



ESCALATE STAIRCLIMBER OVERVIEW

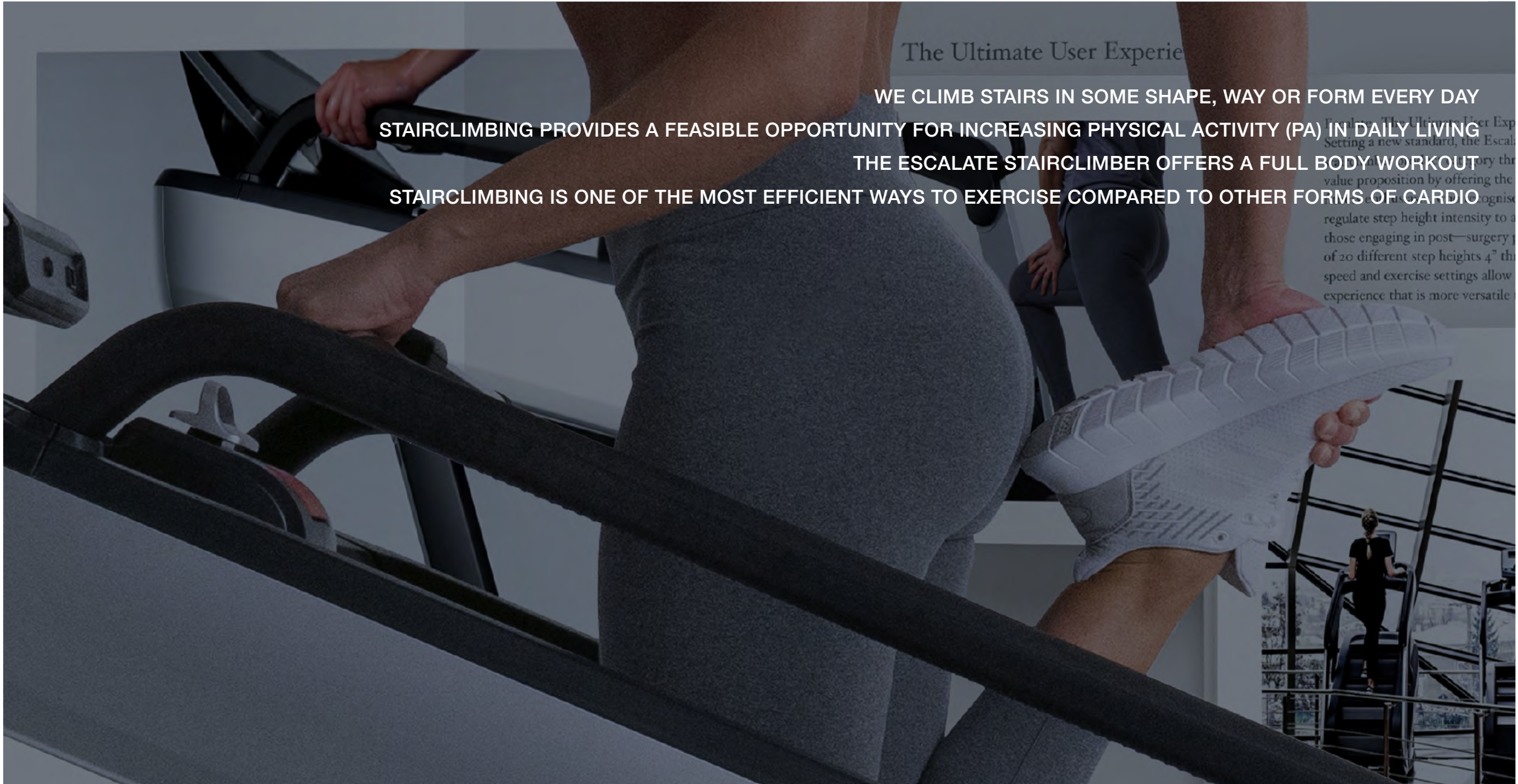
niteno



The Ultimate User Experience

WE CLIMB STAIRS IN SOME SHAPE, WAY OR FORM EVERY DAY
STAIRCLIMBING PROVIDES A FEASIBLE OPPORTUNITY FOR INCREASING PHYSICAL ACTIVITY (PA) IN DAILY LIVING
THE ESCALATE STAIRCLIMBER OFFERS A FULL BODY WORKOUT
STAIRCLIMBING IS ONE OF THE MOST EFFICIENT WAYS TO EXERCISE COMPARED TO OTHER FORMS OF CARDIO

Introducing The Ultimate User Experience. Setting a new standard, the Escalate Stairclimber offers a full body workout and a value proposition by offering the most advanced technology to regulate step height intensity to a range of 20 different step heights 4" to 8" in height. The speed and exercise settings allow for a more versatile experience that is more versatile.



