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Push Down On The StrideLock Lever. Verify That The Lock Is Engaged By Pushing Or Pulling The Upper Arm Grip. 3. To Unlock The Arms And Pedals, Push Down On The StrideLock Lever Again. Note: Do Not Attempt To Lock The StrideLock While The Arms And Pedals Are In Motion. Mar 3th, 2024.

Recumbent Cross Trainer Specifications - NuStep8 Standard Workout Programs (T5 & T5XR) Advanced (T5XR Only)
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