

Proform Crosstrainer 970 Manual

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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.

Proform Crosstrainer 970 exercise bike review - Building ...

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