

THE
FINE LINE

Cycling October, 2019

In the wake of Peloton – which claimed to have sold a bike in every state every day last year – cycling is having more than a heyday. But you don't need to clip in and face the music to get a good workout. It's less about soul and all about the cycle with so many other options at your feet:

Assault AirBike

The moniker is a dead giveaway for this strenuous vehicle, but there is nothing better for working toward the burn. The [Assault Airbike](#) amplifies resistance as you push, pull and pedal with greater speed and strength – working the whole body simultaneously. Given the intensity, you'll be grateful it lends itself to interval training, tracking whatever goals you desire (calories, distance, heart rate, time). **\$699**

An [Elite](#) version, launched two years ago, boasts a smoother ride and greater resistance against an increase in speed, but also allows muscle isolating workouts. Whether you choose to cycle solely, engaging just the lower half of the bike, or focus on your arms, utilizing only the upper portion of bike, you still feel the assault. **\$1,299**

Wahoo Kickr Bike

Newly launched by Wahoo, a tech-fitness company that specializes in indoor bike trainers, the [Kickr Bike](#) “blurs the line between virtual and reality...for a level of realism never experienced on an indoor training ride.”

The Kickr mimics outdoor riding with its unique incline changes in real time. Riding up and over steep mountains and replicating speed on descents (wind in your hair not included) will not only feel authentic but also deliver a more dynamic workout. Innovations also include virtual braking (a new concept to indoor cycling) and programmable virtual shifting. As with all Wahoo products, pairs immediately with your technology of choice (bike computer, phone, tablet, etc) for easy tracking. **\$3,499.99**

Street Strider

Can't quit the elliptical you grew up on – which may or may not (no judgment here!) also act as a clothes rack now? There's a new bike for you: [The Street Strider](#). With the ability to ride outdoors or in, this hybrid conditions your whole body with low impact. As a

weight bearing exercise – you operate it standing – it can strengthen bones, reducing the risk of osteoporosis. But it's the fun factor that has Strider riders won over, saying the elliptical motion feels like "skiing down the street" and "running on air."

There are several models, depending on your fitness level and goals, all of which feature a stable three-wheel platform and intuitive learn-to-steer system. For convenience, it folds for easy transport and fits on a roof rack. **\$999 -- \$2,499.**

Rowbike

We've divulged the merits of a [rowing workout](#), so you can imagine our elation over the [Rowbike](#), a hybrid of rower and bicycle. While not a new invention, Rowbike has become increasingly popular among those seeking a zero impact, total body conditioning workout. In addition to melding the benefits of weightlifting (stronger arms, abs and shoulders are within your reach) with the cardio of cycling, users rave that it's exhilarating. Rowbike founder Scott Olson – whose legacy also includes rollerblades – coined the term "rowing" (rowing and cycling) for this efficient workout.

It's Electric!

While it may feel counterintuitive, electric bikes (aka e-bikes) are a healthy workout. With pedaling assistance, you can go further and longer – and they "provide physical activity of at least moderate intensity that is [lower than conventional cycling] but higher than walking," according to Jessica Bourne, Research Coordinator, University of British Columbia Health and Exercise Psychology Laboratory. E-bikes may just be the boost we need to keep going as we age. By reducing some of the physical effort, they eliminate issues, such as joint pain. Yet without sacrificing the enjoyment or level of exertion you seek.

There are three classes of e-bikes...

Class 1: The motor kicks in only when you pedal, and stops helping at 20 mph. This is ideal for new riders.

Class 2: Offers pedal-assist up to 20 mph *plus* a purely throttle-powered mode.

Class 3: Solely pedal-assist (like class 1), but assistance continues until you hit 28 mph. As they are faster (and more powerful), tends to cost more.

...and the latest models are sleek, quiet and built for a safe ride. Take one of these for a spin:

[REI Electra Townie Go!](#) \$2099.95 (class 1)

[Turbo Como](#) \$2850 – \$4150 (class 1)

[Flash Bike](#) \$1699; \$1899 (class 3/can convert to class 2)

Why Ride?

Regardless of your ride of choice, cycling can help you roll through aging with gusto. A [2018 study](#) revealed that cycling helps preserve greater muscle mass and strength while maintaining stable levels of body fat and cholesterol. But the effects go deeper – to the immune system. The Thymus, the organ responsible for our immune cells (aka T-cells), naturally shrinks over time impeding its ability to create new cells; however, studies show that aging cyclists continue to generate T-cells, as they did while young, allowing the body to fight infections.

Lest we forget, cycling begets joy. Whether indoors or out, experts believe cycling boosts mental health, reducing risks of depression, positively affects brain serotonin, which aids sleep, and helps build new brain cells in the hippocampus, helping us maintain a sharp memory as we age.