

Los Angeles Times

SATURDAY,
MAY 23, 2014

Health & Fitness

Beach fun gets fitter with new toys and designs

Bike path carver

Trikke T78 Deluxe: This new, lower-cost version of the venerable self-propelled three-wheel "carving" vehicle moves forward by leaning it side to side and pushing off on the outside foot like a skater. It has a steel frame and leather hand-grips.



The newest version of the Trikke line creates a "carving" motion that will give riders an all-body workout. (trikke.com)

Likes: Flowing, exhilarating all-body movement that, once coordinated (takes 10 minutes to get the hang of it), provides an excellent workout yet can feel as effortless as flying. The bird's-eye view of the standing position is quite fun and comfortable, including for overweight folk who find the seated bike position irritating. Typical cruising speed of 10 to 15 miles per hour puts the wind in your face and gets your heart pumping like cycling. Air-filled 8.5-inch rubber tires provide better grip on wet and sandy bike-path surfaces than the skateboard wheels found on lower-end models. Friction brakes on the rear wheels provide good control. The adjustable handlebar height accommodates users from under 5 feet tall on up. The 24-pound frame folds down in seconds to fit in your car.

Dislikes: As with in-line skating, the Trikke's side-to-side carving takes up a wide space on the bike path, which can annoy some cyclists. (But most other onlookers love it; shy people may not like all the extra attention they get.)

Price: \$389. www.trikke.com