

## treadmill

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One of the most popular choices people make for working out at home or at the gym is the treadmill. A treadmill is used indoors and allows the user to run or walk at their desired pace without really going anywhere. The key to the way treadmills work is a belt system that is turned by a motor or a manual regulator that moves from the top of the machine towards the back turning around over and over again. With motorized treadmills like the Proform treadmill, the runner or walker can set the pace they want to work out at for an even, steady workout while those with a manual treadmill set the pace themselves and can adjust their speed accordingly. Not many people know this, but the treadmill originated in the prison system as a punishment for prisoners. The original treadmills consisted of a horizontal axis of rotation and a wheel that punished prisoners were made to climb continuously in order to produce energy.

Treadmills like the Proform treadmill and other models have remained popular for a long time because of the number of benefits it offers its users. An individual who is running or walking on a treadmill can stay in the same location for their length of their workout. This is convenient for moms who have small children and can't get out that often or if a person lives in an area where weather conditions can prevent exercising outside. A person who uses a treadmill is less likely to have accidents or injuries due to rocky or unstable ground because a treadmill's design provides a walker or runner with even 'ground' for the duration of their workout. While it can be difficult to calculate the distance and speed of a runner or walker outside, many treadmills like the Proform treadmill display the time and speed of the person working out. The Proform treadmill and similar models also display the number of calories that have been burned during a workout.

There are two different types of treadmills to choose from. The first is the manual treadmill that might look something like the belt that is at the grocery store checkout line. With a manual treadmill, the user is the source of the force that moves the belt and provides an excellent workout for the lower body. The down side of using a manual treadmill can include more stress on the joints from straining to move the belt. It is also difficult to continuously adjust the incline of the belt because the user has to stop their workout, get off the treadmill, make adjustments and begin again.

[www.discount-treadmill-source.com](http://www.discount-treadmill-source.com) deals with the treadmill details.

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[syman@nettrackers.net](mailto:syman@nettrackers.net) Other helpful information regarding that can be found at:

[www.discount-treadmill-source.com](http://www.discount-treadmill-source.com)

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