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INTRO:

## NordicTrack Treadmills Features and Options Reviewed

BODY:

NordicTrack treadmills includes a tried-and-true line of commercial and personal home exercise machines. You can easily sprint, jog or walk on any of their many treadmill exercise machines. As you may already be aware of, it is quite doable to get in decent to fantastic physical condition by walking instead of running. Ask any long distance runner on the extreme pounding their legs bear from running on concrete. However you'll discover there is a healthy debate regarding running on open air versus running on a treadmill machine. Today we will share our evaluation of particular facets of the NordicTrack treadmill machines.

Even though NordicTrack has been highly successful over the years, its products are out of reach for a lot of people because of the price. There are low- to mid-range price models, but they are not cheap. Nevertheless the primary reason for that is they are constructed really well and can last a lifetime with proper care. NordicTrack is a company that has made a great decision by designing their machines for upgrades and options. Maybe they are working to address the possible objection to a dull workout on a stationary trainer. That is exactly why some of their treadmill models have ports for iPads and MP3 players, and some even have built-in speakers. Other choices allow for wireless connections and iFit card readers.

NordicTrack is aiming to remain up-to-date with advancements in technology and to keep their buyers happy with using their machines. As a matter of fact, their current model treadmill machines will let you get online right there at the treadmill. To illustrate, the NordicTrack Elite 9500 series comes with a browser. However it may be tough to do any good reading while you walk and especially running. But also consider it is doable to watch films, TV, videos from news sites or even listen and watch music videos. So that right there can make any walking or running program go by much more quickly.

Supplemental choices and upgrades with NordicTrack treadmill machines include units featuring built-in console fans to help keep you cool. Several of the NordicTrack models, such as the Reflex Series, come with extra cushioning to reduce the impact on the joints during running. NordicTrack reports there is a 42% shock reduction as compared to running on a hard surface such as concrete. They also claim the Reflex series has the latest type of buffering to be found in a treadmill on the market. We are certain that the Reflex treadmills are superb machines. Still we believe it would be helpful if the company offered some explanation as to how they arrived at such statistics and metrics.

NordicTrack is one company that proceeds to add to its sizable line of treadmill trainers as well as options to enhance your workout. One specific area has to do with the motors that are used to drive the treadmill. NordicTrack does offer several models that have commercial grade motors for commercial use or high volume use even at home. You will be able to get tons of information at their site, and if you are scouting for a treadmill, you should really take your time and pick carefully.