



Prescribed for Progress™

PRO1 SPORT

STANDING UPPER BODY

This versatile ground-based training rotary device can be used for strength and cardio training with one or both arm exercises in both forward and backward directions.

- Tall mast with sturdy platform for ground-based training
- Workout standing up or with a stability ball or disc
- Adjustable arm cranks
- Bi-directional exercise
- Iso-Strength safe, accommodating strength program

PRO1 Sport with Charcoal Covers



SPECIFICATIONS

Specification	PRO1 Sport
Workout	Upper Body
Head	Adjustable
Cranks	Adjustable
Console	Intelli-Fit
Seat System	n/a
Removable Seat	n/a
Wheelchair Platform	n/a
Medical CE IIa Certification	No
Resistance	Workload levels range from 1 - 20, adjustable in 0.1 increments, providing 191 levels of resistance
Programs	Manual • Iso-Strength • Heart Rate • Constant Work • Random • Hill Profiles • Fit-Quik • Power Burst • Heart-Fit Test • Heart-Fit Training • Power-Fit Test • Power-Fit Training
Feedback	Heart Rate • Time • RPM • Calories • Distance • Level • Watts • METS
Power	Self-generating from just 6 watts with auto recharge and battery back up
Length	152cm
Width	76cm
Height	196cm
Weight	86kg
Max. User Capacity	n/a
Color	Silver powder coated frame and charcoal covers
Warranty	3 years parts

Optional Accessories

- External Rotation Device
- Straight Hand Grips
- Assist Gloves

