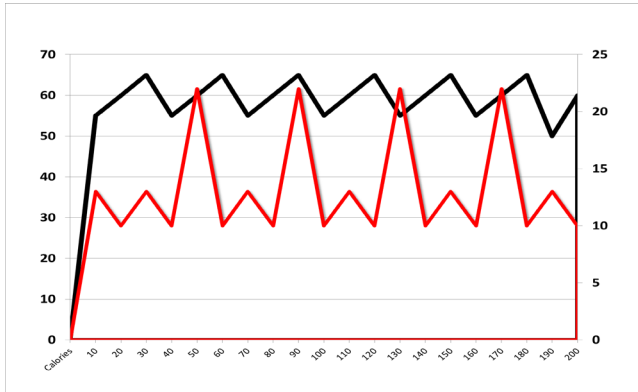


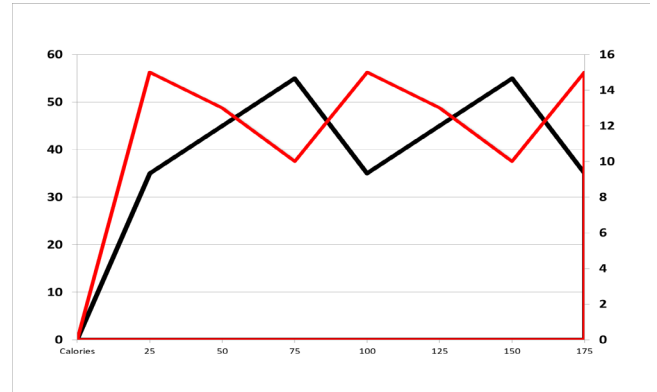
NordicTrack C 7.5



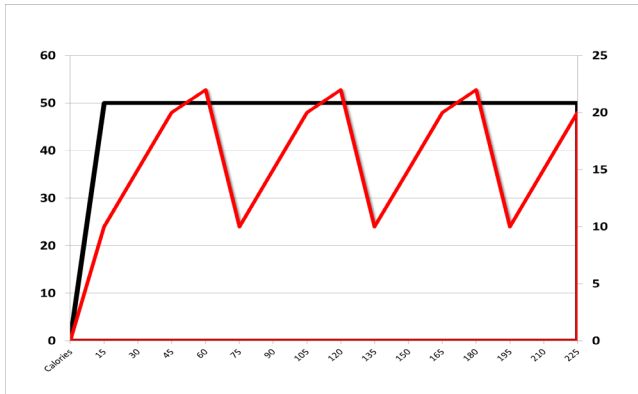
CALORIE 1 - 200



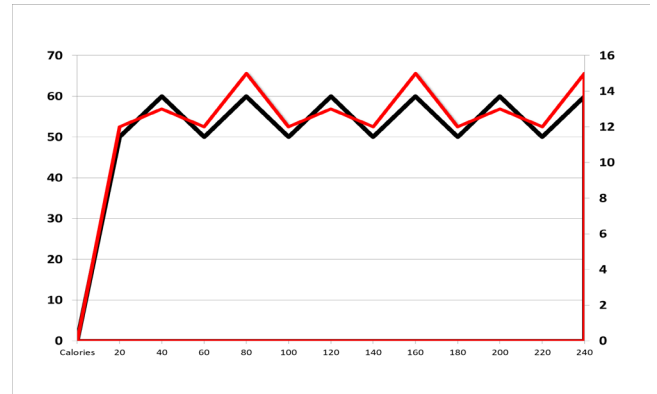
CALORIE 2 - 175



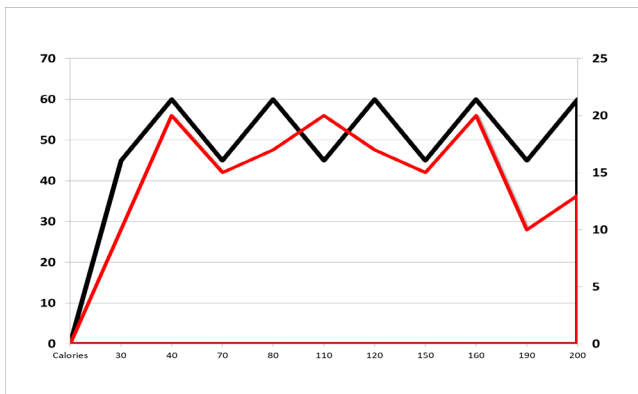
CALORIE 3 - 225



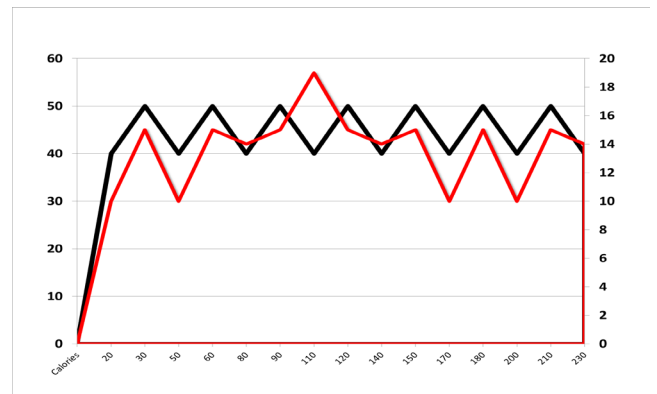
