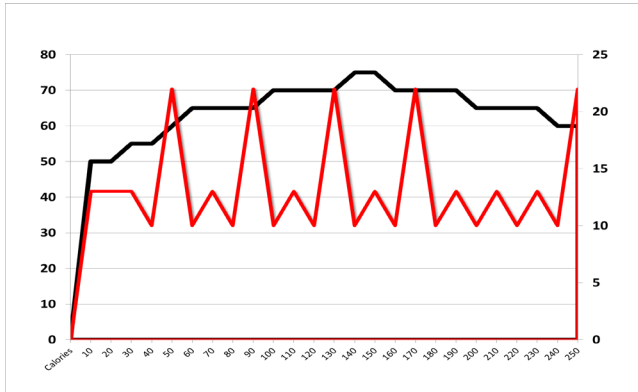


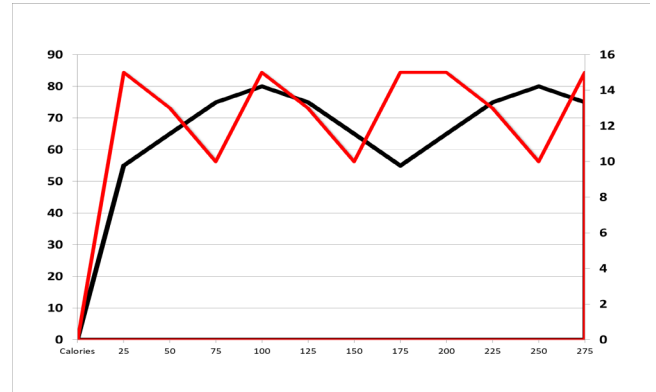
# NordicTrack<sup>®</sup> A.C.T. COMMERCIAL



