

Caption:

Indoor cycling is one of the workouts that is more fun to do when with someone. Apart from its great health advantages, it can also allow you to meet new people and grow your social network. Here are some of the benefits of exercising with a partner or in a group: 1) Exercising with someone or in a group elevates your mood and reduces stress. 2) Exercising with a partner or in a group helps you socialize with other people. 3) Your partner or group mates can help you stick to your fitness goal. 4) Being in a group offers a sense of accountability as someone expects you to show up and complete your scheduled workouts.

If you're keen to boost your cardiovascular health a home exercise bike is an investment worth making.

The huge variety of exercise bikes is enough to put even the most experienced cyclist in a spin. While the chunky, clunky indoor bikes of the 90s and noughties have been replaced by sleek spinning machines, finding the best exercise bike for you can still be tricky.

The right stationary bike can be a great investment. They're smaller and more compact than a [treadmill](#) or [rowing machine](#) and offer a lot of bang for your buck. "Indoor cycling is low impact, but high intensity," says Steve Fenton – CEO of Pro-Lite. "It's a huge mind booster and mood shifter. You get dopamine, serotonin, and endorphins. Even when you just have small bursts of time, I can put on a 20 minute express work out and get that same feeling and sensation that I get from an in-person class or outdoor ride."

You don't need to commit to cycling for an hour or more to feel and see results. Studies have shown that cyclists who use stationary bikes for short, high intensity interval training can significantly improve performance on the road without having to put in hours of work. "20-30 minutes is the sweet spot for those working out at home," Steve says. "If you commit to doing that every other day, you'll find that consistency is far more valuable than intensity."

The Pro-Lite indoor trainer bike has handlebars and geometry similar to a road bike – rather than the clunky upright bikes that you would find on an indoor cycling or recumbent style bikes that do not offer you the full workout experience.

Once you've chosen your Pro-Lite Indoor Training Bike, the next thing to consider is its resistance. Our bike offers 24 levels of resistance using a flywheel controlled with magnets to create electromagnetic resistance. This can be more accurately recorded during the workout, rather than the cheap adjustable belt options on the market today.

This is also way quieter than other indoor bikes and our bike is SILENT. It is also smoother to adjust than direct contact or 'friction' resistance. You need to have a fluid sense of resistance. If it feels clunky, as it will on cheaper machines, you're not going to be able to work up to higher speeds."

Size is also a key consideration: you need to be able to fit the bike in your home and store it. The Pro-Lite Indoor Training Bike takes up way less space than running machines or rowing machine's.

Then there's technology. As with any quality indoor bike, the Pro-Lite Indoor Trainer Bike comes with monitors to give you real-time feedback, show online cycling live with other riders, you can join classes and simulate outdoor rides and races. You just link your bike to one of the many apps out there which can offer single, dual or family subscription's, such as Rouvy, Kinomaps, Strava and [Zwift](#).

How to lose weight on an exercise bike?

Interval training is the best way to burn maximum calories in a small amount of time. To lose weight, you need to burn more calories than you consume. Interval training involves short bursts of intense exercise spaced between longer intervals of less intense exercise.

For example, cycle as hard as you can on a higher resistance for two minutes, then cycle at a more relaxed pace for five minutes. Alternate for however long you've allocated to that workout. If your cardio fitness is already high, try equal two minute intervals of high and low intensity.

What muscles do an exercise bike work?

Primarily calves, hamstrings and quadriceps, but also your core, back and glutes. The great thing is it is impact free and allows you to fully use all your body to get fit.

How many calories do you burn on an exercise bike?

You can easily burn more than 600 calories an hour with a stationary bike workout depending on the intensity of your workout and body weight. That makes indoor cycling and spin classes one of the most efficient ways to burn calories.

Should you use cleats on an exercise bike?

We suggest you do use cleats. You don't need to spend a fortune on high end shoes and the Pro-Lite Bike comes with dual-sided pedals that has SPD style cleats (for "clipping in") on one side and an adjustable toe clip and strap for [running shoes](#) on the other hand. CEO Steve Fenton says cleats are "much safer and more effective" than wearing [trainers](#).

How much do I have to spend on an exercise bike?

Prices for exercise bikes start from around £100, but the cheapest bikes are best avoided. For a premium bike with all the bells and whistles, you'd need to pay £2000 / \$2500 plus.

So why is Pro-Lite cheaper? It's simple, we are a genuine manufacturing company who don't work with agents and middlemen that drive consumer's prices very high. We have dedicated offices in various countries that are owned or partially owned by Pro-Lite, to make sure we provide maximum customer service and sell the product direct to the consumer. So yes it's true, most brands do not make their own products, they come to an OEM manufacturer such as Pro-Lite to have their products made and labelled.

If you think stationary cycling will be fairly monotonous, then think again. This new crop of 'connected' smart bikes such as the Pro-Lite Indoor Trainer Bike, linked to any of the many APPS out there that can offer studio-standard spin classes from home could change that. You can ride with friends, family, new groups or just by yourself in almost any country in the world that you choose on the day. All from the comfort of your own home.