

JACOBS LADDER™
Serious Cardio



OWNER'S MANUAL

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Welcome to the Jacobs Ladder Family. Please take a few minutes to familiarize yourself with your new ladder by reading the information contained in the Owners Manual. We are proud of the quality of each of our products.

Jacobs Ladder X provides the most efficient exercise for those serious about conditioning. Unlike most cardio machines, this patented treadmill climber utilizes low impact, high range of motion exercise to provide a superior cardio workout to both the upper and lower body. The new Jacobs Ladder X comes with a multi-position handle that offers the user four different climbing positions allowing the user more control over the intensity of their climb!

Jacobs Ladder is an innovative cardio machine with ladder-type rungs on a non-motorized continuous treadmill. It's self-paced, so the faster you go the faster it goes.

Included in your package:

Jacobs Ladder X
Jacobs Ladder Waist Belt (1)
AC Power Adapter (for recharging only)

Product Specifications

Frame: Welded Tubular Steel

Length: 84"

Width: 37"(With Cup Holders Attached)

Height: 70"

Weight: 345 lbs

Rungs: Solid Maple

Case: ABS/Polyethylene

Power: Self-Powered

Ceiling Height Requirement: 8.5 Feet

Digital Readouts: Elapsed Time, Steps Climbed, Rate (Steps/Min), Calorie Burn, and Intensity Zone Indicator

Warranty: 2 Years on Parts / 1 Year on Labor

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Important Safety Information

Warning: Before beginning any fitness program you should have a complete physical examination by your physician. Consult your physician for the heart rate appropriate for your fitness condition. Exercising on Jacobs Ladder X may cause rapid heart rate increase. If you feel faint, develop chest pain, experience severe musculoskeletal discomfort or have difficulty breathing, terminate the exercise session immediately and consult a physician. Failure to do so may result in serious bodily injury or death.

In order to slow machine, slow your steps. In order to stop machine, stop your steps and allow the machine to brake.

Do not use the machine without wearing the Waist Belt. The Waist Belt controls the brake as well as the rung speed.

Start out slowly and increase rung speed carefully while wearing Waist Belt.

Never let anyone touch the waist belt cable while machine is being used. Tugging the cable will cause rung speed increase.

Advanced Exercise: Always read and understand Operating Instructions before use.

Never allow small children to operate machine. Keep small children away from machine while in operation.

Never sprint on Jacobs Ladder X. Increase your speed at a steady pace until you reach an appropriate speed.

Never place towels or other objects under the rungs or at the bottom of the machine.

