
SCHWINN
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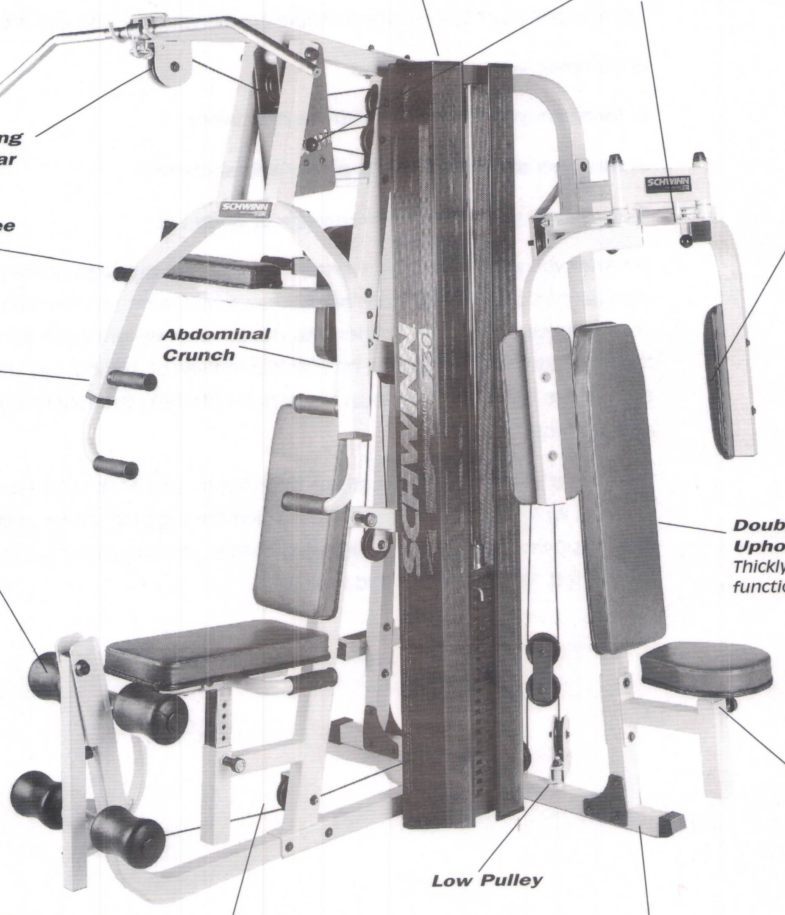
SCHWINN
OWNER'S
MANUAL
PERSONAL TRAINER 700
HOME TRAINER 730
PROFESSIONAL 780

FEATURES

HOME TRAINER 730



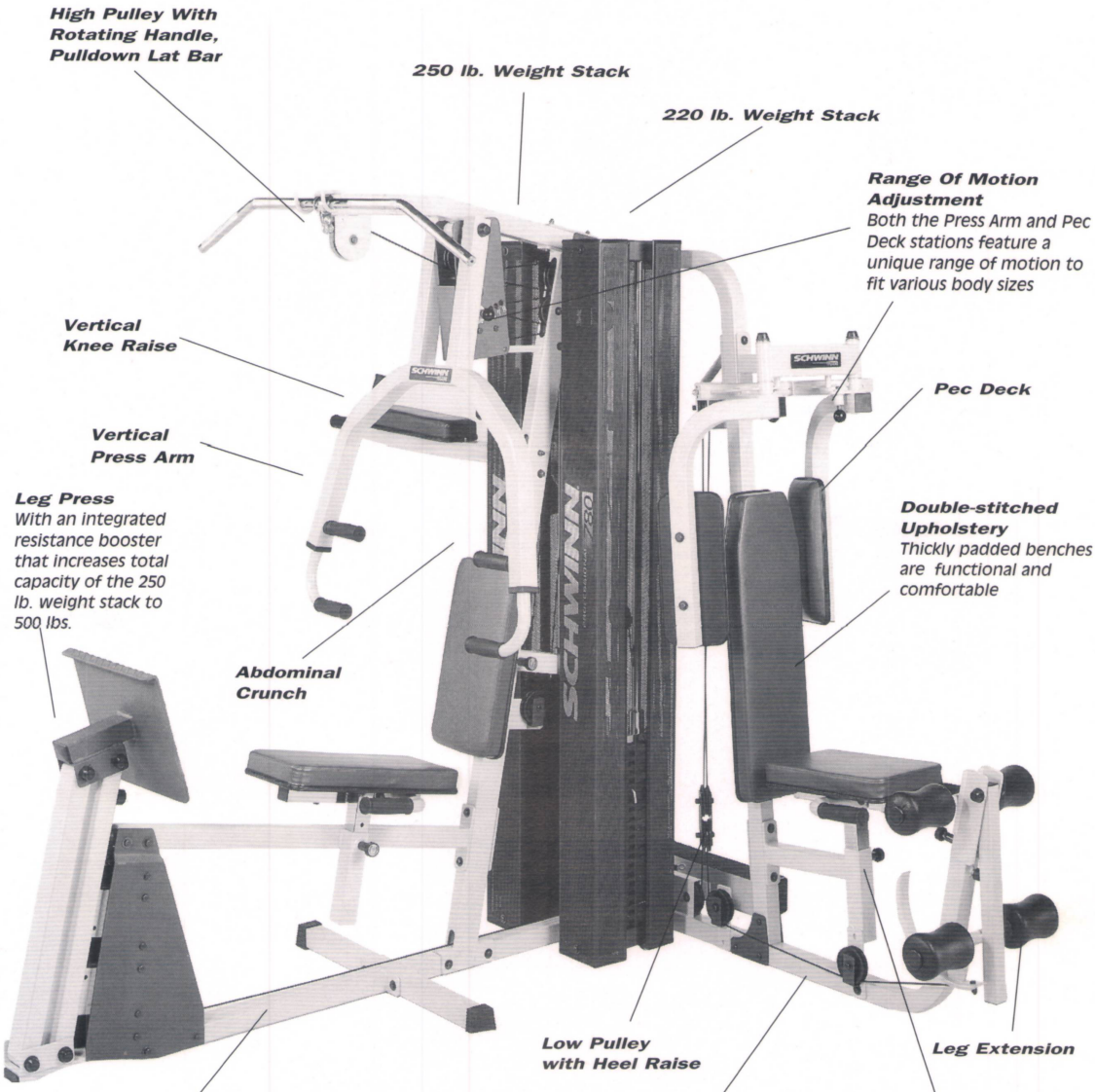
PERSONAL TRAINER 700

All the same features as the 730 except for range of motion adjustments and weight stack shrouds.

The Home Trainer 730 and the Personal Trainer 700 are for residential use only. Serial numbers are located on the rear lower base frame beneath the pec deck.

FEATURES

PROFESSIONAL 780



The Professional 780 is for commercial or residential use. Serial number is located on the rear lower base frame beneath the pec deck.

CONGRATULATIONS!

Thank you for making one of the Schwinn Weight Stack Systems a part of your exercise and fitness activities. For years to come, you'll be able to rely on Schwinn craftsmanship and durability as you pursue your personal fitness goals.

A Schwinn Weight Stack System should enable you to shape and monitor your workouts to:

- ▲ **Increase your energy level**
- ▲ **Increase your overall athletic performance**
- ▲ **Increase muscle strength, power and endurance**
- ▼ **Decrease your overall percentage of body fat**

Whether you are just getting started in an exercise program or are already in good shape, the Weight Stack System is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. In choosing the Schwinn Weight Stack System, you have chosen the most advanced resistance training equipment of its kind. The training programs and exercises in this owner's manual are designed to help you reach your strength goals safely and efficiently.

This Owner's Manual contains all the information you need to operate and enjoy your Schwinn Weight Stack System. Also included are suggestions for specific exercises. Please read this Owner's Manual in its entirety before operating your Weight Stack System. So let's get started. Take your time and have fun!

FITNESS SAFEGUARDS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

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HOW TO USE SCHWINN WEIGHT STACK SYSTEMS

Your Schwinn Weight Stack System is designed to provide a great assortment of exercise positions for users of almost all body sizes and skill levels. Take advantage of its wide range of exercise options in order to increase exercise variety and quality. Follow the general adjustment guidelines outlined below for a more comfortable workout. Then review the more detailed instructions for particular exercises as described in the *Exercises* section of this manual.

FIG.1

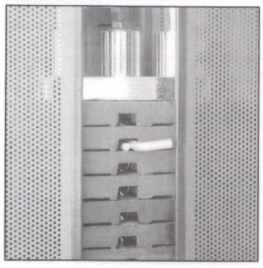


FIG.2

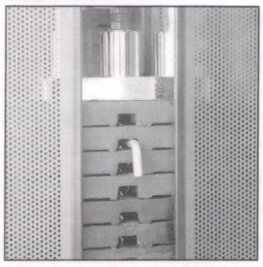
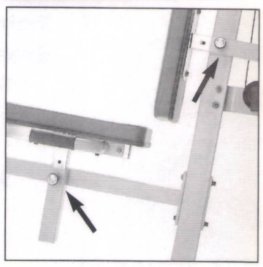


FIG.3



Weight selection and adjustment

In general, always start with lower weights and work up to find the weight most appropriate for your capacity and your goals. To adjust the weight, rotate the weight pin handle to one side and then pull out of the weight stack (Fig. 1). Position the pin in the hole of the desired weight, push in and lock into place by rotating the handle of the pin to the down position (Fig. 2).

Seat adjustment

Proper seat adjustment ensures maximum exercise efficiency and comfort, while minimizing the risk of injury. Both the Pec Deck and Press Arm station seats are height adjustable. The Press Arm seat back is also adjustable. As a guide, adjust the seat to provide full back support, while allowing your feet to remain flat on the floor. Twist the adjustment knob counter-clockwise to unlock, then pull out of the hole. Adjust the seat as needed. Reinsert the pop-pin knob and twist clockwise to lock (Fig. 3). The Leg Extension unit may also be adjusted in this way, to complement the seat height (Fig. 4).

FIG.4

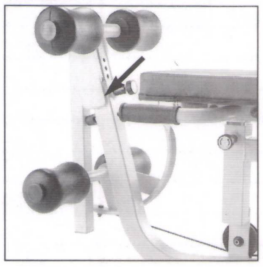
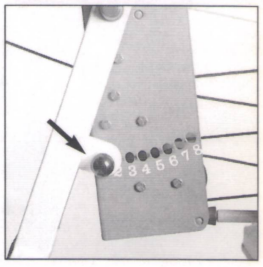


FIG.5

FIG.6



Range of motion adjustment

Schwinn Weight Stack Systems (models 780 and 730 only) feature a patented range of motion adjustment on both the Pec Deck and Press Arm stations. For Pec Deck adjustment, pull down on the pop-pin to release the locking pin. Rotate the arm unit to the desired position and release the pop-pin, being sure to fully engage the locking pin in an adjustment hole (Fig. 5). Adjust the Press Arm unit the same way, using the adjustment holes numbered from one to eight (Fig. 6). Experiment with various adjustments to find the best positions for particular exercises and your own body requirements.

MAINTENANCE

Your Schwinn Weight Stack System requires minimal maintenance. Use a damp cloth to wipe the machine free of sweat. Clean the upholstered seats with a non-abrasive cleaner after each use. Periodically, wipe the unit down with a damp cloth and a mild detergent solution or spray cleaner. Rinse with a clean, damp cloth and wipe dry.

Always check the routing of the Weight Stack System's cables to make sure their paths are clear. On a monthly basis, lubricate the weight stack guide rods with dry silicon spray.

DEFINE AND REACH YOUR GOALS

Your personal fitness goals are for you to determine – ranging from simply regaining the ability to perform everyday tasks and feeling more energized, to riding a hundred miles on a bicycle or bench pressing your body weight.

You'll get the best results by approaching exercise in terms of improvement versus attainment. Rather than comparing your progress or proficiency to that of others, chart your improvement in relationship to your own previous level of fitness. You can always strive for improvement, ensuring greater satisfaction, enjoyment and physical benefit.

Your body will do what you train it to do. That's why it is important to define your goals and focus on these goals. Here are some fitness components that will help you define your goals and choose your fitness program:

- **Muscle strength –** Muscle strength is the maximum force that you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or hoist a mainsail. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance great enough so that you can only perform five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates and usually increases in both strength and size.

- **Muscle endurance –** Muscle endurance is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions – about 15 to 20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

- **Muscle power –** Muscle power is the combination of muscle strength and the speed of the movement. Power training relates to the development of sport skill patterns. To achieve muscle power, start with light resistance, then determine the desired speed of the skill patterns and train at that speed. Finally, gradually increase resistance while maintaining the desired speed. You will find that a medium resistance and a medium number of repetitions, usually 6 to 10, will generally train the fast twitch muscle fibers for power.

