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UnitSizeMax. user weightStrideAppsWarranty Schwinn 470 Check Discount Pricel.:71.1 W:28.2 H:63.2300 lbs2029Frame: 10 years, Parts: 2 years, Electronics: 1 year, Labor 90 days If you are looking for quality fitness equipment at an acceptable, price Schwinn should always be a brand on the list. And when it comes to elliptical trainers, the Schwinn 470 offers construction and choice features quite close to the commercial class 1. It's actually a high-quality mid-level elliptical machine. There are several differences between the 470 and 430. For example, the Schwinn 430 has no motorized tilt, offering fewer pre-installed training programs and resistance levels. However, the price difference between them is less than \$100. Since it's a pretty inclusive fitness machine, there's a lot to say about it. But before we begin this review, there is another aspect that needs to be clarified. Schwinn also offers an elliptical trainer called Journey 4.5. This elliptical machine is the same with the 470. Both models have the same features, features, sizes and design. Technical details and specifications Collected dimensions: 70.1L x 28.2W x 63.2H inches (178.1L x 71.5W x 160.5H cm) Collected weight: 164 pounds (74.5 kg) Max. User weight: 300 lbs (136 kg) Step: 20 inches (51 cm) Slope: 0 - 10. Motorized Footplates: Articulation, with depreciation steering panels: both mobile and fixed (with pulse sensors) Resistance system: Eddie current, 25 levels Console: 29 training programs , SchwinnConnect and MyFitnessPal compatible amenities: speakers, fan cooling, shelf carriers, bottle holder, warranty of the USB charging port: , Electronics 1 year, Labor 90 days. The frame to begin with, the main frame of this elliptical trainer is made of steel pipes, featuring a scratch resistant and corrosive-resistant finish. All steel parts are painted black, and other colors are not available. Several pieces are made of material though, it's flywheel enclosure, savannah handles, and pedals. The frame of this machine consists of two main parts. The front part with drive and resistance systems is attached to the rear, which includes sliding pedal rails. The two pieces are fastened together through four screws, and the compound is quite sturdy. Overall, the machine is bulky, and has a pretty significant footprint. It occupies a 70.1 L x 28.2W (cca 178 x 72 cm) area. That being said, it's not exactly a machine suitable for a small apartment. However, it still has a lower profile than the SOLE E35, for example, which has a length of 83 (211 cm). It is also heavy, with a collected weight of 164 pounds (74.5 kg), which means it is a good idea to be collected at the place where it should be used. But on the other hand, this weight also plays role in the overall stability of the machine. Once assembled, transporting this elliptical should not be that difficult since the front base has a caster wheel. This way the machine can be tilted forward and rolled around. But in case you have to move it to the corners, or up/down a set of stairs, the help of a second person is required. And the last aspect to mention here concerns the basics of elliptical. It has three bases. The front base rests on the lids of the transport wheels, while the middle and back bases are equipped with rubberized alignments. So regardless of the type of sidewalk where it will be placed, you should be able to achieve maximum stability. Drive and step First of all, the Schwinn 470 has a heavy flywheel for an elliptical trainer. This part weighs about 20 pounds (9 kg), being actually perimeter weighted, adding a lot of smoothness to the ride. Obviously, this is a belt-driven machine, using a heavy belt, industrially tested. The arms of the arm are made of solid steel, but they have cosmetic, plastic covers. The pedals are made of hard polymer material, featuring a ribbed design to ensure maximum commitment to your training shoes. They have articulation and cushioning in order to relieve the effects on the ankles and tendons of the legs. In addition, they have a 2 external slope, in order to provide a more comfortable step movement. The hands of the pedals use one set of rollers to slide on the elliptical rails. The videos include sealed bearings for a long life cycle. The step on this machine is not regulated. It offers a flat 20 (51 cm) step. The tilt adjustment however, will add around one inch to your step. In addition, given this 20-inch step of this machine, we can safely say that it can accommodate users up to 6'5 (195 cm) without problems. Last but not least, in case you're wondering, pedaling back is also possible on this elliptical machine. When pedaling in reverse you will benefit from the same resistance as you would pedal normally, in other words, selected resistance settings. In addition, the console will continue to track speed, distance, etc. Incline One of the best aspects regarding this fitness machine is the motorized sloping system. This feature allows you to adjust the ramp during your workout. In other words, you don't have to interrupt your workout to set up a ramp, like the Schwinn 430, which has a manual tilt system. The tilt adjustments are made exclusively through the machine's console. There are keys for gradual adjustment, and keys for quick adjustment. Also, if you use one of the programs that include tilt, the machine will adjust it automatically. The Schwinn 470 elliptical machine offers to ramp up to 10, with 10 positions, as well as 0 settings. tilt you can greatly diversify your workouts, and focus to focus muscle groups. At maximum inclination, the upper pedal is at about 22 (56 cm) above the floor level. Thus, the ceiling in the room where the machine will be used should be higher than your own height, plus at least 22 (56 cm). Resistance Schwinn 470 has an eddy current braking system. This means that it includes a magnetic braking mechanism controlled by a servo. By regulating resistance, you will be able to adjust the attraction of magnets to flywheel, adding or reducing the tension of elliptical movement. Obviously, resistance can only be controlled through

