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### Owner's Manual

Owner's Manual Nautilus ® Bowflex Schwinn Fitness StairMaster Universal ® ... Please Carefully Read Through This Manual To Familiarize Yourself With The Operation Of Your New SC916 StairClimber. Doing So Will Help To Insure That You Get The Most Out Of Your SC916 StairClimber, Enjoying Safe And Effective Workouts In The Many Miles Ahead. Nautilus, Inc. World Headquarters 16400 SE Nautilus ... May 4th, 2020

### Exercise Equivalents - University Of Maryland

Running (5.5 Mph) 1 Mile = 1 Mile Ycling/ lking (13 Mph) 7 Miles = 1 Mile: Spinning. 30 Minutes = 2 Miles. Aerobics (moderate Intensity) 30 Minutes = 1 Mile: Stairmaster (moderate Intensity) 15 Minutes = 1 Mile. Roller Lading: 3 Miles = 1 Mile: Swimming (30 Yards/min) 1 Mile = 1 Mile. Gardening, Digging: 30 Minutes = 2.5 Miles: Gardening, Push Mowing. 30 Minutes = 2.25 Miles. Gardening, Raking ... Sep 1th, 2020

### Owner's Manual - Flaman Fitness

Owner's Manual Nautilus ® Bowflex Schwinn Fitness StairMaster ® Universal Nautilus Institute® PR3000 Home Gym 001-7278-061308A ® ® Aug 23th, 2020

### SC916 StairClimber - Amazon S3

Guide Du Propriétaire 2 Merci D'avoir Acheté Le StairClimber SC916 (modèle Commercial) De StairMaster®, Une Maque De Nautilus, Inc. Depuis Plus De 30 Ans, Nautilus, Inc. Fabrique Le Meilleur May 9th, 2020

### StairMaster StepMill Technical Manual

Contact Customer Service For Repair Information. • Maximum User Weight Limit: 350lbs. (159kgs). Do Not Use If You Are Over This Weight. • Do Not Wear Loose Clothing Or Jewelry. This Machine Contains Moving Parts. • Set Up And Operate This Machine On A Solid, Level, Horizontal Surface. • Do Not Step Off The Machine Until The Steps Have Fully Stopped. • Do Not Operate This Machine ... Oct 18th, 2020

### **Stratus Systems Owner's Manual**

The StairMaster® Stratus Systems Cycle Ergometer Is A Safe And Effective Way To Develop Aerobic Fitness While Conditioning The Major Muscles Of The Lower Body. In Order To Get The Best Results, And To Keep Your Machine In Peak Operating Condition, You Should Carefully Read And Follow The Guidelines Presented In This Manual. WHAT IS IN THIS MANUAL? Feb 21th, 2020

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1. The Controller Power Key Does Not Turn Off The Electrical Current To The Treadmill. The Treadmill Continues To Draw Power, Even When The Controller Is Off. To Avoid Electric Shock, Do Not Remove Treadmill Hood Or Place Hands Beneath The Treadmill While The Treadmill Is Plugged Into A Power Source. 2. Do Not Start

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- Workouts: 6 Programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Heart Rate Zone Trainer
- Fitness Tests: Multi-stage Fit Test And CPAT Fire Fit Test
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- Product Weight: 155 Pounds
- Console Accessories: Reading Rack, Water Bottle Holder And Accessory Tray

• Aug 16th, 2020

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Nautilus ® Bowflex Schwinn ® Fitness StairMaster Universal ® Nautilus Institute Owner's Manual ® ® Classic Home Gym 003-3211-120108A English Sep 10th, 2020

### **Service Manual - Core Health And Fitness**

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Manual, Elloras Cavemen Tales From The Temple I, Natural Cleaner For Dog Urine On Carpet ... Jan 5th, 2020

### **Owner's Manual**

Owner's Manual Before USING YOUR Product: Find And Read All Warning Labels Located On The StairMaster® Commercial Series SC916 StairClimber, Prior To Using Your Product. Be Sure To Replace Any Warning Label If Damaged, Illegible, Or Missing. If You Need Replacement Labels, Please Call A Nautilus® Representative At (800) 628-8458 (North America) Or (41) (26) 460 77 77 (International Office). Jan 8th, 2020

