

Exercise Bicycles: Setting Up and Taking Adequate Precautions

Exercise bicycles provide resistance which can be adjusted because some exercisers may want to pedal slowly but at higher resistance while others would prefer pedaling faster but at lower resistance. This latter type is often called spinning and is a form of aerobics exercise that is performed at health clubs and gyms. It requires that the exercise bicycles be set up to accommodate the type of exercise that the exerciser wishes to do. Adding variety to the workout can also be achieved through interval training which means alternating periods of high and low intensity and it helps the exerciser to comfortably achieve good workouts.

The diversity of applications that an exercise bicycle provides the rider makes it ideal for patients suffering from back problems and the seats and handlebars can be adjusted to facilitate different levels of comfort as well as keeping the rider's posture in the right position and that includes not tilting too far back. Most riders can adjust their exercise bicycles to whatever stature they want and also can opt for leaning forward or sitting upright, according to individual requirements.

Mostly, the exercise bicycles should be used to exercise at least thrice a week and for 20 minutes daily. For those who are not fit enough they can start slowly and work their way up to higher levels of exercise. Normally, there should be at least a sixty to eighty-five percent increase in the rider's maximum heart rate, using an exercise bicycle.

Adjust the Seat and Height to Ensure the Best Posture

Before using the exercise bicycle one should, if one is new to such exercises, consult with a health professional to ensure that the program that one is going to perform is suitable and will not result in injuries as well as also help to determine the rider's optimum heart rate during the exercise workout. Before starting the exercise on the exercise bicycles one should warm up and afterwards, cool down and one may also incorporate stretching and strengthening exercises. In addition, a health professional may also be able to suggest the riding position that is most comfortable as well as supportive of the back of the rider.

Keeping a good posture ensures that the body is centered and the back is positioned to avoid hypertension. There can be considerable stress to the lower back, upper back as well as the neck if the posture is incorrect. A number of people realize that exercise bicycles are a good exercising choice that can be used in the house as well as at fitness centers.

About the Author

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