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Check Out Ratings Before Buying a Treadmill

Having your own fitness equipment at home is much better than having to pay for a gym. Also at home you can get a workout anytime you like without paying for gas, travel, waiting for equipment and more. However, if you do decide to buy your own fitness equipment you will realize that it's not easy to choose.

Criteria for assessment of best may vary person to person. It's the preference and the needs of user that determines which one model is best. For instance, a treadmill with strong motor for intense workouts will not be an economic treadmill. Similarly low price economy unit will be suitable for an entry level person or for those who simply wish to lose weight or want cardio workouts.

Before buying home treadmills, it is necessary to consider the needs for which it is being bought. There are some basic features like price, warranty, size, cushioning and motor, which should be taken care of while looking for the best home treadmills. For users who live in small apartments with deficiency of spare space, folding treadmills are good options. Main constituent of price in best home treadmills is its motor. Stronger motors attract higher prices.

What goal you want to achieve from [exercise equipment](#) will determine the capacity of motor. For continuous duty and not for peak duty, you may need a model with horsepower anywhere from 1.5 to 2.5. The cushioning system of the treadmills must be of best quality to protect your back, joints and ligaments. Bad quality cushioning may cause physical pain and injuries. Best treadmills should have at least 5 to 10 years warranty on motor and on treadmill frame it should be lifetime warranty.

There are a pieces of exercise equipment which are at the top rated treadmills, [weight bench](#) and more.

There is Nordic Track T9 which is available in budget range of about thousand US Dollars. The model is supplied with lifetime warranty. It has motor horsepower of 2.5. With simple one touch, the speed and incline of your workout can be set.

Smooth 5.45 Folding Treadmill is another best piece of treadmill at the similar price. A 2.5 Horsepower motor for continuous duty has been provided with this machine. There are various pre-set workouts including heart rate motor available with this machine. It is a folding type of machine.

Sole F83 is another treadmill which is a mid-range budget model. It has 3.0 horsepower continuous duty motor and is a quiet machine. The treadmill is equipped with heart rate monitor. There are various programmable settings and pre-set workouts, and its track creates low impact while doing workout on it. It is a foldable treadmill.

One of the most important precautions that must always be taken care of is that you should not buy a [treadmills](#) before actual test run; take your shoes and exercise apparel while going for a test run on the treadmill.

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