



Meet the Fuse Ladder

On the ladder, you'll do moves that you haven't done since you were a kid on the playground. It's the perfect antidote to the modern sedentary lifestyle most of us live, and the most fun you will have on any piece of workout equipment you own.

The Fuse Ladder is the most versatile strength, flexibility, and balance training apparatus on the market today. Its sleek and space-saving design fits seamlessly into any home gym or studio setting at a price point that makes it more accessible than expensive weight machines or Pilates equipment.

The Fuse Ladder workout was designed to be fun, challenging, and ever-changing. It combines spring weight exercises with climbing, hanging, agility, and balancing techniques. Standing exercises like squats, lunges, and balance moves use the rungs, springs, and backboard for endless variations. Floor work exercises incorporate springs and the ladder rungs to increase the challenge, and two high bars offer possibilities for hanging exercises to help strengthen the upper body and core and lengthen the spine.

The Fuse Ladder was created by the owners of Fuse Pilates in Washington, D.C. Thousands of students have taken Fuse Ladder classes since they debuted in 2016 to national media coverage touting it as one of the most innovative new workouts in America.



The Fuse Ladder in Action

from **Fuse Ladder**





