

# SCHWINN EXERCISE BIKE WORKOUTS

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Photo Credit Man on the exercise bike image by Elzbieta

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The Schwinn exercise bike is a highly regarded recumbent bike, according to a 2009 Consumer Search performance review of exercise bikes. Recumbent bikes are often overlooked by individuals at health and fitness centers because they don't offer a "full body" workout. However, this does not mean that Schwinn exercise workouts can't be challenging. The Schwinn exercise bike can also provide an effective cardiovascular workout.

## **ENDURANCE**

The endurance workout on the Schwinn is not only challenging but comfortable due to the quality of the seat. An endurance workout is performed at a moderate intensity and can last 45 to 60 minutes. Start with a five minute warm-up to raise muscle temperature and prevent injury. Adjust the resistance settings of the bike after the warm-up to a challenging, but sustainable level. Pedal for 45 to 60 minutes at this intensity and finish with a five minute cool-down to prevent a sudden drop in blood pressure.

## **INTERVAL WORKOUT**

The interval workout is meant for more advanced cyclists and challenges the anaerobic abilities of the body. Begin with a five minute warm-up. Then set the resistance level to a high level and cycle vigorously for 30 seconds. Lower the resistance level to a low intensity and pedal for 60 seconds after completing the vigorous intensity workout. Repeat cycling through the high and low intensity workloads until you have

repeated each 10 times. Cool down at the low intensity for five minutes to allow blood pressure to slowly return to normal levels.

## **SPRINTS**

The sprint workout is designed for elite cyclists and is the hardest workout of the group. Prepare for this workout with a 10 minute warm-up at low to moderate intensity. Overall intensity levels will be higher, therefore, the warm-up needs to be performed longer. Set the resistance level on the bike to a high setting. Pedal as fast as you can for 15 seconds. Relax for 30 seconds with no pedaling. Repeat this cycle of high-fast intensity and recovery period until both have been completed 15 times. You may extend the recovery period if 30 seconds is not enough. Cool down for 10 minutes to allow the body to adequately recover from the workout.

## **REFERENCES**

- [Consumer Search: Exercise Bike Reviews](#)
- [Idea Fit: Indoor Cycling Workout](#)
- [Schwinn Bike: Using Cycling to Cross Train](#)

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Read more: <http://www.livestrong.com/article/252340-schwin-exercise-bike-workouts/#ixzz2KE8Qf3pD>