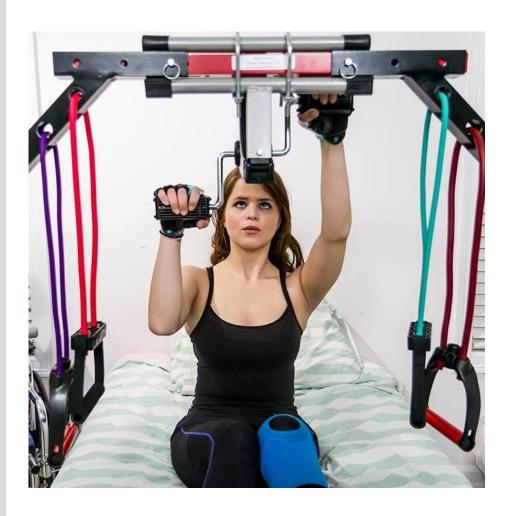


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GUIDE

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ACAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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EXERCISE GUIDE

SOME OF THE MANY EXERCISES THAT CAN BE DONE WITH THE STUCK IN BED FITNESS SYSTEM USING THE SPIDER MODEL Please consult with your physician prior to engaging in any physical activity.





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