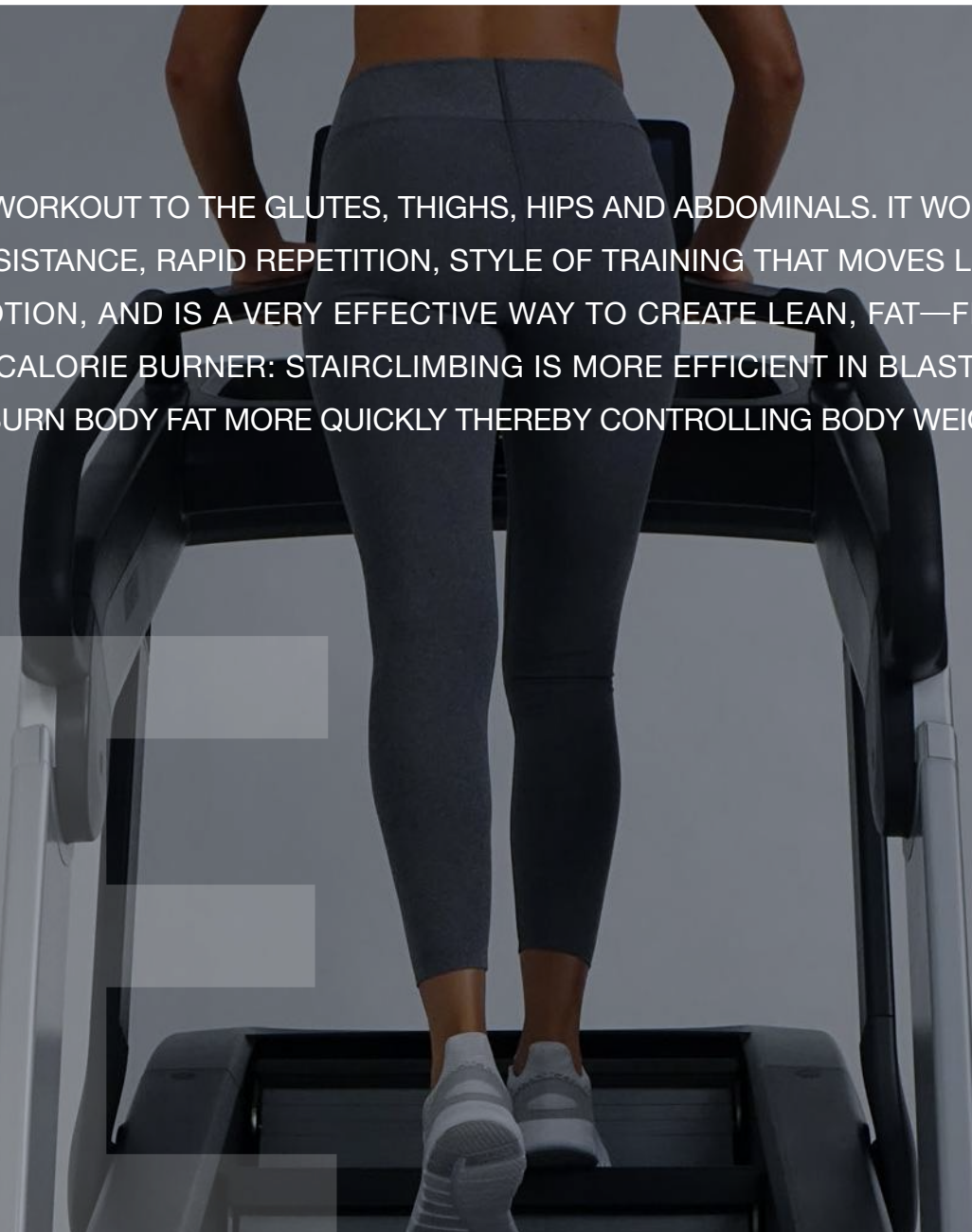
IMPROVED PERFORMANCE

Stairclimbing will improve your endurance when doing strenuous activities by working your heart and lungs—it boosts VO_2 max, which is the maximum amount of oxygen used during intense exercise, therefore climbing will help increase the duration and intensity of future workouts.

