

What to look for in an exercise bike



Stationary bikes offer a great cardiovascular workout. Like cycling on the road, riding a stationary bike provides an excellent low impact alternative to running with the additional benefit of toning the muscles of the buttocks and lower body. There are basically two types of exercise bikes. Upright bikes are much like outdoor bikes in terms of rider position. These are the most common. Recumbent bikes offer the user a laid back seated position with the legs pedaling in a horizontal position. Both have their unique advantages.

Features to look for:

1 On manual resistance bikes, look for a flywheel that is heavy enough to offer a smooth ride.

2 Make sure the drivetrain is accessible for maintenance. A low maintenance design is preferred.

3 The handle bars and seat should be comfortably padded and offer enough adjustability to accommodate a wide range of user sizes and positions.

4 Programs should include manual and user programs that the rider can create. Heart rate interactive programs should also be offered.



LIFECYCLE C1s
UPRIGHT BIKE

5 A large easy to read console with multi window display. Should include distance, time, speed, calories burned, and heart rate.

6 Wheels to facilitate mobility and storage. Adjustable castors to level bike.

7 Toe straps to hold your feet in place and allow you to use the full range of the pedal stroke.



SCHWINN 112
UPRIGHT BIKE

Programmable Exercise Bikes

This category of bike uses a flywheel with an electromagnetic brake system. There is no mechanical resistance. The magnetic pull is increased depending on the user's desire. This allows for sophisticated user programs and provides for a very smooth ride. These bikes are very popular as they provide motivating programs that keep the user coming back for more.

Manual Exercise Bikes

This type of bike uses a mechanical resistance (usually a tension strap, brake pad or magnetic system). The tension is rider adjustable via a control knob. These bikes have a straightforward design without programs but can have such useful features as a display with time, speed and distance. A flywheel is used to carry momentum for the pedal stroke and generally speaking, the heavier the flywheel the smoother the ride.



DIAMONDBACK 1150
RECLUMBENT BIKE

Optional accessories:

- Reading racks
- Hand weights
- Water bottles
- Bottle holders
- Rubber matting

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