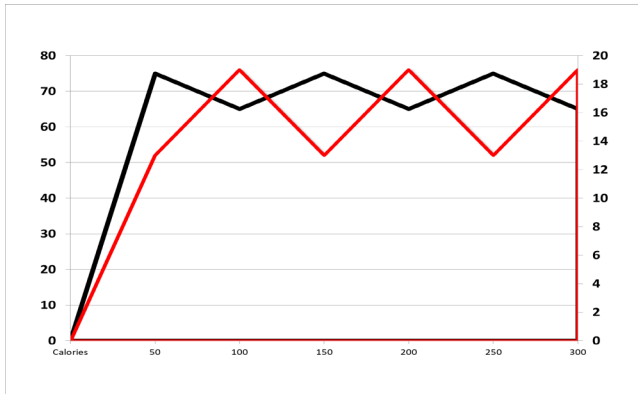
CALORIE 1 - 250



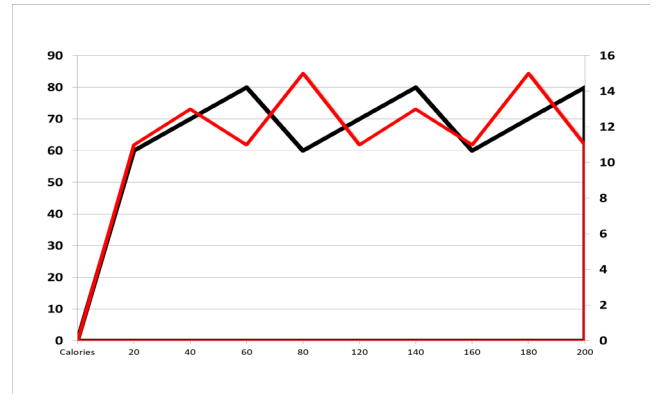
CALORIE 2 - 275



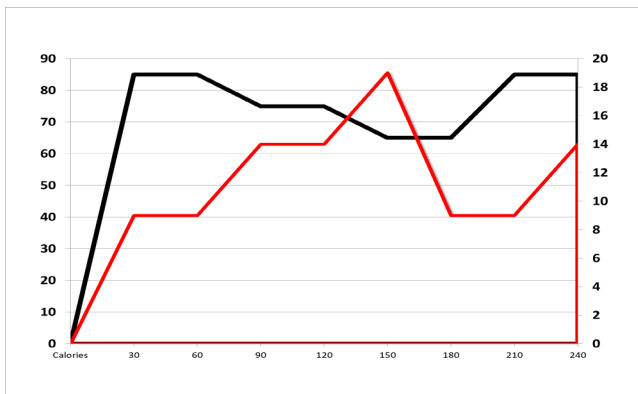
CALORIE 3 - 300



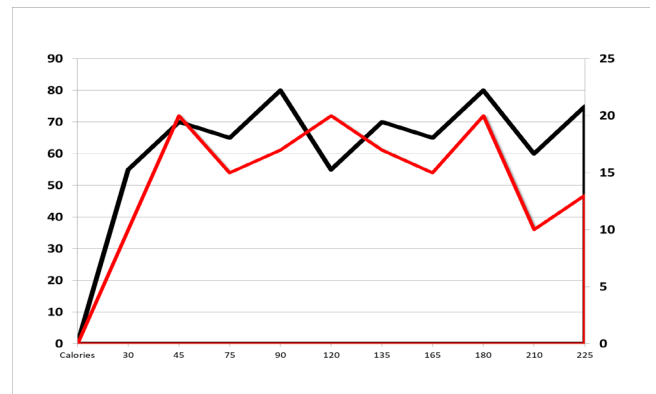
CALORIE 4 - 200



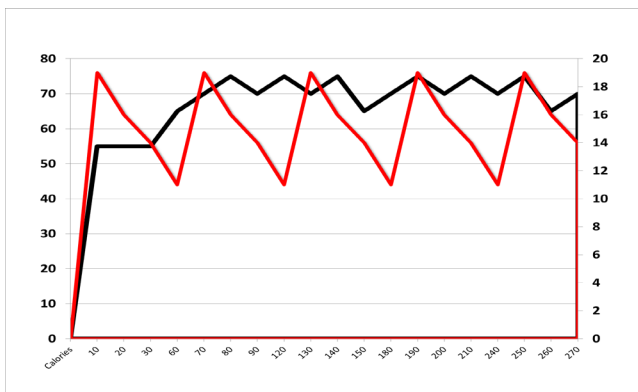
CALORIE 5 - 240



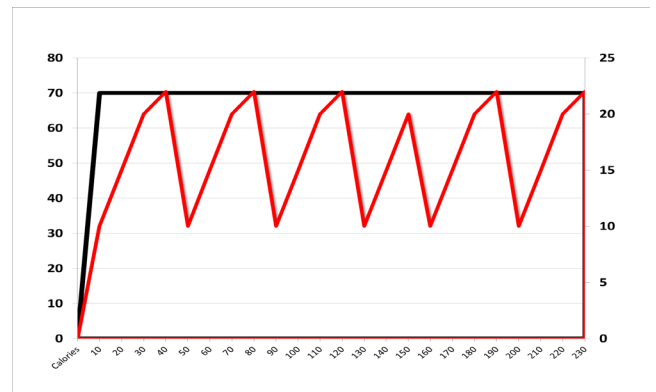
