

## Fitness Gear Review:

### LifeSpan TR2000-HRC Compact Treadmill

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

- Lifetime Warranty on All Steel Frame and Motor
- Auto Hydraulic Fold-Up For Compact Storage
- Can Accommodate 350 Pound Users
- Decline Feature Proven to Help Reduce the Risks Associated with Diabetes
- Stunning Value at \$1,399.00

#### **Built Like a Sherman Tank**

I'm not referring to me (although I'd like to think so), but that pretty much sums up LifeSpan Fitnesses' newest Treadmill, model TR2000-HRC. This Treadmill is so solid and stable, you'll absolutely fall in love with its commercial quality constitution and small size. Based on my vigorous training workouts and putting approximately 31 miles on the Treadmill in less than three 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 there. 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-HRC 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 Musclemen 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-HRC 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 or putting up with inclement weather conditions. Being in a controlled environment equates to getting consistent and accurate readings from the myriad of programs/readouts built into the treadmill such as distance, calories burned, speed & incline, elapsed time, lap count, and monitored heart rate.



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

The LifeSpan TR2000-HRC compact treadmill was specifically designed for anyone needing the benefits of a treadmill who has space constraints. In other words the TR2000-HRC 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. Another great convenience is having both the incline and speed switches built into the left and right side handlebars respectively. The Heart Rate Grip Pulse sensors are located on both sides of the handle bars and give users quick and accurate feedback to help monitor (and track) their Target Heart Rate. The all steel frame construction, 2.5 horse power motor and heavy-duty 20" x 56" LifeSpan TR2000-HRC Treadmill includes 12 preset

programs. Plus, you'll have the freedom to modify these programmed routines for your personal goals...with peace of mind.

The main console's super clear "high-def" backlit LCD window lets you know essential data about your exercise progress and status. Speed ranges from .5 MPH up to 10 MPH, and it inclines from 0 to 10%. Don't forget the awesome decline feature which dips down to 5%. Why is a decline feature so important on a treadmill? According to a recent study by Dr. Heinz Drexel presented to the American Heart Association, downhill walking significantly improved the body's ability to process sugar in the blood (walking uphill did not produce the same result) and helps reduce the risks and effects associated with diabetes. Downhill walking is also a great way for sedentary folks to get started on their treadmill walking routine.

### **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-HRC. I'm not the only one singing its praises—

TreadmillDoctor.com awarded the TR2000-HRC a "Best Buy" and they're the treadmill experts! Keep in mind the all steel frame and motor have a lifetime warranty, and this baby can accommodate users up to 350 pounds. For a little over \$1300, 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-HRC, be sure to visit LifeSpan's web site at: [www.lifespanfitness.com](http://www.lifespanfitness.com)

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