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Fitness Equipment | Reebok Fitness
A manual treadmill (one without a motor) doesn't need much clearance space ahead of it. But if you're using an electrical treadmill, allow for around 50cm of space so the motor is properly ventilated. In terms of how much space you should have either side of the equipment, we recommend double the width of your treadmill.

Treadmill buying guide - Which?
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Providing a timely focus on health care of active and athletic women, this book emphasizes key concerns in an outline format, and includes nutritional issues, amenorrhea, birth control, equipment, and discrimination/harassment, as well as 20 sports of activity specific chapters.

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FITNESS THROUGH AEROBICS AND STEP TRAINING has been thoroughly updated in this third edition. Its easy-to-follow sequential learning order provides methods to achieve total fitness goals. Students are able to easily understand the principles and techniques of aerobic dance exercise, step training, and fitness walking, and will be able to structure a complete physical and mental training program that can work for a lifetime.

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