

## Proper Way to Use Fitness Bikes

A lot of white collar workers exercise with fitness bikes at gym or even at home. Fitness bikes are different from traditional bikes because they occupy less room, and are unaffected by weather or the duration of sunlight. Therefore, they have become much sought after by white collar workers. In this issue, we are going to share the information on riding fitness bikes with our readers.

### Learning More about Fitness Bikes

#### Types

- Mainly divided between two types, namely the upright and recumbent bikes. For those who have health concerns on back and balancing, the recumbent bikes are the better option



#### Weight

- Generally, both the weight and resistance of fitness bikes are adjustable. Adjustments can be made according to the stamina and training goals of the users

#### Notes for Using a Fitness Bikes

- Before use, make sure all the movable parts, e.g. pedals and bike wheels, can function properly
- Make sure that there is enough room for getting on and off the bike
- Before start, adjust the grips and saddle to appropriate positions and height respectively. The saddle should be parallel to the ground
- After the adjustment, try to ride the bike for several times before setting the most appropriate resistance, height and positions

#### Please Always Remember

- If you want to buy a domestic fitness bike, spend some time to test different types of it, and consider factors such as size, easiness to adjust/ operate and noise
- It is important to ride fitness bike with correct posture. Hence you must not be perfunctory when adjusting the weight, grips, saddle, etc
- Water should be adequately replenished during the exercise
- Use fitness bikes in well-circulated places
- Use fitness bikes regularly. You can even develop a good habit of doing exercise with the bike at home

It is convenient to use fitness bikes as you can preset exercise time and target distance. Some other more advanced models can even measure heart beat rates. With good use of fitness bikes, we can develop a good habit of doing exercise by setting and achieving different exercise goals.