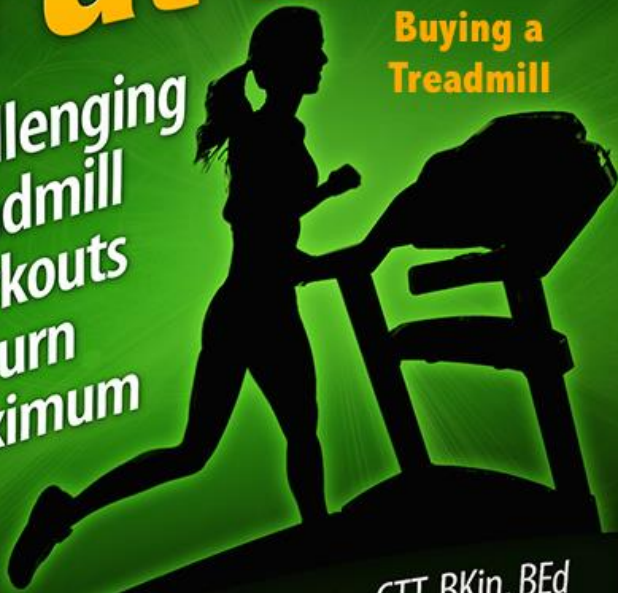


Treadmill Fat Loss

Buying a
Treadmill

Challenging
Treadmill
Workouts
to Burn
Maximum
Fat



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Buying the RIGHT Treadmill for YOU

If you LOVE the treadmill, then you'll LOVE doing Treadmill Fat Loss workouts. If you're looking to purchase a treadmill for home, then you'll want to carefully consider the points in this manual before buying one so you get the right treadmill for your needs.

You'll see that when looking at treadmills, it can be a little overwhelming. There are so many features to consider. Some features you really need and others may just be nice to have but not necessarily worth the cost to you.

I'll break down the treadmill components and from there you can develop a checklist as to what components are MOST important and MUST HAVE'S for you.

A treadmill is made up of the following main components:

- The frame and handrails
- The motor that powers the flywheel
- A moving belt that you walk or run on
- A flywheel and rollers that make the belt move smoothly
- The deck that holds the belt
- A console with a display unit

The Frame and Rails

There are mainly two different types of frame materials with standard treadmills having **steel frames** and newer and premium treadmills having **aluminum frames**.

Aluminum frames will hold up better if you are close to the weight capacity or you have many users of the treadmill.

The treadmill rails (also called bars or grips) should be used for stability when starting or stopping the treadmill or if your treadmill is equipped with a grip heart rate monitor.

Rails are not meant to be held the entire time that you are using the treadmill, so be sure that they're in a convenient, yet out of the way location. You also want the grips to be comfortable and easy to reach for when you do need them.

The Treadmill Motor

The motor is one of the most important features to compare.

While many people just compare the horsepower of the motor, you should actually be looking at the type of motor in addition to the horsepower.

When a treadmill lists **2.5 hp** (horsepower) this is the top horsepower that the treadmill will reach, but will not usually be sustained at. This comes into play when you vary the speed of the treadmill for short bursts of power.

If a treadmill lists a **2.5 chp** (continuous horse power), continuous duty, ultra-high torque, commercial motor or heavy duty motor then this is more powerful than a standard 2.5 hp motor. What this means is that it can sustain **higher speeds for the duration of your workout.**

Often a 2.25 chp can be as powerful as a 2.75 standard hp motor.

Always take the type of motor into consideration when checking horsepower.

The Treadmill Belt and Deck

The **treadmill belt size** is an important feature in your treadmill, especially if you're planning on running (not just walking) on your treadmill. If you're planning on walking, the belt size is not as important.

Standard belts run 19" wide by 50" long. Although this sounds like a good width and length, you must remember that the belt goes on to a deck, which includes part of the frame and your console.

So even though your belt is 19" x 50", your running space may only be 16" by 45".

Again, if you are planning on only walking on your treadmill, this size is fine.

However, if you plan on running you'll want a wider and longer belt, since most people have a tendency to sway a bit when running.

The extra width will allow for this swaying without moving off the running surface or hitting the rails. The longer length will allow you to run with your normal stride without any fear of falling off of your treadmill.

Note that some treadmills will not list the belt size, just the belt material, but will **list the deck and running sizes.** It's the running size that is the most important.

For example: a 30 X 80 deck size will usually have a running surface that is 20 X 60, which is a very nice and comfortable running space.

Many decks on **newer treadmills are cushioned** or allow you to set your own cushion level. This is an important feature as it will help to make impact less jarring to your joints. Many treadmills **can cushion up to 24% of the impact**, with 12-14% being the average.

Some treadmills will allow the deck to be inclined. Of course this offers more intensity and variety to your workouts. You'll be able to target different muscles when varying the incline of the deck.

Inclines can range from 1% to 16%, with 8% to 10% the average for newer models.

Some older treadmills still have manual incline adjustments and but most are automatic.

The Treadmill Console

The console is like the dashboard of your car.

Depending on your treadmill model, you can generally view how many calories you've burned, the distance that you've run, your heart rate, the incline and speed that you're moving, how far into your workout you have progressed, how much longer your workout is and often even more information.

I'm not a huge fan of the 'calories burned' read out, keep in mind that this is a 'ball park' estimate. Minimum necessary features include speed (to help you gauge RPE), incline and time. A heart rate monitor is a nice to have feature, but not necessarily a 'must have' for most people.

Some features aren't as necessary to quantify your workout, but make being on the treadmill a more pleasant experience. Some have here a built in television, iPod dock to plug in your Mp3 player, water bottle holder and cooling fans.

I would definitely NOT spend the money on a television on a treadmill. You'll not see any Treadmill Fat Loss workouts that include watching reruns of the 'Price is Right' ;)

A cooling fan is another 'nice to have' feature but not necessary – easy for me to say since I live in the cooler temperatures of Canada (maybe this is tops on YOUR list depending on your climate).

Additional Choices To Consider

Warranty

Most treadmills come with a 90-day standard warranty. Some premium models often with come with a 10 or 20-year motor warranty and lifetime frame warranty. In this case the higher priced model with a longer warranty may actually help you save money over the years if you use the treadmill daily. Many warranties will average \$149 a year for standard parts.

Read the warranty well to see what you're covered for and for how long. Then look at what is included with an optional warranty on another model and match up costs and covered protection.

Space

If you're short on space, then you'll want to look for a space saving footprint or a model that folds up for storage. Most folding treadmills now have a one-handed closure with a safety lock.

Automatic Incline and Speed Adjustments

Check for a one button adjustment for speed and incline, this makes it very quick and handy for changing your intensity.

In Conclusion

If you plan on using and keeping your treadmill for a long time, it's always been my experience to spend a little more. You're far more likely to spend time on your treadmill if you enjoy the features and it's a comfortable experience.