1 December 2008

By: Georgiana Bobolicu, Gadgets Editor

# Treadmill Bike Takes The Gym Outside

## *Walk to ride the bike*

Treadmill Bike
Bike Forest

If you are a treadmill workout fan but you can't exactly afford the gym prices, there's an alternative now, the Treadmill Bike from Bike Forest. Just as it sounds, this item is a little treadmill on wheels, where your legs provide the power to move the whole contraption.

According to Bike Forest, the manufacturing company, "this fabulous piece of fitness equipment offers an excellent cardiovascular workout while transporting you from point A to point B. Save time by exercising while you travel," not to mention the fact that it offers the same fat burning benefits of a conventional treadmill, but without the membership fees.

Despite the fact that it looks a little bit weird, the Treadmill Bike has great advantages. This way, you will no longer have to stay inside if the weather outside is nice, being able to take the Treadmill Bike out for a ride through the park. Because of this item's rugged design and all-terrain tires, you could even take it to the woods or down country roads.

The Treadmill Bike's hard wearing belt offers a sure grip while protecting your feet from dirt and other contaminants commonly found on the earth's surface. But you don't necessarily have to use it for workout only. The Treadmill Bike can also become your favorite mode of transportation, as you can use it when going shopping for groceries or traveling to work.

With this bike you'll get the work done and you'll always be in an excellent shape. The Treadmill Bike even sports a resistance feature, meaning that bikers with different abilities can workout together and no one will get left behind.

If you think about buying one for yourself, then you should know that it doesn't really come cheap, retailing for a bit over 2,000 US dollars, but what's 2 Ks when it comes to your health and figure?

We are just a few, but there are many of you, Softpedia users, out there. That's why we thought it would be a good idea to create an email address for you to help us a little in finding gadgets we missed. Interesting links are bound to be posted with recognition going mainly to those who submit. The address is .  


Copyright (c) 2001-2012 Softpedia. All rights reserved. Softpedia™ and Softpedia™ logo are registered trademarks of SoftNews NET SRL.