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ground or a hill. Usually, a number of different incline levels are available. The belt resistance is also something you can adjust manually through a magnetic flywheel.

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5 Best Manual Treadmills –  
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surface, with a clear safety area of at  
least 2000 mm in length and at least  
as wide as the treadmill behind the  
treadmill when in use. Do not place the

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treadmill on any surface that blocks air openings.

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the movement of your feet causes the machine's belt to start moving.

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