



Prescribed for Progress™

WEIGHT LOSS

Physical activity is an important part of a healthy lifestyle for anyone, and especially so for someone in a weight loss program. In fact, exercise is the key to long term success in the journey to a healthy weight. Using SCIFIT equipment and programs can help improve strength, balance, flexibility and endurance to make it easier to perform daily activities. SCIFIT equipment has a solution for everyone with a broad range of options: weight bearing and non-weight bearing products; upper body only, lower body only, and total body movements.

Preferred Products for Bariatric & Weight Loss Programs

- PRO1 Sport Standing Upper Body Exerciser
- PRO1 Upper Body Exerciser
- ISO7000R Recumbent Bike
- AC5000 Treadmill
- StepOne™ Total Body Recumbent Stepper
- PRO2® Total Body Exerciser
- REX™ Recumbent Elliptical
- SXT7000e2 Total Body Elliptical
- Latitude™ Lateral Stability Trainer





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Easy to Use

SCIFIT equipment is easy to use and features simple, familiar movements – walking pedaling, pushing and pulling. The large touch screen features an uncluttered menu with high color contrast and large font size.

191 Levels of Resistance

SCIFIT equipment features a low starting resistance. This allows users to start the exercise and maintain program function at extremely low speeds and resistance. The workload can be changed in .1 increments - providing 191 levels of resistance and the most comprehensive, progressive system for gradual improvement.

Accessible/High User Weight Capacity

SCIFIT products offer complete accessibility including direct wheelchair access, low step over, easy entry, swivel seats and assistive handrails and steps to meet the needs of everyone. Several models feature seats with a 600 lb user weight capacity. SCIFIT offers a variety of crank adjustments as well. These combined features provide ideal positioning and comfort.

Decrease Localized Fatigue

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. Changing directions can decrease localized fatigue, resulting in the ability to prolong the workout.

Safety

Built-in safety features equate to a low risk of injury. From sturdy side handrails to low starting resistance, SCIFIT equipment has safety features integrated to keep individuals safe while staying physically active.

Results Producing Programs

SCIFIT offers programs that help produce results. The programs take the guesswork out of getting started and staying on track. They can be customized to fit individual goals and deliver results that can increase muscular endurance and strength and overall improved cardio condition.

