

## WHY CHEAP TREADMILLS ARE NOT A BARGAIN

If you're looking for a treadmill that can help you become more fit, exercise at your convenience, and save on health club fees, don't go for the cheapest model you can find. See what an independent leading fitness-machine reviewer has to say.

What's a "bargain" treadmill? Typically it is a machine under \$500. Here's why:

1. Light Weight – Inexpensive treadmills don't weigh much. Light weight components result in light weight machines, making them rather unstable, especially if you try to use it for jogging or running, or if you're excessively overweight. If you're going to limit your spending on a treadmill to under \$500, you need to weigh less than 200 lbs.

2. Cheap Components – A cheap treadmill utilizes cheap components, and the parts are not engineered to the exact specifications you'll find on more expensive machines. To reach bargain price points, companies make compromises on parts, like small motors that strain with even moderate use.

3. Lack of Durability – Cheap components in a treadmill aren't going to make it very durable. They can't take the abuse that more expensive treadmills can. Replacing parts can be very expensive.

4. Short Warranty – To gauge how confident manufacturers are in the durability of their cheap treadmill, check out the warranties. Typical coverage is 90 days' parts and labor. After that, you're on your own.

5. Poor Shock Absorption – One of the main advantages of exercising on a treadmill is the reduced impact to your joints compared to walking or running on concrete or asphalt. Unfortunately, that shock absorption is compromised on a bargain treadmill, and the design of their shock absorption systems can be detrimental to your joints.

6. Small Treadbelt – One of the biggest drawbacks to an inexpensive treadmill is the small walking area. For example, the Exerpertic Fitness Walking Treadmill has a walking surface of only 36" x 16". You need to "exercise" caution when exercising, or you can easily step off the belt and injure yourself. In comparison, the Smooth 6.75 has a roomy 60" x 20" running surface.



It's important to evaluate your needs and fitness goals and find a machine that can accommodate both. Don't compromise and end up with a treadmill that can't handle the long haul and result in a less-than-satisfactory workout. I typically suggest the Smooth 5.65, which has a 55" x 20" surface, superior shock absorption and an excellent service record, and comes with an industry-leading lifetime motor, 5-year parts and 2-year labor warranty.