch shoulder blades together and maintain spinal alignment.

**Start:**

- Adjust bench to an inclined position and adjust Bar Rack to a height that allows you to push the bar off the rack, and replace it after the exercise.
- Lie on bench, bar across your sternum.
- Press your hands forward, straightening your arms and moving hands to the center and downward, at least 10° above your shoulders.
- Raise chest, pinch shoulder blades together, and maintain a comfortable arch in your lower back.



Start

**Action:**

- Push up on the bar, lifting it off the rack.
- Slowly push the bar toward your body, bending elbows outward and keeping forearms parallel.
- Stop the movement when your upper arms are straight out to your sides - keeping them at an approximately 90° angle from your torso. The bar should be directly over your sternum.
- Slowly return to the Start position, keeping your wrists steady and your movements slow and controlled.



Finish

# Muscle Chart

