

THE CANAL COMME

IMPORTANT: Consult your physician before beginning this or any exercise program.

WARNING: Fitness training can result in serious or fatal injury. Practicing safe techniques and common sense can reduce the risk of injury. Always check equipment for worn or damaged parts before using. If any defects are found with this product, DO NOT USE.

- Please read this guide thoroughly before using the IRON GYM™ Xtreme.
- · Do not overexert yourself.
- Start out slowly and work up to a more vigorous workout.

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