

# Run 3 E.com

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5665 N Pershing Ave Ste A1, Stockton, CA, 95207

Phone: 12094513013

Overview Fitness + entertainment = run3e.com Exercise, Energy, Eternity offers you

\* Lay down & watch TV as you pedal & complete your cardio workout. \* Do arm, chest exercise and sit-ups while lying down. \* Sit down in reverse to do chest exercise by using the chest attachment. \* Use the comfortable bed to do stretches (leg lifts, squats, or whole body stretches). \* Kneel and use chest pulley downward, bike pedal as hand & arm exerciser. \* Use arm butterfly attachment lying down or by sitting in reverse

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