CASCADE

HEALTH & FITNESS®

NEW CASCADE CLIMBER

BURNS MORE CALORIES

The new Cascade Climber offers an exceptional time efficient, low impact workout. Great for high intensity cardio training, the Cascade Climber is also effective for injury rehabilitation – as there is no stress or pounding on the joints. Climbing against gravity also burns more calories than any other exercise. Smooth and easy to use, users climb at their own pace with an upper body movement that creates total body exercise.

17280 Woodinville-Redmond Road NE, STE 809, Woodinville, WA 98072 • 855.402.4062 • www.cascadehealthandfitness.com

KEY PRODUCT FEATURES

Comfortable Handles

Quick release handles with 3 hand positions to choose from.

Easy to Read Console

Easy to read console with 6 program options displays time, steps, step height, cadence, calories, heart rate, steps/min, level, and distance. Bluetooth built-in.

Transport Wheels

Quickly and easily move the Cascade Climber.

16 Levels of Resistance

Resistance has 16 levels to accommodate high and low intensity workouts.

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CLIMBER FEATURES

PROGRAMS
manual, interval, distance, time, calories, steps

CONSOLE FEEDBACK
time, steps, level, step height (avg/max), cadence (avg/max), distance, steps/min (avg/max), calories, hr (avg/max)

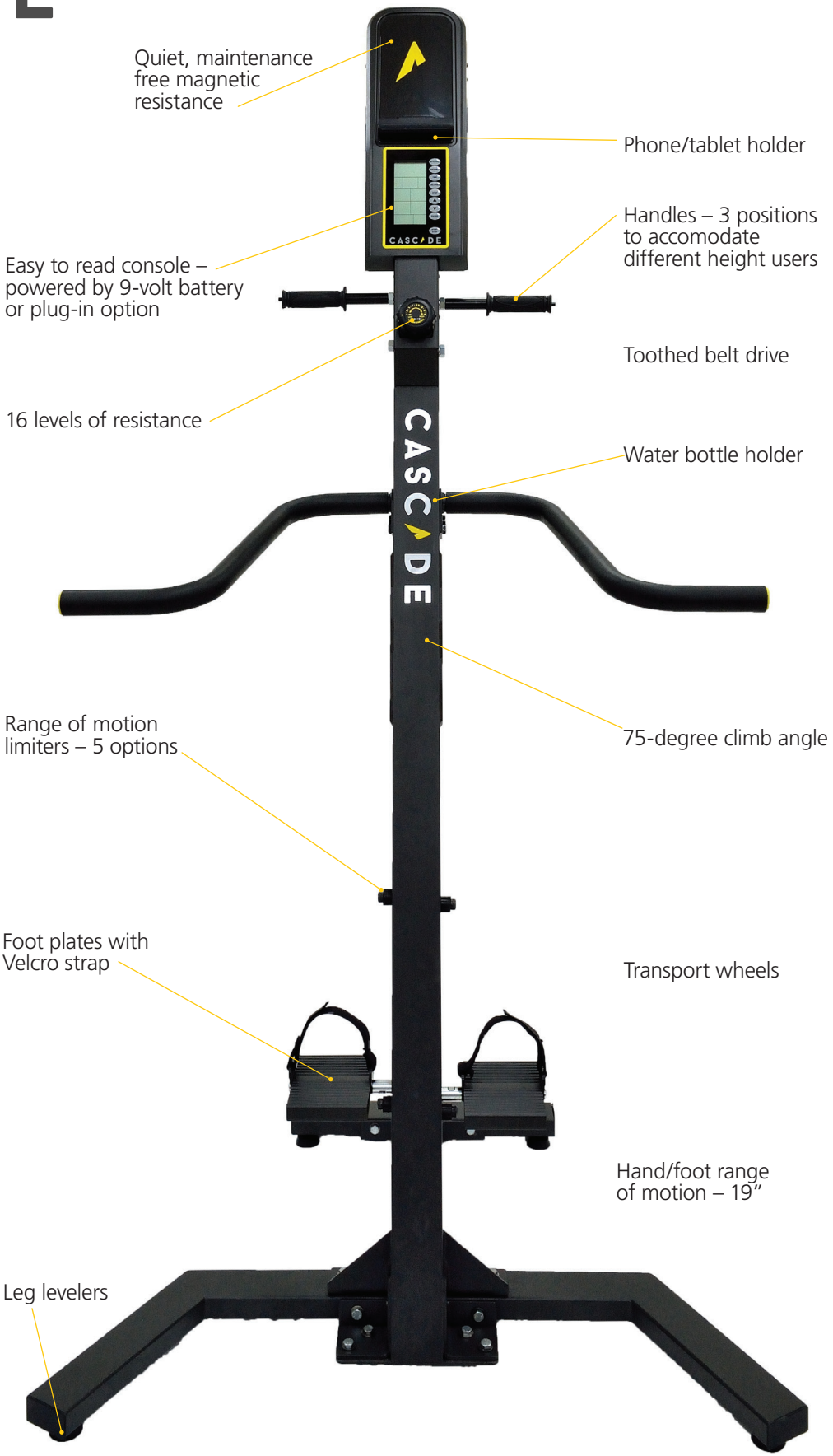
KEY BENEFITS
- Great for high intensity interval training (HIIT)
- Works both the lower and upper body
- Burns more calories
- Non-impact - effective for rehab

WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

SPECIFICATIONS

Depth:	41"
Width:	46"
Height:	92.5"
Weight:	122 lbs.
Shipping weight:	133 lbs.
Max User Weight:	350 lbs.



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