- **Body composition –** Body composition is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts: the fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size. Aerobic conditioning will help decrease fat weight.

- **Balanced strength –** Balanced strength and alignment is the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture and in your ability to perform just about any activity safely and effectively. An over-development of the chest, in combination with under-development of the back will round the shoulders. Weak or stretched abdominals can cause lower back pain. The ideal combination is a balance of muscle strength between front and back, middle, lower and upper body.

- **Flexibility –** Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is the cooperative muscle movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possible by this simultaneous contracting and relaxing. Flexibility is important in protecting the body from injury.

- **Cardiovascular endurance –** Cardiovascular endurance is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health. Any exercise program must be supplemented with cardiovascular training.

GUIDELINES

DEFINE AND REACH YOUR GOALS

Reaching your goals

To reach your goals you must follow a consistent, well-designed Training Program that provides balanced development to all parts of the body and includes both aerobic and strength exercise. Only then will you meet your goals safely and effectively. You may choose one of the Training Programs we have designed, or you can design your own. Just remember to be consistent and be aware of all the components of exercising. Designing your own program is easy, as long as you follow these guidelines:

- **Understand fitness and fitness components –** Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.
- **Know your current fitness level –** Before you start any fitness program you should consult a physician who will help to determine your current abilities.
- **Identify your goals –** Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle. Strategy is also critical. Do not rush the process and try to accomplish too much too soon, leading to setbacks and discouragement. Instead, set a series of smaller, achievable goals.
- **Select complementary exercises –** Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complementary muscle groups.
- **Put first things first –** During each training session, work those muscle groups that need the most training first.
- **Include cardiovascular components –** A complete training program includes cardiovascular components. Complement your resistance training with aerobic exercise such as walking, running, rowing or bicycling.

Training variables

When designing your own program, experiment with several variables in order to find the right fitness formula for you. The variables are as follows:

- **Training frequency**
  The number of times you train each week. Daily activity is recommended, but not daily training of the same muscle group.
- **Training intensity**
  The amount of resistance used during repetitions.
- **Training volume**
  The number of sets and repetitions performed.
- **Rest intervals**
  The time you rest between sets and the time you rest between workouts.

WORKOUT TIPS

Once you have established a fitness base, you can increase strength, endurance and power two ways:

- **Isolate muscle groups**
  Focus work on specific muscle groups.

- **Progressive loading**
  Gradually, systematically increase repetitions, resistance and exercise frequency and volume.

Working Out
A workout begins in your mind's eye. With concentration and visualization you can approach your workout with a positive, constructive attitude. A good mental pre-workout routine is helpful. Sit and relax, focus on what you are about to do and think about the benefits that you will incur.

Warm-up
To avoid injury and increase the effectiveness of your training program, warm up with aerobic activity. A slow and easy warm-up prepares your heart and other muscles for a more intense workout to follow. Start slowly at a pace you can sustain. The warm-up period should last 5-10 minutes. Exercise on a stationary bike, treadmill or stepper, for example.

Breathe properly
Experts state that you should exhale whenever you exert force against a resistance, and inhale whenever you return the resistance to its zero point. Be sure not to hold your breath during exercise. Holding your breath at the same time that you exert muscular effort can increase chest and cranial pressure, causing dizziness. Breathe rhythmically. If you find it difficult to learn the breathing process, DON'T think about it. Just breathe naturally.

Workout
The workout portion of your exercise routine is the series of exercises devoted to your particular goals. There are 28 exercises and 6 programs for you to choose from in this manual. You may also develop your own programs using the guidelines on the previous page. Remember, have fun!

Cool down
An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. Aerobic exercise is recommended for the cool down. Remember to gradually move yourself into a more relaxed state.

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 Weight Stack System. A child's curiosity may result in injury. Do not allow children to use the Weight Stack System without supervision.
- Do not expose hands or arms to the pulley and cable system when in use.

TRAINING PROGRAMS

TRAINING PROGRAMS

ADVANCED GENERAL CONDITIONING

Frequency: 4 DAYS PER WEEK (M-T-Th-F) **Time:** ABOUT 35-45 MINUTES

When your muscles are conditioned and accustomed to resistance training, you can increase your training. This program is a "split system" routine that works opposing muscle groups on different days. To do this, you'll exercise with greater intensity, using greater resistance levels, more sets and more exercises. Work to fatigue during each set. Rest 30 to 60 seconds between sets.

	LOCATION	EXERCISE	PAGE #	SETS	REPS
DAY 1 & 3	CHEST	Chest Press	11	1-3	10-12
		Pec Deck Flys	11	1-3	10-12
	SHOULDERS	Shoulder Press	12	1-3	10-12
		Forward Raise	12	1-3	10-12
	ARMS	Tricep Extension	17	1-3	10-12
		Tricep Pushdown	16	1-3	10-12
		Arm Curl	18	1-3	10-12
	LEGS	Leg Press (780 model only)	22	1-3	10-12
		Leg Extension	24	1-3	10-12
		Standing Leg Curl	24	1-3	10-12
		Heel Raise (780 model only)	22	1-3	10-12
DAY 2 & 4	BACK	Low Row	16	1-3	10-12
		Lat Pulldown	13	1-3	10-12
	ARMS	Arm Curl	18	1-3	10-12
		Tricep Pushdown	16	1-3	10-12
	ABDOMINALS	Abdominal Crunch	20	1-3	10-12
		Vertical Knee Raise	20	1-3	MAX#

STRENGTH TRAINING

Frequency: 3 DAYS PER WEEK (M-W-F) **Time:** ABOUT 60 MINUTES

This program utilizes the "pyramid principle." Start with a resistance at which you can perform eight reps for each set. Increase the resistance until you can only perform a set of 5 repetitions. Work each set to near exhaustion. If you can perform more than 5 to 8 reps, you should increase you resistance levels. Rest for 30 to 90 seconds between sets and 2 to 3 minutes between exercises. Train 3 days, then rest 1.

	LOCATION	EXERCISE	PAGE #	SETS	REPS
DAY 1	CHEST	Chest Press	11	2-4	5-8
		Pec Deck Flys	11	2-4	5-8
	SHOULDERS	Shoulder Press	12	2-4	5-8
		Upright Row	14	2-4	5-8
		Forward Raise	12	2-4	5-8
DAY 2	ARMS	Tricep Pushdown	16	2-4	5-8
		Tricep Extension	17	2-4	5-8
		Arm Curl	18	2-4	5-8
		Dip	17	2-4	5-8
	BACK	Seated Row (780 & 730 models only)	15	2-4	5-8
		Lat Pulldown	13	2-4	5-8
		Low Row	16	2-4	5-8
DAY 3	LEGS	Leg Press (780 model only)	22	2-4	5-8
		Leg Extension	24	2-4	5-8
		Standing Leg Curl	24	2-4	5-8
		Heel Raise (780 model only)	22	2-4	5-8
	ABDOMINALS	Abdominal Crunch	20	2-4	5-8
		Vertical Knee Press	20	2-4	5-8

TRAINING PROGRAMS

BODY BUILDING

Frequency: 6 DAYS PER WEEK **Time:** ABOUT 60 MINUTES

Body building training requires focused concentration. Train each muscle group to failure before moving on. Strive for symmetrical balance, making sure not to neglect any muscle group. Include an aerobic activity to reduce body fat and achieve a defined muscular look. Rest 30 seconds between each set and exercise.

	LOCATION	EXERCISE	PAGE #	SETS	REPS
DAY 1 & 4	CHEST	Chest Press	11	2-4	8-12
		Pec Deck Fly	11	2-4	8-12
	SHOULDERS	Shoulder Press	12	2-4	8-12
		Upright Row	14	2-4	8-12
		Lateral Raise	13	2-4	8-12
DAY 2 & 5	BACK	Seated Row (780 & 730 models only)	15	2-4	8-12
		Shoulder Shrugs	14	2-4	8-12
		Lat Pulldown	13	2-4	8-12
		Low Row	16	2-4	8-12
	ARMS	Tricep Pushdown	16	2-4	8-12
		Tricep Extension	17	2-4	8-12
		Arm Curl	18	2-4	8-12
		Dip	17	2-4	8-12
DAY 3 & 6	LEGS	Leg Press (780 model only)	22	2-4	8-12
		Standing Leg Curl	24	2-4	8-12
		Leg Extension	24	2-4	8-12
		Heel Raise (780 model only)	22	2-4	8-12
	ABDOMINALS	Abdominal Crunch	20	2-4	8-12
		Vertical Knee Raise	20	2-4	8-12
		Side Bend	19	2-4	8-12

WEIGHT CONTROL

Frequency: 3 DAYS PER WEEK (M-W-F) **Time:** ABOUT 20 MINUTES

This program helps you control weight permanently by targeting problem areas and building muscle tissue. Use low resistance and work to fatigue. Rest 30 - 45 seconds between sets.

LOCATION	EXERCISE	PAGE #	SETS	REPS
CHEST	Chest Press	11	1-2	12-15
SHOULDERS	Shoulder Press	12	1-2	12-15
BACK	Low Row	16	1-2	12-15
ABDOMINALS	Abdominal Crunch	20	1-2	12-15
LEGS	Leg Extension	24	1-2	12-15
	Leg Press (780 model only)	22	1-2	12-15
	Standing Leg Curl	24	1-2	12-15
	Leg Adduction	21	1-2	12-15
	Leg Abduction	21	1-2	12-15

TRAINING PROGRAMS

CYCLING

Frequency: 3 DAYS PER WEEK (M-W-F) **Time:** ABOUT 30 MINUTES

This program emphasizes the muscles used when cycling. Perform each repetition in a slow, controlled manner. You should feel fatigue during the last 3 repetitions of each exercise.

LOCATION	EXERCISE	PAGE #	SETS	REPS
CHEST	Chest Press	11	1-3	10-15
BACK	Seated Row (780 & 730 models only)	15	1-3	10-15
	Upright Row	14	1-3	10-15
	Low Row	16	1-3	10-15
SHOULDERS	Upright Row	14	1-3	10-15
	Reverse Fly (780 & 730 models only)	15	1-3	10-15
ARMS	Tricep Pushdown	16	1-3	10-15
	Arm Curl	18	1-3	10-15
	Dip	17	1-3	10-15
ABDOMINALS	Abdominal Crunch	20	1-3	10-15
	Vertical Knee Raise	20	1-3	10-15
LEGS	Leg Extension	24	1-3	10-15
	Leg Press (780 model only)	22	1-3	10-15
	Standing Leg Curl	24	1-3	10-15
	Heel Raise (780 & 730 models only)	22	1-3	10-15
	Hip Flexion	23	1-3	10-15

WALKING, JOGGING, RUNNING OR X-COUNTRY SKIING

Frequency: 3 DAYS PER WEEK (M-W-F) **Time:** ABOUT 45 MINUTES

This program improves coordination and balance, and develops strength to improve endurance activities. Use low resistance and work muscles to near fatigue. Rest 30 seconds between sets.

