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Within this manual you are going to find all the TRX exercises that is included in the workout program. Please note that you don't need a TRX specifically to perform these exercises. You can easily use any type of suspension trainer to perform the exercises and the workouts. These exercises can be very challenging.

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This manual is designed with a Quick Start path that outlines the necessary procedures to get your model up and running in the shortest time possible. If you are an experienced R/C enthusiast, you will find it helpful and fast. Be sure and read through the rest of the manual to learn procedures. Turn to page 10 to begin.

Scale and Trail Crawler - Traxxas

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