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manual. 5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting. 6. Keep the elliptical indoors, away from mois-ture and dust. Do not put the elliptical in a garage or covered patio, or near water. 7.

Place the elliptical on a level surface, with at

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Page 19 HOW TO TURN ON THE POWER HOW TO USE THE MANUAL MODE IMPORTANT: If the elliptical has been exposed to 1. Begin pedaling or press any button on the cold temperatures, allow it to warm to room tem- console to turn on the console. perature before turning on the power. Page 20 4. Follow your progress with the display.

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mode will show mode will be selected automatically.

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*iFit - Workouts - Manual Workout*

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