



Book: An Illustrated Guide to Physical Fitness the Nautilus Way. The Nautilus Book: Strength Training for Women Only: Using Nautilus Equipment. ?Nautilus Fitness Centers Nautilus serves consumers directly by carrying on its tradition of excellence by producing gym-quality cardio and strength solutions for the home. Fitness For Dummies - Google Books Result Performing a Nautilus exercise to the point of momentary muscular failure assures . in Nautilus training and variation can be achieved in several different ways.