

A new wheeled fun, fitness & sports vehicle has arrived !

It's as fun to ride as it is good for you and as close to skiing on the street as you will ever get.

"A great full body low impact workout --- it's like a gym on wheels."

Finally, the first new wheeled sport in decades that builds on the benefits of cycling and inline skating in two different ways. Combine the support and control of handlebars, hand brakes and a skater's range of motion with a deep carving sensation of action sports like skiing and surfing and you get this totally new Trikke experience . The ability to ride for kilometres (uphill or downhill) without ever touching the ground, opens a whole new world of exhilarating action to diehard fitness enthusiast and those of us who really need a good reason to get out and exercise.

The Trikke is FUN first and fitness second. It offers a wide variety of riding styles and techniques to change up a workout from full body to upper body to just a leg training. However you ride, it is a remarkably low impact and a perfect anaerobic alternative to high impact sports like running.

Get your kids away from the TV & Computer, take them for an active and fun ride outdoors. Obesity is a common problem all over the world. The Trikke is such a good workout that even a short ride helps you to lose weight and feel fit. Carving the streets on a Trikke is so much fun, that it will keep you going a going. You don't even know that you are training, the smile on your face gives you more energy to keep going. Long trails or short park rides the Trikke represents fun and fitness everywhere.

For the Kids

The Trikke is so much FUN that all kids love it. Since obesity is becoming more and more an issue we need to get the kids outside and playing again. In Europe, 2 children out of 10 have overweight problems. The lack of activity appears to be the most important factor. The children walk less, run little, do less sports activities and spend more and more - in addition to school - hours in front of television or video-games.

The Trikke is highly addictive and it gets kids to "exercise" more. Kids don't really experience it as a sport but as big fun. The addictiveness often gets the parents to, this results in a family ride and that's good for all!

For the Adults

The Trikke is FUN and offers the rider a full body workout at the same time. All major large muscle groups are used during a Trikke ride which results in a high cardio workout. Cardio workouts such as running, cross country skiing and now Trikking are the best methods for weight loss. You can burn as much as 350 calories in 30 minutes! And above all it's low impact, so no sore knees or backache. This makes the Trikke accessible for all adults, in shape or really out of shape!

Women need special attention

Trikke has recently launched a special downsized model for active fitness rides. The T7 coupe is a bit smaller and sportier than the T8. As a result it pushes the rider to increase their performance. This makes the T7 perfect for indoor and outdoor fitness use by (young) sporty women.

A ride for the Pro's

The Trikke gives the rider a full body workout. All large muscle groups are used during a Trikke ride which results in a high cardio workout. Up to 400 calories can be burned in 30 minutes. Next to the high cardio value a workout on the Trikke uses upper and lower body simultaneously. By making a swinging movement the Trikke improves your core stability. A Trikke rider uses muscles that are hard to train it is therefore perfect for cross-training. Core stability and cross training are key issues in sports medicine and injury prevention. Cross training on a Trikke can actually prevent a lot of sports injuries.

Researching the benefits

Currently a renowned Dutch research centre is testing the Trikke for the fitness world. The research results will show which muscles are trained and how many calories are burned. The researchers will test riding a Trikke next to cycling and inline skating to get a representative benchmark. The research facility is already very enthusiastic about the Trikke's fitness performance and they expect very positive test results in June.

The Trikke really is the new wheeled fun, fitness & sports vehicle!

The Trikke family

Trikke is a real fun workout, so "Trikke-out" with the whole family. There are special Trikkies for kids, teens, adult and for real fitness fanatics!

The T5 is the smallest in the Trikke family and is for kids from 7 to 11. It comes in two versions: the full aluminium version and a cheaper partly steel version. The T6 is suitable for kids from 10 to 16 and for freestyle riders. The T7 coupe is a real fitness vehicle. Its size makes it perfect for the older teens and especially adult females. These four models have polyurethane (PU) wheels as used in inline skates. The T8 convertible can be used by riders from 16 and up. The T8 offers PU and air tyres. This makes the T8 convertible suitable for almost all terrains. The T12 Roadster is the largest of the Trikke family and comes with standard air tyres and disc brakes. The T12 is a real fitness machine for Pro riders!



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