



# TOTAL BODY WORKOUT MACHINE



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[www.versaclimberindia.com](http://www.versaclimberindia.com)



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# VERSA CLIMBER



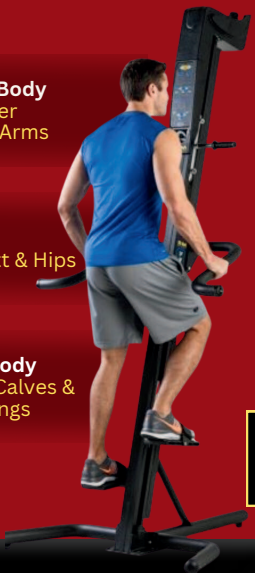
**Upper Body**  
Shoulder  
Back & Arms



**Core**  
Abs, Butt & Hips



**Lower Body**  
Quads, Calves & Hamstrings



Versaclimber is a full body workout machine that combines zero impact, high intensity, vertical cardio with resistance training. It is one of the most effective and efficient ways of burning fats and calories in short amount of time.

**ZERO IMPACT + CARDIO**



Step, walk, jog, run, climb or sprint vertically against gravity in a smooth rhythmic, non-impact, natural motion.

## SPECS

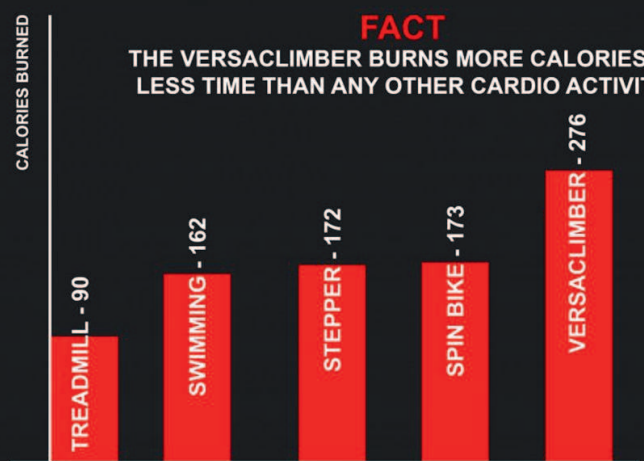
	HP	SM-M	TS-M
Variable Resistance	Fixed	Yes	Yes
Contra Lateral Pattern	Yes	Yes	Yes
9 Volt Battery	Yes	220V	220V
Foot/Hand range of motion	1-20"	1-20"	1- 20"
Touch screen Display	No	No	Yes
Floor Mount	Yes	Yes	Yes
Base	36" x 44"	43" x 44"	43" x 44"
Height	7'6ft	7'6ft	7'6ft
Weight	39kgs	60kgs	60kgs
Weight (max user weight)	120kgs	160kgs	160kgs



space efficient, compact design provides total body training requiring the least amount of floor space.

## CALORIES CHART

**FACT**  
THE VERSACLIMBER BURNS MORE CALORIES IN LESS TIME THAN ANY OTHER CARDIO ACTIVITY



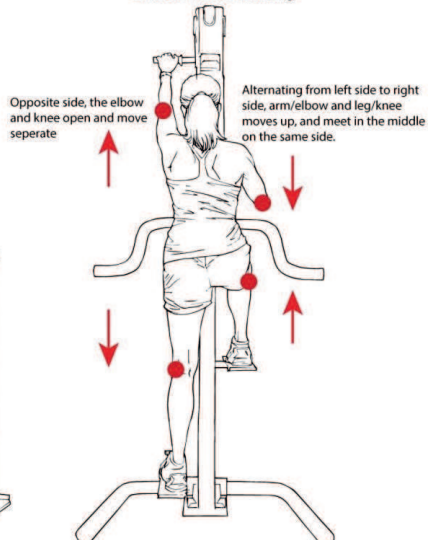
PERSON WEIGHING 180LBS  
SOURCE: UNIVERSITY OF MICHIGAN

**STANDARD PATTERN**  
Ipsilateral or like climbing a ladder



VS

**CONTRA-LATERAL PATTERN**  
Human GAIT motion or like crawling.



# VERSAPULLEY



VersaPulley is a high/low strength exercise pulley machine that combines speed, power and functional mobility through any range of motion with accommodating inertial resistance at any speed, just like sports. The VersaPulley was designed to enhance sport movement and athletic performance.

The resistance used is based on patented MV2 technology. This technology provides responsive resistance and a true stretch-shortening cycle for closed chain, multi-plane, multi-joint exercises as well as isolation or open-chain routines. It strengthens the performance of athletes who are involved in sports like Table Tennis, Cricket, Badminton, "Squash, Softball, Boxing, Martial Arts and Shooting etc.

**Suitable for Tennis - Cricket - Badminton - Boxing**



**GYM**



**FITNESS STUDIO**



**BUILDERS/ DEVELOPERS**



**SPORTS ACADEMY**



**HOSPITAL - ORTHO**



**FLATS/ HOMES**

**SECTORS**

## FAQ

**What is the Versaclimber?**  
The Versaclimber is the leading climbing exercise machine that offers a low impact total-body workout.

**Is VersaClimber good for knees?** Versa Climber's low-impact capabilities allows to exercise safely, even if the person is suffering from a leg, knee, arm and shoulders or back injury.

**What is Contra-Lateral working Pattern?** Contra-Lateral pattern which replicates crawling. Through this pattern, cross crawl neural connections and pathways are established

**How long do I need to use it for?** If you want to build strength in a specific area of your body then it can be used for less than a minute.

**CLIENTS TESTIMONIAL**



“  
**LeBron James**, who owns three VersaClimbers, says the machine gives him a fitness edge!  
 ”



“  
**Anthony Ogogo** says: “My physio Kevin Lidlow recommended the Versaclimber to me.”  
 ”



“  
**Trainers** at Dudley-based boxing facility, Priory Park Boxing Club, have been using a Versaclimber since 2017, to enhance and strengthen their boxing experience.  
 ”



“  
**Adams Neil MBE** Recommend the Versaclimber and Versapulley to my athletes for the machines' superior cardiovascular and muscular endurance capabilities, both of which are incredibly important in the sport.  
 ”



“  
**James Haskell** My Versaclimber Sport gives me a full body conditioning blast. Every area of my body gets a proper workout.  
 ”



“  
 I was looking for a method of training that was closely aligned to what I am going to be faced with on the mountain and I genuinely believe the Versaclimber is it.  
 ”



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