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limited 4 , £ release in several countries during 2024. Call of Duty: Warzone Mobile

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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.

The stationary bike workout for beginners - Verywell Fit

Stationary Bike Workout for Beginners - Verywell Fit

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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.

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and even the most seasoned fitties can struggle during their first session.

What to expect at your first Spinning class - Cosmopolitan

body : fitness-workouts : advice : spinning-clas...

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