



1. Why invest in an indoor bike.

Indoor cycling is a great way to burn calories. You can burn anywhere between 40-80 calories in just 10 minutes, depending on your body weight and exercise intensity. It is a great way to shed fat from your lower body as it activates the glutes, quads, hamstrings & calves.

Sven Vee, a vlogger, tried cycling for thirty days to get in better shape. He says, “I lost about 3kgs which is not a lot, but that is mainly because I didn’t pay attention to changing my diet to something healthier. But it shows that just exercising and maintaining your diet does have a big influence on results at the end.”

2. Boosts Heart Health

Indoor cycling is a cardio vascular exercise, which increases your heart rate and allows your heart muscles to work harder to keep up with the oxygen demand. This, in turn, helps improve your heart condition and overall health. It has a positive cardiovascular impact.

3. Improves Strength

In indoor bikes, you can adjust the resistance of the flywheel. You’d need to pedal harder to get the flywheel moving. **This ultimately helps improve the strength of your whole body.**

4. Reduces Diabetes Risk

Diabetes is closely related to obesity. Hence, losing weight may help reduce the risk of diabetes. **Indoor bikes are great calorie burners and can help you lose weight.**



5. Improves Joint Mobility

Cycling helps improve the range of motion of your joints. It benefits the knees, ankles, and hip joints. When you pedal, all these joints rotate, improving their range of motion and strengthening them.

6. Boosts Brain Function

Several studies have confirmed that indoor cycling helps **improve cognitive function, memory, and attention**. The hormones released during the workout and the action of pedalling play a significant role. Overall, cycling is very good for your mental health.

7. Reduces Stress



Any form of workout helps release “feel good” hormones. **As a result, you feel good at the end of the session.** Indoor cycling helps you sweat and burn calories. This reduces stress levels and stimulates the release of serotonin.

8. Improves Balance

Indoor cycling also helps improve balance, coordination, and gait. It is especially useful for the elderly and people who are recovering from a chronic stroke. It also helps prevent falls and fractures in the elderly.

9. Increases Endurance

Endurance or stamina is not built in a day. It takes time and practice. However, you can speed it up by adding indoor cycling to your workout regime or daily life. You will quickly be able to finish any cardio or strength training, with more ease and without losing your breath too quickly.

10. Low-Impact Exercise



Indoor cycling is a zero-impact exercise compared to other forms of cardio, like Zumba and running. It is easy on your joints and heart. You can sit on the saddle and pedal your way to better health.

11. Great For Toning

Indoor cycling is also great for toning your whole body. It acts on your glutes, hamstring's, quads, and calves. You will shed fat and build a lean muscle mass. It really helps in muscle-building and bringing back old muscles that might not have been used for years. (Muscle memory)

12. Is Very Convenient

This may not really be a health benefit, but it does benefit your health. If cycling to and from, work or school is not convenient for you, **an indoor bike is a great option to keep yourself fit.** Also, you can easily avoid heat, pollution, dust, rain, poorly maintained roads, road rage and all other outdoor factors that may prevent you from exercising.

Quick Tip

If you do your cycling workout early in the morning for about 30-40 minutes it will help you to stay energized throughout the day.

Here are 12 good reasons indoor cycling is good for your health. Plus some tips to make your cycling workout sessions more fun.

Tips To have a good bike workout



1. Saddle

Choose your saddle wisely. Your saddle or seat should be comfortable, not hurt your butt while working out. **Call us if you need free advice.**

2. Position

Get your seat fixed by a professional. If you are doing it yourself, keep in mind that your seat should be at such a height that your legs are only slightly bent while you are cycling. This way, you would not be putting excess pressure on your knee joints. **Again you can call us for free advice.**

3. Handlebars

Most professionals recommend that you should buy an exercise bike with road style handlebars, and the handlebars should be adjusted to a height lower than your seat.

Using handlebars engages the upper body, which is not possible in cheaper exercise bikes that do not have this kind of handlebars. Also the geometry of these cheaper bikes is not conducive to a good riding position.

