



# JACOBS LADDER™

Ultimate Fitness Experience

**Jacobs Ladder** has been improving the physical performance and endurance of people of all ages and fitness levels - from Navy SEALS, to professional athletes, to patients in rehab.

A patented commercial cardio machine, Jacobs Ladder is specifically designed to place the user at a 40° angle in order to take stress off the lower back. Jacobs Ladder is self-paced, so the faster you go, the faster it goes. The machine is also self-powered, so there is no need for an electric outlet which means you can place Jacobs Ladder anywhere in your facility.

“This is a  
**phenomenal  
training tool**  
for anybody!”

- Joe Juraszek, Strength & Conditioning Coach, Dallas Cowboys

