

Treadmill Review - Tips For Choosing The Best Treadmill For You And Save Money Too!

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More info...
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If you're looking for the best tips for choosing the best treadmill for you and your specific needs and for saving money too, here are a few that will help. Treadmills today are coming out with more and more new features or options such as TV's and miniature fans, which leaves more room for manufacturing defects and other problems. This may require even more research on your part.

Prices on the top 15 treadmills range between \$1900 and \$3500 on both the folding and non-folding units. The more expensive treadmills will have more horsepower, a thicker deck and have sturdier construction than the less expensive models and probably have a longer warranty too. The folding models range between \$1000 and \$2600 but most cost between \$1300 and \$1500. You can get a very nice machine that will give you a good workout even with the lower-priced treadmills.

Non-folding brands include Landice, NordicTrack, SportsArt, Precor, True and Vision Fitness. Folding brands include Bowflex, NordicTrack, Horizon Fitness, ProForm, Keys Fitness, Smooth Fitness, LifeSpan and Evo.

You don't want to find that when you bring your exercise treadmill home that it's faulty after you set it up. It'll likely be covered under the warranty but this can be annoying and disappointing. There may be no way to get around this except by reading treadmill reviews and checking ratings to find out which have fewer complaints so you can avoid repairs.

When choosing the best treadmill for you consider how much space you have in which to store it. It'll take up about as much space as a long loveseat and a folding unit will take up about half that space when you fold it up. One of the smaller folding treadmills is about six square feet when it's folded up. If you plan to run on it make sure the deck isn't going to be too small for you.

All home treadmills are good for walking, of course, but if you plan to use it for running then you should choose a non-folding model because it'll be much sturdier than the folding models. Make sure to check for the quality of the construction. Is it sturdy? Does it seem flimsy or unsteady in any way?

Check out the features that come with some of the units such as an LCD TV. Do you really need it? If you already know you need a fan, setting up a portable unit for your workout may be a lot cheaper. Quite a few treadmill models have very small cooling fans that are built right into the console but a floor fan is cheaper and may keep you much cooler.

Check out the belt to make sure that it has enough usable exercise room for you or any other user in your household and that it can handle varying levels of fitness. Make sure it's big enough for walking with your stride length and that it can handle running if you plan to do so.

Check out all the buttons and make sure they are user-friendly and that you can easily read the display. Check to make sure that it's easy to get on and off and that you can exercise on it easily.

To save money on your treadmill look for close-out sales, other types of sales and discounts and try to get it wholesale if you have the connections. Always try to get it for less. Ask the salesperson if there are any discounts available - senior discounts, nurses' discounts, health professionals' discounts, business discounts, etc. If there are none try to get something you can use thrown in with it, free.

You may be able to save quite a bit if you buy online. But, if possible, try out selected models in a 'brick and mortar' store first. Many online dealers offer free shipping.

If you can settle for a cheaper used treadmill try used sporting goods or consignment stores or find some for sale on Craigslist locally. How about buying machines from fitness centers that are closing? We've had several in our area close this year as the big franchises have moved in. Also the workout gyms and big health clubs get new equipment; see if you can buy one of their old treadmills that may still have a lot of life left in it.

In any event these are a just a few of the best tips I've found for choosing the best treadmill for you and saving money too. Following these tips should help you make the right decision about which is the best one for you and how to get the best buy too.

For more information on saving money on treadmills and best buy shopping for treadmills online and offline go to <http://www.Best-Treadmill-Tips.com> a nurse's website specializing in treadmill tips, advice and resources, including information on treadmill ratings and treadmill reviews

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