CALORIE 6 - 225



CALORIE 7 - 270

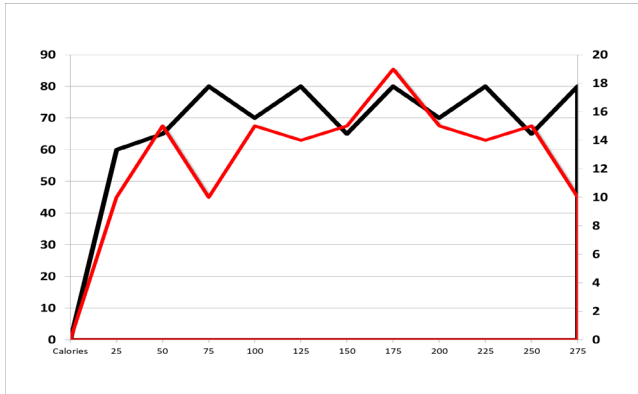


CALORIE 8 - 230

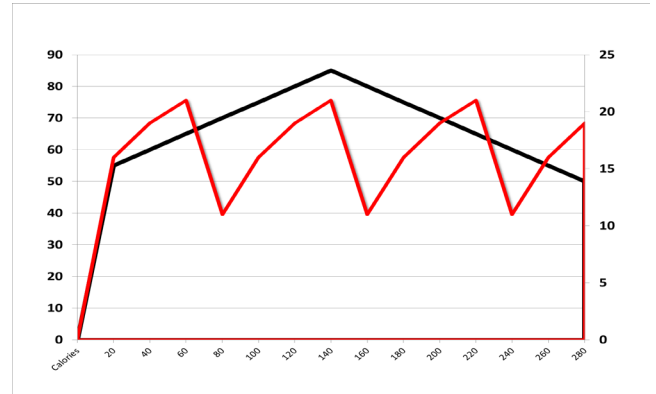




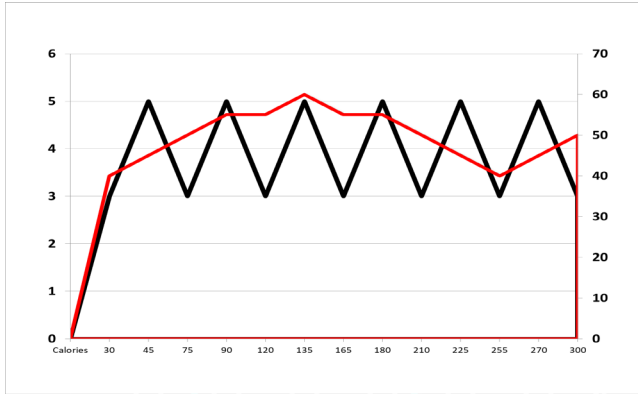
CALORIE 9 - 275



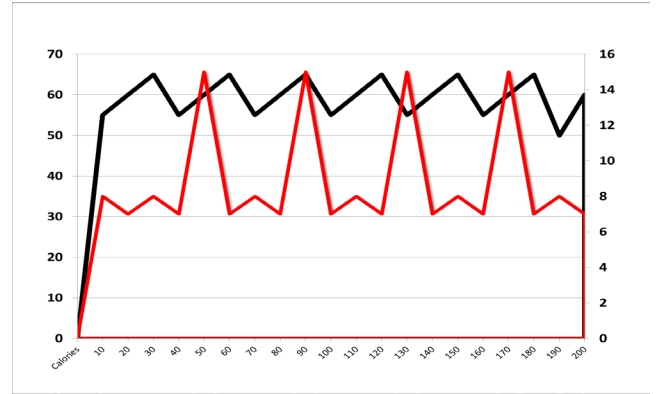
CALORIE 10 - 280



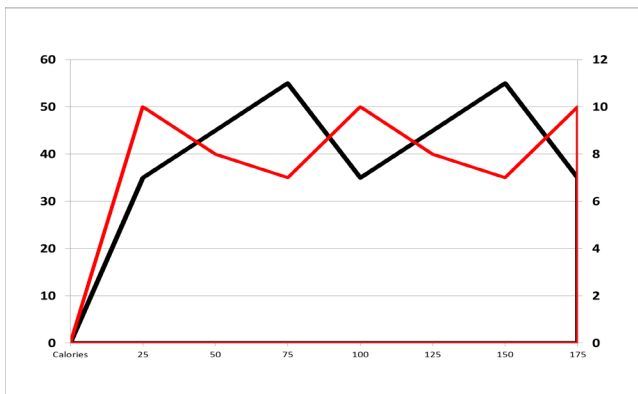
