

Abstract

A running platform of a treadmill and a treadmill are provided. The treadmill includes a roller, a servo motor, a running platform, and a belt wrapped around the roller. The running platform is of an integrally formed structure, an inside of the running platform is of a grid structure, and includes a base portion and a support portion. The belt is wrapped around the base portion, and a movement contact plane is formed on an upper side of the base portion. A transmission shaft of the servo motor is in transmission connection with the roller to drive the roller to rotate, thus driving the belt to move on the movement contact plane.

[FIG. 2]