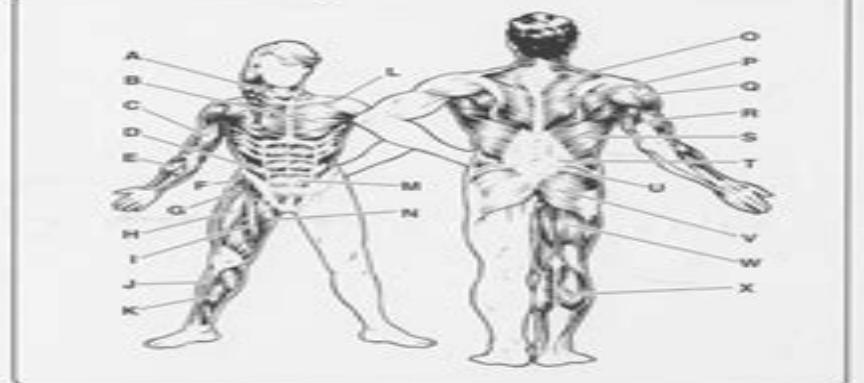




MUSCLE CHART



! WARNING: Read the necessary information and safety precautions for this user's manual before attempting.

This exercise system is not designed for the performance of sit-ups, sit-ups with a weight belt or for performing sit-ups with a weight belt. These exercises are not recommended for this reason. Instead, sit-ups should be performed on a mat or floor.

Use of this equipment is your responsibility and you must use good judgment when performing exercises. This equipment should not be used by children under the age of 14. This equipment should not be used by persons with any possible physical limitation, including but not limited to, heart disease, hypertension, diabetes, or any possible physical limitation. Persons with any possible physical limitation should consult a physician before using this equipment. Use of this equipment is your responsibility and you must use good judgment when performing exercises.

! AVISO: Lea la información y las precauciones necesarias para el uso de este manual antes de intentar.

Este sistema de ejercicio no está diseñado para el desempeño de sentadillas, sentadillas con cinturón o para el desempeño de sentadillas con cinturón. Estos ejercicios no se recomiendan por esta razón. En su lugar, las sentadillas deben realizarse en un colchoneta o en el suelo.

El uso de este equipo es su responsabilidad y debe usar buenas juzgaciones al realizar ejercicios. Este equipo no debe ser usado por personas menores de 14 años. Este equipo no debe ser usado por personas con cualquier posible limitación física, incluyendo pero no limitado a, enfermedades cardíacas, hipertensión, diabetes, o cualquier otra posible limitación física. Las personas con cualquier otra posible limitación física deben consultar a su médico antes de usar este equipo. Use de este equipo es su responsabilidad y debe usar buenas juzgaciones al realizar ejercicios.

! AVERTISSEMENT: Veuillez lire l'information et les précautions nécessaires pour utiliser ce manuel avant de tenter.

Ce système d'exercice n'est pas conçu pour le déroulement de sit-ups, sit-ups avec ceinture ou pour le déroulement de sit-ups avec ceinture. Ces exercices ne sont pas recommandés pour cette raison. Au lieu de cela, les sit-ups doivent être effectués sur un tapis ou sur le sol.

Le usage de cet équipement est votre responsabilité et vous devez utiliser une bonne jugement lorsque vous effectuez des exercices. Ce équipement ne doit pas être utilisé par les personnes de moins de 14 ans. Ce équipement ne doit pas être utilisé par les personnes avec toute limitation physique possible. (Incluant mais non limité à, maladie cardiaque, hypertension, diabète, ou toute autre limitation physique possible). Utilisez de cet équipement est votre responsabilité et vous devez utiliser une bonne jugement lorsque vous effectuez des exercices.

! AVVERTIMENTO: Leggete le informazioni e le istruzioni di sicurezza per utilizzare questo manuale prima di tentare.

Questo dispositivo non è progettato per eseguire esercizi di sit-ups, sit-ups con cinturone o esercizi di sit-ups con cinturone. Questi esercizi non sono consigliati per questa ragione. Invece, gli esercizi di sit-ups dovrebbero essere eseguiti su un tappetino o sul suolo.

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Career Opportunities in the Sports Industry, Third Edition Shelly Field, 2009 Praise for the previous edition: This comprehensive updated edition is a necessary reference book for all interested in a career in sports. Choice: With America's continued quest for health and fitness, sports have become **Newsletter**, 1986 **Medical and Health Care Books and Serials in Print**, 1997 Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1961 Includes Part 1 Number 1-2 Books and Pamphlets Including Serials and Contributions to Periodicals January-December

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