

PRODUCT SPECIFICATIONS

“The **increased muscle mass** involved in the Ladder exercise accounts for **higher energy expenditures** than any other machine”

—Dr. Frank Cerny Ph.D.
Exercise Physiologist



JACOBSLADDER™
Ultimate Fitness Experience

Frame: Welded Tubular Steel
Length: 76”
Width: 31.25”
Height: 65.5”
Weight: 325 lbs
Rungs: Solid Maple
Case: ABS/Polyethylene
Power Req: Self-Powered
Ceiling Height Requirement: 7.5 Feet
Digital Readouts: Elapsed Time, Feet Climbed, Rate (Feet/Min), Calorie Burn, Heart Rate (using chest strap)
Warranty: 4 Years on Parts / 1 Year on Labor

JACOBSLADDER 2™
Ultimate Fitness Experience

Frame: Welded Tubular Steel
Length: 76”
Width: 27.25”
Height: 65.5”
Weight: 300 lbs
Stairs: Steel with Polyvinyl Tread
Case: ABS/Polyethylene
Power: 110 V (220 V Available Upon Request)
Ceiling Height Requirement: 7.5 Feet
Digital Readouts: Elapsed Time, Feet Climbed, Rate (Steps/Min), Calorie Burn, Heart Rate (wireless)
Warranty: 2 Years on Parts

STAIRWAY
Ultimate Stair Climber

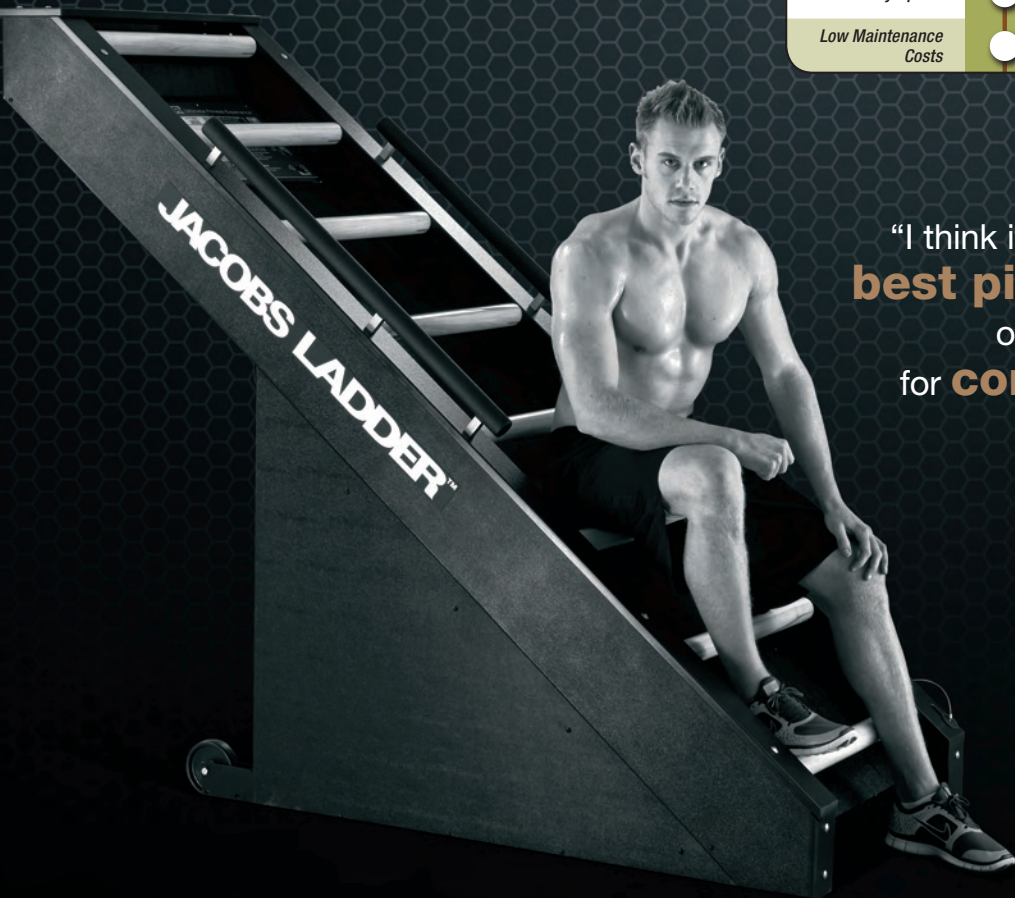
Frame: Welded Tubular Steel
Length: 54”
Width: 30.5”
Height: 75.5”
Weight: 300 lbs
Stairs: Steel with Polyvinyl Tread
Case: ABS Plastic
Handle: Power-coated Steel Tube
Power: Self-Powered
Ceiling Height Requirement: 8.5 Feet
Digital Readouts: Elapsed Time, Steps Climbed, Rate (Steps/Min), Calorie Burn, Heart Rate (wireless)
Warranty: 4 Years on Parts / 1 Year on Labor

