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

**How Treadmills Work**

**By Jennifer Dennis**

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How Treadmills Work

Have you jumped on a treadmill machine lately? When you want a great workout, the treadmill is one of the finest ways to tone your lower body in an exciting and rewarding fashion. Day after day, you can work various muscle groups as you run, jog or walk your way to better fitness. Run on an incline, run at a faster speed. But have you ever wondered, as you were running, how it all works? How it all fits together?

A treadmill is essentially a machine that gives you a multi-terrain experience from the comfort and privacy of your own home. You can walk, jog or run in a variety of environments—all on a belt that is specially designed to give you the highest level of aerobic exercise possible. With a frame that surrounds a cushioning belt, powered by a matching motor and array of features, such as speed and incline, the user can get a multitude of fitness programs and an overall versatile workout each time he or she jumps on board.

The platform and the belt are essential components to the treadmill. A treadmill has been shown to last a long time because the exercise mimics our natural movements. The platform and belt are important parts to ensure you have a smooth, comfortable exercise. A good belt should be no less than 18 inches wide and 48 inches long; a very tall person should have a belt no less than 20 inches wide and 54 inches long.

The motor - variable speed is an important part of your workout. Altering the motor speed can help you work out to your own pace—in a comfortable, yet challenging manner. The basic treadmill will have a minimum rating of 1.5 horsepower. The workout on a minimum 1.5 will give you a poor workout and frequently suffer breakdowns. This minimum rating cannot hold up well to the

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repeated use of the treadmill day after day. A good treadmill has a 2HP continuous motor and can withstand year after year of abuse.

Incline is an important part of the overall treadmill experience. Incline can give you an intense calf workout as well as a higher cardiovascular routine. Incline provides an increased resistance as the machine rises in varying levels. The higher the level of incline, the higher level of aerobic exercise and increased fitness activity. A

machine can quickly and adeptly raise and lower the machine

without disrupting a user's exercise experience. A lesser machine has to be raised manually or causes the runner, jogger or walker to have a shaky, unsteady exercise as the machine adjusts to the new level of incline during the workout.

The monitors on a treadmill measure the user's output throughout the run. For example, heart rate monitors on high-end machines can help an individual maintain a particular targeted heart rate for optimal fitness workouts. In this way, a person can work out smarter, not harder to obtain the results he or she needs. Monitors placed on the panel in front of the treadmill will control your speed, incline and give you an output on time, calories and more.

These monitors not only provide accurate and important information throughout the exercise, they are significant motivating factors throughout the entire length of the workout.

In short, as you are working out and giving it your hardest, there is a lot of factors going on underneath you. The better the machine is that you are running, jogging or walking with, the better your overall workout will be—year after year. From the incline to the speed, monitor reading and more, your treadmill machine provides a variety of options and information for you at every moment. Next time you are running along, getting the workout you want, give a mental pause to all the factors that go into obtaining a great, rewarding workout.

Purchase the best. Measure all of the factors that affect your workout before you buy.

About the Author: Jennifer Dennis is a successful author and regular contributor to

— a fitness and treadmill industry

resource that features treadmill reviews, guides, product descriptions and articles.

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### **Your Way To Health Inside And Out With A Treadmills**

**By John Francis**

Treadmills offers a great alternative to walking outside as well as much more versatile than outdoor walking especially in choosing your terrain and walking attributes. Treadmills are a great investment because they are easy to setup, and use. There is no special training when using a treadmill that might be necessary when using weight training equipment or other fitness machines. The price of treadmills is going to vary quite a bit. For a low end model of a treadmill the cost is going to range from 300 to 2000, for the high end people can easily drop over 5000 dollars for a deluxe model. The price varies usually due to the computer system that is present with in the treadmill. Many treadmills of the feature of recording stats including heart rate, time, calories, fat, and distance. Another feature which should be taken into consideration is the horsepower of the treadmill. For the average consumer a treadmill should offer a continuous duty rating. While some treadmills may brag about their peak horsepower which could be extremely high this means at ideals conditions the treadmill might be able to achieve that. There for it is most important to know what the motor of the treadmill can be regularly and consistently. Treadmills can also be very noisy. If noise is a concern for you then seek out treadmills which have DC motors which are significantly quieter then the alternatives.

Treadmills should be strong and stable. When you are testing out a potential treadmills for purchase make sure you are dresses as if you are actually going to exercise and wearing your running shoes. Check the rails to make sure they are properly secured and you can easily wrap your hand around them. Other things to check is if the running path and belt are large enough for you to run on. Another great feature of treadmills is that they are programmable and can be preset. This is a great way to make your exercise experience more enjoyable. Also a bottle holder and magazine rack are handy conveniences when doing a daily workout.

Take into consideration the amount of space you have to devote to your treadmill this will determine which type of treadmill is bets for you. Remember to measure your space and bring home the dimensions of the treadmill first. Most exercise equipment looks small on the sales floor but can be too big for a normal sized room. Many treadmills fold up, if you are seeking a fold up model measure the space you have to house it and buy accordingly.

Learn how to use all fitness equipments and where to buy and sell it.



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