

Exercise Chart

The various *Chelodactylus* species get along swimming and right along! They're not finicky, are typically easy keepers in the community tank (especially if you have large volume water treating systems, with the removal of ammonia and nitrite), and are very hardy. They're also a little more expensive than most other species of cichlid in the hobby. However, because the *Chelodactylus* has a beautiful pattern, it can be put in a well-planned community. The *Chelodactylus* species make wonderful additions to the community tank. *Chelodactylus* species are also great for the aquarium hobby. They're also a great addition to the community tank.

Two athletes are shown on rowing machines, likely during a training session or competition. The image is partially cut off on the right side.

Total Gym Xli Exercise Guide

S Ben Porath

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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