

RECUMBENT

VERSUS

UPRIGHT

COMPARING THE 2 CYCLING STYLES



Reclined body position

More comfortable, natural, reclined position helps reduce body fatigue and muscle soreness in wrists, shoulders, and back

Leverage back of seat and engage back, core, and leg muscles to pedal

Improved field of view as you can look out at your surroundings, not down, and maintain your stability

Highly adaptable options for those with injuries or special needs



Upright body position

Slightly hunched over position with slight bend in neck and back; smaller seat creates what's known as 'saddle soreness'

Leverage body weight and engage leg muscles to pedal

Need to look down to constantly monitor where you are riding; can't look to the side for too long

Usually not an option for those with injuries or special needs