The recumbent bike offers a wide seat and lower back support that is appropriate for most beginners.

Sit on the seat. Use the knob on the center of the bike frame to adjust your seat position. When you extend one leg completely with a flexed foot, there should be a 5-15° bend in your knee. You should be able to cycle comfortably without feeling cramped or that you are overreaching for the pedals.

Select your exercise time, program, and resistance. Choose a level where you can talk but not comfortably sing.