

Biographical Sketch

In 1966, at the age of 15, Ken was introduced to strength training by family friend, Philip Alexander. Philip, now a retired internal medicine specialist in Bryan, Texas, built Ken his first weight bench and insisted that Ken acquire greater physical strength to enable him to play trumpet. Philip introduced Ken to Ellington Darden at his (Philip's) wedding in 1968, and through Darden in 1971, Ken learned of Arthur Jones and Nautilus Strength Training Principles.

Ken's serious contributions, though, began in 1975 when he was still working as an operating room technician for the United States Air Force. He served Ellington Darden, PhD, as a proofreader and writer for Ellington's first book.

Ken's potential writing ability was first recognized in his early manuscript relating the Nautilus Principles of exercise to musicianship. This was then mostly laid aside as he began to focus more on the needs of Nautilus.

In 1977, Ken (Graphic #120) became formally employed at Nautilus as a surgery technician, writer, surgical photographer, rehabilitation specialist, and proofreader. In addition, from 1979 to 1982, he served as inside salesperson and traveling speaker, addressing scores of Nautilus clinics yearly.

In the early 1980s, Nautilus acquired *Athletic Journal*, a magazine targeted at the coaching community. Ken was assigned as the gatekeeper for all exercise-related articles submitted to the magazine. In this way coaches throughout the subscriber list read only what Ken approved—usually nothing—or himself wrote. The editor of the magazine was barely able to publish much more than advertisements and articles on strategy replete with Xs and Os.

In 1982, Ken and his technically talented wife Brenda were

sent by Arthur Jones to Gainesville, Florida to supervise the exercise program for the Nautilus-sponsored Osteoporosis Study at the University of Florida Medical School. During this year, he wrote the SuperSlow Protocol article and then refined its application with over 8000 one-on-one workouts between 1982 and 1986.

Ken's major accomplishments during the Nautilus Osteoporosis Project were:

- **Composed the Exercise vs. Recreation Philosophy.**
- **Re-discovered (lost since Zander) the principle of the variable counterbalance applied to counterbalance human bodytorque.**
- **Identified friction as a major issue in exercise equipment and motor control.**
- **Identified the four major considerations for the first comprehensive definition of exercise**
- **Evolved the first photographic standardization for comparing the results of exercise and diet programs.**
- **Discovered that all human muscular functions are negative cam effects.**
- **Identified the conflict between the assumed objective and the real objective as a major conceptual challenge in exercise.**

In 1986, Ken worked for Nautilus Sports/Medical Industries as a exercise equipment designer and prototypist, specializing in the application of coupled movement arms.

In 1987, he compiled historical developments of Nautilus equipment and wrote video scripts for detailed Nautilus education. He built the first prototype Nautilus Hip & Back machine incorporating a coupled movement arm. His manually-derived plots of the resistance curves are the only existing curves for the Nautilus machines made before 1978.

Ken is a self-taught mechanical engineer. Ken and Brenda developed the Linear Spine® Machines for his company, SuperSlow® Systems, INC in the early 90s. This equipment provides crucial exercise for severely debilitated back and abdominal musculatures. Four patents have been acquired on two models. Two of these patents are the coveted methods patents. These patents are now expired.

In 1989, Ken wrote the first edition of his technical manual: *SuperSlow—The Ultimate Exercise Protocol*. Then, in 1992, he expanded this to a second edition and launched a guild with a quarterly newsletter and associated certification program.

In 1996, M. Doug McGuff, MD, arrived on the scene and wrote his own first book, *Ultimate Exercise* in 1998. In its introduction, McGuff states regarding Ken's book and newsletters:

... Mr. Hutchins took the totality of the HIT philosophy and ferreted out almost every inconsistency and produced an exercise protocol that has a degree of precision and grounding in fundamental science that exceeds what I find even in the field of medicine... These newsletters contain some of the most important articles on physical training that will ever be written.

In 2002, Ken designed the first coupled-movement-arm machine for triceps extension.

In 2009, Ken and Brenda joined the RenEx® team to work with Joshua Trentine and Gus Diamantopoulos. They all shared a common passion and energy to marry the Hutchins' work in exercise protocol with a greatly enhanced certification program on new equipment that is uniquely matched to the protocol unlike any other. With the formation of RenEx Equipment, LTD, exercise equipment designs now far exceed those of then-revolutionary designs of SuperSlow Systems.

In 2013, Ken designed the first coupled-movement-arm knee extension machine. This was a feat previously deemed impossible by many expert prototypists in the field, including the late Arthur Jones (1921-2007). A thorough discussion about this can be found in four parts Online at these links:

<http://www.ren-ex.com/exercise-for-the-human-knee-part-i/>

<http://www.ren-ex.com/exercise-for-the-human-knee-part-ii/>

<http://www.ren-ex.com/exercise-for-the-human-knee-part-iii/>

<http://www.ren-ex.com/exercise-for-the-human-knee-part-iv/>

In 2014, Ken and Brenda left Florida and now reside in Conroe, Texas.

Although it may seem an unlikely association, Ken's interest in exercise is directly related to a lifelong career as a trumpet player. Ken's musical pastime focuses on baroque works by Telemann, Vivaldi, Handel, Michael Hayden, and J.S. Bach. He performed with the *Bel Canto Singers* of Daytona Beach, Florida in their performing season in years 1980-1982 and served for performances of Bach's *Christmas Oratorio*, *The B-Minor Mass*, as well as *The Magnificat*. In 1982, Ken was featured soloist with the *Bell Canto Singers* for an encore performance of *Grosser Herr, o starker König* from the Bach *Christmas Oratorio* sung by illustrious basso Mark Schweizer. Later that same year Mark and Ken performed together *The Trumpet Shall Sound* from Handel's *Messiah*.

Ken continues to assist and to advise the RenEx team on prototyping and writing projects.

Ken's first writings targeted the musician audience. It was those early unpublished writings that got the attention of

Ellington Darden to bring him in to work for Arthur Jones at Nautilus. After 40 years of information gathering, he has returned to writing for those in the performing arts. This time it is published for all to read.