



JACOBS LADDER JLX Ladder Climbing Exercise Machine Owner's Manual

[Home](#) » [JACOBS LADDER](#) » JACOBS LADDER JLX Ladder Climbing Exercise Machine Owner's Manual 

JACOBS LADDER JLX Ladder Climbing Exercise Machine



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Welcome to the Jacobs Ladder Family. Please take a few minutes to familiarize yourself with your new ladder by reading the information contained in the Owners Manual. We are proud of the quality of each of our products.

Jacobs Ladder X provides the most efficient exercise for those serious about conditioning. Unlike most cardio machines, this patented treadmill climber utilizes low impact, high range of motion exercise to provide a superior cardio workout to both the upper and lower body. The new Jacobs Ladder X comes with a multiposition handle that offers the user four different climbing positions allowing the user more control over the intensity of their climb!

Jacobs Ladder is an innovative cardio machine with ladder-type rungs on a nonmotorized continuous treadmill. It's

self-paced, so the faster you go the faster it goes.

Contents

- [1 Included in your package](#)
- [2 Product Specifications](#)
- [3 Important Safety Information](#)
- [4 Proper Use Instruction](#)
- [5 Assembly Instructions](#)
- [6 Display](#)
- [7 Controls](#)
- [8 What's up with that Handle?](#)
- [9 Maintenance](#)
 - [9.1 Care and Cleaning](#)
- [10 Troubleshooting](#)
- [11 Preventative Maintenance](#)
- [12 How to Obtain Service](#)
- [13 DISCLAIMER](#)
- [14 Documents / Resources](#)
- [15 Related Posts](#)

Included in your package

- Jacobs Ladder X
- Jacobs Ladder Waist Belt (1)
- AC Power Adapter (for recharging only)

Product Specifications

Frame: Welded Tubular Steel

Important Safety Information

Warning: Before beginning any fitness program you should have a complete physical examination by your physician. Consult your physician for the heart rate appropriate for your fitness condition. Exercising on Jacobs Ladder X 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 physician. Failure to do so may result in serious bodily injury or death.

In order to slow machine, slow your steps. In order to stop machine, stop your steps and allow the machine to brake.

Do not use the machine without wearing the Waist Belt. The Waist Belt controls the brake as well as the rung speed.

Start out slowly and increase rung speed carefully while wearing Waist Belt.

Never let anyone touch the waist belt cable while machine is being used. Tugging the cable will cause rung speed increase.

Advanced Exercise: Always read and understand Operating Instructions before use.

Never allow small children to operate machine. Keep small children away from machine while in operation.

Never sprint on Jacobs Ladder X. Increase your speed at a steady pace until you reach an appropriate speed.

Never place towels or other objects under the rungs or at the bottom of the machine.

Proper Use Instruction

1. Set your height on the Height adjustment section of the Waist Belt your back
2. Push START button to turn display
3. Set your weight using the UP and DOWN buttons (located near the cup holder on the users left side of the machine). Press ENTER when complete
4. Step onto the machine and begin climbing. Accelerate slowly to let the machine adjust to your speed. You may want to start out using the side handles until you get used to the movement.
5. In order to stop, simply stop climbing and coast to the bottom.

Assembly Instructions

Take the following steps to assemble the Jacobs Ladder.

1. Unpack the ladder and remove the packing materials from the base and upright/console assembly. Do not discard the Owners Packet or the Cup Holders which should come attached to the rungs with zip ties.



2. Unbolt the ladder from the pallet, secure the stabilizer bars so they are stowed inside the unit and roll the unit

on to the floor.



CAUTION: To avoid injury and ensure your safety, be sure to get the appropriate number of people to help you move the ladder to its final location. A fully assembled Jacobs Ladder X is very heavy and you might injure yourself if you move the ladder improperly.

If you need to move the ladder, ask for assistance. Roll the ladder on its rear transport wheels to its new location by slowly tipping the ladder back to engage the wheel. Be sure to have assistance as ladder is heavy. Additional help supporting the front end of the ladder will improve the ease of movement.

Make sure that the ladder is unplugged. Do not assemble the ladder if it is plugged into a power outlet.

