



# 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.**

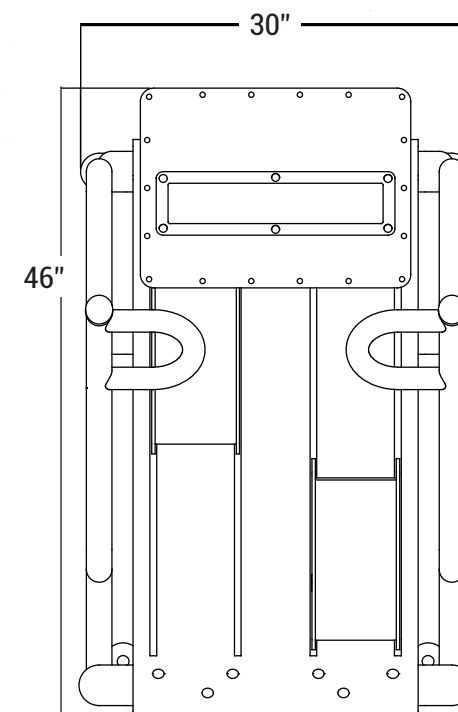
The Everest Cardio Climber mimics climbing a set of stairs in a continuous motion and allows the user to choose their own step height based on their individual fitness level. The resistance/workout intensity is determined by the user's cadence and stroke range.

The Everest Cardio Climber includes an electronic console that displays elapsed time, vertical feet climbed and calories burned.

**The electronics also logs all workout activity on the machine. This information can be accessed by the equipment's owner.**



The Dalhousie University School of Health & Human Performance has validated the safety & exercise performance of the Everest Cardio Climber.



#### DIMENSIONS:

The EVEREST measures 30" wide x 46" long x 67" high and only requires an operational area measuring 4' x 5'.

#### CONSTRUCTION:

The Everest Cardio Climber is constructed of 3/16" and 1/4" heavy duty steel and is zinc primed and polyester powder coated with "super durable" outdoor grade paint. Nonpainted components are constructed of heavy duty aluminium. All the fasteners are made of stainless steel and are tamperproof. The Everest Cardio Climber is designed and built for outdoor use but can be installed indoors as well.

#### INSTALLATION:

The Everest Cardio Climber is anchored to the concrete in four locations. The unit is to be anchored to the concrete with four 6 1/4" long x 1/2" diameter zinc plated threaded rods, epoxied in place to a depth of 4 1/2".

#### WARRANTY:

The Everest Cardio Climber has a 5-year warranty on the structural frame and a one year warranty on all other components. This warranty covers the Everest Cardio Climber when placed indoors or outdoors. Labour is not included. This warranty applies to defects in material and workmanship and not to abuse and unintended use. For additional warranty details refer to [www.outdoor-fit.com](http://www.outdoor-fit.com).