CALORIE 11 - 300



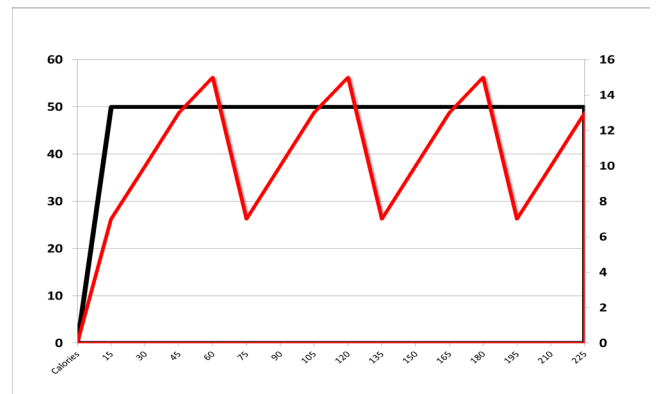
CALORIE 12 - 200



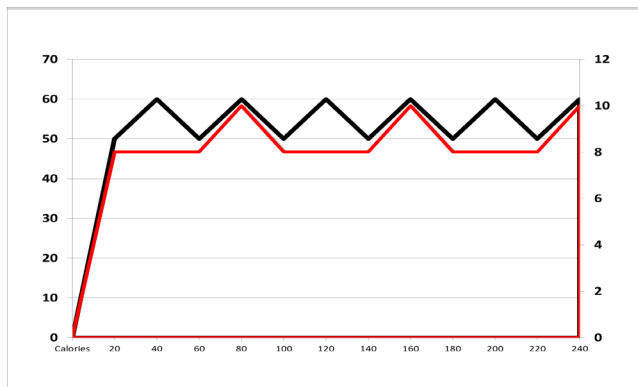
CALORIE 13 - 175



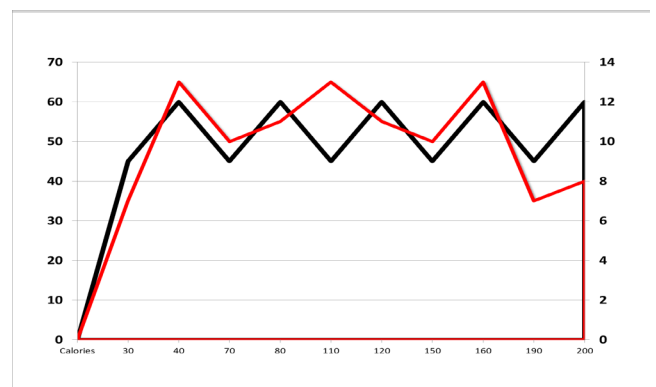
CALORIE 14 - 225



CALORIE 15 - 240

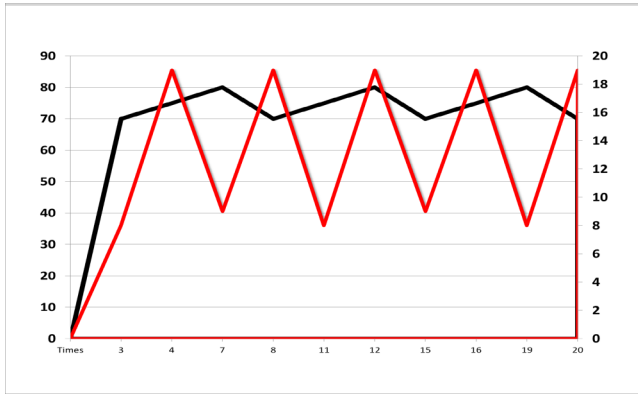


CALORIE 16 - 200

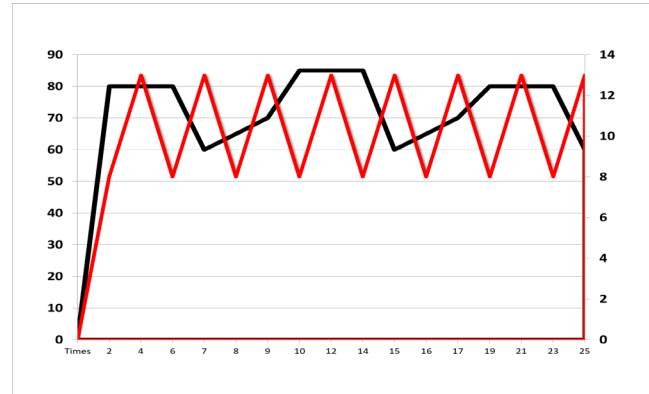




