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## Treadmill of production theory

Our editors independently research, test and recommend the best products; you can learn more about our review process here. We may receive commissions when purchases are made from our chosen links. Running can be a great way to integrate cardio into your workout routine—not to mention it has a lot of health benefits, including reducing the risk of things like hypertension, diabetes and congenital heart disease. But sometimes, an outdoor jogging is not on the menu, whether you are dealing with winter weather or a 90 degree summer day. Thankfully, running indoors boasts many of the same benefits, and all you really need to start is a treadmill. (Yes, that and a pair of running sneakers, but we believe you've got that covered.) The complicated part of buying a treadmill is, of course, finding one that is worth the investment. Sift through fancy features and determine which products best meet your needs can be difficult, but the good news is that a lot of great options and we've all researched them all to help you choose the right product. Read on to learn more about today's best treadmills. The only F90 is pretty much everything you could want in a treadmill machine. Its inclination can reach 15 different levels, and its tire belt can accommodate speeds of up to 12 MPH. It is also equipped with patented rollers that make the tire belt move smoothly and its Cushion Flex Whisper Deck offers plenty of shock absorption — in addition, its display is large, vivid and user-friendly. There are also a few tech-savvy amenities, like built-in tablet racks, USB charging ports, and Bluetooth audio speakers so you can blow up the jams that go to your heart's content. Just 30 minutes of setup time (!), this Horizon treadmill machine makes it super easy to start running indoors. Even better? It does so without breaking the bank. Its 55-inch belt gives you plenty of space to move around, while its three-zone cushioning design eases the pressure on your joints when you're walking, jogging or running. The user-friendly controls make it easy to switch between speed and tilt settings and its engine promises to remain relatively quiet. In addition, although it is budget-friendly, it is equipped with a few interesting features, such as built-in device tracks and charging ports. Another bonus? It doubles, so you can store it between exercises, and it is supported by a life frame and engine warranty. TechnoGym SkillRun is a luxurious, heavy treadmill machine designed with athletes in mind. It even doubles as a sleigh bar and three as an umbrella brake, allowing you to build speed, endurance, coordination and power with just one machine. In addition to these diverse training modes, TechnoGym offers guided training sessions. Sign up for one of these one-player exercises and TechnoGym SkillRun will automatically adjust the speed and tilt for you. It is also equipped with Netflix, YouTube, and Internet access—in addition, as it can connect to wireless headphones, you can stream your favorite entertainment without hassle. This Sunny Health & Fitness treadmill is as space-friendly as you get. Not only is it foldable and portable, but it's also relatively compact when fully set up. This may be a downside for some people, but if you don't have much space to work with, it might be perfect for you. It also has some neat features, like a large display (which you can use to access one of your nine built-in workout programs) and ledges for holding your phone or tablet. Plus, it can accommodate speeds of up to 9 MPH and tilt up to 4.37%. The NordicTrack T Series treadmill machine is not your average treadmill. While many treadmills fold small and narrow, this treadmill machine boasts plenty of running space with a 20 x 55 inch step belt. It also offers a range of interesting features, such as OneTouch tilt and speed control, FlexSelect floor cushioning and integrated speaker system. The most impressive thing? Although it is quite heavy, it is still designed for easy folding and transportation. It is also supported by one-year labor warranty, two-year spare parts warranty and 10-year framework warranty. This Rhythm Fun desktop treadmill provides an easy (and space-saving) way to squeeze a little cardio into your work day. The treadmill's 18 x 45 inch foot belt is narrow enough to slide under most desks but long enough that you still have room to move around — plus, it's designed to absorb shock and reduce noise, so you can squeeze in a quick jog without disturbing your colleagues (or your downstairs neighbors). Finally, as it comes without a vertical attachment, it's incredibly easy to store between exercises. Simply roll it under your desk to store it horizontally, or stand it up against a nearby wall. Avid runners may want a performance treadmill machine with tons of fancy features, but if walking is your thing, you may be able to find everything you want in a lightweight, budget-friendly option like this from Sunny Health & Fitness. Although it is relatively low, it can withstand speeds of up to 6 MPH, and its 44.5 x 19.5 inch tire belt still