LOCATION	EXERCISE	PAGE #	SETS	REPS
CHEST	Pec Deck Fly	11	1-3	12-15
BACK	Low Row	16	1-3	12-15
SHOULDERS	Upright Row	14	1-3	12-15
	Reverse Fly (780 & 730 models only)	15	1-3	12-15
	Forward Raise	12	1-3	12-15
ARMS	Arm Curl	18	1-3	12-15
ABDOMINALS	Abdominal Crunch	20	1-3	10-15
	Vertical Knee Raise	20	1-3	15-20
LEGS	Heel Raise (780 model only)	22	1-3	Max #
	Leg Adduction	21	1-3	12-15
	Standing Leg Curl	24	1-3	12-15
	Leg Abduction	21	1-3	12-15
	Hip Flexion	23	1-3	12-15

EXERCISES CHEST

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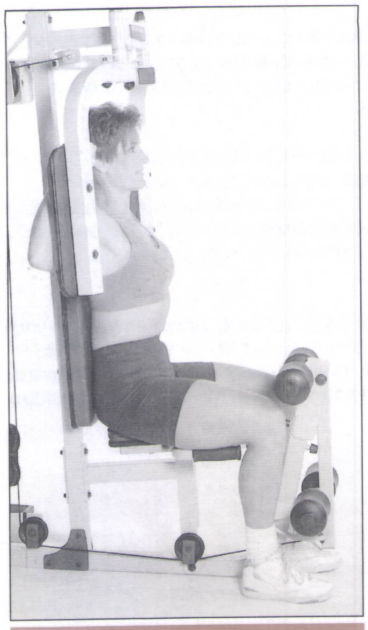

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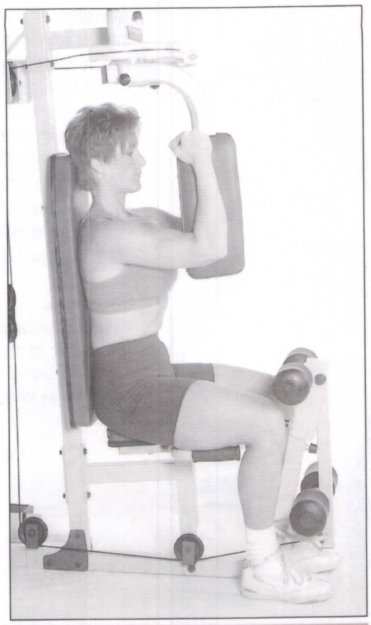


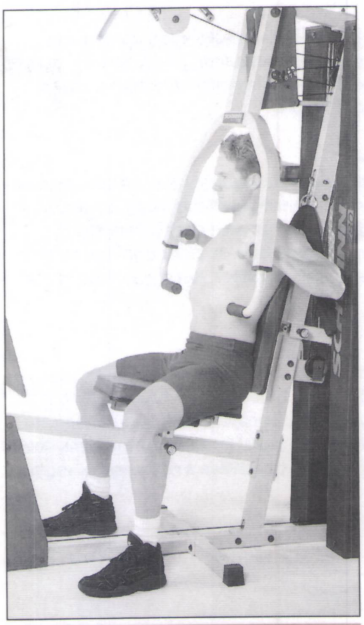
FINISH

Benefit
This exercise allows you to develop a fuller chest and front shoulders as well as strengthen and define the pectoral muscles. This exercise also allows you to isolate the pectoral region more than the chest press.

Starting Position
Seated on the vertical pec deck, adjust the seat using the pop-pin so that the bottom of the padding is even with the chest. Place both forearms on the foam padding, grasping the top of the padding or the pec deck bar. Keep the triceps parallel with the floor. Adjust the range of motion for more stretch (See page 4).

Execution
Keeping elbows bent, pretend you are hugging a barrel, bringing the arms together in an arcing motion. Be sure to use a full range of motion and you may want to touch the handles together in front of your body. Use control throughout this exercise and don't move the weight too fast.

CHEST PRESS



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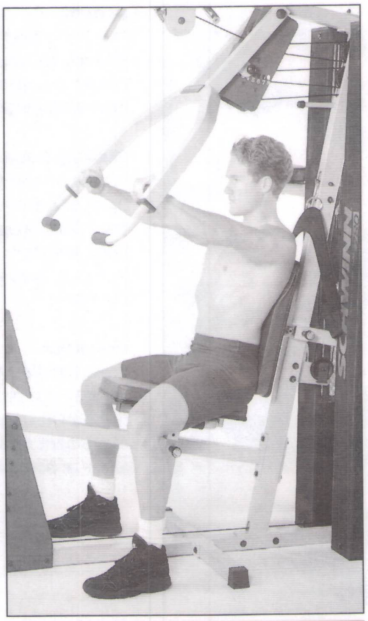


FINISH

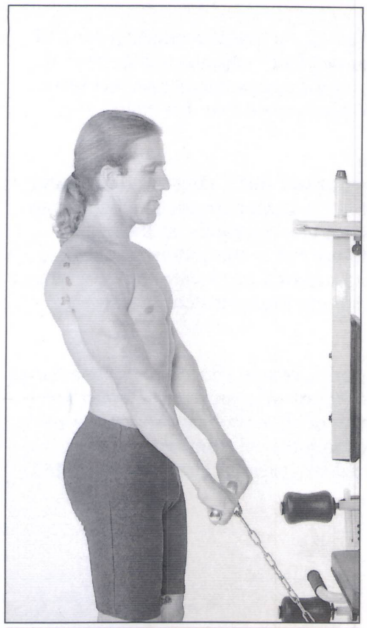
Benefit
This is the best exercise for developing overall body strength as well as firming and shaping the muscles of the chest and front shoulders. Lower resistance helps to tone the chest (or pectoral muscles) and high resistance helps build strength and power.

Starting Position
Sitting in the vertical chest press position, adjust the seat using the pop pin so that the handles are positioned at the lower portion of the chest. Grasp both handles with the elbows held slightly lower than the shoulder, palms facing towards the floor, eyes forward and head relaxed. Keep both feet flat on the floor. Adjust the range of motion for more stretch (See page 4).

Execution
Push the bar away from your chest until arms are extended. Hands will be slightly higher than your shoulder. Remember to breathe out on the push, breathe in on the return. The wider you press your hands on the hand grips the greater the isolation on the chest muscle. The closer together the hands are, the more the tricep muscles (the muscles in the back of the arm) are involved.

EXERCISES SHOULDERS

FORWARD RAISE



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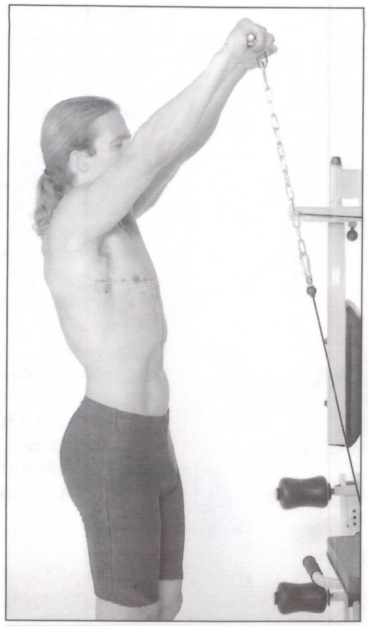


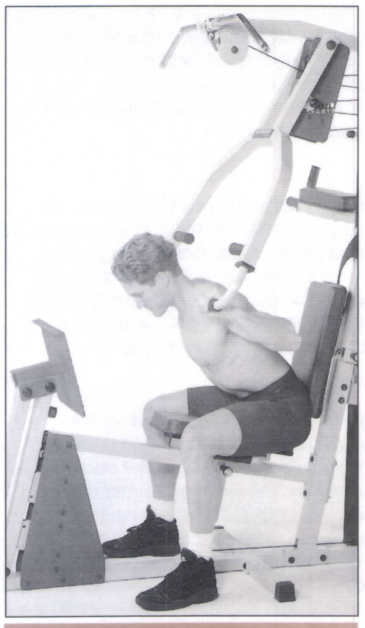
FINISH

Benefit
This is an excellent exercise to develop and increase the range of motion in the shoulder joint, and add muscle definition and firmness to the front of the shoulder.

Starting Position
Stand facing the machine in front of the low pulley station, grasp the bar with both hands, palms facing down. Stand with the back erect, knees slightly bent, head and shoulders relaxed. Arms will be at your side and the bar stationary in the front of the hips.

Execution
Keeping your arms slightly bent, initiate the action with the front of the shoulder. Lift the handle upward to shoulder level or above. Breathe out as you lift upward, breathe in when you return slowly to the start position.

SHOULDER PRESS



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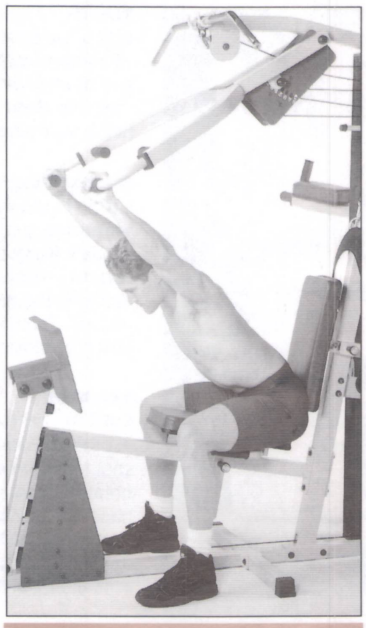


FINISH

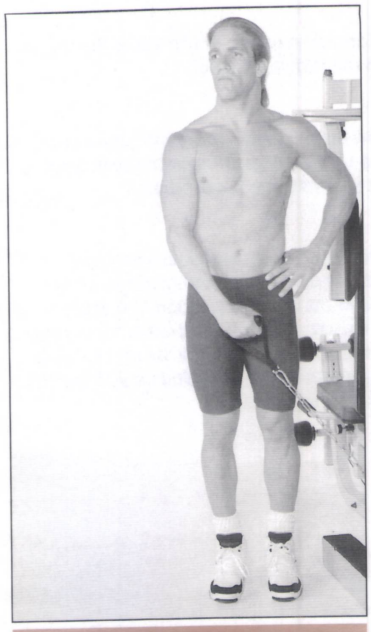
Benefit
This is the best exercise for strengthening, toning and shaping the muscles of the shoulder, principally the deltoid region. The shoulder's flexibility may be enhanced with increased range of motion.

Starting Position
Seated on the vertical bench press station, adjust the seat using the pop-pin mechanism until handles are even with the chest. Grasp both handles with both palms facing the floor, lean forward keeping back straight until the torso is at a 45 degree angle with the floor. Keep your feet flat on the floor.

Execution
Press handles straight up, away from the torso. Be sure to breathe out on the push, breathe in on the return to start position. It is important to keep the back straight and the movement under control at all times. Bring the arms down as far as possible in order to achieve a full range of motion.

EXERCISES SHOULDERS & BACK

LATERAL RAISE



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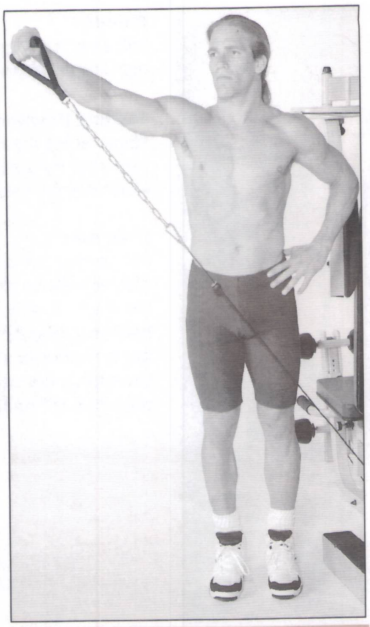


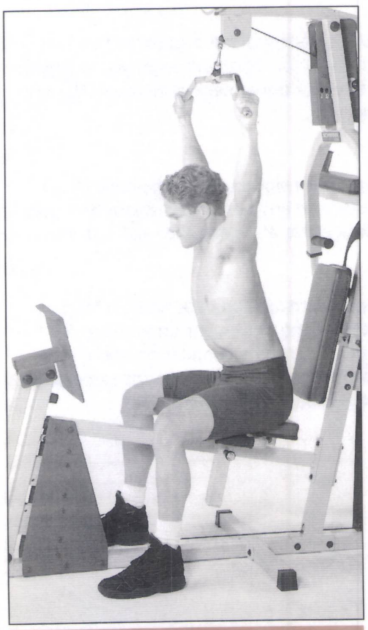
FINISH

Benefit
This exercise is excellent for isolating the deltoids and adding shape and fullness to the shoulder. The motion works to stabilize the shoulder joint and enhance good upper body posture. This exercise primarily hits the medial head (middle part) of the shoulder muscle.

Starting Position
Stand, one side facing the low pulley station of the machine. Keep the knees slightly bent, feet flat on the floor, relaxing the shoulders, head and neck. Grasp the handle with the palm facing down. Cables should be in front of the body and the hand will be stationary, grasping the handle in front of the hips.

Execution
Keeping the arm slightly bent, raise the hand away from the side laterally to shoulder level or above. Range of motion is determined by proper technique. Remember to remain straight and erect, and keep the knees slightly bent.

LAT PULLDOWN



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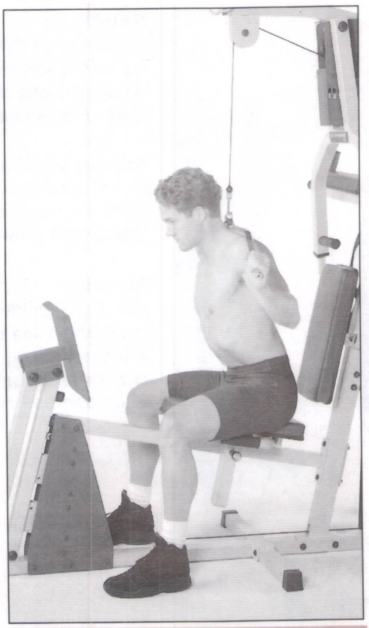


FINISH

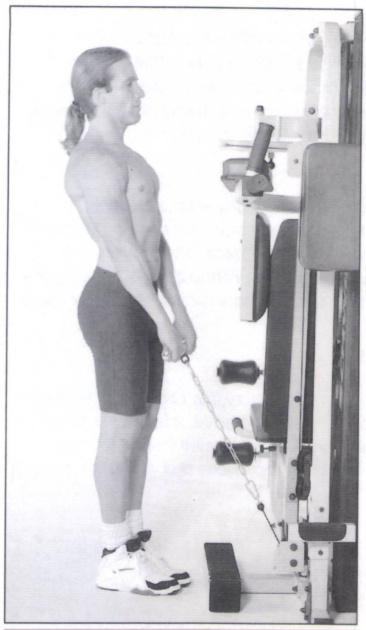
Benefit
This exercise develops the large back muscles (latissimus dorsi). This will also help develop the shoulder joint and is important for increasing the range of motion in the shoulder and back area. This exercise is similar to a traditional pull-up.

