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[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.](#)

[Stationary Bike Workout for Beginners - Verywell Fit](#)

[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.](#)

[What to expect at your first Spinning class - Cosmopolitan](#)

[cosmopolitan : body : fitness-workouts : advice : spinning-clas...<br>Konami Code Sparkster \(SNES\) Entrando uma varia<br>Konami Code Sparkster \(SNES\) Entrando uma varia<br>Rocket Knight Wiki - Fandom rocketknight.fandon : wiki](#)

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