



# How Many Calories Are Burned on a Stationary Bike in 30 Minutes?

It turns out you can't go wrong with this gym standby. Not only are stationary bikes great for all fitness levels, they're also the perfect tool for accomplishing daily exercise goals. In fact, a 30-minute workout on a stationary bike can burn 300 or more calories, depending on intensity. You might be in your living room, but the exercise machines offer the same calorie-burning benefits of a long bike ride, while also kick-starting metabolism for faster weight loss – paired with a healthy diet, of course.

[9 best exercise bikes for home](#)

## Spinning Into Shape

Stationary bike classes, called "spinning," are hugely popular. Heard of SoulCycle yet? If you haven't, there's surely a studio coming to your town soon. But spinning classes are also accessible because the equipment needed for them is minimal, and the classes provide a low-impact cardiovascular exercise that burns lots of calories.

Stationary bikes often include built-in resistance controls that can be changed according to each participant's fitness level, raising the resistance to mimic going uphill or lowering it to pedal faster but more easily. This allows people of all levels to ride together in a group setting while still getting an intense workout. Some stationary bikes allow riders to track calories burned, which can help them set goals for the intensity of each workout.

## Burning Legs, Burning Calories

Hammering away on the stationary bike? You're engaging the calf, quadriceps, core and arm muscles, increasing the rate at which exercisers burn calories. However, the rate varies from person to person, and a person can burn more or less depending on effort expended, diet, how much resistance is applied and overall fitness levels.

[Spinning.com](#) reports that their participants generally burn 400-600 calories per hour. That may be why spinning fans are such devotees of their classes.

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