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HOW TO USE THE 418/ 428p ELLIPTICAL TRAINER To start using the Schwinn elliptical simply stand on the foot pedals with the front of your shoes 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 follow the natural path of the machine.

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schwinn 428p elliptical February 23, 2020 - Comment The 428P has an 18" stride that works in both forward and reverse motion to target different muscle groups.Articulating footplates – The pedals on Schwinn ellipticals pivot to support a user's natural motion.

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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 ...

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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 ...