



Schwinn 590R recumbent ergometer



The Schwinn 590R recumbent ergometer is the ideal machine for cardio training at home. The low entry makes it easy to get on and off. The ergonomic backrest minimizes back strain for a relaxed and motivated workout. The clear LCD display shows the relevant training parameters and, via a Bluetooth connection, the heart rate. At the same time, the connection to various training apps such as JRNY™ or Zwift can be established via Bluetooth (smartphone or tablet required).

CHF 1'249.00

Equipment:

- Electromagnetic braking system (EMS)
- flywheel mass approx. 12kg
- low entry
- 7" inch (17.78cm) LCD display with display of profiles, time, interval, speed, calories, burn rate, watts, heart rate, distance, RPM, resistance level
- 10 quick selection buttons for resistance setting
- 25 resistance levels
- Manual training program
- Quick start function
- 13 training programs - virtually unlimited with a *JRNY™ subscription
- compatible for use with popular cycling apps such as *JRNY™ and **Zwift® (separate subscriptions required) for smartphone/tablet - access connected apps via Bluetooth connection from your phone or tablet
- the workout becomes multimedia and personalized with *JRNY™ - the digital fitness and entertainment platform. *JRNY™ is only available in English. Tablet or smartphone required.
- self-righting Comfort Plus pedals
- Padded and ventilated backrest
- Water bottle holder
- Bluetooth compatible
- tablet holder
- Bluetooth® speaker



- transport wheels
- Color: anthracite

Use: home use, payload: approx. 150kg

Device dimensions: L168.7 x W71.1 x H119.4cm, weight 48.8kg

Accessories: hand pulse sensors, integrated pulse receiver

Option: Bluetooth transmitter belt

Warranty: 1 year full warranty, 2 years on labor and spare parts (excluding consumables).

*JRNY™ - Membership:

Daily personalized training

Experience a tailored training program with real-time coaching that automatically adjusts as you get stronger.

Explore virtual destinations

Travel through more than 200 stunning virtual courses at your own pace or experience them together with your virtual coaching.

Real-time virtual coaching

Achieve every single training goal with the guidance of a friendly virtual coach.

On-demand classes

Sweat it out with world-class coaches who inspire you. Experience a variety of time ranges and class types.

2 month free trial of JRNY™ included - at the end of the free trial, JRNY membership automatically renews at current membership rates until canceled. JRNY is only available in English. Manage or cancel your membership directly via your Apple ID or Google account. The app can also be used in the free version.

****Zwift** combines the fun of video games with the intensity of serious training. Explore the virtual worlds of Zwift in training or group rides and races with a global community that motivates you to get better every minute. Would you like to make your cardio training more interactive and challenging and combine it with the gamification factor? With selected models from the cardio portfolio and the Zwift training app, this is now possible! Zwift combines the fun of video games with the intensity of serious training and helps you to get faster. Connect in the virtual worlds of Zwift with a community that motivates you every minute. Choose from training plans, group rides, races and much more. Immerse yourself in the Zwift world and get fitter and stronger than ever before! Your personal training plan - Are you looking for a long-term strategy for your next competition? Or simply want targeted coaching for your training? Zwift has sophisticated cycling and running plans that are individually tailored and adapted to your fitness level. You can also create individual training sessions in the app to achieve specific goals. Your personal best performance - virtual training with thousands of other athletes and feedback on the display often provide the necessary motivational boost. As the performance data from the training (such as rpm and watts) is transferred to the app, points can also be collected and real competitions can be held. Zwift is available from both Google Play and the App Store.



Brake system: electronically controlled magnetic brake system

Current-dependent: Yes

Backrest adjustable: No

Resistance levels: 25

Pulse-controlled programs: keine

User-defined programs: keine

Hand pulse sensors: No

Pulse receiver: Bluetooth

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

Payload: approx. 150 kg

Insert: Home