



Jacobs Ladder used in Sport/Profession-Specific Training

The FBI, the Army, The Navy, West Point and numerous Division 1 universities are already using Jacobs Ladder to improve their strength and conditioning programs. A review of the role Jacobs Ladder plays in that program is outlined below:

AEROBIC ENDURANCE - Jacobs Ladder automatically adjusts to your speed. The faster you go, the faster it goes. Because of the unit's unique design, Jacobs Ladder can be used to increase aerobic capacity beyond traditional stair climbers, ellipticals and treadmills. Induced by its ability to utilize a greater muscle mass (quads, calves, gluts, pects, triceps, etc..), Jacobs Ladder not only increases heart rate quicker than other machines but, correspondingly, results in increased VO2MAX levels. Aerobic capacity can be increased by longer (20-45 minutes) workouts at 70% maximum heart rate.

ANAEROBIC CAPACITY - Jacobs Ladder unique design offers the athlete/professional the option of HIIT (high intensity interval training). Because speed of the rungs is determined by the athlete, HIIT interval training can be achieved by utilizing 1-3 minute intervals at 85-90% maximum heart rate. Jacobs Ladder emulates sprinting or stair climbing without incurring the high impact on joints. This is particularly important in sports such as soccer, wrestling, tennis, football, track, hockey, basketball and volleyball where lactate production and oxygen debt are key components to anaerobic capacity and improved performance.

INJURY PREVENTION - Similar to elliptical exercise, Jacobs Ladder is low impact on joints, back, shoulders and hips. This offers the athlete/professional the ability to develop both aerobically and anaerobically while strengthening areas susceptible to in-season injury. Quad, knee, ankle and calves injuries are all reduced by a well constructed periodization program involving Jacobs Ladder, weight training and flexibility.

While traditional stair climbers, ellipticals and treadmills are well-suited for the recreational athlete, Jacobs Ladder was designed to offer the training athlete an improved training method for in-season, pre-season and post-season workouts. It also offers the training professional a low-impact method of increasing aerobic endurance and anaerobic capacity. Its simple yet effective design offers the athlete/professional an unmatched cardio experience. Readouts give the user quantitative measures in which progress can be calculated. Distance in Feet, Rate in Feet/Minute, Heart Rate, Time and Calories all combine as a way for the athlete, professional and the coach to measure aerobic and anaerobic capacity and therefore improved performance.

Jacobs Ladder is also designed for the rugged commercial market. A welded, tubular steel frame, a chain and sprocket drive train, easy-to-clean ABS housing and solid wood rungs are all components of a machine that was built to last without costly maintenance. There is no motor drive as in most cardio equipment which further reduces costly repairs and increase life.