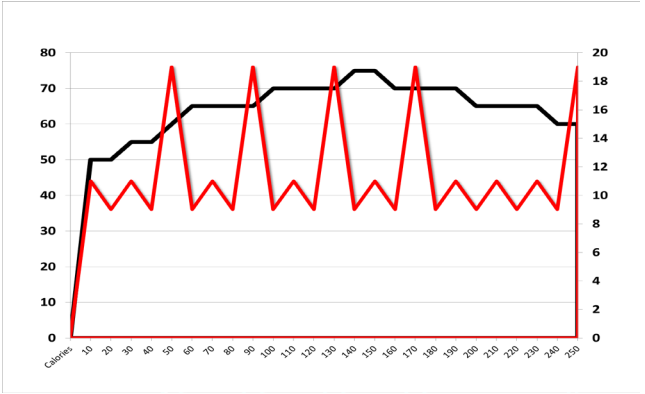
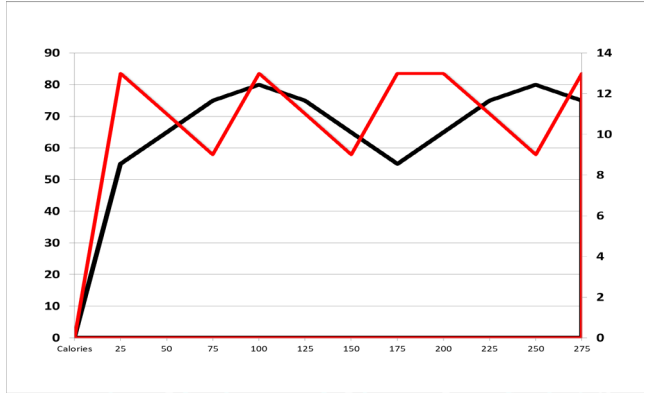


