



CLMBR

# NEXT LEVEL FITNESS

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



Vertical Climber



Stair Stepper

Resistance/Strength	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Full Body Training	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Glute/Posterior Chain Concentration	<input checked="" type="checkbox"/>	<input checked="" 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 a stair stepper machine. Explore the key distinctions between these two fitness equipment options.



	Vertical Climber	Stair Stepper
<b>FULL BODY TRAINING</b>	Vertical climbing provides a full body workout that activates all major muscle groups. Vertical climbers can also be used to isolate only the lower body.	Stair steppers only provide a lower body workout.
<b>STRENGTH COMPONENT</b>	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.	Stair steppers do not offer levels of resistance and do not provide a meaningful strength component.
<b>OVERHEAD REACH</b>	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.	Stair steppers do not provide an overhead reach.
<b>VARIETY IN WORKOUTS</b>	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.	Stair steppers only offer 1 variable: “Speed”.
<b>RANGE OF MOTION</b>	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.	Stair Steppers provide a limited range of motion for the lower body only.
<b>CROSS CRAWL PATTERN</b>	Vertical climbing engages a primal cross-crawl (contralateral) pattern. This movement supports the link between the right and left hemispheres of the brain and is essential for physical coordination. The cross-crawl movement integrates your brain and nervous system while engaging the mind-body connection. Using a vertical climbing can support in energizing your body and calming your mind while releasing tension and stress.	Stair steppers do not engage a cross-crawl (contralateral) pattern movement.