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User Manuals - Tunturi Fitness

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Go for the Tunturi Aerobic Step Pro today and offer a fun stepping class in your gym!

Overview specifications. Material:

synthetic. Color: black with grey. Size: 90

cm x 39 x 16. Adjustable up to 20 and 25

cm. Maximum weight: 120 kg. L:99.5

W:36 H:20 cm. Weight: 8 kg Product

code: 14TUSCL270.

Aerobic Step - Tunturi Fitness

FOLLOW THE INSTRUCTIONS

DESCRIBED IN THIS MANUAL

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CAREFULLY. THE EQUIPMENT HAS BEEN DESIGNED FOR HOME USE. THE TUNTURI WARRANTY APPLIES ONLY FOR FAULTS AND MALFUNCTIONS IN HOME USE.

Before connecting the device to a power source make sure the voltage is correct.

The voltage is marked on the step-down transformer (either 230 V or 115 V). Page 3

1. ASSEMBLY Before assembling the device, insure all parts are present (fig. Main mast assembly Support legs (2) Tie rods (2) Feet (2) Handlebar ...

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Tunturi incorporates BAI technology in the displays of cardio equipment The BAI (Body Artificial Intelligence) screen technology makes it easier to monitor your workout. This smart technology is the new standard in a range of our cardio devices.

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edition of Fitness For Dummies is all you need to get on track to a healthy new body!

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Feel strong, toned and terrific with the latest moves in strength training Whether you're a beginner who doesn't know a

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barbell from a chocolate bar, a fitness junkie looking to expand your knowledge on weight training, or you're recovering from an injury and need to rebuild strength, this book is for you. Find out how to use exercise machines and weights at the gym and design a workout to do at home. Know your way around a gym □ learn all the weight lifting lingo, equipment and etiquette Help control your weight □ raise your basal metabolism and burn fat, not muscle, while eating right Keep your bones healthy □ maintain bone density and reduce your risk of developing osteoporosis Track your progress □ use a daily workout log to track your journey from soft to strong Stay motivated □ try a blend of machines, free weights, balls, bands and classes to keep your workout interesting Improve your heart health □ work your heart and lungs with aerobic exercise to complement your strength

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Business Communication: Process and Product, brief edition takes students through a well developed, consistently applied approach to communication that is combined with integrated application of current and emerging business technologies. Students learn a process for solving future communication problems, and how to use the Internet and electronic media to deliver their messages, resulting in a tangible communication strategy they can use throughout their careers. NETA

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"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

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