

**SCHOOLS
ELEMENTARY - COLLEGE**



From Innovative PE programs to outfitting your campus fitness center, SCIFIT has the solution for your school.

In the ongoing battle against childhood obesity, SCIFIT is making it fun and easy for more kids to get active and stay active. SCIFIT products are easily accessible and easy to use, allowing children of all abilities to benefit from exercise. Our programs can help increase participation in PE classes and help instructors track progress.

Adding SCIFIT to your campus fitness center allows you to serve a more diverse student population. Our equipment is made for students of all levels and abilities. Durable and reliable SCIFIT equipment is ideal for the demanding student environment.

- +** EASY TO USE
- +** FOR EVERYONE
- +** INCREASE PARTICIPATION
- +** SAFE STRENGTH PROGRAM
- +** FITNESS TESTS
- +** SMOOTH TRAFFIC FLOW
- +** DOCUMENTATION



Schools (Elementary - College) Key Features and Programs

FOR EVERYONE

Students of every fitness level can feel comfortable on SCIFIT equipment. Each student goes at his or her own pace. There is no intimidation or embarrassment. We offer the broadest user height range in the industry to accommodate students from elementary through college.



INCREASE PARTICIPATION

The exciting programs keep students and faculty engaged. The extensive variety of upper body exercisers and wheelchair accessible products allow students and faculty 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 documenting students' progress.

SMOOTH TRAFFIC FLOW

Fit-Quik® is a fun, fast and challenging workout for students. It takes the students through cardio and safe strength segments. Fit-Quik takes the guesswork out of setting up a circuit and provides the class with smooth traffic flow and constant variety. It is user friendly and easy to understand, students just follow the instructions on the screen. Do Fit-Quik on a single product or on a combination of SCIFIT products as a circuit. The circuit is great in a classroom or in small group exercise sessions, providing smooth traffic flow and variety.



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 student 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 instructor 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 instructor could want or need, and the features and programs that any student 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 by students and faculty.

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 users of all ages and abilities - elementary students to collegiate athletes.
- 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.



Upper Body



PRO1000 Sport
Upper Body Exerciser

- SCIFIT's PRO1000 Sport (aka "Excuse Eliminator") 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 students and faculty focus their exercise on running, jumping, 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 Adapted PE or special needs.

Options/Accessories



Wheelchair Platform



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



Assist Gloves

Lower Body



ISO7000R
Bi-directional Recumbent Bike

- A true step-through design with expandable seat clearance up to 23" provides easy access for students and faculty. The seat adjusts on a horizontal monorail for user safety, eliminating undesirable load forces common on other recumbent bikes.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise. It also makes the workout more fun and engaging with the exercise variety.
- The oversized, self-righting pedals feature easily adjustable foot straps for added security.
- Also Available: ISO1000R
The ISO1000R offers all of the features of the ISO7000R, with the exception of bi-directional resistance.

Lower Body



ISO7000
Bi-directional Upright Bike

- SCIFIT upright bikes feature step-through access allowing entry without lifting the leg up and over a center console.
- The seat system features fore and aft adjustment and raises to accommodate students and faculty up to 7 feet tall, ensuring optimal biomechanical fit for a broad range of user heights.
- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise. It also makes the workout more fun and engaging with the exercise variety.
- The oversized, self-righting pedals feature easily adjustable foot straps for added security.
- Also Available: ISO1000
The ISO1000 offers all of the features of the ISO7000, with the exception of bi-directional resistance.

Lower Body

- The ideal treadmill for general physical education and campus fitness centers.
- DC1000 has a starting speed of .4 mph and goes to 10 mph. The elevation ranges from 0%-10%.
- Low step up height of 7".
- Includes easy grip extended handrails for added safety and support.
- Features the same Intelli-Fit console and programs as the AC5000 & AC5000M.



DC1000
Treadmill



Lower Body

- The heavy duty AC5000 is a great choice for a demanding student 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.



AC5000
Treadmill



Total Body



PRO2[®] Sport
Total Body Exerciser

- SCIFIT's PRO2[®] 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 Adapted PE and for those with special needs.
- The seat is easily removable to allow for wheelchair access. Other SCIFIT exercisers are also available to accommodate Adapted PE or special needs.

Options/Accessories



Wheelchair Ramp



Wheelchair Platform



Assist Gloves

Total Body



REX[™]
Recumbent Elliptical

- Students and faculty 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 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.

Total Body



SXT7000e²
Total Body Elliptical

- The SXT7000e² features a natural body movement that ensures proper spinal alignment and quality walking form with optimized torso rotation.
- The sturdy step-up platform and side support handrails provide safe and easy entry to the elliptical for those with balance or flexibility issues or acts as a safeguard in a school fitness center where students are coming and going.
- 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
A great choice in facilities with limited space.



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



"I am impressed with the quality, durability and the ease of use of SCIFIT equipment. Our purchase of Fit-Keys has made the programming of equipment even better and allows staff to designate and modify workouts easily and efficiently."

Wes McCloskey, PEP Grant Director
Hollidaysburg Area School District



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"One of the goals we had was to pick something that would work for all of our kids, and not just those who were athletes or those who were in better shape. We wanted to target all of our kids with something every kid could use, regardless of fitness level. SCIFIT is very user friendly and the kids love it, it's a perfect fit. I would recommend SCIFIT to anybody."

Chris Bozarth, PEP Grant Coordinator
Jay Public Schools