

## Kinetec ProprioSphere



The static and dynamic balance of the human body is an **essential component** for the physical wellbeing.

- **Enhancing patient stability and control**
- **Stimulation of the proprioceptive system by progressive and secure imbalance situations**
- **The ProprioSphere acts as a preventive or curative device**

A harmonious operation between the transmitting **central nervous system**, the automatic muscular contraction lock and the thousands of tension or pressure sensors located in the periarticular surface from the foot up to the rachis, results in a **sensitive proprioceptive system**.

Various factors can disturb this system:

- Fatigue
- Periarticular traumatism
- Fractures
- Age
- Some neurological pathologies

**To improve balance** the system needs to be challenged by creating imbalance situations in a secure and progressive environment.

Proprioceptive rehabilitation leads to a functional muscular system and should be fully integrated in one's fitness programme.

Improved balance increases range of movement, ensures the perfect coordination of muscle groups and enhances sports performances.

The ProprioSphere allows balance as well as muscular recovery.

Designed for intensive use and minimum maintenance.



The ProprioSphere is adapted to everyone's condition:

- Lower limbs and trunk traumas in walking or balance recovery period
- Patient with a prolonged non-activity period and limited standing capability
- Athlete in joint rehabilitation process
- Athlete aiming to improve performances
- Senior patient with osteoporosis or balance loss

The ProprioSphere is designed to:

- Increase range of movement
- Improve dynamic muscle stability
- Build strength and power
- Enhance spatial awareness
- Reduce the risk of injury
- Challenge balance in controlled stages

**ProprioSphere features:**

- A stable base including a plate fixed to a universal joint and run by a motor
- A control panel available for the patient and the therapist to regulate:
  - The speed
  - Countdown info before motion reverse
  - Session time
  - Random movement (speed and direction)
- Two large side bars for safety
- A mechanical adjustment system for range of motion

**Technical Data:**

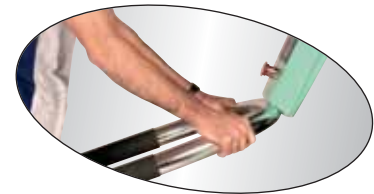
- Weight: 84Kg (168lbs)
- Height: 1.52m (60Inch)
- Length: 1m (39Inch)
- Width: 0.74m (29Inch)
- Mains supply: 230V/50Hz, 400VA
- Motor: 370 watts
- Warranty: 2 years



Simple and easy to use control panel enables instant operation.



Control of the rotation angle, 12 levels.



Safety, large handle bar.



Variable rotation movements, direction changes from clockwise to anti-clockwise.



Variable speed, slow, fast or random.



The greater the angle, the greater the challenge.



See page 60

**Ordering Information**

4665005079 Complete apparatus - Kinetec ProprioSphere

## KINETEC KPT Cycla / Cycla Baby



**Increases muscle tone**, strength and flexibility while effectively monitoring exercise duration, workout power and heart rate.

- **Active & Passive Exercises**
- **Upper & Lower Limbs**
- **Intuitive Display**
- **Comprehensive Range of Accessories**

The KPT Cycla is an electrically powered exercise trainer designed to improve physical abilities. Providing the user with a broad range of exercise options and modes, it solves a broad range of physical needs. KPT Cycla serves individuals with limited or no muscle power ie spinal cord injuries, MS, Polio, CVA, ALS, Dialysis.

The KPT Cycla can be operated in either active mode in varying degrees or in passive mode at adjustable speed and torque levels. While the machine is in passive mode, it is possible to combine both passive and active training by using physical effort in conjunction with the electrical operation of the motor. The KPT Cycla has an easy to use and read display, making the unit very user friendly. Suitable for all ages, for use at home or in healthcare institutions. Includes finger protection discs.

#### The KPT Cycla is recommended for:

- Maintaining muscle strength
- Flexibility
- Muscle tone
- Endurance
- General fitness

#### The KPT Cycla increases:

- Strength
- Muscle tone
- Blood circulation
- Range of motion
- Stamina
- Bladder control

#### The KPT Cycla decreases:

- Atrophy
- Spasm
- Swelling

#### Also available in Hi-lo version

The KPT Cycla Hi-lo model is a multi-purpose exercising machine for a wide range of applications including active and passive training of the upper and lower limbs and ideal for professional establishments. Consisting of all the features of the stand alone KPT Cycla ou Cycla Baby unit, the KPT Cycla Hi-lo or Cycla Baby Hi-lo is an ideal solution when used frequently for both upper and lower limbs. The exercising height of the KPT Cycla can be individually set to meet specific user's needs. Fully accessible for wheelchair users and is equally comfortable from a standard chair.