4. Resistance

Resistance is as much a part of your cycling workout as is speed. While speed provides cardio benefits, resistance is needed for strength training. If you do not use enough resistance, you are not working your muscles effectively. That means you will not burn as many calories. Use enough resistance to get better results. **Please let us know if you need a copy of our beginner's workout programme sheet.**

5. Positioning Your Body

Do not lean too far forward or backward while cycling. Lean only a little and keep your core tight during cycling. When you lean forward too much, it interferes with your breathing and oxygen intake. Your arms should be around 90 degrees to your body core. **Again you can call us to help you get this right.**

6. Have Variations

Make sure there is variety in your workout. Use varying speeds and resistances to enhance the results. There are also loads of brilliant APPS that can offer you amazing riding experiences.

7. Music

Use music to pep up your workout. Make a playlist. Choose songs according to their beats and use them to bring variation in your workout. You can pedal faster to fast-beat songs and use resistance for a slow-beat song. Or you just might want to listen to some of the great podcasts out there these days.

How to choose your bike



Your exercise bike should have a comfortable saddle that is adjustable to the correct height and not be too far forward, or too far back. It's very important to keep it horizontal.

- Know the weight your bike can take before buying. A lot of cheap bikes do not cater for people over 65 KG
- If you have back issues, let's help you get the position right to avoid making you uncomfortable during the rides. We have a whole team of experts on hand to help you.
- The handlebars should be fully adjustable, this is both forward and backwards, up and down.
- Make sure your bike has an option for adjusting the resistance.
- Ensure your bike has a display screen that can show you your speed, resistance, heart rate, RPM, Time and the number of calories burned. This helps while working out as you can record your progress.

Exercise Cycle vs. Treadmill

Indoor bikes, offer a low-impact, joint-friendly workout, making them suitable for individuals with knee or joint issues. They provide an excellent cardiovascular workout while targeting the body's muscles...

Cycling on an indoor bike poses virtually no risk of injury and stress on the joints, compared to running on a treadmill. In the end, it all boils down to your preferences and requirements.

We hope you can make the best use of our bike. Using it regularly can help improve your health. So, don't wait! Get your bike and start pedalling.

Health benefits of riding an indoor bike

With a decent indoor bike, you can enjoy the advantages of outside cycling right at home, without the hassle of riding outdoors. Aside from the apparent benefit of strengthening your body muscles, our bike has numerous other advantages to offer. It will help improve your overall health in addition to toning your body. Check out the information above to learn more about the health benefits of using our bike.

While cycling is a great cost-effective activity to keep yourself fit, it may not be always possible to go outdoors to ride, due to bad weather, pollution or heavy traffic. That's when having an indoor bike benefits you. It helps keep your fitness routine in track, come rain or shine. With minimum space requirements and advanced features, our bike helps you in endurance training, keeping fit and losing weight, while improving your body composition, blood flow, cardiac health, joints, and muscles as well. Furthermore, increased stamina, enhanced sleep quality, improved posture, and reduced stress are additional benefits of cycling. It makes for a low impact exercise that can be done anytime. The right posture and duration is key in making the most of its benefits.

Frequently Asked Questions

Is cycling better than the treadmill?

Yes, cycling is a better choice than the treadmill. It reduces the risk of injury and puts low stress on joints and bones. It also burns far more calories than most other sports.

Which is better – walking or using an exercise bike?

The indoor bike is a way better option compared to walking. It burns more calories in the same time and improves the body strength, while creating a far more beneficial cardio vascular exercise.

Does cycling make your butt bigger?

No, cycling will not make the butt bigger. It helps shape and tone the butt.

Key Takeaways

- Indoor cycling will help reduce weight, improve heart health, and strengthen the legs and the body.
- It helps reduce the risk of diabetes, improves joint movements and brain function.
- The low-impact exercise helps reduce stress, improve balance, and increases stamina.
- Indoor cycling keeps you protected from dust, pollution, accidents, rain and heat.

It is simply a great way to get fit and stay healthy.