

EXERCISE BIKE WORKOUTS FOR BEGINNERS

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Photo Credit Young man on exercise bike image by

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Exercise bike routines can be effective in helping you achieve your mission of a healthy body and a strong cardiovascular system. By performing these low impact workouts regularly, and pushing your body to its full potential each time you exercise, you will reach the fitness goals that you have set for yourself and you will do it with less pain than some other cardio exercises can cause.

FUNCTION

The function of exercise bike routines is to burn calories to help you lose weight and body fat, along with strengthening the cardiovascular system for you to have more endurance and energy throughout the day. There are different ways to get your cardio exercise in, such as the treadmill and elliptical, but there is a lot of stressful impact on the body with those workouts. The exercise bike reduces the impact because there is no pounding on the joints; it provides a smooth ride that does little to no harm to the joints.

BENEFITS

Effective exercise bike routines have several benefits, which you will start to notice in a matter of weeks after consistently working on your bike. Weight loss tends to be the main benefit exercisers are most concerned about, and good bike routines will lead to you shedding some unwanted pounds. Along with weight loss, you will begin to strengthen and tone your legs. The Fit Moves website explains that indoor cycling and exercise bike routines bring physical and mental benefits that can be enjoyed by anyone, regardless of age or fitness level.

MISCONCEPTIONS

A common misconception about exercise bike routines is that they will help to lose as much weight as a treadmill or elliptical workout will. Unfortunately, even though the exercise bike is a great workout and will lead to weight loss, treadmill and elliptical workouts tend to lead to faster and greater weight loss. The reason for this is that the bike mainly involves your legs, while the treadmills and ellipticals involve the whole body, making it easier to burn more calories in a single workout. Exercise bikes are effective and will give results, so do not dismiss them from your fitness routine.

TYPES

One of the most effective routines is interval training. Interval training involves short, intense bursts of riding followed by periods of rest. An example of interval training includes pedal at a medium pace for 30 seconds, then pedal at a fast pace for 30 seconds, followed by 30 more seconds at a medium pace. Continue in this pattern for 15 to 20 minutes. Other types of routines for your exercise bike are endurance training that allows you to pedal at a moderate to difficult pace for 30 minutes. Indoor cycling is an intense routine that simulates riding outside and is normally held as a class at fitness centers.

CONSIDERATIONS

When performing exercise bike routines, always consider how much time you are spending on your workout. The Female Muscle website explains that if you are wanting to maintain your current health, do 20 to 30 minutes of cardio three to four times a week. If you want to lose weight, perform cardio 30 to 60 minutes a day, five to seven days a week. The amount of time you spend exercising is critical and can be the difference between average results and excellent results.

REFERENCES

- [Female Muscle: Amount of Cardio Required to Lose Fat?](#)

Read more: <http://www.livestrong.com/article/253821-exercise-bike-workouts-beginners/#ixzz2KE8ChFSE>