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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.

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 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.
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