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On-Board

Computer Displays programmes.  
time, speed,  
distance, RPMs,  
workload,  
calories/hour,  
calories, heart  
rate, level.  
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| Fitness and  
Exercise ...**  
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

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 elliptical  
 machine can  
 either be used  
 as a complete  
 body workout or  
 lower body only.  
 If you choose  
 not to use your  
 arms, place  
 them on the  
 stationary  
 handles in front  
 of you.  
 Remember the  
 more muscles  
 you use the  
 more calories  
 you burn. F  
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**Schwinn 418**

**Elliptical Trainer**  
**Review -**  
**Building Muscle**  
**101**  
 This Owner's  
 Manual contains  
 all the  
 information you  
 need to operate  
 and enjoy your  
 418/ 428p  
 elliptical trainer.  
 Please read the  
 manual in its  
 entirety before  
 attempting to  
 exercise on the  
 418/ 428p.  
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 002-3390. 136 Nut  
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 000-7685 ...  
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