JACOBS LADDER™
Total Body Exerciser

December 2011

BINARY FITNESS LTD.
WWW.BINARYFITNESS.COM

		1	2	3	4	5	6	7	8	9	10	11
Interval Training	Time											
	Feet Climbed											
Aerobic Training	Time											
	Feet Climbed											
Endurance Training	Time											
	Feet Climbed											

		12	13	14	15	16	17	18	19	20	21	22
Interval Training	Time											
	Feet Climbed											
Aerobic Training	Time											
	Feet Climbed											
Endurance Training	Time											
	Feet Climbed											

		23	24	25	26	27	28	29	30	31
Interval Training	Time									
	Feet Climbed									
Aerobic Training	Time									
	Feet Climbed									
Endurance Training	Time									
	Feet Climbed									