

Recumbent Exercise Bikes

Recumbent exercise bikes are one of two types available on the market, the other is the upright. Recumbent exercise bikes offer excellent back support and a good lower abdominal muscular workout. With recumbent exercise bikes, workouts can be combined with other activities such as watching TV or reading a book. When compared with traditional upright styled bikes, recumbent exercise bikes have a reclined seating position that reduces strain on the back. Usually recumbent exercise bikes come with a large seat and are classified as semi-recumbent bikes or true recumbent bikes depending on the seating posture. Semi-recumbent ones have a chair-like seat and the pedals are placed in such a way that one's legs are positioned in front instead of hanging down. But in the case of true recumbent exercise bikes, one is seated close to the floor with legs right up to the chest level. Further, there are direct tension bikes and magnetic frictionless resistance bikes, depending on the variation in resistance. The resistance has to be manually adjusted in direct tension bikes, while the magnetic frictionless ones have a variety of workout levels. Sometimes referred as "bent," recumbent exercise bikes are perfect for persons with severe back problems. The recumbent bike improves heart rate and lowers blood pressure. To ensure the highest efficiency, the position of the seat and the handlebars must be adjusted according to an individual's fitness level. Speed and resistance also have to be regularly adjusted. Even though recumbent bikes are costlier than the traditional ones, people are more interested in buying them because of their performance. Numerous models of recumbent bikes are available, and you can buy one online or from a retail shop.

About the Author

For people with fibromyalgia prescribed graded aerobic exercise is an. Several randomised controlled trials of exercise therapy in fibromyalgia.

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