



Jacobs Ladder Health & Safety Instructions

Important Health and Safety Information

- 1 WARNING: Before beginning any fitness program you should have a complete physical examination by your Doctor. Consult your Doctor for the heart rate appropriate for your fitness condition. Exercising on Jacobs Ladder may cause rapid heart rate increase. If you feel faint, develop chest pain, experience severe musculoskeletal discomfort or have difficulty breathing, terminate the exercise session immediately and consult a Doctor. Failure to do so may result in serious bodily injury or death.**
- 2 In order to slow machine, slow your steps. In order to stop machine, stop your steps and allow the machine to brake.**
- 3 Do not use machine without wearing Waist Belt which activates rung speed.
- 4 Start out slowly and increase rung speed carefully while wearing Waist Belt.
- 5 Never attempt to, or sprint on, Jacobs Ladder.
- 6 Never let anyone touch the Waist Belt cable while the machine is being used. Tugging of the cable will precipitate rung speed increase.
- 7 Advanced Exercise: Always read and understand Operating Instructions before use.
- 8 Never allow small children to operate the machine. Keep small children away from the machine while in operation.
- 9 Never place towels or other objects behind the rungs of Jacobs Ladder.