

Ironman Triad Treadmill

The Ironman Triad treadmill is a made-in-Taiwan exercise demon that retails for close to \$3000. Its motor, a continuous duty 3 hp model, provides running enthusiasts with 15 different programs. You can set up an automatic heart rate program, choose from 2 manual settings, from 4 programs that are pre-set for you, or customize up to 8 programs of your own design. The Ironman triad treadmill can tolerate up to 350 pounds, and includes an interactive Polar heart rate monitor with chest strap, and a treadbelt 60 inches long and 20 inches wide. You can choose from three optional accessories for your Ironman triad treadmill as well. Its protective floor mat, retailing at about \$25, is durable and dampens sound. Designed to absorb shock during use, the attractive Ironman triad treadmill floor mat also keeps dust and dirt off your carpet. You can choose from two heart monitors as well, one offering five features and retailing at around \$130, the other upgraded to 17 features, at a retail cost of about \$160. The most basic Ironman triad treadmill heart rate monitor delivers constant information as you workout, letting you know your current heart rate, the highest heart rate you've experienced during the workout, as well as the average. It has a 24-hour time clock, an LED indicator, and an automatic power save function. It runs on 3-volt batteries, with a low battery indicator. Upgrading to the 17-function waterproof heart rate monitor, your Ironman triad treadmill workout will now include a notification of total calories you burn during your workout, a target zone programming feature that notifies you when you're out of your zone, and a calendar. With this monitor you have a choice of chest or wrist design.

About the Author

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