**Best Treadmill For Fit Seniors**

NordicTrack T Series Treadmills (6.5S & 6.5Si Models)

For fitness, a treadmill should be a big and strong one so that it can handle much pressure and should have various features that are installed in it. A lot of seniors are there who are too fit and healthy in even such an old age, and for them, a strong treadmill is the requirement. For fitness lovers, the treadmill required must having various programs and perfect speed and inclinations available for jogging and running workouts.

The nordic track has a walking belt of 20 inches width and 55 inches length with a support of 300 pounds of the weight. This treadmill also has 10 touch LCD color displays and its speed can vary between 0 to 10 miles per hour and inclines to up to 10%. Apart from that, there are about 20 pre-programmed workouts available which make this a perfect choice for any fitness freak.

This product comes with a lifetime motor and a frame warranty and a one year warranty for other parts of the machine. There is a live interactive training available with this that helps to automatically get trained with the adjusted speed and regulations that are suggested by the trainers. This is for the senior persons and thus has an excellent amount of shock-absorbent facility available and also uses a space-saving design that is easy to be lifted and assessed anywhere.