PRO-FORM® 525 CSE+

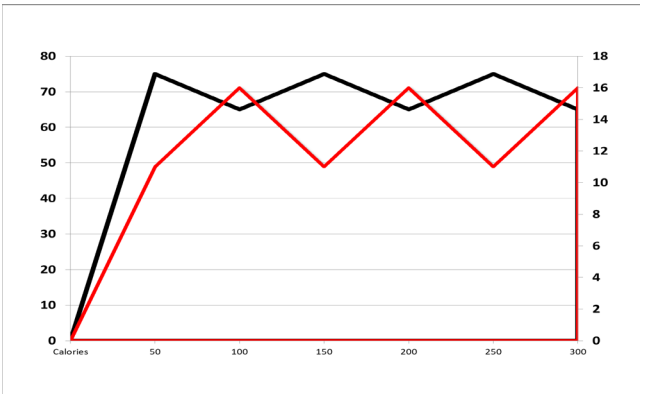
 CALORIES 1 - 250 



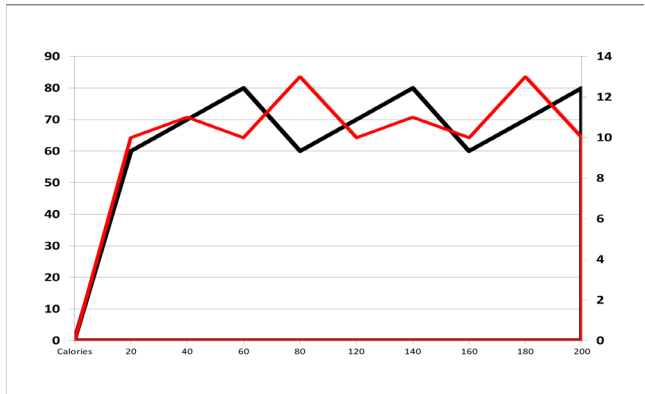
 CALORIES 2 - 275 



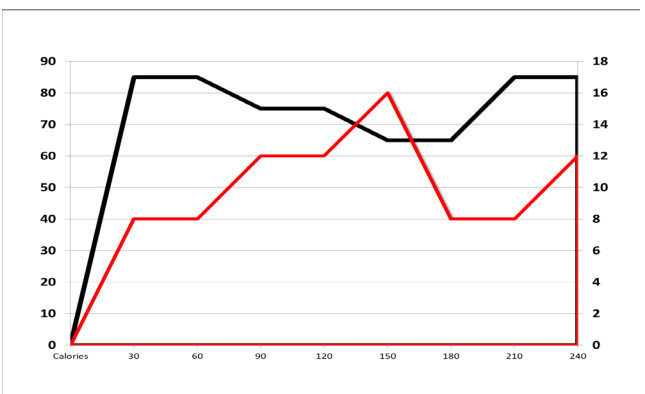
 CALORIES 3 - 300 



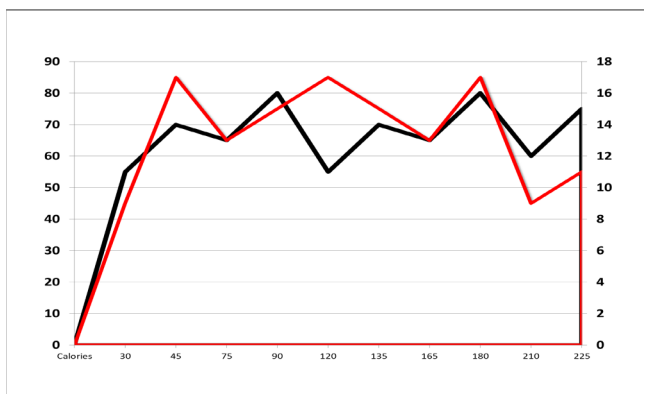
 CALORIES 4 - 200 



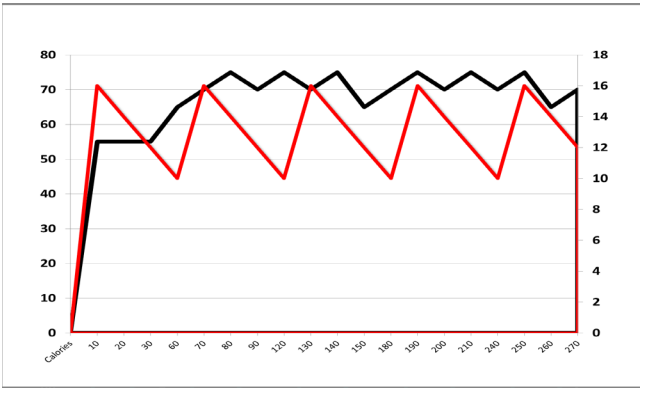
 CALORIES 5 - 240 



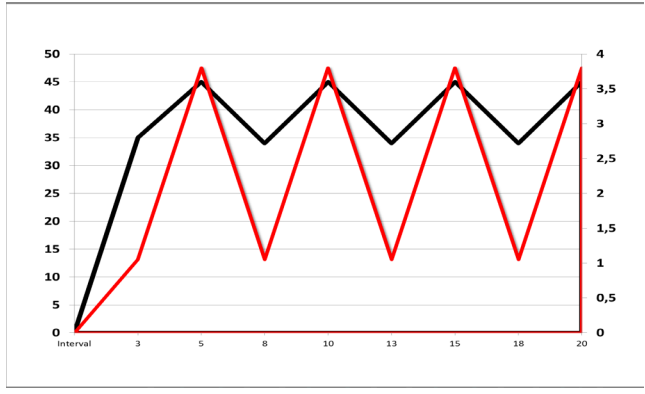
 CALORIES 6 - 225 



 CALORIES 7 - 270 

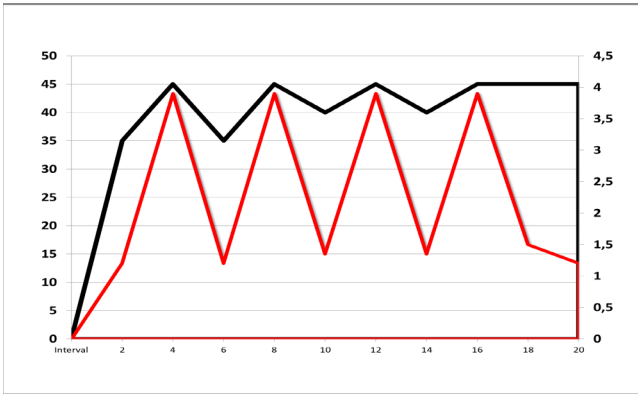


 INTERVAL 1 - 30 min 

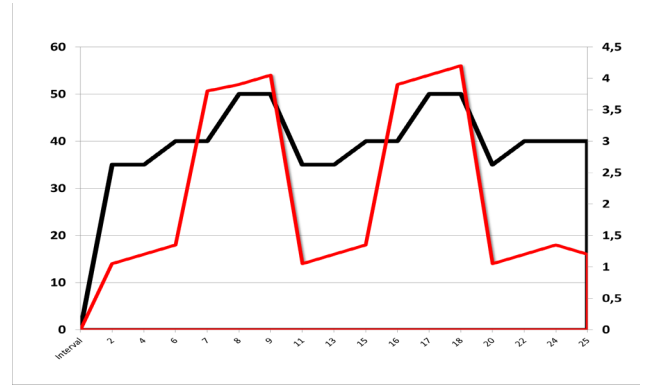




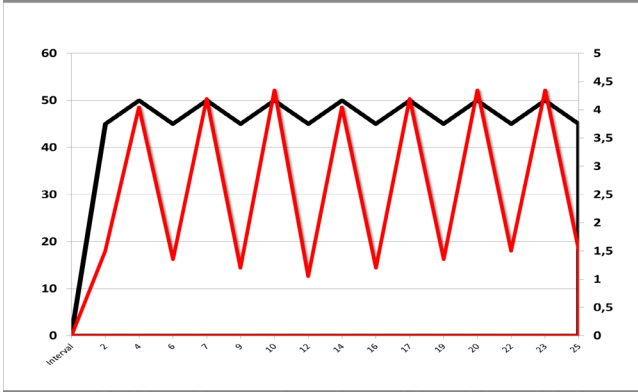
INTERVAL 2 - 20 min



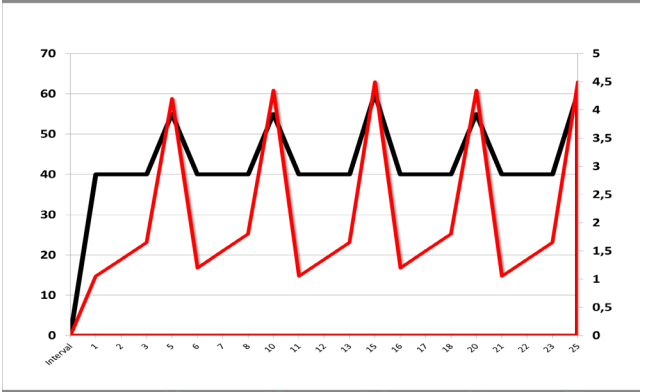
INTERVAL 3 - 25 min



INTERVAL 4 - 25 min



INTERVAL 5 - 25 min



RPM



Calories



Resistance