

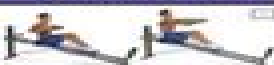
# total gym®

## Exercise Chart

The number of sets and reps you perform, whether you're using one or both sides of the machine, will depend on the exercise. The first image shows your starting position, while the second image shows the end position. The third image shows the end position with the machine's resistance set to the level you want. The fourth image shows the end position with the machine's resistance set to the level you want. The fifth image shows the end position with the machine's resistance set to the level you want. The sixth image shows the end position with the machine's resistance set to the level you want. The seventh image shows the end position with the machine's resistance set to the level you want. The eighth image shows the end position with the machine's resistance set to the level you want. The ninth image shows the end position with the machine's resistance set to the level you want. The tenth image shows the end position with the machine's resistance set to the level you want.

### Chest

#### Seated Chest Press



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Seated Chest Fly



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Incline Push-Up



**How to perform:** Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

#### Lateral Chest Fly



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

### Back

#### Pull-Up



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower your body back to the starting position. Repeat.

#### Front Pullover



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Seated Row



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Arms Cross/Snow Angel



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Cross your arms over your head. Lower your arms back to the starting position. Repeat.

### Shoulders

#### Shoulder Press



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Press the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Upright Row



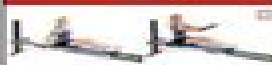
**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Front Raise



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Raise the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Serve



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

### Legs

#### Leg Curl, Lying or Seated



**How to perform:** Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent at a 90-degree angle. Lower your legs back to the starting position. Repeat.

#### Squat



**How to perform:** Lie on the machine with your feet flat on the floor. Squat down until your thighs are parallel to the floor. Stand back up. Repeat.

#### Outer Hip & Thigh



**How to perform:** Lie on the machine with your feet flat on the floor. Push your legs out to the sides until your thighs are parallel to the floor. Lower your legs back to the starting position. Repeat.

#### Spinner, Start



**How to perform:** Lie on the machine with your feet flat on the floor. Push your legs out to the sides until your thighs are parallel to the floor. Lower your legs back to the starting position. Repeat.

### Arms

#### Seated Biceps Curl



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl the handles up until your elbows are bent at a 90-degree angle. Lower the handles back to the starting position. Repeat.

#### Lying Triceps



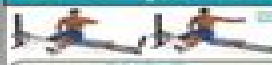
**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Lateral Biceps



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

#### Lateral Triceps Extension



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

### Abs

#### Sit-Up with Cables



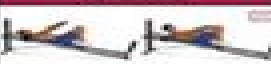
**How to perform:** Lie on the machine with your feet flat on the floor. Sit up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

#### Oblique Twister



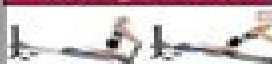
**How to perform:** Lie on the machine with your feet flat on the floor. Twist your body to the side until your arms are fully extended. Lower your body back to the starting position. Repeat.

#### Crunches



**How to perform:** Lie on the machine with your feet flat on the floor. Crunch up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

#### Kneeling Plank Press



**How to perform:** Lie on the machine with your feet flat on the floor. Press your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

### Stretch

#### Front Leg Stretch



**How to perform:** Lie on the machine with your feet flat on the floor. Stretch your leg forward until your knee is bent at a 90-degree angle. Lower your leg back to the starting position. Repeat.

#### Toe-Touch Stretch



**How to perform:** Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Lower your body back to the starting position. Repeat.

#### Seated Back Stretch



**How to perform:** Sit on the machine with your feet flat on the floor. Stretch your back until your arms are fully extended. Lower your body back to the starting position. Repeat.

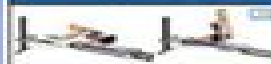
#### Seated Chest Stretch



**How to perform:** Sit on the machine with your feet flat on the floor. Stretch your chest until your arms are fully extended. Lower your body back to the starting position. Repeat.

## Compound

### Surfer



**How to perform:** Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

### Core Extension



**How to perform:** Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

### Toe-Touch Row



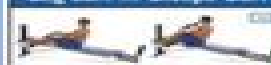
**How to perform:** Lie on the machine with your feet flat on the floor. Row your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

### Lying Leg Curl w/ Crunch



**How to perform:** Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent at a 90-degree angle. Lower your legs back to the starting position. Repeat.

### Leg curl w/ Biceps Curl



**How to perform:** Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent at a 90-degree angle. Lower your legs back to the starting position. Repeat.

