

Shopping For Treadmills Made Easy

The treadmill was one of the first pieces of home fitness equipment appealing to walkers, joggers, runners and a wide range of people. The home treadmill has experienced substantial growth over the past few years. Among other things the home exercise treadmill is the ultimate piece of equipment for a cardiovascular workout. 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. 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. A well-constructed treadmill is a piece of home exercise equipment that every member of your family can enjoy. A pre-programmed workout registers your heart rate without being connected to the treadmill by a cord or wire. The newest models of treadmills come with many extra features. One feature that is absolutely necessary in a home treadmill is an emergency stop button or a safety key that automatically shuts off the power if you should stumble, trip or fall. 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. One of the key things to remember is that the larger motors tend to run cooler and usually require less repair and maintenance. Display panels should be easy to read and straightforward to operate. Notice that some treadmill heart rate monitors clip onto an ear or, for more accurate readings, strap on to the chest. The deck is the belt area on which actual running, jogging and walking take place. A major consideration when buying a treadmill is the construction of the machine. You'll want a treadmill with an aluminum or high alloy steel frame that's strong enough to support the heaviest runner who'll be using it. Probably the most important thing to look for in a treadmill is how sturdy it is. Noise from the smallest repetitive sound can drive you nuts over a period of time and provide you with one more reason not to exercise. One indication of the likely longevity of any treadmill is to check out the length of the manufacturer's warranty; the longer the better. If you can afford to buy a treadmill with a heart rate monitor, it'll be a good investment in your health. 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. You'll probably want to buy a unit with a motor that delivers 1.5 to 3 continuous horsepower. If you're looking for a cheap treadmill be careful not to believe the marketing hype; the truth is you get what you pay for. 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're looking for a heavy-duty treadmill that can withstand running as well as walking, be prepared to spend more money. Commercial club treadmills are reliable and well constructed; do look into a home version. If you plan to use a treadmill purely for walking you are not likely to need an expensive top-of-the-line machine. Running or walking on a treadmill can be an effective way to workout compared to other complex cardiovascular exercises. Better quality treadmills provide excellent cushioning to limit the impact on knees, ankles, hips and lower backs. Make sure to see your doctor or naturopathic doctor before you start any new fitness or exercise program. If you have severe leg conditions, a treadmill may not be the best choice of home exercise equipment for you. For most people buying a home exercise treadmill is going to be a major investment. A treadmill is a good investment for anyone who has decided to make a conscious effort to become healthy and fit. Buying a treadmill over the Internet doesn't have to be intimidating when you've done your homework.

About the Author

Fitness is an important component of overall health. Get information about diets, exercise and weight management in the Fitness articles.

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