



CLMBR

NEXT LEVEL FITNESS

Discover the undeniable benefits of the vertical climber in comparison to an elliptical. This document highlights the unique value propositions of the vertical climber, ensuring that you make an informed decision for your fitness facility.



Vertical Climber



Elliptical

	Vertical Climber	Elliptical
Resistance/Strength	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Full Body Training	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Glute/Posterior Chain Concentration	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Overhead Reach	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Wide Variety of Movement	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Wide Range of Motion	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Use in HIIT/Circuit Training and Group Fitness Settings	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Discover the advantages of using a vertical climber versus an elliptical machine. Explore the key distinctions between these two fitness equipment options.



	Vertical Climber	Elliptical
STRENGTH COMPONENT	CLMBR incorporates 11 levels of resistance. Dedicated strength training is possible when using the highest levels of resistance, users push and pull to maintain movement while keeping their core stable. However, no matter the level of resistance, users are always utilizing all major muscle groups in order to stabilize their body and maintain movement.	Some units offer resistance, however movement momentum and the form factor of the elliptical workout limit the strength training component of the workout when compared to vertical climbing.
OVERHEAD REACH	Vertical climbing is one of the few workouts that engages the user to extend their reach over their head. This action has a positive effect on circulation and lymphatic flow and activates muscles that are often neglected. The overhead reach action can also improve posture, strengthen the back muscles, and provide significant core engagement.	Ellipticals do not provide an overhead reach movement.
VARIETY IN WORKOUTS	Vertical climbing includes 3 variables: “Length of Stroke”, “Speed”, and “Resistance”. CLMBR allows for 3 handle grip positions along with the ability to engage only the lower body when placing the hands on the crossbar. CLMBR programming also utilizes choreography and combinations that further enhance the effectiveness of the workout.	Ellipticals include only 2 of those 3 variables: “Speed” and “Resistance” (if available). Users can opt to either grip or not grip the handles. Most ellipticals offer a singular grip position and programming method.
RANGE OF MOTION	Vertical climbers offer a full range of motion for the upper and lower body. Users drive their knees up towards their chest and extend their arms above their head.	Ellipticals offer a limited range of motion for the upper and lower body. Users only slightly bend their knees and arms with no overhead extension.
GLUTE/ POSTERIOR CHAIN CONCENTRATION	Vertical climbing is a highly effective exercise for targeting and engaging the glutes and posterior chain. The motion of stepping up and pushing down specifically activates the glutes. Users have the flexibility to adjust the resistance and stroke length to intensify the focus on the glutes. Whether using the handles and pedals simultaneously for a full body workout or just the pedals for a lower body focus, vertical climbing consistently delivers great results for your glutes.	Ellipticals do not target the glutes and posterior chain.