

Exercise Bike - Long Term Investment For Long Term Fitness

Why people nowadays are more apt to buy an exercise bike rather than join a gym club? Unless you are a young sociable working single with high disposable income, working out from a gym can be an expensive proposition.

Think of the cost of buying an exercise bike versus the ongoing costs of maintaining your membership. You are talking about spending \$35 per month to keep up your exercise routines. That's \$420 per year for one person. If you have family members, you could be spending around \$600 a year at least.

Having spent this much money every year, you can probably build a home gym with it already. While an exercise bike does look more like an investment, it's just a one-time outlay with no recurring bills, plus it can last a pretty long time. That should be the biggest benefit for anyone to own this bike over a gym membership.

Convenience is another big advantage when you have your bike at home. Even going to your local gym takes a bit of juggling with your schedule. Its opening and closing times may clash with your work, school or family times.

With your work out bike, you have 24 hours access to it every single day. No exercise gets easier than hopping on your stationary bike whenever you want some calories to burn away.

What happens when you are a jogger and outside is either snowing, raining, too windy, too hot, or too dark? You can immediately see what a dilemma this can put you into.

With an indoor exercise bike, now you are able to switch routines when external conditions prove a bit too challenging. Then it's a matter of adjusting how cool, warm or dry you want your environment to be. You'd be so glad not to have missed your workout, whatever weather the day brings on.

How good can it get? Owning a good quality home exercise bike, you save a tremendous amount of money and time. And so much convenience over what can be had from a gym membership. You can exercise when you want, how long you want, build fun and health with family members right at home. No extra fees, no extra gasoline to burn.

Summary:

Financially, investing in a sturdy home exercise bike stops you from draining your money with ongoing membership dues. With the convenience an exercise bike gives you, you can save so much time, being able to exercise whenever you want, for how long you need, without incurring further costs.

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