

## Fitness Gear Review:

### LifeSpan TR2000-HR Compact Treadmill

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*The LifeSpan TR2000-HR: Powerhouse Compact Treadmill Designed To Save Space*

- Auto Hydraulic Fold-Up For Compact Storage
- Lifetime Warranty on All Steel Frame and Motor
- Can Accommodate Up To 300 Pound Users
- Stunning Value at \$1,295.00

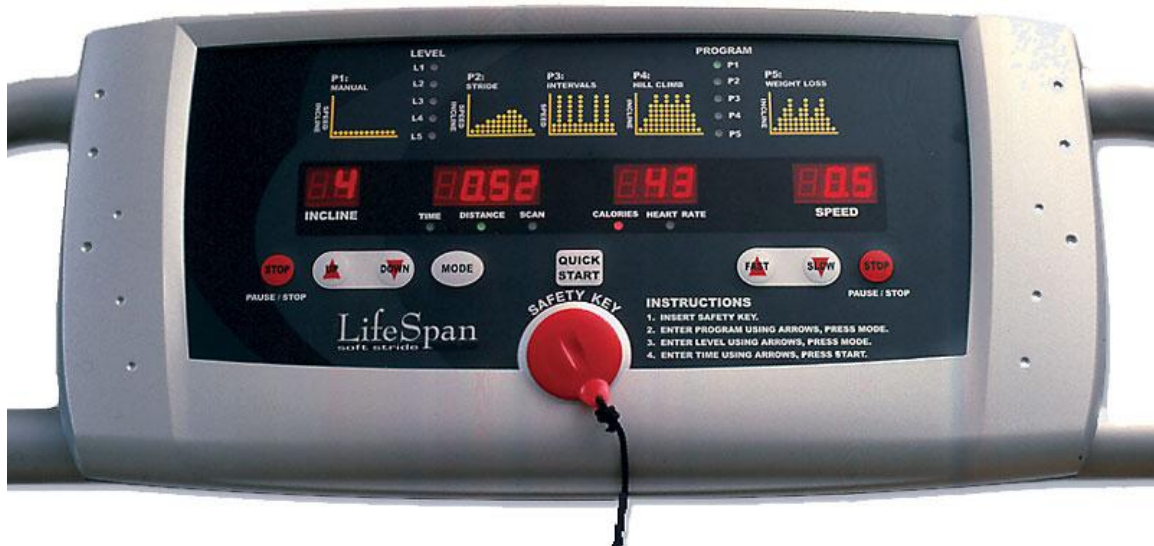
#### **Built For Life**

I'm not referring to me silly (although in my mind I'd like to think so), but that's the motto of LifeSpan Fitness' latest Treadmill, model TR2000-HR. Based on my vigorous training workouts and putting approximately 21 miles on the Treadmill in less than two weeks—I definitely agree with them. But don't take my word for it—LifeSpan offers a lifetime warranty on the All Steel Frame and Motor. Try finding that kind of support and warranty on a similarly priced Treadmill! The quality construction and unique design does not end here. Keep in mind this is the world's most compact treadmill—to help achieve this lofty goal, the engineers at LifeSpan figured out how to remove the obtrusive front hood found on the majority of treadmills and relocate it underneath the frame. This is no small task considering the motor and sophisticated electronics are typically housed in the hood. The advantage of this “walk-through” design is no interference with your natural stride or worse, accidentally kicking the front hood. It also shaves off lots of unnecessary room in the front of the treadmill (8 to 16 inches). In addition, the TR2000-HR has a hydraulic assisted folding feature and includes rear wheels on the frame to easily move out of the way for storage when not in use.

#### **Take A Walk...or a Hike**

Look, I don't want to get on my soapbox, but take it from the The Muscleman of Technology®; one of the single best things you can do to combat cardiovascular disease, speed up your metabolic rate, drop calories, and improve quality of life is to adopt a regimen of regular light aerobic exercise. To that end, the treadmill is your best friend! Just let me get this off my 47” chest and I will stop preaching. Using a treadmill such as

the TR2000-HR is much safer and healthier for you than walking outside. The treadmill allows you the convenience to use anytime in the privacy of your home, no getting irradiated by the solar rays of the sun (yes tans look great but you will be a premature wrinkled prune with increased risk of skin cancer over time), and no breathing the delightful exhaust of cars, trucks and buses. Being in a controlled environment equates to getting consistent and accurate readings from the myriad of programs built into the treadmill such as distance, calories burned, speed & incline, and monitored heart rate (did I mention the inclement weather conditions benefit)?



### **The TR2000-HR is Perfect**

The LifeSpan TR2000-HR compact treadmill was specifically designed for anyone needing the benefits of a treadmill that has space constraints. In other words the TR2000-HR is perfect for folks living in condos, town homes, or apartments. Remember what I said about the “walk-through” design? Well, that means this treadmill is a great choice for seniors and novices because you can stay close to the handlebars without interference. The EKG Heart Rate Grip Pulse sensors are located on both sides of the handle bars and give users quick accurate feedback to help monitor and track your Target Heart Rate. The all steel frame construction, 2 horse power motor and heavy-duty 18 x 54 TR2000-HR treadmill with preset programs gives you the freedom to tailor routines for your personal goals with peace of mind. The main console’s big bright red LED readouts from 4 windows let you know everything about your exercise progress and status. Speed ranges from .5 MPH up to 10 MPH, and it inclines from 0 to 10%. By the way, Program 5 (P5) is specifically for weight loss.

### **Invest in Your Health**

If you’re considering a treadmill and space is at a premium, you’ll be hard pressed to beat LifeSpan’s TR2000-HR. I’m not the only one singing its praises—TreadmillDoctor.com awarded the TR2000-HR a “Best Buy” and they’re the treadmill experts! Keep in mind the steel frame and motor have a lifetime warranty, it can accommodate 300 pound users, and includes all the features you need without being complicated. For a little over a \$1000, it is a pretty small price to pay for walking your way to health in the privacy of your own home. I say this all the time: You can’t put a price on your health!

For more information about the LifeSpan TR2000-HR, be sure to visit their site at:

[www.lifespanfitness.com](http://www.lifespanfitness.com)