

Trikke Your Way to Health

A good exercise routine involves much variation. For most, it is completely important to include a good balance of fun and work for their exercise routine to be successful long-term. This is exactly why it's important to include fun exercise in your work-out routine. Meet the Trikke.

The Trikke three-wheeled cambering vehicle is a ton of addictive fun. It just so happens that it's a great, well-rounded exercise. So what is the Trikke? Have you ever been snow-skiing? If not, surely you've at least seen a video of someone enjoying the slopes. Trikkeing is a lot like that, except on pavement. Here's an official description from the Trikke website:

"Trikke three-wheeled cambering vehicles are human powered machines that utilize Trikke Tech's patented 3CV technology to allow a rider to propel a chainless, pedal-less device forward without ever touching foot to ground. This elegantly simple construct provides a stable 3-point platform that leans into the turn with the rider while all three wheels remain in contact with the ground. A rider may reach speeds of up to 18 mph on flat ground, ride 50 miles in one day, and climb the steepest of hills (with practice!). Trikke's design allows the rider to naturally engage his entire body throughout the ride. Legs are active for balancing and shock-absorption and arms punch for power-thrusts and hang on for stability and control. The Trikke 3-wheeler allows you, the rider, to feel the miracle of your own body and mind working in graceful unison. The bi-products of the ride are joy, health, fitness and a renewed appreciation for yourself and your life."

Riding the Trikke is as simple as rocking and rolling. An experienced rider uses his or her whole body to propel the vehicle, but you can easily start forward motion by simply rocking the front wheel back and forth. After learning the natural motion of the vehicle, it becomes easier and easier to put your whole body into propelling the machine. It's truly a whole body workout.

The best part about the Trikke is that it's absolutely and positively, a ton of fun. While that might be an opinion, it's an opinion by most who have experienced a well-rounded ride.

Due to the nature of the vehicle, the Trikke is best described in pictures and video rather than words alone. For this reason, it's best to check out the Trikke website for more information. Get a Trikke and Trikke your way to health and fitness!

Source: <http://www.articlecircle.com>

About the Author

Erik Nitsu loves his Trikke! For more information on the Trikke, check out <http://www.dealordud.com/2006/03/30/trikke-t8-convertible/>. For other consumer product and service reviews, visit <http://www.dealordud.com/>.