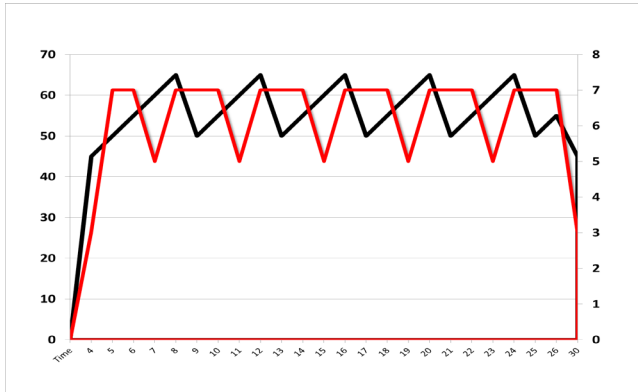


# PRO-FORM<sup>®</sup>

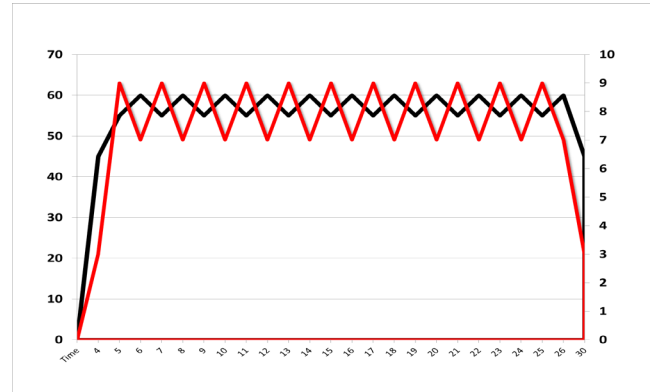
## ENDURANCE 420 E



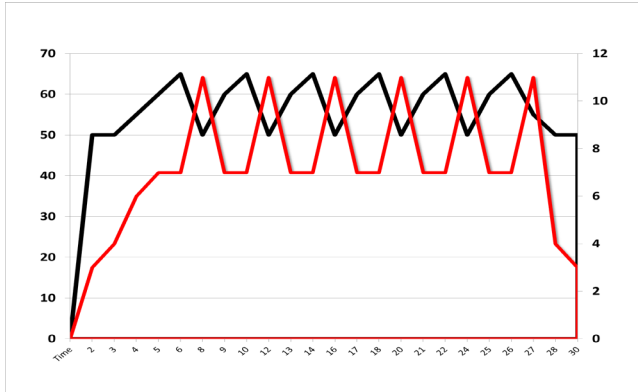
WATTS WORKOUTS 1 - 30 min



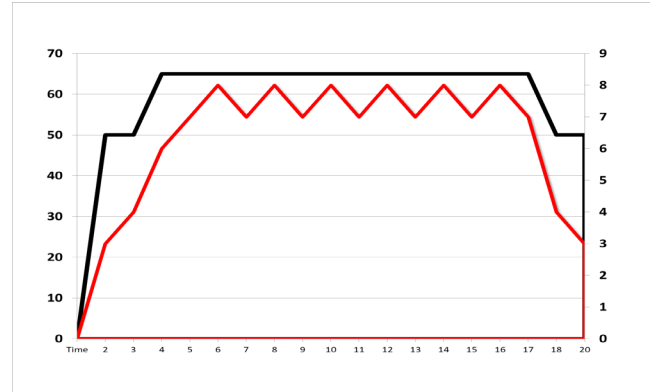
WATTS WORKOUTS 2 - 30 min



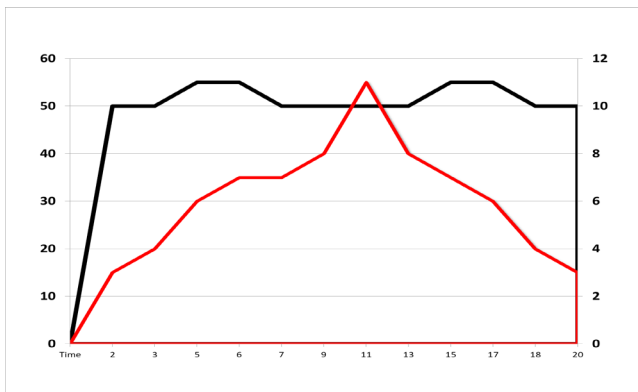
WATTS WORKOUTS 3 - 30 min



