

TREADMILL

Meaning: TREADMILL: A machine used for running or walking in place, typically featuring a moving belt and often equipped with features to monitor fitness metrics.

1. After a long day at work, I enjoy unwinding by running on the treadmill for half an hour.
2. The new treadmill at the gym has advanced features that track my heart rate and calories burned.
3. She decided to invest in a treadmill so she could maintain her fitness routine during the winter months.
4. Running on a treadmill can be less stressful on the joints compared to running on pavement.
5. He felt a sense of accomplishment after setting a new personal best on the treadmill.

Source: sentences.whatistheurl.com

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