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~~close to the front edge of the foot platform. Place your hands at a comfortable position on the upper body arms. Simply move your highest foot forward and~~
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Schwinn 428P, 418P User Manual

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Thank you for making the Schwinn 418/ 428p elliptical trainer a part of your exercise program. For many years to come, you will be able to rely on the quality of Schwinn's craftsmanship and durability. We have included some general fitness guidelines for your use and hope you will find the information valuable in assisting you in your pursuit of a healthy lifestyle. The 418/ 428p elliptical ...

418-2f428 Owner's man. 2 - Nautilus, Inc.

The schwinn 418 elliptical trainer's 12 programmes include rolling, valley, fat burn, ramp, random, plateau, intervals, mountain, 2 heart-rate, 1 fitness test, & manual mode. As you can see, there is a wide variety of programmes to choose from so you will not go bored with these programmes. Frame. Sturdy and durably constructed; Compact, solid construction. Made from solid steel ; Maximum ...

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