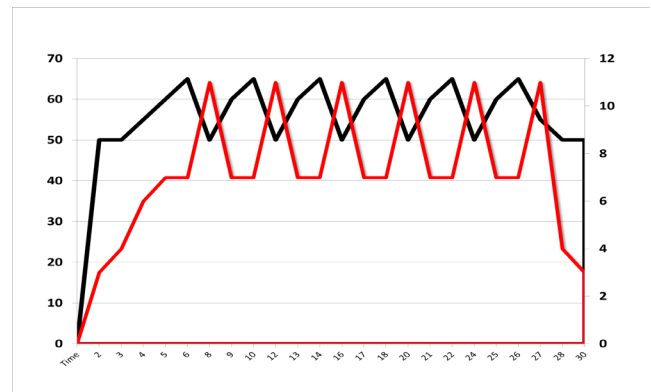
WATTS WORKOUTS 4 - 20 min



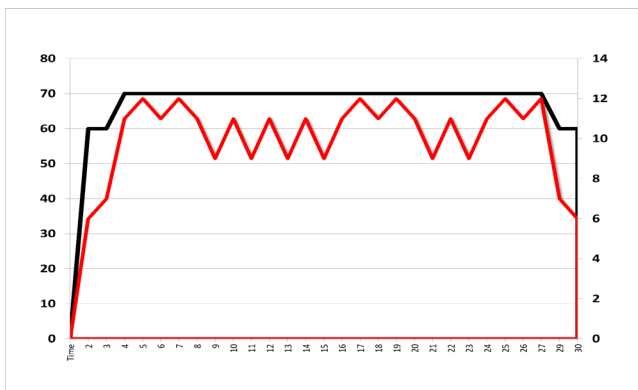
WATTS WORKOUTS 5 - 20 min



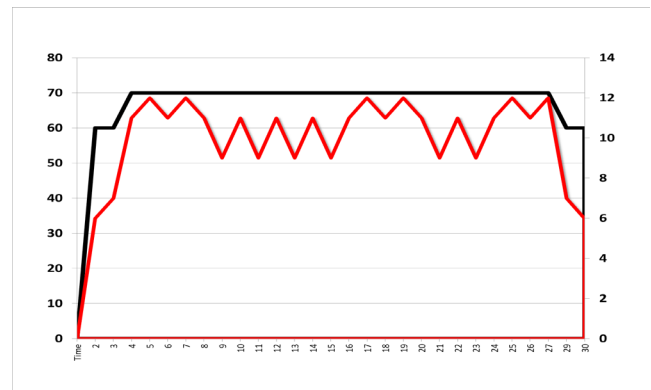
WATTS WORKOUTS 6 - 30 min



WATTS WORKOUTS 7 - 30 min



WATTS WORKOUTS 8 - 30 min

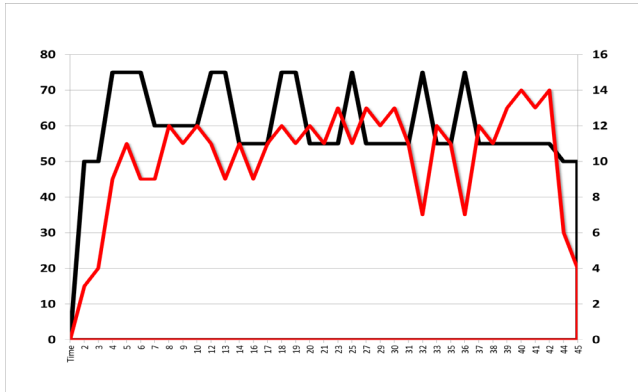


# PRO-FORM<sup>®</sup>

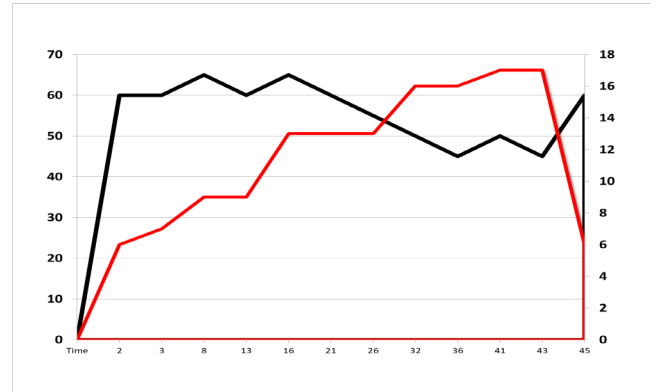
