



Champion Upright and Recumbent Bikes

Why exercise on a bike?

Stationary bicycles were the first pieces of indoor exercise equipment, and they remain extremely popular today. In addition to the more traditional position of the upright bike, there are now recumbent bikes with lumbar support. With either style of bike, an advantage of cycling is that you can workout for longer periods of time because of the lower impact. Another advantage is that although you are actively working both your legs and hips, there is little to no impact to key joints like the ankles or knees. In fact, the bicycling motion actually helps to strengthen and lubricate the knee which is excellent for those with knee, arthritis or other mobility issues.

The primary benefits of owning a home upright or recumbent bike;

- bikes are an ideal form of exercise for those looking for a lower impact but longer workout or for those with back or joint issues, and
- the varying levels of resistance, speed and distance allows you to design a challenging ride regardless of your ability.

The Champion C33W Walk Thru Recumbent Bike

Champion offers five styles of bikes – 2 upright and 3 recumbent – that deliver club-quality cycle workouts for all levels of fitness. The most advanced style is our C33W Walk Thru Recumbent Bike.

- delivers up to 16 levels and 350 watts of resistance for an exceptionally challenging workout
- walk thru design provides easy and safe access to the bike, especially for those with mobility issues
- oversized seat with titling back pad, fully adjustable handlebar and fan ensure a comfortable ride
- advanced fitness technology includes grip heart rate, blue backlit LCD display and body fat/BMI readings
- MSRP \$649

Getting Started

As with any fitness program, you need to first identify your fitness goals whether that is losing weight, building strength or gaining endurance. You also need to understand how you like to exercise – if you enjoy cycling or are looking for a lower impact but still intense workout, a stationary bike is ideal, especially if you are also experiencing mobility issues. The bike is easy to get started, and the versatility of the program profiles allows you to gradually and continually progress in meeting your fitness goals.

With a stationary bike, positioning and posture is important. You should work to adjust the bike so it fits to your body without any unnecessary pulling or stretching. Once you have found a comfortable position, start at a moderate speed and keep some level of resistance. It is much more effective form of exercise to increase the level of resistance versus building up your speed. As you gradually build your resistance you can work to increase your speed and time. Finally, keep track of your progress and set mini-goals each week to keep your workout fresh and challenging.

Maximizing Your Bike Workout

If you are using a stationary bike as part of a more aggressive, cross-training program, make sure you maintain a challenging level of resistance. The Champion bikes deliver up to 350 watts of resistance which would simulate a very aggressive hill workout. Also look to use the bike as a way to extend your workout – perhaps cycling for 15-30-45 minutes after a hard run.