

Exercise Bikes - What's on the Market

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. 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.

About the Author

Australian Dog Trainers Academy offer variety of courses to become a dog trainer for hobby or professional dog trainers. Interested in a dog training.

Source: <http://www.productsherbal.com>