

# JACOBS LADDER™

## Serious Cardio

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.

The machine provides digital feedback on elapsed time, how many feet were climbed, rate of speed, and calorie burn.

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.

The Ladder's 40° angle offers natural climbing motion, which takes stress off the lower back, hips and knees.



	JACOBS LADDER	VERSACUMBER	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	●	○	○	○	○

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

### PRODUCT SPECIFICATIONS

**Frame:** Welded Tubular Steel  
**Length:** 76"  
**Width:** 31.25"  
**Height:** 65.5"  
**Weight:** 325 lbs  
**Rungs:** Solid Maple  
**Case:** ABS/Polyethylene

**Power:** 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



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