



## HOW TO BUY A STATIONARY BIKE

### Introduction

Riding a bike is a low impact way to build endurance and burn calories. To buy the best bike for you and get the results you're after, follow these simple steps.

### Instructions

#### Step One

Check product reports and comparisons, ask friends or colleagues, and talk with fitness professionals.

#### Step Two

Consider getting a day pass to a health club to try their stationary bikes.

#### Step Three

When visiting stores, be dressed to test drive a few. Test driving will allow you to determine the type of bike you'll be most likely to use and what accessories you'll need, such as clipless pedals, foot straps, padded hand grips.

#### Step Four

Decide what type of stationary bike you'd prefer: recumbent, upright or a bike with a weighted fly wheel, typically used in group exercise classes called Spinning or Power Cycling.

#### Step Five

Look through your local paper, local internet auctions, and garage sales. You may be surprised how little some bikes get used and the great deals you can find.

#### Step Six

As a general rule, you get what you pay for with fitness equipment.

#### Step Seven

Consider a bike trainer, a piece of equipment that turns your road or mountain bike into a stationary bike. They can save you considerable money and provide training time on the bike you use outdoors. You can find them in bike shops and in online stores.

#### Step Eight

Choose a bike with a good seat or buy one that is comfortable. Spare no expense on riding comfort.

### Tips & Warnings

- \* Padded bike shorts are very helpful for providing added comfort.
- \* Get recommendations from a fitness professional on ways to add variety and intensity to your workouts.
- \* Consider adding a television or music to your workout area.
- \* Be sure to have a water bottle handy to stay well hydrated.
- \* Always make sure your shoes are properly tied and laces aren't dangling near gears

