StairMaster®

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.

FEATURES	
Length	77 in (196 cm)
Width	27 in (69 cm)
Height	66 in (168 cm)
Recommended Ceiling Height	7.5ft (229cm)
Materials	Frame: Welded Tubular Steel Rungs: 2" Wooden rungs with UV cured acrylic coating 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	275lbs (125kg)
Power	Self-Powered
Additional Items	AC Power Adapter (for recharging only)
Product Weight	282 lbs (128 kg)
SHIPPING	
Shipping Dimensions	78 x 30 x 72 in (198 x 76 x 183 cm)
Shipping Weight (Boxed)	364 lbs (165 kg)

SKUS

9-5360-BINTP0

CORE HEALTH & FITNESS

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

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