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BOWLING

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TIBHAR MR

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TENIS

MEMAN

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Elliptical/Cross Trainer



#### Instructions

Hold the handles to support and stabilize your body and maintain a steady pace. Do not lean back or forward. Keep your feet on the pedals and maintain a steady pace.

The seat and handles should always be adjusted to your body before using the machine.

Use the correct posture, do not lean back or forward. Keep your feet on the pedals and maintain a steady pace.

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