### **3 . Cf 31000RC-**

StairMaster Spinnaker Systems Cycle Ergometer Is Designed For Use By Individuals Of All Ages And Fitness Levels. Your Purchase Of This Machine Is A Positive Affirmation Of Your Commitment To Use The Best Means Available To Develop A High Degree Of Functional Fitness. The StairMaster Spinnaker Systems Cycle Ergometers Use The Air Pressure Generated By Crank-driven fans For Resistance. Just Like ... Mar 8th, 2020

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Stairmaster - Start With Shallow Steps With Feet Flat On Steps And Weight On Heels, Progress Depth As Tolerated To Normal Step Depth All Ex's Should Move To Affected Leg Only At This Time Except For Squats Monitor Closely For Patello-femoral Signs And Symptoms, Manage Them Accordingly 5 Weeks Post Op Cont. As Above May Begin Lunges, Lunge Walks, Lunge Squats While Maintaining Tibia ... Aug 5th, 2020

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### **SM5/SC5 Touch Screen Console Quick Reference Sheet**

SM5/SC5 Touch Screen Console Quick Reference Sheet 1. How To Access The Maintenance Menu A. Place Finger In The Upper Left Corner And Hold For Approximately 5 Seconds. B. The "Stairmaster" Icon In The Upper Center Of The Display Will Flash. C. Place Finger On The "Clock Symbol" And Hold For Approximately 5 Seconds D. The Maintenance Screen Will Display. 2 Maintenance Screen . 3 ... Sep 10th, 2020

### **Assembly Manual - Support.stairmaster.com**

On A StairMaster SM5 Or SC5. All Instructions In The Manual Are Given With The Orientation Of Standing On A Level Surface And Facing The Back Side Of The Machine. Step 1: Unpackaging The SMV-1 Tools: Box Knife 1. Remove All Components From Packaging And Lay Out On Level Working Surface. 2. Remove 15.6" StairMaster SMV-1 TV Note: The SMV-1 Owner's Manual And Power Supply Are Included In The ... Sep 3th, 2020

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Use The Side Rails For Support And Lift One Foot Slowly Until The Pedal Arm Contacts The Upper Stop. Place That Foot On The Floor. Repeat For The Other Foot. Do Not Let The Pedals Slam Into The Upper Stops, Since This May Cause Unnecessary Wear And Tear. STM\_SC916\_OM\_RevA\_021208\_Print.indd 7 2/12/2008 7:57:05 AM. Owner's Manual 8 Operation UNDERSTANDING The DISPLAY AND CONTROLS The SC916 ... Feb 17th, 2020

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Page 2 Torque Pedal Shaft Set Screws To 80 Inlbs 133 94 83. See Appendix E 71 2x 82 2x 84 2x 96 2x 83 See Appendix F 4x 95 2x 83 4x 93 4x 94 4x 83 129 89 4x 91 2x 6 88 8x 92 81 4x 90 85 86 87 2x 95 2x 84 Stairmaster Sc916 Stepper 2x 58 Page 3 Rail W/grip Rail W/grip 89 Grip Only Grip Only 129. 4x 100 See Appendix G 2x 115 114 6x 112 113 4x 116 100 118 117 100 101 109 2x 111 2x 110 Starmaster ... Sep 7th, 2020

### **TRAINING PLAN - Core Health & Fitness**

• 15 Minute StairMaster Workout • 5 Minute StairMaster Warm Up • Hold Each Movement For 30 Seconds, Taking 10 Seconds To Transition Between Positions. Repeat 7 Sets: Left - High Lunge Right - High Lunge High Push Up Hollow Hold • 15 Minute StairMaster Workout • 5 Minute StairMaster Warm Up • For 10 Minutes, Every Minute On Jan 2th, 2020

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### **StairMaster - SPORTSMITH**

Mechanics Ofthe Gauntlet Beca.IISe There Are No Electrical Motors. The Stair Case Is Powered By Body Weight And Sped Control Led By An Electromechanical Bnuingsystem. COMPUTER BASICS The Purpose Of The Computer Console Is To Provide Automation Of The Workout And A "friendly" Method For Obtaini Ng Necessary Data And Displaying Workout Results ... Aug 4th, 2020

### **FREECLIMBER 4200 PT, 4400 PT/CL, AND 4600 PT/CL OWNER S MANUAL**

Page V PREFACE Regular Use Of The StairMaster ® FreeClimber Exercise System Is

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