

# Stationary Bike



## Bike can be used for:

- A Warm-up Activity
- Cardiovascular Training
- Lower Body Workout

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should **STOP** exercising & contact your physician. Alert gym staff if assistance is needed.

## Use of the Stationary Bike

1. Adjust the height of the seat
  - Leg should nearly fully extend on the down-stroke for correct height
  - Seat bolt must be fully tightened to avoid stripping the threads
2. Press on
3. Set time using the up arrow and the down arrow for desired minutes
4. Instrument panel will scan through level of exercise, time, calories being burned per minute, and total calories burned during exercise
5. The handles can be gripped and help move the wheel
  - Operation of the handles can take place without the use of the feet by resting the feet on the foot bars on both sides of the wheel ( use of only the arms will not utilize many large muscles and therefore will not burn as many calories as use of the legs and the arms together)
6. Pedal at a rate of speed that you can maintain at an *aerobic pace* for the amount of time you plan to exercise -- back pedaling will cause the chain to dislodge
7. Complete time on the bike before allowing the pedals to nearly stop prior to dismounting.