

Global Fitness Guides Buyers Through Choosing a Used Treadmill in July

The Gardena, California retailer breaks down motor power, belt width, and brand choice for home and commercial buyers shopping its used treadmill collection

LOS ANGELES , CA, UNITED STATES, July 7, 2026 /EINPresswire.com/ -- Global Fitness, Inc. is helping home and commercial buyers make a more confident purchase this July by explaining what actually separates one [used treadmill](#) from another.

The logo for Global Fitness 25, featuring the words "globalfitness" in a red, cursive script font, followed by the number "25" in a bold, red, sans-serif font.

The Gardena, California retailer, which has sold new, refurbished, and used gym equipment for more than 20 years, says the middle of the year is when many people finally commit to a home cardio setup, and it wants shoppers to know how to judge a machine before they buy.

Treadmills remain one of the most requested pieces of cardio equipment, but they are also one of the easiest to buy badly. A machine built for a serious runner is not the same as one meant for daily walking, and the price gap between the two can be significant.

Global Fitness stocks [used treadmills for sale](#) from ten commercial manufacturers, including Cybex, FreeMotion Fitness, Life Fitness, Matrix Fitness, Motus, Precor, Sportgear, Star Trac, Technogym, and Woodway, and the company says the choice of brand is only the starting point.

What buyers should weigh first

The company points to a handful of practical factors that matter more than looks. Motor power comes first. A stronger motor suits running and repeated high-intensity sessions, while a smaller motor is usually enough for walking and light jogging. Belt width and length come next, because they set how much room a user has for a natural stride. Taller users and runners tend to need more belt than casual walkers.

Shock absorption is the factor many first-time buyers overlook. Good cushioning reduces the impact that travels through the knees and hips, which matters for anyone training often or returning to exercise after a break. Global Fitness also encourages buyers to check the console and program options, since features such as heart rate monitoring and preprogrammed workouts can make it easier to stay consistent. Its [used treadmills](#) feature quiet belt drive systems, comfort-grip handles, low step-up platforms, and display consoles that track basic fitness data.

Why used commercial machines hold up

The case for buying a used commercial treadmill rests on how these machines are built and how they are restored. Commercial-grade units are engineered for gym floors where they run for hours every day, so a well-maintained one has plenty of life left for a single household. Global Fitness employs in-house engineers and mechanics who specialise in remanufacturing, and the company offers powder-coating customisation to bring equipment back to a like-new condition. Buyers who want an even higher standard of finish can also look at the refurbished treadmill options the company lists alongside its used stock.

Cost is the other draw.

Global Fitness says used gym equipment can save buyers roughly half compared with the price of new, and used treadmills often carry a comparable warranty to give buyers added peace of mind. Before anything ships, the company sends customer photos of the actual machine for approval, so buyers know what is arriving rather than trusting a stock image.

Serving homes and facilities alike

The same buying advice applies whether the destination is a spare room or a full training floor. Global Fitness supplies home gym owners as well as commercial facilities, and over the years its customers have included gyms, colleges, sports teams, and celebrities. That range means the team is used to matching a specific machine to a specific need, from a compact walking treadmill for a home office to a heavy-duty running deck for a busy studio.

As the second half of 2026 gets under way, the company expects steady interest from buyers setting up or upgrading their cardio space. Its guidance is simple. Decide how the treadmill will be used, weigh motor, belt, and cushioning against that use, then pick the brand and finish that fit the budget.

A shopper who wants to compare models can browse the full used treadmill selection online at any time.

Readers can find full details on the Global Fitness website at <https://www.globalfitness.com/>

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About Global Fitness

Global Fitness, Inc. is a Gardena, California based supplier of new, refurbished, and used gym equipment serving customers across the United States. For more than 20 years the company has sold cardio and strength equipment to home gym owners and commercial facilities, and its in-house engineers and mechanics remanufacture and restore machines to a like-new condition.

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