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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Exercise Bikes – Reviews and Advice**

**By Martin Smith**

Two types of exercise bikes are available. The design of the upright bike resembles that of a typical road bike but they are stationary. The pedals are positioned below the rider and puts added stress on the joints. The seat on the recumbent bike's seat resembles chairs and the pedals are out in front of the rider so that pedaling is more natural and puts less stress on the joints.

Other types of exercise bikes are available as well. Dual action exercise bikes are upright bikes that have moveable bars or arm handles. You use both of your arms and your legs on this bike. While using this bike you will experience aerobic activity and upper body toning.

There is variety with resistance bikes as well. With direct tension bikes you can manually adjust the resistance you use. The cycling motion on a bike with flywheels is like regular cycling motion. Bikes with air assistance get resistance by pedaling against the airflow of a fan blade.

The most sophisticated resistance bikes are magnetic frictionless resistance bikes. These bikes provide greater variety of workout levels. On more advanced bikes there are feedback mechanisms that show the following readouts: speed, time, distance , total calories and fat burned, program mode, resistance levels, pulse, heart rate, and work out levels (RPM, watts, METS, mpm's, and mph/kph).

The bike you choose to purchase will depend on your wants and needs. The type of workout you're looking for will also influence your choice of bikes. A great cardio workout focused on the quadriceps is provided by an upright bike. You are seated in a reclining position on a recumbent bike.

Your back is supported by the seat and your legs are out in front of you. The hamstring muscles and the gluteus muscles get worked. Your lower back is less stressed on a recumbent bike. Some upright exercise bikes will have handlebars that move in a simulated rowing motion.

Your back and chest and your arm and back muscles will get a workout. You will get an excellent cardiovascular workout and calorie burning experience with both of these bikes. The bike should be matched to your size. Exercise bikes for the most part are easily adjusted for almost any body type.

There is a variety of reasons why people use exercise bikes. Cyclists use them to keep up their level of

fitness in the off season. Many people feel embarrassed about exercising in front of people so they use them at home. Physical therapy programs also use exercise bikes in their programs to promote healing and the regaining the use of knee and hip joints.

Some cardiac rehab programs use them as well, to promote endurance and greater cardiac health. Exercise bikes can be purchased in sports stores, department stores like Wal-mart or Sears, as well as online. Buying them from a store makes it easier to match the bike to your space, to your body size, and your budget.

Buying online creates the risk of you not getting exactly what you ordered. The bike you ordered may not have the exact specs or may be bigger or smaller than what you ordered. Taking delivery is another problem with ordering online. It is very likely that the delivery company will not bring it into your house, you will have to bring it in and set it up.

Even though you are buying it in a store this is true, unless you contract with someone to do the entire process including setting it up. You can purchase service contracts from a store like Sears, in case of a problem. No matter what the reason you have for purchasing an exercise bike, it will only work if you use it.

You should check with your doctor to make sure you are healthy before starting a new exercise routine. At first you should start out slow and build up endurance. Your endurance will improve if you start out slow.

Have fun, be safe and be healthy.

If your looking for tips and advice on Exercise Bikes or fitness equipment in general, Martin Smith had a resource of information available. From

Exercise Bikes

to

Home Fitness Equipment

you'll find

something.

**Exercise Bikes – What's on The Market**

**By Martin Smith**

## Exercise Bikes – Reviews and Advice

There are available two types of exercise bikes. The upright bike is stationary and it resembles a typical road bike. Added stress is put on the joints because the pedals are positioned below the rider. The pedals of the recumbent bike are out in front of the rider so that pedaling is more natural and less stressful on the hips and knees and the seat resembles a chair.

There are other styles of bikes available as well. There are double action upright exercise bikes that have moveable handlebars or arm handles. Your arms as well as your legs are used on this bike. This bike will provide you with aerobic activity and upper body toning. Some variety can be found with resistance bikes also.

The resistance on Direct tension bikes can be adjusted manually. An exercise bike with flywheels has a cycling very much like regular biking. The resistance of air resistance bikes get it by pedaling against the airflow of a fan blade.

Out of all resistance exercise bikes, the magnetic frictionless resistance bikes are the most sophisticated. Resistance bikes are the most advanced resistance bikes. A greater variety of workout levels can be had on this bikes.

The feedback mechanisms show the following readouts: speed, time, distance, total calories and fat burned, program mode, resistance levels, pulse, heart rate, and work out level (RPM, watts, METS, mpm's, and mph/kph). Your needs and wants will determine the bike you choose buy. Your choice of bikes will also depend on the type of workout you want.

You will get a great cardio workout that focuses on the quadriceps. On a recumbent bike you are seated in a reclining position. Your legs are out in front of you and your back is supported by the seat. The hamstrings and the glutes are given a workout. A recumbent bike is much easier on your lower back.

Upright bikes could come with handlebars the move back and forth in a rowing like motion. This motion will work your arms, your chest, your abs and your back muscles. These bikes will give you a terrific cardiovascular workout as well as a calorie burning experience.

Your size should be matched to the bike. Exercise bikes can be easily adjusted for almost any body type. Exercise bikes are used by people for a variety of reasons. In the off season, cyclists often use them to maintain their level of fitness. Because many people feel embarrassed about exercising in front of people they use them at home.

To promote healing and the regaining of the use of knee and hip joints, physical therapy programs also use exercise bikes. They are also used by some cardiac rehabilitation programs to improve endurance and greater cardiac health.

If you go to Wal-mart, Sears, or sports stores and if you look online you will be able to buy an exercise bike. When buying them from a store it's much easier to get a bike that matches your space your

budget, and your body size. You might not always get what you want when getting online.

## Exercise Bikes – Reviews and Advice

The bike may be bigger or smaller and without the exact specs than what you ordered. Ordering online has another issue, the taking delivery of your order. In most cases the delivery company will leave it at your door and you will have to bring it in and put it together.

Unless you contract with someone to do the entire process including setting it up, this is also true of buying it in a store. Service contracts can be purchased in stores like Sears, in case there is a problem. Regardless of your reasons for buying an exercise bike it will only work if you use it.

As with any exercise program check with your doctor and make sure that you are healthy enough to exercise. Your endurance will improve if you start out slow. Be healthy, have fun, and be safe.

If your looking for tips and advice on Exercise Bikes or fitness equipment in general, Martin Smith had a resource of information available. From

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