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5 Best Under-Desk Treadmills of 2024 That'll Keep You Active

By [Corey Whelan](#)



Edited by [Marlo Jappen Porto](#)

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Under desk treadmills can help improve your health. [Recent data](#) from the Centers for Disease Control and Prevention (CDC) indicates that 25% of adults in the U.S. aren't active enough to protect their health. Walking while you work is an easy way to incorporate exercise into your day without having to venture to the gym or carve out time outside of work.

Fitting in a daily workout is challenging for busy individuals. Under-desk treadmills eliminate that obstacle. In addition to burning calories and speeding up your metabolism, studies show that walking can enhance your cognitive function and problem-solving abilities, as well as memory and creativity. To help you get started, we've honed in on the best under-desk treadmills, with the Urevo 3-in-2 Foldable Treadmill earning our top recommendation. However, our list covers a range of models that accommodate different budgets, body types, and fitness levels.

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Best Overall

Urevo 3-in-1 Foldable Treadmill »

**PROS:**

- ✓ Comes with a removable desktop

CONS:

- ✗ Somewhat heavy (84.4 pounds)

✓ Speed level adjusts for working, running, and walking

✗ No incline

[Buy From Amazon](#)

✓ Quiet motor

Many under-desk treadmills require the use of a [standing desk](#). That's not the case with this Urevo model, which has a removable, buckle-on acrylic desktop that provides enough space for a [laptop](#) and books.

The Urevo 3-in-1 Foldable Treadmill has a speed range of 0.6 to 8.6 miles per hour (MPH). If you're a seasoned runner, you'll appreciate its maximum speed capacity when work is done. If you're new to under desk treadmills, you can – and should – start slow. "Start at a nice slow pace while you become adapted to walking and reading, typing, and talking at the same time," says Elizabeth Stroot, PT, DPT, founder and CEO of both Core Wellness Leadership and Core Wellness & Physical Therapy.

If working while walking feels strange at first, don't give up. Stroot stresses that using an under desk treadmill relies on the acquisition of neuromuscular connections. "The more you do it successfully, the more your body will fortify the muscle memory required to do it seamlessly," she says.

This unit features a five-layer running belt with a wear-resistant surface for durability. One layer has noise reduction capabilities, so the sound of the motor won't distract you while you're working.

At 42.5 inches long, the running belt is about the length of two adult strides. Two-second, no-tool folding allows you to store it easily. It's a heavy machine, however, so moving it may be challenging for some people. The remote control LED (light-emitting diode) display shows your time, distance, caloric expenditure, and speed. This treadmill comes with free shipping, a 30-day money-back guarantee, a two-year extended warranty, and lifetime customer support.

Specs

List Price:	\$499
Dimensions:	50.9 in. D x 27.2 in. W x 37.4 in. H (treadmill); 26.2 in. x 10.5 in. (removable desktop)
Track Length:	42.5 in.
Weight Capacity:	286 lbs.

[EXPAND LIST](#) ▾

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Best Budget

Urevo Spacewalk E1 Treadmill »



PROS:

- ✓ Affordable
- ✓ Compact and lightweight

CONS:

- ✗ No incline function
- ✗ Low max speed

- ✓ Silicone shock absorbers and rubber padding to reduce impact on knees
- ✓ Easy-to-read LED exercise data display

[Buy From Amazon](#)

The Urevo Spacewalk is the most affordable option on our list with a price tag under \$200. This unit is small and compact. It's lightweight at 37.5 pounds and features wheels, making it easy to transport the treadmill to another room for use or storage. With a max speed of 4 MPH, it's a suitable fit for people who plan on using their treadmill for walking rather than running.

An LED display and remote control give you real-time exercise data about caloric burn, speed, distance, and time. The five-layer running belt includes a shock-absorption layer plus two rubber pads, which are designed to provide impact protection for your knees.

Specs

List Price:	\$179.99
Dimensions:	46.57 in. D x 19.29 in. W x 4.45 in. H
Track Length:	40.16 in.
Weight Capacity:	242 lbs.

