



## UNIFORMED SERVICES



Our goal is to improve the health and safety of firefighters, law enforcement officials, and military personnel by improving their strength and cardio condition. Our customized programs are crafted to correlate directly with job tasks. SCIFIT programs will get them ready for the job, improve fitness levels, and promote teamwork and camaraderie. Use SCIFIT to prepare for assessments, improve job performance, and maintain health and fitness.

- +** EASY TO USE
- +** ACCESSIBILITY OPTIONS FOR THOSE WITH INJURIES
- +** BI-DIRECTIONAL RESISTANCE/MUSCLE BALANCE
- +** ISOKINETIC STRENGTH PROGRAM
- +** INTERVAL TRAINING PROGRAM
- +** FITNESS TESTS
- +** RECORD WORKOUT RESULTS





**Uniformed Services  
Key Features and Programs**

**FOR EVERYONE/ACCESSIBLE**



Each person goes at his or her own pace. SCIFIT equipment features low starting resistance to assist those rehabilitating from an injury, but it accommodates elite occupational athletes with its resistance capabilities on the high end as well. The extensive variety of upper body exercisers and wheelchair accessible products allow those with injuries to stay active and have the ability to recover quicker.

**BI-DIRECTIONAL RESISTANCE**

The majority of SCIFIT products feature bi-directional resistance, which allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired. Bi-directional resistance aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance.

**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. The resistance increases to match the user's effort, making this strength component safe. This program is pure "Positive Work", and as such, post exercise muscle soreness associated with strength training is significantly minimized.

**INTERVAL TRAINING PROGRAM**

Fit-Quik® is a fun, fast and challenging workout. It takes the user through cardio and strength segments. Fit-Quik takes the guesswork out of setting up a circuit and provides smooth traffic flow and constant variety. Fit-Quik is a great program to use with a group of SCIFIT products. A complete cardio and strength workout in between calls of duty. It can effectively be used on a single product, too.

**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 progress.

**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 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 user 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 trainer could want or need, and the features and programs that any occupational athlete 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 military, fire, police and other uniformed services.

## 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 occupational athletes 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.



## 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 military and emergency responders 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



## Lower Body



ISO7000R  
Bi-directional Recumbent Bike

- A true step-through design with expandable seat clearance up to 23" provides easy access for occupational athletes. 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 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 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 fitness and cardio conditioning.
- 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 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





## Lower Body



TC1000  
Climber

- The quiet and smooth movement of the TC1000 features a broad speed range and independent step action. Many military and emergency responders prefer the climbing action to other exercise options to emulate more real life positions and applications.
- 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 Ramp



Wheelchair Platform



Assist Gloves



## Total Body



REX™  
Recumbent Elliptical

- Occupational athletes 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



SXT7000  
Total Body Elliptical

- The SXT7000 features a natural body movement that ensures proper spinal alignment and quality walking form with optimized torso rotation.
- The comfortable 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.



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.