

**SPECIALTY FITNESS**

SCIFIT offers innovative strength and cardio workouts and program options not found on other equipment. SCIFIT equipment is reliable & durable to stand up to the most demanding environments. Our top quality equipment and programs meet the needs of everyone from old to young and from beginner to elite athlete.

SCIFIT offers programs that help attract and retain members. The programs take the guesswork out of getting started and staying on track. They can be customized to fit individual goals and deliver results. SCIFIT's programs can also track progress and are extremely time efficient.

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



## Specialty Fitness Key Features and Programs

### MEMBER RETENTION

The exciting programs keep members engaged and keep them coming back. The products and programs allow members to maximize results in minimum time.



### FOR EVERYONE

Everyone can feel comfortable on SCIFIT equipment. Each member 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. The extensive variety of upper body exercisers and wheelchair accessible products allow members 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 your fitness center. It takes members 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 is also an effective results producing program when used only on one product.



### 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 member 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 member 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 YMCAs, JCCs and other specialty fitness health clubs.

## 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 your members because of its variety of movements and positions that can emulate real life applications.
- 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.



SPECIALTY FITNESS

## Upper Body



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. Many users prefer to exercise from a standing position to emulate more real life positions and applications.
- 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.
- The seat is easily removable to allow for wheelchair access. Other SCIFIT upper body exercisers are also available to accommodate lower body injuries and special needs.

### Options/Accessories



Wheelchair Access  
(Wheelchair Platform included on PRO1)



Standing Position



Assist Gloves



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

## 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 members 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 lower body injuries and special needs.

### Options/Accessories



Wheelchair Platform



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



Assist Gloves

## 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 users 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



- A true step-through design with expandable seat clearance up to 23" provides easy access for all members. 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



- 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.



## Lower Body



TC1000  
Climber

- The quiet and smooth movement of the TC1000 features a broad speed range and independent step action. A great option for members who prefer the climbing action to other exercise options..
- The ergonomically angled handlebars provide multiple hand positions and support, which also ensure biomechanically correct posture.
- Large, comfortable footbeds provide superior traction and comfort.
- Engineered for a demanding environment, the TC1000 is very durable and a great product to include in a versatile product offering for exercise variety.

## Total Body



PRO2<sup>®</sup> Sport  
Total Body Exerciser



- SCIFIT's PRO2<sup>®</sup> 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



- Members 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 patients to improve functional gait that aids in fall prevention.
- Dual position hand grips allow patients 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



- 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.



## Testimonials

*"The ability to work cardiovascular and strength within a 24-minute time period at such a high intensity level is truly amazing. Not to mention the benefits of the bidirectional use of the equipment. It's unlike any other workout! Adding this isokinetic strength workout to our members' equipment choices will only allow them to increase strength gains at a much faster rate, which will provide many more feelings of success for our members. As a Health & Wellness Director, I especially enjoy the reporting side of SCIFIT Fit-Key circuits. I feel much closer to my members, their workouts, and their progress. It is FUN being able to coach from the equipment or through reporting. It has given our personal training program an opportunity to train clients in a way that we have been unable to do in the past. At least now our personal trainers can check on their clients' workouts when they are not together. It's really great!"*

Stacy Bruce, Health & Wellness Director  
Cleveland County Family YMCA

