

Health &amp; Beauty &gt; Fitness

**Fitness** is just  
a *step* away!



**531018 • £84.84 • Trim Walk Manual Folding Treadmill With Electronic Display •**  
**QVC Price £93.25**

Cardiovascular exercise is vital for promoting a stronger, healthier body, heart and lungs. A great way to get these fitness benefits is by walking or running with the Trim Walk Treadmill - in the comfort of your own home - whatever the weather.

Its easy-to-read electronic display records time, distance, speed and calories burned so you can track your progress - helping to inspire and motivate you as you see your performance improving.

As your fitness increases, you can adjust the Trim Walk to a choice of three inclines- 12%, 16% or 20% - for a more challenging workout that will really target your legs and glutes and improve muscle tone.

With a sturdy steel frame construction, 17" wide non-slip walking belt and open frame design for freedom of movement, the treadmill is comfortable to use and features precision bearing for a smooth, quiet workout.

A centralised running mat system ensures the belt doesn't move, and the treadmill has foam handles for a secure grip. Easy to assemble, it folds away for storage so you needn't have lots of spare room to enjoy it - although with its stylish silver and black looks, you might prefer to keep it on display!

**Features at a glance:**

Electronic display featuring scan, time, distance, speed and calorie functions	3-position manual incline
Centralised running mat system for non-movement of belt	Sturdy steel frame with open design
Comfortable foam handles	17" wide walking belt
Conforms to British Safety Standards	Transport wheel for easy movement
Water bottle and holder	Folds easily for storage with locking pin for safety
Maximum load 90kg	Approximate dimensions (assembled): 125cm by 59cm by 130.5cm

For more Fitness, use the navigation to the left

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