FEATURES AND BENEFITS

Transport Wheels
Built-in transport wheels allow a single individual to easily move and position the bike across any flat surface.

Frame Stabilizers
Oversize frame stabilizers for added stability.

Belt Drive
For a smooth, quiet ride.

On-Board Computer
Displays time, speed, distance, RPMs, workload, calories/hour, calories, heart rate, level.

Synchronized Arms
For a total body workout.

Heavy Duty Construction
Institutional-quality construction stands up to the most intense workout environment.

Foot Platform
Moves along with your natural foot motion.

Electromagnetic Braking
Contact-free resistance braking provides fast, fluid adjustability and long-lasting, reliable performance.
CONGRATULATIONS!

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 take advantage of the innovative features that make the 418/428p a valuable addition to your exercise plan.

The 418/428p elliptical trainer will enable you to customize and monitor your workouts to:

▲ Increase your energy level
▲ Increase cardiovascular and aerobic fitness
▲ Increase lower and upper body muscle strength
▼ Decrease your overall percentage of body fat

Whether you are just getting started in an exercise program or are already physically fit, the 418/428p is designed to be an efficient, easy, and enjoyable way to achieve an improved level of fitness. You can exercise your way to a more fit and healthy body. The 418/428p's computer features are designed to make your workouts easy and enjoyable. The computer enables you to accurately monitor your progress by tracking time, distance, speed, calories, and strides per minute.

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.

Let's get started.

FITNESS SAFEGUARDS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and fitness level. If you have a pre-existing medical condition, consult with your physician before starting an exercise program or increasing your activity level. If you feel pain or feel short of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

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Guidelines – General Fitness and Exercise

by Edmund R. Burke, Ph.D

Getting the most out of your home fitness program....................17
The Stanford home exercise program is an effective way for you to improve your fitness. At weights and moderate to hard training are recommended to improve your fitness. Your training program should be designed to meet your individual fitness goals. Your fitness program should include a variety of exercises to improve your cardiovascular fitness, muscular strength, muscular endurance, and flexibility.

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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 footplatform. 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.

Start on a level that is comfortable to familiarize yourself with the machine. Once you are comfortable start adjusting the level to achieve the workout desired.

- **Full Body/Lower Body**
  The Schwinn 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.

- **Forward/Reverse**
  The 418/428p can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

- **Resistance Control**
  The 418/428p resistance level can be changed at any time during your workout. Adjusting your level will allow you to increase or decrease your intensity level. The resistance is controlled with the console.
Selecting a Profile Program:

Programs 2 – 12 are individually designed to provide a variety of workout options. Once the console is on, use the “+” or “-” buttons to select a Program. You will be prompted to set ("+", "-") the resistance level at any time by pressing the “+” or “-” buttons.

Heart Rate Control Programs (P11, and P12):

These programs will automatically adjust the resistance to bring your Heart Rate into a target zone. The target heart rate zone for P11 is 60% of your predicted maximum heart rate based on your age. This program is suited for general exercise. The target heart rate zone for P12 is 85% of your predicted maximum heart rate. This program is suited for strengthening the cardiovascular system, or burning a maximum amount of calories in a shorter period.

Fitness Test (P6):

This test can be used as protocol for a "power increment" test in which one would be trying to determine their Lactate, or Anaerobic Threshold Heart Rate. Since this is a maximum effort test, it is recommended that this test be administered under the supervision of a qualified Sports Medicine Physiologist.

Button Functions

START / Pause
Starts workout session, Pause temporarily pause the workout. While in Pause, the resistance is decreased.

ENTER
Used to enter information, such as setting the Time, or choosing a program.

UP
Adjusts data up

DOWN
Adjusts data down

MODE
Changes the Display between CALORIES or WATTS and SPEED or RPM

Note: To reset the console at any time, press and hold the START / PAUSE key.

Display Description:

SPEED
Displays the estimated current speed (miles / hour)

RPM
Displays the current pedal RPM (revolutions per minute)

TIME
Displays the workout time.

DISTANCE
Displays the estimated distance traveled.