provides extensive walking space. It also comes with a digital screen, a built-in device hold, two built-in cup keepers, and easy-to-use buttons to adjust the settings of your workout. If your #workoutgoals involves having a personal trainer when you run, this NordicTrack treadmill machine is the one for you. It comes with membership year for iFit, an interactive personal training program, which gives you access to over 17,000 exercises, daily cross-training challenges, and face-to-face training (allowing NordicTrack personal trainers to adjust the tilt, decline, and speed of your treadmill machine as you workout). The treadmill machine itself is Out, too: Its belt is equipped with RunnersFlex cushions, designed to reduce pressure on the joints, and it can accommodate 0-12 MPH speeds and -3% -15% inclination. It is also supported by one-year labor warranty, two-year spare parts warranty and 10-year framework warranty. Can't choose between a treadmill machine, a personal trainer, and a team fitness member? With this ProForm treadmill machine, you don't have to. The heavy treadmill machine features complete memberships as a free year for iFit, an interactive personal training program. Use the treadmill's screen to access one of iFit's many studio workouts or turn on Trainer Controls to allow the exercise machine to adjust your speed and tilt settings while running. However, useful features do not stop there. This treadmill machine is equipped with a padded belt and a CoolAire fan—plus, although it's relatively heavy, it folds, making it easy to store between uses. Many treadmills boast tilting abilities, allowing you to mimic the feeling of walking or running up a hill. But very few can match the tilt range that NordicTrack Commercial X11i offers. Treadmills can accommodate everything from a 6% decline to a 40% inclination which, FYI, is incredibly steep. (For context, many treadmills can accommodate tilts of up to 15%, and some caps out at 5%.) However, that's not the only feature offered. This treadmill comes with Bluetooth speakers, cooling workout fans, reflective cushions and a free one-year membership for iFit. In addition, it is supported by a one-year labor warranty, a two-year spare parts warranty and a 10-year framework warranty. Most treadmills run using several types of engines. Unfortunately, this can also be what makes them noisy, which can cause problems if you live with others. Thankfully, some treadmills, like this MaxKare option, are designed using quieter engines. For example, this promises to keep noise below 60 dB. (For reference, it's about as big as a standard conversation.) This treadmill machine is equipped with 15 exercise programs and can also be doubled, making it easy to store between sweating sessions. Many treadmill machines are powered by motors that automatically move the tread belt every time you press a button. Assault Fitness AirRunner does the opposite: It's a machine that runs manually, so the treadmill machine belt only moves when you do. This unique design will make your workout both harder and easier (more difficult because you won't have the benefit of automatic momentum, but easier because the treadmill machine will automatically adjust your speed). Because this treadmill machine doesn't need electricity to run, it's more environmentally friendly than many other exercise machines. It is also supported by a limited warranty and promises to be durable enough to 150,000 miles wearable. When I called Owen Thomas to talk about the productivity-boosting properties of a desk, he was, unsurprisingly, walking as he talked. He's on the treadmill. That's because Thomas, editor-in-chief of tech news site ReadWrite, is a few months into his practice walking while working—usually about 10 miles a day when he's not traveling. That's not to say he is treading the rubber belt for eight hours in a row. Thomas reports that his longest walk was three hours. Results so far: I dropped 13 pounds, he said with a broad smile. And thanks to Runkeeper, Thomas also monitors his heart rate (it's about 87 bpm while he's walking). But does the treadmill make him work more efficiently? Measuring overall work output is difficult because I jump up and off a lot, he said. Some creative thinker such as Nilofer Merchant quit office altogether in favour of walk-'n'-talks to keep the idea flowing. But many of us remain glued to our seats for hours at a time, although 10 years worth of scientific research proves sitting is terrible for us. So bad, that in addition to back problems, obesity, and diabetes, sedentary death syndrome has become a real consequence for table jockeys and couch potatoes. The benefits of treadmill-be as health or productivity involved are still anecdotal. A study of 36 sedentary staff at a financial services company found that after a year, while there was a loss of performance in the first three to five months, they exceeded the basic target at the end of the experience. Other researchers found that reduced typing speed and accuracy during walking and treading use affected the good motor skills needed to click or drag and drop text. Since we were unable to conduct our