## KPT Cycla

## KPT Cycla Baby

### Main Features:

- Active and passive training for upper and lower limbs
- Workload dependent or isokinetic exercise
- 10 levels of resistance for active exercise
- 10 speed levels: 20 to 60 rpm for passive exercise
- 5 levels of resistance for active exercise
- 5 speed levels: 20 to 60 rpm for passive exercise
- Exercising positions: 15°, 30°, 45° and 60°
- Timer - online display of exercise duration
- Revolution counter
- Adjustable height and length for increased exercise options
- Optional accessories
- Heart rate monitor measuring during exercise (optional)

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### Accessories for KPT Cycla units:

- 1 4665003495 Finger Protection Discs (x2)
- 2 4665003453 Standard Footrests (x2)
- 3 4665003461 Straight Handgrips (x2)
- 4 4665003247 Angled Handgrips (90°) (x2)
- 5 4665003239 Pediatric footrests (x2)
- 6 4665003205 Hemi-gloves (x2)
- 7 4665003255 High support for footrests (x2)
- 8 4665003487 Tie down (x2)
- 9 4665003221 Remote control (for KPT Cycla only)
- 10 4665003213 Heart Rate transmitter and receiver (for KPT Cycla Only)

### Ordering Information

- 4665005002 Complete apparatus - KPT Cycla
- 4665005102 Complete apparatus - KPT Cycla HI/LO
- 4665005202 Complete apparatus - KPT Cycla Baby
- 4665005402 Complete apparatus - KPT Cycla HI/LO

#### Includes in all complete apparatus:

- 1 • Finger Protection Discs (x2)
- 2 • Standard Footrests (x2)
- 3 • Straight Handgrips (x2)
- 8 • Tie down (x2)





### ActivCycle

- The portable and motorised ActivCycle is a great tool for customised, low stress workouts that can be used anywhere
- The different adjustable speeds make it a great product to progressively strengthen your arms and legs
- Versatile for both upper and lower body exercise
- Provides low-impact exercise to increase strength & flexibility
- Promotes blood circulation

#### Description:

- Remote control console with ON/OFF switch
- Adjustable speed 15-60 RPM
- Pre assembled foldable paddles, no assembly required
- Light weight and compact design
- Foldable Paddles
- Multi-function LCD display read out for distance, time, calories and speed
- Non-slip mat included
- Dimensions: L 40xH 40xW 33cm (16x16x13Inch)
- Weight: 6Kgs (12.5lbs)



#### Ordering Information

4665003966 Complete apparatus - ActivCycle



### Shoulder Rotation Exerciser

A wall mounted shoulder rotation exerciser to increase range of motion and exercise the wrist and forearm. With a 360° rotation, the handle has a lateral movement from 25 to 70cm. The resistance can be adjusted for progressive therapy. Height adjustable from 50 to 155cm. Width 145cm. Weight 15kg.

#### Ordering Information

4675000019 Complete Shoulder Rotation Exerciser



### Inclined Mini Trampoline

The inclined Mini Trampoline is ideal for the rehabilitation of all lower limbs injuries.

The suspended linen trampoline is angled to enable rehabilitation in a variety of positions, such as plantar flexion, dorsiflexion, inversion and eversion.

Ideal for reeducation of proprioception and functional balance work following soft tissue, orthopaedic and neurological injuries.

Dimensions: 50x50x21.5cm (19x19x8Inch)

Weight 3.85kg (8.5lbs)

Maximum user weight: 120Kg (265lbs)



#### Ordering Information

4665003437 Complete Mini Tramp

## KINETEC Pedala Active Trainer



Butted stop for more stability



Large transport handle



Digital Counter



Adjustable brake from 2.5 to 15kg

The Kinetec Pedala is the ideal complement to ensure full knee recovery. This product fits perfectly within rehabilitation protocol enabling:

- **Muscular reinforcement**
- **Isometric, isotonic and physiological work**
- **Exceptional patient compliance and autonomy**

### The best approach to muscular training.

The Kinetec Pedala enables full recovery after all Knee, Hip, Ankle traumatic & orthopaedic pathologies, its main advantages are:

#### Muscular reinforcement:

Used from the complete scar healing of the soft tissues, the Kinetec Pedala allows the patient to experience a progressive resistance in the area requiring physical rehabilitation.

