

## Treadmill Buying Secrets Revealed

While other home exercise fitness equipment and infomercial gimmicks gather dust, treadmills continue to gain more popularity and get the results people are looking for. There are many competing models of treadmills to choose between. The home treadmill has experienced substantial growth over the past few years. Treadmills can have an AC or a DC powered motor. 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. One of the key things to remember is that the larger motors tend to run cooler and usually require less repair and maintenance. 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. The newest models of treadmills come with many extra features. The monitor indicates belt speed and other factors, such as heart rate, mph, and distance. Features such as extra cup holders, built-in fans, CD players and other electronic gizmos may be handy but not essential for you to get an ideal workout. The more expensive treadmill models will also offer a selection of preprogrammed exercise routines. Many of the treadmills available have the ability to add an incline to your workout to duplicate running or walking uphill, therefore increasing the intensity of a workout. 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. Before buying, make sure the deck area provides enough space for you to exercise in comfort and the belt should work smoothly without slipping or sticking. 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. Probably the most important thing to look for in a treadmill is how sturdy it is. It's best to get a treadmill that has a warranty that lasts for at least a year. Make sure to check out the warranty, this is very important. Once you've decided on the treadmill that you think is right for you, make sure to compare prices online. Purchasing fitness equipment over the Internet has grown at a fast pace over the past few years. When buying a treadmill, the best savings will be for an online purchase, generally saving up to 45% over brick and mortar stores. Make sure to add in the cost of shipping when purchasing a treadmill online; quality models can be heavy, but some manufacturers do offer free shipping. When planning your purchase always take into account any other members of your family or roommates who'll be using your treadmill. Commercial club treadmills are reliable and well constructed; do look into a home version. Less expensive treadmill models may be fine for walkers but they may not hold up as well for regular or seasoned runners. Once your equipment has been up and running, lubricants and cleaners can be used to take good care of it. Treadmills provide one of the best ways to improve cardiovascular fitness. Walking, whether on a treadmill or not, is one of the best approaches anyone can take toward fitness. As you increase your fitness levels, a quality treadmill will continue to assist your exercise needs as you progress to light jogging or to running. Lack of wind resistance makes running on a treadmill slightly easier than it would otherwise be on an equal elevation grade outdoors. Take time to do your research, the same way you would any major purchase and buying a treadmill won't be difficult. Choosing the best treadmill is easier than ever. Spend some time shopping around; work out exactly what you need, and then shop online and offline for the best price.

## About the Author

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