



Healthier Living

## UPRIGHT BIKE BUYING GUIDE



### THINGS TO CONSIDER...

#### *When researching manufacturers*

- How long has the company been in business?
- Is there a history of satisfied customers and after sales service?
- Are there any product reviews and awards and are they from a reputable source? What are the reviewer's credentials and are they experienced in the fitness field? Are they doing the review "honestly" or are they making money from their "top picks"?

#### *When considering places to buy?*

- Do they offer you all the products and services you require?
- Specialty stores usually offer a wider range of quality equipment and have experienced sales/service staff who can help find the right product for your needs and assist you with any problems throughout the life of the unit.
- Research customer feedback and look for referrals, review the BBB. How will you be taken care of if the company selling you the equipment suddenly goes out of business?
- Is the delivery and/or service completed "in-house" or is it outsourced? If it is outsourced, find out more info about the company (Name, experience with manufacturer etc.).

#### *When trying the equipment?*

- Bring your running shoes and be ready to test each unit in the store exactly how you intend to use it in the home. You'll be amazed how easy it is to tell the difference between models once you are trying them.
- Where has the manufacturer invested their dollars? Everything costs money so does the unit feel solid and comfortable or has more money been invested into gadgets, like fans, speakers etc.
- What is the product warranty? It is a true sign of the manufacturer's faith in their product.
- Look at how safe and easy the unit is to get on and off. Do you have to step over plastic or does it have a step through design?
- Ensure the pedal spacing is comfortable for you. Check how far apart your feet are during your pedaling motion and ensure the bike's pedals offer the ability for you to position your feet in a natural position. Your hips, knees and ankles should be in a straight line to avoid stress on the joints so check the pedals do not force your feet too wide apart and therefore misalign the lower body. Try to use the bike in front of a mirror and have someone else watch your motion as you use it. If it looks or feels unnatural, it could lead to issues down the road.
- Does the bike have easy adjustments to adjust the seat in different directions (forward/back and up/down)?
- Is the bike nice and easy for you to start pedaling when at Level 1? It is important that the system is not too difficult to get going. Next, raise your speed to 45 rpm and adjust the level of resistance until you feel like your Heart Rate is rising to your desired level. Is there good inertia at this setting? It should feel nice and smooth.
- Understand what makes a quality Resistance System. A **Manual Brake** is inexpensive but limits programming options and may require replacement of brake pads regularly. **Magnetic Resistance** that relies on a servo-motor is common but does not have the quiet operation, wide resistance range, ability to quickly change resistance and durability due to no moving parts like an **Electromagnetic Braking System** does.
- Don't fall for the "maintenance-free" story. Everything wears out. Some maintenance saves you money. Has the equipment been designed to make it easy for you to perform preventative maintenance?
- Is programming included that makes it easier to achieve your fitness goals? (e.g. Heart Rate Training) Does it progress with you as your fitness and abilities improve?



## UPRIGHT BIKE SHOPPING CHECKLIST...

	Upright Bike 1	Upright Bike 2	Upright Bike 3
Manufacturer and Model #			
Quality of Manufacturing – Fit and Finish			
Accessibility (Step through design?)			
Seat Adjustments Forward/Back			
Seat Comfort			
Pedal Spacing			
Comfort & Feel at High Speed			
Noise Level			
Ergonomics – Does it feel natural?			
Resistance System			
Resistance Range			
Handlebar Positioning (riding styles)			
Safety Features			
Programming Range (HRT Options etc.)			
Advanced Programming (Target Goals & Anaerobic Training)			
Entertainment Features			
Warranty			
Overall Value			
Other Comments – Concerns etc.			