

Prescribed for Progress™



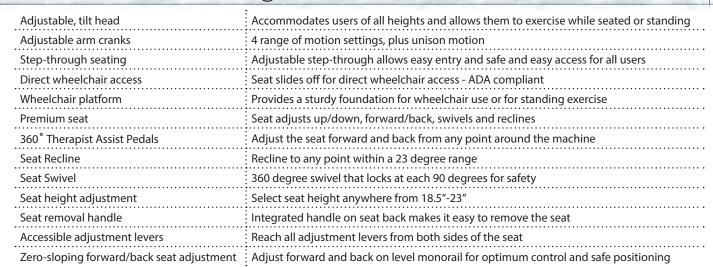
PRO1 Upper Body Product Specifications

Order Code: PRO100-INT

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
Foot rests	Foot rests included for comfort and multiple foot placement options
Easy to transport	Integrated transport wheels
Heart rate monitoring	Telemetric (chest strap required)

ACCESSIBILITY & ADJUSTABILITY &



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

INTELLI-FIT™ CONSOLE (cont.)

User-defined console languages	9 languages - Er	nglish, Spanish, French, Ger	man, Russian, Japa	anese, 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

TECHNICAL SPECIFICATIONS

Power Requirements	: Self-generating; low-voltage AC adapter, included
Maximum user weight capacity	450 lbs.
Unit weight	255 lbs.
Unit size	60″L x 30″W x 77″H
Color	Frame: Charcoal Cover: Cool Gray
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

Internal/External Rotation Device	Strengthens internal and external rotators in one exercise
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.
Straight Grips	For those who have spasticity, weakness, or tremors in their upper extremities.
Heavy duty wheelchair ramps	For manual and powered wheelchair access. Provides increased stabilization
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products
Seat Belt	Adjustable seat belt for added security and stability. Easy to attach and remove. Storage pouch included. Fits Premium seat only.

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