

Home Treadmill Reviews- Buying Advice And Treadmill Features

The treadmill is the world's most popular piece of exercise equipment - think of it as the Paris Hilton of the fitness sector. More Americans use treadmills than any other type of fitness equipment, with more than 116.3 million Americans regularly working out on the machines in 2003 alone. Taking a look at home treadmill reviews is just one step to ensuring that you get the longest walk for your cold-hard cash. But there are lots of ways to ensure that your big treadmill investment doesn't turn into just another very expensive place to throw your soiled clothing. There's nothing worse than an overpriced coat rack, so take a look at some of the top factors that you'll need to look at to compile a few home treadmill reviews of your own.

Home Treadmill Reviews-Buying AdviceOver the course of the last decade, the home treadmill has re-emerged with a focus on making exercise fun again. After the whole Mickey Mouse Club thing went up in smoke, the whole idea of working the cardiovascular system just kind of lost it's luster. In an effort to put an emphasis back on exercise, treadmill manufacturers have began creating quality machines featuring more special effects than a Hollywood blockbuster. Considering that this is the age of modern technology, many treadmills now offer electronic programming designed to automatically decrease or increase the intensity of a workout. And that's just for starters. Have you seen fans, cubbyholders, television remote controls, and digital backlighting featuring on some home treadmills? It's now easier than ever to choose the right treadmill for your needs.

Home Treadmill FeaturesAny of the home treadmill reviews will tell you-high quality treadmills always come with a few features that are simply must-haves. When purchasing your next home treadmill, be sure to look out for:

About the Author

Consumer Reports provides ratings of health and fitness products as well as health and fitness information.

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