Best Treadmills: Reviews, Charts and Sale Prices

When you're shopping for a home treadmill, spending some time on research can bring big payoffs. Here we help out with free treadmill reviews, handy comparison charts of "Five Best Treadmills" in lots of categories, and general articles about treadmill parts and standards for 2017. Learn what features to expect for your budget and where to find a deal.

Our most popular treadmill chart is shown below. Titled "Five Best Home Treadmills Overall," it compares some of the best treadmills in the most common price category ($1,500 to $2,000). We've also included cheaper and more expensive favorites. Whether entry-level or built to higher standards, each machine is a top value for the money.

Read on for a look at the overall top five, or click the menu for best treadmill comparison charts in more specific categories.

Highest Rated Treadmill

NordicTrack Commercial 1750
Rating: 97.6% ★★★★★
SEE BEST PRICE ›

Five Best Treadmills for Home Use 2017

	Model	Rating	Pricing
1	NordicTrack Commercial 1750	★★★★★ Rating: 97.6%	See Best Price
2	Sole F80	★★★★★ Rating: 95.2%	See Best Price
3	ProForm Pro 2000	★★★★½ Rating: 94.7%	See Best Price
4	NordicTrack X22i Incline Trainer	★★★★½ Rating: 94.2%	See Best Price
5	Sole F85	★★★★½ Rating: 94.1%	See Best Price

A Guide to Treadmill Parts and Warranties

Shopping for a home treadmill is easier when we describe standards for belt size, horsepower, speed and other treadmill features. Here we describe the "big picture." Here we describe standards for belt size, horsepower, speed and other treadmill features. This guide can help you choose the best value for your budget, style and exercise needs.

Size of Walking/Running Area

The size of a treadmill workout surface is a key consideration for careful shoppers. If the workout surface is too small, you won't be able to take full strides. If the workout surface is too large, you'll have paid for unused space.

Health club treadmills typically have track workout areas measuring 20" wide and 60" long. These standard dimensions provide enough room for just about anyone to run at top speed. The best home treadmills for runners typically have these dimensions too. For larger trainees though, some top brands make machines with another couple of inches in one or both directions. The largest home treadmill workout space is the 22" x 63" of the Landice L8 . But if you just want a treadmill for walking, you could opt for a treadmill with a shorter track to save money. Good treadmills for walkers generally have walking surfaces that measure 20" wide and 55" long.

Got limited space? You could still get the benefits of a 60" long track by choosing a folding treadmill. These machines are equipped with comfortable cushioning, powerful motors and automated inclines, just like the best non-folding alternatives.

Track Incline

The **best home treadmills** let you benefit from incline training. Exercising on a slanted track, you can rev up your heart rate and your metabolism. Simulated hill training also helps sculpt your lower body because at each different workout angle, your muscles move in different ways. And there's a fourth benefit of incline training: Walking or running even with a slight incline removes some pressure from over your knees and ankles. Your weight naturally shifts to allow exercise that's gentler on your joints.

Incline is one of the most popular performance features, and it's become common for machines in all price brackets. The quality of incline varies. On the cheapest treadmills with incline, the angle can only be adjusted manually. Typically there are two or three settings. On better treadmills with incline, the angle is power-adjustable and has many settings. The incline can be automated by preset programs and also controlled with buttons on the console. Additionally the best treadmills have incline controls built into their handlebars.

A common maximum incline setting is 15% or 20%. Low-budget treadmills sometimes max out at 10%. The steepest slopes are available on treadmills built specifically for incline training, such as Bowflex Max Trainers. Max Trainers have maximum 40% inclines. With that steep a slope, you can actually just walk to get the same calorie burn rate as a runner.

Finally, a small minority of these machines support downhill training too. The maximum declines are rarely greater than 6%. A popular mid-priced example of a treadmill with both incline and decline features is the ProForm Pro 2000.

