

**CARDIAC & PULMONARY
REHABILITATION**

Whether by assessments to measure a patient's ability to exercise in Phase I or improving strength and endurance in Phase III, SCIFIT is the solution to help patients progress throughout their cardiac & pulmonary rehabilitation sessions. Clinicians rely on SCIFIT's extensive line of rehabilitation equipment and programs to assist them in reducing the risk of future heart problems and improving the quality of life of their patients.

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



Cardiac & Pulmonary Rehabilitation Key Features and Programs

200 LEVELS OF RESISTANCE

SCIFIT equipment features a low starting resistance (6 Watts) with minimal RPMs. This allows patients 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 allow the clinician to properly position their patients and to ensure patient 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 clinician can be assured the patient 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. Iso-Strength is a good option to use for maintenance programs.

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 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 could want or need, and the features and programs patients will use.



Maximize your therapy sessions with **Fit-Key®**



Fit-Key® 5.0 software makes it easy to create and save customized exercise prescriptions for patients.

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 cardiac and pulmonary rehab facilities and maintenance programs.

Upper Body



- SCIFIT's PRO1000 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.
- Crank arms easily adjust for ideal patient positioning.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue. Shifting the workload often reduces patients' RPE at a given heart rate, allowing the patient to prolong the exercise.
- All seats easily remove for wheelchair access. Three seating options are available :
 - Low back, fixed height seat
 - (Shown) Oversized, height adjustable swivel seat featuring therapy assist pedal
 - Oversized, fixed height bariatric seat



Upper Body



- SCIFIT's ultimate in upper body exercisers. The PRO1 features a fully adjustable head and console, which accommodates patients of all heights and allows them to exercise while seated, standing, or directly from a wheelchair. Many clinicians prefer to have their patients exercise from a standing position for maintenance phases.
- Crank arms easily adjust for ideal patient positioning.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue. Shifting the workload often reduces patients' RPE at a given heart rate, allowing the patient to prolong the exercise.
- All seats easily remove for wheelchair access. Three seating options are available :
 - Low back, fixed height seat
 - (Shown) Oversized, height adjustable swivel seat featuring therapy assist pedal
 - Oversized, fixed height bariatric seat



Lower Body



ISO1000R
Recumbent Bike

- A true step-through design with expandable seat clearance up to 23" provides easy access for all patients. 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
 - Tall back, height adjustable swivel seat featuring therapy assist pedal
- 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 Swivel Seat - The swivel seat locks at each 90 degree angle to assist with patient transfers. It also adjusts up and down for ideal patient positioning. In addition, the seat features the therapy assist pedal for fore/aft seat adjustment, leaving the therapist hands-free to aid the patient .



Low Support Boots to 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.

Option/Accessory

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.



Lower Body

All SCIFIT Treadmills meet current leakage protection requirements.



DC1000
Treadmill

- The ideal treadmill for maintenance programs that emphasize patient ADLs.
- DC1000 has a starting speed of .4 mph to 10 mph. The elevation ranges from 0%-10%.
- Low step up height of 7".
- Includes easy grip extended handrails.
- Features the same Intelli-Fit console and programs as the AC5000 Treadmill.



Total Body



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.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue. Shifting the workload often reduces patients' RPE at a given heart rate, allowing the patient to prolong the exercise.
- Seat easily removes for wheelchair access. 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



Low Support
Boots



Wheelchair Platform-



Wheelchair Ramp



Assist Gloves

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 cardiac and pulmonary rehab.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue. Shifting the workload often reduces patients' RPE at a given heart rate, allowing the patient to prolong the exercise.
- 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 patient to exercise antagonistic muscle groups recruited in pushing and pulling movements.
- Two seating options are available :
 - Low back seat
 - Oversized, swivel seat

Options/Accessories



Assist Gloves



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



REX with Low Back Seat

Total Body



RST7000
Total Body Recumbent Stepper

- The RST7000 features a user defined stride length within a broad range of motion and optimized arm to leg ratio to ensure natural movement. The open architecture allows for comfortable positioning while allowing the clinician to easily monitor patient vitals.
- 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 patients 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 :
 - (Shown) Tall back, fixed height seat
 - Oversized, height adjustable swivel seat featuring therapy assist pedal
 - Oversized, fixed height bariatric seat

Options/Accessories



Assist Gloves



Foot Straps



Wheelchair Platform



Wheelchair Ramp

Total Body



SXT7000
Total Body Elliptical

- The only elliptical designed for rehabilitation, the low impact SXT7000e² features a natural body movement that ensures proper posture and quality walking form with optimized torso rotation. This is a good choice for patients in a maintenance program.
- 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 large, 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 - SXT7000e²



The easy entry step minimizes step-up height from 9" to 4.5".
Side Support rails assist users with balance or flexibility issues.