## ENDURANCE 420 E



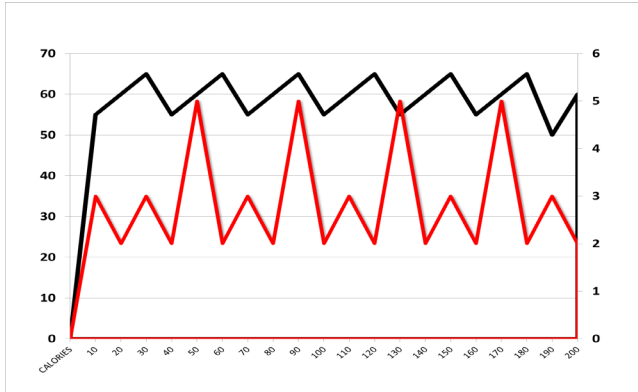
WATTS WORKOUTS 9 - 45 min



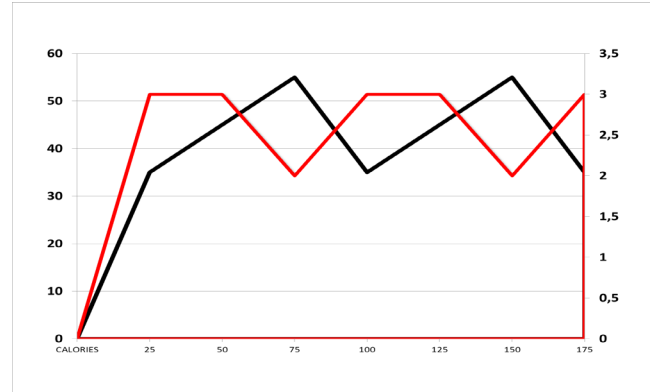
WATTS WORKOUTS 10 - 45 min



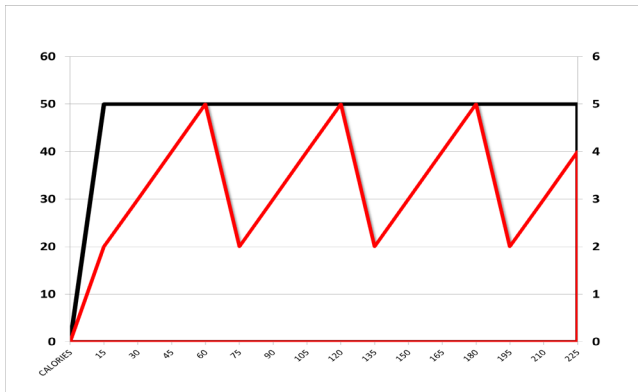
CALORIE 1 - 200



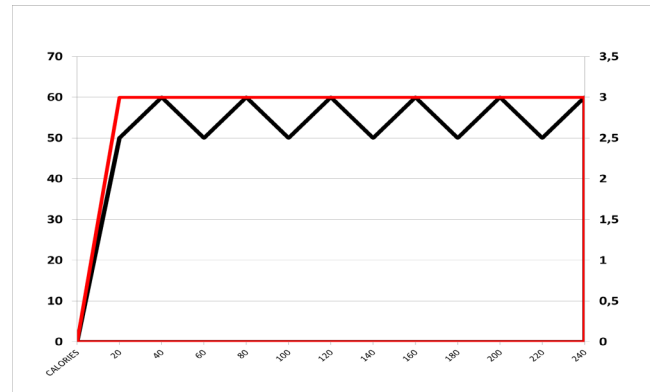
CALORIE 2 - 175



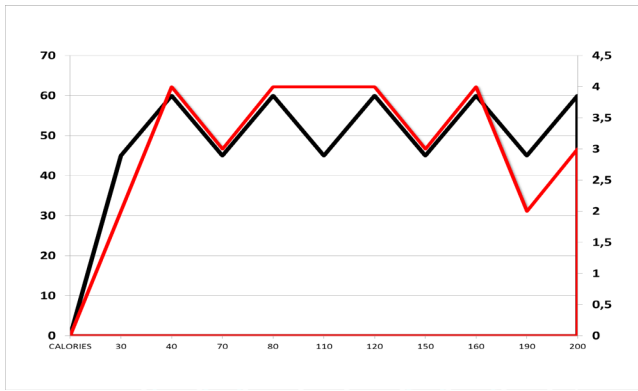
CALORIES 3 - 225