#### Isometric, isotonic and physiological work:

The synchronised movement of the lower limbs enables the training of protagonist and antagonist muscular chains.

#### Exceptional Patient Compliance:

The patient self-controls the movement, the speed, and the range of motion. He actively participates in his rehabilitation.

#### Proprioception:

The active movement repetition (the neuro-muscular activity) promotes the proprioception of the joint.

#### Technical Specifications:

- Weight: 12.3kg (27.12lbs).
- Broad bearing surface improving stability.
- Patient sizing: from 1.5m (5' ) to 1.95m (59 to 77Inches).
- Range of motion: from 0 to 100°.
- Dimensions: length: 89cm (35Inches), width: 36cm (14Inches), height: 38cm (15Inches).



Kinetec Pedala showed with the Seat Adaptor (in option).



### Ordering Information

- |            |                                     |
|------------|-------------------------------------|
| 4621007502 | Complete apparatus - Kinetec Pedala |
| 4670024064 | Pedala seat adaptor                 |
| 4650001785 | Exchange complete pads set          |

# KINETEC Vitaglide Active Trainer



The core of Wheelchair Fitness

- No Shoulder Pain
- Pumped Upper Body
- Intense Cardio Burn

### The Vitaglide Advantage

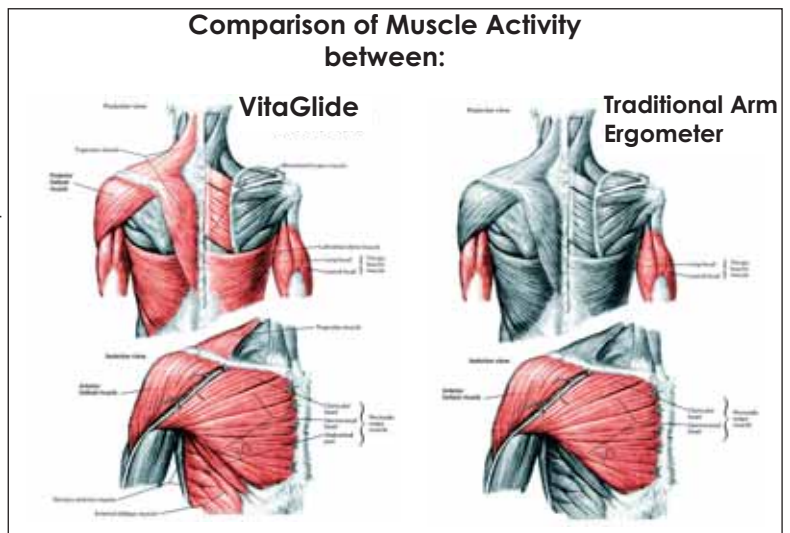
VitaGlide™ is a revolutionary exercise system designed to improve the quality of seated fitness programs. Using its patented linear, push-pull technology, VitaGlide™ increases range of motion and involves more muscle groups, resulting in a more complete workout when compared to traditional seated systems.

VitaGlide™ is the result of extensive research into the causes of shoulder injuries and pain, especially among wheelchair users. Research has indicated that shoulder injuries occurring in wheelchair users are similar to rotator cuff injuries suffered by baseball pitchers. These injuries are caused by imbalanced muscle stress placed on the shoulder joint that produces overuse syndrome. It is important to not only condition the muscles groups directly used in specific movements, such as pushing a wheelchair, but also the opposite muscle groups.

Traditional seated exercise systems typically develop only the front of the shoulder, creating that same muscular imbalance that exposes the shoulder to potential injury. VitaGlide™ was developed to provide balanced muscular development to the shoulder area, and to protect the joint from injuries.

The converging direction of the movement of the handles also provides some trunk rotation, providing exercise to muscles that are ignored by traditional systems.

