

## Fitness Gear Review:

# LifeSpan TR200 MyTread...A True “Fold n Stor” Treadmill

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## ***TR200 MyTread: The Perfect Home Treadmill for the Rest of Us***

### SUMMARY HIGHLIGHTS:

- Comes fully assembled in carton – it’s ready to use in minutes right out of the box
- TR200 can incline up to 6% gradient and supports users up to 250 pounds
- Instantly and easily fits under a bed, stands up in a closet/wall, or behind a door
- Lifetime Warranty on Frame and 5 Years on Motor
- Blue LCD Pro Console tracks your time, calories, distance, speed, and incline
- Built-in console speakers for iPod or MP3 player
- Contact heart rate sensors built into the handlebars
- Quick Start buttons for Speed and Incline with 6 preset programs to choose from
- The most elegant treadmill design ever for home users - designed to save space

### **What’s Not to Like?**

LifeSpan really knows how to design treadmills—after all the Salt Lake City, Utah company has been continually cranking out award winning treadmills since it was founded in 1994. During the past 15 years the LifeSpan brand has been synonymous with an impeccable name for quality, and a reputation for innovative fitness products. That tradition continues with the brand new release of the TR200 MyTread home treadmill.



Unlike the big thick black oversized ugly treadmills, the LifeSpan TR200 MyTread is elegant with a small footprint and a contemporary look. It's finished in a powder white color with light grey accents. The folding console is totally cool with easy to read digits and a really modern looking light blue backlight LCD (see photo). I absolutely love the built-in speakers on the console that allow you to plug in your iPod or any MP3 player with a standard audio cable. Of course, another excellent attribute of the TR200 is it folds 'n stores almost instantly, and can be easily slid under a bed, or put into a closet using the handy front wheels to assist almost effortlessly.



### **Go Take a Walk**

The LifeSpan TR200 compact home treadmill was specifically designed for anyone needing the benefits of a home treadmill that has space constraints. In other words, the TR200 is perfect for folks living in condos, town homes, or apartments. Keep in mind this treadmill is NOT for triathletes, serious runners, or folks tipping the scales above 240—it's designed for casual walkers, novices, seniors, or anyone looking to get into a cardiovascular program using a solid home treadmill. I strongly recommend EVERYONE read pages 8 through 19 of the manual for tips on starting an exercise program, heart rate training, heart rate training zones, motivation to exercise, tips for weight loss, healthy living, and disease management. Let me tell you my personal opinion regarding why a treadmill training program is the single best type of exercise for many folks. Take it from me, The Muscleman of Technology<sup>®</sup>—when it comes to fighting cardiovascular disease, speeding up your metabolic rate, burning calories, and improving quality of life, adopting a regimen of regular light aerobic exercise is the KEY. To that end, the treadmill can be your very best friend!

## **The TR200 MyTread Experience**

My personal use of the TR200 MyTread for almost a month has been nothing less than stellar and I love it! It has a rock solid frame, and it combines high-end treadmill features and attributes with the bonus of folding away quickly and easily by just turning the blue round caps on each side at the bottom deck (remember to lift the quick release lever). The console controls are simple and intuitive to use. The one thing I did discover however, is when you want to get your heart-rate measurement, remember to toggle the mode button prior to gripping the handlebar contact sensors—then you will see your accurate reading as the icon will change from inline to heartbeat. This is one purchase you'll feel good about on the outside...and on the inside. The average selling price seems to be \$799 (you may find it online for slightly less). Considering the features, warranty, and modern good looks in one compact design that will help you get healthier, it's really a no-brainer if you are in the market for a home treadmill. There really is no other treadmill to consider in the "Home Ultra Compact" category. The closest competitor, the Evolve treadmill by Horizon is the same price BUT can't do ANY incline, has a smaller motor, and has no lifetime warranty on its frame.

## **A Home Treadmill is Better Than Exercising Outdoors**

Using a home treadmill like the TR200 MyTread 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, and monitored heart rate.

For more information about the LifeSpan TR200 MyTread home treadmill, be sure to visit LifeSpan's web site at: [www.lifespanfitness.com](http://www.lifespanfitness.com)

***Note: Always be sure to consult your physician before starting any exercise program.***

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