

## CAUTION

- Improper seat height can aggravate preexisting back, hip or knee injuries

## PROS & CONS

- + Lower impact on the joints
- + Great exercise for the heart and lungs
- + Fairly affordable equipment for home use
- + No need to worry about weather
- + Suitable at any skill level
- Can be hard to mount and dismount for individuals with low mobility and balance issues

## INSTRUCTIONS

- 01** Adjust seat height so it's on the same level as your hips while standing next to the bike
- 02** On the computer, select unit of measurement, and adjust timer and resistance to desired level
- 03** Sit with back straight and shoulders relaxed
- 04** If using pedal straps, adjust to secure your feet in. Keep your toes pointing forward while pedaling

## TRIVIA

- The ancestors of modern stationary bicycles date back to the end of the eighteenth century. The Gymnasticon was an early example.

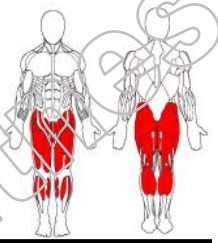
## CHALLENGE MILES

- 3:1

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## ROUTINE SAMPLES

### ROUTINE# 001

- ▶ Warm up for 5 minutes
- ▶ Cycle at a moderate resistance for 30 minutes
- ▶ Cool down for 5 minutes

### ROUTINE# 003

- ▶ Warm up for 5 minutes
- ▶ Cycle at an increased resistance for 2 minutes
- ▶ Cycle at low resistance for 1 minute
- ▶ Repeat the above for 10 rounds (30 minutes)

### ROUTINE# 002

- ▶ Warm up for 5 minutes at no resistance
- ▶ Cycle for 3 minutes at high resistance
- ▶ Cycle for 2 minutes at moderate resistance
- ▶ Cycle for 1 minute at low resistance
- ▶ Repeat the above routine (6 minutes) for 5-10 rounds

### ROUTINE# 004

- ▶ Warm up for 5 minutes
- ▶ Cycle and complete 10 miles at moderate resistance

## ALTERNATE OPTIONS



**Spin Bike**



**Airdyne Bike**

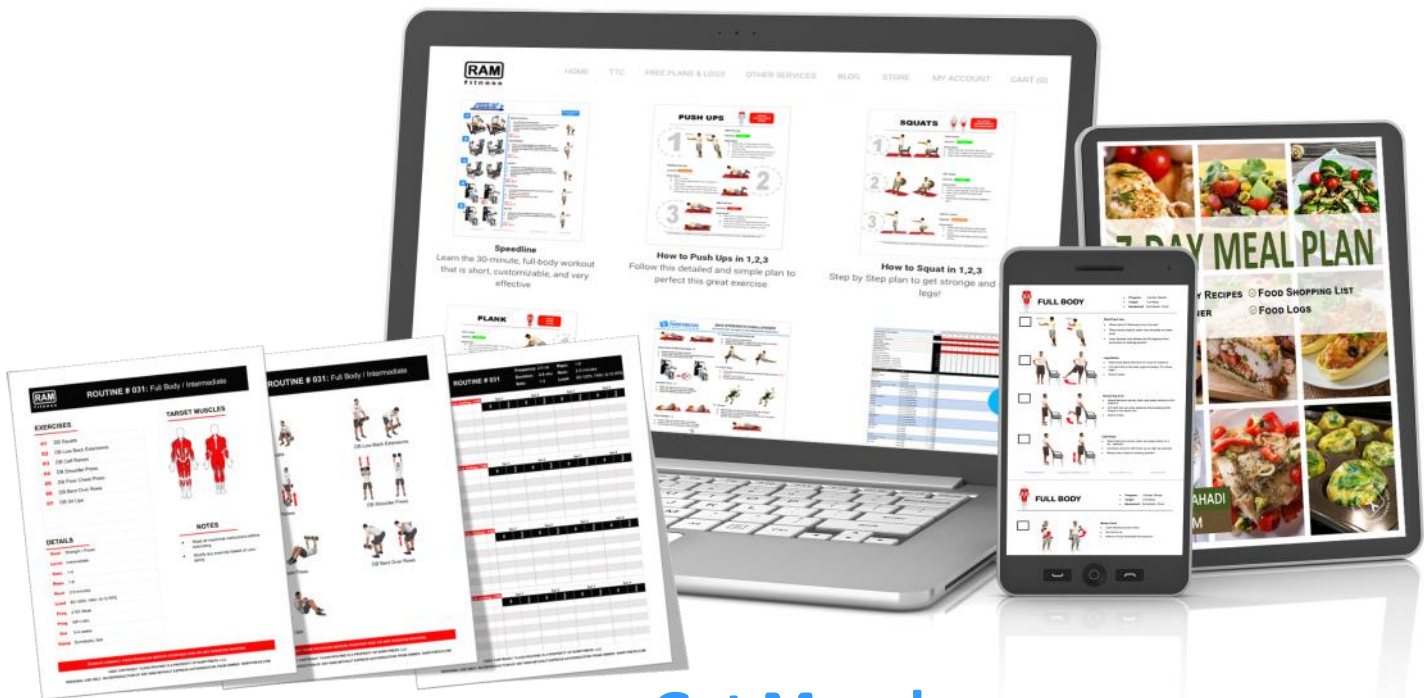


**Recumbent Bike**

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