



VERSACLIMBER SM-M (MAGNETIC)

SUPERIOR CARDIO & STRENGTH TRAINING



EDDY CURRENT BRAKE SYSTEM
PROVIDES 11 MAGNETIC
RESISTANCE SETTINGS

HEART RATE MONITORING
POLAR H9 CHEST STRAP
SUPPLIED



COMPUTER CONSOLE
DISPLAYS ALL TRAINING DATA
VIRTUAL LANDMARKS

VERY HIGH CALORIE BURN
CLIMBING BURNS MORE
CALORIES THAN ANY OTHER
ACTIVITY



PADDED, FLOATING HANDRAILS
FOR COMFORT & SAFETY
WHEN USING AS A STEPPER

TOTAL BODY WORKOUT
CLIMBING ENGAGES MORE
MUSCLE GROUPS THAN ANY
OTHER ACTIVITY



CONTRA-LATERAL MOVEMENT
THE MOST BENEFICIAL
MOVEMENT FOR HUMAN
PHYSIOLOGY



*"It's all the fitness you
need!"*

- FEATURES**
- STEPPER AND CLIMBER IN ONE
 - VERY HIGH CALORIE BURN
 - TOTAL BODY WORKOUT
 - ADJUSTABLE RESISTANCE
 - CONTRA-LATERAL MOVEMENT PATTERN
 - VERY LOW RISK OF INJURY
 - HEART RATE MONITORING
 - MONUMENT & MOUNTAIN CHALLENGES



BUILT TOUGH



VERSACLIMBER

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WHY CLIMBING?

CONTRA-LATERAL MOTION:

- STABILIZES YOUR WALKING GAIT COORDINATION - BUILDS CORE STRENGTH
- ENERGIZES YOUR BODY AND CALMS YOUR MIND - RELEASES TENSION AND STRESS
- IMPROVES YOUR EYE-TEAMING SKILLS - ESSENTIAL FOR FOCUS, READING, AND WRITING
- ENHANCES WHOLE-BRAIN THINKING - YOUR LEFT AND RIGHT HEMISPHERES WORK TOGETHER
- DEVELOPS PROPRIOCEPTION - YOUR SPATIAL AND KINESTHETIC AWARENESS

VERY HIGH CALORIE BURN:

CLIMBING BURNS MORE CALORIES IN LESS TIME THAN ANY OTHER CARDIO ACTIVITY (TREADMILL, SPIN, ROWER). STUDIES BY MEN'S HEALTH MAGAZINE HAVE SHOWN CLIMBING CLASSES TO BURN 22.3 CALORIES PER MINUTE, WHILE POPULAR CYCLING, TREADMILL AND ROWING CLASSES BURN BETWEEN 13 - 14 CALORIES PER MINUTE. ALSO, STUDIES HAVE SHOWN THAT CLIMBING ELICITS A HIGHER VO2MAX THAN ROWING OR RUNNING

IMPROVED POSTURE:

POSTURE IS IMPORTANT IN ANY TRAINING NO MATTER WHAT YOUR GOAL, BE IT ATHLETIC PERFORMANCE, WEIGHT LOSS, INJURY RECOVERY OR STRESS RELIEF. BETTER POSTURE ALWAYS BRINGS BETTER / SAFER RESULTS. THE UPRIGHT POSITION WHEN CLIMBING INSTANTLY COMBATS SLOUCHING AND ENGAGES THE CORE. THE IDEAL POSTURE FOR CLIMBING SHOULD INCLUDE A STRAIGHT SPINE, FROM WHICH ONLY THE LIMBS ARE PUSHING AND PULLING

LOW IMPACT:

CLIMBING IS VERY LOW IMPACT. SINCE YOU'RE NOT ACTUALLY LANDING ON AND PUSHING OFF A SURFACE, LIKE YOU WOULD ON A TREADMILL, THERE IS ALMOST ZERO REPETITIVE PERCUSSIVE FORCE ON THE HIPS, KNEES AND ANKLES. THIS ALLOWS YOU TO MAINTAIN AND IMPROVE CARDIO FITNESS WITHOUT PUTTING ADDITIONAL PRESSURE ON WEAK JOINTS OR RISKING FURTHER DAMAGE TO EXISTING INJURIES. THIS MAKES CLIMBING VERY VALUABLE FOR PHYSIOTHERAPISTS AND SPORTS COACHES

MAGNETIC RESISTANCE:

RESISTANCE IS GENERATED BY AN EDDY CURRENT BRAKE SYSTEM - UP TO 230 KGF OF RESISTIVE FORCE. USING RESISTANCE HAS SEVERAL BENEFITS FOR THE TRAINEE:

- RESISTANCE WILL LOWER THE SPEED OF THE CLIMB, ALLOWING THE USER TO FOCUS UPON POSTURE & TECHNIQUE
- RESISTANCE WILL INCREASE THE DEVELOPMENT OF MUSCLE MASS
- RESISTANCE WILL INCREASE THE DEVELOPMENT OF ENDURANCE

THE SM-M HAS 11 PRESET RESISTANCE LEVELS (0-10) GIVING YOU MORE CONTROL OVER YOUR WORKOUT AND CONSISTENCY OF TRAINING OVER TIME

"It's all the fitness you need!"

SPECIFICATIONS

- BASE: 108 CM x 117 CM
- HEIGHT: 2.38 M
- MASS: 60 KG
- POWER: 110V ac / 220V
- MAX. USER WEIGHT: 160 KG



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