



Prescribed for Progress™



Latitude™ Lateral Stability Trainer Product Specifications

FEATURES

Unique lateral movement	Lateral motion activates muscles used for stability and side-to-side movements
Bi-directional Resistance	Activates different muscle firing patterns depending on the direction, either inward or outward.
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
ADA Compliant -seat removes for wheelchair access *USA Only*	
True adjustable step-through	Yes
Comfortable, ergonomic body position	Yes
Adjustable foot straps	Yes
Oversized pedals with safety edge	Yes
Easy to transport	Integrated transport handle and wheels.
Heart rate monitoring	Telemetric (chest strap required)

ACCESSIBILITY

Direct wheelchair access	Seat slides off easily for direct wheelchair access. ADA compliant. *USA Only*
Easy patient transfer	Adjustable swivel seat sits on a flat horizontal monorail and provides easy patient transfer.
Step-through seating	True adjustable step-through design, allows all users full access and ease of entry.
Step-through height	2" / 5cm
Grab handles	Integrated for easy entry and support.

SEAT

Seat Features (Premium, Standard, Bariatric)	
User Weight Capacity	Premium-450lbs (204kg) / Standard-500lbs (226kg) / Bariatric-600lbs (272kg)
Removable seat	Seat removes easily without hardware for direct wheelchair access
360° Therapist Assist Pedals	Adjust the seat forward and back from any point around the machine
Seat removal handle	Integrated handle on seat back makes it easy to remove the seat
Accessible adjustment levers	Reach all adjustment levers from both side of the seat
Zero-sloping forward/back seat adjustment	Adjust forward and back on a level monorail for optimum control and safe positioning
Premium Seat Features	
Seat recline	Recline to any point within a 23 degree range
Seat swivel	360 degree swivel that locks at each 90 degrees for safety
Seat height adjustment	Select seat height anywhere from 18.5"-23" (47cm - 58cm)

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FOOT PEDALS

Orthopedic foot beds with safety edge	Sturdy, oversized foot beds.
Heel cup	Yes
Foot straps	Yes

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, calories, RPM, Miles, METs, watts, heart rate and level.		
One touch quick start	Yes		
Control METs/Watts - Constant Work Program	Set constant METs/Watts level and the workload remains constant throughout the program		
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	13 languages - English, Spanish, French, German, Russian, Japanese, Simplified Chinese, Korean, Italian, Dutch, Turkish, Arabic, & Portuguese		
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	Integrated		
Personal Cooling Fan	Integrated dual fans with three speeds.		
Programs	Quick Start	Random	Constant Work - METs
	Manual	Hills	Constant Work - Watts
	Heart Rate	Heart Fit Test	Heart Fit Training

TECHNICAL SPECIFICATIONS

Power Requirements	Self generating; low voltage AC adapter included
Maximum user weight capacity	Premium-450lbs (204kg) / Standard-500lbs (226kg) / Bariatric-600lbs (272kg)
User height range	Fits users 4'6" - 6'7" (11cm -17cm)
Unit weight	322 lbs (146kg)
Unit size	70" L x 34"W x 49.5" H / 177cm x 86cm x 125cm
Color	Frame: Charcoal Cover: Cool Gray
Manufacturing	Assembled in USA

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WARRANTY

Parts	3 years
Labor	1 year
Drive System & Cranks	2 years

ACCESSORIES

Seat Belt	Fits premium seat only
Wheelchair Platform	Provides a sturdy foundation for wheelchair use, includes tethers for stabilization.
Heavy-Duty Wheelchair Ramps	For manual and powered wheelchair access. Provides increased stabilization.
Entertainment	Options available
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products.



Shown with Premium Seat.

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