Heart Rate Monitoring

Most treadmills support heart rate monitoring. Some monitors are more accurate than others. With better accuracy you can be sure to exercise within a target heart rate zone, which is important for getting the best treadmill workouts in terms of efficiency. Also with better accuracy you'll be able to track your cardio improvement over weeks, months and years. Some of our favorite cardio trainers can automatically export your heart rate info and other workout data to FitBit and other mobile fitness apps.

The highest-rated treadmills have wireless heart rate receivers. These tend to be more than 99% accurate. Usually a wireless heart rate works with a chest strap, which could be included with the treadmill price or sold separately for about $50-$100.

Treadmills can also measure heart rate through contact sensors. On cardio trainers at all price points, contact sensors are built into the handgrips. Some contact heart rate monitor systems are better than others. Accuracy varies by brand, plus it tends to decrease as you exercise at higher speeds. The wireless heart rate monitor option is most convenient if you want continuous feedback during a workout.

Finally, beyond the convenience, wireless heart rate monitoring can actually control your fitness machine. In response to your heart rate information, some of the best treadmills for cardio workouts can increase or decrease the challenge (speed and incline) to help you maintain a preferred workout intensity.

Treadmill Display Screens and Workout Programs

Treadmills are the most popular home fitness machines in America, but some owners lose motivation to follow through with exercise plans. A treadmill's display and workout programs can make the difference! Even among cheap treadmills, many options support digital entertainment and give you lots of training guidance. The best treadmill brand for you might supply a Bluetooth connection for exporting your workout data too.By tracking your stats, you can see results that keep you moving.

With smaller budgets you might need to choose between machines with great workout consoles and machines with powerful drive motors. If you spend more, you can get a home treadmill that scores well in both areas.

The Display: This year's most advanced treadmill displays have full-color touchscreens. Many of these screens can show the Internet as well as workout programs. Screen widths of 7" and 10" are most common. The biggest screens in our treadmill reviews for 2017 are 22" wide and high-def.

The less cutting-edge treadmill displays use older LCD or LED screen technologies. Some have very small data windows but some have large screens. The best treadmill LCD/LED windows have backlighting for easy reading. Although these windows won't support the web or video, many modern treadmills provide a "media shelf" for docking your own tablet computer or a magazine.

The Workouts: Treadmill workout programs can make your exercise time more efficient and interesting. They're designed according to fitness pros' recommendations to automate the workout challenge (speed, incline and duration) to help you meet goals for calorie burn, endurance, interval training and more.

Just about every home treadmill has built-in training programs. The quantity, quality and variety vary greatly. Some treadmills let you design and save your own programs too.

Additionally some treadmills let you add new workout programs, usually through web downloads. Some let you train with virtual reality or mixed reality for simulated outdoor exercise around the world. Your view of real landscapes will adjust to your speed. The best-known virtual video workout platforms in our treadmill reviews are iFit (see NordicTrack and ProForm), Passport Video (Horizon Fitness), and RunFit (compatible with Nautilus treadmills).

Durability

With durability in mind, we recommend choosing a treadmill with a workout belt that's two-ply or thicker. Low-priced home treadmills tend to have single-ply workout belts. These might be just one millimeter thick. One disadvantage is that these belts wear out quickly. Sometimes they snap or rip. More common is belt stretching, which leads to your needing to recalibrate the machine. A second disadvantage of a thin belt is more potential for noise; when a belt is heavier, it has less opportunity to make a "flappity-flap" sound as it moves. And a third disadvantage is the need for regular maintenance. You might need to wax the belt often to help keep it running smoothly. The best treadmill belt is maintenance-free except for occasional dusting.

Other durability-related components to consider are the rollers, which help move the tread belt. Better treadmills have more rollers and larger, heavier rollers. On budget treadmills the rollers might be smaller than 2" in diameter. On better home treadmills they're about 2.5" in diameter or larger.