CALORIE 4 - 240



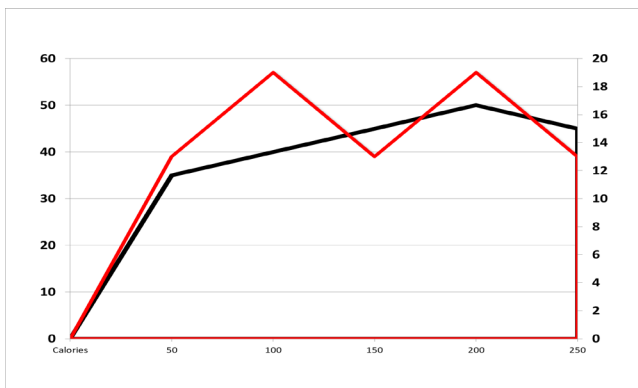
CALORIE 5 - 200



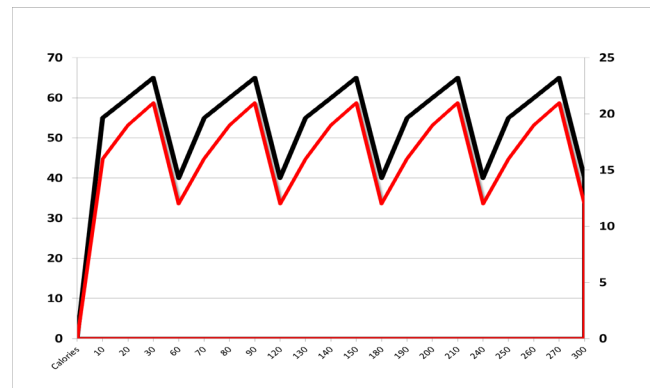
CALORIE 6 - 230



CALORIE 7 - 250



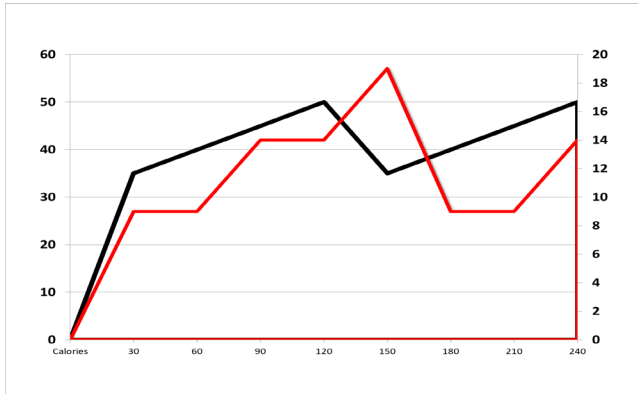
CALORIE 8 - 300



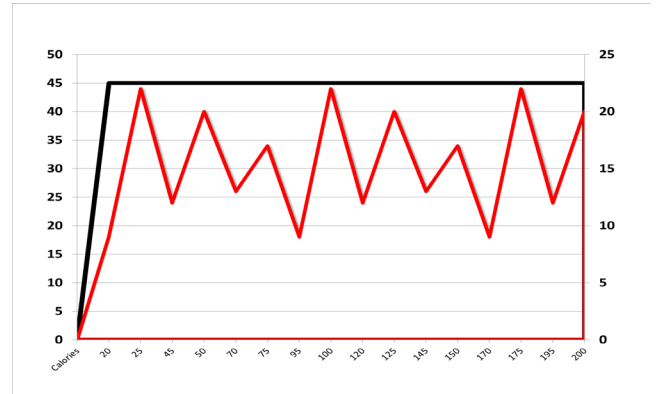
NordicTrack® C 7.5



CALORIE 9 - 240



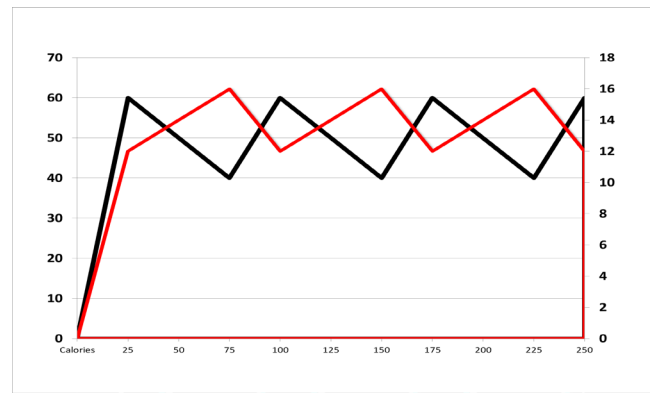
