



KINETIC SOLUTIONS
COMMERCIAL EXERCISE EQUIPMENT

TRY 3 FOR A CHANCE TO WIN A BIKE FOR FREE



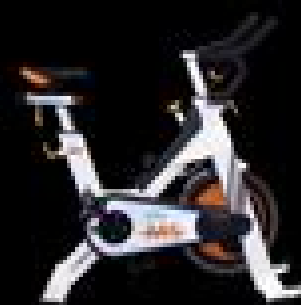
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TRUE ALPINE RUNNER

A performance incline trainer offering a full -3% to 30% incline for glute busting workouts. It also serves as a full-fledged commercial treadmill so facilities don't have to choose one or the other.

HITRAINER ATP+

A metabolic training treadmill designed specifically for interval training. The drive position allows full engagement and the in depth feedback provides users and trainers alike with the tools to improve performance and health.

TORQUE TANK

The only "All-Terrain" resistance trainer on the market. The Torque TANK offers progressive resistance (the harder you push, the harder it gets) at 4 engaging levels. The ultimate functional tool.

TRUE BIKE MS

A premium cycle with full fore and aft adjustments for the seat and handlebars, a quiet and smooth belt direct drive system, multi-position handlebars and combo cage/clip-in pedals.

WORLD FITNESS EXPO (CAN FIT PRO) TORONTO 2016
AUG 12th & 13th - METRO TORONTO CONVENTION CENTRE - BOOTH 731

CONTEST ENTRY WILL BE PROVIDED UP COMPLETION OF A QUICK DEMONSTRATION OF ALL 3 MACHINES. ENTRY MUST BE SIGNED BY A KINETIC SOLUTIONS REPRESENTATIVE. CONTEST OPEN TO ANYONE 18 YRS OF AGE OR OLDER. ONE ENTRY PER PERSON ONLY. PRIZE IS A NEW TRUE FITNESS BIKE MS-CYCLE. PRIZE WILL BE AWARDED AUGUST 31, 2016. THOSE THAT CANNOT ATTEND THE TRADE SHOW MAY EARN AN ENTRY BY DEMONSTRATING THE PRODUCT AT KINETIC SOLUTIONS OAKVILLE SHOWROOM. CALL FOR DETAILS.

Can Fit Pro Manual

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web method step 1 whisk together the eggs milk cream vanilla and cinnamon lay the brioche slices in a single layer in a shallow step 2 heat 1 tbsp of the vegetable oil and butter in a non stick frying pan over a medium heat until foaming carefully step 3 serve dusted in icing sugar and

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web oct 13 2023 ingredients 1 1 2 cups half and half cream 3 large egg yolks 3 tablespoons brown sugar 2 teaspoons vanilla extract 3 4 teaspoon ground cinnamon 1 2 teaspoon salt 1 4 teaspoon ground nutmeg 8 slices day old brioche bread 1 inch thick optional toppings butter maple syrup fresh berries whipped cream and confectioners sugar directions

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web sep 26 2023 method make the egg mixture in a medium bowl whisk together the eggs milk and cinnamon stir in the orange zest and or soak the bread slices in egg mixture place each slice of bread into the milk egg mixture allowing the bread to soak in fry the french toast melt some butter in a large

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web ingredients yield 4 servings 2 whole eggs 2 egg yolks 2 cups whole milk or $1\frac{3}{4}$ cups milk plus 2 to 4 tablespoons cream 1 teaspoon vanilla extract optional pinch of salt unsalted butter for

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web feb 23 2019 instructions whisk together egg mixture in a bowl vigorous whisk avoid cinnamon floating on top melt 15g

1 tbsp butter in a non stick skillet over medium heat dunk a piece of bread quickly into the egg mixture coating both sides place in pan repeat with more slices to fill cook for 2 ½

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