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â€¢ Select Intervals to create an interval workout based on distance or time (Interval Workouts, page 2). 4 Go for a run. Training Indoors You can turn off GPS when you are training indoors or to save

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8 Press down slightly and turn the Edge device clockwise until it locks into place. Releasing the Edge 1 Turn the Edge clockwise to unlock the device.

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CrossFit - Wikipedia

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Exercise - Wikipedia

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