CALORIE 10 - 200



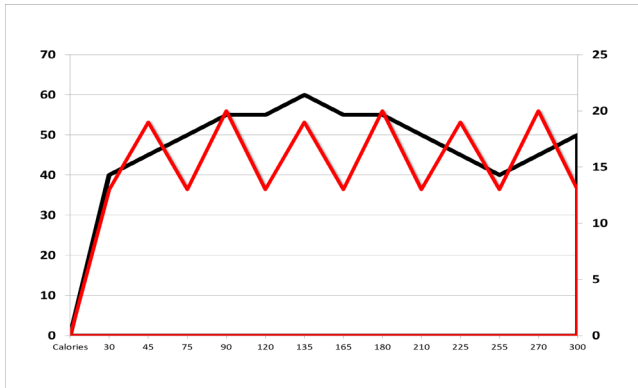
CALORIE 11 - 220



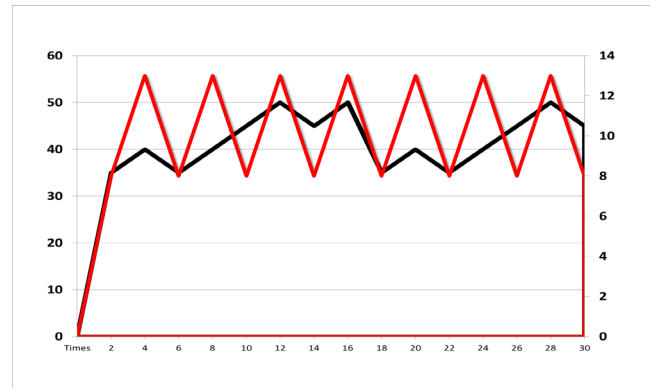
CALORIE 12 - 250



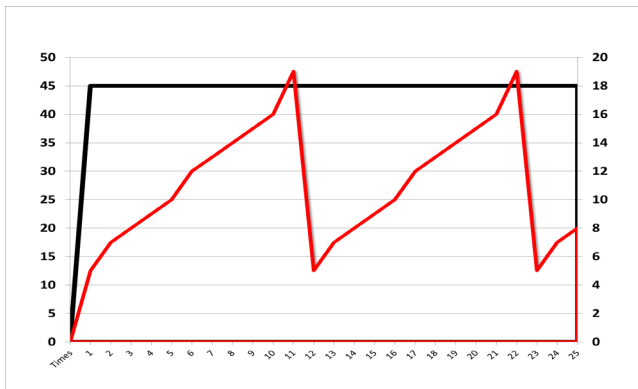
CALORIE 13 - 300



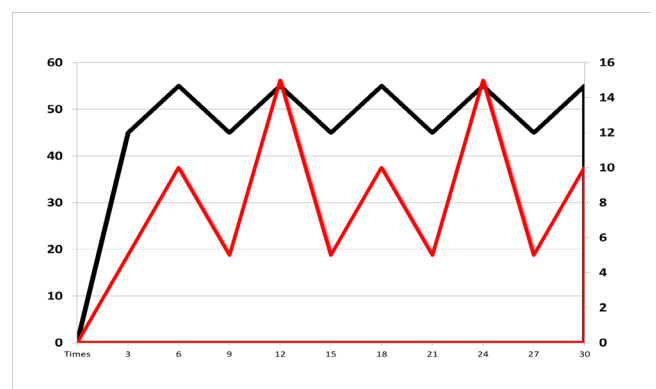
PERFORM 1 - 30 min



PERFORM 2 - 35 min



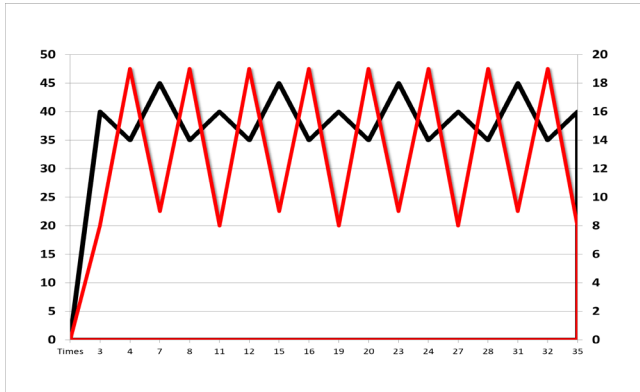