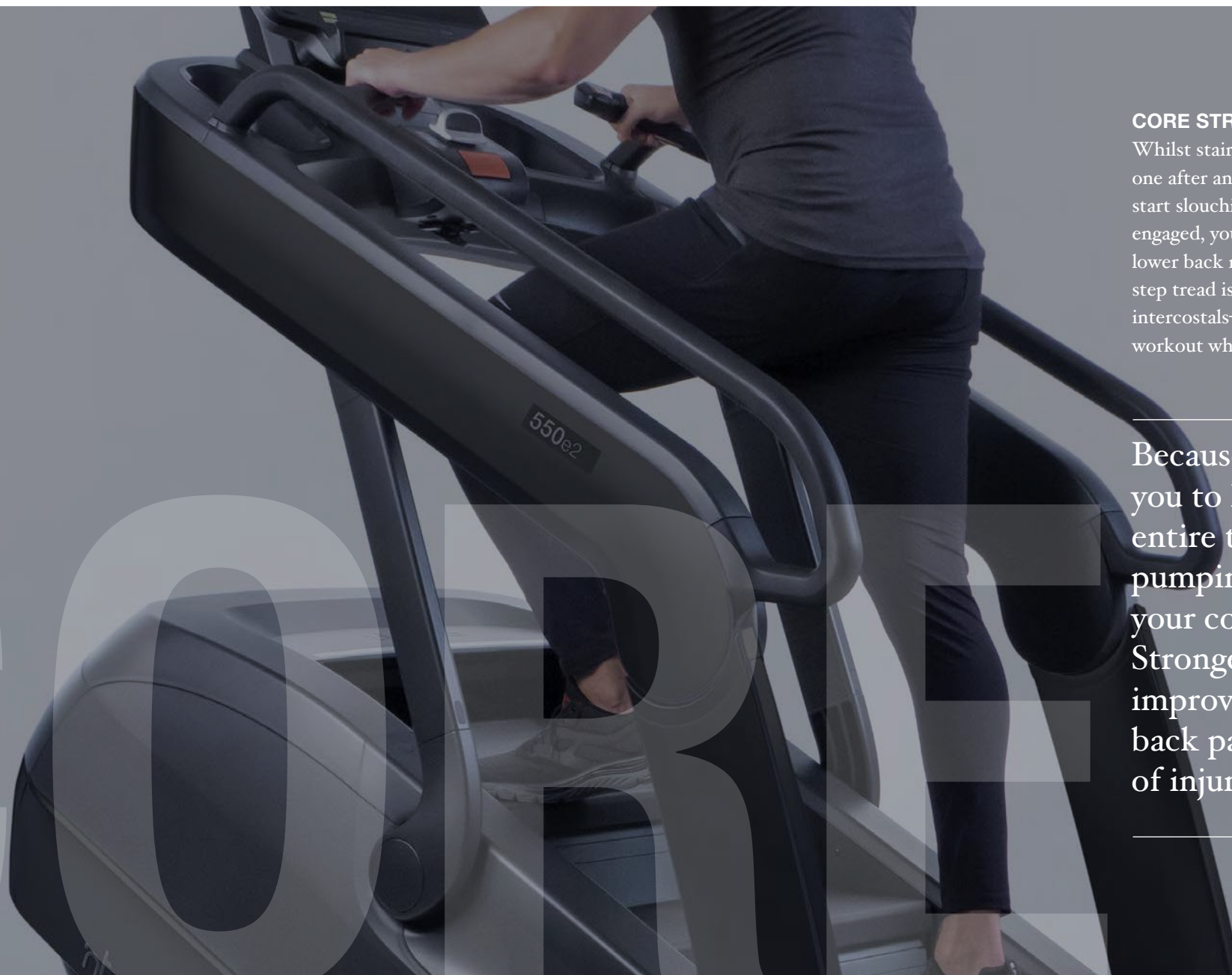
Stairclimbing strengthens the heart and lungs—the keys to aerobic fitness. Stronger lungs allow you to breathe in more oxygen, and a healthier heart can pump oxygen—rich blood more efficiently to all your muscles and organs.

