



# How To Get In Shape Fast With Stationary Bike Workouts You Can Do At Home

*Alan Freed*

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# How To Get In Shape Fast With Stationary Bike Workouts You Can Do At Home

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## **How To Get In Shape Fast With Stationary Bike Workouts You Can Do At Home Alan Freed How To Get In Shape Fast With Stationary Exercise Bikes**

You can get in shape fast with an exercise bike workout. You don't need any fancy, expensive, computer controlled bike either for great workouts at home. If you are ready to lose weight, burn some fat and get in shape, then check this out.

Finally use your stationary bike workout to get real results in a few minutes every few days. Make your workouts more interesting, challenging and beneficial with these guidelines.

It's possible to make fast progress, even if your bike has no built in workouts. You don't need computers for a good workout routine. The Schwinn Airdyne bikes and other dual action bikes are in many ways a lot better for fitness building anyway.

Here's the deal.

I've been riding a Schwinn Air-Dyne for years. It does not have a computer workout built in. It does have a load indicator and a count-down timer. What you get in this book is the workouts I've developed to make riding more interesting and workouts more fun, and less boring.

Let's face it, pedaling away on an exercise bike, at least how I've done it in the past, is about as boring as anything yet invented. It's enough to drive somebody to go back to web surfing or just about anything other than riding that boring go-nowhere bike again.

Believe me that doesn't have to be. There is a better way.

With these simple workouts and some encouraging words and tips in the book, you'll have just what you need to get on that bike and really make some progress.

As you probably already know, you get more than just burned calories if you use a bike the right way. You also get a shift in your metabolism, the rate at which you burn calories even if you're just laying around.

That's the real plus to these workouts. You can boost metabolism and get some really positive results in a short period of time. Using your bike may not give you the best exercise to burn fat, but it surely is one of the better ones.

Get this book and you'll have some simple-to-use workouts, made to order for bikes that do not come with built-in computer workouts. For dual action bikes, spinning bikes and other bikes this may be just what you need to get on that bike and really get somewhere, so to speak. This fits in with various cycle training plans and spinning workouts.

Get fit with better workouts and more riding fun.

Think you're in such good shape you wouldn't benefit from these workouts?

Ha!

These work for beginners. They also work for serious folks in good shape. Work out my way and you will be challenged. I don't care who you are!

Get the book and get fit faster. These bike workouts will produce results fast if you just follow the plan. It's simple and it works, no matter what your fitness level. In just a few minutes a week you will soon see the results!

Check the book out and see for yourself. Click the link above to buy this stationary bike workout guide for better results fast.

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