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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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Stream high-energy studio sessions with world-class trainers who LIVE control your machine's decline, incline, and resistance in real-time. Time to Escape & Explore Experience global terrain as our coaches digitally adjust your resistance and incline LIVE for the best workout of your life.

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music while you work out with an adjustable tablet holder and integrated sound system.

Walks you through the international direct marketing process. References hundreds of resources. Includes actual case studies of U.S. companies marketing their products and services directly to customers in other countries. Covers: understanding issues unique to international business; overview of international markets by region, and by selected countries (Australia, Canada, France, Germany, Japan, Mexico and the U.K.); market information sources; reaching the customer; pricing, accounting and legal considerations; sales transactions; and more.

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

The best-selling author of *59 Seconds* challenges popular self-help approaches while counseling readers to take specific actions to improve outlook and circumstances, drawing on scientific findings to demonstrate how simple physical activities, from smiling to walking briskly, can alleviate common challenges.

Backpacker The Survival Hacker's Handbook provides detailed instruction on how to use everyday items to survive in extraordinary circumstances. Sure, the quirk is here. For instance, learn how to make a fishhook out of a beer can, start a fire with hand sanitizer, or purify water with bleach. But it goes

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beyond the quirk to identify real solutions for real scenarios—with real items you carry with you. The book includes useful tips and tricks from survival experts, and provides step-by-step instructions, along with short stories of survival situations where these modern survival skills have come into play. The book is organized around basic fundamental concepts of survival: finding food, building shelter, securing water, etc.

100+ Practical jQuery Recipes for Solving Your Real-World Web and Mobile Development Challenges!

jQuery makes it easier than ever for developers to build exceptionally robust, cross-platform websites and mobile apps. jQuery, jQuery UI, and jQuery Mobile: Recipes and Examples is a practical “cookbook,” packed with realistic, easy-to-use solutions for making the most of jQuery Core, jQuery UI, plugins, and jQuery Mobile. This guide brings together more than one hundred self-contained, downloadable examples, each with an in-depth explanation of how the code works and how to adapt it for your own needs. Pioneering web/mobile developers Adriaan de Jonge and Phil Dutson present examples you can apply immediately in virtually any web or mobile app, and with any server-side platform, including PHP, .NET, Java, Ruby, Node.js, or Python. This extremely useful guide will help you Test browser support and provide for graceful degradation Fine-tune DOM element selection and manipulate your site’s DOM structure Master the newest techniques for event handling and binding Communicate with web servers: AJAX, page errors, redirects, XML, and more Use advanced UI widgets, from accordions and autocomplete to sliders and tabs Build mobile-optimized sites with the jQuery Mobile library Write and smoothly incorporate new plugins Integrate powerful third-party plugins, such as the Twitter Bootstrap framework The authors’ proven “code first, explain later” approach supports developers at all levels who want to start experimenting immediately. Their

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exceptionally readable examples never take shortcuts or compromise quality, and their detailed walk-throughs are ideal for anyone who wants to thoroughly understand their code. If you have a working knowledge of HTML, CSS, and basic JavaScript, you'll feel right at home immediately; if not, de Jonge and Dutson's careful explanations and full HTML page layout examples will get you up to speed quickly. Covers jQuery 1.6.4 and 1.7, with Tips for 1.8

Frame: The Great Indoors is a bi-monthly international trade journal devoted to the design of interiors and products. Frame offers a stunning selection of interior designs created for shops, offices, exhibitions, residences, and hospitality venues. The magazine has the look, feel, and heft of a book. Frame packs the most interesting work from around the globe into six tactile issues a year. Visually focused, the magazine offers well-written articles illustrated with many photos, drawings, and sketches. A great deal of energy goes into finding, analyzing, and presenting the story behind each design published--and into communicating the message in everyday, easy-to-understand English. Loaded with only the best in contemporary design, Frame is an indispensable reference for professional interior designers, as well as for those involved in other creative pursuits. What readers find in each issue of Frame: Visions: Interior designs for the future, including projects that may or may not be realized Stills: Concise reports on newly completed interiors worldwide, from Tokyo hair salons to the latest bars in London and New York Features: In-depth articles on recently created interiors and their designers Reports: Giving insight into the DNA of companies and their products, with stories from manufacturers across the globe Goods: A section completely dedicated to the latest in product design, from furniture and lamps to display systems and cutting-edge fabrics

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Develop flexibility, balance, and strength for improved performance on the athletic field, in fitness class, and in daily life. Premier fitness instructor and author Jay Blahnik blends the best of yoga, Pilates, martial arts, and sport training to create stretching sequences that can be used for warm-up, cool-down, and challenging fitness workouts.

This is your brain on Grant Petersen: Every comfortable assumption you have about a subject is turned upside down, and by the time you finish reading you feel challenged, energized, and smarter. In *Just Ride* the bible for bicycle riders (Dave Eggers, *New York Times Book Review*) Petersen debunked the bicycle racing industrial complex and led readers back to the simple joys of getting on a bike. In *Eat Bacon, Dont Jog*, Petersen upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness. In more than 100 short, compelling directives, *Eat Bacon, Dont Jog* shows why we should drop the carbs, embrace fat, and hang up our running shoes, with the latest science to back up its claims. Diet and Exercise make up the bulk of the book, with food addressed in essays such as *Carbohydrate Primer* and why its okay to eat less kale and *Youll Eat Less Often If You Eat More Fat*. The exercise chapters begin with *Dont Jog* (it just makes you hungry and trains muscle to tolerate more jogging while raising stressors like cortisol) and lead to a series of interval-training exercises and a suite of kettlebell lifts that greatly enhance strength and endurance. The balance of the book explains the science of nutrition and includes more than a dozen simple and delicious carb-free recipes. Thirty years ago Grant Petersen was an oat-bran-, egg-white-, lean-meat-eating exercise fanatic who wasnt in great shape despite all that. Today, at sixty, he is in the best shape of his life with the blood panel to prove it.

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"This highly engaging landmark work, a natural history of exercise--by the author of the best seller *The Story of the Human Body*--seeks to answer a fundamental question: were you born to run or rest? The first three parts of *Exercised* roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

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