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**Home Treadmill Review: Things To Watch Out Before Buying A Treadmill**

**By Jasdeep**

Treadmills are known to be the most popular and most effective home exercise and fitness equipment with 33% of the sales and is capable of burning around 850 calories per hour

Treadmills basically serve two purposes :

- a) Walking.
- b) Running.

No matter, you are running casually or running seriously Treadmill is just the perfect equipment for you. The more energy you put in, the more speed you get out of it. Treadmills are great assistance for your cardiovascular muscles. It burns around 860–900 calories in an hour as per the studies which is an amazing feat for any jogger or weight looser .

Best part is, the chances for injuries and extra stress to critical joints is very less in case of TREADMILLS. It works 24/7 and 12 months a year. No snow, No sun can effect it, it just keeps working:-)

Things to look out in Treadmills before buying it: Treadmill Tips

It all boils down to the capacity of your pocket. Treadmills can vary from 1000\$ to 3000\$ (oops that too costly ..right ) but you have to choose it very wisely because your investment has to last very long. So expect to pay somewhere around 2000\$ for buying a quality product. Something less than that means you are loosing on quality in some way. Try to go in for best Treadmills. But before buying, here are some points to be taken care of.

- a) For Home use : Go in for DC motors as they are less noisy.

For commercial use, Go in for Ac motors but they are a bit noisy and requires a dedicated line.

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Random Tip : If you are buying a treadmill for running purpose, make sure it has a running platform of at least 60 inches.

b) Horse Power : Do check out the Horse Power of the machine. It shouldn't be less than 1.5 CONTINUOUS DUTY Horse Power because anything less than this can be quickly worn out. The concept behind this is, the heavier the motor would be, the larger it will works for.

c) Heart rate Monitors : An optional Feature.

d) Incline Adjustment : You can adjust the incline of the treadmill as per your needs and as per your cardiovascular muscles need.

e) Deck : A Good Deck operates at low temperature and doesn't need much maintenance.

f) Belt : It should accommodate your longest stride That means the length of the Belt should be no less than 48". Width should be no less than 17".

g) Electronic Board. You can cut your expenses here. Generally the normal Treadmill has speed, incline, time, distance and calories. With the addition of other features , price go up. You can always compromise on additional features according to your pocket.

h) Frame : High alloy Steel is preferred over the aluminum Frame . Select Welded Frame over bolted Frame.

i) Find out does your treadmills has emergency shut-off?

j) Incline range should vary from 0 percent to atleast 10%.

k) Listen to its noise in running state and make sure it isn't too irritating for you.

l) Last but not the least, do look out for services and set-up. make sure it is included in the price. Also watch out for Warranty.

Jasdeep : for

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### **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 can 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:

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

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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](http://Shopping.com) and [BizRate.com](http://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>)



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