

THE BEST EXERCISE BIKE WORKOUT

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An exercise bike gives you a low-impact workout that simulates riding a bike outside. When you pedal a bike, you are performing aerobic exercise. This type of exercise strengthens your heart and lungs, and reduces your risk for diabetes, stroke and hypertension, according to the American Academy of Orthopaedic Surgeons. The best workout on the bike depends on where your interests lie. All workouts are effective if you do them on a regular basis.

LONG DURATION

A long duration workout is performed at a moderate pace. This is preceded with a light 5 to 10-minute warmup to loosen muscles and elevate core body temperature. The main objective with this workout is to lose weight. The most favorable duration to achieve this is 60 to 90 minutes, according to the American College of Sports Medicine. If you don't have time to reach this mark in one workout, exercise several times a day to build up your time.

INTERVAL WORKOUT

Interval workouts involve alternating your intensity back and forth from high to low. The advantage you have with this training method is you burn a high amount of calories and boost your aerobic capacity, according to the MayoClinic. To perform an interval workout, start with a light 5-minute warm-up then pedal at about 80 percent maximum effort for 20 seconds. Reduce your speed to moderate for 40 seconds, then pedal fast again. Alternate back and forth for the rest of your workout and finish with a light cool-down.

TABATA TRAINING

Tabata training is geared toward doing a maximal workout in a short amount of time. Not only does this burn a lot of calories while you exercise, but boosts your metabolism once you are done. This workout is commonly performed with weight-lifting exercises, but it can translate to biking as well. Begin by doing a light warm-up, then pedal as fast as you can for 20 seconds. Rest completely for 10 seconds and repeat the cycle eight times. This comes out to 4 minutes of total exercise time. Once you are able to do this efficiently, increase your duration.

CIRCUIT WORKOUT

In a circuit workout, the bike is used with other fitness devices. This type of workout breaks up monotony and allows you to target your whole body. Begin by pedaling the bike for 60 seconds. Once you are done, exercise for 60 seconds on an elliptical trainer, rowing machine, stair climber and treadmill, and then jump rope. After completing the circuit, start back with the bike and repeat seven or eight times. When you finish one exercise, go right into the next one. You will get a little bit of rest during the transition.

RECUMBENT EXERCISE BIKE

If you have lower back pain, you should be aware of another type of exercise bike called a recumbent bike. Instead of having a small seat with the pedals beneath you, it has a bucket seat and backrest, and the pedals are in front of you. This style of bike takes stress off your lower back and it gives you the same benefits as a regular bike.

REFERENCES

- [AAOS: Aerobic Exercise](#)
- [ACSM: Physical Activity and Public Health Guidelines](#)
- [Mayoclinic.com: Interval training: Can it boost your calorie-burning power?](#)
- [The Body Genesis: Tabata Training](#)

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