



# JACOBS LADDER IS HERE!

Scan for more info  
on Jacobs Ladder



Jacobs Ladder

Scan for more info  
on JLX



JLX

## EASY ON JOINTS AND BACK

The Ladder's 40 degree angle offers natural climbing motion, which takes stress off of lower back, hips and knees.

## OFFERS DIGITAL FEEDBACK

This piece of gym equipment provides digital feedback on elapsed time, how many feet were climbed, rate of speed, and calorie burn.

## FOUR WORKOUT POSITIONS

The JLX offers side rail, stand-up, sled drive and hand over hand climbing positions, allowing you to target different muscle groups at different intensity levels.

## IMPROVED DIGITAL DASHBOARD

The new dashboard design provides more insight on your workout, including calorie burn, climb rate, total feet climbed and workout intensity level.

## JL/JLX SELF-POWERED

The self-powered Jacobs Ladder does not need to be plugged into a wall outlet to be an effective piece of gym equipment.



[www.btbfitness.ca](http://www.btbfitness.ca)

**CORE**  
HEALTH & FITNESS

FOR MORE INFORMATION AND TO REQUEST A QUOTE, VISIT:  
**COREHEALTHANDFITNESS.COM**