**How does the treadmill work?**

You all may listen about the treadmill. Treadmill is a device. People can walk, run and climb on it remaining in the same place. Actually treadmill is an exercise machine for running and walking in one place.

The treadmill has a belt and a motor. It is operated by the motor and turns the belt. Without the motor, the treadmill is totally useless. That is why the motor is called the ‘heart’ of a treadmill. The motor is about 1.5 to 3 horsepower. It allows the belt rotated when you walk or run on the treadmill. The performance of a treadmill depends on its belt, deck, and rollers. So it is very important to design the belt, deck, and rollers very carefully.

At first, you need to look at the deck’s frame. Make sure that the deck is solid or not. The frame should be made of steel. The deck will support all of your weight. One biggest element of the treadmill is shock absorption.

Rollers are giving support the belt for your walking, running and jogging. The bigger and heavier rollers are better. Rollers are used to reduce the stress of the belt and motor. And for reducing the stress of the belt and motor the treadmill last long.

The belts are usually 14 to 24 inches wide. Make sure the belts are strong or not. Because the stronger belt has performed better. And it also lasts long. One important tip for you that the bigger you are, the bigger your treadmill should be.

When your treadmill is completely flat then you must need to measure the height of the top of the treadmill. Also, notice whether the front and back both belts have the same height or not.

So go to the market and grape your desire treadmill.