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Stand next to the ski exerciser, 2. Set the drag-strap adjuster at 3. Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring on the underside of the ski exerciser begins to expand. NOTE: Adjust the resistance 10 the appropriate level when you are to exercise.

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NOTE: If you do not have internet access, call NordicTrack Customer Service, which is located on the front cover of your S22i user's manual and register your product. 2. Once you have two people present for assembly, you can attach the Front Stabilizer to the Base with four M10 x 20mm screws; do not fully tighten the screws yet.

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NordicTrack Commercial S15i Studio Cycle | Nordictrack

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