Starting Position
Seated on the vertical press station, under the overhead lat pulldown bar, grasp both handles, palms facing away from the body. The wider the grip the more the isolation on the latissimus muscle. The narrower the grip the more involvement the rhomboid muscles (muscles of the middle back) will have. Keep feet flat on the floor and relax the head and neck.

Execution
Pull the hands down from the overhead position. Keep your elbows wide and hands behind your head. Contract your legs and abdominals for stabilization. Breathe out when pulling the handles towards the shoulders, breathe in when returning to start position.

EXERCISES BACK

UPRIGHT ROW



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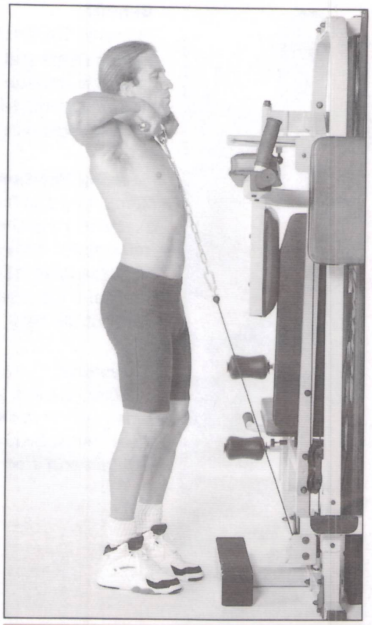


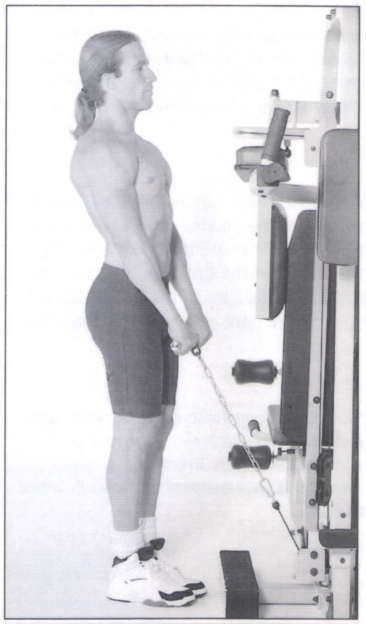
FINISH

Benefit
This exercise develops the muscles on the top of the shoulder (trapezius) and the middle shoulder.

Starting Position
Stand facing the low pulley station. Grasp the handle with palms facing the body. Stand straight with the back erect, knees slightly bent and head and neck relaxed.

Execution
Pull the hands up towards the shoulders, keeping the elbows wide so that the upper arms are horizontal and in line with the shoulders. At the peak position, the upper back and shoulder muscles must be completely contracted. Always maintain a straight trunk and neck. Be sure to keep the knees bent and breathe in when pulling up and breathe out when returning to start position.

SHOULDER SHRUG



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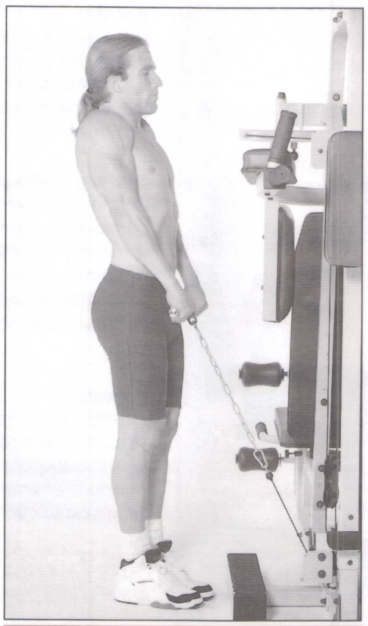


FINISH

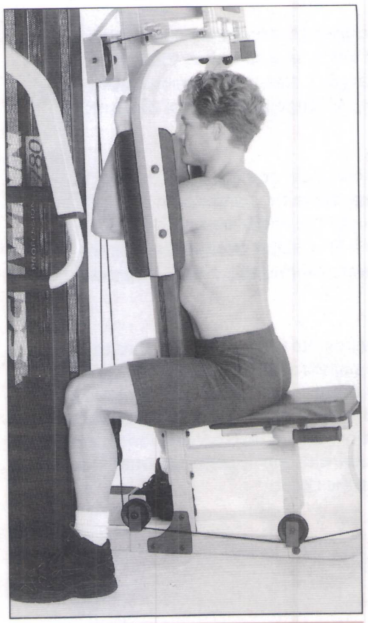
Benefit
This is a great shoulder warm-up that also tones the muscles of the entire rotator cup region. An emphasis is placed on the muscles of the back upper neck. It increases the stability of the shoulder.

Starting position
Stand facing the low pulley station, grasp the handle with palms facing the body, and arms extended. Keep the knees slightly bent, the back erect, and head and neck relaxed.

Execution
Roll your shoulders forward, up and back slowly, maintaining position and keeping the movement under control. Breathe naturally, exhaling on the completion of the exercise. The exercise can also be reversed from the same position, rolling the shoulders up and forward.

EXERCISES BACK

REVERSE FLY (780 & 730 ONLY)



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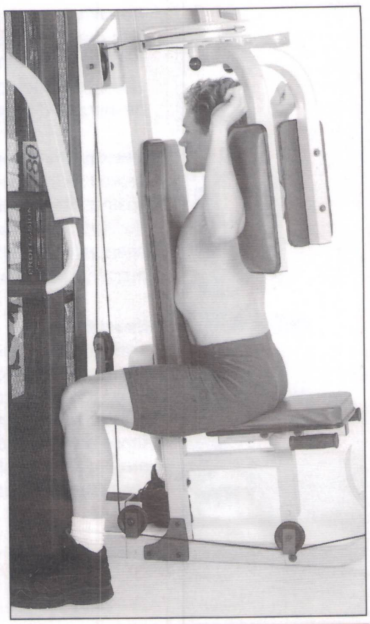


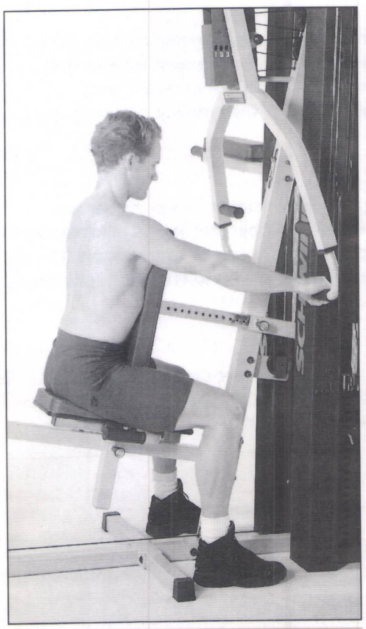
FINISH

Benefit
This is the primary exercise for toning and firming the middle back and posterior shoulder (rear shoulder muscles). When performed with medium to low resistance, it helps to increase the range of muscles of the shoulder and allows for a controlled stretch of the back.

Starting Position
Seated facing the machine on the vertical pec deck station, use the pop-pin adjustment (780 and 730 only) and adjust the seat so that the pads are at chest level . Place the elbows and backs of the forearms on the pad, with hands relaxed.

Execution
Pull arms back out at shoulder level. Be sure to initiate the movement with the back of the shoulder. Remember to breathe out when pulling back. Breathe in when returning to the start position.

SEATED ROW (780 & 730 ONLY)



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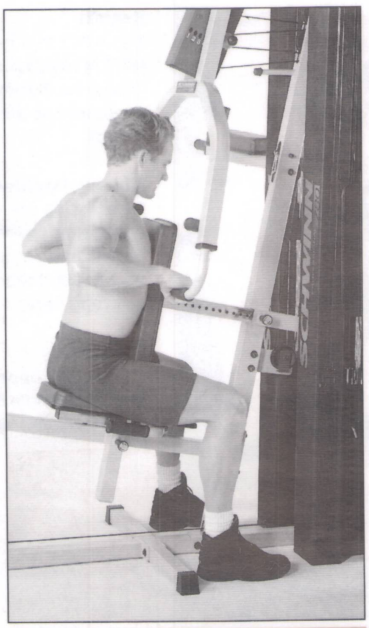


FINISH

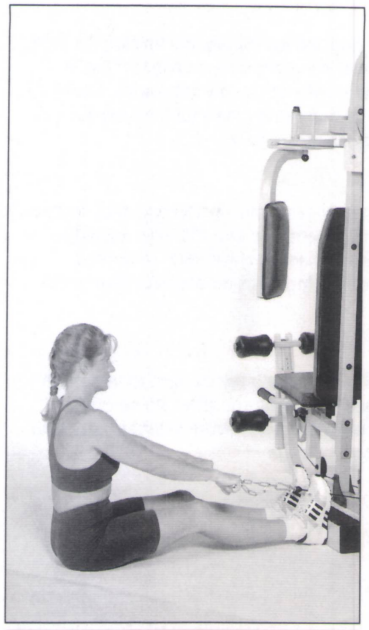
Benefit
This exercise is performed very similar to the low row, except it utilizes the vertical chest press station. This exercise is designed to stretch the upper and lower back while keeping the torso erect and stationary.

Starting Position
Seated facing the machine on the vertical chest press seat, use the range of motion adjustment to move the press arm back towards the machine (780 and 730 only). Use the pop-pin mechanism to adjust the seat so that the press arms are at chest level. Also, adjust the vertical chest press seat back forward to increase the range of motion in which you will pull the pressing arm. Sit facing the press arm, feet flat on the floor, chest against the seat back, torso erect, head and neck relaxed. Grasp the handles, palms facing down.

Execution
Draw the arms towards the torso, keeping the palms down. Do not lean back, or go beyond a perpendicular, erect position. Be sure to breathe out on the contraction, breathe in on the return to the start position.

EXERCISES BACK & ARMS

LOW ROW



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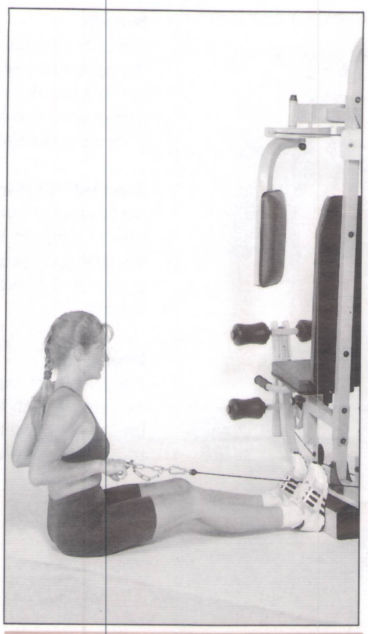


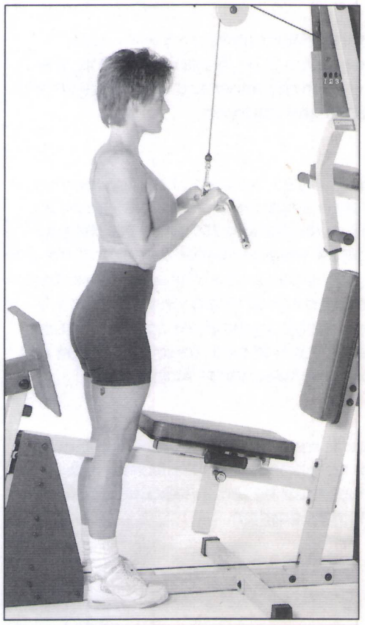
FINISH

Benefit
This exercise is designed to strengthen and stretch the upper, middle and lower back as well as the extensor muscles of the shoulder joint. Natural breathing capacity may be increased as well as range of motion of the arms.

Starting Position
Seated facing the low pulley station, place the feet firmly against the machine. Grasp the handle with palms facing the floor. Sit back until the knees are only slightly bent, heels will maintain a firm, stable position against the machine. Lean forward slightly about 10-15 degrees.