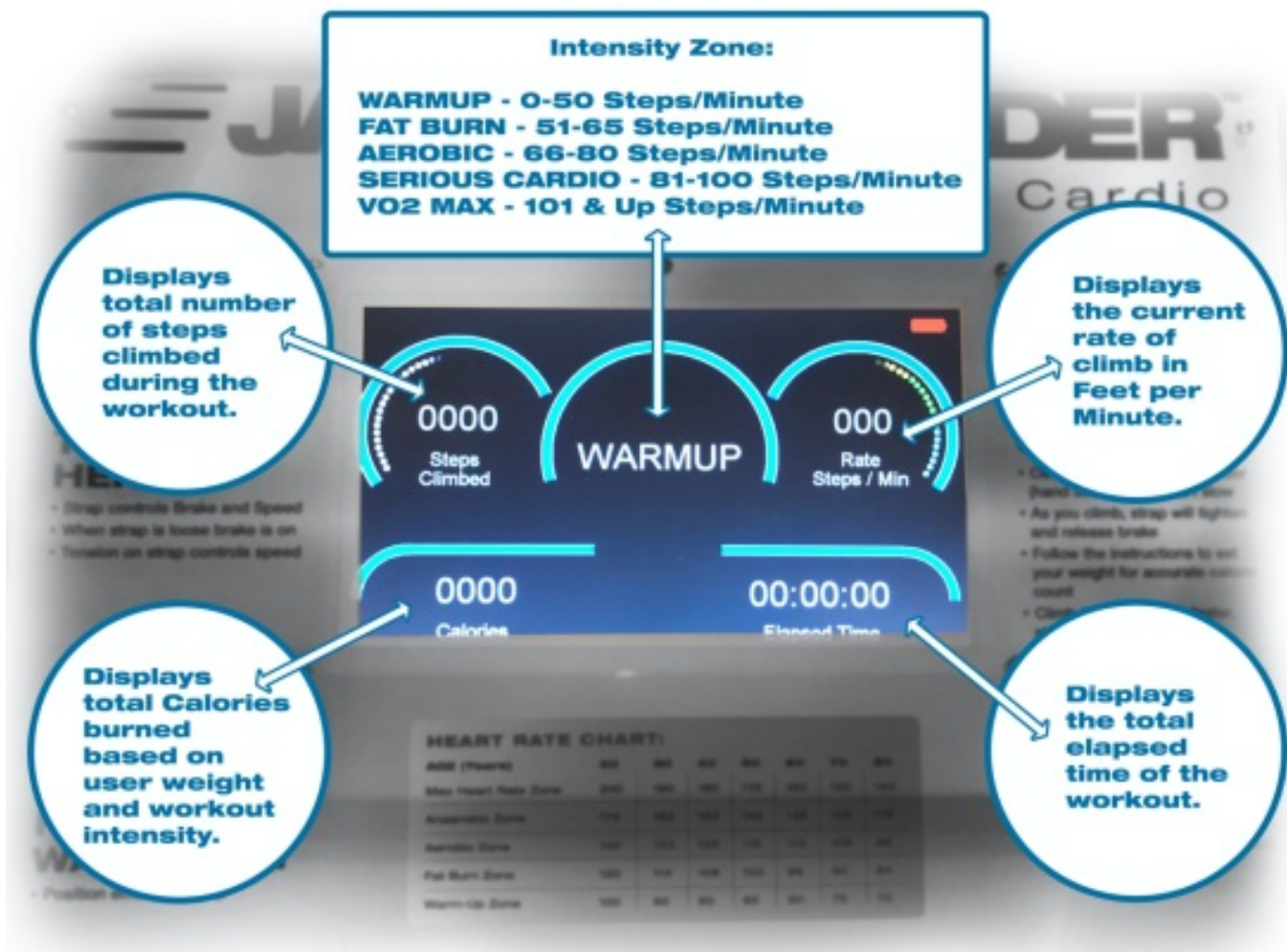
3. Once you have the unit positioned where you would like it, pull the stabilizer bars out of the unit and lock them in place in the extended position.
4. With the 3/16" Allen Wrench and screws provided(in the owners packet), install the Cup Holders provided on the left and right side of the unit on the outside of the side handles.