### Leg Curl w/ Seated Fly



**How to perform:** Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent at a 90-degree angle. Lower your legs back to the starting position. Repeat.

### Arm Pulldown



**How to perform:** Lie on the machine with your feet flat on the floor. Pull the handles down until your arms are fully extended. Lower the handles back to the starting position. Repeat.

# Total Gym 15exercise Guide

**Zuzka Light, Jeff O'Connell**

## **Total Gym 15exercise Guide:**

**Total Abs** Muscle & Fitness,2013-05-01 Intended for anyone who wants rock hard abs but needs help getting motivated the editors of fitness authority Muscle Fitness magazine have created a four week plan that incorporates invaluable take away strategies to get a firmer midsection More than 50 exercises and full color photos guide readers through the best ways to obtain a tight six pack Throughout the exercises informative tips and fast facts are included to ensure that each routine is executed in the safest and most effective manner possible *Getting in Shape* Carol Leonetti Dannhauser,Sandra Michaelson Warren,2003 You want to be fit but you ve had it you ve been on 17 different diets and spent enough to feed a small town on packaged meals that look like food but taste like floor sweepings So what should you do How about trying a straightforward easy to understand up to the minute primer on fitness exercise and eating well It s all here whether you yearn to bike around the block or run a marathon What s in it for you A nutrition and fitness program geared specifically to your likes and dislikes your body lifestyle budget and goals Take a fitness quiz learn how working out with a buddy can help find out about gyms and see how to design a personal program that s fun and gets you pumped up the right way Plus there s advice on simple delicious and healthy meals How can you not lose *American Physical Education Review* ,1915 Includes abstracts of magazine articles and Book reviews **Nutrition and Training for Women Bodybuilders** Joe Weider,1984

**The Total Fitness Manual** Gold's Gym,2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold s Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book s wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold s Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold s Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today **Athletic Training and Sports Medicine** American Academy of Orthopaedic Surgeons,1984 **The Total Gym Ball Workout** Steve Barrett,2012-05-17 The ultimate one stop guide to using this bestselling piece of equipment not just in the gym but at home too Practical and

easily accessible The Total Gym Ball Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way The Total Gym Ball Workout is brimming with ideas for using this popular piece of fitness equipment Packed with clear and easy to use exercises this how to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear Each exercise idea is organised by fitness level and includes follow up and extension ideas Written in a jargon free and concise style this book is light on the science and background heavy on practicality **15**

**Minutes to Fit** Zuzka Light, Jeff O'Connell, 2015-12-29 Zuzka Light has single handedly ushered in the YouTube fitness revolution Viewers love Light for her short ferociously effective workouts and her in the trenches never give up positive attitude In 15 MINUTES TO FIT her hotly anticipated debut she offers a 30 day fitness plan guaranteed to burn fat and build ripped muscles Based on innovative high intensity interval training the workouts are designed to be done anywhere anytime no fancy gym equipment necessary in just 15 minutes a day 30 Day Total Body Super Circuit Home Workout Plan Doug

Bennett, 2018-11-26 Want to Get Super Fit and Strong but No Time For The Gym Stuck at Home or Traveling No Problem Now you can get totally fit strong and tone without a gym The 30 DAY TotalBody Super Circuit Home Workout Plan was created to give you the results you desire without paying thousands for a top trainer or spending hours in the gym This pro created home workout plan gives you a day by day exercise routine to follow with complete pictorials for both a beginner or advanced fitness level Simply follow along and in just 7 days you ll feel more energy and stronger In 30 days you ll see and feel amazing results Plus to keep you on track This complete workout plan gives you 2 FREE bonuses A fitness and healthy habits planner to keep you on track Second a belly flattening diet plan to stop sugar cravings flatten your belly and lose unwanted pounds from head to toe Get your copy today and start your path to a stronger fitter and sexier you The

Complete Idiot's Guide to Quick Total Body Workouts Tom Seabourne Ph.D., 2012-02-07 Earn the body you ve been waiting for with the ultimate guide to quick and easy total body workouts Today people are busier than ever before often at the expense of their health The Complete Idiot s Guide to Quick Total Body Workouts acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym home or office The exercises are as effective as they are easy to follow giving readers great looking results in no time **Ironman's Home Gym**

