



# MOUNTING LADDER & INCLINE/SLANT BOARD

## STANDARD MODEL:

Mounting Options	Cardon Training Stand Wall Mounted
Height Adjustment	9" - 77" from floor with 9 adjustment intervals on Mounting Ladder
Handgrip for Slant Board	✓
Footplate for Slant Board	✓
Antimicrobial Naugahyde Upholstery	Over 80 upholstery color options

## SPECIFICATIONS:

Modular Ladder Dimensions	Width: 20", Height: 85"
Slant Board Dimensions	Width: 15", Length: 78"
Fire Retardant Upholstery	✓

## FEATURES

Incline/Slant Board decreases or increases the difficulty of various exercises by adjusting the influence of gravity working on the body while an exercise is performed. This flexibility lies in the height adjustment of the Slant Board on the Mounting Ladder, allowing exercises to be graded from gravity assistive to gravity resistive.

## APPLICATIONS

The Mounting Ladder and Incline/Slant Board are most commonly used for upper quarter rehabilitation with respect to flexibility, coordination, endurance and strength. Core stability is also popular with forces acting from gravity, as well as the inclusion of exercise pulleys at the same time.



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