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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 ...

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