Another component to consider for durability is the belt motor. Treadmill motors are usually under lifetime warranty, but a 2.0 CHP motor with lifetime warranty still isn't as durable as one with a 4.0 CHP motor. Our standard is 3.0 CHP for jogging and 4.0 CHP for more than casual running. The larger the user, and the more frequent or intense the training, the more important the motor becomes.

Warranty

Treadmill warranties can be great hints about durability. They shouldn't be your only reference, but basically a warranty shows how much confidence the factory's insurance company shows in the product.

The most important part of a treadmill warranty is the "parts" section. A good treadmill brand will include electronics coverage in the parts warranty. Electronics coverage is valuable, as a console could cost most hundreds of dollars to replace. Here are some general guidelines:

1. Very cheap treadmills have parts warranties valid for one year or less.
2. Many entry-level treadmills for home gyms are protected for one or two years.
3. For treadmills priced around $1000 or more, parts warranties of three years or longer are common.

Most treadmill warranties provide lifetime coverage for the motor and frame. The deck or running surface might also have a lifetime guarantee. The best treadmill warranty comes for Landice. Landice is the only brand to include lifetime coverage for the parts as well as the frame.

The last section of a treadmill warranty is for labor. Very cheap treadmills are sold with six months or less of free repairs. As prices increase, the labor warranties become more generous but rarely exceed three years. Some manufacturers, such as Sole Fitness, provide labor in-home. Others will require you to ship a broken machine for repairs... so choosing a durable treadmill from a reputable manufacturer can really help you avoid hassles.

Final Word on Finding the Best Treadmill for You

Knowing the parts of a treadmill can help you make a wise buy. Remember though that a treadmill is more than the sum of its parts. To get an idea of how well the components work together, and how they might stand up over time, be sure to **check reputable sources for treadmill reviews** before you make your choice.

List of Treadmills by Review Score

The following list includes choices for all budgets. The products are organized according to review score, with the highest-scoring models shown first. The links lead to FitRated treadmill reviews that include pros, cons, comparisons and factory-direct shopping links.

6
Horizon Fitness Elite T9
Rating: 93.7% ★★★★½
Price: ~~$2,499~~ - Best Price: $1,899
The Elite T9 is Horizon's top-of-the-line treadmill. It is a solid running treadmill designed to give you the workout you need. It has a 2.75 CHP motor, 44 workout programs (plus a workout tracking calendar) and a 10" touchscreen console. Read Review »

7
Matrix TF50
Rating: 93.6% ★★★★½
Price: ~~$2,699~~ - Best Price: $2,699
A best buy among folding treadmills, the durable Matrix TF50 features custom programming and a two-ply 60" track to accommodate almost any runner or walker. Read Review »

8
NordicTrack Commercial 2950
Rating: 93.5% ★★★★½
Price: ~~$3,499~~ - Best Price: $2,299
The Commercial 2950 takes all of the most popular NordicTrack features and puts them in one treadmill, then adds the ability to customize. Read Review »

9
ProForm PRO 5000
Rating: 93.3% ★★★★½
Price: ~~$2,499~~ - Best Price: $1,499
The ProForm PRO 5000 is a solid folding treadmill with many features at a competitive price point. Read Review »

10
Matrix T70
Rating: 93.1% ★★★★½
Price: ~~$2,599~~ - Best Price: $3,599
The T70 leads the Matrix line of customizable home treadmills. This high-end model is the only Matrix home treadmill to house a commercial motor and provide a maintenance-free track. Read Review »

11
NordicTrack X9i Incline Trainer
Rating: 92.9% ★★★★½
Price: ~~$3,499~~ - Best Price: $1,799
NordicTrack X9i Incline Trainer is a feature-packed incline trainer offering a variety of challenging workouts and options. Read Review »

12
ProForm PRO 9000
Rating: 92.9% ★★★★½
Price: ~~$2,999~~ - Best Price: $1,999
The ProForm PRO 9000 is a great folding treadmill with many features at a competitive price point. Read Review »