THE EASIEST WAY TO WORK HARD

Traditional cardio machines don’t compare to the features and benefits of Jacobs Ladder.

“The **fastest way** to get the heart rate up to target with **the least effort.**”

—Jerry Lisson, Satisfied Customer

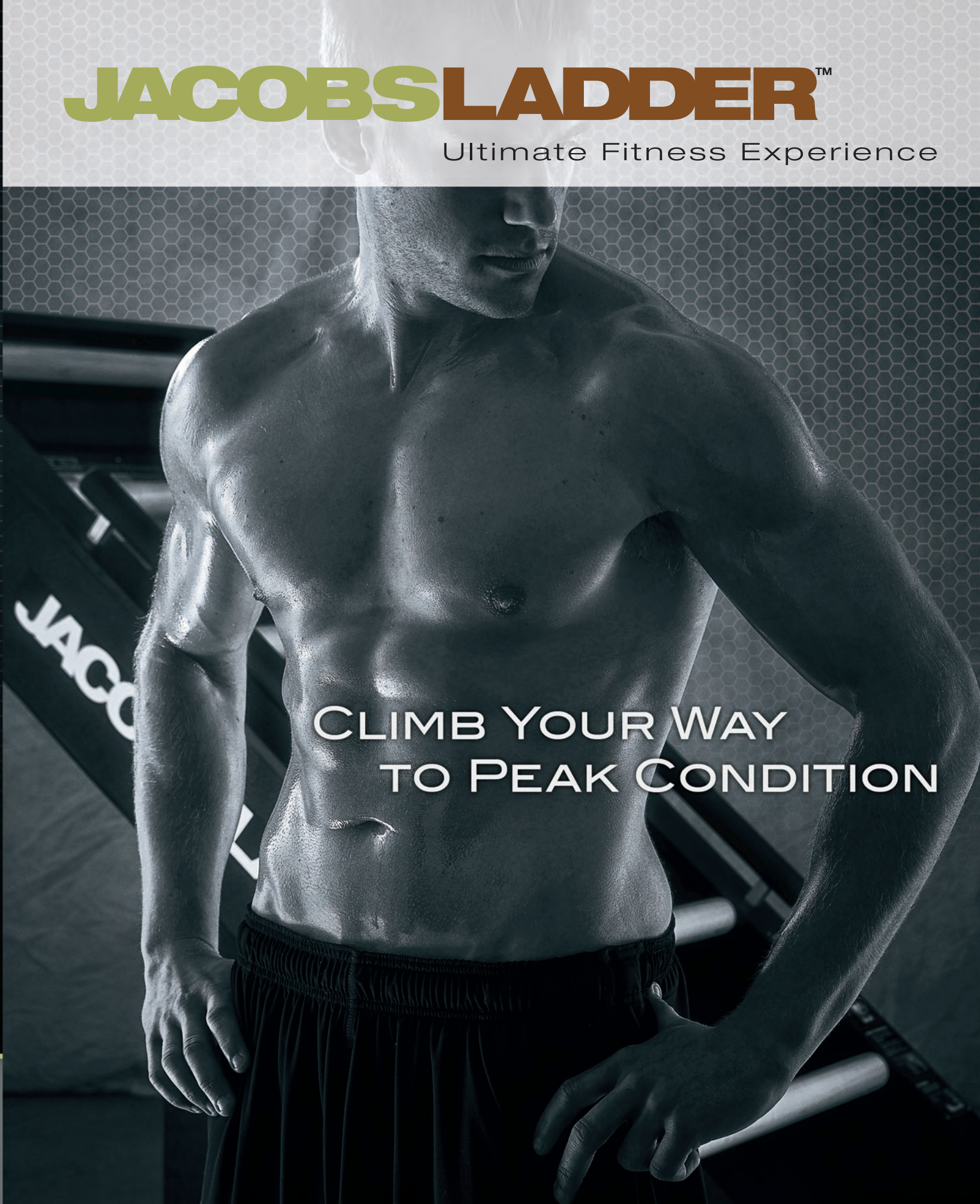


	JACOBS LADDER	VERSACLIMBER	NAUTILUS STEPMILL	ELLIPTICAL	TREADMILL
Low Impact On Joints	●	●	●	●	●
Takes Stress off Lower Back & Hips	●				
Takes Stress off of knees	●				
Fully Dynamic Climbing Stroke	●				
Height Adjustment	●	●			●
Automatic Speed Adjustment	●	●			
Auto-Stop When User Stops	●	●		●	
Total Body Option	●	●		●	
Low Maintenance Costs	●	●		●	

