**How to make the treadmill less boring?**

Sometimes the treadmill may be boring to you. I am sure after reading this article you may make your treadmill workout less boring and enjoyable.

You can go to the gym with your friends. Sometimes a friendly competition can be motivated you. In this busy era, working out with your friend side by side you can spend quality time with them. You can challenge each other while racing on a treadmill or can an enjoyable fun with each other. Really this is a great idea to make your treadmill working out less boring.

You can beat your boredom by watching your favorite TV show while running, walking or jogging on your treadmill. Collect and save your favorite movie, TV show or serial whatever you like. And when you go to the gym bring them with you. If a gym allows you a personal TV, then it would be very great for you. To apply this idea, I am sure it will definitely help you to reduce boredom.

It is a good idea to download a fun workout playlist. Music is a great idea to cheer up yourself while you are at the gym. But listening to the same music over and over can make you feel bore. So it is better to make a special playlist for your gym. May be new music can destruct you from the treadmill.

You should do an interval workout. A long working out period sometimes may make you feel bore. After running 2-3 minutes you should take an interval of 30 seconds. Try this trick, it is really very helpful.

Making a goal can be a good idea to reduce your boredom. Your goal should be like running 3 minutes without taking any break. This type of small goal can give you energy while you working out on a treadmill.