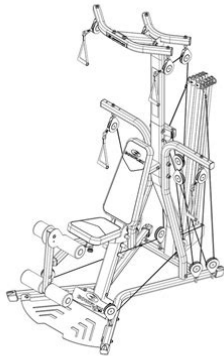




PR3000 Home Gym



Nautilus® Bowflex® Schwinn® Fitness StarMaster® Universal® Nautilus Institute® a brand of NAUTILUS®

001-1278-08320A

File Name: bowflex manual pr3000.pdf

Size: 1214 KB

Type: PDF, ePub, eBook

Category: Book

Uploaded: 22 May 2019, 18:35 PM

Rating: 4.6/5 from 745 votes.

Status: AVAILABLE

Last checked: 4 Minutes ago!

In order to read or download bowflex manual pr3000 ebook, you need to create a FREE account.

[**Download Now!**](#)

eBook includes PDF, ePub and Kindle version

[Register a free 1 month Trial Account.](#)

[Download as many books as you like \(Personal use\)](#)

[Cancel the membership at any time if not satisfied.](#)

[Join Over 80000 Happy Readers](#)

Book Descriptions:

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with bowflex manual pr3000 . To get started finding bowflex manual pr3000 , you are right to find our website which has a comprehensive collection of manuals listed.

Our library is the biggest of these that have literally hundreds of thousands of different products represented.



Book Descriptions:

bowflex manual pr3000

Offers not available with any other offers and are subject to availability and may change at any time. Prices are subject to change. Shipping discount applies to standard shipping option only. Offers are valid once to a customer and excludes previously placed orders. Offers are not valid at retail stores or outlets. Offers valid for a limited time only. Offers not available with any other offers and are subject to availability and may change at any time. Offers valid for a limited time only. Please turn it on so that you can experience the full capabilities of this site. The best location is on a hard, level surface. For best results, assemble your home gym in the location where you intend to use it. For safe operation, allow a workout area of at least 100". Before using this equipment, obey the following warnings Read and understand all warnings on this machine. Base Platform Right Frame Rail Left Frame Rail Rear Cross Bar Central Support Lat Cross Bar with Pulleys Rear Lat Cross Bar Upper Lat Tower Right Pulley Arm Left Pulley Arm Rod Pack Lower Lat Tower Seat Back Seat Backbone Seat Bottom. Assembly Assembly Manual. Follow the arrows. 153 Put the cable down through the Inner Right Frame Rail Pulley and up through the Right Pulley Arm Pulley. World Headquarters 16400 SE Nautilus Drive Vancouver, Washington, USA 98683 Phone 800 NAUTILUS 800 6288458 Serial Number Date of Purchase Contacts INTERNATIONAL For technical assistance and a list of distributors in your area, please. Nautilus, Inc. All rights reserved. Nautilus, the Nautilus Logo, Universal, the Universal Logo, Bowflex, the Bowflex logo, Power Rod, StairMaster and Nautilus Institute are either registered trademarks or trademarks of Nautilus, Inc. Schwinn is a registered trademark. All other trademarks are owned by their respective companies. Nautilus, Inc., World Headquarters, 16400 SE Nautilus Drive, Vancouver, WA 98683 1800NAUTILUS www.nautilus.com. <http://peakpartners.com/data/corporate-financial-management-solution-manual.xml>

- **bowflex manual pr3000, bowflex pr3000 manual pdf, bowflex pr3000 manual owner, bowflex pr3000 manual, bowflex manual pr3000, pr3000 bowflex manual, bowflex pr3000 exercise manual, bowflex pr3000 owner s manual.**

Before using this equipment, obey the following warnings Read and understand the complete Owner's Manual. Replace any warning label if it is damaged, illegible, or missing. For replacement labels, call a Nautilus Representative. Tighten all fasteners as necessary. If you have not exercised recently, are pregnant, have a heart condition, or any physical limitation, consult with your physician before you use your machine. If you experience tightness in your chest, an irregular heartbeat, shortness of breath, feel faint, lightheaded or dizzy, or have any pain, STOP and consult your physician immediately. Additional Accessories For additional accessories for your home gym, contact Nautilus at 1800NAUTILUS 18006288458 or www.bowflex.com. Owner's Manual. The following fitness guidelines will help you define your goals and choose your fitness program. In addition, select Cooling Down An essential part of the exercise routine is the cool down. Focus on practicing and learning your technique before increasing the resistance. Then move to a more challenging resistance that you can perform no less than 10 reps and no more than 15 reps. Train each muscle group to fatigue before moving on to the next exercise. Do not neglect any muscle group. If needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. By returning to an aerobic exercise between each set you are increasing your aerobic capacity, endurance and burning fat as energy. This is an advanced routine to be used only after you have progressed from the advanced general conditioning routine and only after you have perfected your exercise techniques. Nautilus, Inc. All rights reserved. Before

