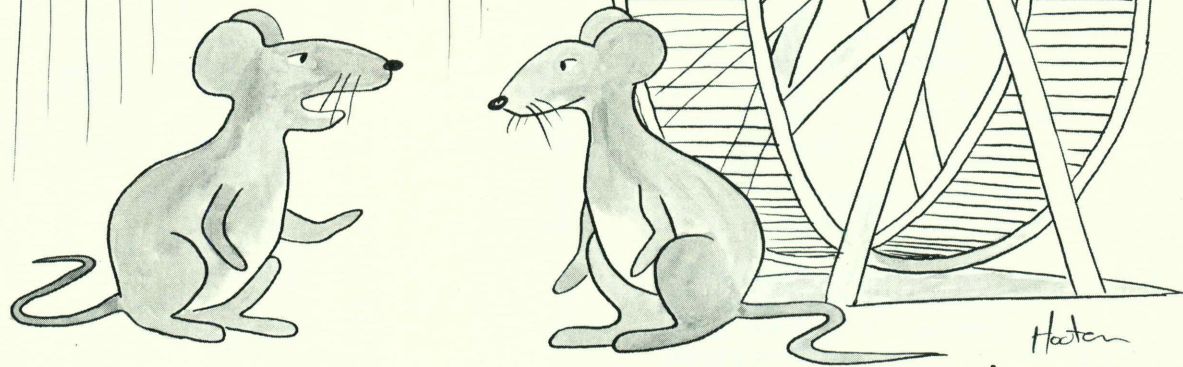




Well, the exercise wheel is an adequate form of exercise, but with a rowing machine we'd get a more complete workout while at the same time avoiding the risk of joint injury associated with running.