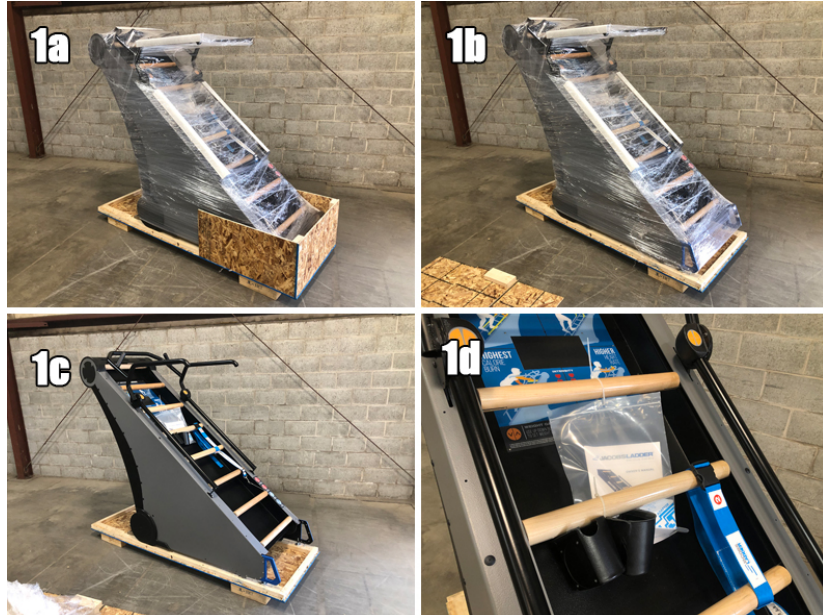
Proper Use Instruction

- 1.) Set your height on the Height adjustment section of the Waist Belt
- 2.) Attach the Waist Belt to your waist, placing the strap off the center of your back
- 3.) Push START button to turn display
- 4.) Set your weight using the UP and DOWN buttons (located near the cup holder on the users left side of the machine). Press ENTER when complete
- 5.) Step onto the machine and begin climbing. Accelerate slowly to let the machine adjust to your speed. You may want to start out using the side handles until you get used to the movement.
- 6.) In order to stop, simply stop climbing and coast to the bottom.

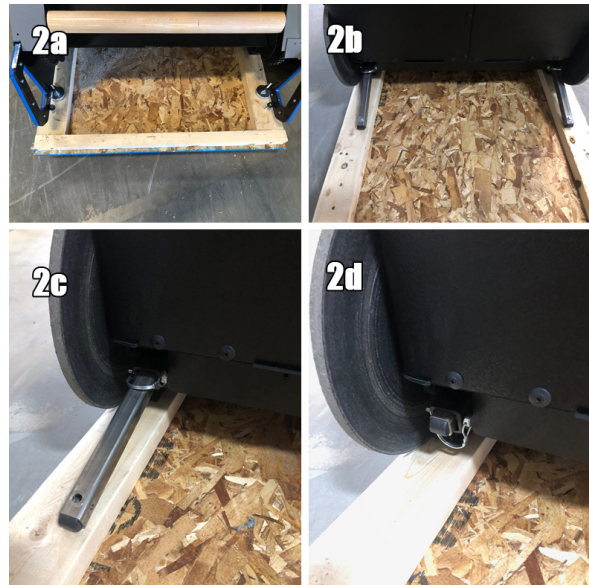
Assembly Instructions

Take the following steps to assemble the Jacobs Ladder.

1. Unpack the ladder and remove the packing materials from the base and upright/console assembly. Do not discard the Owners Packet or the Cup Holders which should come attached to the rungs with zip ties.



2. Unbolt the ladder from the pallet, secure the stabilizer bars so they are stowed inside the unit and roll the unit on to the floor.



CAUTION: To avoid injury and ensure your safety, be sure to get the appropriate number of people to help you move the ladder to its final location. A fully assembled Jacobs Ladder X is very heavy and you might injure yourself if you move the ladder improperly.

If you need to move the ladder, ask for assistance. Roll the ladder on its rear transport wheels to its new location by slowly tipping the ladder back to engage the wheel. Be sure to have assistance as ladder is heavy. Additional help supporting the front end of the ladder will improve the ease of movement.

Make sure that the ladder is unplugged. Do not assemble the ladder if it is plugged into a power outlet.

3. Once you have the unit positioned where you would like it, pull the stabilizer bars out of the unit and lock them in place in the extended position.

4. With the 3/16" Allen Wrench and screws provided(in the owners packet), install the Cup Holders provided on the left and right side of the unit on the outside of the side handles.