Assembly. 2 Attach the Seat Bottom to the Seat Backbone. 11. Tools. 2 Attach Leg. Page 3 Important Safety Instructions Important Safety InstructionsPage 4 Hardware HardwareStep 1 Assemble the Base. Parts. Step 2 Attach the Rod Pack.<http://www.donovaly-ubytovanie-safran.sk/web/userfiles/corporate-financial-accounting-11th-edition-solutions-manual.xml>

Step 3 Attach the Lower Lat Assembly to the Base Assembly. Page 9 Attach the Seat Support Rail Assembly. Step 4 Attach the Seat Support Rail. Page 10 Assembly. Step 5 Attach the Pulley Arms. Step 6 Attach the Seat Bottom to the Seat Backbone. Step 7 Attach the Leg Extension Assembly. Page 13 Attach Seat Back Assembly. Step 8 Attach the Seat Back. Hardware. Page 14 Attach the Lat Crossbar with Pulleys Assembly. Step 9 Attach the Lat Crossbar with Pulleys to the Upper Lat Tower. Step 10 Attach the Rear Lat Cross Bar. Step 11 Attach the Upper Lat Tower Assembly to the Base Assembly. Page 17 Attach the Lat Pulley Housing Assembly. Step 12 Attach the Lat Pulley Housing. Page 18 Cable and Pulley Routing Assembly. Step 13 Cable and Pulley Routing the Rear Pulleys. Tools. Step 14 Connect the Rod Cables through the Right Floating and Lat Tower PulleysStep 15 Connect the Right Squat Cable through the Floating and Main Assembly PulleysPage 21 Final Inspection Assembly. Step 16 Leg Press Extension Cable Routing. Assembly ManualPage 24 Printed in China. Nautilus, the Nautilus Logo, Universal, the Universal Logo, Bowflex, the Bowflex. Please try again.Please try again.Register a free business account Please try your search again later.The Revolution is distinguished by the companys SpiraFlex resistance technology. The Revolution utilizes lightweight interlocking plates which let you quickly and easily adjust the resistance from 10 to 220 pounds for upper body workouts which can be upgraded to 300 pounds. The machine duplicates virtually every exercise from your local gym, with Freedom Arms that adjust 170 degrees to work muscles from various angles with 10 different settings so you can quickly and easily change the direction of resistance and work upperbody muscles from a variety of angles. The machine also includes a leg press plate for your lower body, along with a fiveposition foot harness.

All told, the Revolution supports more than 100 exercises, including a comprehensive core and abs workout.Manufacturer Video Videos for related products 1457 Click to play video TRX Training Live TRX Training Videos for related products 624 Click to play video Body Solid EXM3000LPS Commercial Gym Exercise Video BodySolid, Inc. Videos for related products 751 Click to play video Marcy 100Lb. Stack Home Gym with Pulley, Press Arm, and Leg Developer MKM81030 Impex Inc. Onsite Associates Program Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average. The model takes into account factors including the age of a rating, whether the ratings are from verified purchasers, and factors that establish reviewer trustworthiness. You can unsubscribe at anytime. Subscribe Personal information provided may be collected, used and disclosed in accordance with our Privacy Policy Connect with Us Connect with us on your favourite social networks. We'll let you know what we're up to, and you can tell us how we're doing. This quality framework can be obtained effectively online or from neighborhood retail locations. In this article, we'll inspect the preferences and disservices of this activity hardware item.Click Here Bowflex Weights Bowflex Dumbbells Bowflex Workout Home Gym Equipment No Equipment Workout Training Legs Home Gym Reviews Bow Legged Correction Weights Bowflex Weights Bowflex Dumbbells Bowflex Workout Home Gym Equipment No Equipment Workout Training Legs Home Gym Reviews Bow Legged Correction Weights This bowflex gym machine for workout can even be collected and utilized in home.Home Gym Equipment No Equipment Workout Fitness Equipment Gym Fitness Fitness Motivation Health Fitness Boflex Workouts Exercises Home Gym Reviews The Bowflex PR3000 Home Gym has more than 50 activities extending from Lateral Shoulder Raise to Narrow Pulldowns.

