

SPECIAL NEEDS



SCIFIT's Inclusive Fitness equipment is designed to be used by individuals of all ages and abilities while meeting the needs of individuals who have cognitive, sensory or physical disabilities. These products serve a wide range of people and add value and variety to your fitness offering. The Inclusive Fitness equipment is particularly suitable for special populations due to the accessibility, comfort, adjustability, and ease of use.

- +** EASY TO USE
- +** ACCESSIBLE
- +** LOW STARTING RESISTANCE
- +** 200 LEVELS OF RESISTANCE
- +** MEDICAL ELECTRONICS
- +** ENDURANCE PROGRAM
- +** STRENGTH PROGRAM
- +** DOCUMENTATION



Special Needs Key Features and Programs

200 LEVELS OF RESISTANCE

SCIFIT equipment features a low starting resistance (6 Watts) with minimal RPMs. This allows users to start the exercise and maintain program function at extremely low speeds and resistance. The workload can be changed in .1 increments - providing 200 levels of resistance and the most comprehensive, progressive system for gradual improvement.



ACCESSIBLE

Seats easily remove for direct wheelchair access on the PRO Series and RST7000s. Other products feature step through entry and comfortable seating. SCIFIT offers a variety of crank adjustments and seat options. These features provide proper user positioning and comfort.



ENDURANCE PROGRAM

Constant Work is a program that serves two main purposes: helps increase patient endurance and provides an exercise program to patients with limits built-in as a safeguard. The workload (watts) will remain constant throughout the program. Therefore, at higher cadence of RPM's, the perceived load on the muscles is reduced. Likewise, at lower cadence of RPM's, the perceived load on the muscles is increased. There's no cheating when using Constant Work. In addition, the trainer or clinician can be assured the user will not exceed the workload prescribed to them.



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 patient's effort, making this strength component safe and easy.

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 documenting 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 clinician 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 tools any clinician or trainer could want or need, and the features and programs anyone would want to use.



Maximize your exercise sessions 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 special needs.

Upper Body



Inclusive Fitness (IF) PRO1
Upper Body Exerciser



- SCIFIT's ultimate in upper body exercisers. The PRO1 features a fully adjustable head and console, which accommodates users of all heights and allows them to exercise while seated, standing, or directly from a wheelchair.
- Crank arms easily adjust for ideal positioning.
- Contrasting colors and tactile keypad aid individuals with visual challenges.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- The height adjustable swivel seat features a therapy assist pedal for easy user positioning.
- Heavy duty ramps allow for easy access, especially for powered or manual wheelchairs that may have minimal floor clearance.



Assist Gloves

Straight Bars
with Grips

Lower Body



Inclusive Fitness (IF) ISO7000R
Recumbent Bike

- A true step-through design with expandable seat clearance up to 23" provides easy access for occupational athletes. The seat adjusts on a horizontal monorail for user safety, eliminating undesirable load forces common on other recumbent bikes.
- Contrasting colors and tactile keypad aid individuals with visual challenges.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- The oversized pedals with heel cup supports and wide foot straps help maintain foot placement on the pedals.
- The height adjustable swivel seat features a therapy assist pedal for easy user positioning.

Total Body



Inclusive Fitness (IF) PRO2®
Total Body Exerciser

- SCIFIT's PRO2® is the industry's most versatile rehab tool. The PRO2 offers upper body, lower body (recumbent bike), or total body 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.
- Adjustable upper and lower cranks provide a greater range of movement, exercise variety, and custom fit.
- Contrasting colors and tactile keypad aid individuals with visual challenges.
- The oversized pedals with heel cup supports and wide foot straps help maintain foot placement on the pedals.
- The height adjustable swivel seat features a therapy assist pedal for easy user positioning.
- Heavy duty ramps allow for easy access, especially for powered or manual wheelchairs that may have minimal floor clearance.

Options/Accessories



High Support Boots



Assist Gloves



Straight Bars with Grips

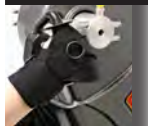
Total Body



RST7000
Total Body Recumbent Stepper

- The RST7000 features a user defined stride length within a 12" range and optimized arm to leg ratio to ensure natural movement.
- The versatile RST7000 can be used for lower body only, upper body only, or total body exercise.
- The expandable step through seating allows for safe and easy entry for users of all abilities. The seat easily removes for wheelchair access.
- Dual position hand grips provide the opportunity to alter target muscle groups during the exercise without stopping.
- The range limiters allow the clinician or trainer to restrict hip and knee range of motion, making the RST7000 ideal for post-hip and post-knee rehabilitation. Right and left pedals can be adjusted independently.
- Three seating options are available :
 - Tall back, fixed height seat
 - (Shown) Oversized, height adjustable swivel seat featuring therapy assist pedal
 - Oversized, fixed height bariatric seat

Options/Accessories



Assist Gloves



Foot Straps



Wheelchair Platform



Wheelchair Ramp



Range Limiters