

## Used Treadmills - Save Pennies and Shed the Pounds!

If you're looking to get fit but don't want to spend a fortune on hefty gym fees, then check out used treadmills for sale. Not only can you save money, by having your own home treadmill, you can workout any time you like. Just imagine - no more waiting in line at the gym or worrying about the bad weather outside! It's often possible to pick up a barely used treadmill at a fraction of the cost of a brand new one. You'd be surprised how many people invest in expensive fitness equipment and then quickly forget about their good intentions to get fit once the novelty of regular exercise has worn off. With a bit of research and careful planning you can find a top quality secondhand treadmill at a bargain price. When looking at used running machines there are several commonsense tips to bear in mind. Firstly, you should check that the machine is mechanically sound. There's little point in buying a cheap treadmill if it then breaks down after a few weeks, as you'll then have the extra expense and inconvenience of repairing it. Remember that a disadvantage of buying used fitness equipment is that it's unlikely to come with a warranty. One way round this is to look for factory refurbished treadmills. These machines are typically only a couple of years old and will have been inspected by the manufacturer to make sure they're up to standard. You may pay slightly more, but it can be worth it to get the peace of mind of a manufacturer's warranty. Another tip for buying a treadmill is to not be tempted by a low price if the model doesn't have the relevant features for your workout program. Comfort is essential when exercising regularly, so make sure the running deck is large enough for your stride and check the effectiveness of the shock absorption system. Consider how much usage you'll get from your treadmill. Has it got a sturdy frame and an easy to use control panel? Has it got a heart rate monitor and what are the speed and incline capabilities? If you have limited space at home, consider whether a folding treadmill would be best. With due diligence it's possible to find a bargain secondhand treadmill that'll give you many years of performance at a discount price. Why not take that step on the road to fitness today?

## About the Author

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