



Prescribed for Progress™



REX™ Recumbent Elliptical Product Specifications

Order Code: REX7000-INT

FEATURES

Total body movement	Smooth, elliptical motion for efficient total body exercise in both directions
Optimized torso rotation	Knee-to-elbow motion provides core muscle recruitment
Smooth, natural knee movement	Replicates climbing stairs to help improve functional gait
Dependent movement	Allows individuals to use strong limbs to drive weaker limbs through the range of motion
Oversized foot beds	With safety edge for comfort and stability
Dual position handles	Provide multiple hand positions and allow muscle change on the fly
Standard seat	Seat adjusts forward/back
Easy to transport	Integrated transport wheels
Heart rate monitoring	Telemetric (chest strap required)

MOVEMENT AND RESISTANCE

Bi-directional movement and resistance	Exercising 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

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

INTELLI-FIT™ CONSOLE (cont.)

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

TECHNICAL SPECIFICATIONS

Power Requirements	Self-generating; low-voltage AC adapter, optional
Maximum user weight capacity	350 lbs.
Unit weight	299 lbs.
Unit size	73" L x 28" W x 55" H
Color	Frame: Charcoal Cover: Charcoal
Manufacturing	Assembled in USA

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

AC Adapter	Allows the unit to be plugged in, so the console remains lit and displays data longer
Foot Straps	Large foot straps help keep feet securely in place
Assist Gloves	Designed for individuals who require help gripping the hand cranks. Made of heavy-duty closed cell foam that resists moisture. Flexible, comfortable and easy to clean.
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products



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