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Recumbent Cross Trainer - NuStep, LLC

2. To Lock The Arms And Pedals, Push Down On The StrideLock Lever. Verify That The Lock Is Engaged By Pushing Or Pulling The Upper Arm Grip. 3. To Unlock The Arms And Pedals, Push Down On The StrideLock Lever Again. Note: Do Not Attempt To Lock The StrideLock While The Arms And Pedals Are In Motion. Mar 7th, 2024

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