



Prescribed for Progress™

UNIFORMED SERVICES

SCIFIT's goal is to improve the health and safety of firefighters, law enforcement officials, and military personnel by improving their strength and cardio condition. The customized programs are crafted to correlate directly with job tasks. SCIFIT programs will get them ready for the job, improve fitness levels, and promote teamwork and camaraderie. Use SCIFIT to prepare for assessments, improve job performance, and maintain health and fitness.

Preferred Products for Military, Fire, & Police

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





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For Everyone

Need equipment to accommodate users of all abilities and sizes? SCIFIT offers the broadest user height range and workload range in the industry to accommodate patients of all sizes and abilities. SCIFIT products offer complete accessibility including direct wheelchair access, low step over, swivel seats and assistive handrails and steps to meet the needs of everyone.

Ideal Biomechanics

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

Muscle Balance

The majority of SCIFIT products feature bi-directional resistance, which allows the user 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.

Don't Have Much Time?

SCIFIT's exclusive Fit-Quik program takes the guesswork out of setting up a great workout. This fast but highly effective interval training experience has changes of intensity and direction that will keep you focused. The workout moves quickly, keeping motivation high as you increase your overall endurance, muscular strength and cardiovascular condition. It is easy to use...simply select the Fit-Quik program and follow the instructions on the screen.

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.