BUILD MUSCLE TONE

STAIRCLIMBING PROVIDES A TARGETED WORKOUT TO THE GLUTES, THIGHS, HIPS AND ABDOMINALS. IT WORKS THE LOWER BODY WITH A VARIABLE RESISTANCE, RAPID REPETITION, STYLE OF TRAINING THAT MOVES LEGS THROUGH A COMPLETE RANGE OF MOTION, AND IS A VERY EFFECTIVE WAY TO CREATE LEAN, FAT—FREE MUSCLE. IN FACT, IT IS THE ULTIMATE CALORIE BURNER: STAIRCLIMBING IS MORE EFFICIENT IN BLASTING CALORIES, MEANING THAT IT HELPS TO BURN BODY FAT MORE QUICKLY THEREBY CONTROLLING BODY WEIGHT.



ONE



CORE STRENGTHENING

Whilst stairclimbing, the steps keep coming at you one after another, and after a while, it's natural to start slouching, but by staying upright, with your core engaged, you are strengthening your abdominals and lower back muscles. The hip action involved in your step tread is also engaging your external obliques and intercostals— this all adds up to a very effective core workout while you're working the rest of your body.

Because the Escalate requires you to keep your balance the entire time you're climbing and pumping your legs, it also gives your core muscles a workout. Stronger core muscles help to improve posture, prevent lower back pain, and reduce the risk of injury.



LOW IMPACT

Beyond a great cardiovascular workout, stairclimbing does so without any pounding on the joints. And, because your feet don't come into contact with the ground that's great news for your ankles and knees. The Escalate simulates going up real stairs however coming down can be a problem for your knees, but as you are constantly on the upward climb, connective tissue and joints don't suffer any wear and tear. And, if you're looking to make your climb more challenging, resistance and incline (20—40°) can be adjusted to allow you to target your training towards strength, muscle gain or weight loss.

Pitting exercisers against the force of gravity, stairclimbing becomes a weight-bearing exercise and in so doing, can enhance bone density making it a great insurance measure against age-related bone conditions such as osteoporosis.

WORLD'S FIRST ADJUSTABLE STEP HEIGHT. 10.4CM (4")—19.6CM (7.7")
EASY STEP 31CM (12.2") STEP—UP HEIGHT
INFRARED SENSOR SLOWS DOWN THE STAIRCLIMBER TO AVOID ACCIDENTS
2 + 1 EMERGENCY STOP
DURABLE. STABLE. ROBUST
LOW POWER CONSUMPTION
NO LEARNING CURVE
LOW IMPACT. BENEFICIAL FOR REHAB
HEAVY DUTY ROLLERS MAKE REPOSITIONING EASY

INTENZA ESCALATE	450 Ci2S	550 Ci	450 Ci2	550 Ce2	550 Ce2+
FOOTPRINT	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"
SHIPPING GROSS WEIGHT	412KG/908LBS	431KG/950LBS	414KG/912LBS	431KG/950LBS	431KG/950LBS
CONSOLE	i2S	i	i2	e2	e2+
LANGUAGE	ENGLISH/GERMAN	ENGLISH/GERMAN	21	21	21
INCLINE	20—40°	20—40°	20—40°	20—40°	20—40°
SAFETY SENSOR	•	•	•	•	•
WORKOUT OPTIONS	16	24	24	24	24
LANDMARK PROGRAM			•		•
COLOUR	HARD BLACK	SOFT GREY	HARD BLACK	HARD BLACK	HARD BLACK



5500e

AWARD—WINNING DESIGN

20—40° INCLINE

THE BROADEST RANGE OF USERS. 147CM—193CM (4'9" TO 6'5")

ESCALATE × HIIT × ESCALATE CROSS TRAINING

ESCALATE DELIVERS MAXIMUM ROI



