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Bill Malone, and</p>
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v><div><div><div>Whether you call it indoor cycling or spin

ning, pedaling a stationary bike for a solid 30 to💰 60 minut

es is a great workout. It also qualifies as low impact exercise. Fo

r a lot of people, low impact💰 is just what they need to help them lose

weight.</div></div></div></div></div><div>&l

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ng to Lose Weight: 5 Helpful Tips to Get💰 You Started</d

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m:12px;padding-top:0px"><div><div><div><div><

div><div><div>As a general rule, the💰 average person shou

ld start seeing noticeable results after one month of u

sing 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.</div></div></div></div></div><di

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;How long💰 does it take to see results from riding a stationary bike?&lt

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