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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!

Manual Vs. Motorized Treadmills

By Kathryn O'Neill

When people go to purchase a treadmill, one of the first questions they ask is "Do I want a manual or motorized treadmill?"

What's the difference between the two?

The Basic Difference:

With a manual (or non-motorized) treadmill, you push the belt with your feet. The action of your feet against the treadmill moves the belt.

With a motorized treadmill you keep pace as the treadmill motor moves the belt for you at a pace you set electronically.

Advantages & Disadvantages:

Manual treadmills:

Tend to be cheaper (since you're not paying for the motor) and can range from \$200 to \$600.

They also tend to be smaller, take up less space and are easier to move (since they aren't as heavy as a motorized treadmill).

Some people have theorized that manual treadmills burn more calories than motorized treadmill since you supply the power to move the belt.

This is unfortunately NOT TRUE.

Because you supply the power, unless you are in top athletic shape, you will tend to move slower and get tired more easily. This results in LESS calories burned on a manual treadmill.

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Plus, the action of getting the belt to move initially and keep it moving can cause a strain on your joints.

It's also difficult to run on a manual treadmill so if you want to start a jogging program or train as a runner, a manual treadmill would not meet your needs.

Motorized treadmills:

Tend to be more expensive and can range from \$800 up to \$8000. However, they tend to last longer and are built to take more of a beating.

Also, because the belt moves for you at varying speeds, this motivates you to keep up and actually results in more calories burned (vs. a manual treadmill).

You can easily adjust the speed and incline on most motorized treadmills, usually while still on the machine. This makes it much more convenient and saves the strain on your joints.

A final advantage to the motorized treadmills is that they tend to have more options and features (iFit compatibility, numerous built-in workout programs, scrolling information consoles). This makes your workout more interesting and possibly even enjoyable as you can watch your progress.

This means that you will probably USE the treadmill more often which again results in more calories burned and a better body achieved.

The Final Conclusion:

Unless you're in extremely good physical shape, a manual treadmill is not recommended. Choose a motorized treadmill for maximum calorie burning and exercise convenience.

The biggest motivation to choose a manual treadmill is the low cost. However, you can find a quality motorized treadmill for a relatively low cost if you know where to look.

Regardless of what you choose remember to have fun and commit yourself to a better, healthier you!

Kathryn O'Neill is the chief editor for Treadmill Review. For more buying tips, treadmill brand reviews, and best buys visit

<http://www.treadmillreview.net>

Boost your health by choosing the perfect treadmill

By Jocelyn Woodbury

Treadmills are very popular methods of exercise. These exercise machines have been helping people lose weight and get in shape for many years now. Buying a treadmill is not hard but if you have ever

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done it, you know that it can be expensive. It is an investment you will greatly benefit from but you need to choose carefully before you buy. There are many reasons why you would choose a treadmill for yourself. You can improve your fitness and your health. You can build and maintain your fitness level all in the comfort of your home. However, you also need to be sure that before you buy a treadmill and begin a training program that you do it in the correct way to remain safe and healthy.

Before you purchase a treadmill you need to know what features to look for to be sure you are getting the best one for you and your needs. Some things to look for are:

The Motor: A motorized treadmill has an inbuilt motor that makes the belt and lift operate. A bonus of motorized treadmills is that they let you raise and lower the incline easily. With motors you can change the pace of your workout how you need it to be.

Horsepower: The horsepower is the measure of the treadmill motor. The continuous horsepower is how well the treadmill can work without lagging. The peak horsepower is how much power the treadmill has for short bursts.

Incline: The incline is used to mimic the natural human style of walking or running. Manual incline lets you change it yourself by speeding up your pace. A power incline lets you adjust the incline while you are walking or running.

Belts and Decks: A thicker belt gives you more cushion for your legs and joints. Short belts give you a faster pace and some people prefer these.

Speed: When you think of a treadmill, you often think of the speed. Most go from 0 to 10 MPH.

Computer Controls: Treadmills all have some type of computer control to keep them going. Many have odometers and speedometers and some even have pre-programmed workouts.

Jocelyn Woodbury is the owner of DP

Treadmills

which is a premier source of information about

Treadmills. For more information, go to: <http://dptreadmills.com>



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