### Comparison of Muscle Activity between:



### Technical Specifications:

	VitaGlide II	VitaGlide Pro
Length:	115 cm (45.5")	157 cm (62")
Width:	89 cm (35")	99 cm (39")
Total Height:		
Raised:	101 cm (40")	114 cm (45")
Lowered:	81 cm (32")	84 cm (33")
Height at Entry Point:		
Raised:	79 cm (31")	81 cm (32")
Lowered:	58 cm (23")	51 cm (20")
Weight:	29 kg (65lbs)	129 kg (285lbs)



The simplified version of the VitaGlide allows you to experience the countless fitness and therapeutic benefits of the VitaGlide Pro! Compact in design, the VitaGlide is not much larger than a wheelchair, allowing it to conveniently fit in any home environment.

The VitaGlide Pro will give you the best upper body toning, shoulder strengthening, and cardiovascular workout that you will receive from any upper body conditioner in the market! The linear "push-pull" motion of the VitaGlide Pro targets virtually every muscle in the upper body, from the "love handles" all the way up to the trapezius area.

### Ordering Information

- 4665008802 Complete apparatus - KAM VitaGlide II
- 4665008902 Complete apparatus - KAM VitaGlide Pro



# SCIFIT Range

SCIFIT provides wellness solutions that meet the needs of the wide range of individuals served by the fitness and health care industry.

### Medical Applications

Many models with the SCIFIT range comply with stringent hospital/clinical requirements and are calibrated to allow exact training protocols for the heart rate and constant work (WATTS). These machines enable healthcare professionals to follow a programme of rehabilitation from an injury with their patients with the confidence of accurate results as their improvement progress is monitored.

### Active Ageing

As the population ages and people live longer, keeping fit and active in your 60s, 70s and 80s plays a vital role in maintaining health and wellness and minimises the risk of injuries and other age-related illnesses. SCIFIT machines are designed for users with limited mobility and have easy-entry step through access, large user-friendly console displays and non-intimidating training programmes.

### Scientific Solutions for Fitness

SCIFIT machines offer a unique range of features.

#### Iso-strength

The programme provides accommodating resistance to a concentric movement at a constant speed (fixed RPM) throughout the entire range of motion. As the user begins to fatigue, the resistance automatically decreases, accommodating each individual's specific strength needs.

#### Bi-directional Resistance

Bi-directional resistance allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired. It aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance. Exercising reciprocal muscle groups also decreases localised fatigue, resulting in the ability to prolong the workout.

#### 200 Levels of Resistance

The workload can be changed in 0.1 increments - providing 200 levels of resistance. This allows individuals to see even the smallest improvements.

#### Green Power

SCIFIT products (except treadmills) are self-generating, requiring no electricity and maintain function at extremely low levels of movement. The optional low-voltage power supply keeps the computer on when desired.

#### Ease of Use

SCIFIT equipment features the industry's lowest starting resistance (5 watts) with minimal RPM. This allows individuals to start the exercise and maintain programme function at extremely low speeds and resistance. Tactile, colour coordinated overlay with one-button quick start makes the computer console user friendly. Console feedback includes: heart rate, time, RPM, calories, distance, level and watts.

#### Ease of Access

SCIFIT makes it safe and easy for all users to stay active. Expandable step through seating, comfortable swivel seats, sturdy steps and handrails assist in easy-entry and accessibility. Colour coded adjustments and easy to read, tactile console buttons also provide ease of use for individuals with visual impairment.

#### Wheelchair Accessible

SCIFIT is a world leader in wheelchair accessibility. Seats remove easily for wheelchair access. The optional wheelchair platform or wheelchair ramp provides increased stabilisation and is a sturdy foundation for wheelchair use.



### Programmes



#### Manual Heart Rate

One Button Quick Start.  
Set target heart rate and the machine adjusts the workload to maintain target heart rate.  
(Wireless heart rate transmitter required, sold separately).

#### Constant Work Iso-Strength

Set watts, and the bike maintains constant workload independent of speed. Allows user to maximize workload at a fixed RPM: a key ingredient for sports training. Ideal for therapy settings as well, where fixed RPMs are desired.

