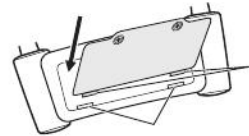
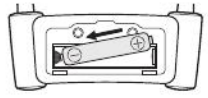
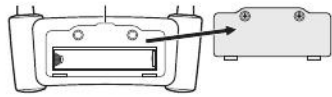
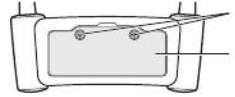
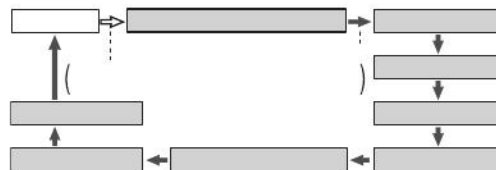


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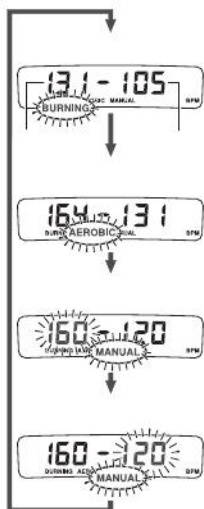
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	k 9
	ib



131-105
BURNING AEROBIC MANUAL BPM

30 AGE



MALE

Cal
kcal

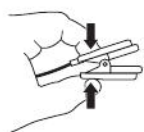
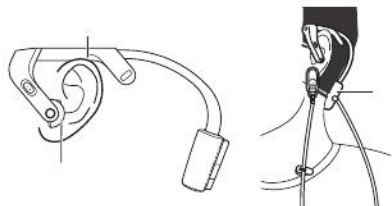
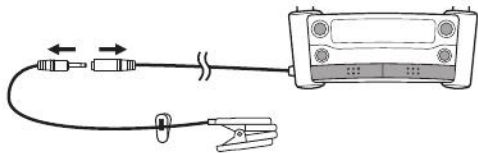
60 REST BPM

SE ?

9

kg ib

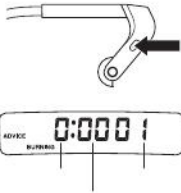
60±9



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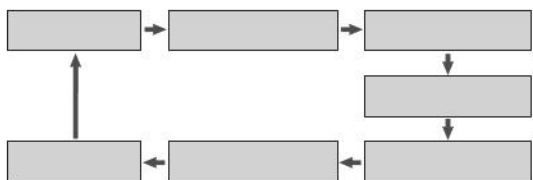
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260 kcal

TARGET 0:31	
125 (AVG) (BPM)	
135 (MAX) (BPM)	
SE 7	



kg oz lb

260 kcal	
BURNING 13 (9)	
TOTAL 0:43	

