

MANUAL OR MOTORIZED

WHAT TYPE OF TREADMILL SHOULD YOU USE?

With so many options to choose from, but only some much space in a home gym, every decision has to count. However, there are two types of treadmills that can have a major impact on your workout style:
manual and motorized.



Manual Treadmill

For someone looking to start running, build endurance, and practice **high intensity** interval training.



Motorized Treadmill

For someone that finds maintained speed, feature-packed setups, and **long-distance** exercise more appealing.

How Does A Manual Treadmill Work

D Keegan



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