#### Random Hill Profiles

Infinite number of program profiles.  
6 hill programs with over 20 levels of intensity

# SCIFIT PRO1 Upper Body Exerciser



## Multi-position adjustable head

SCIFIT's PRO1 is designed to provide the ultimate in upper body exercise, offering both cardio and strength training.

It is ideal for strengthening arms and shoulders while recruiting the core stabilising abdominal and back muscles.

Fully adjustable head and console accommodates users of all heights, ensuring perfect ensures perfect bio-mechanical body position for each exercise whether standing or seated.

## KEY FEATURES AND BENEFITS

- Infinitely adjustable control head accommodating users of all heights to allow exercise while seated, standing or for overhead exercise
- Adjustable and reversible arm cranks for a greater range of movement and exercise variety
- Vertical seat adjustment with gas assisted lift and swivel
- Seat is removable for standing exercise or for use with a wheelchair, stability ball or other balance-related accessory
- Comes with wheelchair platform as standard for wheelchair access or standing exercises
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

## Technical Specifications:

- Machine weight: 110 kg (218 lbs)
- Machine size: Length: 152 cm (60 Inch)  
Width: 76 cm (30 Inch)  
Height: 196 cm (77 Inch)
- User capacity: 204 kg (450 lbs)
- Power: Self-generating with auto recharge battery backup, includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



## Ordering Information

- 4665SC0202 SCIFIT PRO1 CE MEDICAL  
Delivered with:  
- Adjustable seat  
- Wheelchair platform

# PRO2® Upper and Lower Body Exerciser



## Total Body Exerciser

SCIFIT's PRO2 is the most versatile model of the PRO series as it offers upper body, lower body or total body exercise.

Developed by rehabilitation professionals, this adaptability makes the PRO2 the ideal choice for professionals working within rehab and sports-injury clinics.

### KEY FEATURES AND BENEFITS

- Isolate training to be upper body only, lower body only or a total body workout
- Adjustable console angle to accommodate users at all positions
- Adjustable and reversible arm cranks for a greater range of movement and exercise variety
- Vertical seat adjustment with gas assisted lift and swivel
- Seat is removable for use with a wheelchair
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

### Ordering Information

4665SC0302 SCIFIT PRO2 CE MEDICAL

Delivered with:

- Adjustable seat
- Wheelchair platform

### Technical Specifications:

- Machine weight: 100 kg (223 lbs)
- Machine size: Length: 155 cm (61 Inch)  
Width: 76 cm (30 Inch)  
Height: 156 cm (62 Inch)
- User capacity: 204 kg (450 lbs)
- Power: Self-generating with auto recharge battery backup, includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



## ISO1000R and ISO7000R Recumbent Bike



### Recumbent bike

The SCIFIT Recumbent Bike is designed for cardiovascular conditioning, interval training, strength and power training via the iso-strength programme.

### ISO 1000R • Forward only resistance bike

This model comes with forward-only resistance and the fixed seat as standard. Medical CE 11a Certification is available (swivel seat included) for use as a medical device in hospitals and rehab clinics.

### ISO7000R • Bi-directional resistance

Iso-Strength, coupled with bi-directional resistance allows the user to perform a leg press movement while pedaling forward, while pedaling in reverse the gluteus and hamstring muscle groups are recruited.

#### KEY FEATURES AND BENEFITS

- Large swivel seat with excellent lumbar support and therapist assist pedal to provide easy seat adjustment
- Oversized, self-righting pedals with easily adjustable straps
- Easy step-through access to allow entry without having to lifting the leg up
- Heavy-duty, 3-piece proprietary crank system with bi-directional resistance
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

#### Technical Specifications:

- Machine weight: ISO1000R: 89 kg (213 lbs)  
ISO7000R: 95 kg (221 lbs)
- Machine size: Length: 150 cm (58 Inch)  
Width: 66 cm (24 Inch)  
Height: 132 cm (53 Inch)
- User capacity: 204 kg (450 lbs)
- Power: Self-generating with auto recharge battery backup,  
includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



#### Ordering Information

4665SC0402	SCIFIT ISO1000R CE Medical
4665SC0702	SCIFIT ISO7000R CE Medical
Delivered with adjustable seat	

## ISO1000 and ISO7000 Upright Bike



### Upright bike

The SCIFIT Upright Bike is designed for cardiovascular conditioning, interval training, strength and power training via the iso-strength programme.

