

How To Buy A Treadmill The Easy Way

Treadmills are a large investment financially and in your fitness, therefore much thought and preparation should go into the purchase of a new treadmill. It could be dark outside or even snowing but with a home treadmill you can still manage to have an effective workout. Treadmills are simple to use. With treadmills you need to watch out for the impact involved when your feet hit the belt; your body absorbs up to two and a half times your body weight. A treadmill consists of a wide belt that's stretched over a bed and around two or more rollers. AC motors that are found in some treadmill units run at one continuous speed and rely on a transmission to regulate speed whereas units powered by DC motors use variable voltage to regulate the speed at which the belt spins. Some excellent features, like heart monitors and safety keys that automatically stop the treadmill if you slip, will contribute to the enjoyment and safety of your treadmill workout or help add motivation. Folding treadmills collapse to allow for easy storage and are ideal for people without enough room for a bulky exercise machine. Display panels should be easy to read and straightforward to operate. The monitor indicates belt speed and other factors, such as heart rate, mph, and distance. Safety features on a treadmill are especially important if you plan to work out alone or if you have small children who might accidentally start up the treadmill. Most treadmills come with an electronic console that displays workout feedback such as speed, distance traveled, time you've been working out and calories burned. Using a heart rate monitor enables a treadmill to automatically adjust the speed and/or the incline to keep your heart rate within the most optimum zone. Notice that some treadmill heart rate monitors clip onto an ear or, for more accurate readings, strap on to the chest. Commercial club treadmills are reliable and well constructed; do look into a home version. If there's a treadmill you've enjoyed using regularly at your local gym or fitness center check to see if there's a home version available in your price range. If you can afford to buy a treadmill with a heart rate monitor, it'll be a good investment in your health. It's best to get a treadmill that has a warranty that lasts for at least a year. Less expensive treadmill models may be fine for walkers but they may not hold up as well for regular or seasoned runners. To make sure that your treadmill is sturdy and comfortable and doesn't operate noisily, step on it and test it out before you buy. Most manufacturers of commercial treadmills found in gyms and health clubs also produce home versions. A major consideration when buying a treadmill is the construction of the machine. You'll probably want to buy a unit with a motor that delivers 1.5 to 3 continuous horsepower. The motor on a treadmill is also important to consider. Make sure to check out the warranty, this is very important. Check out the level of noise that a treadmill makes during operation; something that many buyers overlook. If you're looking for a heavy-duty treadmill that can withstand running as well as walking, be prepared to spend more money. Make sure to see your doctor or naturopathic doctor before you start any new fitness or exercise program. Whether you use a treadmill to walk, jog or run, the units are very effective at burning calories, raising heart rate and developing aerobic capacity. Running or walking on a treadmill can be an effective way to workout compared to other complex cardiovascular exercises. Be careful, any type of jogging or running, whether on a treadmill or not, puts strain on leg and hip joints. Buying a treadmill over the Internet doesn't have to be intimidating when you've done your homework. Buying a treadmill is a major purchase for most people. With help from treadmill reviews and treadmill ratings you can find the treadmill that matches your fitness requirements at the cheapest or lowest price possible and be sure you're buying from a reliable and trustworthy supplier.

About the Author

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