

Recumbent Bike



What is the difference between a recumbent bike and an exercise bike?

Aerobic workouts are essential in maintaining health and fitness. The average gym is equipped with many kinds of equipment to deliver aerobic benefits but compared to most cardio exercises, riding a stationary bike is not only a great way to burn calories and body fat while strengthening your muscles, heart and lungs but it is much less stressful to your joints.

Upright exercise bikes mimic closely the experience of cycling but this is not the primary function of a recumbent exercise bike. A recumbent cycle, also known as a sit down exercise bike, is designed to make your workout as comfortable as possible without compromising on its aerobic effects.

Rather than a conventional saddle, a recumbent bicycle usually has more of a traditional seat, wider and with a cushioned, supportive back. These bikes are designed to be ridden in a reclining position, which takes pressure off the muscles of your back. The riding action involves stretching your legs out in front to operate the pedals and the result is a more leisurely workout.

What are recumbent bicycles good for and why would you use one?

Not only does a recumbent exercise bike make exercise easier, but it is also very good for multi-tasking. Instead of having to devote your entire body to the task, you can sit back and read, work or even watch television. This helps stave off boredom so you can exercise for longer.

A recumbent cycle also reduces the chance of soreness and is highly suitable for people not used to working out or those who have conditions which limit their ability to work out. Because a sit down exercise bike sits closer to the ground, its centre of gravity is lower, which is of real benefit to people with impaired stability.

While a recumbent bicycle is ideal for older people and those with physical restrictions, there is no reason why anyone of any age or condition shouldn't use one. They are even popular with athletes.

Is a recumbent bike a good workout?

Because a recumbent exercise bike seems like an easy option, many people assume its effects will be less than those of an upright version. This is not true. On the best recumbent exercise bike, you can achieve a cardiovascular workout that is every bit as beneficial. It certainly reduces the effort required to maintain your balance and to move the pedals but what this does is to relieve the pressure on your joints and concentrate all the effort on the aerobic advantages.

A recumbent bicycle exercises exactly the same muscle groups as an upright one. It simply works them differently so there is less impact on your lower body. The best recumbent exercise bike is no less effective in strengthening the muscles in your legs and backside.

Is it okay to use your recumbent bike every day?

One of the attractions of a recumbent bicycle is that it encourages you to exercise for longer. The workout doesn't feel so intense and you can combine it with other sedentary activities. But you may wonder if the comparative ease of a recumbent bike is giving you a false sense of security. Is it possible to use one too often or for too long?

Your body will tell you when it has had enough exercise so you'll know when to stop. This applies to any kind of exercise bike. However, when it comes to using it every day, this is not advisable on an upright model simply because of the pressure it puts on your joints, which can lead to injury if repeated too frequently. Another of the many advantages of a recumbent model is that it is gentle enough on your body to be used every day, which makes it the perfect home workout machine for everyone.

