

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Buying A Treadmill? 3 Common Buying Myths

By Kathryn O'Neill

Buying A Treadmill? 3 Common Buying Myths By Kathryn O'Neill

Buying a treadmill? A treadmill is a large investment to make in your health (but definitely a worthwhile one.) However with everyone and his dog getting into the treadmill manufacturing business, it pays for you to be educated when buying your unit.

Here are 3 common myths that many treadmill buyers fall prey to. Steer clear of these myths and you'll make a much better buying decision.

Myth #1) 'It has so many cool extra features, it's obviously the best buy.'

Not necessarily. While workout features like 30 workout programs, handweights and bonus workout CD's are great, they really don't tell you about the quality of the treadmill itself. If you buy a lemon, you'll be using it for a clothes rack a year later – handweights or no handweights.

Some treadmill manufacturers (not all) offer you these extra features to try and hide the fact that the essential factors of a quality treadmill aren't there:

So what if it's only a 1.5 HP motor - it comes with a free heart rate monitor! That 90 day only warranty doesn't matter - it gives you 30 workout programs!

FACT: Focus first on the core essentials of a quality treadmill (solid motor power, good cushioning, etc.) – then enjoy the goodies.

Myth #2) 'It has a 2.75 Peak Duty Motor – That's way better than the other one with a 2.0 Continuous Duty Motor'

Some not-so-savory treadmill manufacturers will try to impress you with the peak duty motor power. Wow, you think, a 2.75 hp motor. However, what they fail to tell you that there are 2 measures of motor power: Peak Duty Horsepower AND Continuous Duty Horsepower.

Buying A Treadmill? 3 Common Buying Myths

Peak Duty Horsepower is the power potential of the motor - the highest power it can run at. However the treadmill cannot sustain this power and it will soon start to overheat. So this measurement is essentially useless to you.

Continuous Duty Horsepower is a more accurate measure of the motor power. This is the power at which the treadmill can continually, steadily operate for 24 hours without slowing down. So this is the more accurate number to gauge motor power.

Don't think this happens? One extremely popular treadmill is doing this right now and unfortunately people are buying it in droves because it seems like such a good buy. They don't realize that the treadmill is really only a 1.5 Continuous duty HP motor – because it's advertised as a 2.75 peak duty HP motor.

FACT: Don't be fooled by a peak duty motor rating – always ask for the continuous duty motor rating. Remember that the motor is the most expensive part of the treadmill to fix, so you want to get a good one!

Myth #3) 'To find the best buy, I just have to compare treadmill features.'

Finding the best treadmill is only partially about comparing treadmill features. It's also about considering your own workout needs. Many people don't consider their own unique needs before choosing a treadmill. That's a great way to learn – but it's also expensive.

So you found a well-made treadmill for \$999. But have you considered the fact that you're 6 feet tall and that treadbelt is only 52" long?

So you came across a bargain for \$1299: a 2.5 HP motor and lots of workout programs. But have you consider the fact that your extra large son will be running on it and the weight capacity is only 200 lbs?

When shopping for a treadmill, many people fall into the trap of ONLY looking at treadmills and never looking at themselves or the needs of their families.

For example, are you tall or do you plan to run on your treadmill? Then you need to make sure the treadbelt is at least 55".

Are you, or is someone in your household a little on the sturdy side? Then it's probably best to get a treadmill especially built to take heavier weights.

Do you have back problems? Then if you want a folding treadmill, it might be better to purchase one with a power folding option so that you can reduce the strain of heavy lifting.

FACT: Finding the best treadmill involves comparing treadmill features AND considering your own personal workout needs.

Regardless of which treadmill you choose – try to steer clear of these common buying myths and you'll

Buying A Treadmill? 3 Common Buying Myths

save yourself a load of grief (and a ton of money!)

About The Author: Kathryn O'Neill is a nutrition specialist and contributing writer for Buying A Treadmill.com For more information on how to choose the best treadmill for you visit

<http://www.buyingatreadmill.com>

Buying a Treadmill

By Frederick L. Waters

Buying a Treadmill by Frederick L. Waters

If you are considering buying a treadmill you need to take into consideration a number of factors that will determine the quality of the machine. You want to avoid buying a cheap treadmill, because they are not built for endurance and will probably breakdown after minimum use. Treadmills under \$800 dollars are not built for endurance and performance and you will get an inferior workout and your machine will not last.

So what do you look for when buying a treadmill, and should you buy your treadmill from a dealer or on the Internet?

Buying a Treadmill from a Retail Store

The obvious advantage when buying a treadmill from either a large retail store or fitness equipment specialty shop is that you to try it out. You can try out all of the features, compare the belts and their impact, and get a feel for what works for you. But this comes with a cost. You are paying for two costly expenses. First, you have to pay for the retail overhead costs. Most retail fitness equipment stores are in prime locations. This cost of the building adds significantly to the price of the treadmill.

Second, when buying a treadmill you are paying for the commission to the salesperson. And since he is on commission you can't always be certain he is going to provide you with objective information. Together the retail costs and the salesperson's commissions can add up to 10% – 15% to the cost of your treadmill. If you feel a need to try it out then you just need to factor in that cost.

Buying a Treadmill Online

When buying a treadmill online you can save considerable money, but you have to be an educated buyer. But the reality is treadmills are like computers. They are composed of many of the same features and components. If you know what you are looking for in a treadmill, and you are familiar with the features you want, then you can easily shop and compare online. In the process you avoid having to travel all over town comparing prices and features. The whole process can be done at your desk.

These are considerations when buying a treadmill online:

Buying A Treadmill? 3 Common Buying Myths

Check to make sure the treadmill is a name brand, backed by independent ratings and reviews. Also, check for customer testimonials, if available.

Make sure when buying a treadmill, it is built with quality components. Like computers, treadmill manufacturers built using similar parts. Make sure that the parts are reputable and that the overall construction meets or exceeds the standards required for your needs.

A warranty says a lot about the quality of a treadmill. Companies are not going to offer an exceptional warranty if the machine tends to breakdown in a short period of time. Warranties are a consistent factor

in the quality of a treadmill. If the warranty is exceptional then it makes sense that the treadmill is built to last. Make sure you buy treadmill that comes with a reasonable in-home repair warranty. A one year repair warranty is a good indication. If you plan to buy a budget treadmill consider an extended warranty.

Make sure your treadmill is backed by exceptional customer service. Treadmills are complicated pieces of machinery. They do break. Whether if you buy online or at a retail store, make sure the company has an excellent customer service record. Online company reviews can be found at Shopping.com and BizRate.com.

When buying a treadmill do not get caught up by the salesperson. Do your research. Compare prices, features, reviews, ratings and warranties. That will give you a good indication on what to buy whether online or off.

Frederick Waters – Fitness Consultant. Before you buy a treadmill check out all the ratings and reviews at Treadmill Ratings and Reviews (<http://www.treadmill-ratings-reviews.com>)



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!