<https://formations.fondationmironroyer.com/en/node/8500>

This level of assortment gave permits you to workout about the majority of your muscle aggregates

so you can get into shape. Home Gym Equipment No Equipment Workout Fitness Equipment Vibration Plate Gym Workouts At Home Workouts Simple Workouts Workout Schedule Workout Plans On the off chance that you don't have a clue about a noteworthy sum concerning Power Rods, grant me to depict them to you these devices can give disobedience which is generally as attempting as free weights. The crucial refinement is that you won't have the idleness or shot of harm or agony in the joints which for the most part is available when applying platestyle weights. Home Gym Equipment No Equipment Workout Fitness Equipment Vibration Plate Gym Workouts At Home Workouts Simple Workouts Workout Schedule Workout Plans Because of the advantages of home rec centers, the wellness business has been changed. No more does one need to utilize substantial weights to manufacture more grounded center muscles. The Power Rod innovation in the Bowflex PR3000 Home Gym gives you a consistent level of resistance all through every movement, reinforcing your muscles successfully so you see the outcomes quicker. Gain Muscle Build Muscle Fun Workouts At Home Workouts Workout Ideas Weight Training Training Tips Andrew Miller Workout Machines The Bowflex PR3000 Home Gym could be precisely what you'll require. This is one of the best fitness machines ever made for sharp and characterized bodies. Home Gym For Sale Best Home Gym Best Workout Machine Workout Machines Fitness Machines Exercise Machine Home Gym Equipment No Equipment Workout Fitness Equipment With the Bowflex PR3000 manual sitting in your home just taking up around 100 inch by 78 inch workout space you can practice whenever you need.

<http://nahalsan.com/images/casio-aqw-100-manual.pdf>

The fundamental reason it just takes this long is the capacity to do every one of your activities without having to always show signs of change the links on the Bowflex, as on other link resistance sort machines of it's class. Workout Regimen Workout Machines Spring Is Here Get In Shape Warm Weather Innovation Workouts Outdoors Wellness Because of the advantages of home rec centers, the wellness business has been changed. Workout Regimen Workout Machines Spring Is Here Get In Shape Warm Weather Innovation Workouts Outdoors Wellness With the capacity to perform up to 50 works out, an inherent paddling machine and Bowflex's protected force pole innovation, the Bowflex PR3000 looks extraordinary on paper, yet does it give the nature of workouts to accomplish your coveted wellness objectives. Perused on further to figure out. Home Gym For Sale Best Home Gym Best Workout Machine Workout Machines Fitness Machines Exercise Machine Home Gym Equipment No Equipment Workout Fitness Equipment This workout station can even be collected and utilized as a part of rooms where others are available without aggravating them. The link pole arrangement of assembling empowers it to be greatly tranquil amid operation mode when contrasted with the noisier free weight frameworks. Elliptical Vs Treadmill Treadmill Machine Elliptical Trainer Bowflex Ultimate Commercial Stairs Stair Renovation Fat Burning Cardio Workout Gym Images Fitness Gadgets With PR3000 in your home, you can workout at whatever time you need. To perform a complete activity schedule, you just take around 2030 minutes. Strength Training Equipment Strength Workout No Equipment Workout Fitness Equipment Power Training Home Gym Exercises Gym Workouts At Home Workouts Training Exercises Financial plan cognizant customers of home practice arrangements will discover the Bowflex PR3000 Home Gym to be the response to large portions of their workout needs.

<https://www.online-distance-learning-education.com/images/casio-atc-1100-user-manual.pdf>

Back And Biceps Back Muscles Chest Workouts Fit Board Workouts Leg Routine Leg Training Biceps Workout Workout Machines At Home Gym This space sparing wellness framework permits a man to get an awesome aggregate body workout with the more than 50 activities one can use with it. It accompanies a booklet recommending particular activities and extra ones may be gotten to just by signing on to their site. Financial Planning Schedule The Neighbourhood Workouts Activities Timeline Exercise Work Out Exercise Workouts With PR3000 in your home, you can workout at