13
NordicTrack Commercial 2450
Rating: 92.8% ★★★★½
Price: ~~$3,299~~ - Best Price: $1,999
The NordicTrack Commercial 2450 is one of the most popular feature-rich treadmills on the market. Read Review »

14
Precor TRM 445
Rating: 92.7% ★★★★½
Price: ~~$4,799~~ - Best Price: $4,799
The TRM 445 is top of its class in Precor's Precision Series. It features a wide variety of workout options, a slick user interface and an impressive warranty. Read Review »

15
Precor TRM 211
Rating: 92.5% ★★★★½
Price: ~~$2,199~~ - Best Price: $1,999
The Precor TRM 211 is one of the most popular treadmills on the market for $2,000. With an outstanding warranty, a 3.0 CHP motor, a welded steel frame and a Multi-ply track this treadmill gives you all the tools for a good workout for years to come. Read Review »

16
Matrix T50
Rating: 92.4% ★★★★½
Price: ~~$2,599~~ - Best Price: $2,599
The top-scoring T50 is the most affordable non-folding treadmill from Matrix Fitness. This versatile cardio trainer has a thick 60" track, a 15% incline and custom electronics. Read Review »

17
Life Fitness Platinum Club Series
Rating: 92.2% ★★★★½
Price: ~~$8,999~~ - Best Price: $8,999
The Platinum Club Series Treadmill is one of the best available health club quality treadmills for home use. Read Review »

18
Cybex 525T
Rating: 92.0% ★★★★½
Price: ~~$5,800~~ - Best Price: $5,800
The Cybex 525T is a reliable and engaging treadmill built especially for light commercial settings and fancier home workout spaces. It has a low step up height (8-inches), 8 workout programs and an Intelligent Suspension System. Read Review »

19
Life Fitness T3
Rating: 91.8% ★★★★½
Price: ~~$2,599~~ - Best Price: $2,599
The Life Fitness T3 treadmill is a top Life Fitness option for virtually any trainee. It has some great features like a 3.0 HP motor, a nice 20" x 60" running surface as well as a 15% incline. Read Review »

20
Precor TRM 243
Rating: 91.7% ★★★★½
Price: ~~$3,799~~ - Best Price: $2,999
The TRM 243 is top of its class in Precor's Energy Series. It features an Energy Stride shock absorption system, 23 workout programs, a 3.0 CHP motor and an excellent warranty. Read Review »

21
Cybex 770T
Rating: 91.7% ★★★★½
Price: ~~3,999~~ - Best Price: $3,999
The Cybex 770T is a commercial quality treadmill suitable for almost any high or low traffic home or commercial setting. Read Review »

22
Cybex Total Access Treadmill
Rating: 91.6% ★★★★½
Price: ~~7,000~~ - Best Price: $7,000
The Cybex Total Access Treadmill meets or exceeds standards for busy commercial settings and inclusive cardio training equipment. This durable fitness machine has the power, cushioning and safety features to accommodate an especially broad range of gym members. Read Review »

23
NordicTrack X11i Incline Trainer
Rating: 91.4% ★★★★½
Price: ~~$3,499~~ - Best Price: $2,199
NordicTrack X11i Incline Trainer is a feature-packed incline trainer offering a variety of challenging workouts and options. Read Review »

24
Horizon Fitness Elite T7
Rating: 91.3% ★★★★½
Price: ~~$1,999~~ - Best Price: $1,499
The Elite T7 is a great running treadmill designed to give you a solid workout. It has a 2.75 CHP motor, 42 workout programs and a 8.5" Extra Wide Blue LCD console. Read Review »

25
Cybex 790T
Rating: 91.3% ★★★★½
Price: ~~8,995~~ - Best Price: $8,995
The Cybex 790T is an obvious top choice for shoppers with higher budgets. It outperforms most others and is also luxurious in terms of exercise programming and entertainment. Read Review »

Next »

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