LOVE TO HATE IT

SERIOUS CARDIO MACHINES FOR SERIOUS WORKOUTS

JACOBSLADDER™

jacobsladderexercise.com Serious Cardio

WHAT MOUNTAIN WILL YOU CLIMB?

LOW IMPACT, HIGH INTENSITY, FULL RANGE OF MOTION WORKOUT PUSHING YOU TO THE NEXT LEVEL

Jacobs Ladder is a high intensity interval training tool, featured on television programs like NBC's "Biggest Loser" and CW's "Legends of Tomorrow." It's the machine trusted by pro athletes like the Dallas Cowboys, Boston Celtics and Kansas City Royals, and college athletic programs at Penn State, Duke, UNC, Ohio State, Michigan and others. It helped train Robert Downey, Jr. to be "Iron Man," and used to train others to climb Mount Everest.

Where will Jacobs Ladder take you?

"I HATE THESE MACHINES,
I HATE THIS PLACE,
SEE YOU TOMORROW"

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LOVE TO HATE IT

MEET THE ALL-NEW JLX.

- New dashboard
- 4 climbing positions
- Self-powered

The Jacobs Ladder X ladder climbing exercise machine is designed specifically for training fitness enthusiasts, athletes and professionals. JLX marks the first major redesign to Jacobs Ladder in over 20 years, and offers four different climbing positions to train different muscle groups at different intensity levels. The JLX also features a redesigned display and dashboard, providing more feedback and information on workout intensity levels based on speed.

	JACOBS LADDER X		JACOBS LADDER	JACOBS LADDER2
FRAME	WELDED TUBULAR AND LASER CUT STEEL		WELDED TUBULAR STEEL	WELDED TUBULAR STEEL
LENGTH	80.125"		76"	76"
WIDTH	30.5" Without Removable Cupholders	37.25" With Removable Cupholders	31.25"	27.25"
HEIGHT	69.5"		65.5"	65.5"
WEIGHT	344 LBS		325 LBS	300 LBS
RUNGS	2" SOLID MAPLE WITH UV CURED ACRYLIC COATING		SOLID MAPLE	STEEL TUBE WITH POLYURETHANE SLEEVE
CASE	ABS PLASTIC		ABS/ POLYETHYLENE	ABS/ POLYETHYLENE
POWER	SELF-POWERED		SELF-POWERED	110 V (220 V Available Upon Request)
CEILING HEIGHT REQUIRED	8.5'		7.5'	7.5'
DIGITAL READOUT	ELAPSED TIME, CALORIE BURN, RATE (Ft/Min), TOTAL FEET CLIMBED, INTENSITY LEVEL		ELAPSED TIME, FEET CLIMBED, RATE (Ft/Min), CALORIE BURN, HEART RATE (Using Chest Strap)	ELAPSED TIME, FEET CLIMBED, RATE (Ft/Min), CALORIE BURN, HEART RATE (Wireless)
WARRANTY	4 YEARS ON PARTS / 1 YEAR ON LABOR		4 YEARS ON PARTS / 1 YEAR ON LABOR	2 YEARS ON PARTS

SERIOUS CARDIO MACHINES FOR SERIOUS WORKOUTS

TAKE YOUR CLIMBING TO A NEW LEVEL.

STEP IT UP WITH THE GTL

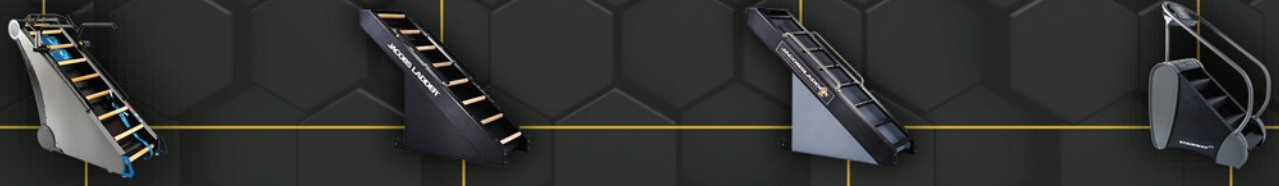
The Stairway and Stairway GTL are the best way to step up your stair climbing workout. Featuring a rotating stationary staircase, you control the speed and intensity of your work-out just like the Jacobs Ladder. The higher you climb, the faster the stairs come, allowing you to drive your workout to new heights.

STAIRWAY GTL & STAIRWAY

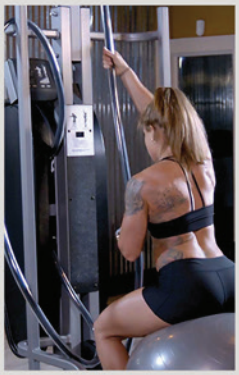
FRAME	WELDED TUBULAR STEEL
LENGTH	54"
WIDTH	30.5"
HEIGHT	75.5"
WEIGHT	300 LBS
STAIRS	STEEL WITH POLYVINYL TREAD
CASE	POWDER-COATED STEEL TUBE
POWER	SELF-POWERED
CEILING HEIGHT REQUIRED	8.5'
DIGITAL READOUT	ELAPSED TIME, STEPS CLIMBED, RATE (Steps/Min), CALORIE BURN, HEART RATE (Wireless)
WARRANTY	4 YEARS ON PARTS / 1 YEAR ON LABOR

JLX, JACOBS LADDER, JACOBS LADDER2, STAIRWAY GTL,

THE ALL NEW



AT THE END OF YOUR ROPE? IT WON'T HAPPEN.



FULLY CLEANABLE, TWO-ROPE TRAINER

The RopeFit, introduced in 2019, is the first commercial rope climber providing a full chain exercise for every athlete. Self-powered and easy to add in any gym space, the RopeFit also offers the first cleanable rope on the market. Users can switch exercises thanks to the unique two-rope system and choose from five different resistance levels for a serious workout for athletes of all fitness and strength levels.

ROPEFIT

FRAME	WELDED TUBULAR STEEL
LENGTH	45"
WIDTH	30.5"
HEIGHT	96"
WEIGHT	285 LBS
ROPE	PLIABLE POLYMER COVERED ROPE
CASE	ABS PLASTIC
POWER	SELF-POWERED
CEILING HEIGHT REQUIRED	8.5'
DIGITAL READOUT	ELAPSED TIME, RESISTANCE LEVEL, FEET CLIMBED, RATE (Ft/Min)
WARRANTY	4 YEARS ON PARTS / 1 YEAR ON LABOR

STAIRWAY & ROPEFIT

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REAL PEOPLE. REAL RESULTS.

"I think it is the best piece of equipment on the market for conditioning."

—Tom Shaw, NFL Speed Coach
Tom Shaw Speed Camp

"The fastest way to get the heart rate up to target with the least effort."

—Jerry Lisson
Satisfied Customer

"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

Toll Free 866.697.4100

SERIOUS CARDIO MACHINES FOR SERIOUS WORKOUTS

JACOBSLADDER™ Serious Cardio

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eco friendly

Made in USA

Jacobs Ladder, LLC | 6292 Walmore Road | Niagara Falls | NY | 14304