Execution
Draw the arms towards the lower chest. Be sure to keep palms down. Bend slightly at the waist and only at the waist when returning to the start position. This allows for a greater range of motion and greater isolation of the latissimus muscle. Caution: Do not lean back beyond a perpendicular, erect position with the upper body when pulling the handles toward the chest.

TRICEP PUSHDOWN



START

FINISH

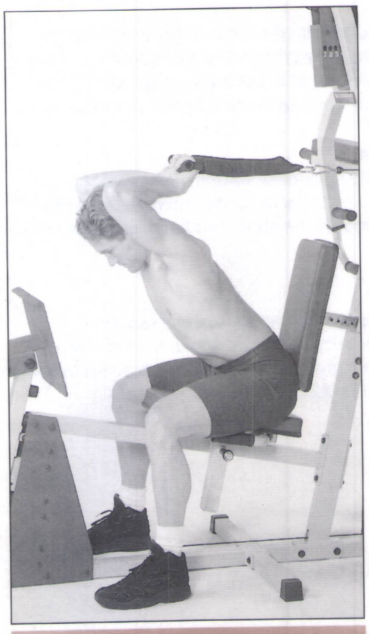
Benefit
This is the best exercise around for developing, toning and firming the back of the arm. The movement isolates the triceps for maximum development of strength and endurance. It will also increase the range of motion of the triceps.

Starting Position
Stand facing the upper pulley station. Grasp the bar with both palms facing the floor. Upper arm will be held stationary while lower arm will be bent at a 45 degree angle. Be sure to bend the knees, keep the torso erect and relax the head and neck.

Execution
Keeping the upper arm stable, move only the lower arm. Push the handle down until the arm is extended. Perform this movement slowly to allow for isolation of the tricep.

EXERCISES ARMS

TRICEP EXTENSION



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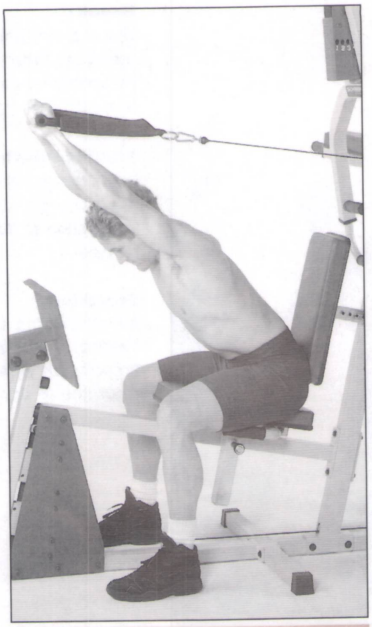


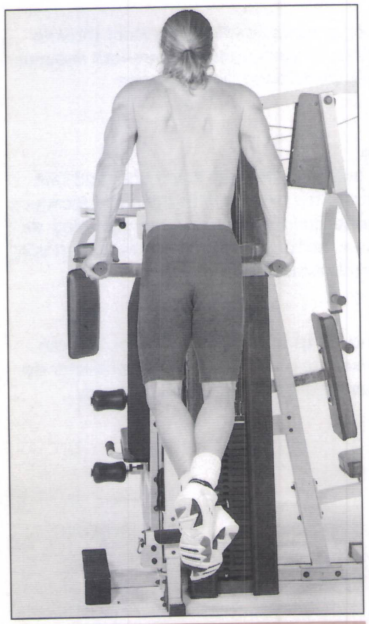
FINISH

Benefit
This exercise primarily shapes, tones, firms and develops the triceps, providing increased strength and definition.

Starting Position
Seated on the chest press station, reach overhead and grasp the abdominal strap with both hands, palms facing upward. Lean forward until the torso is at a 45 degree position. Elbows will be bent, the upper arms will be aligned with the ears, the lower arms will be back, and there will be tension on the cable.

Execution
Keeping the upper arms stationary, push the lower arms out until the elbows are straight. Hold briefly. Breathe out when pushing the lower arms out and breathe in when returning to the start position. Note: Be sure to position the seat back of the chest press station out far enough to allow you to pre-stress the cable.

DIP



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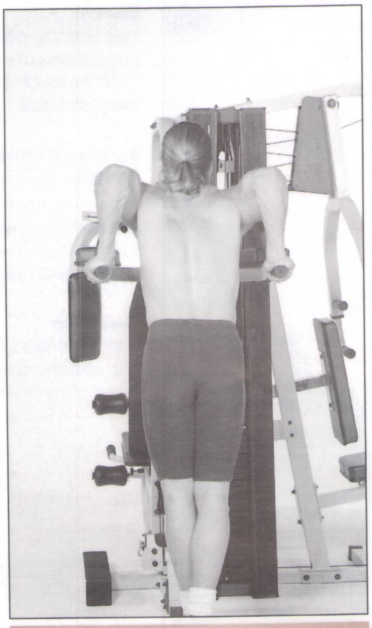


FINISH

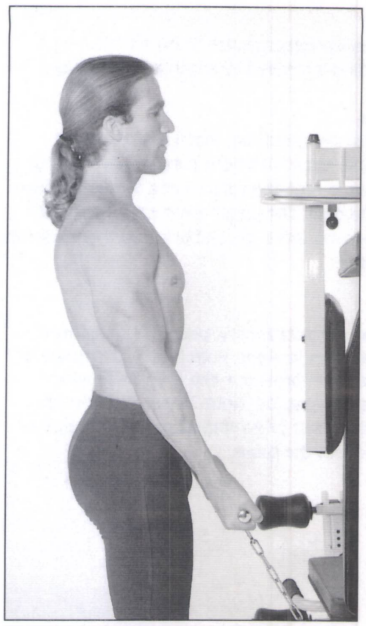
Benefit
This exercise uses the weight of the body to strengthen and tone the muscles of the lower pectoral region, tricep and rear shoulder. This is a great exercise for maximum development of strength in the triceps and greater range of motion in the shoulders.

Starting Position
Using the dip station of the machine, grasp the handles with both hands, palms facing in. You will need to step up on the small step provided and hold the body upright, elbows slightly bent, head and back straight. Keep your feet off the floor during this exercise.

Execution
Lower the body slowly, bending the elbows and shoulders until you feel comfortable. Then, push forcefully upwards, contracting the pectorals and triceps until you have returned to the start position. Remember to breathe in on the descent and out when pushing back to start position.

EXERCISES ARMS

ARM CURL



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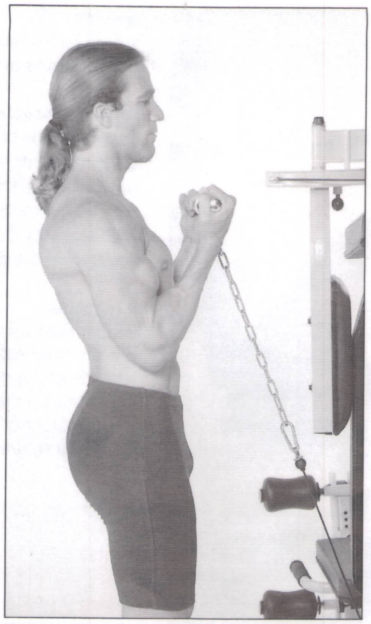


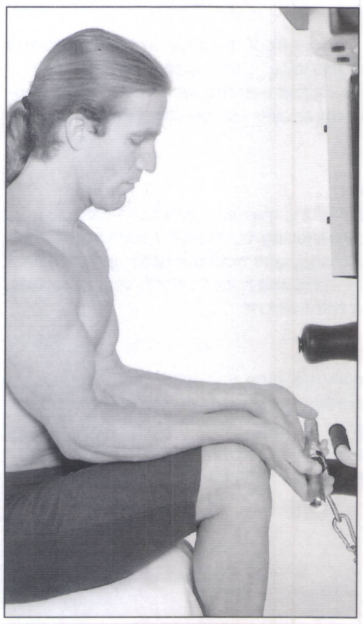
FINISH

Benefit
This is a very popular exercise used for isolating and developing the bicep (upper arm) for tone and definition. Be sure to perform the exercise at a moderate speed and do not jerk with the upper body when performing this movement.

Starting Position
Standing facing the low pulley station of the machine, grasp the bar with both hands facing forward. Bend the knees slightly. Torso will be erect, and head and neck will be relaxed.

Execution
Bending at the elbow only, slowly curl the forearms towards the upper arms. Keep the upper arms stationary. Breathe out when curling the forearms up, breathe in when returning to start position.

WRIST CURL



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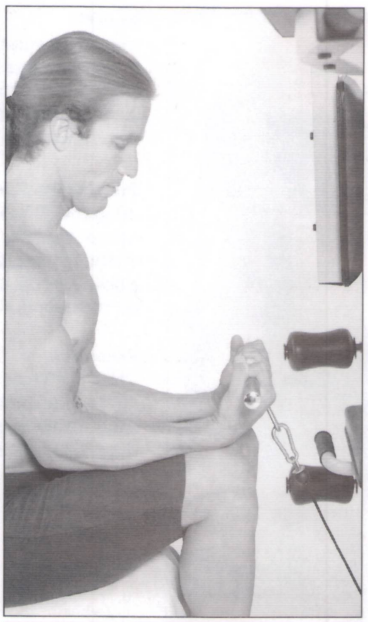


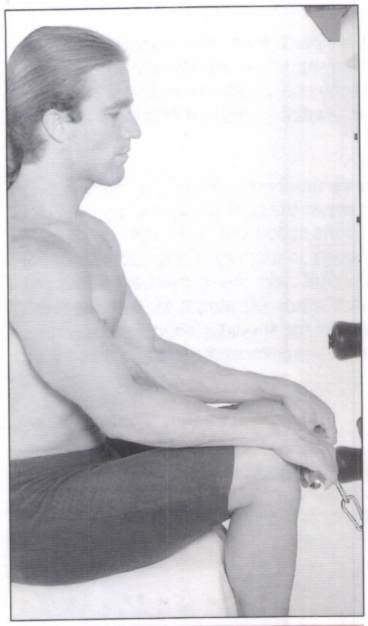
FINISH

Benefit
This exercise develops, tones and firms the front forearm muscle groups. It also enhances gripping strength and muscle endurance when performing high reps with low resistance.

Starting Position
Sit facing the low pulley station with knees bent and feet flat on the floor. Grasp the handles with the palms facing up and rest the lower portion of the arm on the upper leg. Be sure to sit far enough back from the low pulley station that there is free loaded resistance on the handle.

Execution
Curl the fingers and hands towards the forearm. You can also perform the exercise one wrist at a time for better isolation of the forearm. Remember to breath normally.

WRIST EXTENSION



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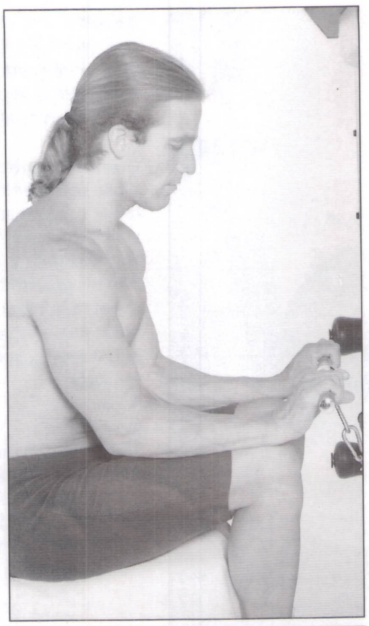


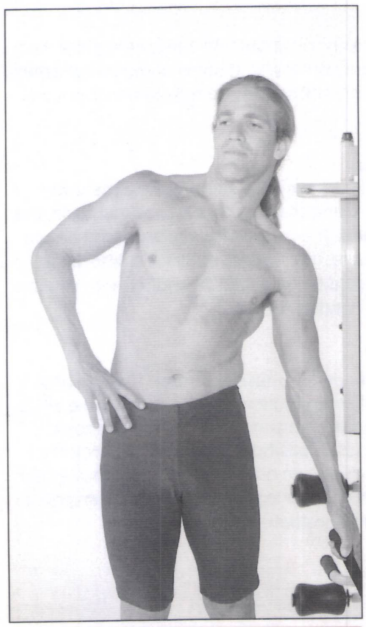
FINISH

Benefit
A complement to the wrist curl, this is a superb exercise for developing the back of the forearm and muscles around the wrists. This will enhance backhand skill patterns for sports like tennis and racquetball. Use moderate resistance and slow speed when performing this movement.

Starting Position
Seated facing the low pulley station in the same position as the wrist curl, hold the handle with hands facing the floor and bent downwards toward the low pulley. Keep torso erect and head up.

