SCIFIT®

Prescribed for Progress™

FEATURES

Bi-directional movement and resistance	Pedaling in forward and reverse provides versatility, helps prolong exercise and promotes reciprocal muscle balance
Low starting resistance	6 watts
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
Resistance system	3 phase combination generator & eddy current brake - largest watt range in the industry
Oversized seat	Gel padded for added comfort
Large, self-righting pedals	Strap adjusts easily to fit the user
Curved handle bars	Users of all sizes can exercise in a natural position with a variety of hand grip options
Easy to transport	Integrated transport wheels
Heart rate monitoring	Contact and telemetric (chest strap required)

ACCESSIBILITY & ADJUSTABILITY

Step-through seating	Allows easy entry and safe and easy access for all users
Seat adjustments	19 vertical and 9 horizontal seat adjustments for correct biomechanical fit
Accommodates users up to 7' tall	Combination of horizontal and vertical seat adjustment provides for broad height range

INTELLI-FIT™ CONSOLE

7" LCD full color touch screen display	Touch screen with clear, simple screens and large, readable font.
Audible beep	Yes
Tactile buttons	Tactile buttons in addition to touch screen
Resistance levels	191 levels of resistance - 20 levels adjustable in .1 increments
Display feedback	Time, level, distance, METs, heart rate, calories, RPM, watts
One touch quick start	Yes
Control METs - Constant Work Program	Set constant METs level and the workload remains constant throughout the program.
Iso-Strength Program	Isokinetic program for safe, accommodating resistance
Power Burst	8-second burst of high intensity training
Cool down	Automatic cool down begins after each exercise is completed
Administrative mode	User defined settings, metric or US units of measure and other custom settings
User-defined console languages	9 languages - English, Spanish, French, German, Russian, Japanese, Chinese, Italian, Dutch
Download results to USB flash drive	Plug USB flash drive into the Fit-Key® slot to save workout results in a .txt file
CSAFE port and 8-volt DC power port	Yes
USB charger	For phones and other electronic devices
Water bottle holder, accessory tray, reading rack	Integrated
Personal Cooling Fan	Integrated dual fans with three speeds

Programs				
	Quick Start	Constant Work - METs	Hills	Heart Fit Test & Training
	Manual	Constant Work - Watts	Fit-Quik®	Power Fit Test & Training
	Heart Rate	Iso-Strength	Random	Stress Test

www.SCIFIT.com

TECHNICAL SPECIFICATIONS

Power Requirements	Self-generating; low voltage AC adapter, optional
Maximum user weight capacity	350 lbs.
Unit weight	164 lbs.
Unit size	58" L x 23" W x 53" H
Color	Frame: Charcoal Cover: Cool Gray

WARRANTY

Parts	3 years
Labor	1 year

ENHANCEMENTS

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data
Entertainment options	Yes

ACCESSORIES

Adjustable Pedal Cranks	Provides three adjustments (5", 6" and 7") to give the user versatility to adjust their range of motion
Low Support Boots	Keeps the foot on the pedal with sturdy straps around the back, top, and front of the foot.
Sports Performance Pedals	High-quality design for high-intensity training. Compatible with Shimano SPD cycling shoes. Reversible for cleat connection. Easily removable.
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products

ISO7000 Specs - ISO7001-INT - 2014 - v1