



JACOBS LADDER

This signature piece of gym equipment is designed specifically for high intensity, low impact exercise, but goes much deeper than that. Jacobs Ladder was put to the test by researchers in the School of Kinesiology at Louisiana State University who found that Jacobs Ladder was a scientifically superior workout. Users burned calories at a much higher pace with a lower perceived exertion rate when compared with treadmills. Plus, since it's a low impact exercise, it's possible to have a high-energy workout without significant strain on the body. Jacobs Ladder also is functional exercise, making it useful for rehabilitation, circuit training, personal training, high-intensity intervals and endurance training.



JL

BASE FEATURES

LENGTH	76in (193cm)
WIDTH	31.25in (79cm)
HEIGHT	65.5in (166cm)
RECOMMENDED CEILING HEIGHT	7.5ft (229cm)
MATERIALS	Frame: Welded Tubular Steel Rungs: Solid Maple Case: ABS/Polyethylene
CLIMBING ANGLE	40°
DIGITAL READOUT	Elapsed Time, Steps Climbed, Rate (Steps/Min), Calorie Burn, Heart Rate (using chest strap)
ACCESSORIES	Jacobs Ladder Waist Belt, Stability Bars
MAX USER WEIGHT	350lbs (159kg)
POWER	Self-Powered
ADDITIONAL ITEMS	AC Power Adapter (for recharging only)
PRODUCT WEIGHT	325lbs (147kg)
SHIPPING	
SHIPPING DIMENSIONS	33in x 77.5in x 71in (84cm x 197cm x 180cm)
SHIPPING WEIGHT (BOXED)	432lbs (196kg)