WATTS / Workload
Displays the current power that the user is producing.

CALORIES:
Displays the estimated Calories the user has burned during the exercise.

PULSE
Displays the user's current heart rate (beats per minute.)

OPERATION

Getting Started:
To turn on the computer either press any button or start pedaling.

Quick Start:
By simply pressing the Start button, you can begin pedaling in the MANUAL program.

Resistance Control:
At any time during a workout you can control the resistance of the bike by using the UP and DOWN arrow buttons. You can Increase the resistance by pressing the “+” or “-” buttons.

Note: To reset the console at any time, press and hold the START / PAUSE key.

Push button to exit menus and re-enter program.
USING THE 428P COMPUTER

■ Using the 428p Computer

For added workout variety, the on-board computer features a selection of 5 preprograms as well as a manual mode program. The manual mode program can be easily accessed via pressing the Start button twice. (Fig.3) All other workout programs require you to input data. The computer ... and functions, you will get more pleasure, motivation and value from your 428p elliptical workouts. It's really very easy.

■ Accessing the Computer Workout Programs

You have two options of accessing programs: 1. Utilize the “Quick Start” feature or 2. Program the computer by entering specific data as explained below.

■ Quick Start

To utilize the Quick Start feature on the computer, simply begin pedaling. Press the “ENTER/START” button twice and the computer will begin immediately. The default setting for the quick start program is a manual program with a resistance level of three. You can easily change the resistance level at any time by pushing the UP or DOWN buttons.

FIG.3

FITNESS SAFEGUARDS

Failure to follow any of these safeguards may result in injury or serious health problems.

• Do not place fingers or any other objects into moving parts of the exercise equipment.

• Keep children and pets away from the 418/428 elliptical while machine is in use. A child's curiosity may result in injury. Do not allow children to use the elliptical. The pedal travel ranges are designed and intended for adults, not children.

• Never turn pedal crank arms by hand. To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.

• Do not dismount the elliptical until the pedals are at a complete STOP.

• Warn bystanders to keep a safe distance. Do not discharge batteries or replace batteries with the machine on. Never operate the machine while the batteries are replaced or charged. Do not use or charge lithium batteries in or near a microwave oven. The computer may give an incorrect reading or damage your equipment.

• Do not wear loose or dangling clothing while exercising.

• Care should be taken when mounting and dismounting.
To activate the computer, plug your 428p into a 110v wall outlet. Then simply begin pedaling to turn your elliptical on.

You may choose between English and metric readings. (Press RESET; while in reset and all LED's are showing) Press + and – together and it will read English or metric. Use the + or – keys to choose English or metric using the ENTER key to confirm and save.

The quickest way to start a workout is to press the start button twice and the computer will start in a manual mode. In this mode the computer will count up and give you your results after you stop pedaling.

Selecting a program and entering user information

1. Select a PROGRAM by using the UP and DOWN arrow keys to scroll through the programs. The LED light beside the program names will light as you scroll to inform you of your selection. Press the START/ENTER button to select the program.

2. Enter your WEIGHT by using the UP and DOWN keys to reach the desired setting and press enter.

3. Select the LEVEL of the workout with the UP and DOWN keys and press Enter.

4. Enter the workout TIME with the UP and DOWN keys and press enter.

5. In HRC you must enter your TARGET HEART RATE. The computer will prompt you with a calculated estimate. You can adjust this target heart rate with the up and down arrow keys then press enter.

After entering all of the information simply keep pedaling to start the workout. At any time during the workout you can change the intensity using the up and down arrows to change the level.

Result mode

Either at the completion of the entered time or when you stop pedaling, the computer will go into a results mode. This mode will scroll through your workout average load, calories per hour, and more if a telemetric heart rate chest strap is used properly.

Interval, Hills, Random, Summit Programs:

These programs provide a continuously changing level of effort throughout the defined program time. These programs can add variety to your workout and can help you achieve a higher level of fitness by elevating your heart rate during specific intervals.

