

Jacobs Ladder X

The Jacobs Ladder has been re-designed for the first time in 20 years and is now offering 4 unique climbing positions, each designed to train different muscle groups at different intensity levels. The Jacobs Ladder X is an intense Ladder Climbing Exercise Machine designed specifically for training fitness enthusiasts, athletes and professionals. The Jacobs Ladder X is self-powered and the redesigned display gives a dashboard look at workout intensity levels based on speed. Jacobs Ladder is designed so the higher you climb, the faster the rungs go.



Display



Hand Rails



Ladder Type Tungs



Transport Wheels

Technical Specifications

Resistance Levels	20 Levels
Ceiling Height Requirements	8.5ft / 2.6 meters
Frame	Welded tubular and laser-cut steel
Rungs	2 solid maple with UV cured acrylic coating
Case	ABS Plastic
Product Weight	156kgs / 344lbs
Assembled Dimensions	L 203.5 x W 77.5 (Without Cup Holders) 94.6 (With Cup Holders) x H 176.5 cm

Key Features

Self-powered generator system requires no electricity	•
40 degree workout angle is ideal for rehabilitation and recovery work	•
Low impact workout places less stress on joints	•
control belt	•
Four climbing positions	•
The higher you climb, the faster the rungs go	•
The new dashboard displays workout intensity	•

Electrical Specifications

Power	Self Powered
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Display Specification

Display Type	LCD display
Display Feedback	Elapsed Time, Calorie Burn, Rate (Ft/Min), Total Feet Climbed, Intensity Level