



EVEREST

CARDIO CLIMBER

The EVEREST Cardio Climber is a tamperproof and weatherproof indoor/outdoor cardio fitness machine that provides a biomechanically correct cardio fitness workout.



Real Fitness Equipment for Real Results

The EVEREST Cardio Climber takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the EVEREST is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

CORRECT EXERCISE BIOMECHANICS

Unlike many outdoor cardio fitness machines, the EVEREST is designed with proper exercise biomechanics to ensure user safety and reduce the risk of injury.

The EVEREST fits almost any user ages 13+ with no adjustment needed.

TWO EXERCISE MODES

The EVEREST Cardio Climber mimics climbing a set of stairs in a continuous motion and allows the user to choose between strength or cardio training based on foot positioning.

The resistance and workout intensity is determined by the user's cadence and stroke range.

REAL EXERCISE VALUE

Continuously climbing stairs is one of the most intense and effective cardiovascular workouts someone can do.

With the EVEREST, users of all fitness levels will get an intense and effective cardio workout.

The EVEREST Cardio Climber is built to maximize indoor or outdoor exercise areas.



STRENGTH MODE

Targets: Glutes, Hamstrings, Cardio

Make sure entire foot is on each foot pad, maintaining heel contact

Keep upright posture and use handgrips for support

Move foot pads in slow, controlled movement, maximizing stroke range without “banging” into top or bottom

Keep pads moving in a continuous “lunge” motion, focusing on keeping heel in contact with foot pad during stroke

Increase cadence as you feel comfortable to maximize exercise value



CARDIO MODE

Targets: Cardio, Calves, Hamstrings, Glutes

Place the ball and arch of foot on respective foot pad

Keep upright posture and use handgrips for support

Begin moving foot pads, keeping pressure on the balls of your feet

This should feel as though you are running up a flight of stairs

Increase cadence as you feel comfortable to maximize exercise value

For best results, complete a HIIT workout

TECHNICAL SPECIFICATIONS



Width: 30" / 77 cm

Length: 46" / 117 cm

Height: 70" / 178 cm

Weight: 280 lbs / 127 kg

Fall Height: 84" / 213cm

Use Zone: 6'0 x 4'8"

Shipping Weight: 325 lbs / 147 kg

Shipping Dimensions: 36" wide x 80" long x 24" high /
91 cm wide x 203 cm long x 61 cm high



Instructional Placards: Reverse print with UV-stabilized ink on 1/4" thick Lexan. Bolted to the columns with a stainless steel trim ring using stainless steel carriage bolts.

Frame: Constructed of 3/16" and 1/4" thick heavy-duty steel. All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck. The locking nuts are shielded behind a padlocked access hatch. Foot-pads are constructed using heavy-duty aluminum checkered treadplate for anti-slip.

Finish:

- All parts have surfaces prepped and cleaned of all mill scale, rust, oils, and dirt using shot blast and/or chemical wash.
- Primer coat is applied with epoxy zinc-rich primer (3-4 mil thickness) and cured in oven.
Primer designed for superior rust protection. Tested for 3000 hours of salt spray resistance.
- Top finish coat is applied with TGIC-FREE weather-resistant polyester powder (3-4 mil thickness) and cured in oven.
Tested for 1500 hours of salt spray resistance.
- All parts inspected to be free of paint defects prior to shipping.



Accessibility: It is the manufacturers' opinion that the Everest Cardio Climber conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided or within the entire use zone.



CAD DRAWING

