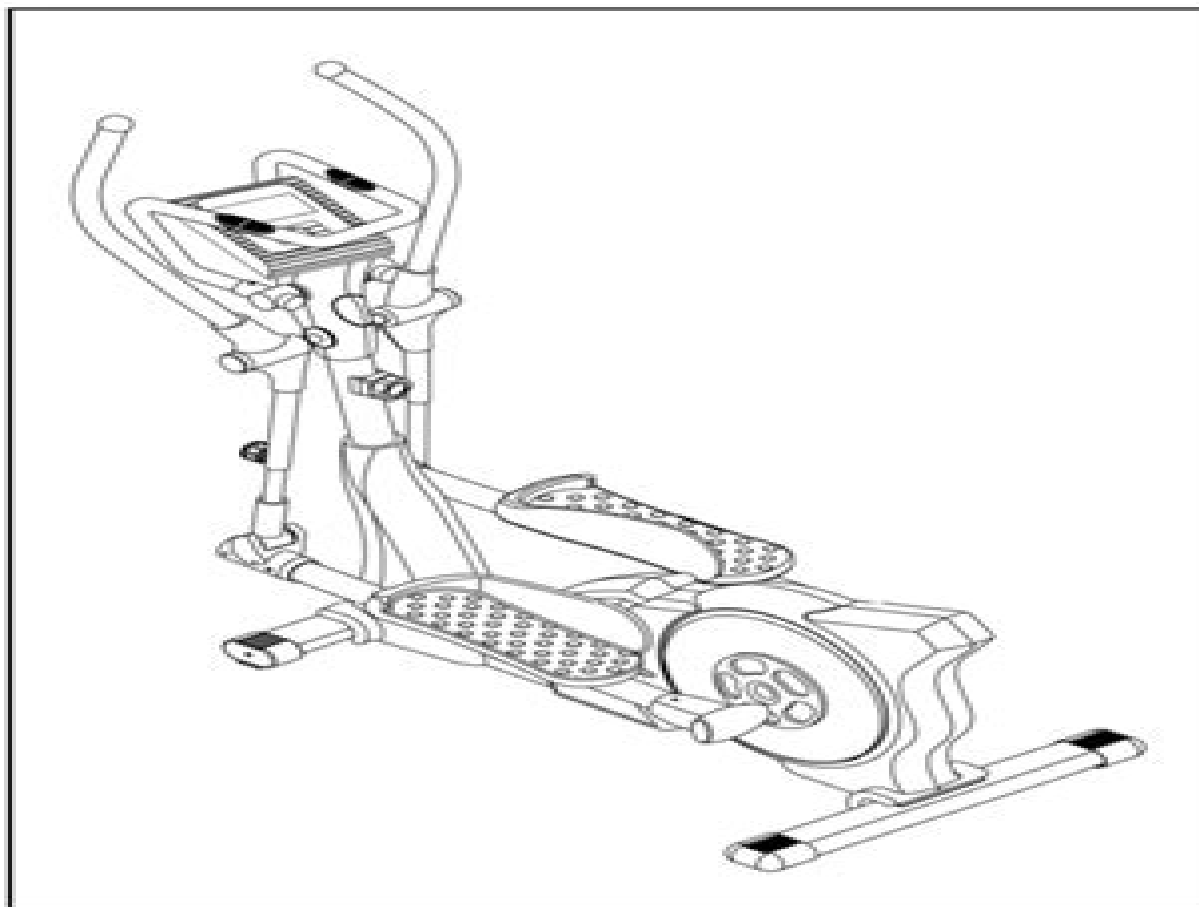


# ELLIPTICAL TRAINER USER'S MANUAL

GB



# Elliptical Trainer User Guide

**Julie Taylor**



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impact cardiovascular activities for runners pool running elliptical training bicycling inline skating swimming and cross country skiing The book shows how to integrate running and cross training and features five complete sample programs that will train you to compete in a basic 10 K advanced 10 K half marathon basic marathon advanced marathon and triathlon Until now there hasn't been a credible cross training book designed especially for runners With the imprimatur of Runner's World magazine recognized everywhere as the most authoritative source of information on the sport this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic     *The Total Fitness Manual* Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover     **Exercise Management Guide** Dr. Rajiv Sharma, 2005

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