Heart Rate Control (HRC):

This program is designed to provide enough resistance to keep your heart rate in the 65% range based on the average maximum heart rate of a person your age. Note that this program only functions when a telemetric heart rate chest strap is used properly.

Other features of the 428p Computer

The bike computer keeps track of a variety of feedback functions. When a particular FUNCTION LED is on, that function readout will appear in the corresponding window.

Function window 1

(Fig. 4)

- **Load** - The load feedback function keeps track of the approximate power required to pedal the machine. To change to the next function press the scan button.

- **Calories** - The calories feedback function displays the approximate number of calories burned during your workout. To change to the next function press the scan button.

- **Cal/hour** - The calorie per hour feedback function displays the approximate number of calories burned per hour of exercise at the given level. To change to the next function press the scan button.

- **Scan** - The scan function will continuously rotate through the above feedback functions.

Function window 2

(Fig. 5)

- **Heart rate** - If you are using a chest strap transmitter, the heart rate feedback function continuously displays your working heart rate in beats per minute. To change to the next function press the scan button.

- **Level** - Displays the current level of resistance or program level. If the heart rate is being used the level will display for 3 seconds when changed and then return to the heart rate display.
Function window 3 (Fig. 6)

- **Speed** – the speed feedback function keeps track of your approximate mile per hour rate. To change to the next function press the scan button.
- **RPM** – the rpm feedback function keeps track of your pedal speed in revolutions per minute. To change to the next function press the scan button.
- **Scan** – the scan function will continuously rotate through the above feedback functions.

Function window 4 (Fig. 7)

- **Time** – if a workout time is entered, the remaining time of your workout will be displayed. If there is no time entered, the workout time will be displayed. To change to the next function press the scan button.
- **Distance** – the distance feedback function keeps track of the approximate miles you've covered in your workout. To change to the next function press the scan button.
- **Scan** – the scan function will continuously rotate the above feedback functions.

Optional Wireless Heart Rate Monitoring

Achieving your personal fitness goals with the least effort and in the shortest amount of time, is best accomplished using positive feedback. Whether your goal is athletic performance, weight loss, or cardiovascular fitness, heart rate monitoring can help you achieve your goals. The 428P elliptical computer has built-in wireless heart rate monitoring capability. When you wear a chest strap transmitter during your workout, the computer's heart rate display will continuously read your heart rate in beats per minute.

**HINT**: For most effective transmission, wet the back of the chest strap before putting it on.

** Important: Consult a physician regarding an appropriate target heart rate zone for your age and physical condition. **

Using A Chest Strap Transmitter

The 428P elliptical computer has built-in wireless heart rate monitoring capability. When you wear a chest strap transmitter during your workout, the computer's heart rate display will continuously read your heart rate in beats per minute. HINT: For most effective transmission, wet the back of the chest strap before putting it on.
Moving your Schwinn elliptical trainer

To move the Schwinn elliptical trainer, carefully lift the rear end of the machine. Steer the machine to the desired location. Be gentle while moving the unit as any sharp impact directly or indirectly to the computer can affect computer operation. (Fig. 8)

Leveling your Schwinn elliptical trainer

The elliptical trainer can be leveled to compensate for uneven surfaces. To level the 418/428p, raise or lower the two leveling bolts located on the underside of the rear stabilizer by screwing them in or out as needed. (Fig. 9)

Maintenance

Use a damp cloth to wipe your Schwinn elliptical trainer and computer free of sweat. Avoid getting extra moisture on the computer. By keeping the computer face free of sweat, you can ensure a longer computer life.

IMPORTANT: To avoid damaging the finish on your Schwinn elliptical trainer and computer, never use a petroleum-based solvent when cleaning.

Getting the Most Out of Your Home Fitness Program

The three main reasons for the increased popularity of home fitness gyms and exercise are convenience, convenience, and convenience. For any fitness program to be successful, it must be done on a regular basis. A gym membership must fit into your daily routine. For many, home workouts are easier to fit into their hectic schedules. No getting in the car and having to go to the health club. No standing in line to use the stair climber. Then there is the convenience of hop on your Schwinn home fitness equipment and exercise in the comfort and security of your air-conditioned room.

