The Laddermill Ascender offers users the freedom of vertical training with intuitive and approachable movement. The simple operation takes the user into their training zone in minutes in a unique and challenging full body workout.

The ladder's rotation is powered by the climber's weight - there are no motors. The ladder angle is adjustable through a large range of angles. A simple auto stop system brakes the ladder when the user's feet reach the bottom rung, matching the ladder's movement to the user. A lever adjusts speed or resistance and a display with time, distance and calories quantifies the workout, with goal setting options. A second lever adjusts the ladder angle which can be done while climbing. A small universal plug-in transformer (supplied) that can be plugged into any outlet is needed for the display.

**SPECIFICATIONS:**
Specifications  
Weight: 270 kg.  
Construction: Steel framework with stainless steel rungs.  
Placement: Indoor (outdoors with exterior upgrade).  
Width of climbing rungs: 75 cm  
Angle range: positive 5 degrees to negative 20 degrees (overhanging).  
Mode of control: Hydraulic braking and resistance.  
Electrical requirements: 9 VDC (1500ma) Plug-in transformer (supplied) - for display only  
Electronic Display: Measures distance (feet or meters), time and calories.  
Time and distance goals can be pre-set.  
Warranty: 6 years on structural parts, 1 year electronics and labor. See full warranty for details.

**METRIC**