

Biographical Sketch: Ken Hutchins

In 1966, at the age of 15, Ken was introduced to strength training by family friend, Philip Alexander. Philip, now an internal medicine specialist in Bryan, Texas, built Ken his first weight bench and insisted that Ken required 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. He served Ellington Darden, PhD as a proofreader and writer.

In 1977, Ken became formally employed at Nautilus as a surgery technician, writer, surgical photographer, and proofreader. From 1979 to 1982 he served as inside salesperson and traveling speaker, addressing scores of Nautilus clinics yearly.

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.
- Discovered 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 psychological challenge in exercise.

In 1986, Ken worked as an 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. 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.

The SuperSlow[®] Certification Program for professional exercise instructors is accredited (I.A.C.E.T.—International Association of Continuing Education and Training). This program is offered through the SuperSlow Zone[®] Institute, LLC. More about this unique organization can be found at www.sszl.com. The SSZI was formed to combat the rampant flimflam of the fitness industry—particularly its invalid and dangerous emphasis on aerobics, isokinetics, and plyometrics.

The SuperSlow Zone franchise was formed in 2004 to bring controlled, safe, effective and convenient SuperSlow exercise where you work and live.

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 was featured as soloist with the *Bel Canto Singers* of Daytona Beach in 1982 and served for performances of Bach's *Christmas Oratorio*, *The B-Minor Mass*, as well as *The Magnificat* in the 1980-1982 seasons.