Privacy and cleanliness are also important. Many feel intimidated in a gym, especially if they are carrying around a few extra pounds. At home you can exercise without feeling as if you are being judged by everyone. No more lying down on a sweaty bench or wondering if you’ll catch athlete’s foot in the shower.

Flexibility of time may be the biggest advantage. Work schedules vary for many people who work flex shifts or have a family that has different schedules. Parents with children soon discover that they can fit exercise into their routine if they want to stay fit. But parents and busy workers may not be the only ones who benefit from exercising at home.

The Stanford Home Exercise Study

Recently, researchers at Stanford University School of Medicine, conducted a year long study of over 350 individuals to examine the effectiveness and compliance of a group of supervised home exercise programs. The study included middle aged men and women and included fit individuals as well as individuals who were overweight and smoked.

Individuals in both the high intensity (three 40-minute sessions per week on the treadmill at a 73 to 88 percent of max heart rate) and low intensity group (five 30-minute sessions at 60-71 percent of max heart rate) reported significantly greater adherence than those in the university group based program. Many at the beginning of the study thought that the university group would have a greater compliance rate than the home based group, because of the camaraderie of the group and the commitment to go to the exercise sessions. It may be true that the group program was more convenient and enjoyable for many. The good news was that all three groups showed fitness improvements. With the individual in the home based group achieving similar results as the high intensity group. Good news for those of you just starting out in a moderate exercise program.

Perhaps most importantly, research has also shown that it’s never too late to start exercising . . . and experiencing the benefits. Studies conducted at Tufts University, for instance, show that individuals who start exercising at 60 to 70 years of age can significantly increase their strength as a result of following a moderate, strength training program.

Exercise is one of life’s joys. It energizes–it gives you a sense of well-being and accomplishment and it keeps you healthy and fit. There is great pleasure in being able to set goals, accept your own challenges and push yourself to a better quality of life.
Get off on the right foot and stay motivated. Realize that any new habit is difficult to establish at first, but it can be done. Follow these steps and you'll be on your way to establishing and using your home fitness center for improved health and fitness. Enjoy the journey!

√ Get a physical exam. If you have been inactive for several years or new to an exercise program, be sure to consult with your family physician. Especially if you're over 35, have health problems or have a history of heart disease in your family.

√ Begin planning for your home fitness center. Set aside a portion or a room in your house or apartment that is exclusively for fitness, and make sure that it is as comfortable as possible so you'll ... Do not force yourself to exercise in a part of the house that isn't comfortable, you will not feel motivated to exercise.

√ Do you need a companion? If you prefer to exercise with someone, find a friend to train with who lives nearby. Encouraging your spouse or children to exercise with you is an excellent way to stay motivated and promote family unity.

√ Make fitness a part of your daily lifestyle. Include it in your daily planner just as you would any other appointment. Keep the appointment; you'll be glad you did.

√ Use affirmations. Affirmations will help you program your subconscious to accept new beliefs. They should be positive statements. "I am living a healthier lifestyle by exercising several times per week at home." Repeat your affirmations several times per week.

Home Fitness Planning Worksheet

Target date to begin exercise program:_____________________
Times of day I can exercise:
Time #1________________________
Time #2________________________
Time #3________________________
Days of the week that are good for me to workout:
Day #1_________________________
Day #2_________________________
Day #3_________________________
Goals I wish to accomplish:
Goal #1_________________________
Goal #2_________________________
Goal #3_________________________

Individuals who will support me in my exercise program:
Person #1_______________________
Person #2_______________________
Person #3_______________________
Individuals who can workout with me:
Person #1_______________________
Person #2_______________________
Person #3_______________________

Over the last 25 years, ever since the introduction of Dr. Kenneth Cooper’s book, Aerobics, many individuals have focused on walking, running, cycling, swimming, and other types of aerobic activity as their only means of exercise. Unfortunately, this has led to many of these same people neglecting other key components of fitness; such as strength training, flexibility and body composition. Many of us lack the strength to lift weights, carry grocery bags, or even bend down and tie our shoes without bending at the knees. In addition, as we have aged, we have replaced muscle tissue with fat tissue.

