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Our elliptical trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. Page 22: Exercise Guidelines
E X E R C I S E G U I D E L I N E S Always consult your physician before beginning an exercise program.

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incline and 3 foot pedal angle settings to keep your workout challenging and effective. Proper ergonomics and biomechanics, a solid feel, important workout data feedback, and effective p

XE395 ELLIPTICAL - Spirit Fitness

ASSEMBLY To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480. Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials.

IMAGE 8.25 ELLIPTICAL USER MANUAL Pdf Download | ManualsLib

Spirit XE200 Elliptical Parts (2007 - 2008) (SN - 200007) Spirit XE295 Elliptical Parts. Spirit XE295 Elliptical Parts

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Free Spirit Treadmill Manual - nsaidalliance.com

Spirit elliptical also have speakers built in, adjustable foot pedals, a 2 inch Q factor (space between the insides of the foot pedals) which basically puts you in

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the ideal workout position and nice, clean displays with easy-touch control buttons. All of these features serve to make your workout more enjoyable as well as positioning you to ...

Spirit Elliptical Reviews - Mid Range Cardio Trainers

This rear flywheel Image 8.25 elliptical comes off as a bit wobbly for many users, but otherwise people like the trainer's roomy stride length, the cool step counter, and the programs. The handlebar design is a big problem as the large knobs that tighten the arms work loose quickly and cause the arms to slide out of place.

Image 8.25 Elliptical Trainer Review - One to Avoid Due to ...

FREESPIRIT 813 TREADMILL MODEL WCTL953350 Motor Belt Part 118016.
FREESPIRIT 813 TREADMILL MODEL WCTL953350 Motor Belt Part 118016

FreeSpirit Exercise Equipment -

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TreadmillPartszone

Spirit Fitness has added the new Spirit CRW900 Fluid Rower to its commercial range of CV equipment as a response to the rise in demand for indoor rowers.

THE SPIRIT FITNESS STORY We built our first fitness product in 1983, with the simple goal of giving our customers the highest quality equipment to help them achieve their fitness goals.

Spirit Fitness - The Spirit of Innovation

* Spirit Trax Flex 775P # 21766 - Drive Motor - USED - R# TMH523194SM
\$1,000.00 \$325.00 SOLE / SPIRIT M8 x030 x35mm Deck Cusion - USED - OEM# P060019-A1 REF# MFT112189SM

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easy to fold up and down for a workout and allow for a full size treadmill to fit in a more compact space when not in use. Releasing the yellow handle ...

Spirit Treadmills Manual

Find spare or replacement parts for your elliptical: Epic Free Spirit 110 - 831.305091. View parts list and exploded diagrams for Covers, Drive. Elliptical

Epic - Free Spirit 110 - 831.305091 | Fitness and Exercise ...

The Spirit Esprit EL-355 elliptical is an entry-level model with an impressive number of features from one of the top selling elliptical brands in the world.. What You Get. The large blue backlit LCD console shows time, speed, calories, program, rpm, level, distance, watts, and heart rate. There are ten programs including manual, 5 pre-set, 2 interactive heart rate, and 2 customized user workouts.

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Spirit Esprit EL-355 Elliptical Trainer Review - Entry ...

The Spirit XE400 Elliptical Trainer provides 20 levels of resistance, a 30lb flywheel, oversized foot pedals with a 2-degree inward slant to provide a natural and comfortable movement. Additionally, it offers both contact and telemetry heart rate monitoring, a backlit tri-color LCD screen as well as cooling fans and a water bottle holder.

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