[EXPAND LIST](#) ▾

[Buy From Amazon »](#)

Best for Small Spaces

Egofit Walker Pro-M1 »



PROS:

- ✓ Small enough to fit in a car trunk
- ✓ Wheels for easy transport
- ✓ Constructed with a 5% incline

CONS:

- ✗ Shorter track length
- ✗ Incline can't be adjusted

[Buy From Amazon](#)

The Egofit Walker is small and easy to transport, which is appealing to those who have limited storage or a tight workspace. That said, it has a shorter track length of 34.25 inches, meaning it may not be the best match for taller individuals or those with long strides.

This treadmill has a built-in 5% incline, which cannot be lowered or raised. Walking on an incline will help you burn more calories faster. If you're not used to walking on an incline, you may want to start slow at first.

There are five speed settings you can change manually with a remote. Plus, it has maneuverable wheels so you can more easily move it from one room to another.

Specs

List Price:	\$479
Dimensions:	38.39 in. × 21.85 in. × 6.89 in.
Track Length:	34.25 in.
Weight Capacity:	220 lbs.

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Heavy People

Lifespan TR1200-Glowup Under Desk Treadmill...



PROS:

- ✓ Can accommodate individuals up to 350 pounds
- ✓ Wide walking belt
- ✓ Automatic pause

CONS:

- ✗ Too bulky for tight spaces
- ✗ Expensive

Buy From Uplift Desk

This fully-assembled, sturdy treadmill can accommodate people who weigh up to 350 pounds. It features a wide walking belt that measures 20 inches in width and 50 inches in length. Though this treadmill is hefty at 114 pounds, it features two front-mounted transport wheels to help you move it around.

You can personalize your workout settings for maximum speed and audible alerts. The console provides readouts for date and time, distance, speed, calories burned, and steps. Since this device is compatible with Bluetooth, you sync your readings to the LifeSpan Club app.

For safety, the treadmill only operates when you're actively walking. Notably, this treadmill has safety certifications from the Federal Communications Commission (FCC) and Conformité Européenne (CE).

Specs

List Price:	\$1,799
Dimensions:	63 in. L x 28.5 in. W x 7.25 in. H (treadmill); 12.5 in. W x 3 in. D x 2 in. H (console)
Track Length:	50 in.
Weight Capacity:	350 lbs.

EXPAND LIST ▾

Buy From Uplift Desk »

Best with Advanced Features

Kingsmith WalkingPad P1 Foldable Walking Tr...



PROS:

- ✓ Foot-sensing speed controls are built into the track
- ✓ Folds by 180 degrees for easy storage
- ✓ Ergonomically designed remote control

CONS:

- ✗ No incline
- ✗ No built-in display monitor

[Buy From WalkingPad](#)

It may take some getting used to, but this treadmill from Kingsmith lets you control your speed with your feet. Walking toward the front of the treadmill speeds it up. If you walk in the middle, your speed will remain constant. To

slow it down, simply walk towards the back. Alternatively, you can use a handheld remote or the KS Fit app to accelerate or decelerate your speed. The remote control's display screen shows your speed, mileage, caloric burn, and time.

The treadmill's four-layer construction includes a noise reduction layer, plus cushioning, to reduce impact. It comes in two color options: pink or silver. No assembly is required.

Specs

List Price:	\$499
Dimensions:	21.5 in. D x 56.37 in. W x 5 in. H
Track Length:	47.24 in.
Weight Capacity:	220 pounds

EXPAND LIST ▾

[Buy From WalkingPad »](#)

The Bottom Line

Using an under-desk treadmill can be an effective way to increase your steps and support your overall health goals. To ensure that your treadmill stays under your desk instead of collecting dust in your closet, make sure to have a solid understanding of your current fitness level, expectations, and space restrictions before you buy. It's also a good idea to look for one with a money-back guarantee. We chose the Urevo 3-in-1 Foldable Treadmill as our best overall pick because of its quiet motor, durable build, and generous speed range of 0.6 to 8.6 MPH.

Things To Consider When Buying Under Desk Treadmills

Size: Small under desk treadmills are ideal for tight spaces, but may not provide enough length for runners, taller individuals, or those with long strides.