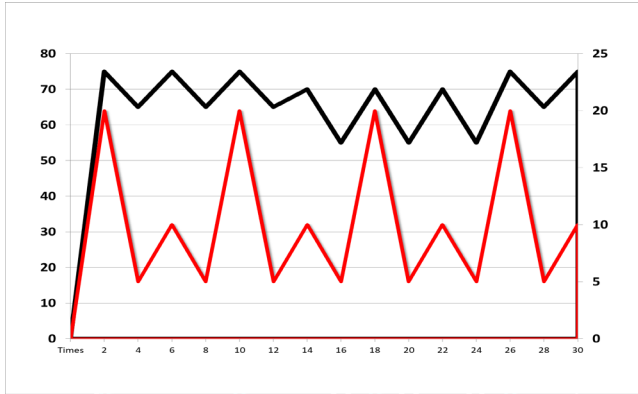
PERFORM 1 - 20 min



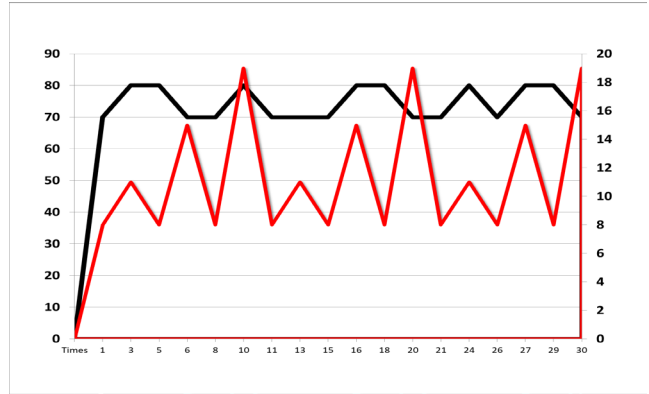
PERFORM 2 - 25 min



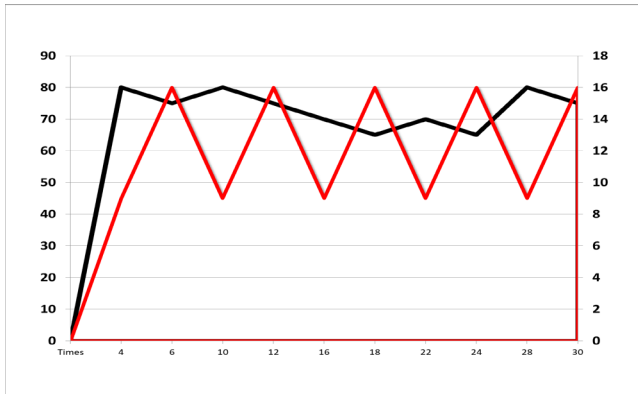
PERFORM 3 - 30 min



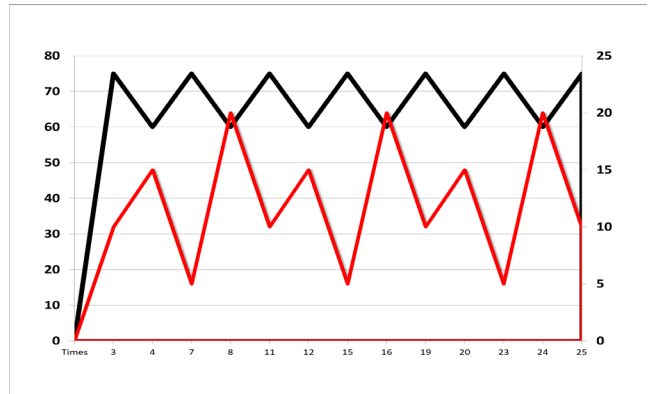
PERFORM 4 - 30 min



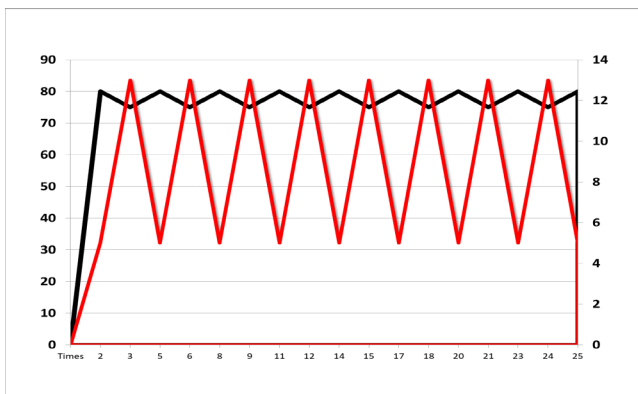
PERFORM 5 - 30 min



