



...Guide to Buying Treadmills

Our Guide To Buying Treadmills

If you're confused about how to pick your ideal treadmill then read on – our advice is completely impartial. Please remember that you can call us if you're not sure what is right for you.

Click the following link to take a look at the treadmills that we highly recommend. Look out for the "More Information/Product Review" button which will tell you all you need to know about the machine:

http://www.inspire-fitness.co.uk/categories/recommended_treadmills.php

For general advice about how to choose a treadmill then take a look at the following points.

How tall are you?

You need to think about your stride length and make sure that the running deck is long enough. If you're 5'8" (172cm) or under then any of the treadmills that we stock will be suitable because your stride length will comfortably fit on even the smaller machines. If you're any taller then you need to start thinking about treadmills with a longer deck. At 6' (182cm) and over you really need a treadmill with a longer deck to be able to run safely.

How heavy are you?

The weight limits for treadmills vary by brand and model. You need to make sure that you find a treadmill that is compatible with your current weight.

Will you run or walk?

If it's gentle exercise that you want and are looking to walk on your treadmill then all of the treadmills that we stock will be suitable for your needs. If you're working within a budget then you can afford to compromise on maximum speed and motor sizes.

For those of you who are interested in Power Walking and Running then you'll need to consider treadmills with wider running decks. As you become more tired towards the end of your workout there is a tendency to "wander" across the running deck, so you need a treadmill that has a wide deck to run on – you don't want to fall of the side!

What features do you want?

Most treadmills have a variety of features and functions – programs, speed control, incline control, quick keys, heart monitor facilities and so on. Be realistic about which facilities you really want in your treadmill and consider how easy you'll find it to operate. We've included pictures of the consoles of all of the treadmills that we stock along with a breakdown of the features so that you'll get an idea of how easy or complex each machine is to operate and what it can do.

Do you have joint problems?

Look for treadmills with orthopedic running belts or cushioned running decks. These take away some of the strain placed on joints during exercise.

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Where will the treadmill be situated in your home?

Treadmills are heavy! The weights of treadmills vary between approximately 60kg and 130kg – a typical washing machine weighs about 80kg to give you a comparison. You need to think about where the treadmill will be located – if it's upstairs then you need to consider how you'll get it there. It's definitely a two person job to install a treadmill in an upstairs room so you'll require a willing friend or relative to help. You also might want to consider only those treadmills that are delivered in kit form so that you can carry the individual parts upstairs and build the machine in the room that it's to be used.

We've installed different treadmills in lots of different rooms – upstairs and downstairs – so please call us for an honest opinion about the location of your proposed treadmill. If we don't think that it's feasible, then we'll tell you.

Will you want to move the treadmill when it's not in use?

Most of the treadmills that we stock can be folded when not in use and can be moved out of the way. You need to look at the number of wheels that a treadmill has (some have 2, some have 4), think about the weight and look at the folded dimensions which you'll find in the information boxes for each treadmill. All of these factors will determine whether the treadmill is right for your storage and movement needs when it's out of use.

Building your treadmill

All treadmills come "flat-packed" to some degree, with some machines being easier to construct than others. Be honest with yourself – if you struggle putting a bathroom cabinet together then you might be better with a treadmill that requires the minimum of construction. If on the other hand you're a wizard with a spanner then you won't have a problem with any of the equipment in our store. We are constantly building different treadmills, so please give us a call if you're not sure which treadmill is the right one for you.

We hope that this guide has helped you to decide which treadmill is suitable for your needs. Remember that help is only a phone call away if you need any further advice.

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