



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.



**WATCH NOW**  
PRODUCT VIDEO  
EVEREST CARDIO CLIMBER



### 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"



**Ages:** 13+ Years

**Accessibility:** It is the manufacturers' opinion that the above fitness areas conform to the A.D.A accessibility standard assuming an accessible protective surfacing is provided, as indicated, or within the entire use zone.



**Anchoring Requirements:** 4 x concrete anchors with rated “pull out” or “tension” strength of 3400lbs or greater. Anchors must be secured into structural concrete.

**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

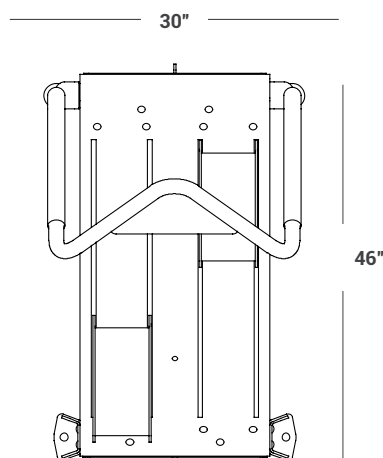
**Standard Color:** RAL 5001 Green Blue.  
Custom colors available for an extra charge.

**Shipping Weight:** 320 lbs / 145 kg

**Shipping Dimensions:** 48" wide x 72" long x 24" high /  
122 cm wide x 183 cm long x 61 cm high



#### CAD DRAWING



**EVEREST**  
CARDIO CLIMBER

**CLICK**  
FOR CAD DETAILS