**Handbook** Steve Holman, 1990 *The 90-Day Home Workout Plan* Dale L. Roberts, 2015-03-13 At Home Workouts to Lose Weight and Build Muscle These fast and simple workouts burn fat and build muscle all from the comforts of your home You can exercise in the privacy of your home so you re free to wear what you want act how you like and crank your favorite workout songs while you get into great shape While the gym is the perfect respite from a long day of work there are times when the gym is one huge inconvenience People drop weights invade your personal space and sometimes smell so awful you

get your cardio training simply running away from them It takes every fiber of your being not to turn around and just head home Well you want to know what You don t have to deal with the gym and can still get a killer workout And The 90 Day Home Workout Plan is your solution The 90 Day Home Workout Plan includes How to have a kickass workout in record time HINT You won t spend hours I guarantee that What vital components you re missing in your workouts to lose weight Simple yet specific instructions on what to do and when to do it The secret to sticking to a fitness routine and enjoying it for the long haul A fully customizable 90 day fitness program Hundreds of detailed pictures of the exercises And so much more Find out why The 90 Day Home Workout Plan is your solution to losing weight and building muscle today Scroll Up Click the Buy Button to Get Your Copy Right Now      **15 Minutes to Fit** Zuzka Light,2015-12-29      **The Men's Health Home Workout Bible** Lou Schuler,Michael Mejia,Editors of Men's Health Magazi,2002-11-09 Get bigger biceps broad shoulders a bigger bench press powerful legs cut abs without ever leaving your home The body you want in the space you have The strength you want with the equipment you have The muscles you want in the time you have You don t need to join a gym to get in shape In fact for a lot of guys the gym is an impediment to getting in shape The crowds the inconvenience the intimidation the time the commute by the time you add it all up you could end up investing 2 hours to get 45 minutes of exercise No matter how little space you have no matter how little equipment you have no matter how little time you have you can get the results you want without stepping inside a gym The Men s Health Home Workout Bible by Lou Schuler and Michael Mejia M S C S C S gives you Four full body muscle plans The Body Weight Plan The Dumbbell Plan The Barbell Plan The Multistation Machine Plan Custom training plans for strength fat loss aerobic fitness and sports performance Buying advice for weights benches machines cardio equipment and exercise videos Complete guidelines for turning your home into a state of the art fitness center With beginner intermediate and advanced full body workouts for each type of equipment The Men s Health Home Workout Bible gives you more than 400 exercises altogether photographed and fully described From pushups to power cleans from crunches to jump squats we show you how to get more muscle and strength at home whether you re a complete beginner or a competitive athlete The Men s Health Home Workout Bible is a personal trainer on call 24 hours a day 7 days a week      The Great Home Gym Handbook Michael Jespersen,1999      Ultimate Guide to Weight-Free Exercises Editors of Thunder Bay Press,2022-03 Improve your strength and find the fun in fitness with more than 200 weight free exercises that can be done anytime anywhere Improving your strength doesn t require an expensive gym membership or tons of equipment you can make significant gains just from using your own body weight and the exercises in this book The Ultimate Guide to Weight Free Exercises includes more than 200 exercises that you can do anytime anywhere Step by step photographic instructions and detailed anatomical illustrations guide you through each exercise so that you can perform them safely and with confidence All the major muscle groups are covered in this helpful guide along with suggested routines to keep your workouts fun and rewarding      **Home Workouts** A. G. Scott,2020-10-12 How to tone and sculpt your body even if you hate

cardio or have never stepped inside a gym and don't plan on doing so. At one point or another we've all told ourselves I'm going to sign up for a gym membership and really do it this time or I swear I'll do my workout later on tonight. We all know the benefits of exercise. It improves our physical and mental health, gives us more energy and boosts our self-image. So why is it so hard to start an exercise regimen and even harder to stick to it? Despite our best intentions, life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier. Whatever the reason, continuing to live a sedentary lifestyle isn't doing you any favors. In fact, physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain, cardiovascular disease and other chronic conditions. Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically? Or that you need to give up time doing what you love just so you can spend hours in the gym? Not at all. I'll let you in on a secret that the fitness industry doesn't want you to know. You don't need fancy equipment or expensive trainers to sculpt the body that you've only imagined. A G Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you'll ever need: *In Home Workouts: Anyone Anytime Anywhere*. You will discover the six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe. Exercises for every muscle group and fitness level with clear, comprehensive instructions, diagrams and variations so you're working your target areas every time. The 1 upper body workout that will rapidly build your overall strength. Hint: small adjustments make big changes. How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished. The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time. Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences. The most common mistakes people make without realizing and how these can hold you back from achieving incredible results. And much more. With the demands and responsibilities of everyday life, you shouldn't have to sacrifice precious hours every week going to the gym to build the body you've always wanted. The key to transforming your life is having a workout routine that works for you, not against you. This is a plan that will adjust to match your needs and experience, no matter where you are. It's time to leave the costly gym membership behind, save money and allow yourself more time to enjoy life. If you start today, think how much better you will look and feel in a month. If you want to start looking forward to exercise and commit to achieving the body of your dreams, no strings attached, then scroll up and click the Add to Cart button right now.

