



Stationary biking 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 and 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

Stationary biking is a cardio exercise that ups your heart rate and allows your heart muscles to work harder to keep up with the oxygen demand. This, in turn, helps improve heart health. It has a positive cardiovascular impact.

3. Improves Strength

In stationary bikes, you can adjust the resistance of the wheel. You’d need to pedal harder to get the wheel moving. **This ultimately helps improve the strength of your legs and lower body.**

4. Reduces Diabetes Risk



Diabetes is closely related to obesity. Hence, losing weight may help reduce the risk of diabetes. **Stationary 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 stationary biking helps improve cognitive function, memory, and attention. The good hormones released during the workout and the action of pedalling play a significant role. Overall, biking is 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. Stationary biking too helps you sweat and burn calories. This reduces stress levels and stimulates the release of serotonin.

8. Improves Balance

Stationary biking 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 stationary biking to your workout regimen. You will be able to finish any cardio or strength training with more ease and without losing your breath too quickly.

10. Low-Impact Exercise



Stationary biking is a low-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

Stationary biking is also great for toning your lower body. It acts on your glutes, hamstring's, quads, and calves. You will shed fat from the legs and build lean muscle mass. It helps in muscle-building.

12. Is Very Convenient

This may not really be a health benefit, but it does benefit your health. If biking to and fro to work or school is not convenient for you, a stationary bike is a great option to keep yourself fit. Also, you can easily avoid heat, pollution, dust, rain, and all other outdoor factors that may prevent you from exercising.

Quick Tip

Do your cycling workout early in the morning for about 30-40 minutes to stay energized throughout the day.

These are the 12 reasons stationary biking is good for your health. Here are some tips to make your biking workout sessions more fun.

Tips To Have A Good Stationary Bike Workout



Here are a few tips to make the most out of your cycling workout:

1. Saddle

Choose your saddle wisely. Your saddle or seat should be comfortable not to hurt your butt while working out.

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.

3. Handlebars

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

Using handlebars engages the upper body, which is not possible in mini exercise bikes that do not have handlebars. Also, the handlebars should be at a forearm's distance from your body.

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.

5. Positioning Your Body

Do not lean 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.

6. Have Variations

Make sure there is variety in your workout. Use varying speeds and resistances to enhance the results. You can also add 10 minutes of stationary biking to your regular workout routine.

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.

If you have workout equipment at home and want to buy a stationary bike, here's what you must keep in mind.

Quick Tip

Pair this cardio exercise with strength and resistance training, HIIT (High-intensity interval training), and calisthenics to get the most out of your workouts.

If you have workout equipment at home and want to buy a stationary bike, here's what you must keep in mind.

How To Choose Your Stationary Exercise Bike



Your exercise bike should have a comfortable saddle that is adjustable to a good height.

- Know the weight your bike can take before buying.
- If you have back issues, you can look to purchase an attachment backrest. On the other hand, if there are no back-related problems, do not get lured into buying a more expensive model just for the sake of an added accessory that you do not need.
- The handlebars should be adjustable and movable, much like a cross-trainer.
- Make sure your bike has an option for using resistance.
- Ensure your bike has a display screen that can show you your speed, heart rate, and the number of calories burned. This helps while working out as you can record your progress.

Exercise Cycle vs. Treadmill

Exercise cycles, also known as stationary 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 lower body muscles..

However, cycling on a stationary bike poses a lower risk of injury and stress on 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 a stationary bike. Using it regularly can help improve your health. So, don't wait up! Get your bike and keep pedalling.

Infographic: 6 Health Benefits of Riding a Stationary Bike

With a decent stationary bike, you can enjoy the advantages of outside cycling right at home. Aside from the apparent benefit of strengthening your lower body muscles, this exercise equipment has numerous other advantages to offer. It may help improve your overall health in addition to toning your body. Check out the information below to learn more about the health benefits of using a stationary bike.

While cycling is a great cost-effective activity to keep yourself fit, it may not be always possible to go outdoors for the same. That's when having an exercise cycle benefits you. It helps keep your fitness routine in track come rain or shine. With minimum space requirements and advanced features, an exercise bike helps you in endurance training and lose 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.

Which is better – walking or using an exercise bike?

The exercise bike is a better option compared to walking. It burns more calories and improves the strength of the lower body.

Does cycling make your butt bigger?

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

Key Takeaways

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

Exercise bikes are a great way to get fit and stay healthy.