



CORPORATE FITNESS



Whether it's a few pieces of equipment in a 100 square foot area or a state of the art fitness center, SCIFIT meets the needs of corporations and their employees. Corporate fitness programs have been shown to reduce insurance costs, increase productivity and boost morale. SCIFIT equipment meets the challenges of the corporate environment. It is durable, safe and requires little supervision with the aid of our exclusive USB Fit-Key technology. SCIFIT offers a great blend of cardio equipment to meet the needs of a diverse workforce.

- +** EASY TO USE
- +** FOR EVERYONE
- +** INCREASE PARTICIPATION
- +** SAFE STRENGTH PROGRAM
- +** INTERVAL TRAINING PROGRAM
- +** FITNESS TESTS & TRAINING PROGRAMS
- +** RECORD WORKOUT RESULTS



Corporate Fitness Key Features and Programs

FOR EVERYONE

Employees of every fitness level can feel comfortable on SCIFIT equipment. Each employee goes at his or her own pace. There is no intimidation or embarrassment. We offer the broadest user height and weight range in the industry.



INCREASE PARTICIPATION

The exciting programs keep employees engaged. The extensive variety of upper body exercisers and wheelchair accessible products allow employees with lower body injuries to stay active, too.

SAFE STRENGTH TRAINING

Our unique functional strength program (Iso-Strength) is an isokinetic concentric movement that uses the same rotary motion as the cardio portion of the exercise, so there is no learning curve and no intimidating, cumbersome weights. The resistance increases to match the user's effort, making this strength component safe and easy.

FITNESS TESTS

SCIFIT's exclusive Heart-Fit™ and Power-Fit™ programs provide the ability to do benchmark assessments, to follow with the built-in training, and then test again to show improvement. These are great tools for tracking progress.

SMOOTH TRAFFIC FLOW

Fit-Quik® is a fun, fast and challenging workout for corporate fitness center. It takes employees through cardio and safe strength segments. Fit-Quik takes the guesswork out of setting up a circuit and provides smooth traffic flow and constant variety. It is user friendly and easy to understand, simply follow the instructions on the screen. It is a great program to use with a group of SCIFIT equipment to provide a complete cardio and strength total body workout. It can also be used effectively on one product by itself, too.

SCIFIT®

Intelli-Fit™

Easy To Use Console Featuring Medical Electronics

SCIFIT equipment is easy to use and features simple, familiar movements - walking, pedaling, pushing and pulling. The large LCD viewing screen and tactile, color-coordinated overlay with one-button Quick Start makes the Intelli-Fit™ console user friendly.

Results can be saved on a USB flash drive for uploading and tracking progress.

When it comes to comparing exercise equipment, it's what's inside that counts. SCIFIT's consistent accuracy of wattage and RPMs allow the employee or trainer to measure true improvement with confidence. The console feedback includes time, distance, level, RPMs, Watts, METs, heart rate and calories.

Intelli-Fit™ supplies programs, tests, and training protocols. It has features and programs that any employee would want to use.



Maximize your workouts with **fit-Key®**



Fit-Key® 5.0 software makes it easy to create and save customized workouts.

Simply plug the Fit-Key into the USB port on any Intelli-Fit console of any product and press start and the customized exercise program will begin.

After the exercise, insert the Fit-Key back into computer to upload results.

Whether you're looking for detailed results from an individual session or big picture trends, Fit-Key software's friendly graphics show progress at a glance. Results can be printed and saved.

SCIFIT makes a wide variety of products with a focus on upper body only, lower body only, and total body movements. The following products are preferred products for corporate fitness.

Upper Body



PRO1 Sport
Standing Upper Body Exerciser

- SCIFIT's PRO1 Sport is designed to provide the ultimate in upper body exercise. It is ideal for strengthening arms and shoulders and at the same time recruiting the core stabilizing muscles. Its open architecture is very inviting while the adjustability of the head can allow for a custom fit for users of all heights. The PRO1 Sport is a great product for employees because of its variety of movements and positions that can emulate real life applications, especially if they perform most of their job duties behind a desk .
- Crank arms easily adjust for ideal positioning.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- All exercises on the PRO1 Sport are performed while standing on the enhanced platform. A balance accessory such as an exercise ball or balance disk can be used with the PRO1 Sport to involve more core muscle recruitment and exercise variety.



Upper Body



PRO1000 Sport
Upper Body Exerciser

- SCIFIT's PRO1000 Sport is designed to provide the ultimate in upper body exercise. It is ideal for strengthening arms and shoulders and at the same time recruiting the core stabilizing muscles. Most employees focus their exercise on running, cycling, and other lower body movements and neglect their upper body. The PRO1000 is a great option for upper body conditioning and for those who may have lower body injuries.
- Featuring few adjustments making it a great get-on-and-go exerciser.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- The seat is easily removable to allow for wheelchair access. Other SCIFIT upper body exercisers are also available to accommodate special needs.