*Workouts For Dummies* Tamilee Webb, 1998-12-28

Every few months a new diet, wonder drug or workout machine hits the market promising instantaneous results. Unfortunately, none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine which consists of eating a healthy diet, exercising, resting your body and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are

willing to work for what you want you can have a healthy and fit body Workouts For Dummies by Tamilee Webb whose buffed body is the star of the Buns of Steel workout video series will show you how to get the most out of your workout routine no matter what your current level of fitness If you're a workout enthusiast this book will help you shape up with easy workouts you can do anytime anywhere Even if you've never exercised don't worry this book starts with basic topics such as choosing shoes and warming up Workouts For Dummies covers everything you'll need to create an effective exercise program starting with an explanation of body types so you don't think you'll end up looking like Cindy Crawford if you don't already and the workouts that suit your body type You'll also find directions for stretches aerobic exercises muscle conditioning using weights furniture exercise bands and bars and workouts for different locations home office gym all with illustrations Workouts For Dummies also deals with the following topics and much more Creating a personalized workout Warming up cooling down and stretching Preventing common injuries Targeting and toning trouble spots Evaluating equipment gear and gadgets Determining your fitness level Working out while traveling Filled with expert tips techniques and step by step photos that illustrate over 100 exercises Workouts For Dummies will help you make exercising an enjoyable part of your life **An**

**Ultimate Home Workout Plan Bundle** Dale Roberts, 2015-12-07 All the Workouts You Will EVER Need in One Book Whether you're just starting out or starting again this comprehensive book of workout plans will help you drastically improve your physique and fitness level In the world of fitness three month workout plans are everywhere you turn You've even seen plenty of them in magazines online articles and books over the years Are they effective Absolutely But what if you want to change up your workout program Or what if you want to target problematic areas like your butt gut or arms Then An Ultimate Home Workout Plan Bundle has everything you will need in one book The Real Struggle is Having Specific Workout Routines for Anywhere to Use at Any Time Most people have the desire and capacity to exercise but the lack of resources and time stop them from ever getting started Sleepiness keeps you from getting to an early morning boot camp or a small apartment keeps you from making room for weights and equipment Real life obstacles like these can prevent you from exercising at home or the gym An Ultimate Home Workout Plan Bundle helps you overcome typical obstacles that continually get in your way By identifying detailed solutions this book will help you experience a personal breakthrough and achieve your best health and fitness goals This bundle of AWESOME home workout plans includes Workouts designed to be done in less than an hour in a step by step plan Minimal equipment needed do from home or at the gym Great full color pictures for quick exercise references Learn how to maximize the most out of your time with your workout Different exercise routines for each day of the week Includes exercises for all levels from the beginner to the athlete Build strength endurance core development and flexibility The 90 Day Home Workout Plan The ABC Workout Plan Firm Tone and Tighten Your Abs Butt and Core The Chest and Arms Workout Plan Firm Tone and Tighten Your Upper Body The 15 Minute Standing Abs Workout Plan Ten Simple Core Exercises to Firm Tone and Tighten Your Midsection And much more Scroll to the Top of the Page and Click the

Buy Button to Start Your New Home Workout Plan today

**Swiss Ball for Total Fitness** James Milligan, 2005



The Top Books of the Year Total Gym 15exercise Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

[http://www.frostbox.com/data/uploaded-files/HomePages/Willllmar\\_8500\\_Eagle\\_Sprayer\\_Service\\_Manual.pdf](http://www.frostbox.com/data/uploaded-files/HomePages/Willllmar_8500_Eagle_Sprayer_Service_Manual.pdf)

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