whatever time you need. Exercises Workouts Exercise Routines Exercise Workouts Exercise Work Out Work Outs Workout Fitness Exercise Bike For Sale Best Exercise Bike Upright Exercise Bike Upright Bike Exercise Bike Reviews Recumbent Bike Workout Cycling Workout Home Gym Equipment No Equipment Workout They can arrange an individual rec center or a home rec center comfortable solace they could call their own home with the worldknown Bowflex PR3000 Home Gym. The Bowflex PR3000 gives its proprietors and clients with all that they can require in the exercise center. The main contrast is that exercisers in exercise centers are obliged to exchange starting with one specific bowflex activity machine then onto the next. Pinterest Explore Log in Sign up Privacy. The PR3000 Home Gym is a good midrange home gym by Bowflex. You'll feel the resistance in movement throughout your exercises. The rods provide up to 210 lbs of inertiafree and smooth resistance. You can also upgrade the resistance on the Bowflex PR3000 Home Gym to 310 lbs. This means you'll be able to perform all of your exercises without having to realign the machine and its cable movements. You can move from one exercise to the next, and keep your heart rate up for maximum benefit. This home gym provides a complete body workout with over 50 exercises that target every major muscle group.

You'll never need another piece of exercise equipment after the Bowflex PR3000 Home Gym. Does not apply to normal wear and tear. Reports are that it can take from 24 hours to assemble which is normal for a home gym. The PR3000 Home Gym is specifically designed to target you major muscle groups and provide full range of motion without having to mess around with all of the cables. All you need to do is get in position and start exercising. The home gym is upgradable to 310 lbs of resistance. Most other Bowflex home gyms provide an upgrade up to 410 lbs. This level could be plenty for you, but it's worth mentioning. It's not top of the line, but has some nice features. The best of these is that it has the no cable change system you see on the more expensive Bowflex models. This keeps your workout moving with no downtime to realign the exercises. The PR3000 Home Gym is at the same price point as the Bowflex Blaze Home Gym, which has slightly different features. Make sure you check out our review of this home gym as well. Well assume youre ok with this, but you can optout if you wish. Out of these cookies, the cookies that are categorized as necessary are stored on your browser as they are essential for the working of basic functionalities of the website. We also use thirdparty cookies that help us analyze and understand how you use this website. These cookies will be stored in your browser only with your consent. You also have the option to optout of these cookies. But opting out of some of these cookies may have an effect on your browsing experience. This category only includes cookies that ensures basic functionalities and security features of the website. These cookies do not store any personal information. It is mandatory to procure user consent prior to running these cookies on your website. See our disclosure page for details. Home gym systems are a great way for achieving fitness results and maintaining progress from the comfort of your own home.

www.jemelectric.com/wp-content/plugins/formcraft/file-upload/server/content/files/1626fc87841348--bose-lifestyle-user-manual.pdf

One of the many companies that has a strong name in home gym equipment is Bowflex. They're a company known for their compact and versatile pieces of equipment. In this article, we're taking a deep dive into the Bowflex PR3000. This is a slightly older "compact" model that has a couple unique features and potential pros and drawbacks. Within our review, we'll break down this Bowflex model's key features, versatility, ease of use, price, and warranty options. Bowflex PR3000 Image courtesy bowflex.com. Bowflex PR3000 Key Specs and Features The Bowflex PR3000 has a few key features that make it different and similar to other Bowflex models. To begin, this model is one of their middle of the road machines with versatility, as it offers you the ability to perform over 50 exercises. This is slightly more than the PR1000, but less than the newer Bowflex Xtreme 2 SE. For most, 50 exercises will be plenty to get in a fullbody, or body part focused workout. Shop Bowflex

PR3000 HERE. Another cool component that comes along with the Bowflex PR3000 is the content it includes and unlocks. This model has a descriptive exercise manual, and a chart attached on the machine highlighting some of the machine's fundamental movements. Additionally, the purchase of the PR3000 provides you with access to the Bowflex Full Body Plan, which is a library of exercises and workouts Bowflex provides. This can take the thinking out of working out, which could be a huge plus for a newer lifter. Similar to other Bowflex models, the PR3000 comes with the standard 210 lbs of power rod resistance. Yet, if that isn't enough, then you always have the option to upgrade your resistance up to 310 lbs. First, they're a little less stressful on joints, which is a cool feature for one's longevity in the gym, and for those just beginning to workout. Second, they're lightweight, so moving them is easier than your standard homegym equipment. Lastly, they come with a 7year warranty.

