

Exercise Bikes

Exercise bikes are perfect fitness machines for those who are struggling to burn up body fat. Also called a stationary bike, an exercise bike is exceptionally versatile and helps to maintain a constant fat/muscle ratio. They are user friendly to any age groups. Along with the benefits of riding a bicycle, they offer a fairly good cardiovascular and aerobic workout with less strain on the legs and back. There are a number of different kinds of exercise bikes; some even measure your heart rate, and still others can even take the form of interactive video games. The overall effectiveness and the ease of operation make exercise bikes ideal in gyms as well as the home. Its resistance and speed can be varied according to need. Adjustable handlebars and comfortable seating options are a few features, and many are equipped with a heart-rate monitor and a pulse grip point. Based on its seating option, there are two types of exercise bikes available - upright (standard) exercise bikes and recumbent exercise bikes. The traditional upright exercise bikes are mainly used for an upper body workout, whereas the recumbent ones are good for lower abdominal exercises. The upright bikes have comfortable seats, and recumbent exercise bikes have a semi or fully reclined seat. Before starting a workout, it is important to maintain a correct seating posture. Appropriate adjustments can be made according to one's fitness level. It is always recommended to take the advice of a health professional before beginning any fitness program.

About the Author

My comprehensive exercise guide. The key to obtaining the benefits of exercise is to find a program and stick to it. Of course, it is useful.

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