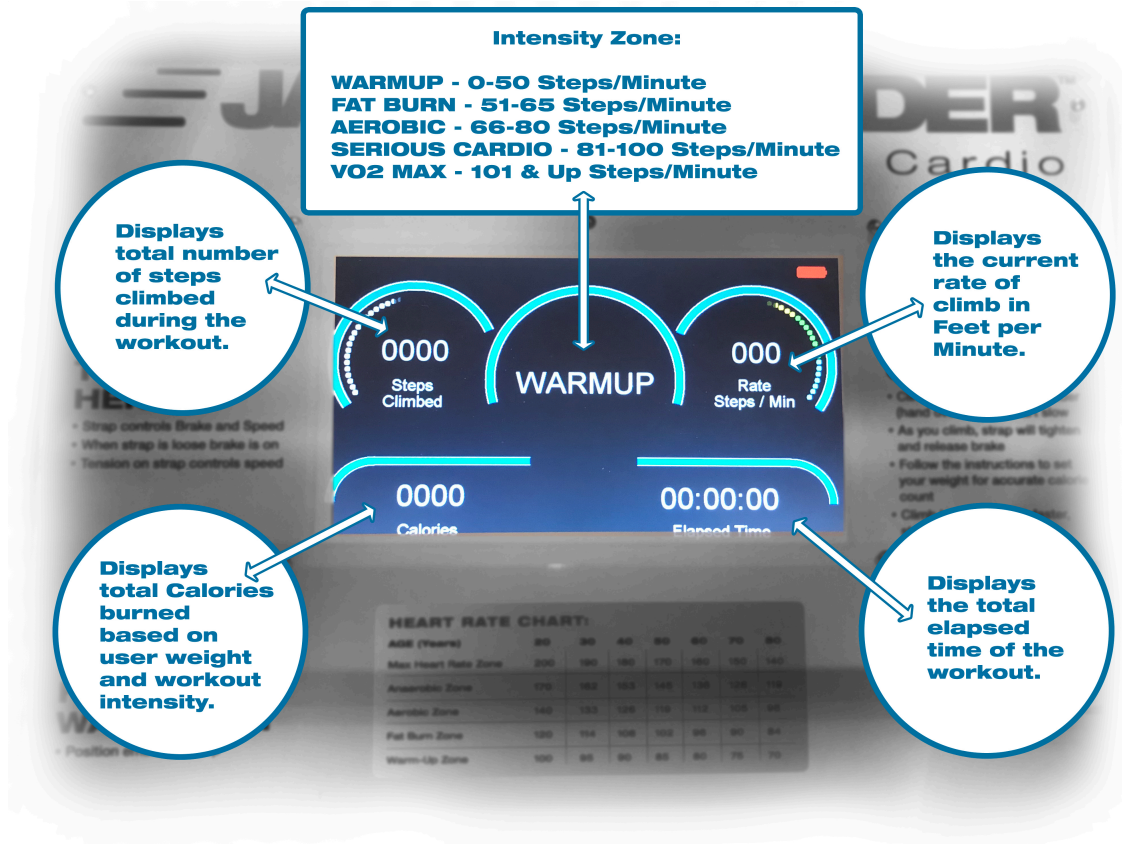


5. Adjust the two leveler feet at the base of the front of the unit from the users perspective so that the unit sits square on the floor without rocking.

6. If you need to move the ladder, ask for assistance. Roll the ladder on its transport wheels to its new location by lifting from the lower front of the unit. Reminder-The ladder should never be moved with one person.

CAUTION: If you need to re-charge the battery pack, plug the AC adapter into a proper 110V outlet and then the round connector into the plug on the users lower left side of Jacobs Ladder X

Display



Calories

The cumulative calorie burn for your workout is displayed in the lower left of the dashboard.

Steps Climbed

The cumulative number of steps climbed for your workout is displayed in the upper left of the dashboard.

Intensity Zone

Throughout your workout, your Intensity Zone is shown in the center of the dashboard. Your Intensity Zone will change depending on the speed at which you are climbing.

Rate Steps/Min

Your current rate is shown in the upper right of the dashboard. Rate is reported in Steps/Minute.

Elapsed Time

The elapsed time is in the lower right of the dashboard.

Controls



Start Button

Pressing the Start button will light the display for 30 seconds. This will give the user ample time to input their weight before beginning their workout. If you do not begin climbing within 30 seconds of pressing the button, the display will shut off.

Up/Down

When prompted, use the Up and Down arrows on the left side of the handles to set your weight. Setting your weight before you workout will help the machine calculate your calorie burn more accurately. If no weight is input, the unit will use a default weight of 150 lbs.

Enter Button

Once you have input your weight, press Enter to begin your workout.

What's up with that Handle?

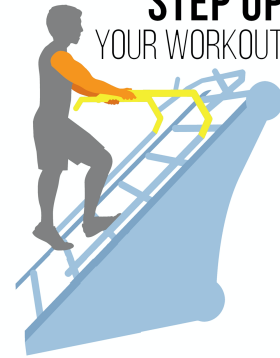
LOWER IMPACT



Hold on to the lower side handles while climbing to get a targeted lower body workout. This is a great starting position to familiarize yourself with Jacobs Ladder X if this is your first time climbing.

