



The Everest Cardio Climber is a tamperproof and weatherproof indoor/outdoor cardio fitness machine that provides a biomechanically correct cardio fitness workout.



## The Quality of Commercial Gym Fitness Equipment

The EVEREST Cardio Climber takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the EVEREST is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

### CORRECT EXERCISE BIOMECHANICS

Unlike many outdoor cardio fitness machines, the EVEREST is designed with proper exercise bio-mechanics to ensure user safety and reduce the risk of injury.

The EVEREST fits almost any user ages 13+ with no adjustment needed.

### CHOOSE YOUR OWN PACE

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 and workout intensity is determined by the user's cadence and stroke range.

### REAL EXERCISE VALUE

Continuously climbing stairs is one of the most intense and effective cardio vascular workouts someone can do.

With the EVEREST, users of all fitness levels will get an intense and effective cardio workout.

The EVEREST Cardio Climber is built to maximize indoor or outdoor exercise areas.



### RECOMMENDED TRAINING METHOD: HIGH INTENSITY INTERVAL TRAINING (HIIT)

30 minute workout example. Scale time intervals & sets up or down depending on fitness level or workout time.

Start with 3-5-minute warm up at a slow & easy pace

30 seconds high intensity,  
1 minute low intensity (repeat 4 times)

40 seconds high intensity,  
1 minute low intensity (repeat 4 times)

30 seconds high intensity,  
1 minute low intensity (repeat 4 times)

Finish with 3-5-minute cool down at slow & easy pace

#### TECHNICAL SPECIFICATIONS



**Width:** 30" / 77 cm

**Height:** 70" / 178 cm

**Length:** 46" / 117 cm

**Weight:** 280 lbs / 127 kg



**Anchoring Requirements:** 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

**Standard Color:** Blue Hammertone.  
Custom colors available for an extra charge.

**Shipping Weight:** 320 lbs / 145 kg

**Shipping Dimensions:** 48" wide x 72" long x 24" high /  
122 cm wide x 183 cm long x 61 cm high

#### CAD DRAWING

