Hospitals, rehabilitation centers, and therapy clinics worldwide have used SCIFIT equipment for over 24 years to meet the needs of their patients. With the most extensive line of rehabilitation equipment and programs, SCIFIT has a solution every step of the way to assist clinicians in maintaining and restoring maximum movement and function for their patients. Our equipment is easy to use, safe, comfortable and provides medical accuracy to coincide with the quality of care clinicians provide their patients.

- Easy to Use
- Body Positioning/ROM
- 191 Levels of Resistance
- Medical Electronics
- Accessible
- Safe Strength Program
- Documentation

www.SCIFIT.com
800.278.3933
Maximize your therapy sessions with Fit-Key®

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 StepOne. Other products feature step through entry and comfortable seating.

BODY POSITIONING/ROM
SCIFIT offers a variety of crank adjustments and seat options. These features allow the clinician to properly position patients to ensure ideal biomechanics. Several accessories are also available to assist with range of motion protocols. The majority of SCIFIT products feature bi-directional resistance, which allows the patient 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.

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 rotator cuff strengthening with an upper body exerciser or on bikes when strengthening the musculature supporting the knee.

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.

www.SCIFIT.com                                                                                                                                800.278.3933
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 physical therapists, occupational therapists, chiropractors, and medical exercise specialists.

**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. This is the ideal product for rotator cuff rehabilitation.
- Crank arms easily adjust and can reverse for greater range of motion and rehabilitation protocols.
- The optional external rotation device is ideal for use with the Iso-Strength program and bi-directional resistance to strengthen internal and external rotators in one exercise. A variety of other accessories are available to assist patients in meeting their therapy goals.
- 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

**Options/Accessories**

**Lower Body**

- SCIFIT upright bikes 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 patients 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.
- 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.

**Options/Accessories**
**Lower Body**

- 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.

- Bi-directional resistance helps create balance between reciprocal muscle groups and decreases localized fatigue, resulting in the ability to prolong the exercise.

- 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: ISO1000R
  The ISO1000R offers all of the features of the ISO7000R, with the exception of bi-directional resistance.

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**Options/Accessories**

- Adjustable Swivel Seat - Aids in range of motion for hip and knee rehabilitation. The seat also features the therapy assist pedal for seat adjustment, leaving the therapist hands-free to aid the patient.

- Adjustable Pedal Cranks to accommodate range of motion

- Low Support Boots to provide heel support and keep foot placement on pedal

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**Lower Body**

- The AC5000M and AC5000 feature 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 AC5000M features reverse walking up to 4 mph and elevation from -3% decline to 12% incline. 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.

- Extended medical handrails offer additional safety and support. (Included on the AC5000M / optional on the AC5000.)

- Side handrail switches make it easy to adjust elevation and speed.

- Both treadmills feature a large user weight capacity of 550 lbs.

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**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 or AC5000M.
**Lower Body**

All SCIFIT Treadmills meet current leakage protection requirements.

- 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 & AC5000M.

**Total Body**

- 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.
- Therapy assist pedal (only available on the shown seat model) provides easy seat adjustment, eliminating risk due to compromised body position.
- All seats easily remove 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
- High Support Boots
- Wheelchair Platform
- Wheelchair Ramp
- Assist Gloves
- Straight Bars with Grips
Total Body

• SCIFIT’s exclusive recumbent elliptical offers a smooth, natural total body movement.

• Bi-directional resistance allows the patient 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 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 oversized swivel seat/option on the model with low back seat.

Total Body

• The low impact StepOne provides a linear stepping motion similar to walking or climbing stairs with a user-defined stride length.

• The ability to adjust knee flexion makes this product a safe starting point for those who cannot get through the range of motion on other equipment, such as a bike.

• StepOne provides accessibility to all individuals with step through seating and direct wheelchair access.

• Intelli-Stride™ accurately measures and displays average stride length to help monitor range of motion and improvement.

• The optional leg stabilizers provide comfort and stabilization for users with leg weakness or spasticity (leg spasms).

• Three seating options are available:
  - Tall back, fixed height swivel seat with therapy assist pedal
  - (Shown) Oversized, height adjustable swivel seat with therapy assist pedal
  - Oversized, fixed height bariatric seat

Options/Accessories

- Leg Stabilizers
- Assist Gloves
- Wheelchair Platform
- Wheelchair Ramp
Total Body

- The only elliptical designed for rehabilitation, the SXT7000e™ 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.

Multi-Plane Resistance Trainer with Balance System

Function C3™

Terminal Knee Extension

- Ideal exercise for post surgery ACL injuries, knee replacements, capsulitis, bursitis, and athletes who perform lateral and explosive movements.
- Introduces resistance in the sagittal plane.
- The multi-plane resistance increases Vastus Medialis Oblique (VMO) muscle strength and firing speed.
- Improves patellar tracking and joint stability as well as decreases the Q angle.

Compound Core Flexion

- Whole core health is the focus of this exercise.
- Ideal for hip and back patients and athletes who emphasize rotational movements.
- Introduces resistance in the transverse plane by pulling hips forward and pushing hips back through the movement, which displaces the load and alleviates stress on the spinal erectors.
- Effective treatment for reciprocal muscle inhibition and other musculoskeletal abnormalities.

Compound Trunk Extension

- Ideal exercise for hip and back patients.
- Athletes benefit from this exercise for ACL prevention as it complements knee balance musculature.
- Multi-plane resistance is the key component in making this a safe and effective replacement for the stiff-legged dead lift.
- The load is displaced when the hips are pulled back, maintaining a neutral combined center of gravity (CCOG) and reducing shear in the lumbo sacral region.
- Hip, gluteal and hamstring muscle recruitment.

www.SCIFIT.com
Multi-Plane Resistance Trainer with Balance System

**HUMAC 360**

Integrating the HUMAC 360 with the Function C3 expands the treatment capabilities for clinicians and provides documentation to track improvement.

The HUMAC 360 attaches to the user or Function C3 and measures velocity and distance, which are displayed on the viewing screen. The real time biofeedback shows pacing and range of motion limits and engages the patient for increased compliance and motivation, and safe controlled movements.

**Cues patient to control movement to enhance quality of work**

**Ideal for weight shifts and load bearing protocols**

**HUMAC Balance System**

The HUMAC Balance System is ideal for patients with vestibular or neurologic disorders working on balance and fall prevention. Orthopedic patients focusing on weight shifts and loads will also benefit with the biofeedback screen indicating weight distribution in all directions.

The balance plate looks like a common gaming board, but this one provides clinical grade accuracy with USB interface for consistent reliability.

This balance system is very portable, affordable and easy to use. It also provides full page reports to document improvement and identify weaknesses.

It works well with the Function C3 and HUMAC 360, or it can be used by itself.

The HUMAC Balance System features several measurement tests (CTSIB, Limits of Stability), training programs (Roadway, Center of Pressure, Weight Shift, Random Training, Weight Bearing, Curves, Scale), and gaming programs (Animal Adventure, Breakout, Pac-Man, Egg Drop, Pong, Space Invaders).