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MARCY ECLIPSE HG7000 DELUXE HOME GYM

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MARCY ECLIPSE HG5000 DELUXE HOME GYM

10. Before Using The Machine To Exercise, Always Do Stretching Exercises To Properly Warm Up. 11. Never Operate The Machine If The Machine Is Not Functioning properly. 12. A Spotter Is Recommended During exercise. 13. Do Not Intend To Insert Weight Selector Pin While The Weight May 11th, 2024

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BRAIN GYM LIST OF 26 BRAIN GYM EXERCISES

Integrated Left And Right Brain Hemisphere Learning Is Better Enabled. The Slow Contralateral Movement Activates Speech And Language Centers In The Brain. Coordination And Balance Are Improved, And Over Time This Slow Movement May Become Easier And Easier. 2) Sit-Up Cross Cr May 9th, 2024

Rubber Gym Gym Flooring Flooring Specifications

COLOR: Black Or Black With Flecks Of Colored EPDM Rubber TENSILE STRENGTH: 350 Psi HARDNESS: 60-64 Shore A FLAMMABILITY: Passes Federal Flammability Standard Doc FF 1-70 CPSC DIMENSIONAL STABILITY: +0.242% At Two Hours @ 60°C -0.092% At 48 Hours @ 20°C & 65% May 10th, 2024

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