

# What to look for in a treadmill



## Features to look for:

**1** Motors are the heart of a treadmill. Look for a minimum continuous rating of 1.5 HP. Be careful because some manufacturers rate their treadmills as peak or intermittent horsepower. American made motors are preferred (not offshore) and should be fan cooled. Motors with lower RPM (4200 and lower) will be smoother and last longer.

**2** The suspension of a treadmill should always be between the deck and the frame. Avoid designs that use the feet for suspension. Good suspension cushions impact and reduces lateral motion while providing shock absorption throughout the entire running area.



PRECOR 9.33i  
TREADMILL

**3** The belt must be long and wide enough to accommodate all stride lengths. Avoid cotton belts. They do not last as long as 2 ply polyelastomer belts.

**4** Frames can be either aluminum or steel as long as they are welded in a 'closed box' design. Aluminum is lighter and will flex more upon impact while steel is heavier and can help dampen vibration.

**5** Look for a maintenance free deck that does not require lubrication. The best design is a silicone impregnated belt with a Medium Density Fibre Board deck.

**6** Make sure the display console is easy to read and operate. Display should show speed, time, distance, calories burned, elevation and have heart rate as an option. Some come with an optional magazine holder. A safety key is a must on all motorized treadmills. Look for heart rate interactive programs.

Treadmills are the most popular cardiovascular machines for several reasons. They are very easy to use. If you can walk or run, you can use a treadmill. They are also one of the best ways to burn fat. Studies have shown that running on a treadmill burns fat more effectively than most cardio exercises. For those concerned with low bone density, running or walking are good load-bearing exercises that have been shown to increase bone density. Add a couple of hand weights, and the double benefit of increased calorie burn and upper body toning makes a treadmill a perfect all around fitness machine.

## Other features to look for:

- Speed sensor to guarantee precise speed control
- Heavy-duty crowned rollers to keep running belt centred and minimize routine belt alignments
- Flywheel on motor to balance the interaction between the motor and the running belt
- Handrails to enhance safety and confidence
- Elevation motor to control degree of incline (opposed to manual system)

## Optional accessories:

- Heart rate monitor
- Reading rack
- Hand weights
- Water bottle holder
- Tread mat lubricant

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