

[CASE B]  
(Must be submitted in duplicate) At \_\_\_\_\_

STATE OF WYOMING  
FILED  
10:30 AM

STATE OF WYOMING

DEC 15 1977

02588

THYRA THOMSON  
SECRETARY OF STATE

Office of the  
SECRETARY OF STATE  
Capitol Building  
Cheyenne, Wyoming 82001

APPLICATION FOR REGISTRATION OF TRADEMARK  
Registration fee - \$10.00  
Payable to the Secretary of State

1. BE IT KNOWN THAT THE APPLICANT ARTHUR JONES  
has heretofore adopted and used a certain trademark and hereby makes application for  
registration of such trademark.
2. Address of applicant is: Street P. O. Box 1783  
City DeLand County Volusia State Florida 32720
3. (a) Individual (b) Partnership (c) Corporation (indicate which one)  
~~XX~~  
~~If (b) names and addresses of partners~~  
Individual, trading as NAUTILUS SPORTS/MEDICAL INDUSTRIES  
  
If (c) show where incorporated \_\_\_\_\_
4. Trademark and description of goods in connection with which mark is used:  
Service Mark: the word "NAUTILUS", used on exercising and physical  
training; the operation of exercise and physical training machines;  
arranging and providing facilities and procedures for same
5. Mode or manner in which mark is used in connection with goods: \_\_\_\_\_  
On promotional literature and advertising material  
and three specimens or facsimiles of the mark as actually used are presented herewith.
6. Class number and title (see reverse) 100 - Miscellaneous Services
7. Date of first use by applicant or predecessor:  
(a) Anywhere: December 11, 1972  
(b) In this State: At least as early as December 1, 1975

STATE OF Florida )  
COUNTY OF Volusia ) ss

ARTHUR JONES, being first duly sworn, deposes  
and says that he is owner of NAUTILUS SPORTS/MEDICAL INDUSTRIES and that he is  
the applicant herein and makes this affidavit in \_\_\_\_\_ behalf. He has read the  
above application, and the facts set out therein are true; he believes the applicant to be  
the owner of the mark sought to be registered; to his best knowledge and belief no other  
person, firm, corporation or association has the right to use said mark in this State,  
either in the identical form or in such near resemblance thereto as might be calculated  
to deceive.

DATE: September 21, 1977

Subscribed and sworn to before me this 21st day of September, 19 77

(Seal)

NOTARY PUBLIC STATE OF FLORIDA AT LARGE  
MY COMMISSION EXPIRES MAY. 7 1981  
BONDED THRU GENERAL INS. UNDERWRITERS

Notary Public

My commission expires: \_\_\_\_\_



## INSTRUCTIONS

Forms must be submitted in duplicate. One copy will be returned to you with your certificate of registration.

Send three (3) facsimiles or specimens of the trademark or service mark (trade name).

The filing fee is ten dollars (\$10.00). Checks must be made payable to the Secretary of State.

The sworn application must be executed either by the individual applicant, a member of a firm applying (if, for example, a partnership) or an officer of a corporate applicant.

Registration is effective for a term of ten years and is renewable for like term upon application filed within six months prior to expiration of such terms. Renewal forms are available from the office of the Secretary of State and are mailed out to registrants whose trademark is up for renewal.

Assignment forms and copies of the Wyoming Trademarks Act are available from the office of the Secretary of State without charge.

The following general classes of goods and services are established for convenience of administration of this Act, but not to limit or extend the applicant's or registrant's rights, and a single application for registration of a mark may include any or all goods upon which, or services with which, the mark is actually being used comprised in a single class, but in no event shall a single application include goods or services upon which the mark is being used which fall within different classes of goods or services.