“I think it is the **best piece of equipment** on the market for **conditioning.**”

—Tom Shaw, NFL Speed Coach,
Tom Shaw Speed Camp

JACOBSLADDER™
Ultimate Fitness Experience



CLIMB YOUR WAY
TO PEAK CONDITION



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“Jacobs Ladder is the **best aerobic / anaerobic machine** known to man.”
*–Dave Salum, Director of Fitness
 US Navy Supply School*



JACOBSLADDER™
 Ultimate Fitness Experience

Unlike most cardio machines, Jacobs Ladder was engineered to provide the user with physiological benefits which makes it the perfect piece of cardio equipment for anybody.

Jacobs Ladder is a patented climbing machine with ladder-type rungs on a non-motorized continuous treadmill. It's self-paced, so the faster you go, the faster it goes. Jacobs Ladder is used by pro football teams, the FBI, the Army, the Navy, West Point and numerous Division I universities to improve their strength and conditioning programs.

- increases heart rate quicker than other machines
- self-paced, so you set your own speed
- natural climbing position reduces stress on the back and hips
- very low impact on all joints
- long and dynamic climbing stroke ensures a full range of motion

“The Ladder is a great piece of equipment... it is **easier to work harder** on the Ladder than any other machine.”

*–George Vien, residential owner
 Brookline, MA*



The machine also offers digital feedback on how many feet were climbed, rate of speed, level of effort put out, and how many calories were burned.

Jacobs Ladder offers the option to exercise both your arms and legs so you get a superb cardiovascular workout, burning more calories in a relatively short amount of time.

Designed specifically to place the user at a 40° angle, you get a high-intensity cardiovascular workout while taking stress off the lower back.

JACOBSLADDER 2
 Ultimate Fitness Experience

Get the same workout and same reliability as Jacobs Ladder, yet designed for the home or small commercial environment at a lower price. We took Jacobs Ladder and made 4 changes:

1. Width: Jacobs Ladder 2 is 27.25" wide to fit inside most interior doors in a home.
2. Rung Design: Jacobs Ladder 2 features a steel rung with polyurethane sleeve.
3. Power: Jacobs Ladder 2 needs to be plugged in (110V) to get the display to work.
4. Warranty: Jacobs Ladder 2 carries a 2 Year Parts Warranty.



Display offers Elapsed Time, Steps Climbed, Rate (Steps/min), Heart Rate and Calorie Burn.

Using the same speed and resistance technology as Jacobs Ladder, Stairway provides a self-paced, low-impact stair climbing exercise

STAIRWAY
 Ultimate Stair Climber

The Stairway is a stair climbing cardio machine designed specifically for the commercial environment. The unique design offers a rotating staircase where the speed of the stairs is controlled by the tension of the waist belt (which is identical to Jacobs Ladder). The higher you go, the faster the stairs come, so you are always in control of your speed. The unit is self-powered so there is no need for a wall plug. The ceiling height requirement is 8.5 feet and the width is 30.5", so you can place it where most stair climbers won't fit. The display gives Stairs Climbed, Rate (steps/min), Elapsed Time, Calorie Burn and Heart Rate (with wireless strap). Initial step height of 11" is among the lowest on the market. The Stairway is the Ultimate Stair Climber!

Features:

- User Controlled Speed
- 8.5 Foot Ceiling Height Requirement
- Self-Powered
- Designed for Commercial Use
- 30.5" Wide
- Display offers Elapsed Time, Steps Climbed, Rate (Steps/min), Heart Rate and Calorie Burn
- Made In USA

To order visit jacobsladderexercise.com or call 866.697.4100

JACOBSLADDER™

JACOBSLADDER 2

STAIRWAY

Visit us online for training programs, promotions and more information about Jacobs Ladder, Jacobs Ladder 2, and Stairway.