Execution
Draw the back of the hand towards the back of the lower arm. Perform slowly and deliberately. Breathe normally when performing this movement.

SIDE BEND



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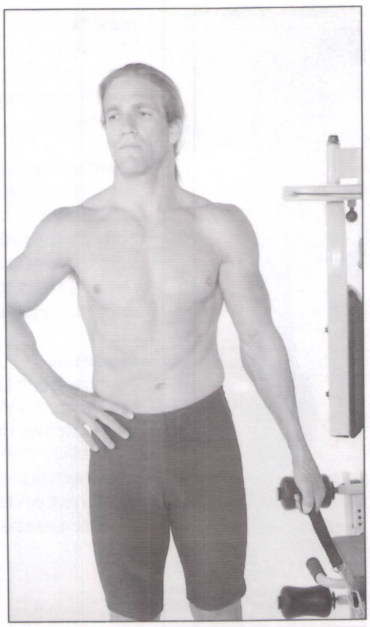


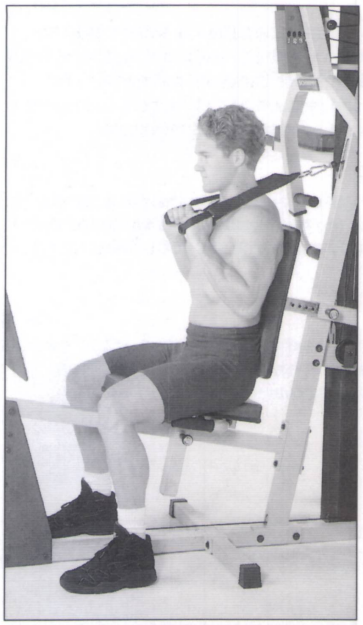
FINISH

Benefit
This exercise tightens, firms and develops the lateral trunk muscles, enhances trunk stabilization for sports skills and helps to tone and firm the "love handles."

Starting Position
Stand with one side facing the low pulley station. Grasp the handle with one hand with the palm facing in, towards the body. Bend towards the machine, keeping the back straight, knees slightly bent and head and neck relaxed. You may wish to place the opposite hand on the opposite hip.

Execution
Slowly draw the trunk upward into an erect, standing position maintaining a square pelvis at all times. Control the resistance on the positive draw and slowly return to the start position. You may wish to use minimal resistance and more repetitions with this exercise to elicit more of a toning response. Remember to breath normally.

ABDOMINAL CRUNCH



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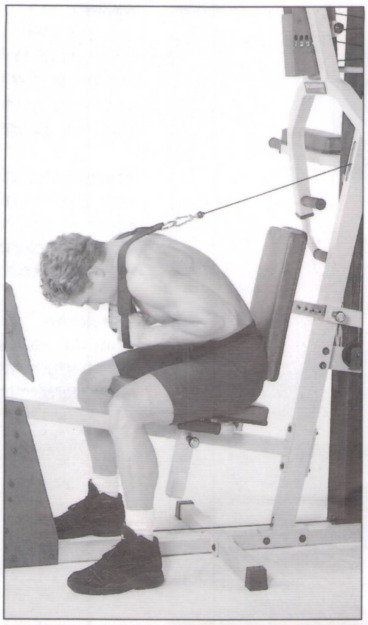


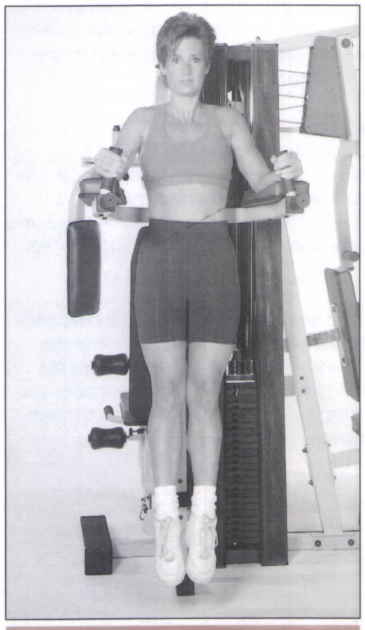
FINISH

Benefit
This exercise is usually performed as an advanced exercise after an abdominal strength base has already been done. This exercise allows the user to add resistance, working the abdominals to elicit a faster toning and developing effect.

Starting Position
While seated in the vertical press station, use the pop-pin to lower the seat and adjust the back support so that the shoulders are below the abdominal pulley station. Adjust the back out far enough so that when pulling on the straps there is pre-stress on the cable. Reach overhead and grasp the abdominal crunch straps, drawing them towards the body, pulling them over the shoulder. Palms will be facing in towards each other. Keep the back erect and feet flat on the floor.

Execution
While keeping the legs firmly planted on the floor, curl the torso towards the knees. Remember to pull from the abdominal section and not with the upper body. Breathe out when pulling towards the knees, breathe in when returning to start position.

VERTICAL KNEE RAISE



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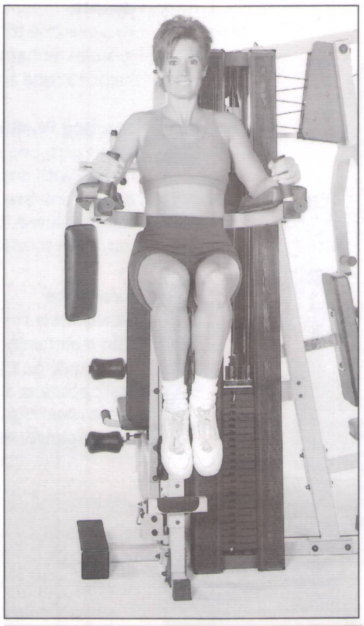


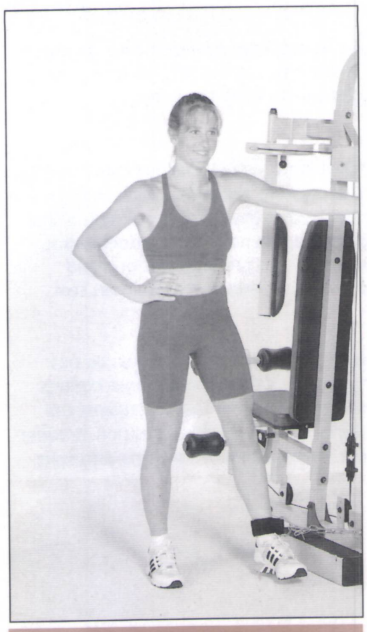
FINISH

Benefit
This exercise develops the abdominal muscles, tightening and firming primarily the lower abdominal region for added middle body support and helping to reduce the stress on the low back.

Starting Position
Using the dip/vertical knee raise station, place the lower arms on the pads, using the step that is provided to lift the body off the ground. The lower arms will be placed on the pads with the back resting against the back support pad. Head and neck should be held upright and relaxed. You may wish to grasp the handles provided.

Execution
Contracting the abdominal muscles, lift the legs towards the torso. You will begin to bend at the hip and knee while lifting the leg. Hold the contraction for about a second, then return to the start position. Remember to keep the hips and knees bent and do not swing with this movement. Breath out while lifting the legs, breath in while returning them to the starting position.

LEG ADDUCTION



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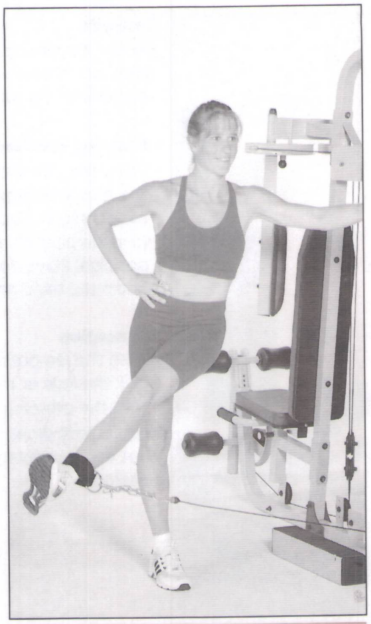


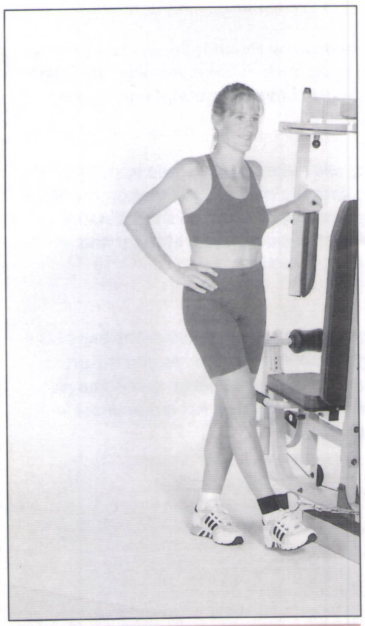
FINISH

Benefit
This is the primary exercise for developing and shaping the inner thigh and helping to enhance side-to-side movement. It is also a great injury-preventer and helps develop lateral body stability for sports such as basketball and tennis.

Starting Position
Standing with one side facing the low pulley station, attach the ankle cuff to the leg closest to the low pulley. Stand upright, keeping the knees slightly bent, back straight, head and neck relaxed. Grasp the machine for stability.

Execution
Bring the leg across the body and away from the machine. Keep the knee slightly bent throughout the exercise. Extend at the knee and drive the leg inward to isolate the inner hip. Start by performing this exercise with low resistance and high repetitions. Breath out while bringing the leg across the body, breath in while returning it to the starting position.

LEG ABDUCTION



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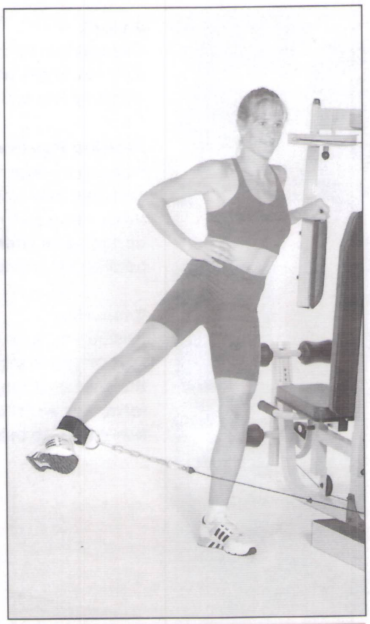


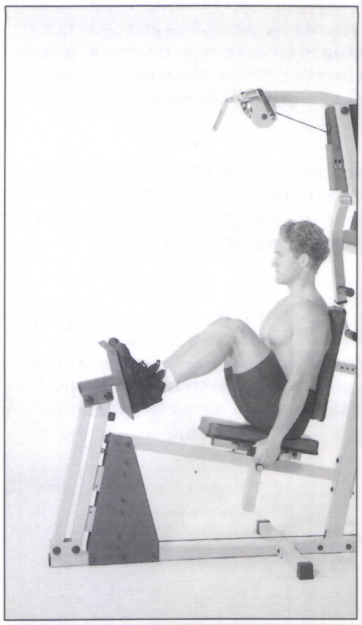
FINISH

Benefit
This is a primary exercise for developing and shaping the outer portion of the thigh, as well as tightening and shaping the upper leg and increasing lateral stability.

Starting Position
Standing with one side facing the low pulley station, attach the ankle cuff to the leg furthest from the low pulley station. Stand erect, slightly bending the support leg (unattached leg), keeping the back straight, head and neck up, and holding on to the machine for stability.

Execution
Drive the leg out to the side and away from the machine. Exhale as you drive the leg out, inhale on the return.

LEG PRESS (780 ONLY)



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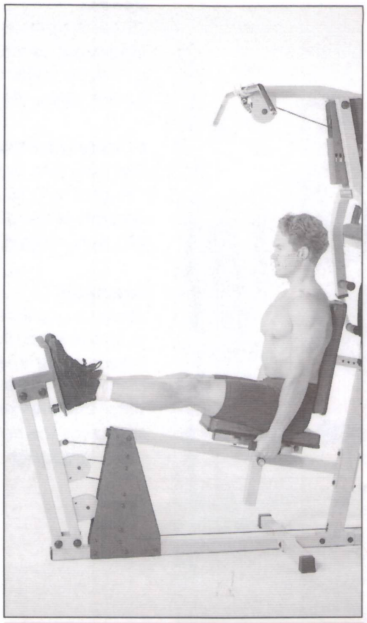


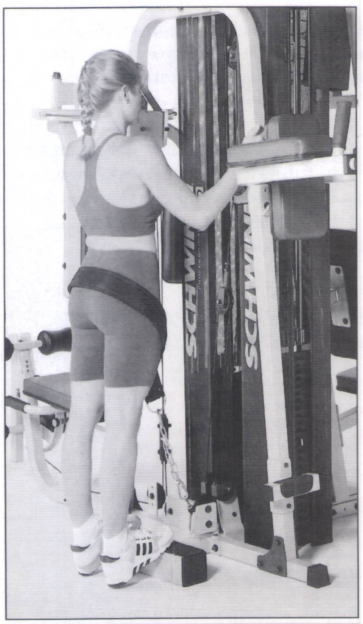
FINISH

Benefit
This is the best overall exercise for developing all the major muscles of the leg. It also helps to develop flexibility and stability in the muscles surrounding the knee.

