**Is a spin bike better than a treadmill?**

People who are very serious and regular with their workout spine bike are very useful for them. Spin bikes can burn calories much faster than on a treadmill. If you get confused about which one is better the spin bike or the treadmill. Then let me tell you one thing they both have their own advantages and disadvantages. And it depends on the type of workout you like and your goal.

If you consider the burning calories then a treadmill is better than a spin bike. You are an adult, and then you can burn about 260 calories in thirty minutes on a spin bike. And you can burn about 350 calories at the same time on a treadmill.

In this era, price is a very important thing for us when we are planning to buy something. Treadmills are more costly then spin bikes. Because a treadmill has an electric motor and it also provides more data and flexibility. Because of fewer prices, many people prefer spin bikes instead of treadmills.

Spin bikes are more essential for those people who regularly want a serious, but consistent workout. Spin bikes are also efficient in burning calories. And they allow you to burn calories faster than on a treadmill.

On the other hand, treadmills are suitable for anyone. People who are recovery from injury can also use a treadmill. It is also suitable for the elder person. If you use a treadmill regularly then it promotes rapid weight loss.

So it really depends on the types of exercise that which one is better. If still, you have confusion about it then please started using both. After using a few days you can decide which one is better for you. And then start with your desire one.