

Schwinn 230 Recumbent Exercise Bike Now available.

Get is Great shape and Save Monthly Gym Fees!

Dec. 9, 2008 - [PRLog](#) -- Save money on monthly gym fees and get yourself in shape with the compact, comfortable Schwinn 230 recumbent exercise bike. The 230 boasts many of the high-quality features of the Schwinn 213, but adds several extras, including a nicer, easier-to-read instrument panel with a three-position angle adjustment, a slightly lower pedal height that produces a more comfortable riding position, and an easy step-through frame.

And that doesn't even account for all the essentials, which range from 16 resistance levels to handlebars with an integrated heart rate monitor built into the grip.

The handiest feature, however, is unquestionably the anatomically designed recumbent seat, which not only offers a dual-position lumbar support for added comfort, but also a micro-adjustable fore/aft seat slider that accommodate a variety of body types and sizes.

Other details include six preset programs (calorie goal, BMI measurement, recovery test, results mode, quick start, and manual mode), 10 profile courses, and transport wheels that both protect your floors and make the bike easy to store.

I was looking for an indoor exercise machine that I would love to use on a daily basis, while taking in a show or read. Many reviewers of the upright Schwinn bike complained about discomfort, and owning a top-shelf Cyclops fluid trainer I know...

For Full reviews and more Details...click the following link:

<http://www.amazon.com/gp/product/B000MXMK94?ie=UTF8&tag=d...>

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