



Prescribed for Progress™

SPORTS PERFORMANCE

SCIFIT offers innovative products and programs that give athletes a competitive advantage. Whether they are training for that next big event or recovering from an injury, all athletes benefit from our unique Iso-Strength program and SCIFIT's broad wattage range. Our Fit-Key system allows trainers to monitor, manage, and maintain the performance of their athletes. SCIFIT equipment and programs are a staple for the most elite training centers.

Preferred Products for Sports Performance

- PRO1 Sport Standing Upper Body Exerciser
- PRO1 Upper Body Exerciser
- PRO1000 Sport Upper Body Exerciser
- ISO7000 Upright Bike
- ISO7000R Recumbent Bike
- AC5000 Treadmill
- TC1000 Climber
- PRO2® Sport Total Body Exerciser
- SXT7000 Total Body Elliptical





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Results Producing Programs

Improvement is a journey, and SCIFIT is your guide. The custom, built-in training programs in the Intelli-Fit console take the guesswork out of exercise and keep athletes on track for increased muscular endurance and strength and overall improved cardio condition.

Ideal Biomechanics

SCIFIT offers a variety of crank adjustments and seating/standing positions. These features provide the athlete to be properly positioned to ensure ideal biomechanics. Several accessories are also available to assist with range of motion progressions.

Muscle Balance

The majority of SCIFIT products feature bi-directional resistance, which allows the athlete 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 Program

SCIFIT's unique functional strength program (Iso-Strength) features an isokinetic component that provides accommodating resistance, which matches the user's effort. For maximum resistance, attempt to pedal faster than the RPM setting. The machine will not allow you to pedal any faster. So, the harder you try, the more resistance is generated. Iso-Strength complements well with traditional weight training programs.

Fitness Tests & Training Programs

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 tracking progress.

Prehabilitation & Rehabilitation

SCIFIT is a leader in rehabilitation and physical therapy. SCIFIT equipment is ideal for preventing injuries and recovering from injuries. It's safe, comfortable, and easy to use.

