

LifeSmart TM4500 PowerTouch Treadmill 2025 | Costco Price & Features

Meta Description: Explore the 2025 LifeSmart TM4500 PowerTouch treadmill, its price at Costco, features, and specifications.



Caption: The LifeSmart TM4500 PowerTouch offers basic home workout features for users looking for an entry-level treadmill option.

Alt text: A man holding the LifeSmart TM4500 treadmill.

Key Takeaways

- The LifeSmart TM4500 PowerTouch Treadmill is available at Costco for \$999.99.
- Some of its features are a 3.5 HP quiet brushless motor and speeds from 0 to 14 MPH with a standard cushioning system. Features include a 6-window LED display, adjustable incline, and a commercial-grade tread belt for durability.
- The TM4500 features a 3.5 HP quiet brushless motor, speeds from 0 to 14 MPH, a 6-window LED display, adjustable 10% power incline, and a durable 2-ply commercial-grade orthopedic tread belt with standard cushioning.
- The PowerTouch™ Folding Technology helps save space in homes with limited room.
- [SOLE Treadmills](#) feature commercial-grade components including 3.5–4.0 HP motors, Cushion Flex Whisper Deck technology that reduces joint impact by 40%, and industry-leading warranties.

LifeSmart TM4500 Treadmill Overview

Product Introduction

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The LifeSmart TM4500 keeps it simple with standard features for home workouts. Its 3.5 HP quiet brushless motor is good for regular, moderate routines, but not built for hardcore training.

Main Specifications

Here are some of the main specifications of LifeSmart TM4500 PowerTouch treadmill:

- 3.5 HP quiet brushless motor
- 0–14 MPH speed range
- 6-window LED display
- PowerTouch™ Folding Technology
- Maximum weight capacity of 300 lbs
- 26 workout programs

The treadmill also has a 20" x 60" 2-ply commercial-grade orthopedic tread belt, which is a standard running surface size commonly found in home treadmills. SOLE offers more, with 22" x 60" running surfaces on premium treadmill models like the [F85](#), [F89](#), and [TT8](#), which provide additional width that accommodates users of all sizes and running styles.

Target Audience

The LifeSmart TM4500 is built for beginners and casual users who want a simple, reliable treadmill. Its moderate motor and speed range make it better suited for basic fitness routines than intense training.

At SOLE, we're proud to offer top-quality exercise equipment designed for home and gym use. Our machines are built to meet the highest standards of durability and performance,

making them ideal for fitness enthusiasts at any level.

SOLE Products

- [SOLE Treadmills](#): Engineered for durability and performance, these treadmills feature advanced cushioning, quiet motors, and spacious running surfaces for a comfortable workout.
- [SOLE Ellipticals](#): Built for smooth, quiet operation, these ellipticals offer adjustable stride lengths, incline options, and heart rate monitoring for a full-body workout.
- [SOLE Bikes](#): Designed for comfort and efficiency, these bikes provide a quiet, stable ride with adjustable seating, user-friendly consoles, and heart rate monitor compatibility for all fitness levels.
- [SOLE SRVO](#): With a sleek, compact design and motorized resistance system, this innovative weightlifting solution makes strength training effortless and efficient. Built-in transport wheels ensure effortless movement and storage.
- [SOLE Strength](#): From adjustable dumbbells to Olympic barbells, these strength products support functional training and progressive muscle growth.
- [SOLE Rower](#): With dual magnetic and air resistance, this rower ensures a smooth, quiet experience. Adjustable foot pedals, an ergonomic seat, and a foldable design provide comfort and convenience for a full-body workout.

Features of LifeSmart TM4500

PowerTouch Folding Technology

The TM4500's PowerTouch Folding Technology lets you fold up the treadmill for easy storage—good for homes where leaving it out full-time isn't practical.

[SOLE folding treadmills](#) offer a better option with the Easy Assist Folding that comes with Safety Lock technology. This protects both you and the treadmill during folding and unfolding.

LED Display Details

The LifeSmart TM4500's 6 window LED display only shows key metrics such as:

- Speed
- Distance
- Calories burned
- Heart rate

However, it is less advanced than the [SOLE treadmills' screen functions](#), which feature touchscreen displays up to 21.5" on premium models like the F89, with WiFi connectivity, screen mirroring capabilities, and integrated fitness apps that transform the workout experience.

Speed & Incline Range

The TM4500 offers speeds from 0 to 14 MPH and incline options to simulate uphill running. This variety allows you to adjust workout intensity based on your fitness goals. That said, it still doesn't match SOLE treadmills' precision speed controls designed for varied training needs.

Advanced SOLE models like the [SOLE TT8](#) have both incline and decline capabilities that more accurately simulate outdoor terrain.

Durability & Build Quality

The LifeSmart TM4500 comes with a standard commercial-grade tread belt suited for regular use. Its frame is made of typical steel found in most home treadmills, offering basic durability without any standout upgrades.

SOLE treadmills, however, feature commercial-grade construction that supports up to 400 lbs (on selected models), more than LifeSmart TM4500's 300-lbs limit. Some of the models, like the [F80](#), have an aluminum anodized frame that is strong and corrosion resistant.

