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Whether you call it indoor cycling or spinning, pedaling a stationary bike for a solid 30 to 60 minutes is a great workout. It also qualifies as low impact exercise. For a lot of people, low impact is just what they need to help them lose weight.

[Spinning to Lose Weight: 5 Helpful Tips to Get You Started](#)

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As a general rule, the average person should start seeing noticeable results after one month of using an exercise bike as part of their regular routine. Exercising is a long-term commitment, so don't be discouraged if you can't see results straight away.

[How long does it take to see results from riding a stationary bike?](#)

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