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[Stationary Bike Workout for Beginners - Verywell Fit](#) : stationary-bike-workout-for-beginners-1230779

The stationary bike is a good choice for a cardio workout if you're just getting started with exercise and is a great way to ease into cardio. In fact, you get the same cardio benefits as when using the treadmill or elliptical trainer or when walking or running outside.

Real talk: this is gonna be hard. Indoor cycling classes are high intensity and fast-paced, and even the most seasoned fitties can struggle during their first session.

What to expect at your first Spinning class - Cosmopolitan

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by Police Composer Labatouche #128477; and The Main Force Patrol (MFP) commander de Fifi

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