



Jacobs Ladder Operating Instructions

Review Health and Safety Instructions

- 1 Plug power transformer into rear of the unit below the serial number then into the power outlet. Switch on power outlet.
- 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 Tether Line is almost in the center of your back, adjust for own comfort.
- 8 Step onto the Jacobs Ladder slowly to take up the tension on the Tether Line and commence climbing.
- 9 Adjust the Tether Line for desired position on the Ladder. If you feel you are too high when climbing, shorten the Line. If you feel you are too low, lengthen the Line.
- 10 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.
- 11 Use opposing arm and leg movements (i.e. right arm/left leg ----- left arm, right leg)
- 12 Never take more than one step at a time.
- 13 Practice going slow and allow machine to stop until you feel comfortable with the machine.
- 14 Keep spine straight and relaxed (don't hunch your back) – Upper body weight should be supported by arms.
- 15 Some people may be more comfortable wearing gloves.