

# Pacific Fitness Home Gym Manual Free Pdf Books

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Strength-Training Fitness Equipment - Home

GymZuma Assembly And Maintenance Guide Page 5 1

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At The Gym • Average Time To Complete Online

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EXERCISESIntegrated 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 Feb 2th,

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Colored EPDM Rubber TENSILE STRENGTH: 350 Psi

HARDNESS: 60-64 Shore A FLAMMABILITY: Passes

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