Starting Position
Using the pop-pin mechanism, adjust the lower seat so that the hips are below the pressing platform. Adjust the seat back using the pop-pin so that the knees are bent at a comfortable position so that you do not have to squeeze into position. Place both feet on the pressing platform and grasp the hand grips on either side of the leg press seat.

Execution
Push the leg press platform away from the body. Do not lock the legs or move rapidly, causing feet to lose contact with the pressing platform. Keep the feet flat against the equipment while returning to the starting position. Breathe out when pushing out, breathe in when returning to start position.

HEEL RAISE (780 ONLY)



START

FINISH

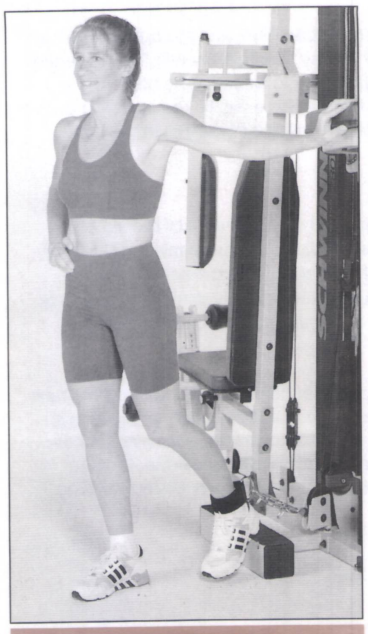
Benefit
This exercise helps to develop the muscles in the calf while building power and endurance in the lower legs. This exercise may also increase the range of motion in the ankle.

Starting Position
Stand in front of the low pulley station. Step into the heel raise belt and stand with the balls of your feet on the block. Heels will drop below the block, and you should stand upright with knees bent, head and back straight and hands holding the frame of the machine.

Execution
Raise up on your toes until the heel is above the ball of the foot or you're standing on your tiptoes. As you return to the start position, allow your heel to drop below the platform. This will allow you to achieve a full range of motion. Remember to breath normally.

EXERCISES LEGS

HIP FLEXION



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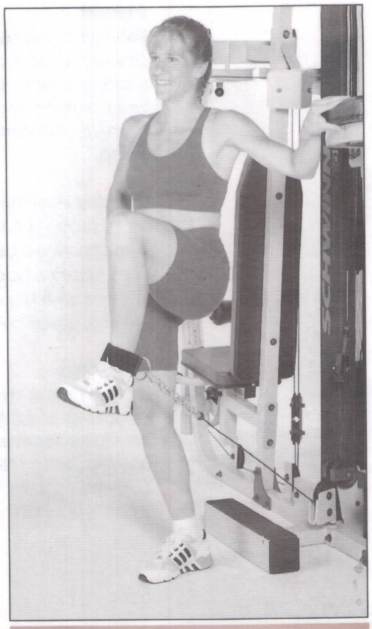


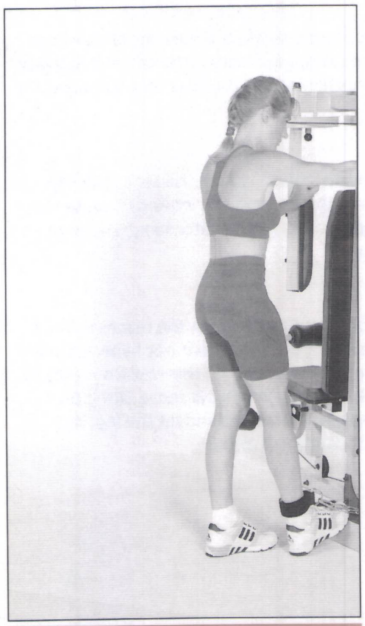
FINISH

Benefit
This exercise develops the muscles in the front upper thigh. In addition to increasing the range of motion of the hip joint, it involves all lower extremity joints and is similar to some of the muscle activity involved when running up a hill or kicking a ball.

Starting Position
Stand slightly turned with your back towards the low pulley station. Attach the ankle cuff to the ankle that is closest to the low pulley. After attaching the ankle cuff to the low pulley, stand upright with the support leg slightly bent. Reach back and grasp the machine frame, keeping the back straight and head up. You may wish to place the opposite arm on the opposite hip.

Execution
Initiate the movement at the hip. Drive your leg up and forward, keeping the support leg slightly bent. The knee should be driven upwards towards the chest. Be sure to perform this exercise with both the right and left leg. Breath out while bringing the leg up, breath in while returning it to the starting position.

HIP EXTENSION



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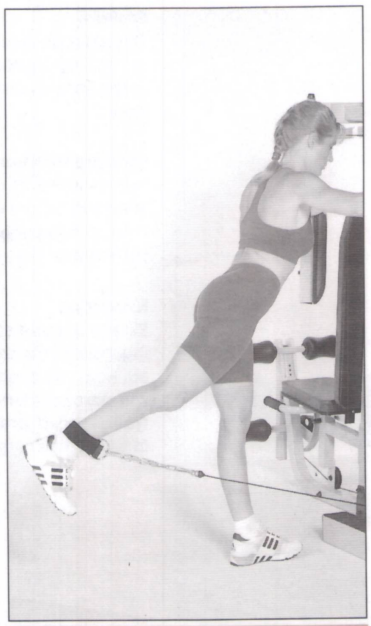


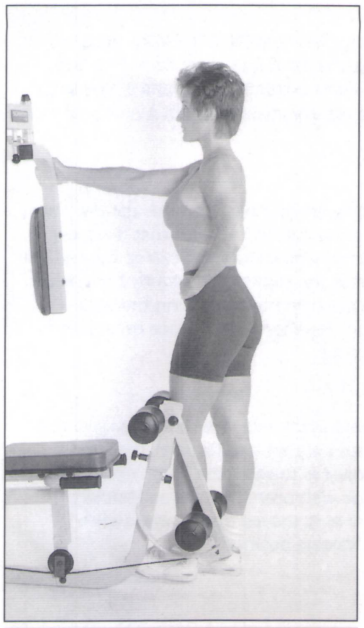
FINISH

Benefit
This exercise firms the hips, tightens the buttocks and develops the back of the thigh. It also helps to increase the range of motion of the hip and promotes good posture and proper body alignment. This is a must for runners, jumpers and cross-country skiers.

Starting Position
Stand facing the low pulley station. Attach the cable to the ankle cuff on either the right or left ankle. After the ankle cuff has been attached to the low pulley cable, stand upright with the support leg slightly bent, head and back straight. Reach up and grasp the machine frame for support.

Execution
Keeping the support leg slightly bent, drive the attached leg back and away from the machine. To develop maximum hip extension, you may wish to lean slightly forward, but only slightly. Be sure to perform this exercise with both the right and left leg. Breath out while bringing the leg back, breath in while returning it to the starting position.

STANDING LEG CURL



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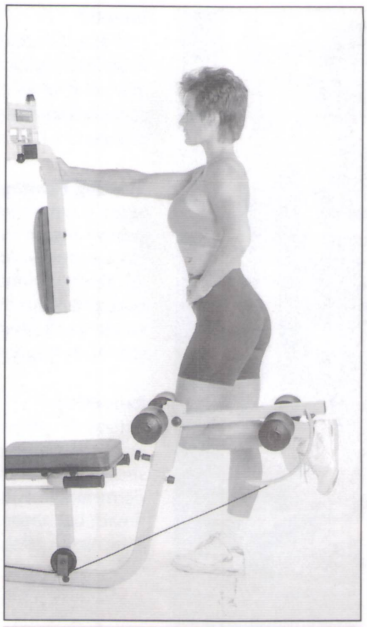


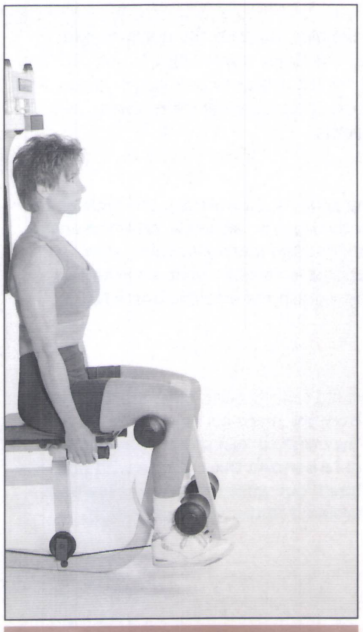
FINISH

Benefit
This exercise is used to tone, firm, and strengthen the muscles on the back of the leg (the hamstrings). These are the primary muscles involved in propelling the body forward when walking or running. This exercise can also help with an injury and increase the range of motion in the hamstring.

Starting Position
Stand facing the machine on either side of the leg extension apparatus. Using the pop-pin mechanism, adjust the knee pad to a height slightly above the knee. Stand up straight with the support leg slightly bent, head and neck relaxed. Reach out and grasp the machine for support.

Execution
Moving only at the knee, bend the knee and bring the heel as close as possible to the rear. Remember to move in a controlled manner and extend the leg out as straight as possible when returning to the start position. Breathe out when curling the leg up, breathe in when returning to start position.

LEG EXTENSION



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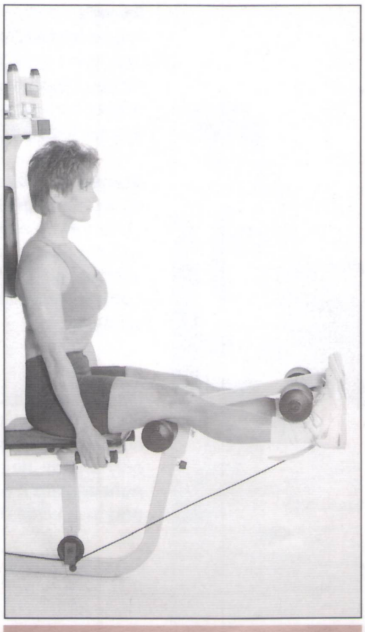


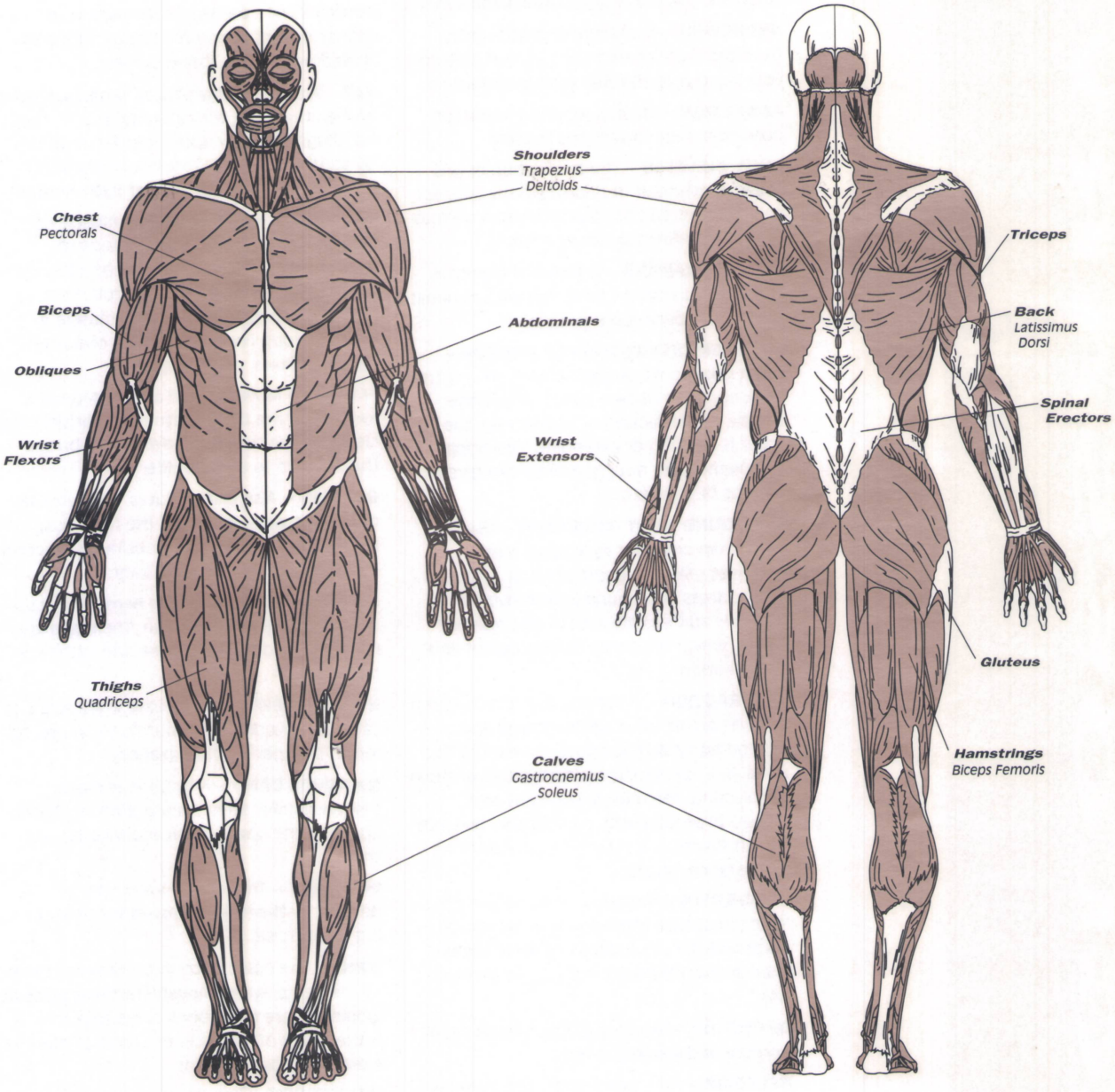
FINISH

Benefit
This exercise allows you to isolate the muscles of the front of the thigh, while developing muscle strength and stability in the knee by strengthening the muscles that surround the knee.