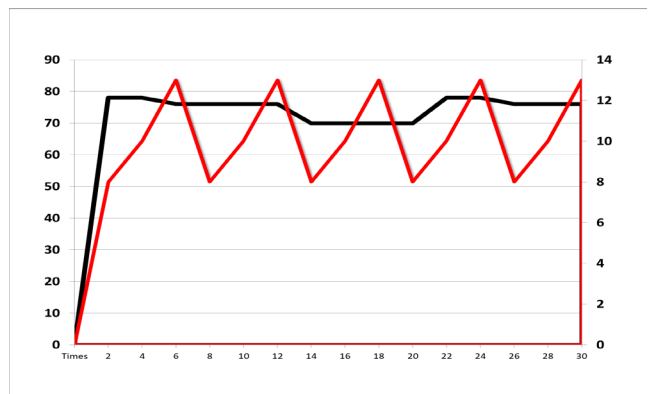
PERFORM 6 - 25 min



PERFORM 7 - 25 min

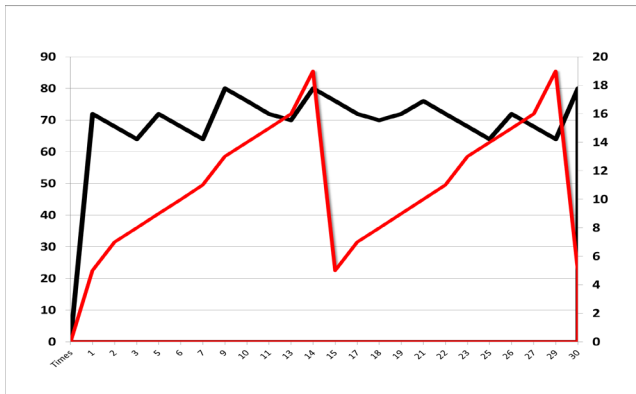


PERFORM 8 - 30 min

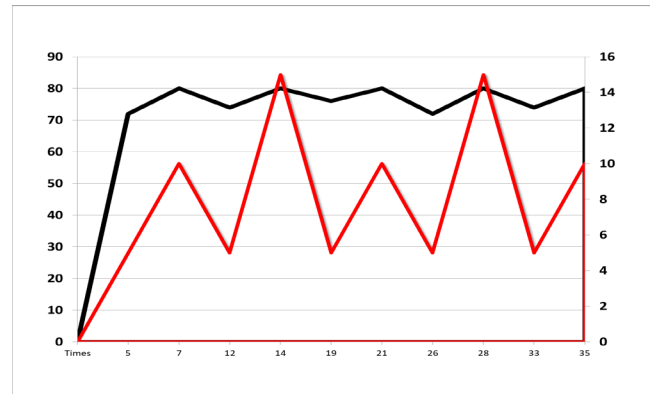




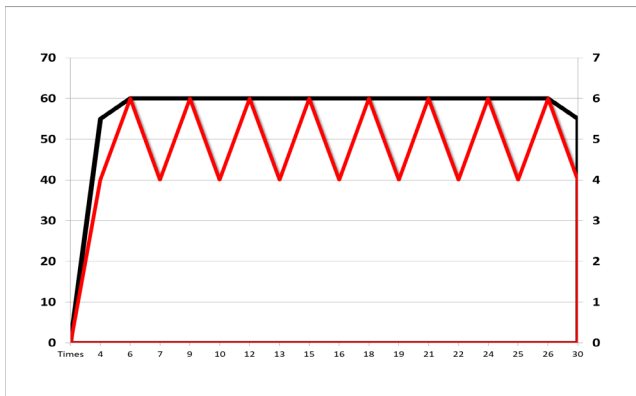
PERFORM 9 - 30 min



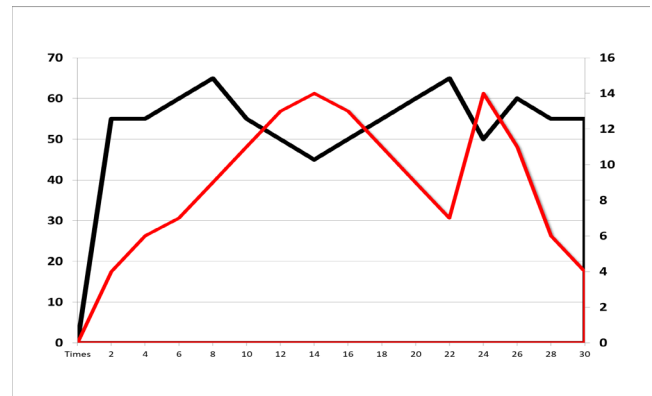
PERFORM 10 - 35 min