### ISO 1000 • Forward only resistance bike

This bike carries the Medical CE 11a Certification making it suitable for use in hospitals, physiotherapy and other rehabilitation applications.

### ISO7000 • Bi-directional resistance

Iso-Strength, coupled with bi-directional resistance allows the user to perform a leg press movement while pedaling forward, while pedaling in reverse the gluteus and hamstring muscle groups are recruited.



#### KEY FEATURES AND BENEFITS

- Large user seat with forward/backwards and vertical adjustments for all user heights
- Oversized, self-righting pedals with easily adjustable straps
- Easy step-through access to allow entry without having to lifting the leg up
- Heavy-duty, 3-piece proprietary crank system with bi-directional resistance
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

#### Technical Specifications:

- Machine weight: ISO1000: 57 kg (126 lbs)  
ISO7000: 74 kg (164 lbs)
- Machine size: Length: 147 cm (58 Inch)  
Width: 61 cm (24 Inch)  
Height: 134 cm (53 Inch)
- User capacity: 159 kg (350 lbs)
- Power: Self-generating with auto recharge battery backup,  
includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



#### Ordering Information

4665SC0502	SCIFIT ISO1000 CE Medical
4665SC0602	SCIFIT ISO7000 CE Medical

## AC5000M Medical Treadmill



### Medical treadmill with full length side handrail

The SCIFIT AC5000M treadmill features a low starting speed and has a large user capacity with an oversized walking surface. The powerful 3 HP AC motor provides durability and a smooth, comfortable feel.

SCIFIT treadmill feature a generous 60 cm to 158 cm walking surface with SCIFIT logo printed on the belt for added safety. Extra wide standing platforms provide added stability when straddling the walking surface.

The AC5000M offers an extremely slow starting speed of .2 kph to 16 kph. Speed is adjustable in .2 kph increments. The reverse speed to 6 kph for retro walking or downhill training. The elevation provides -3% decline to 12% incline, adjustable in .5 increments.

Extended medical handrails are standard and provide added safety when entering.

#### KEY FEATURES AND BENEFITS

- Very slow starting speed from 0.2kph up to 16kph in 0.1 increments for extra safety and for those with mobility limitations and belt can also travel in the reverse direction up to speeds of 6kph for use in rehab applications
- Electronic elevation from -3% to 12% in 0.5 increments of adjustment - walking on the decline is often required in rehab applications
- Oversized belt with large user capacity and a comfortable walking/running surface
- Reversible, eucalyptus deck is very low maintenance - no lubrication required
- Full length side handrail for extra stability and rails include switches for quick and easy speed and elevation changes
- Commercial grade 3" crowned rollers and powerful 3 HP AC motor with inverter
- Dual emergency stop button for added safety and integrated ready rack and water bottle holder

#### Technical Specifications:

- Machine weight: 205 kg (452 lbs)
- Machine size: Length: 207 cm (89 Inch)  
Width: 80 cm (34 Inch)  
Height: 160 cm (63 Inch)
- User capacity: 204 kg (450 lbs)
- Warranty: 3 years parts and 1 year labour



#### Ordering Information

4665SC0802 SCIFIT AC5000M Treadmill  
Delivered with handrails

## REX™ Recumbent Elliptical



### REX Total body recumbent elliptical

The REX total body recumbent elliptical is exclusive to SCIFIT and offers a smooth, natural movement for safe and effective exercise. Its smooth motion provides natural and consistent flexion and extension and the unique programmes and bi-directional resistance deliver an exceptional total body workout.

#### KEY FEATURES AND BENEFITS

- Super smooth movement – legs move in a natural orbital motion and the arms in a smooth arc
- The dependent, all body action allows individuals to use passive assistance – using strong limbs to drive weaker limbs through the range of motion
- Bi-directional resistance helps create balance between reciprocal muscle groups
- Low profile seat for optimised torso rotation and core recruitment
- Dual-position hand grips for extra comfort and fit
- Starting wattage of 7 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

#### Technical Specifications:

- Machine weight: 128 kg (299 lbs)
- Machine size: Length: 185 cm (73 Inch)  
Width: 71 cm (28 Inch)  
Height: 140 cm (55 Inch)
- User capacity: 204 kg (450 lbs)
- Power: Self-generating with auto recharge battery backup, includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



#### Ordering Information

4665SC0102 SCIFIT REX  
Delivered with swivel seat

## SXT7000e<sup>2</sup> Easy-Entry Elliptical



### Low impact fitness for all

The SXT7000e<sup>2</sup> Easy-Entry Elliptical is a total body cross trainer that provides non-impact exercise for individuals of all fitness levels.