Continued work by Dr. Cooper at the Institute of Aerobics Research is showing that in addition to the need to stress our cardiovascular system, that more attention needs to be placed on building stronger muscles and increasing joint flexibility. They are talking about the benefits of balanced fitness: regular physical activity that includes strength training and flexibility (stretching) in addition to aerobic conditioning.

For many years, "fitness" has been solely a measure of cardiovascular (aerobic) endurance. And, while aerobic fitness is the cornerstone for health and quality of life, there are two other components in order to achieve balanced fitness, and thus optimal health and quality of life. The three components are:

— Muscle strength
— Cardiovascular fitness — Flexibility

Balance Fitness

Many people considering beginning a balanced home fitness program still think "no pain, no gain." They usually think they have to cycle or lift weights until they are over-tired and their body ... tiredness or soreness will be replaced by increased energy for work and recreation and an increased sense of well–being.

Since 1978, the American College of Sports Medicine (ACSM) has had an influence on the medical and scientific communities with its position statement on "The Recommended Quantity and Quality ... of us who have only cycled, ran, swam, watched our body weight and controlled our diet to attempt to maintain fitness.

Balanced fitness can do more to ensure a long, healthy life than just about anything else known to the medical community today. It’s never too late to start a fitness program but ideally, you ... a strong cardiovascular system early in life and enter the later years with your physical potential at its maximum.
than 60 percent of maximal heart rate, for fewer than 20 minutes per day, and without a well-rounded resistance and flexibility program is inadequate for developing and maintaining fitness in healthy adults. It is just that simple.

In general, endurance training for fewer than two days per week at less effect. Any training done below the ACSM guidelines will not be sufficient enough to give you the aerobic training you need to be competitive. It is important to remember not to overdo it; your body needs adequate recovery from a hard workout.

Duration, intensity and frequency of training stimulate the aerobic training effect. You should not exceed more than a 500 to 1,000 calories per day negative diet. You need to consume calories for everyday bodily, healthy functions. Ensure that you are consuming at least 1,200 calories per day in a balanced diet. Combining exercise and caloric restriction:

Follow these guidelines when engaging in a weight loss program that combines exercise and caloric restriction:

- The type of activity, once again, should include anything that uses large muscle groups, and is rhythmical and aerobic in nature, such as cycling or running. Other activities could include stair climbing, cross-country skiing, walking, etc. These activities need to be carried out three to five days per week.

- Body composition is an important component of health-related fitness. Good body composition results from aerobic activity, strength training and proper diet. Muscular strength and muscular endurance require you to work at a lower intensity; they should work out longer. Low to moderate intensity cycling, stepping, walking, or swimming will have little effect from low intensity workouts. If you’re already fit and want to improve, gradually increase your intensity.

- Identifying Your Balanced Fitness Goals

<table>
<thead>
<tr>
<th>Type of Activity</th>
<th>Duration</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength Training</td>
<td>10-15 mins</td>
<td>High</td>
</tr>
<tr>
<td>Aerobic Exercise</td>
<td>20-60 mins</td>
<td>Low to Moderate</td>
</tr>
<tr>
<td>Stretching</td>
<td>10 mins</td>
<td>Low</td>
</tr>
</tbody>
</table>

- An exercise-induced negative caloric balance results in a weight loss of primarily fat stores. If you were to add a caloric restriction to your exercise program, you would have a much greater weight loss. Expenditure is greater with activities that use large muscle groups such as walking, cycling, cross-country skiing, etc.

- Body weight is lost when caloric expenditure exceeds caloric intake or when caloric intake is less than caloric expenditure. It is a known physiological fact that one pound of fat is equal to 3500 calories. For example, low calorie diets cause a substantial loss of water and lean body tissue, such as muscle. In contrast, weight is gained when caloric expenditure is less than caloric intake.