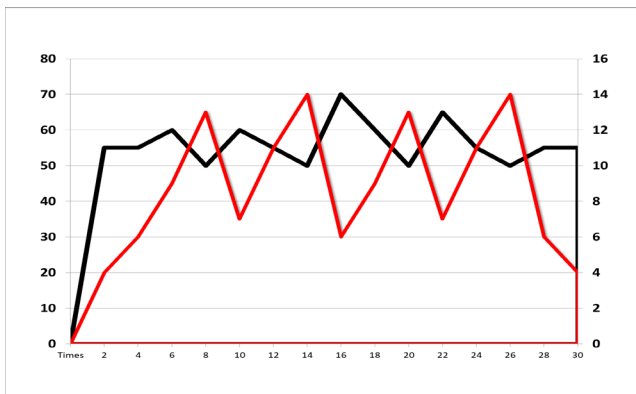
PERFORM 11 - 30 min



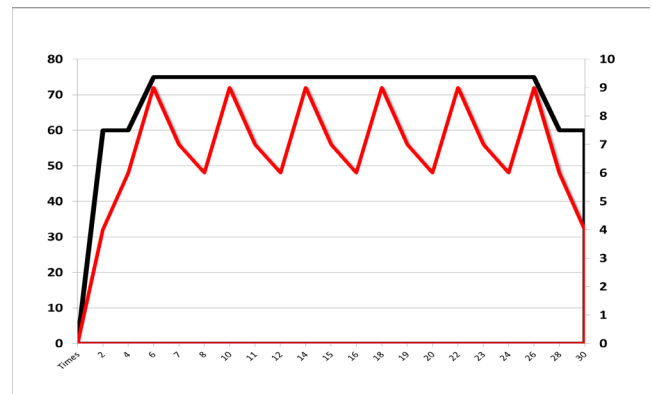
PERFORM 12 - 30 min



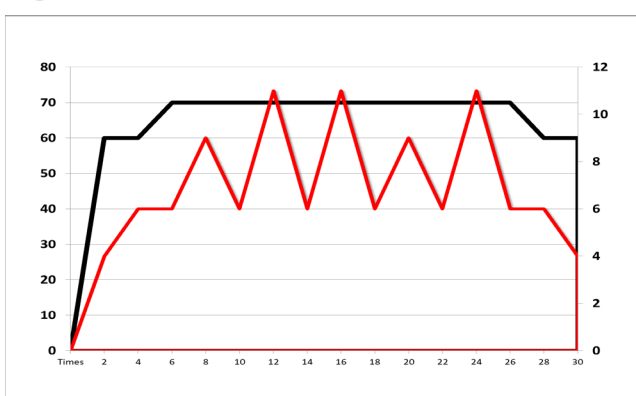
PERFORM 13 - 30 min



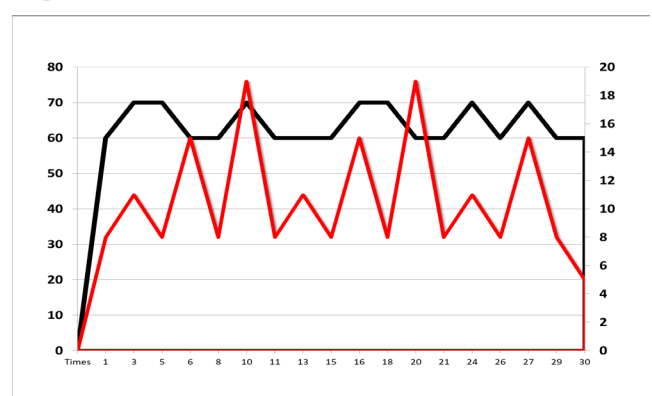
PERFORM 14 - 30 min



PERFORM 15 - 30 min



PERFORM 16 - 30 min





Resistance



RPM