

THE EASIEST WAY TO WORK HARD

In a study completed by Louisiana State University, Jacobs Ladder was proven to be lower impact on joints AND a higher calorie burn than a treadmill.

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	STEPMILL/CLIMBMILL	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



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
Max User Weight: 350 lbs
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



Frame: Welded Tubular Steel
Length: 76"
Width: 27.25"
Height: 65.5"
Weight: 300 lbs
Rungs: Steel Tube with Polyurethane Sleeve
Case: ABS/Polyethylene
Power: 110 V (220 V Available Upon Request)
Max User Weight: 350 lbs
Ceiling Height Requirement: 7.5 Feet
Digital Readouts: Elapsed Time, Feet Climbed, Rate (Feet/Min), Calorie Burn, Heart Rate (wireless)
Warranty: 2 Years on Parts

"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



Frame: Welded Tubular Steel
Length: 54"
Width: 30.5"
Height: 75.5"
Weight: 335 lbs
Stairs: Steel with Polyvinyl Tread
Case: ABS Plastic
Handle: Power-coated Steel Tube
Power: Self-Powered
Max User Weight: 350 lbs
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

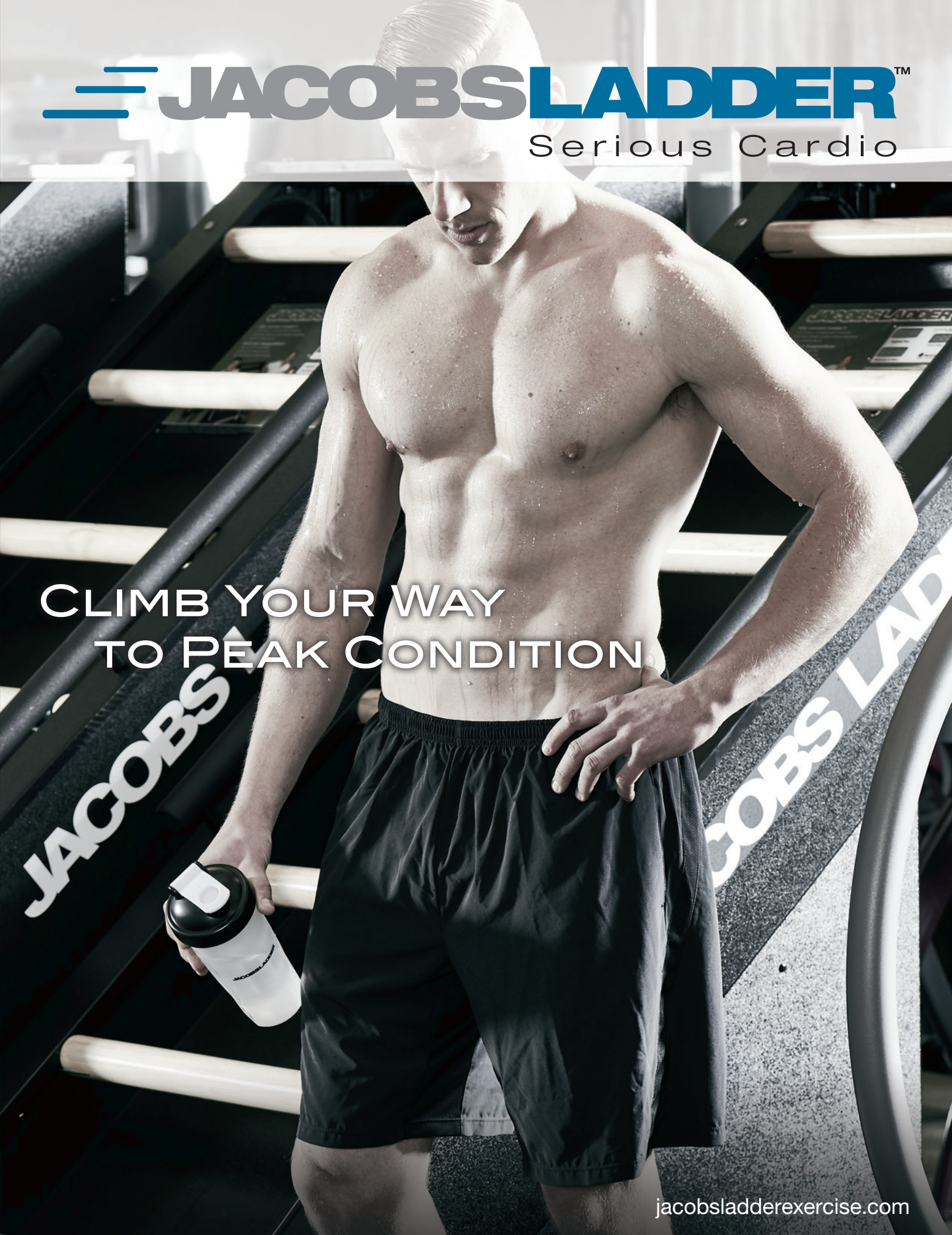


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NO
WAIST
BELT
NEEDED

JACOBS LADDER™
Serious Cardio

CLIMB YOUR WAY
TO PEAK CONDITION



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jacobs ladderexercise.com



jacobs ladderexercise.com

“Jacobs Ladder is the
**best aerobic / anaerobic
machine** known to man.”

—Dave Salum, Director of Fitness
US Navy Supply School

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

To order visit jacobsladderexercise.com or call 866.697.4100

STAIRWAY^{GTL}
Ultimate Stair Climber

- The **ONLY COMMERCIAL STAIR CLIMBER MADE FOR ALL AGES**
- **SELF POWERED** – put it anywhere in a health club/training center
- **LOWEST COST OF OWNERSHIP / ECO-FRIENDLY**
- **CEILING HEIGHT REQUIREMENT of 8.5 FEET**
- **SPEED RANGE 25–160 Steps Per Minute**
- **WARRANTY 4 YEARS PARTS / 1 YEAR LABOR**

**NO
WAIST
BELT
NEEDED**

STAIR CLIMBER COMPARISON CHART

	Stairway GTL	Matrix Climbmill C3X	Stairmaster Gauntlet
Power Requirement	Self-Powered	120VAC	120VAC
Initial Step	10"	18"	18"
Ceiling Height Req.	8.5 feet	9.5 feet	10 feet
Size (W x L x H)	30.5" x 58" x 75"	33.5" x 54.5" x 83.5"	34" x 58" x 89"
Display	Color LCD with LED back light	Dot Matrix LED	Backlit LCD
Step Height	8"	8"	8"
Step Depth	9"	10"	9"
Speed Range (spm)	25-160	30-160	26-162

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.

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.

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



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!



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

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