

Reebok ZR8 Treadmill - Black (400 GBP)



Location

South West, Hampshire

<https://www.freeadsz.co.uk/x-486731-z>

This machine was bought in October (2016) and has been used 7 times. One careful lady owner etc etc etc.... Reality is that it is our upstairs bathroom and my wife says that it either her or the running machine. You can imagine this is very tricky, however for once I need to do the right thing. Need an emoji here! Anyway, this is a great machine and is as new; even smells new. Whoever buys it needs to collect with a van. It's heavy, but I will of course get my wife to give you a hand. Easy Fold Soft Drop Mechanism Unique ZigTech Cushioning Technology Every time your foot connects with the ground during a run, a force similar, and in some cases greater, than your body weight is transmitted back up your lower body. The ZigTech cushioning technology built into the running deck helps to manage these forces by effectively reducing stress in the glutes, hamstrings and shins by harnessing the shockwaves made whilst running. The zig-shaped cushioning absorbs the impact of heel strike and sends a shockwave along the length of the running deck to disperse high levels of energy, and ultimately assist your joints and muscles during exercise. Powerful Continuous Duty Motor Housed within the smooth exterior of the ZR8 Treadmill is a 2.0HP continuous duty motor, which produces speeds between 1-16km/h (0.6-10mph) - a great range for anyone serious about running. In addition to the motor, another integral part of the ZR8 is its easy fold system, which makes having a treadmill at home both convenient and safe with the built in soft drop mechanism. Multiple Electronic Incline Levels The ZR8 has all the functional benefits of a serious compact treadmill, with the additional feature of electronic incline control providing a seamless way to increase the difficulty of your workout. With a running deck of 126 x 41cm and maximum user weight of 120kg, the ZR8 has more than enough space for an effective workout. LED Lit Console Display View larger Make Your Workout Personal The console display helps you keep track of a number of functions

including time, distance, calories and your heart rate. To make your workout personal, the ZR8 has 24 preset workout programmes installed. 24 different combinations of incline and speed to help you work different muscle groups and improve overall fitness. To make your run even more personal, the ZR8 has a 3.5 inch MP3 iPod/USB slot to add your own music to your workout. ZigTech Cushioning Technology 2.0HP continuous duty motor 1-16km/h speed range Electronic incline levels Easy fold soft drop mechanism 126 x 41cm running area Quick speed / incline handlebar controls Hand pulse measurement Speed / Time / Distance / Calories / Pulse / Incline / Chart profile functions LED lit display with MP3 input, speakers and separate volume control 24 preset programmes plus bodyfat, 3 target programmes and 3 user defined programmes - 31 in total Setup dimensions - 65 x 74 x 143cm Folded dimensions - 102 x 74 x 143cm 120kg maximum user



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