own scientific research on the performance-boosting power of treadmills, we talked to people like Thomas, who have jobs that require prolonged concentration time often sitting in front of a computer. Here's what they've observed about the yield of perambulation. Do not think of this as part of the gym equipment in the office. Think of it as a way to turn desk time into walking time—a walking meeting with yourself. When I reached her at 8am.m on a recent morning, Susan Orlean confessed she was still in her pajamas and so didn't walk at the treadmill board yet. Orlean is devoted to his constitutional daily work. A writer for the New Yorker and author of several books, Orlean once wrote a thorough report on the treadmill while she was walking. The first two things I wrote came with considerable ease, she recalled. I thought, oh my god, this is magic! That was more than six months ago. don't sit down at all anymore to write, Orlean says. Once every 45 minutes, I can pause and work standing, but there's no treadmill machine moving. That's when she wrote longhand, a trick we learned that could help us open up creativity through trial and error. Orlean settled at a speed of about 2.1 mph, which she said, Felt like a steady, purposeless move and didn't shake me too much. Now working on a new book, Orlean admits, Writing is still a house job. I'm not going to pretend that I'll never get stuck on a piece. But neural energy can get a body in trouble when they're faced with a pesky special project that can be absorbed by walking, she said, and it helps focus. I get very nervous from sitting there, Orlean explains. It's a surprise [on the treadmill board]. You just feel more comfortable. Your body is busy walking and your brain can be busy being a brain. If she's still stuck after a pacing session, at least I'm exercising. That's exactly Joanna Coles' problem. Cosmopolitan's editor-in-law set her speed at 3.5 mph fast, an appropriate speed for her to create a dent in a stack of old media, including the latest trade magazines, the New York Times and The Washington Post, but not so fast that she received all the red faces. She also walked her way [shod in a pair of Céline python leather sneakers] through the meeting. Everyone else has to sit, Coles insists. What you will not find in meetings or while reading, is any electronic device. Instead, she decorates the remaining surface of the desk with a large orchid (holla, Orlean!) and a smaller potted plant. This way, Coles says she's minimizing the exercise panic that tends to set in around 4:30 p.m. Especially if you're going out for a drink, or a party, or some other wildly calorific evening. The meditative quality of walking also helped her resist the urge to grab dark chocolate bars to prevent mid-afternoon declines. I'm aware of all sorts of ridiculous it, but it works. Owen Thomas, meanwhile, doesn't hold quite the same views. Although he is conducting tests with treadmills partly as a way to get in shape, he said, Don't think of this as a piece of gym equipment in the office. Think of it as a way to turn desk time into walking time—a walking meeting with yourself. That said, he admitted he had to change his shirt after walking for a while and now keeps a fan aiming at the desk while he is walking. Thomas said at least two of his colleagues signed up to use the desk, thinking they would get in for a midday run. It was a common mistake, he said. Unlike those at the gym, the top speed at most treading desks is about 4 miles per hour. Thomas finds he can't type and walk at a much faster rate with 3 mph, but he believes he can write better than he can when he sits. I can focus because you tend to be the only task when you're walking, he explains. Editing is one of those tasks that remains challenging. Dragging and selecting is more difficult, he notes, and shortcuts have, by replace clicks. At SilverTech, about half of the 40 employees use a shared treading desk. Some are walking daily, while others only use it only occasionally, according to Jennifer Nickulas, a marketing expert at the creative agency. While one of our team members, Jeff McPherson, has been training for the Boston Marathon Jimmy Fund Walk, he has been working from the treading machine desk almost exclusively for a few weeks, says Nickulas.Thanks to its location in an open area in our agency's marketing and business development area, it is not unusual for someone to jump in for a 15 minute conversation, or for a few hours while working on a suggestion. Digital marketing strategist Chad Campbell even walked the belt in flip-flops, albeit at a slower pace. Nickulas says there are no rules about what employees may or may not leave behind on the desk surface, but points out that a large number of strategic work agencies are doing for outdoor apparel companies Polartec has been creating while on treadmills. SilverTech's chief software architect likes to write blog posts while walking. Nickulas says, I don't see too many designers or developers using it, and it has a bit of background noise, so conducting phone calls from it can be difficult.

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