

# Stationary Bike



**Description:** Get your heart rate up by riding a recumbent or stationary bike for 20 to 30 minutes.

## Instructions

1. Pick a machine and adjust the seat so that your knees are slightly bent.
2. When you are ready, start pedaling for a quick start.
3. Start slow, then monitor and adjust your speed and resistance appropriately.
4. When you are finished, decrease the speed and resistance.
5. Gradually bring your pedaling to a stop.

## Tips & Modifications

- If you want a tailored cardio workout, select a program on the machine (e.g., interval, hills).



**Click here or scan the QR Code to the right to watch video instructions!**

