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Spirit Fitness engineering has developed a breakthrough in pedal design. The history of elliptical trainer use over the past few years tells us that many users suffer from ankle, Achilles tendon, knee and/or hip pain. While researching a solution to these common problems Spirit Fitness engineers consulted

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Exercise Routine For Home Gym (Esprit Expander 220) Hey, first time post. I just got my hands on a home gym 'multi-exercise' sort of thing to start me off, I'm 16 and this is basically the first time I'm actually trying to build muscle on my body.

Exercise Routine For Home Gym (Esprit Expander 220 ...

SPIRIT EXPANDER GYM. Description. Description. Check out the latest home gym to the renowned SPIRIT range of fitness equipment. With a unique design allowing additional weight to be added to the stack this gym will cater for everyone. ABCRUNCH BELT The stand out feature of any Home Gym is the abcrunch feature.

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