

Health and Fitness Essentials of Recumbent Exercise Bicycles

In the recent years, there has been a rampant use of a kind of a bicycle that was not common in the past seven decades; the recumbent bike. Though the bikes have been around practically from the beginning of bicycles, they are cropping up, especially in gyms and physical therapy facilities. However, they are in the form of recumbent exercise bikes.

The benefits accruing from this kind of bike are numerous and diverse. They not only offer comfort and safety but are also a vital asset as far as health and fitness are concerned. To begin with, they enhance cardiovascular exercise. Recumbent cycling is a unique form of cardiovascular exercise that helps to strengthen the heart and lungs while improving the ability of your body to use oxygen. In addition, regular cardiovascular exercise goes a long way in reducing your heart rate and the resulting blood pressure. This further makes your breathing easier.

The recumbent bike also offers less stress on the knee and hip. The fact that recumbent cycling exerts less stress on the hip and knee is beneficial particularly for individuals with arthritis. The bikes are reported to extend the angle of the knee joint in such a way that the knee and hip are not flexing so much with every rotation. The implication is that a recumbent bicycle might cause comparatively less knee and hip pain compared to a traditional bicycle.

In addition, these bikes enhance increased strength and weight management. Every cycling utilizes the enormous muscles in your legs, buttocks and thighs in order to build more body mass. Furthermore, recumbent cycling builds strength in the lower, especially in the lower extremities. It is also reported that clinical biomechanics have the potential of being used for strength and rehab exercises to help the elderly recover step-up and sit-to-stand movements. Also, cycling burns calories and enhance easy loss of weight and the management thereof.

When compared to the conventional bicycles, the recumbent types are profoundly safe and comfortable. Recumbent cycling is safer than upright cycling because of a larger seat, coupled with a back support and lower height. The bicycles come handy to patient groups with impaired mobility by enhancing

muscle and cardiovascular training. The backrest, larger seat and reclined position stand out as more comfortable than the traditional small bicycle seat having an upright posture.

The bikes lead to a better workout while preventing boredom. For example, glutes are used throughout the sessions as opposed to merely when standing. The absence of strain on the lower back and wrists imply that the workouts can be long drawn out. During the exercise, all leg muscles are engaged, with some recumbent exercise bicycles having more reclined positions working on the abdominal muscles. It is also worth noting their extent of comfort, allowing an individual to sit back and even hold a book rather than clinging onto the handlebar.

Simply put, the bicycle is more adaptable, comfortable and beneficial to your health. The exercise session has never been this interacting and interesting as it is with the recumbent bicycles.

More useful information about recumbent exercise bikes on <http://allaboutrecumbentbikes.com/>