

CREATIVE GUIDE TO ELEVATION



TREADMILL

5% incline for 1 mile
= **264 ft**



STAIRMASTER

1 floor = **10 ft**



STAIRS

1 flight = **10 ft**



BOX JUMP

3 jumps = **10 ft**



STADIUM STAIRS

1 flight = **30 ft**



ROCK CLIMBING

1 wall climb = **45ft**



BRIDGE

1 pass = **10 ft**



PARKING GARAGE

1 floor = **10 ft**



LADDER

3 climbs = **10 ft**



SLIDE

1 climb = **10 ft**