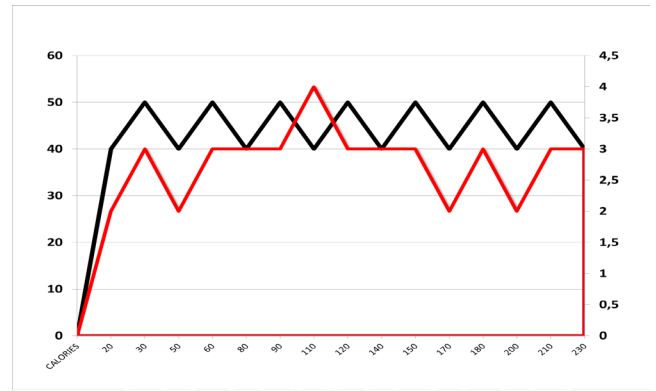
CALORIES 4 - 240



CALORIES 5 - 200



CALORIES 6 - 230

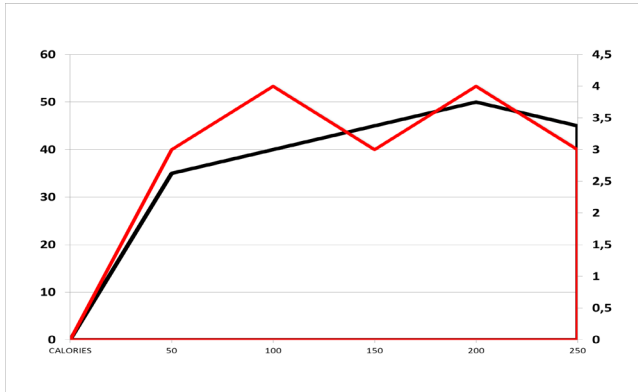


# PRO-FORM<sup>®</sup>

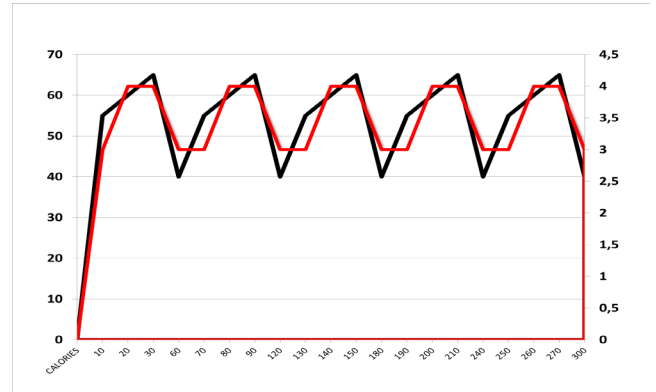
## ENDURANCE 420 E



CALORIES 7 - 250



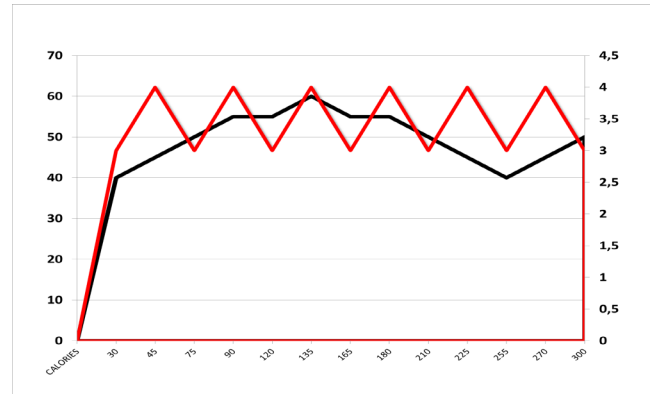
CALORIES 8 - 300



CALORIES 9 - 240



CALORIES 10 - 300



RPM



RESISTANCE