- Flexibility is important for you to perform tasks that require reaching, twisting and turning your body. Hip flexibility, for example, is important to preventing lower back pain.

- To be in total balance it is important to be flexible. While not part of the ACSM guidelines, flexibility is important for you to perform tasks that require reaching, twisting and turning your body. Hip flexibility, for example, is important to preventing lower back pain.

- The guidelines recommend that two strength training sessions per week and two aerobic training sessions per week are sufficient. The guidelines also show where consistent resistance training helps maintain muscle mass. A recent study shows that consistent resistance training maintained their lean body mass along with their aerobic capacity after 10 years of aging.

- The new guidelines have added resistance training since the ACSM recognizes the increasing importance of maintaining strength as a health benefit as we get older. The rationale for the new guidelines is that resistance training strength training in their program maintained their lean body mass along with their aerobic capacity after 10 years of aging.

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exercise. It means your body, your heart, and the various exercising muscles are working at a level at which oxygen can be utilized. Exercising with a heart rate monitor allows you to constantly receive visible feedback (and on some intensity of your exercise must be strenuous enough to raise your heart rate into your target zone. This is usually between 60 and 90% of your maximum heart rate. Cycling, or any exercise done in this range, is usually called aerobic exercise.

Vigorous aerobic exercise is the core of your workout program. The

Aerobic/Strength Exercise

■

for the buildup of lactic acid, the primary waste product of anaerobic metabolism in your muscles. This type of workout...

A higher level of training can help increase both your speed and tolerance...

Enhances physical performance by allowing you to maintain a comfortable position on the bicycle longer. Take a few minutes to stretch your legs, shoulders and lower back before you get on your home equipment.

The second zone discussed above is known as the "aerobic exercise zone"

Warm-up

■

and subtract your age. For example, a 45 year old would have an estimated maximum heart rate of 175 (220 - 45 = 175). The target heart rate zone for aerobic training would be 105 to 149 beats per minute (60 to 80 percent of the maximum).

Monitoring your heart rate tells you how much to exercise and when to rest. The easiest option is to estimate your maximum heart rate based on a formula which has been well-established for reliability: take the number 220, and you invite injury and minimize benefits. Our bodies and minds become stronger and more efficient in response to their use and exercise. Overuse and overload will cause breakdown. You don't want too much, but just enough.

Together, exercise and recovery comprise fitness conditioning: deny either – Warm-up

All of your balanced home workouts should include three parts:

A Balanced Workout

■

Always keep in mind that warm-up and cool-down are just as important as... return to normal, preferably over a 5 to 10 minute period. Bringing your workout to an abrupt halt can cause...

Cool-down

■

The cool-down enables your body's cardiovascular system to gradually... heart rate has returned to below 110 beats per minute you can stop exercising on whatever piece of equipment you are on.

How To Determine Your Maximum Heart Rate

■

The best way to determine your maximal heart rate is to calculate your...

• Include use of behavior modification techniques to identify and eliminate the difference is usually very small.

• While more frequent and intense training is likely to build greater strength, the difference is usually very small.

• Add resistance training to your program to add muscle mass. Muscle...

In addition to aerobic exercise, the ACSM recommends that healthy adults include an exercise program that provides as least 300 calories or more of expenditure.

Remember that sustained aerobic activities that use large muscle group will cause the greatest energy expenditure.

You should strive to burn between 300 to 500 calories per exercise session.

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Even among individuals who begin exercise programs, the dropout rate is about 50 percent. So if the Surgeon General’s findings are not convincing evidence enough to keep most of us active, what is? There are several aspects behind the phenomenon of people quitting exercise programs. One of the most important is the perception of exercise as a punishment. Another important aspect is the lack of proper motivation and goal setting. To improve motivation and goal setting, it is crucial to understand the importance of exercise and its benefits.

Exercise is one of life’s joys. It energizes – giving you a sense of well-being and accomplishment and keeps you healthy and fit. There is great pleasure in being able to set goals, accept challenges, and overcome obstacles. Exercise can be a great motivator in life, and to stay motivated, you must set goals that are both realistic and achievable.

