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Summary of Contents for ProForm Crosstrainer 970 Page 1 C.OSST.AnN . 9  
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The Proform Cross Trainer 970 exercise bike is a great recumbent exercise bike. If I had to pick an effective exercise bike in the \$200 to \$350 price range, this recumbent bike would be it. First off, the Proform Cross Trainer 970 exercise bike easily converts into a multi purpose weight bench.

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2. It is the responsibility of the owner to ensure that all users of the crosstrainer are adequately informed

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