

# What to Look for When Buying a Treadmill

**E**ven with the introduction of the ever-popular elliptical trainer a number of years ago, the treadmill is still the most popular piece of cardio equipment out there. It may seem obvious to those of us in the fitness industry that certain specifications need to be met when purchasing a treadmill, but for our friends in the multifamily industry, we thought this information would be useful and save you time and money in the long run.

The following considerations need to be addressed to assure your fitness center is safely and properly equipped and that you have done everything possible to protect your investment and your residents.

Probably the most important thing to consider when buying a treadmill is use factor because it will determine the type of treadmill that will be necessary for your facility. The amount of use a treadmill gets will determine what grade of treadmill is appropriate

for your center. The type, quantity and demographics of users are important factors to consider in finding a treadmill that will hold up. For multifamily considerations, you need to ask yourself the following questions: How big is my property (how many residents do I have) and what are the demographics of my residents?

If you have 400 units in a working class, blue collar neighborhood and your fitness center is unsupervised and accessible 24 hours a day, you're going to need a treadmill (or two or three) that will withstand a lot of heavy use. If your community consists of 100 apartments and your demographics are more urban white collar residents, you may be able to get away with a light commercial unit. Knowing your community's demographics will help with this part of the equation.

When we work with our clients, we use a national fitness industry standard which shows that approximately 12% of the population works out. For the sake of using easy numbers, we recommend that our clients assume 10% of their community's population works out. So, for the 400-unit community above, take your total population (let's say 800 residents) and multiply by 10%. This means that 80 residents will use your facility approximately 3 times per week. You will need a treadmill that is made for this amount of use. We would recommend a full commercial treadmill designed for moderate to heavy use.

Horsepower is another important consideration in your treadmill purchase and often the most confusing. What you really want is a treadmill with continuous-duty horsepower which is the treadmill's rating for continuous 24-hour usage. Some manufacturers will give you the peak duty horsepower which is just the horsepower at any given moment, but not sustained over time. Directly

related to horsepower and just as important is the treadmill's ability to cool itself. A good cooling mechanism helps to reduce the heat of the motor, which will help with wear and will extend the life of the motor. So, these two components must be considered together.

A treadmill with higher continuous duty horsepower usually means that it can withstand harder impacts and more weight at higher speeds. Usually, the bigger the motor, the longer it will last (given it also has the appropriate cooling mechanism). So, considering your 400-unit community again, you will want a treadmill with at least a 3.0 continuous duty horsepower motor to withstand the heavy use it will get. Finally, each of your treadmills will need its own 20 amp dedicated circuit to ensure the motor has enough electricity to run for long periods without tripping breakers.

The features, functions and benefits of your treadmill are the next thing to consider. If you've figured out what size motor is appropriate for your property, next you'll need to decide which features you want. Generally speaking, the higher up you go in commercial performance, the more features you will have on your treadmill. Treadmill features can include a user friendly console, heart rate technology, special courses and programs for the user, low-impact surfaces, slow starting speeds for smooth operation, high speeds for the advanced user and reverse speeds for rehab or training situations, higher inclines and sometimes even the ability to decline (simulating running down hill).

Some of the most important features have to do with the maintenance of your treadmill. The type of belt, deck, circuit board, frame, motor and

*continued on next page*



## Seract Corp.

### Local Apartments Financed Daily.

First Mutual Bank has been financing local apartments for more than 50 years.

We have the experience and flexibility to finance a wide range of apartment properties. And, in many cases, we can offer lower fees and a shorter application time than our competitors.



Please contact Frank Jeretzky to learn more about First Mutual's income property lending services. Frank can be reached at 1-888-714-0433 or by email at frank.jeretzky@firstmutual.com.



## Marcus & Millichap

FOUNDED ON FOCUS - CONNECTED BY TECHNOLOGY - POWERED BY CULTURE

Here is a sampling of our recent closings:

<ul style="list-style-type: none"> <li>• 7 Units Tacoma \$342,000</li> <li>• 11 Units Everett \$633,000</li> </ul>	<ul style="list-style-type: none"> <li>• 9 Units Seattle \$877,500</li> <li>• 5 Units Seattle \$925,000</li> </ul>
--	--

If you are interested in selling or acquiring investment properties, call Greg Wendelken at (425) 453-8330 to speak with the experts.

