

BARIATRIC/WEIGHT LOSS PROGRAMS



Physical activity is an important part of a healthy lifestyle for anyone, and especially so for someone in a weight loss program. In fact, exercise is the key to long term success in the journey to a healthy weight. Using SCIFIT equipment and programs can help improve strength, balance, flexibility and endurance to make it easier to perform daily activities. SCIFIT equipment has a solution for everyone with a broad range of options: weight bearing and non-weight bearing products; upper body only, lower body only, and total body movements.

- +** ACCESSIBLE WITH HIGH USER WEIGHT CAPACITY
- +** EASY TO USE
- +** LOW STARTING RESISTANCE
- +** 200 LEVELS OF RESISTANCE
- +** MEDICAL ELECTRONICS
- +** ENDURANCE PROGRAM
- +** SAFE STRENGTH PROGRAM
- +** DOCUMENTATION



Bariatric & Weight Loss Key Features and Programs



ACCESSIBLE/HIGH USER WEIGHT CAPACITY

Seats easily remove for direct wheelchair access on the PRO Series and RST7000s. Other products feature step through entry and comfortable seating. The bariatric seat (600 lb user weight capacity) is available on several products. SCIFIT offers a variety of crank adjustments as well. These features provide ideal positioning and comfort.

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.

ENDURANCE PROGRAM

Constant Work is a program that serves two main purposes: helps increase the user's endurance and provides an exercise program 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 clinician or trainer can be assured that 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 user's effort, making this strength component safe and easy to use.

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 patient 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 that 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 exercise 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 bariatric and weight loss programs.

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 for users as it does not place them in a compromised seated position. The PRO1 Sport is a great product for users who are beginning an exercise program or for users who prefer weight bearing exercise.
- 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. As the user improves, a balance accessory such as an exercise ball or balance disk can be used, which will result in more core muscle recruitment and exercise variety.



BARIATRIC WEIGHT LOSS

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. The open architecture that the standing position provides is often preferred for beginner exercisers.
- Crank arms easily adjust for ideal patient positioning.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- Three seating options are available :
 - Low back ,fixed height seat (500 lb user weight capacity)
 - Oversized, height adjustable swivel seat featuring therapy assist pedal (450 lb user weight capacity)
 - (Shown) Oversized, fixed height bariatric seat (600 lb user weight capacity)



Wheelchair Access Standing Position
(Wheelchair Platform included on PRO1)

Lower Body



ISO1000R
Recumbent Bike

- A true step-through design with expandable seat clearance up to 23" provides easy access for all users. 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.
- Two seating options are available :
 - (Shown) Tall back, fixed height seat (500 lb user weight capacity)
 - Tall back, height adjustable swivel seat featuring therapy assist pedal (450 lb user weight capacity)
- 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.

Options/Accessories



Adjustable Pedal Cranks - A good option, especially, early on in the weight loss program as user may have limited range of motion.



Low Support Boots - Provide heel support and keep foot placement on pedal.

Lower Body



AC5000
Treadmill

- The AC5000 features an extremely low starting speed of .1 mph, which adjusts in .1 mph increments for added safety while also allowing for documentation on the patient's progress.
- The AC5000 features an elevation grade from 0 to 15% incline.
- The generous 62" x 22" walking surface with SCIFIT logo printed on belt increases user comfort and safety.
- The optional extended medical handrails offer additional safety and support.
- Side handrail switches make it easy to adjust elevation and speed.
- The AC5000 features a large user weight capacity of 550 lbs.

Options/Accessories

The treadmill safety step is a 6" step with anti-tip design and features non-slip safety strips to allow for easier entry and exiting on the AC5000.



Total Body



RST7000
Total Body Recumbent Stepper

- The RST7000 features a user defined stride length within a broad range and optimized arm to leg ratio to ensure natural movement. This product is ideal for users with limited range of motion or for those beginning an exercise program.
- 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.
- Three seating options are available :
 - Tall back, fixed height seat (500 lb user weight capacity)
 - Oversized, height adjustable swivel seat featuring assist pedal (450 lb user weight capacity)
 - (Shown) Oversized, fixed height bariatric seat (600 lb user weight capacity)

Options/Accessories



Foot Straps



Wheelchair Platform



Wheelchair Ramp

Total Body



PRO2®
Total Body Exerciser

- SCIFIT's PRO2® is a very versatile exerciser. It offers upper body, lower body (recumbent bike), or total body exercise. Beginning an exercise program, the user may prefer to use the PRO2 as an upper body exerciser or as a recumbent bike. As the exerciser improves in their weight loss program, the total body movement can be introduced to maximize strength and endurance and recruit the core stabilizing muscles as well.
- 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.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.
- Seat easily removes for wheelchair access. Three seating options are available :
 - Tall back, fixed height seat (500 lb user weight capacity)
 - (Shown) Oversized, height adjustable swivel seat featuring assist pedal (450 lb user weight capacity)
 - Oversized, fixed height bariatric seat (600 lb user weight capacity)

Options/Accessories



Low Support
Boots



Wheelchair Platform



Wheelchair Ramp

Total Body



REX™
Recumbent Elliptical

- SCIFIT's exclusive total body recumbent elliptical offers a smooth, natural movement and is often the most preferred cardio product in maintenance weight loss programs.
- 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.
- Two seating options are available - both featuring a 450 lb user weight capacity
 - Low back seat
 - Oversized, swivel seat

Option/Accessory



Foot Straps included on model with swivel seat/
optional on the model with fixed seat.



REX with Low Back Seat

Total Body



SXT7000e²
Total Body Elliptical

- As the user progresses to a total body weight bearing exercise, the low impact SXT7000e² Elliptical is a great choice. It features a natural body movement that ensures proper spinal alignment and quality walking form with optimized torso rotation.
- The sturdy step-up platform and full medical handrails provide safe and easy entry to the elliptical for those with balance or flexibility issues.
- 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.



Also Available - SXT7000



The easy entry step minimizes step-up height from 9" to 4.5"