

## Schwinn Recumbent Bike - What Model Is Best To Buy?

If you're thinking of buying a Schwinn recumbent bike you have a few models to choose from. They come in various configurations and prices and are, no doubt, to give the consumer better options, however, some models are a good buy while others fail to impress.

Reviews of recumbent exercise bikes like them because they are more comfortable which in turn means a longer, and therefore, better workout. There's no disputing the benefits of cycling in a reclined position; recumbent bikes are more ergonomic. Manufacturers are refocusing their design programs away from the bike towards the consumer. And what they've realized is that their machines are mainly used by older people, or overweight people, or people who've never done any form of exercise: for these groups the recumbent is the best model of bike to get a good cardiovascular workout.

Schwinn, like everyone else, makes various models of recumbent bikes. Here's what's currently on offer, what features each has and which ones are worth considering and which are not.

The cheapest model at around \$350 is the 203 recumbent exercise bike. It has 16 levels of magnetic resistance that can be adjusted while cycling. There's a generous list of preset workout programs; 17 in fact - 12 Preset, 4 Heart Rate, 1 User Defined. There are heart rate grip monitors and the console readout displays Time, RPM, Distance, Pulse, Calories. For an entry-level bike it's a very good buy with very little to be said against it. However, if you already own a bike then you're probably looking to upgrade, so this model isn't going to be suitable.

At \$400 the 212 is the next model up. While looking quite different from the 203, it has most of the same features. However, you do get some programming options; 1 Manual + 6 Profile Courses with Calorie Goal, BMI Measurement, Recovery Test, Results Mode and Quick Start. It's not a bad piece of kit but if you spend another \$50, you can get hold of the 213, which is a much better buy.

The Schwinn 213 recumbent exercise bike costs around \$450 and comes with a lot more features than the 212. You get an incredible 23 workout programs including; 3 Heart rate, BMI Measurement, Time Trial, Recovery Test and Fitness Test. An adjustable fan is built in to the console and the machine has bottle holders and trays. The console gives a lot of motivational feedback, including: Time, Interval Time, RPM, Watts, Distance, Pulse, Speed, Calories, Resistance and Alpha-numeric prompts. This machine would give all but the most serious athlete a great strenuous workout.

The two most expensive machines are the 230 and 231. They're the best looking, with rounded edges and an overall sleek appearance. They retail for around \$450 and \$550 resp. If you've only got \$450 to spend you are as well buying the 213 as the 230 offers no real extra features.

The 231, on the other hand, might be worth taking a closer look at. It comes with a BioFit seat with dual-position lumbar support and high inertia from a 22 lb. steel flywheel and computer-controlled drive system. The workout programs included are; 10 preset & 10 profile courses with Calorie Goal, Time Trial, Fitness Test, BMI Measurement, Recovery Test, Results Mode, Quick Start & 1 Manual Model. It's a nice bike, but quite frankly, I'm rather disappointed with it. It doesn't really offer very much more than the 213 but it costs a lot more. Also, this is Schwinn's most expensive recumbent bike; I would have expected more features (even if it meant paying more) from one of the industry's biggest players.

A Schwinn recumbent bike isn't a bad option and any of the models would satisfy most users. Of the models available it's the 213 recumbent bike that offer the best features at the best price.

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Schwinn's historical dynasty is huge in the USA! Many splendid and interesting bicycles were made by Schwinn but the most fascinating and now collectible are the Paramount models. Since their introduction in the 1930s, Paramounts were the dominant racing lightweight in America for 50 years.

These few pictures merely scratch the surface of a huge topic!

From the 1940 Schwinn Lightweight Catalog:

Read what John (Pop) Brennan, the greatest authority in the US on Racing bicycles, says about Schwinn-Built Light-weight Bicycles.

I have been the official mechanic at 6-Day Bike Races for over 25 years and have serviced every make of racing bicycle used.

This past season, we had 18 to 20 Schwinn Paramount Racers on the track. What the boys call their No. One bikes have gone approximately 10,000 miles each or a total of over 90,000 miles in the 13 races, and I have yet to replace a worn or defective part. Not a single frame broke, and I honestly believe the strength of these frames saved the boys from serious injury many times, because we had an unusual number of bad spills during the season.

I recommend Schwinn-Built bicycles not only to the racing men but to every cyclist who wants a lightweight, light running, substantial bicycle with correct lines and the best equipment.

## About the Author

From [www.americanchronicle.com](http://www.americanchronicle.com):

The Schwinn 213 Recumbent Exercise Bike offers the ultimate indoor cycling. The Schwinn Airdyne Exercise Bike was the first patented.

Fitness Rush carries a large stock of used exercise bikes from Life Cycle and Schwinn. We carry recumbent bikes, upright bikes and spinner.

All Schwinn magnetic resistance exercise bikes have heart rate control. Argos Sports showroom displays the latest Treadmill, Exercise.

Brand new condition exercise bike! Excellent working condition. This Schwinn recumbent bike was one of the highest.

Free Shipping. Authorized Schwinn Dealer. The beloved Schwinn Airdyne Upright Bike was the first patented exercise bike to give you a comprehensive.

Our bike store also carries Schwinn exercise bikes and fitness equipment, adult trikes, trailer hitch racks and car racks. We have frames, components.

We highly recommend the Schwinn 213 recumbent exercise bike for its smooth, quiet ride and. Schwinn Airdyne Upright Exercise Bike Review.

Authorized Schwinn Dealer. The Schwinn 213 Recumbent Exercise Bike offers. Schwinn Airdyne Upright Exercise Bike Exercise bike with patented.

Source: <http://productsherbal.com>