PERFORM 3 - 30 min



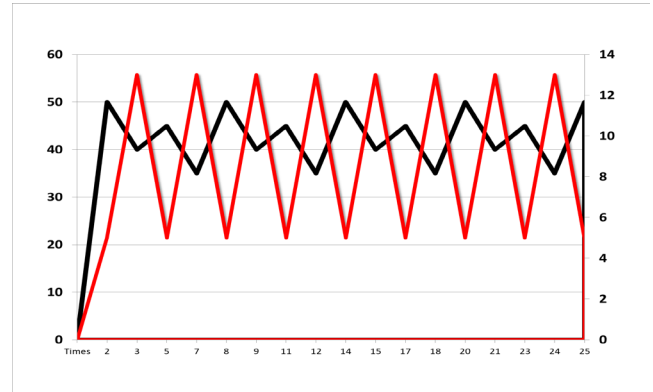
NordicTrack® C 7.5



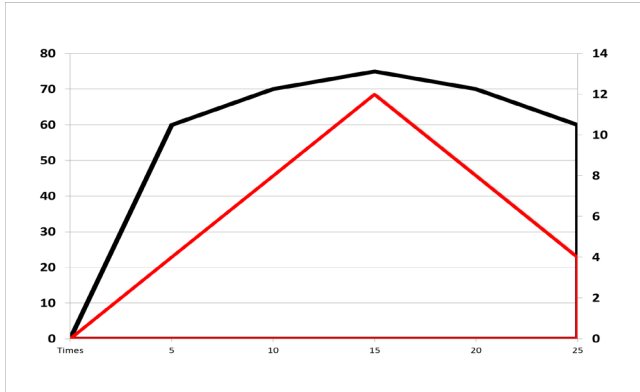
PERFORM 4 - 35 min



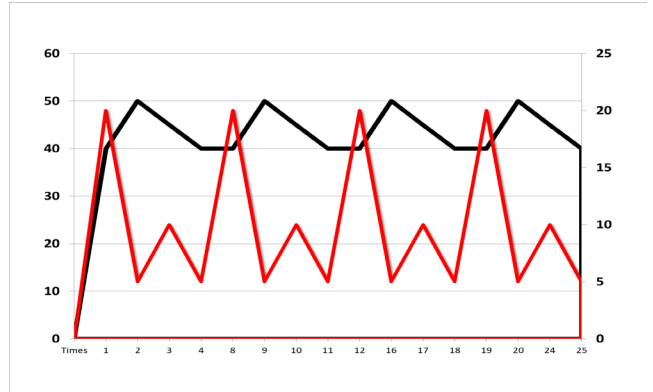
PERFORM 5 - 25 min



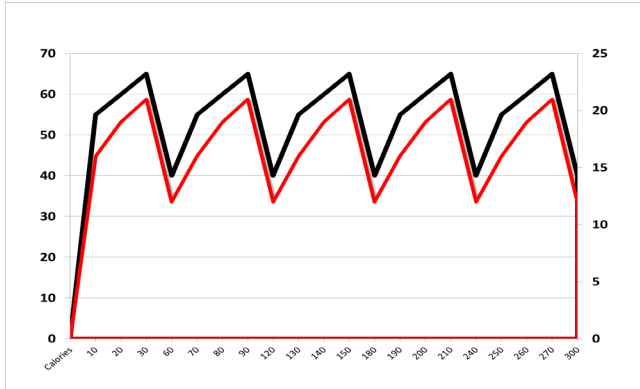
PERFORM 6 - 25 min



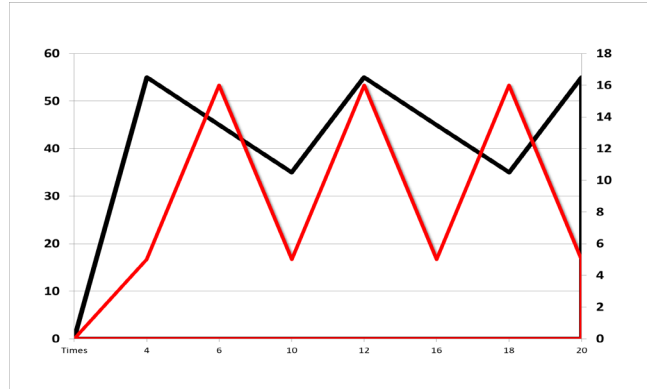
PERFORM 7 - 25 min



