

Folding Treadmill for Best Home Cardio Introduced as Latest Addition in November 2026 at Strongway Gym Supplies

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Strongway Gym Supplies has introduced an incline treadmill to its cardio range from 15th November 2026. The machine pairs a foldable frame with a motorised incline and a 5-inch LCD display. It is accessible through the company?s online store across the United Kingdom.

According to the product listing, the DC motor is rated at 1.75 HP continuous and 3.5 HP peak. Speed ranges from 0.8 to 16.0 km/h, and the auto incline adjusts from 1% to 15%. The running belt measures 450mm by 1,200mm, and the maximum user weight is listed as 250kg. The listing also describes an eight-layer shock-absorbing structure, 12 built-in programs, two bottle holders, and an emergency stop feature. For reference, 16.0 km/h is approximately 10 mph, and 250kg is approximately 39 stone.

The 5-inch LCD display shows speed, time, calories, distance, and pulse. The frame folds for storage, and the assembled size is listed as 1,500mm long, 710mm wide, and 1,280mm high. Those figures can be

checked against the space available, including the clearance needed behind the belt while the machine is in use.

Specifications of the folding treadmill with auto incline and LCD display can be viewed at: https://strongway.co.uk/products/treadmill-ultimate-foldable-auto-incline-lcd-display-for-performance-monitoring.

The listing describes the speed range of 0.8 to 16.0 km/h as suitable for walking, jogging, or interval workouts, and the incline range changes the gradient of the belt without the user stepping off to adjust it by hand. The 12 built-in programs are listed as preset workouts, and the pulse reading on the display gives a heart rate figure during use. The listing states that the shock-absorbing structure is intended to reduce impact on the knees, and how it feels in practice will vary between users.

The treadmill ships to mainland UK addresses, with delivery timelines and shipping costs confirmed during checkout. The company?s shipping, returns, and warranty policies are published on its website. The 250kg maximum user weight can be compared against the intended user?s weight before ordering.

As with any treadmill, a firm, level floor and a nearby power socket are needed, and a rubber mat beneath the frame is commonly used to protect the surface. The 1,280mm assembled height is worth comparing with the ceiling height of the room.

The wider range of cardio equipment available at Strongway Gym Supplies can be viewed at: https://strongway.co.uk/collections/cardio.

A 2022 review titled ?Home-fitness and active ageing: A review? (DOI: 10.55860/IIUS3216), published in the Scientific Journal of Sport and Performance and conducted at the University of Urbino ?Carlo Bo? in Urbino, Italy, found that regular home-based exercise can play a key role in maintaining physical and cognitive health in adults. Conducted by Capriotti A, Patregnani V, and Federici A, the study concluded that individuals who engage in consistent physical activity at home tend to experience a higher quality of life compared to less active individuals. These findings relate to home-based physical activity generally and should not be interpreted as evidence specifically validating any particular piece of equipment as the means of achieving those outcomes.

Belt size is one of the figures most relevant to comfort. A narrower or shorter belt can restrict stride at higher speeds, so users with a longer stride may wish to compare the listed 450mm width and 1,200mm length with their usual stride, particularly if they plan to run rather than walk.

The introduction adds a motorised cardio machine with a listed 250kg maximum user weight to a catalogue

that otherwise centres on strength equipment, including dumbbells, barbells, weight plates, benches, and multi-gym machines. The treadmill is listed in the cardio category alongside the company?s other cardio products.

The full product range can be accessed at: https://strongway.co.uk/.

The introduction of the folding treadmill reflects the direction of the Strongway Gym Supplies catalogue, where cardio equipment continues to form part of the home fitness range across the United Kingdom.

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For more information about Strongway Gym Supplies, contact the company here:Strongway Gym SuppliesMandip Walia+44-800-001-6093sales@strongway.co.ukStrongway Gym Supplies, 26 The Pavilion, Coventry CV3 1QP, United Kingdom

Strongway Gym Supplies

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