5. Adjust the two leveler feet at the base of the front of the unit from the users perspective so that the unit sits square on the floor without rocking.
6. If you need to move the ladder, ask for assistance. Roll the ladder on its transport wheels to its new location by lifting from the lower front of the unit. Reminder-The ladder should never be moved with one person.

CAUTION: If you need to re-charge the battery pack, plug the AC adapter into a proper 110V outlet and then the round connector into the plug on the users lower left side of Jacobs Ladder X

Display



Calories

The cumulative calorie burn for your workout is displayed in the lower left of the dashboard.

Steps Climbed

The cumulative number of steps climbed for your workout is displayed in the upper left of the dashboard.

Intensity Zone

Throughout your workout, your Intensity Zone is shown in the center of the dashboard. Your Intensity Zone will change depending on the speed at which you are climbing.

Rate Steps/Min

Your current rate is shown in the upper right of the dashboard. Rate is reported in Steps/Minute.

Elapsed Time

The elapsed time is in the lower right of the dashboard

Controls



Start Button

Pressing the Start button will light the display for 30 seconds. This will give the user ample time to input their weight before beginning their workout. If you do not begin climbing within 30 seconds of pressing the button, the display will shut off.

Up/Down

When prompted, use the Up and Down arrows on the left side of the handles to set your weight. Setting your weight before you workout will help the machine calculate your calorie burn more accurately. If no weight is input, the unit will use a default weight of 150 lbs.

Enter Button

Once you have input your weight, press Enter to begin your workout.

What's up with that Handle?

Hold on to the lower side handles while climbing to get a targeted lower body workout. This is a great starting position to familiarize yourself with Jacobs Ladder X if this is your first time climbing.

LOWER IMPACT



Hold on to the upper side handles while climbing to get lower body workout similar to Stairway GTL. This is also a great starting position to familiarize yourself with Jacobs Ladder X if this is your first time climbing.

STEP UP YOUR WORKOUT



Climb hand-over-hand on Jacobs Ladder X to get a full body workout. Who's got the time to work one muscle group at a time these days anyway?

HIGHEST CALORIE BURN



Grab on to the sled grips at the front of the handle to engage your core while you climb!

HIGHER HEART RATE



Maintenance

Care and Cleaning

It is recommended that you do not oil or grease the chains on Jacobs Ladder. Greasing the chains can prevent the machine from running smoothly.

Jacobs Ladder X, Jacobs Ladder and the Jacobs Ladder 2 machine and rungs can be cleaned using any mild household cleaner that you use on other cardio machines.

Never put polish or wax on the rungs. This will cause the rungs to become slippery and unsafe.

Never put polish or wax on the black plastic runners at either end of the rungs. This will prevent the machine from running smoothly.

IMPORTANT: The black plastic strips located underneath the plastic side rails must be kept clean. Do not get any grease, oil, polish, etc.. on the black plastic strips.

Wipe down the display board with a damp cloth

Do not use cleaning sprays, large amounts of soap or water, abrasive or sharp objects on the display board.

Please refer to the Preventative Maintenance Section.

Troubleshooting

Problem	Possible Cause	What To Do
Machine seems to be slipping	Dirty Stainless / UHMW Strips	Clean Stainless Steel Rung Plates and Plastic Strips
Machine seems to be jumping	Loose Chains	Adjust Chain Tension
Display resets in mid-workout	Low Battery Charge	Use AC Adapter provided to plug machine in overnight.

Preventative Maintenance

Operation	Frequency
Clean Stainless Steel Rung Plates	Annually
Tighten Chains	Check and Adjust Annually
Re-Charge Battery	As needed

How to Obtain Service

Do not attempt to service the ladder yourself except for the maintenance and diagnostic tasks described in the PREVENTATIVE MAINTENANCE section of this manual. The Jacobs Ladder does not contain any user-serviceable parts.