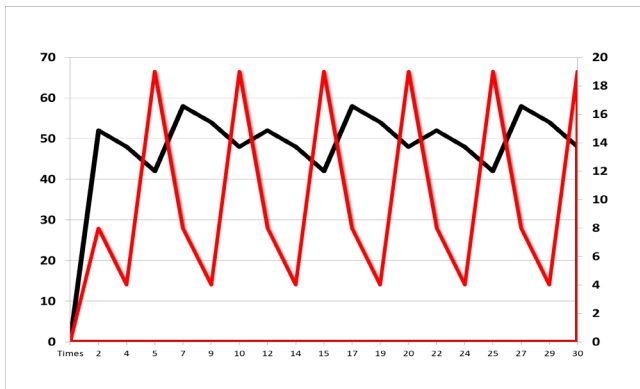
PERFORM 8 - 20 min



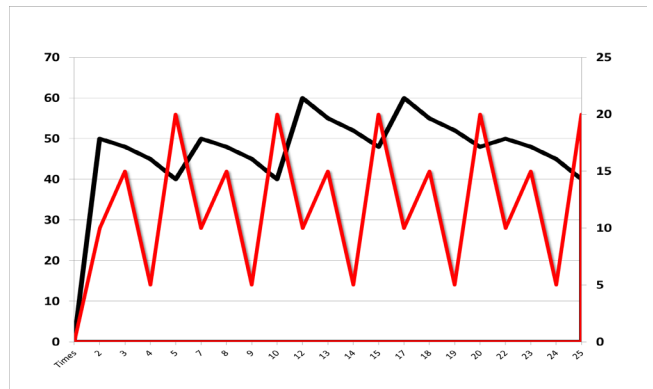
PERFORM 9 - 20 min



PERFORM 10 - 30 min



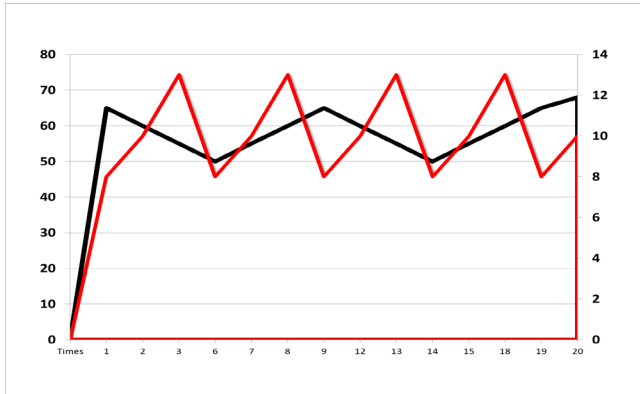
PERFORM 11 - 25 min



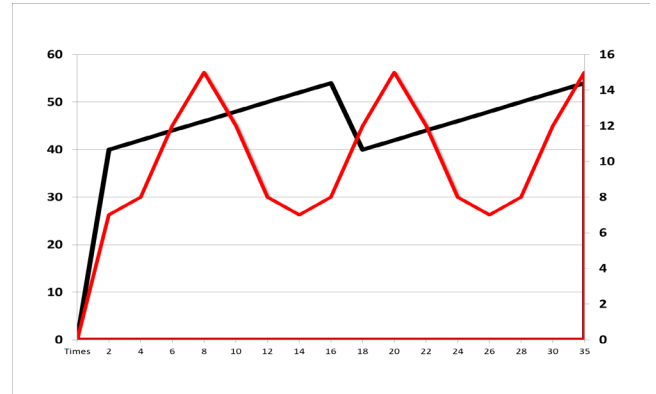
NordicTrack® C 7.5



PERFORM 12 - 20 min



PERFORM 13 - 35 min



 RESISTENCE

 RPM