Treadmill width is also important. For safety reasons, as well as for comfort, your treadmill should feel supportive and roomy enough so that you won't tip off the sides or back. Of the 100 consumers we surveyed, 56% listed size and dimensions as one of the five most important features to keep in mind when selecting an under-desk treadmill.

Weight Capacity: Most under desk treadmills can accommodate people who weigh up to 220 pounds. If you weigh more than that, make sure to look for a treadmill with a higher weight capacity. These models are often more expensive. However, using a treadmill that can't withstand higher weights will wear down its motor and shorten its lifespan, costing you more in the long run.

Portability and Storage: In our consumer survey, only 17% of respondents listed assembly and storage as a top priority. However, it's an important factor to keep in mind. Under-desk treadmills weigh anywhere from 30 pounds to more than 100 pounds. Look for a treadmill with maneuverable wheels if you plan on regularly moving it to multiple in-home or office locations.

If you have stairs, a folding unit may make sense for easier carrying. A folding unit comes in handy if you have a small desk space or limited storage capabilities.

Track Length: When you're shopping for under desk treadmill specs, keep in mind that the track length differs from the unit length.

Under desk treadmill tracks range from around 35 to 70 inches or longer. If you're planning on using your treadmill to run as well as walk, you may be more comfortable with more track length.

Some treadmills indicate their maximum height accommodation as well as weight. If you're on the tall side, don't get a treadmill with a short track length. It probably won't

accommodate your stride, especially when running or walking briskly.

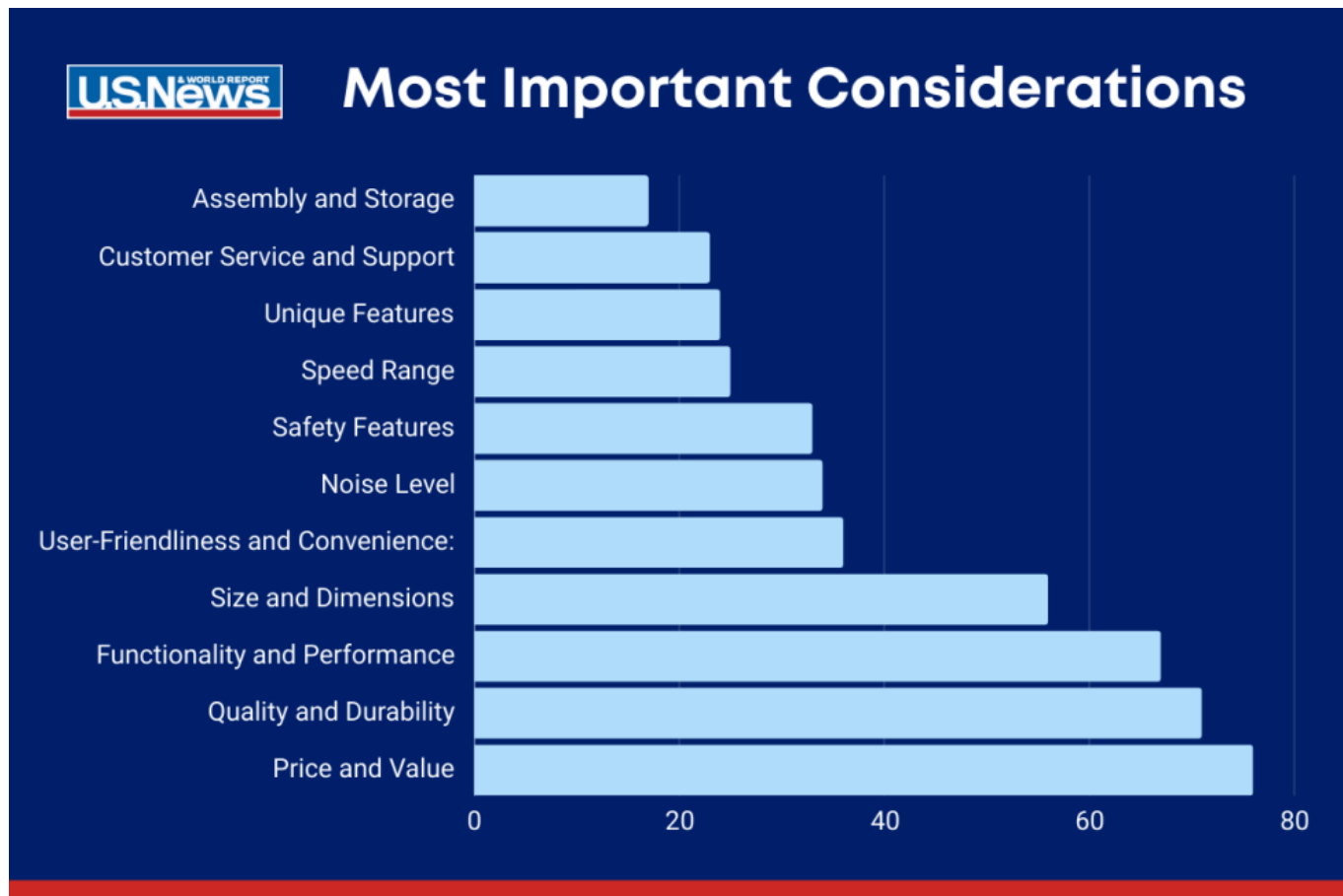
Speed Range: Of the 100 consumers we surveyed, 25% listed speed range as one of the five most important features when shopping for an under-desk treadmill. Most under-desk treadmills give you a speed range of around 0.5 MPH to 4 MPH or higher. Even if you're a seasoned runner, having a speed range to work within is an asset. Keep in mind that it may take you time to ramp up to higher speeds while you work. A wide range also gives you the option to walk briskly for leisure while streaming or listening to a podcast.

