

## eBooks by Ken Hutchins

Since I was infected with strep that precipitated a cytokine storm resulting in Still's Disease, hundreds of friends have raised money through my GoFundMe account. Although my balance is so poor that I can barely walk and my hand tremors and numbness are challenging, their funding has enabled me to write several new books that are now formatted as eBooks.

These are now available—with more on the way. Drew Baye has graciously set up a special category for my books at [drewbaye.myshopify.com](http://drewbaye.myshopify.com). And as some of them are still available in hard copy by emailing me or Drew, all of the current ones are available as eBooks. They include:

### *The Renaissance of Exercise (Volume I)*

This is an updated and very thorough technical manual for exercise instruction. A few hardcopies are still available.

### *Music and Dance*

A book in the making since before I joined Nautilus. Dedicated to the performing arts, it is a complete guide for Timed Static Contraction (*TSC*) exercise as well as gives the necessary rudiments for SuperSlow dynamic exercise. It thoroughly explains cardiac perfusion and venous compliance. I still have a few hardcopies.

### *Critical Factors for Practice and Conditioning*

This is the same book, essentially, as *Music and Dance* but re-titled for some assuming *Music and Dance* is only for musicians and dancers. Don't purchase both unless you need to direct the title to the audience.

### *Heart Strong*

The story of the exercise-induced headache and Dr. Doug McGuff's discovery that it is tied to cardiac perfusion impossible with steady-state activity. It thoroughly explains cardiac perfusion and venous compliance.

### *Balance*

This is the story of my agony with my debility and my frustration with the medical community over the futility of popular balance programs. It also explains the real way to address balance indirectly through strengthening with specific exercises for the key muscles for balance maintenance.

### *Walk*

My classic treatise on the futility of walking programs and how they are a disservice to people in desperate need of exercise for strengthening purposes and for improved balance.

*An Evaluation of Nautilus Founder and Inventor,  
Arthur Jones's Contributions  
to  
Exercise*

I rate Arthur's work as a failing grade averaged over 120 entries and with over 180 photographs. I give him a superior grade for marketing.

*Sheh's Agony*

This is my only fiction novel. It tells of a brilliant, technically gifted, modern woman living 50,000 years ago.

*Volume 1 of a Reprint of the Guild Newsletters  
Covers year #1 (1993)*

*Volume 2 of a Reprint of the Guild Newsletters  
Covers year #2 (1994)*

*Volume 3 of a Reprint of the Guild Newsletters  
Covers year #3 (1995)*

*Volume 4 of a Reprint of the Guild Newsletters (soon to be released)  
Covers year #4 (1996)*

*Cams Within Cams*

Includes anything one needs to know about camming and why the Nautilus Cam and its resulting resistance curves were incorrect.

*The History of the Design and Function of the Nautilus Biceps Curl Machine*

Explains why Arthur Jones' most celebrated machine was incorrectly designed.

*Big Arthur  
Little Ken*

My Life and My Experience with Nautilus Founder, Arthur Jones  
I explain how Arthur made huge contributions to the exercise field and simultaneously misinformed us.  
(soon to be released)

Under Development:

***Essential Factors for Designing and Building the World's Best Leg Press Machine***

And

***Exercise Equipment Design Principles and Factors***