

Exercise Cycles Vs. Treadmills

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You may notice if you've ever had a membership at a gym that two of the most popular machines are the exercise cycles and the treadmills. No matter when you go these are the most used machines and you will probably end up having to wait to use one, the other, or both. You could save yourself the hassle and purchase one for your private residence, which then leads to the question, "Which one do I choose and why is it better?"

Well, first of all, one is not necessarily "better" than the other—just different. In terms of [exercise equipment, treadmills](#) are the most popular cardio and aerobic machines for home fitness. It is designed to help you build bone density in the lower body and promotes overall muscle tone through weight-bearing exercise. They are great for running, cross training, and physical therapy, as well as their cardiovascular benefits.

[Exercise cycles](#) too are great for aerobics. They tend to be less expensive than treadmills and provide a gentle low-to-non-impact workout. They are great for those with prior injuries or those currently recovering from one. They also offer an opportunity for better increased heart rate exercise without straining the knees, hips, or feet.

Either of these two exercise machines are worth your investment, it's a matter of preference—do you prefer higher or lower impact exercise and what is your current physical status? Those should dictate the decision.

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