



## **Operating Instructions**

1. Plug transformers into 115 Volt source then into rear of unit below serial number label.
2. Remove Waist Belt from package and attach to tether line.
3. Hold down Reset Sensor to input your weight.
4. Tap Reset Sensor to get to proper weight.
5. The display will reset itself 3 minutes after the machine stops.
6. Put belt on so that the Jacobs Ladder is facing out and the right side up.
7. Rotate belt until the Velcro strap is almost in the center of your back, adjust for own comfort.
8. Adjust the Velcro strap for desired position on the Ladder. If you feel you are too high when climbing, shorten the strap. If you feel you are too low, lengthen the strap
9. Always warm up at the slowest speed for at least two minutes. In your initial workouts, it is best to pace yourself and get your elapsed time up to 10-15 minutes before increasing intensity.
10. Use opposing arm and leg movements (i.e. right arm/left leg ----- left arm, right leg)
11. Never take more than one step at a time.
12. Practice going slow and allow machine to stop until you feel comfortable with the machine.
13. Keep spine straight and relaxed (don't hunch your back) – Upper body weight should be supported by arms.
14. Some people may be more comfortable wearing gloves.

### **The Easy Climb To Peak Condition**

**Jacobs Ladder automatically adjusts to match your speed.  
The faster you go, the faster it goes !!**