Real Estate Investment Brokerage Company  
[www.marcusmillichap.com](http://www.marcusmillichap.com)

**Treadmill**

*continued from page 22*

rollers will directly impact the maintenance of your treadmill. Some manufacturers have designed their products with a belt and deck waxing system that needs to be regularly refilled, cleaned out and checked which causes a big investment in maintenance time for you and your staff. Other manufacturers now have the lubrication for the treadmill built into the belt (this is called a self-lubricating belt). This will greatly decrease the amount of time your maintenance staff will have to invest in keeping your treadmill running properly.

While there are many things you can do yourself to increase the life of your treadmill (most importantly, keeping it clean) you will want to be sure that you can rely on the company you purchased your treadmill from. Like any machine with multiple moving parts, at some point your treadmill will need to have parts replaced and it makes sense to use a reputable company for all your needs. A good company will have an in-house service department to help you maintain your

investment.

Lastly, most manufacturers will only honor their warranty for the type and amount of use they specify. In other words, if the treadmill you purchase is warranted for home use and you place it in a commercial setting, the manufacturer will not honor the warranty. So, again be sure to purchase the appropriate treadmill for your setting. Each manufacturer has different warranties but it is typical to have at least 2 year parts and one year of labor for a new treadmill.

There are many things to consider when purchasing a treadmill. For the multifamily setting, we strongly recommend that our clients purchase equipment that is designed to take the use it will get. And just remember that no matter what brand, style or size treadmill you do buy, it will need proper maintenance for it to last as long as possible.

*Marty Smith, President, Exercise Specialties, Inc., 800-495-2008*



**Market Report**

*continued from page 21*

away professors and families and that new construction won't bring them back. Others say cheaper buildings, with fewer parking spaces and other perks, won't deliver the long-term residents the city seeks.

"They don't want to live here," said Willie Williams, a metal stud framer and a board member of the University District Community Council. "The existing problems will still exist."

But many residents extol the virtues of the neighborhood, from intellectual and urban energy to excellent bus service. And some UW employees say they love walking to work.

"(My kids) have grown up in a diverse neighborhood, which is a good thing, and they learned how to ride bikes on campus when I took them there on Saturdays. There are a lot of nice, big open spaces there," said Eric Larson, a research scientist in the UW Department of Family Medicine who

lives in the neighborhood.

But he's worried that more density will squeeze out families and overshadow back yards.

Steinbrueck, chairman of the urban development and planning committee, said he supports much of the proposal, which is part of a larger plan to spur development in three other urban centers: Capitol Hill, First Hill and South Lake Union.

"The fact is, we are in a growing city, and we have needs attendant to that," he said, adding that he will hold public hearings on the matter. "It's unrealistic to think you can stop growth anywhere."

*Printed with permission from the SEATTLE POST-INTELLIGENCER Reporter Vanessa Ho*



**BACKGROUND CHECKS**



Protect your Investments, Screen Your Residential, Commercial and Retail Applicants for Tenancy!

Moco Sound Screening Web-Based Screening featuring Integrated Leasing Documents

National and Local Comprehensive Criminal and Civil Records Searches



800-300-0138 • info@soundscreening.com

**He commits the crime, but YOU pay the price!**



Ballard Security offers cost-effective 24/7 digital video surveillance systems that act as a visual deterrent, let you monitor your premises from on-site, home, office or on the road and provide tangible evidence for arrest and conviction.

**Crime goes down when digital video security goes in.**

**Ballard Security, Inc.**



View our large selection of digital video surveillance products and services at: **Ballardsecurity.com**

**206-782-8493**  
CCTV Sales and Service

Best Prices and Best Guarantee!



**REFINISH YOUR...**

**Update Your Apartments**

**Countertops**

**Kitchen countertops** . . . . . **from \$145.00**  
**Bath countertops** . . . . . **from \$70.00**

Regular or our new Multi Spec Finish (Additional charge for Multi Spec)

**Cabinets** . . . . . **From \$400.00\***

Kitchen & Bath  
From dark to light finish

**Bathtubs** . . . . . **From \$250.00**

Fiberglass, Porcelain, Tile

**Appliances** . . . . . **from \$95.00**

Dishwashers, Hoods, Stoves, Refrigerators

\*Please call for quotes



Is a leader in resurfacing cabinets and counter-tops in kitchen and bathrooms as well as appliances and bathtubs (porcelain, fiberglass and tile). We offer the highest quality at competitive prices. For an estimate of your resurfacing needs please call our marketing director for an appointment.

**1-877-922-5335**

Call Tina Gordon-Phelan for Proposals **www.perfectsurface-wa.com**