Our premium models, like the TT8, use a 2-ply running belt designed to mimic the cushioning of running shoe soles. This delivers lasting comfort and durability, even with heavy, high-intensity use.

High-Performance Motor

The LifeSmart TM4500 uses a 3.5 HP quiet brushless motor that delivers standard performance for walking, jogging, and occasional sprinting. The motor operates at moderate noise levels compatible with home environments.



Caption: The LifeSmart TM4500's space-saving design makes it possible to enjoy the benefits of a home gym without sacrificing valuable living space.

Alt text: A man using the LifeSmart TM4500

In contrast, SOLE treadmills feature up to 4.0 HP motors with advanced flywheel designs that reduce vibration and run quieter—even during intense workouts. They're built to handle long-distance training and high-speed intervals without overheating or lagging, making them ideal for serious runners who need more than basic home performance.

Pricing & Cost Considerations

Current Price at Costco

As of now, the LifeSmart TM4500 is available at Costco at \$999.99, but check your local store for the most accurate pricing.

Additional Savings & Discounts

Costco often provides additional savings and discounts, especially during sales events. Keep an eye out for promotions or seasonal sales like Black Friday that can reduce the price of the TM4500.

If you're looking for value, our seasonal promotions offer major discounts on our premium treadmills—saving you hundreds on select models. Plus, with SOLE's partnership with Truemed, you can use your [HSA or FSA funds](#) to buy equipment using pre-tax dollars, cutting your effective cost by around 30%.

That makes high-performance treadmills more affordable than most people think!

How LifeSmart TM4500 Compares to Similar Treadmills

The TM4500 competes with other well-known brands like [SOLE](#), [NordicTrack](#) and [ProForm](#).

Feature	LifeSmart TM4500	NordicTrack T 6.5 S	ProForm 505 CST	SOLE F85
Motor	3.5 HP Quiet Brushless	2.6 HP	2.5 HP	4.0 HP
Speed Range	0-14 MPH	0-10 MPH	0-10 MPH	0.5-12 MPH
Folding Technology	PowerTouch™ Folding Technology	SpaceSaver	SpaceSaver with EasyLift	Easy Assist Folding w/Safety Lock
Running Surface	20" x 60"	20" x 55"	46cm x 140cm (18.1" x 55.1")	22" x 60" 2-ply Commercial Grade
Cushioning	Standard shock-absorbing	FlexSelect	ProShox or Rebound Pro	Cushion Flex Whisper Deck (40% Impact Reduction)
Warranty	10-year frame, 1-year parts & labor	10-year frame, 2-year parts, 1-year labor	Lifetime frame, 5-year motor, 2-year parts, 2-year labor	Lifetime frame/motor, 3-year parts, 1-year labor

Why SOLE Treadmills Deliver Superior Value

While the LifeSmart TM4500 offers decent features at a reasonable price point, [SOLE treadmills](#) are the gold standard in home fitness equipment.

SOLE's commercial-grade construction supports users up to [400 lbs](#)—well above the limit of most competitors. This added strength removes wobble, giving you a solid, stable platform for safer, more confident workouts.



Caption: SOLE treadmills come with superior engineering and powerful features that makes it a great choice for home and gym fitness.

Alt text: Sole treadmill collection.

The F80, F85, and F89 models feature industry-leading Cushion Flex Whisper Deck technology that reduces joint impact by up to 40% compared to outdoor running. This advanced cushioning system provides better protection for knees and joints than standard cushioning systems, allowing for longer, more comfortable workouts without pain.

SOLE's generous 22" x 60" running surfaces on premium models accommodate users of all sizes and running styles. This added width is vital for natural arm movement and prevents the cramped feeling common on narrower decks.



Caption: SOLE's ST90 model has an innovative slat belt design that mimics the feel of running outdoors while reducing impact forces.

Alt text: A man using the SOLE ST90.

SOLE treadmills also come with comprehensive warranties that far exceed industry standards, such as:

- Lifetime coverage on frames and motors.
- Multi-year protection for parts and electronics.
- Labor coverage that surpasses competitors.

[Check out SOLE's premium treadmill collection today and see why fitness enthusiasts consistently choose SOLE.](#)

Frequently Asked Questions (FAQ)

How does the warranty work?

The LifeSmart TM4500 typically comes with a standard warranty that covers parts and labor for a specified period. Register your treadmill after purchase to activate the warranty. Check with Costco for specific warranty details as they may offer additional coverage options.

Can the treadmill handle intense workouts?

With a 3.5 HP motor and a speed range up to 14 MPH, the treadmill can comfortably handle walking, jogging, and occasional sprinting.

Are there financing options available?

Costco often provides financing options for its members, where you spread the cost over several months. It's worth checking with your local store or their website for the latest financing deals.

How does SOLE's warranty and build quality compare to competitors like LifeSmart?

[SOLE treadmills](#) offer industry-leading warranty coverage that significantly exceeds what's available with brands like LifeSmart. Most SOLE models include lifetime warranties on frames and motors for residential use, with multi-year coverage on parts and labor.