

Review of the Schwinn 438 Elliptical Trainer

The Schwinn 438 elliptical is a great improvement over the popular model 418 elliptical trainer. It has a larger footprint and is more stable allowing a maximum load limit of 300 lbs. Despite its larger foot print this elliptical trainer is relatively easily to move around. The handle at the rear allows a good handhold to lift and move the Schwinn elliptical trainer. The wireless heart monitor was greatly appreciated by most users and owners. Called telemetric heart rate monitoring and control it allows your heart rate to control the resistance needed to keep your heart rate within the target range you assign. The Schwinn model 438 elliptical trainer is manufactured by Nautilus under a license from Schwinn. Nautilus does all the customer support for this model. There were only minor complaints concerning customer support most of which were the slow replacement of replacement or damaged Parts. Most people who own the Schwinn 438 elliptical trainer are relatively satisfied with their purchase. Initial setup is easy and only requires the basic tools. The average time spent assembling the elliptical trainer was about two hours. Missing screws, washers and an occasionally poorly made part were the main complaints brought forward during the Schwinn 438 initial setup. Several people received a poorly manufactured mast with a broken or uncompleted welding. In addition a fitness repair technician tells us that the electronics console is identical to some exercise bike models and is not very durable. However, all the users we interviewed said they were happy with the electronics that were included on the Schwinn 438 elliptical trainer. Most Schwinn model 438 elliptical trainer users said they liked the articulating foot pedals. However taller people complained about the short stride of approximately 18 inches. Many larger users prefer a stride of at least 21 inches when in the full run fitness effort. Height considerations a constant issue for tall people. One Schwinn 438 elliptical trainer owner said the machine was built for pigmies with its short stride and high profile. He has reported that he has to use the machine bent over or he will strike his head on the ceiling. The Schwinn 438 elliptical trainers handlebars appear to be made backwards and are uncomfortable to use. We can see no reason for this poor design feature that has caused several people not to be able to use their Schwinn 438 elliptical trainer.

Schwinn 438 Elliptical Trainer Key Stats and Specs:

- o 8 computer controlled resistance levels
- o 24 programs provide workout variety
- o Quiet magnetic ECB (Eddy Current Brake) resistance
- o Telemetric and grip heart rate make monitoring your progress easy
- o LCD display shows time, speed, distance, revolutions per minute, resistance level, calories, calories per hour, load, heart rate, and course profile
- o Articulating foot plate
- o Maximum user weight is 300 pounds
- o Warranty of 15 year frame, 2 years parts, 1 year electronics and 6 months labor

About the Author

A New Zealand company providing a large range of fitness equipment for both home and commercial.

Source: <http://www.productsherbal.com>