Bicycles - Upright

The Upright Bike offers a non-impact, partially weight bearing aerobic workout.

Stand next to the bike. Adjust the seat height so the seat is in line with the pivot point of your hips.

Sit on the seat and slide your toes into the toe clasps. To check that you have the correct seat height, straighten one knee with a flexed foot. There should be a 5-15° bend in your knee. You should be able to pedal comfortably without feeling cramped or that you are overreaching.

Select your time, program, and resistance. Choose an intensity that allows you to talk but not comfortably sing.