### CLASS NUMBER AND TITLE

#### CLASS

##### (1) Goods

- |  |  |
|--|--|
| 1. Raw or partly prepared materials                        | 30. Crockery, earthenware, and porcelain                         |
| 2. Receptacles   | 31. Filters and refrigerators                                    |
| 3. Baggage, animal equipments, portfolios, and pocketbooks | 32. Furniture and upholstery                                     |
| 4. Abrasives and polishing materials                       | 33. Glassware  |
| 5. Adhesives   | 34. Heating, lighting, and ventilating apparatus                 |
| 6. Chemicals and chemical compositions                     | 35. Belting, hose, machinery packing, and non-metallic tires     |
| 7. Cordage   | 36. Musical instruments and supplies                             |
| 8. Smokers' articles, not including tobacco products       | 37. Paper and stationery   |
| 9. Explosives, firearms, equipments, and projectiles       | 38. Prints and publications                                      |
| 10. Fertilizers  | 39. Clothing   |
| 11. Inks and inking materials                              | 40. Fancy goods, furnishings & notions                           |
| 12. Construction materials                                 | 41. Canes, parasols, and umbrellas                               |
| 13. Hardware and plumbing and steam-fitting supplies       | 42. Knitted, netted and textile fabrics and substitutes therefor |
| 14. Metals and metal castings and forgings                 | 43. Thread and yarn  |
| 15. Oils and greases                                       | 44. Dental, medical, and surgical appliances                     |
| 16. Paints and painters' materials                         | 45. Soft drinks and carbonated waters                            |
| 17. Tobacco products                                       | 46. Foods and ingredients of foods                               |
| 18. Medicines and pharmaceutical preparations              | 47. Wines  |
| 19. Vehicles   | 48. Malt beverages and liquors                                   |
| 20. Linoleum and oiled cloth                               | 49. Distilled alcoholic liquors                                  |
| 21. Electrical apparatus, machines, and supplies           | 50. Merchandise not otherwise classified                         |
| 22. Games, toys, and sporting goods                        | 51. Cosmetics and toilet preparations                            |
| 23. Cutlery, machinery, and tools and parts thereof        | 52. Detergents and soaps   |
| 24. Laundry appliances and machines                        |  |
| 25. Locks and safes  |  |
| 26. Measuring and scientific appliances                    |  |
| 27. Horological instruments                                |  |
| 28. Jewelry and precious-metal ware                        |  |
| 29. Brooms, brushes, and dusters                           |  |

#### CLASS

##### (2) Services

- |                                  |
|----------------------------------|
| 100. Miscellaneous               |
| 101. Advertising and business    |
| 102. Insurance and financial     |
| 103. Construction and repair     |
| 104. Communications              |
| 105. Transportation and storage  |
| 106. Material treatment          |
| 107. Education and entertainment |

THE EFFECTIVE DATE OF THIS LAW IS MAY 22, 1965



# NAUTILUS TRAINING PRINCIPLES

General procedures to be followed on all machines where the regular (positive-negative) form of exercise is performed:

1. On any machine where seat adjustments or body positioning can be varied, make certain that the rotational axis of the cam is directly parallel to the rotational axis (joint) of the body part that is being moved.
2. Position your body in a straightly aligned manner. Avoid twisting or shifting your weight during the movement.
3. Never squeeze hand grips tightly, but maintain a loose, comfortable grip (a tight grip elevates blood pressure).
4. Lift the resistance (positive work) to the count of two . . . pause . . . lower the resistance (negative work) slowly and smoothly while counting to four.
5. For full-range strength and flexibility (and protection against injury) your range of movement on each machine should be as great as possible.
6. Breathe normally. Try not to hold your breath while straining.
7. Perform each exercise for 8 to 12 repetitions.
  - a. Begin with a weight you can comfortably do 8 times.
  - b. Stay with that weight until you can perform 12 strict repetitions. On the following workout, increase the weight (approximately 5%) and go back to 8 repetitions.
  - c. Ideally, on every workout you should progress in repetitions and/or resistance.
8. For best cardiorespiratory (heart - lungs) conditioning, move quickly from machine to machine (this speed does not apply to the actual exercises). The longer the rest between machines, the less effective the cardiorespiratory conditioning.
9. When possible, follow your routine as the exercises are numbered on your workout sheet; however, any time the machine you are to do next is being used, go to another exercise and then return to the machine that was in use.
10. All compound and double machines were designed to make use of the pre-exhaustion principle (where a single-joint exercise is used to pre-exhaust a given muscle and a multiple-joint exercise is used to force the exhausted muscle to work even harder); therefore, it is important to move very quickly (in less than 3 seconds) from the primary exercise to the secondary exercise.
11. Your training session should include a maximum of 12 exercises, 4 to 6 for the lower body and 6 to 8 for the upper body (a compound machine counts as two exercises).
12. Exercise the larger muscle groups first and proceed down to the smaller muscle groups (hips, thighs, back, shoulders, chest, arms, and neck).
13. Your entire workout should take from 20 to 30 minutes.
14. The time lapse between exercise sessions should be at least 48 hours and not more than 96 hours.

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