For information about the product, contact the following:

Jacobs Ladder LLC
6292 Walmore Rd
Niagara Falls, NY 14304
USA

Tel: 1 866.697.4100

Fax: 1 716.692.1780

Email: service@JacobsLadderExercise.com

To help customer service expedite your call, have the serial number of your unit readily available as well as Customer information and an accurate description of the state of the unit. The serial number is located on the lower left side of the unit near the ac adapter port.

Product Warranty

4 YEARS ON ALL PARTS; 1 YEAR ON LABOR FROM THE DATE OF PURCHASER INVOICE. JACOBS LADDER LLC EXPRESSLY WARRANTS ALL NEW PRODUCTS TO BE FREE FROM DEFECTS IN MATERIALS AND MANUFACTURE FOR THE WARRANTY PERIODS SET FORTH ABOVE. THE WARRANTY PERIODS COMMENCE ON THE INVOICE DATE ON THE ORIGINAL PURCHASE. THIS WARRANTY APPLIES ONLY AGAINST DEFECTS DISCOVERED WITHIN THE WARRANTY PERIOD AND EXTENDS ONLY TO THE ORIGINAL PURCHASER OF THE PRODUCT. ONLY PARTS, REPAIRS, MODIFICATION AND/OR MAINTENANCE SUPPLIED BY JACOBS LADDER LLC REPRESENTATIVE, UNDER THE TERMS OF THIS WARRANTY, WILL BE WARRANTED FOR THE REMAINDER OF THE ORIGINAL WARRANTY PERIOD. TO PROCESS A CLAIM UNDER THIS WARRANTY, THE PURCHASER MUST NOTIFY JACOBS LADDER LLC IN WRITING OR BY FAX WITHIN 30 DAYS AFTER THE DISCOVERY OF THE ALLEGED DEFECT AND MAKE THE PRODUCT AVAILABLE FOR INSPECTION BY A JACOBS LADDER LLC REPRESENTATIVE. FAILURE TO TIMELY AND PROPERLY NOTIFY JACOBS LADDER LLC IN WRITING OR BY FAX WILL RESULT IN NULLIFICATION OF THIS WARRANTY.

ANY PARTS, REPAIRS, MODIFICATION AND/OR MAINTENANCE SUPPLIED BY A NONJACOBS LADDER REPRESENTATIVE VOIDS THE ENTIRE WARRANTY FOR THIS EXERCISE MACHINE.

NO OTHER EXPRESS WARRANTY IS GIVEN WITH THE PURCHASE ORDER AND JACOBS LADDER LLC DISCLAIMS ANY AUTHORITY FOR ANY EMPLOYEE TO PROVIDE OR MAKE ANY OTHER WARRANTY OF ANY KIND WHETHER IN WRITING OR ORALLY.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Jacobs Ladder LLC product only while
 - a. Title and possession remain in the original purchaser and proof of purchase is demonstrated,
 - b. It has not been subjected to casualty, misuse, abuse, service or modification performed and not authorized by Jacobs Ladder LLC representative,
 - c. Claims are made timely and properly within the warranty period by written notice or fax (30 days notice).
2. This warranty does not cover damage or equipment failure caused by any type of electrical surge and/or failure to adhere Jacobs Ladder LLC Operating Instructions and Care and Cleaning Instructions.
3. Except in Canada, Jacobs Ladder LLC does not pay labor outside of the United States.
4. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details

This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Jacobs Ladder LLC equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct the owners on how to use the equipment
5. Pickup, delivery, or freight charges involved with repairs
6. Any labor costs incurred beyond the applicable labor warranty period.

DISCLAIMER

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EXCLUSIVE REMEDIES:

For any product described above that fails to conform to its warranty, Jacobs Ladder LLC Representative will exclusively provide repairs provided the equipment has not been subject to casualty, misuse, abuse, service or modification performed and not authorized by Jacobs Ladder LLC representative. Service must be obtained by calling Jacobs Ladder LLC at 1 (866) 697 4100. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

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Documents / Resources

	<p>JACOBS LADDER JLX Ladder Climbing Exercise Machine [pdf] Owner's Manual JLX, Ladder Climbing Exercise Machine, JLX Ladder Climbing Exercise Machine, Climbing Exercise Machine, Exercise Machine</p>
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