

VC-22

AC-55



VC-22

VERTICAL CLIMBER

FULL-BODY

WORKOUT

HIGHLY
EFFECTIVE
LOW-IMPACT
EXERCISES
THAT BURN FAT

Combine cardio with resistance training.

ENGAGE YOUR CORE

Engages all the major muscle groups.
Keep your core strong and stable





TOTAL BODY WORKOUT

It activates all the major muscle groups in your upper and lower body, including the arms, shoulders, back, glutes, quads and calves. By using an upper body push/pull movement and a lower body stepping motion, all while requiring core engagement.



LOW IMPACT

It's practically zero impact, making it easier on your joints, and can build both muscular and cardiorespiratory endurance.



CONTRALATERAL MOVEMENT PATTERN

The contralateral exercises can also improve range of motion and increase muscle strength, stability and muscle activation.

BETTER VO2 MAX

Working out at a high intensity can improve your cardiorespiratory fitness and extend your lifespan. It can also increase muscular strength and endurance, as well as boost cardiovascular endurance.

VC-22



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| CONSOLE | DISPLAY TYPE | LCD |
| | CONSOLE POWER | REQUIRES 4 AAA BATTERIES |
| DATA READOUT | DISPLAY | TIME, LEVEL, PULSE, STEP HEIGHT, SPEED/MIN, DISTANCE, STEP/MIN, TOTAL STEPS, WATT, TARGET STEP, CALORIES |
| PROGRAMING | MANUAL | 1 |
| | VIRTUAL LANDMARK | 1 |
| | HRC 65% | 1 |
| | HRC 85% | 1 |
| | TARGET STEP | 1 |
| | TARGET CALORIES | 1 |
| | TARGET DISTANCE | 1 |
| | TARGET TIME | 1 |
| TECHNICAL SPEC | RESISTANCE SYSTEM | MANUAL MAGNETIC |
| | RESISTANCE LEVEL | 8 LEVELS |
| | ADJUSTABLE HANDLE GRIP | 4 GRIP SETTINGS |
| | ARM RANGE | 1-20 inch |
| | CONTRA-LATERAL PATTERN | ● |
| | STEPPER ONLY SUPPORT HANDLE | FOR USE AS A STEPPER |
| | STEPPING RANGE | 1-20 inch |
| | PEDAL | ENLARGE |
| | LEVELING KNOB | ● |
| | CLIMB ANGLE | 75 degrees |
| | HEART RATE RECEIVER | ● |
| | MAXIMUM WEIGHT CAPACITY | 159 kg (350 lb) |
| | ASSEMBLED LxWxH (mm) | 890 x 810 x 2240 mm (35" x 32" x 88") |
| | BOXED LxWxH (mm) | 2310 x 385 x 355 mm (91" x 15" x 14") |
| | N.W. (kg) | 47 kg (104 lb) |
| | G.W. (kg) | 59 kg (130 lb) |

● STANDARD ○ OPTIONAL - NOT AVAILABLE