

Buying a stationary bike



[CDaveRun](#) 2 posts since

May 13, 2008

Hi All,

I'm a new runner and given my reading and the condition of my knees after a run I am going to buy a stationary bike to build up my quads.

My question is this: Has anyone seen or heard a difference between an upright bike and a reclined bike? I know the reclined bike is more comfortable, but I want to make sure I work out the muscles that will help me run.

Any feedback would be appreciated.

Thanks!



[LuLuMonkey](#) 12 posts since

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Jul 15, 2008 1. **Re: Buying a stationary bike** Aug 1, 2008 7:17 AM

Hi there! An upright is a style similar to sitting up on a regular bicycle and a reclined/recumbent, you are sitting back with legs more out in front. It's a position that is a little more friendly for folks with back issues or just personal preference. I have an inexpensive ProForm recumbent bike I purchased at Sears a few years ago. It's nothing fancy. I ride it about an hour a day and it hasn't given me any problems and is very comfortable and easy on the knees. My recommendation would be to go to a few stores and take a few for a test ride. See what is comfortable for you and then look around for the best deal. Happy riding!

-Lu



[cri8686](#) 689 posts since

Nov 11, 2007 2. **Re: Buying a stationary bike** Aug 1, 2008 5:39 PM

I bought a gently used upright Lifecycle 12 years ago for cross-training twice a week, and it still works great. Personally I prefer an upright bike to a recumbent - I actually find recumbents less comfortable, and the upright feels much more like a "real" bike. Definitely test before you buy. However, in general, bikes tend to work primarily the muscles in front of your legs (especially quads) whereas running works the muscles in back of your legs (especially hamstrings). In other words, a bike will build your aerobic capacity but not your most important running muscles. If you're looking for a closer approximation to running, but without the impact, I'd recommend an elliptical trainer. You can then do leg lifts with ankle weights a few times a week to very effectively build up your quads.