Hold on to the upper side handles while climbing to get lower body workout similar to Stairway GTL. This is also a great starting position to familiarize yourself with Jacobs Ladder X if this is your first time climbing.

STEP UP YOUR WORKOUT



HIGHEST CALORIE BURN



Climb hand-over-hand on Jacobs Ladder X to get a full body workout. Who's got the time to work one muscle group at a time these days anyway?

Grab on to the sled grips at the front of the handle to engage your core while you climb!

HIGHER HEART RATE



Maintenance

Care and Cleaning

It is recommended that you do not oil or grease the chains on Jacobs Ladder. Greasing the chains can prevent the machine from running smoothly.

Jacobs Ladder X, Jacobs Ladder and the Jacobs Ladder 2 machine and rungs can be cleaned using any mild household cleaner that you use on other cardio machines.

Never put polish or wax on the rungs. This will cause the rungs to become slippery and unsafe.

Never put polish or wax on the black plastic runners at either end of the rungs. This will prevent the machine from running smoothly.

IMPORTANT: The black plastic strips located underneath the plastic side rails must be kept clean. Do not get any grease, oil, polish, etc.. on the black plastic strips.

Wipe down the display board with a damp cloth

Do not use cleaning sprays, large amounts of soap or water, abrasive or sharp objects on the display board.

Please refer to the Preventative Maintenance Section.

Troubleshooting

Problem	Possible Cause	What To Do
Machine seems to be slipping	Dirty Stainless / UHMW Strips	Clean Stainless Steel Rung Plates and Plastic Strips
Machine seems to be jumping	Loose Chains	Adjust Chain Tension
Display resets in mid-workout	Low Battery Charge	Use AC Adapter provided to plug machine in overnight.

Preventative Maintenance

Operation	Frequency
Clean Stainless Steel Rung Plates	Annually
Tighten Chains	Check and Adjust Annually
Re-Charge Battery	As needed

How to Obtain Service

Do not attempt to service the ladder yourself except for the maintenance and diagnostic tasks described in the PREVENTATIVE MAINTENANCE section of this manual. The Jacobs Ladder does not contain any user-serviceable parts. For information about the product, contact the following:

Jacobs Ladder LLC
6292 Walmore Rd
Niagara Falls, NY 14304
USA

Tel: 1 866.697.4100
Fax: 1 716.692.1780
Email: service@JacobsLadderExercise.com

To help customer service expedite your call, have the serial number of your unit readily available as well as Customer information and an accurate description of the state of the unit. The serial number is located on the lower left side of the unit near the ac adapter port.

Product Warranty

2 YEARS ON ALL PARTS; 1 YEAR ON LABOR FROM THE DATE OF PURCHASER INVOICE.

Each Core Health & Fitness product will carry its own limited warranty as set forth on the official Core Health & Fitness website. Such warranty will be buyer's sole and exclusive remedy for any breach of warranty. Core Health & Fitness disclaims all other warranties expressed or implied or statutory, including any warranty of merchantability, any warranty of fitness for a particular purpose and any implied warranties arising from a course of dealing or usage of trade. This warranty supersedes all other warranties, including any warranties based on oral representations.

This warranty extends only to the original end user customer and is not transferable. This warranty does not cover defects caused by negligence; improper maintenance; improper storage; misuse; installation not in accordance with Core Health & Fitness' printed instructions; abuse; normal wear and tear; contact with liquids; application other than intended use; or installation of unapproved third party products.

Core Health & Fitness' sole liability under this or any other warranty expressed or implied is limited to repair or replacement or refund as determined solely by Core Health & Fitness. Repair, replacement or refund as determined solely by core health and fitness will be the sole and exclusive remedies for breach of warranty or any other legal theory including theories for the recovery of consequential or incidental damages. Some states do not allow the exclusion or limitation of incidental and consequential damages, so the above limitation may not apply.