the console unit. The machine delivers 25 resistance levels, the upper resistance levels offer quite a challenge. Resistance can be adjusted gradually or with quick keys. Also, just like for tilting, in case you use one of the on-board fitness programs, the machine will regulate the resistance automatically. Since it uses a motorized tilt and motorized resistance system, this elliptical requires a connection to a power source, in other words a nominal 120-volt chain. It comes with 120V 60Hz AC input: 2.0A output, standard U.S. adapter. There's also a power switch. The console unit console comes with the Schwinn 470 is pretty inclusive. To begin with, it integrates several amenities, such as a sound system, a cooling fan and a tablet tray. The cooling fan has three speed settings. At the first click of the button, it turns on at top speed, the second press adjusts it at medium speed, the third will set it at the lowest speed, and the fourth press will turn it off. The fan will also automatically start when you reach higher speeds on the machine. The sound system is not sophisticated, but it can certainly provide the best sound that the speakers of the average tablet or smartphone. It is compatible with most MP3 devices, smartphones or tablets. The console has no sound volume controls, you will have to adjust the volume from your device. The cable is supplied with a 3.5 mm diameter connector. It is wide enough to hold most tablets. The console has two monitors, one of 3.0 x 5.0, and one of 1.0 x 5.0. Both have blue LED lights, for easy reading. The broader monitor focuses on the chosen workout and goal percentage, while the smaller monitor displays key values such as speed, time, distance, RPM, heart rate and calories. There are 29 workout programs built into the console, including 12 profile programs (4 Fun Rides, 4 Mountains, 4 Calls), 9 heart rate programs (4 beginners and 4 advanced custom ones), 2 fitness tests, 1 recovery test, 4 custom custom programs, and of course manual mode programs. For this part, it's important to note that 4 user custom programs give you the ability to create your own 4 tracks, and reuse them as a quality As. They require you to insert age, weight, height, gender and preferred workout values. In addition, the console gives you the ability to set goals for your workouts. One of the best aspects of the console is its compatibility with ScwhinnConnect and MyFitnessPal. It has a USB port that allows you to transmit workout data to any of these online fitness environments, for excellent analysis and tracking. The USB port also doubles as a charging port for your smartphone or tablet. Last but not least, the telemetry console is on, which means it can track your pulse using your chest heart rate transmitter. The HR chest strap does not come with the machine, but it is compatible with various devices of this kind, such as the Polar T31. The fixed steering wheel also integrates pulse sensors. So if you don't have an HR breast transmitter, you can still track your heart rate using these sensors. Build and maintenance This fitness machine is pretty heavy, and in this regard, it is best to be assembled in the place (and/or room) where it will be used. The Assembly may also need the assistance of another person. The assembly process is not complicated, but it can take more than an hour since there are quite a few parts to assemble. You want to attach the main parts of the frame together, add the front stabilizer with wheels, console mast, side foot and pedals, mobile hands and, finally, the console, after connecting the wires. The tools you need to build are supplied. You'll also get a copy of the user manual, which contains pretty clear instructions on how to build. The interior of the machine does not require maintenance. They are pre-smearred with industrial-grade lubricants intended for the latter. However, if the joints of the machine develop a squeak, a little lubricant will fix the problem. Also, to prevent any damage to the rails and rollers, it is best to check them before any workout session, and remove any dirt, sand or other foreign items that may be there. One of the last aspects to mention here concerns the guarantee. In order to test it, you will have to register your product with SchwinnFitness when you get it. Pros Solid design, elegant design lines; Articulation, soft pedals to improve comfort; 20 step, making it a viable choice even for higher users; Automatic tilt, 0°-10. 25 levels of eddy current, smooth resistance; 29 built-in training programs; Goal-tracking function; 4 custom custom programs that allow you to create your own workouts; Schwinn Connect and MyFitnessPal are compatible, transfer data via USB; PORT charging USB; Pulse sensors and telemetry included console; Conveniences included in the console, including a tablet tray, sound system, 3-speed fan; The bottle holder is on; Smooth and quiet surgery; It's pretty easy to assemble; Little Little Required. A consistent warranty plan. The Cons Tablet, placed on a media tray, will partially cover the wider monitor. However, you'll still see all the basic workout values on a smaller display; Heavy and bulky machine, quite difficult to move; The heart rate monitor is not very accurate. The Schwinn 470 summary is an elliptical trainer that offers great value for money as well as an impressive range of features and features for the mid-range model. It is a great machine for cardiovascular training, muscle toning and endurance building. Obviously this can help you lose weight as well by helping you burn up to 5,600 calories per hour, depending on your workout regimen. Also, due to high ergonomics and low exposure to the joints, this is a great choice for users who require recovery training. Training.

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