Pros Versatile Over 50 exercises 210 lbs of power rod resistance 7year power rod warranty, and 1year machine warranty Descriptive exercise manual and Full Body Plan access Cons Could be expensive for some who buys in onetime purchase Doesn't come with lat pulldown bar Is the Bowflex PR3000 Versatile. As pointed out above, the Bowflex PR3000 is middle of the road when it comes to Bowflex machines and versatility. It's a machine that provides you with over 50 exercises and a library of workout content. This makes it a useful machine for those trying to achieve a fullbody workout circuit, and someone who wants to isolate certain muscles. Additionally, the power rods make it easy to adjust weight quickly and appropriately for one's abilities. Below are a handful of the body parts and exercises you can achieve with the Bowflex PR3000 home gym. Legs Leg extension, curl, and kickback Chest Flat, incline, and decline press Back Lat pulldown with cables, row, lower back extension Arms Bicep curls and tricep pushdown Shoulders Press, delt raise, shrugs Core Ab crunch, trunk rotation, and oblique crunch Another versatile aspect of this machine is its dimensions and size. The PR3000 is one of Bowflex's compact machines, which means it doesn't come with a fold down bench. This makes it an okay sized machine for multiple rooms in the house. Bowflex PR3000 Ease of Use Whether you're a newer lifter, or weathered gym rat, then you'll find this Bowflex model is pretty easy to use. The machine comes with minimal pieces of equipment to adjust, so it's pretty easy to adapt and learn your way around the machine. This characteristic makes flowing through exercises and workouts slightly easier because there are fewer options to incorporate. That could be both a good and bad thing depending on the user. Bowflex PR3000 Ease of Use Image courtesy Bowflex.com. The Bowflex Full Body Plan also makes this piece of home gym equipment easy to use.

It can be daunting to construct a workout for a new lifter, so they'll find it mentally comforting to have videos, workouts, and exercise descriptions at their fingertips. Bowflex's power rods also make this machine easy to use and track previous weight used appropriately. For someone needing a piece of equipment to accomplish multiple fitness goals, then I feel like this price is good. In addition, there are financing options, so a onetime purchase can seem less daunting. Bowflex PR3000 Warranty The Bowflex PR3000 comes with a warranty. It's not the comprehensive option Bowflex offers because it's a slightly older machine, yet it still trumps many other home gym models. The power rods come with a 7year warranty, the machine has 1year warranty, and additional pieces of equipment 60days. Bowflex will cover any manufacturing issues or early degradation problems with these aspects if they're within their respective timelines. In Conclusion For many, the Bowflex PR3000 will be able to match many of the asks for a piece of home gym equipment. The price is pretty fair, along with the versatility that comes with this machine. I also liked the warranty that comes with it, even though it's a slightly older model. The only downfalls that come with this machine is the lack of lat pulldown bar and possibly limiting 210 lbs of resistance. If you're in need of a home gym that can provide you with a fullbody, or body part focused workout, then the Bowflex PR3000 could be a solid choice. Currently, Jake serves as the Fitness and Training Editor at BarBend. He's a Certified Strength and Conditioning Specialist CSCS and has spoken at state

conferences on the topics of writing in the fitness industry and building a brand. As of right now, Jake has published over 1,300 articles related to strength athletes and sports. Leave a Comment
Cancel reply Comment Name Email Website BarBend is an independent website.

The views expressed on this site may come from individual contributors and do not necessarily reflect the view of BarBend or any other organization. BarBend is the Official Media Partner of USA Weightlifting. These documentations are only intended for qualified technicians who are aware of the respective safety regulations. Products names, logos, brands and other trademarks are the property of their respective trademark holders in the USA and other countries. Your eCTM will be stored in that account. If a Member has multiple Program Credit Cards they cannot be linked to the same Triangle Rewards Account. A Member can request the issuance of additional Triangle Rewards Cards that have the same account number as that Member's Triangle Rewards Account. Collecting electronic Canadian Tire Money eCTM can be collected when you purchase Eligible Merchandise see below at participating Canadian Tire stores or online at canadiantire.ca or such other web site as may be designated by Canadian Tire from time to time. To collect eCTM you must present a Triangle Rewards Card or use a Cardless Method described below. You can also collect eCTM on that portion of a purchase charged to a Program Credit Card. The Program Credit Card must be linked to a Triangle Rewards Account at the time the purchase is made in order to collect eCTM. The amount of eCTM collected on fuel purchases depends on the number of litres purchased. A minimum fuel purchase may be required before eCTM can be collected. The rate of collection may vary from time to time and by location and by type of tender used for payment so check at your local Canadian Tire gas bar. You can also collect eCTM on purchases that you make at other merchants that are charged to a Program Credit Card. The rate at which eCTM can be collected may vary from time to time and by location and is subject to change by Canadian Tire without notice.

