

Interactive Exercise Bikes

Incorporating the latest technology, interactive exercise bikes are specially designed for safety and comfort and are easily adaptable to all age groups. The main point of an interactive exercise bike is to bring an element of science or entertainment to the process of working out. Each workout accelerates the usage of several muscle groups. Apart from the common features of regular exercise bikes, interactive bikes are loaded with numerous interactive workout programs and have special sensors that monitor heart rates. An LCD display will set the workout time and monitor heart performance, fitness level and the amount of calories burned. The speed and resistance of the machine can be controlled, and hand sensors and telemetry chest straps are added features. Some interactive exercise bikes include interactive video games that add some excitement to a mundane exercise routine. Body movements using handgrips or pedaling speed control every action on the screen. The most popular name for this is the interactive gaming bike and is mainly targeted to use in multi-gyms and health clubs. Cateye GameBike Pro Exercise Bike and GB300 GameBike Pro are the two most popular brands of gaming interactive exercise bikes available in the US. They vary widely in price range and can extend into the thousands or even tens of thousands of dollars per bike. Expos and retail shops are ideal venues to learn more about and to purchase interactive exercise bikes. One can also order these bikes online. Be sure to attain a performance guarantee and a provision for repairs and upgrades.

About the Author

Dog training software for professional dog trainers. The best online dog training software to help professional dog trainers manage.

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