



Prescribed for Progress™



ISO7000 Upright Bike Product Specifications

Order Code: ISO7001-INT

FEATURES

| | |
|--|---|
| Bi-directional movement and resistance | Pedaling in forward and reverse provides versatility, helps prolong exercise and promotes reciprocal muscle balance |
| Low starting resistance | 6 watts |
| Resistance range | 191 levels of resistance - 20 levels adjustable in .1 increments |
| Resistance system | 3 phase combination generator & eddy current brake - largest watt range in the industry |
| Oversized seat | Gel padded for added comfort |
| Large, self-righting pedals | Strap adjusts easily to fit the user |
| Curved handle bars | Users of all sizes can exercise in a natural position with a variety of hand grip options |
| Easy to transport | Integrated transport wheels |
| Heart rate monitoring | Contact and telemetric (chest strap required) |

ACCESSIBILITY & ADJUSTABILITY

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|----------------------------------|--|
| Step-through seating | Allows easy entry and safe and easy access for all users |
| Seat adjustments | 19 vertical and 9 horizontal seat adjustments for correct biomechanical fit |
| Accommodates users up to 7' tall | Combination of horizontal and vertical seat adjustment provides for broad height range |

INTELLI-FIT™ CONSOLE

| | | | | |
|---|--|-----------------------|-----------|---------------------------|
| 7" LCD full color touch screen display | Touch screen with clear, simple screens and large, readable font. | | | |
| Audible beep | Yes | | | |
| Tactile buttons | Tactile buttons in addition to touch screen | | | |
| Resistance levels | 191 levels of resistance - 20 levels adjustable in .1 increments | | | |
| Display feedback | Time, level, distance, METs, heart rate, calories, RPM, watts | | | |
| One touch quick start | Yes | | | |
| Control METs - Constant Work Program | Set constant METs level and the workload remains constant throughout the program. | | | |
| Iso-Strength Program | Isokinetic program for safe, accommodating resistance | | | |
| Power Burst | 8-second burst of high intensity training | | | |
| Cool down | Automatic cool down begins after each exercise is completed | | | |
| Administrative mode | User defined settings, metric or US units of measure and other custom settings | | | |
| User-defined console languages | 9 languages - English, Spanish, French, German, Russian, Japanese, Chinese, Italian, Dutch | | | |
| Download results to USB flash drive | Plug USB flash drive into the Fit-Key® slot to save workout results in a .txt file | | | |
| CSAFE port and 8-volt DC power port | Yes | | | |
| USB charger | For phones and other electronic devices | | | |
| Water bottle holder, accessory tray, reading rack | Integrated | | | |
| Personal Cooling Fan | Integrated dual fans with three speeds | | | |
| Programs | Quick Start | Constant Work - METs | Hills | Heart Fit Test & Training |
| | Manual | Constant Work - Watts | Fit-Quik® | Power Fit Test & Training |
| | Heart Rate | Iso-Strength | Random | Stress Test |

TECHNICAL SPECIFICATIONS

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|------------------------------|---|
| Power Requirements | Self-generating; low voltage AC adapter, optional |
| Maximum user weight capacity | 350 lbs. |
| Unit weight | 164 lbs. |
| Unit size | 58" L x 23" W x 53" H |
| Color | Frame: Charcoal Cover: Cool Gray |

WARRANTY

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|-------|---------|
| Parts | 3 years |
| Labor | 1 year |

ENHANCEMENTS

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|-----------------------|--|
| Fit-Key® software | Optional Fit-Key® software makes it easy to create specialized programs and track data |
| Entertainment options | Yes |

ACCESSORIES

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|---------------------------|--|
| Adjustable Pedal Cranks | Provides three adjustments (5", 6" and 7") to give the user versatility to adjust their range of motion |
| Low Support Boots | Keeps the foot on the pedal with sturdy straps around the back, top, and front of the foot. |
| Sports Performance Pedals | High-quality design for high-intensity training. Compatible with Shimano SPD cycling shoes. Reversible for cleat connection. Easily removable. |
| Polar Chest Strap | Transmits heart rate directly to console - works on all SCIFIT products |



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