Options/Accessories



Wheelchair Platform



Wheelchair Ramp - A good option for wheelchairs with minimal floor clearance



Assist Gloves

Lower Body



ISO1000R
Recumbent Bike

- A true step-through design with expandable seat clearance up to 23" provides easy access for all employees. The seat adjusts on a horizontal monorail for user safety, eliminating undesirable load forces common on other recumbent bikes.
- The oversized, self-righting pedals feature easily adjustable foot straps for added security.
- Also Available: ISO7000R
The ISO7000R offers all of the features of the ISO1000R. In addition, the ISO7000R includes bi-directional resistance. The bi-directional resistance on the ISO7000R helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.

Lower Body



ISO1000
Upright Bike

- SCIFIT upright bikes are designed for cardio conditioning, interval training, and power training.
- They feature step-through access allowing entry without lifting the leg up an over a center console.
- The seat system features fore and aft adjustment and raises to accommodate employees up to 7 feet tall, ensuring optimal biomechanical fit for a broad range of user heights.
- The oversized, self-righting pedals feature easily adjustable foot straps for added security.
- Also Available: ISO7000
The ISO7000 offers all of the features of the ISO1000. In addition, the ISO7000 includes of bi-directional resistance. The bi-directional resistance on the ISO7000 helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.

Lower Body

- The ideal treadmill for general fitness and cardio conditioning.
- DC1000 has a starting speed of .4 mph and goes to 10 mph. The elevation ranges from 0%-10%.
- Low step up height of 7".
- Includes easy grip extended handrails for added safety and support.
- Features the same Intelli-Fit console and programs as the AC5000 & AC5000M.



DC1000
Treadmill



Lower Body

- The heavy duty AC5000 is a great choice for a demanding environment.
- AC5000 features an extremely low starting speed of .1 mph, which adjusts in .1 mph increments for added safety. The elevation ranges from 0%-15%.
- The generous 62" x 22" walking surface with SCIFIT logo printed on belt increases user comfort and safety.
- Side handrail switches make it easy to adjust elevation and speed.
- Features a large user weight capacity of 550 lbs.
- Optional extended handrails offer additional safety and support.



AC5000
Treadmill



Total Body



PRO2[®] Sport
Total Body Exerciser

- SCIFIT's PRO2[®] Sport is a versatile total body exerciser. It can be used as upper body only, lower body only (recumbent bike), or together for a complete total body exercise.
- The knee to elbow motion when used as a total body exercise provides beneficial core muscle recruitment.
- Features adjustable upper cranks to provide greater range of movement, exercise variety, and custom fit. The lower cranks are at a comfortable fixed length to allow for the user to get-on-and-go.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- The upper and lower cranks are dependent, allowing individuals to use passive assistance - using strong limbs to drive weaker limbs through the range of motion, which is common for those with special needs.
- The seat is easily removable to allow for wheelchair access. Other SCIFIT exercisers are also available to accommodate lower body injuries or special needs.

Options/Accessories



Wheelchair Platform



Wheelchair Ramp



Assist Gloves

Total Body



REX[™]
Recumbent Elliptical

- Employees are drawn to the smooth and natural movement of the REX. This recumbent elliptical provides a total body exercise that allows for torso rotation and increased core muscle recruitment.
- Bi-directional resistance allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired, prolonging the exercise session and promoting muscle balance.
- Studies show that the REX provides a natural knee movement that allows users to improve functional gait that aids in fall prevention.
- Dual position hand grips allow users of all sizes to exercise in a natural and comfortable position. Altering hand placement allows the user to exercise antagonistic muscle groups recruited in pushing and pulling movements.

Total Body



SXT7000
Total Body Elliptical



- The SXT7000 features a natural body movement that ensures proper spinal alignment and quality walking form with optimized torso rotation.
- The orthopedic footbeds with patented Bio-Flex™ technology provide better circulation and eliminate hot spots and numbness common with other ellipticals.
- The pedal movement recruits stabilizing muscles, which is ideal for proprioceptive training and fall prevention.
- The full size SXT7000 requires only 60" of floor space making it a great choice for facilities with limited space.

"The SCIFIT key, with the ability to program the workout and track the results really makes using the equipment something special. It's like having a full time trainer on staff to make sure each workout is as effective as possible. The reporting gives instant feedback after each session, and when the employee sees improvement they get excited. I spend hundreds of thousands of dollars every year on employee benefits, but installing this workout equipment has been the first time that every employee that uses it has said, "Thank You."

Douglas Waldman, President
Superior Linen Service Inc.

