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Page 7/21

A treadmill is a great way to introduce yourself to running – by gradually building your pace, you can really start to make big strides. They're also great for regular runners, to squeeze in a few extras miles when time is tight or the weather isn't great.

Choosing the best treadmill | Argos

Page 8/21

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Page 9/21

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treadmills take more effort to use as the speed of the running deck isn't powered electronically. You might consider this a plus if you want a tougher workout, but there's a chance you'll crave the convenience of an electric machine.

Treadmill buying guide - Which? If you're tight on space, opt for a

Page 11/21

treadmill that folds up when you're done using it. A manual unit with a belt that only moves when you walk on it is a good choice for saving space and electricity. Select a treadmill with a display you can easily see, especially when you're in motion.

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Page 12/21

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Page 13/21

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Page 19/21

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