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1. See Illustration 6A. If the exercise requires the seat to swivel, simply pull up

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the Pin and remove it. 2. See Illustration 6B. The seat will swing in both directions. 3. If you need to secure the seat, move it to

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This is one of the most fundamental moves you can do on the Ab Rocket. Sit on the seat, plant your... Assisted Crunch. You'll work the rectus abdominis at the front of your abs with this exercise. While seated on the Ab... Pulse Crunch. The pulse crunch is an ...

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Rocket User's Manual 12 4. If you want to use a computer with a MIDI in-terface, connect your interface's MIDI Out jack to the Rocket's MIDI In jack 5. 5. Optionally you can connect the Rockets's USB port 4 with a USB cable to your computer. Af-ter that the Rocket is automatically available

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as a MIDI unit and will also receive power  
via the

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The fin marking guide found in the  
supplies for the Big Bertha rocket is a

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handy tool for aligning the fins. The following steps detail how to mark the rocket body tube to prepare it for attaching the fins. 3.1. Cut out the Tube Marking Guide located on the Rocket Kit's provided instruction Manual. 3.2. Tape the LL end of the Tube Marking Guide to one end of the rocket tube and wrap the guide

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around one side of the Body Tube.

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Small kitchen appliances such as food processors can be found reasonably priced at yard sales and thrift stores.

Unfortunately, the manual is often not

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included. This is a guide about manual for  
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Chest Drain Hospital Sticker: District  
Nurse based at: Contact Number: Contact

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3) Adjust the head support Sit up & Lower  
ab press down over the long pin and store it  
under the seat. See left drawing. Rowing  
exercise training Pull out the pin to release

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the rowing set. Page 9 How To Use SIT UP TRAINING TWIST TRAINING AB PRESS DOWN TRAINING...

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