Console and Controls: Some under desk treadmills come with a console that's meant to sit on a desktop. Others have built-in LED screens or handheld remote controls. None of these is necessarily any better than the other, it's just a matter of personal preference.

No matter where it's located, the control screen gives you information like speed, distance, and calories expended. It's also where you can choose to speed up or slow down your treadmill, as well as stop/start it.

Our Survey Results

We surveyed 100 people about what's most important to them when shopping for under-desk treadmills. The top five most important factors according to those surveyed are price and value (76% of respondents), quality and durability (71%), functionality and performance (67%), size and dimensions (56%), and user-friendliness and convenience (36%).



How We Chose the Best Under Desk Treadmills

When putting together this guide our writer consulted with two physical therapists, Elizabeth Stroot, PT, DPT, founder and CEO of both Core Wellness [Leadership Core Wellness Leadership](#) and Core Wellness & Physical Therapy, and [John Gallucci, Jr., MS, ATC, PT, DPT](#), CEO of JAG Physical Therapy.

We looked into manufacturer's claims to verify attributes like safety, ease of assembly, and customer service. We also conducted a consumer survey to find out what factors are most important to shoppers. The author also kept budget in mind. The price range for under-desk treadmills is significant, ranging from around \$100 to well over \$1,000. She didn't include the least expensive models since they appeared to compromise on safety or sturdiness. The takeaway? Under-desk treadmills are highly effective and worth their cost, but only if you use them. So, shop wisely and with your own specific needs in mind.

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At U.S. News 360 Reviews, we thoroughly review, research, and test the products we recommend for consumer use. [Corey Whelan](#), the author of this piece, has been reviewing health products for more than 10 years. She has bylines in Verywell Health, Healthline, and Well+Good. [Marlo Jappen Porto](#), who edited this piece, is a fitness editor at 360 Reviews.

FAQ

Are under-desk treadmills safe?

+

Are stationary under-desk treadmills better than foldable treadmills?

+

Do under-desk treadmills have inclines?

+

What are the best practices for using an under-desk treadmill?

+

About Our Team



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Corey Whelan is a patient advocate, freelance health writer, and small business owner based in Brooklyn, New York. She specializes in reviewing consumer products that make people healthier, happier, and safer. Whelan contributes content to a wide range of sites including Verywell Health, Healthline, and Well+Good.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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