In addition, you may collect eCTM at a different rate if you pay with a Program Credit Card than you would if you use a Triangle Rewards Card or Cardless Method . Purchases made in a foreign currency with a Program Credit Card are first converted into Canadian currency as set out in the cardmember agreement prior to calculating the amount of eCTM that you have collected. If you use a Triangle Rewards Card or Cardless Method, it must be swiped or scanned or your phone number provided, as the case may be, before you make your purchase. When shopping online at canadiantire.ca or other website as designated by Canadian Tire, you must enter your Triangle Rewards Account number at check out to collect eCTM. Members are also eligible to collect bonus eCTM, or to collect eCTM at a promotional rate offered from time to time on the purchase of select items, upon the occurrence of certain events or as part of a promotion or offer, but unless otherwise indicated, bonus eCTM or eCTM awarded at a promotional rate is awarded only once for a transaction. You cannot use a Triangle Rewards Card or Cardless Method together with a Program Credit Card. If you charge a purchase to a Program Credit Card, you will only earn eCTM at the applicable Program Credit Card rate then in effect, even if you also present your Triangle Rewards Card or Cardless Method. However, if you redeem eCTM to pay for part of a transaction and pay for the balance of the transaction with a Program Credit Card that is linked to a different Triangle Rewards Account than the account from which the redemption is occurring, all eCTM collected in respect of that transaction will be credited to the Triangle Rewards Account from which redemption is occurring. You will not be able to collect eCTM on that portion of a transaction in respect of which you redeemed eCTM.

However, we may, from time to time and at our discretion, have special offers or promotions that would allow you to collect eCTM on that portion of a transaction in respect of which you redeemed eCTM. If you use more than one Program Credit Card to make a purchase e.g. split the cost between two or more cards, all eCTM collected on that purchase will be credited only to the Triangle Rewards Account linked to the first Program Credit Card that is presented. If you make payment

using a Program Credit Card in combination with some other form of tender, only that portion of the purchase charged to the Program Credit Card will earn eCTM at the then applicable Program Credit Card rate. That portion of the purchases made with the other form of tender may be eligible to earn eCTM at a different rate. Delays may occur in recording eCTM to a Triangle Rewards Account. Redeeming electronic Canadian Tire Money eCTM can only be redeemed for merchandise including applicable taxes at participating Canadian Tire stores or at other locations designated by Canadian Tire. To redeem your eCTM you must present your Triangle Rewards Card or Cardless Method or Program Credit Card to the cashier with your purchase. Please note that in some Canadian Tire stores it may not be possible to simply provide your phone number when redeeming eCTM; presentation of your Triangle Rewards Card or Program Credit Card or scanning of the Program App may be required instead. You may not redeem eCTM from more than one Triangle Rewards Account for the same transaction. You must have enrolled in the Program, or have activated your Program Credit Card, in order to redeem eCTM. What Happens When an Item is Returned. If you return an item for a refund and had received eCTM when you purchased such item, such amount of eCTM will be deducted from your Triangle Rewards Account.

Merchandise that was purchased either in whole or in part by redeeming eCTM may not be returned for cash, rather, the connected Triangle Rewards Account will be credited with the same amount of eCTM used to make the original purchase. Expiration of Electronic Canadian Tire Money We may expire the eCTM in your Triangle Rewards Account in the event that there has been a period of inactivity of 18 months or more. For the purposes of this section, "inactivity" means that there has been neither a transaction in which you have collected eCTM, nor a transaction in which you have redeemed eCTM during the period in question. Termination of Membership and Cancellation of the Program Membership may be terminated by Canadian Tire if any of the following events occur A the Member has failed to comply with any of these terms and conditions, or Canadian Tire determines that the Member has abused the Program or has made any misrepresentation or false statement to Canadian Tire; B the Member dies; C the Member becomes bankrupt or insolvent or any bankruptcy or insolvency proceedings are commenced by or against the Member, D the Member is charged with a "designated offence" as defined in the Criminal Code Canada, E the Member's Program Payment Card is terminated by Canadian Tire Bank, or F Canadian Tire suspects the Member of any fraudulent activity in connection with the Program or the use of a Program Payment Card. A Member may choose to cancel his or her membership by written notice sent to the address below or by calling Program customer service. Termination or cancellation of membership in the Program will result in the immediate closing of the Member's Triangle Rewards Account and the cancellation of all eCTM in such Triangle Rewards Account without any compensation or other liability to the Member. Termination of a Member's Triangle Rewards Account will also result in the Member no longer being able to use a Program Payment Card linked to the Program.

<http://www.raumboerse-luzern.ch/mieten/3m-x55i-service-manual>