Starting Position
Using the leg extension station, adjust the seat until the knee and hip are in alignment and the leg is parallel to the floor. The lower pads should rest slightly above the foot on the front of the ankles.

Execution
Extend the feet straight and away from the machine, moving slowly until the legs are straight, but not hyper-extended. Hold this position for one second, then return slowly to the start position. Remember to always move with controlled speed. Breathe out when extending the leg, breathe in when returning to starting position.

MUSCLE CHART



ANTERIOR

POSTERIOR

GLOSSARY OF TERMS

GLOSSARY

ABDOMINALS – A group of four muscles - the rectus abdominals internal and external obliques, and transversus abdominis - in the anterior body wall that collectively flex your trunk forward. The abdominals rotate the trunk right and left, aid in stabilizing the torso and assist in exaggerated exhalation.

ABDUCTION – A lateral movement away from the basic anatomical position. Pulling your leg out to the side is a leg abduction.

ADDUCTION – Movement of an abducted body part back toward the midline.

BODY BUILDING – The application of progressive overload to improve body appearance. An exercise program focusing on muscle shape definition and symmetry.

CIRCUIT TRAINING – A series of exercises performed in rapid succession with minimal (or no) rest between exercises.

COMPLEMENTARY MUSCLE GROUPS – Often called antagonists. Muscle groups that work opposite of each other. When one muscle is contracting or shortening, the other is relaxing or extending. Developing complementary muscle groups can give a balance of strength.

COMPOUND JOINT MOVEMENT – Use of more than one joint to achieve motion. Exercises - like the chest press or leg press - that address compound joint movement, naturally address more than one muscle group, which enhances muscle power and coordination.

CONTRACTION – A contraction occurs when muscles are at work, using energy and expending heat to produce movement of a bone. In a concentric contraction or positive contraction, the muscle shortens as it moves. In an eccentric contraction, the muscle lengthens as it resists an outside force - for instance, gravity.

COOL-DOWN – A gradual reduction in the level of exercise intensity. The cool-down helps maintain circulation by reducing the chance that blood will pool in the extremities.

DEFINITION – Visibility of the muscle development and absence of fat.

DELTOIDS – Also called delts. The muscles that cover your shoulder joints. The delt has three separate heads (anterior, middle and posterior) and its primary functions are shoulder joint flexion and extension; inward and outward rotation; abduction and adduction.

EXTENSION – Movement of a body part away from a flexed position. Hyper-extension is the continuation of a body part into extreme extension.

FAST TWITCH MUSCLE FIBER – The white muscle fiber responsible for fast, explosive contractions - the kind necessary in sprinting, or moving heavy resistance. Primarily fueled by glucose, it fails quickly.

FAT – A basic energy source. When stored in and on the body, it's called adipose tissue. You begin to draw upon your fat as an energy source when you exercise at about 50 percent resistance or at least five minutes.

FLEXIBILITY – The ability of a muscle to control a joint through a full range of motion. Flexibility is the result of opposite muscle groups working in complementary actions: in moving a joint, one muscle or muscle group contracts and its opposite muscle relaxes, providing range.

FLEXION – Movement of a body segment away from the basic anatomical position and closer to the center. Elbow flexion brings the forearm to the shoulder.

GLUTEUS – Also called glutes. The muscles of the buttocks, including the maximus, medius and minimus. Their primary function is the extension of the hip joint.

HAMSTRINGS – Also called hams. The muscles in the back of the thigh. Their primary function: flexion of the knee and extension of the hip.

HYPERTROPHY – An increase in muscle size caused by working the muscle to failure, followed by a period of relaxation.

ILIOTIBIAL BAND – A tendinous tissue responsible for knee stabilization. It's located along the upper thigh and inserts over the knee.

INTENSITY – The level of work which is defined by the level of resistance used during an exercise.

JOINT – The point of contact between skeletal elements; when movement takes place at a point where two bones come together, it is the result of a muscle or group of muscles working across the joint.

KINESTHESIS – The body's movement and position as perceived by receptors in the joints, muscles, and tendons. Kinesthesis, in combination with visual cues, provides an accurate body sense and response.

MUSCLE ENDURANCE – The ability of a muscle to continue contractions over a long period of time. Muscle aerobics are related to muscle endurance: to continue contractions, muscle tissue must be supplied with sufficient food energy and oxygen.

MUSCLE FAILURE – A complete failure of the muscle to contract, which occurs after the third stage of muscle fatigue.

MUSCLE FATIGUE – The precursors to muscle fatigue: (1) a weakening of the muscle, in which the user senses a loss of strength; (2) the onset of a burning sensation - caused by the release of lactic acid - deep in the muscle; (3) an increase of intensity of the burn.

MUSCLE POWER – The ability of a muscle to exert force in a fast manner, the result of a fast quick-to-fatigue muscle fiber. Muscle power is the product of strength times speed. Anaerobic exercise relates to muscle power: the energy source is stored carbohydrate or glycogen without the need for oxygen.

MUSCLE STRENGTH – The ability of a muscle or group of muscles to exert strength against resistance.

OBLIQUES – Those muscles on the sides of the abdominals that move the upper body laterally (side to side).

OVERLOAD – More than normal - more repetition, greater resistance, longer time. Progressive overload is the gradual, systematic increase of any of those components, sometimes in combination with a reduction in the duration of rest intervals.

PECTORALS – Also called pecs. The main, superficial chest muscles. Their primary function: to flex and rotate the upper arm across and toward the body.

PERONEALS – Muscles located on the outside of the calf and ankle. Development of these muscles helps to prevent ankle sprain, as well as the possibility of rolling the ankle over the outside of the foot.

PLYOMETRIC – Characterization of motion in which deep stretch precedes a concentric muscle contraction. A jump is plyometric.

PRONATION – (1) The anatomical movement of turning your palm down, a function of the elbow. (2) The anatomical position of the foot when the outside edge of the foot is up and the inside edge is down.

PULLING EXERCISE – Any exercise that draws the upper or lower extremities toward the trunk of the body. Pulling exercises are usually coupled with pushing exercises - for maximum body strength.

PUSHING EXERCISE – Any exercise that moves resistance away from the truck or mid-line of the body. Pushing exercises are usually coupled with pulling exercises for maximum body strength.

QUADRICEPS – Also called quads. The four separate thigh muscles on the front of the thigh responsible for extending the knee and flexing the hip joint.

REPETITION – Also called rep. The actual start-to-finish performance of one complete exercise; 15 reps means performing the same exercise 15 times.

REST INTERVAL – The amount of time spent relaxing between exercises. During this time, the muscle recovers a percentage of its contractible power.

RHOMBOIDS – Muscles that attach the shoulder blades or scapulae to the spine, responsible for drawing the blades back and aiding in good shoulder posture.

SERRATUS – Muscles that outline your upper rips on the side of your body. They are developed by pressing and pullover movements.

SET – A fixed number of repetitions of one exercise performed in succession.

SINGLE JOINT MOVEMENT – The movement of only one joint, achieved though exercises such as the arn curl or leg extension. Because these exercises enable you to focus on a single muscle group, they're excellent for rehabilitation..

SKILL – A movement pattern relative to a particular activity or sport.

SLOW TWITCH MUSCLE FIBER – The red muscle fiber, responsible for low, sustained contractions - the kind necessary for long-distance running, swimming, and cycling. Slow twitch fibers are primarily fueled by oxygen.

SPLIT SYSTEM – A system of intermediate and advanced training in which you exercise the upper body one day, the lower body the next. The middle body is also included for core stabilization and body control.

SUPINATION – (1) The anatomical movement of turning your palms up. (2) The foot position in which the inside edge of the foot is up and the outside edge of the foot is down.

SYMMETRY – The balance of strength and development throughout the body - front and back; right and left; upper and lower extremities.

TONE – Enhanced muscle contractibility and state of readiness, achieved by exercising the muscle using light resistance and high reps.

WARM-UP – A series of exercises performed to elevate joint, muscles and bloodstream temperatures. Performed before the workout, the warm-up will enhance performance and help reduce the chance of injury.

EXERCISE LOG

YEAR: _____

EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
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EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
CHEST PRESS	07	16	○3	12	170

EXERCISE LOG

YEAR: _____

EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
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EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
CHEST PRESS	07	16	○3	12	170

EXERCISE LOG

YEAR: ____________________

EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT

Use this chart as a master to make copies for your personal files.

EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
CHEST PRESS	07	16	3	12	170

EXERCISE LOG

YEAR: _____

EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
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EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
CHEST PRESS	07	16	03	12	170

EXERCISE LOG

YEAR: _____

EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
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EXERCISE	MONTH	DAY	SETS	REPS	WEIGHT
CHEST PRESS	07	16	○3	12	170

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Please complete for your records

Dealer _____

Dealer Address _____

Dealer Phone Number _____

City _____ State ____ Zip _____

Purchase Date _____

Model _____ Serial # _____

SCHWINN CYCLING & FITNESS INC. LIMITED WARRANTY

SCHWINN CYCLING & FITNESS INC.
LIMITED WARRANTY FOR EXERCISER PRODUCTS

All Schwinn exerciser products are warranted to the retail purchaser to be free from defects in materials and workmanship.

Time period

Warranty coverage extends for the life of the product while owned by the original retail purchaser except:

1. Electronic components are covered for two years from date of original purchase.
2. Exerciser products sold for and used in a commercial or institutional setting are covered for two years from date of original purchase.

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 owners manual.
4. Use of products in a manner for which they were not designed.
5. Use of any product in other than a home or residential setting unless otherwise noted in the owners manual.

Limitations:

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. Schwinn shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. Schwinn's liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Schwinn's election, to the repayment of an amount equal to the purchase price of the exerciser product in question.
Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures:

Warranty service will be performed by Schwinn or the authorized Schwinn fitness dealer from whom you bought the product. Schwinn will have the option of either repair or replacement at no charge for any defective product. Transportation to and from the authorized Schwinn fitness dealer is the responsibility of the purchaser.

1. Schwinn will replace any exerciser frame that is structurally defective with a new frame or replace the unit with a unit of equal or greater value. Schwinn is not responsible for labor charges in replacing defective frames.
2. Schwinn will have the option to either repair or replace any other defective part or product. Dealer labor charges for installing replacement or repaired parts are not covered by this warranty.
3. If you elect to repair a defective product or part yourself or use the services of someone other than an authorized Schwinn fitness dealer, or if you use a replacement part not supplied by Schwinn, Schwinn will not be liable for any defects or damage caused by the use of such unauthorized service or parts.
4. See your authorized Schwinn fitness dealer for service or write the Technical Services Department, Schwinn Cycling & Fitness Inc., 1155 Harvester Road, West Chicago, Illinois 60185.
5. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state. Effective July 1, 1994.

SCHWINN FITNESS
SELECTION, PRICE AND QUALITY VALUE

The Schwinn lines combine maximum affordability with optimum fitness performance features

Schwinn Personal Trainer line

Schwinn Home Trainer line

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Part No. 74069