In this context, the American College of Sports Medicine (ACSM) recommends a combination of exercises that include aerobic, strength, and flexibility exercises. This combination is the best way to improve cardiovascular health, muscular strength, and flexibility. To achieve these goals, it is essential to set realistic goals and to monitor progress regularly.

To sum up the recent report:

1. Clarify why you want to exercise. If you want to gain strength – is it to look better, feel better – or to deal with stress? Defining your goals will help you stay focused and motivated.
2. Vary your workout. To make your routine more enjoyable, vary it once in a while. Supplement your indoor cycling with outdoor cycling and strength training. These activities make exercise more interesting and increase your fitness level by making you utilize different muscle groups.
3. Focus on the positive. Avoid looking at your exercise program as a way to fix something that’s wrong with your body. Instead, focus on your successes. Pat yourself on the back after each workout. Thrive on the energy that exercising gives you.

The key to a successful fitness program is getting your body to do what your mind knows it should. Here are six mental strategies to help keep you focused on your fitness goals.

1. Consider this: Your mind and body will respond better to exercise if you start with 20-minute sessions, three times a week, rather than an hour session four times per week. Once the sessions become a routine, aim for 30 minutes, then increase from there.
2. Motivation will be strengthened only if it’s possible to reach your objectives. Exercise program. Write these down in your daily planner or diary. Goals and formulating a plan are the most clear ways of establishing a consistent program of exercise; they are also a powerful form of direction and motivation. Take some time to think about what will help you begin your exercise program. Be clear about your goals, and the steps you need to take to achieve them.
3. The basics of any fitness program are planning and setting goals. Goal setting is the starting point for any fitness or health program. Without goals, you may not know what you are trying to accomplish. Setting goals is a way to focus your efforts and achieve success. It also helps you to stay motivated and to stay on track.
4. Don’t view exercise as punishment. Don’t look at exercise as something that you have to do to keep in shape. Instead, think of exercise as a way to improve your health and well-being. Exercise is one of life’s joys. It energizes – giving you a sense of well-being and accomplishment and keeps you healthy and fit.
5. Avoid looking at exercise as a way to fix something that’s wrong with your body. Instead, focus on your successes. Pat yourself on the back after each workout. With these rewards, you’ll go back for more, and your body will show results.
6. Regular physical activity offers substantial improvements in health and well-being. Physical activity is one of the most effective ways to reduce the risk of chronic diseases such as heart disease, cancer, diabetes, and high blood pressure. It also improves mental health.

To maximize the benefits of exercise, it is essential to understand the importance of exercise and its benefits. To achieve these goals, it is essential to set realistic goals and to monitor progress regularly. Exercise is one of life’s joys. It energizes – giving you a sense of well-being and accomplishment and keeps you healthy and fit. There is great pleasure in being able to set goals, accept challenges, and overcome obstacles. Exercise can be a great motivator in life, and to stay motivated, you must set goals that are both realistic and achievable.

Getting in Shape: Workout Programs

The foregoing warranties are in lieu of and in addition to any obligations of the parts supplier that carries a separate consumer warranty of the parts supplier.

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in Owner's Manual.
4. Use of products in a manner or for an environment for which they were not designed.

THIS WARRANTY DOES NOT COVER

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in Owner's Manual.

5. If you elect to repair an exercise product(s), which require warranty service, it will be repaired, and all parts will be new or refurbished to be in new condition, at Schwinn's option, without charge to you. You must pay the labor cost for the repair, and transportation of the product back to you.

6. See your Authorized Schwinn Fitness Dealer for service or write to: Technical Services Department, Schwinn Fitness Inc. 1886 Prairie Way, Louisville, CO 80027. Schwinn is not responsible for labor charges in the labor-related warranty period(s) stated herein.

Suggested Readings:

- Burke, Edmund.

- Anderson, Bob; Pearl Bill; and Burke Ed. (1994). Offers information on how to set-up a balanced fitness program of cardiovascular, strength and flexibility training.

- Burke, Edmund.


- Precision Heart Rate Training.
