

HEALTH RIDER

ERGOMETER WITH MONITOR

USER'S MANUAL

Model No. HRC-5000 with
Serial No. _____



QUESTIONS?

As representatives, we are your
nearest troubleshooting resource.
Contact us immediately if you
have questions, or if there are
missing parts, problems.

1-800-535-4255

When the ergonomic HRC-5000's
warranty is fulfilled.

A CAUTION

Read all instructions and labels.
Never leave unattended before using
this equipment. Never use without
the safety warnings.



For questions, please,
contact your representative.

Sears Elliptical Manual

RM Cervero

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dog bark translator that deciphers Notaro's and her husband's own woofs a little too accurately the emails from her mother with FWD in the subject line which in email code means Forecasting World Destruction and the dead of night shopping sprees and Devil Dog devouring monkeyshines of a creature known as Ambien Laurie At every turn Notaro's pluck and irresistible candor set the New York Times bestselling author on a journey that's laugh out loud funny and utterly unforgettable

The Railway Engineer Lawrence Saunders, S. R. Blundstone, 1897 **Scientific American**, 1866 **The Annual American Catalogue ...**, 1897 *Energy Conservation Update*, 1980

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