The lower leg elliptical motion can increase cardiovascular endurance, core strength and stability for walking, climbing, pushing and pulling.

In addition the long arm reach extension ensures arm and shoulder work is coordinated with leg biomechanics allowing a complete cross training experience.



### KEY FEATURES AND BENEFITS

- Easy-entry package includes sturdy rear step to reduce 'step-up' height by half, allowing access to more users and the full side handrails provide safe and easy entry on to the elliptical
- Comfortable stride length ensures natural total body movement, proper posture, optimised torso rotation and core recruitment
- Orthopedic footbeds with front/side safety edges and patented Bio-Flex™ technology provide better circulation and eliminate hot spots and numbness common with other ellipticals
- Bi-directional resistance helps create balance between reciprocal muscle groups
- The pedal movement simulates walking on an uneven surface to help recruit stabilising muscles
- Multi-position hand grips for extra comfort and elliptical has low centre of gravity for increased user safety and stability
- Starting wattage of 5 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

### Technical Specifications:

- Machine weight: 138 kg (336 lbs)
- Machine size: Length: 190 cm (73 Inch)  
Width: 76 cm (30 Inch)  
Height: 160 cm (65 Inch)
- User capacity: 193 kg (425 lbs)
- Power: Self-generating with auto recharge battery backup, includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



### Ordering Information

4665SC0902 SXT7000e<sup>2</sup> Easy-Entry Elliptical

## RST7000 Recumbent Stepper



### Dependent Stepping Motion

The RST7000 provides smooth linear movement and can be used for lower body only, upper body only or total body exercise. The user can select any stride length within the stride range and the arm to leg movement ration is 1:1 to maximise range of motion. The adjustable seat can also be removed for use with a wheelchair.



#### KEY FEATURES AND BENEFITS

- Dependent step motion with 36cm step range and self-leveling footplates
- Super smooth natural linear movement for lower body only, upper body only or total body exercise
- Removable seat with side assist lever to allow for wheelchair access
- Oversized, rubber footplates with safety edges
- Dual-position hand grips and easy step-through access top help those with limited mobility
- Starting wattage of 7 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

#### Technical Specifications:

- Machine weight: 139 kg (331 lbs)
- Machine size: Length: 188 cm (74 Inch)  
Width: 76 cm (30 Inch)  
Height: 147 cm (58 Inch)
- User capacity: 204 kg (450 lbs)
- Power: Self-generating with auto recharge battery backup, includes 12v wall pack transformer
- Warranty: 3 years parts and 1 year labour



#### Ordering Information

4665SC1002 RST7000 Recumbent Stepper

## SCIFIT Options and Accessories

### 1 • Heart Rate Transmitter

We offer the market-leading Polar® chest strap transmitter but SCIFIT machines are compatible with most brands of wireless heart monitoring technology.

**Suitable for use with all SCIFIT models**

#### Ordering Information

4665003883 Heart rate transmitter



### 2 • Low Support Boots

Low boots are ideal for individuals who have difficulty keeping their feet on standard pedals. The oversized footplate keeps the foot on the pedal with sturdy straps at the back, over the top and around the front of the foot.

**Suitable for use with the PRO2 models**

#### Ordering Information

4665SC3000 Low support boots



### 3 • High Support Boots

These calf-high boots provide extra foot and lower leg support. They are open at the front and have self-fastening straps to keep the legs in place.

**Suitable for use with the PRO2 models**

#### Ordering Information

4665SC2000 High support boots



### 4 • Assist Gloves

These flexible, comfortable gloves help individuals who need assistance in gripping the hand cranks. Made of heavy-duty closed cell foam, they resist moisture and are easy to clean.

**Suitable for use with the PRO Series models**

#### Ordering Information

4665SC4001 Assits glove - Small

4665SC4002 Assits glove - Medium

4665SC4003 Assits glove - Large



### 5 • Rotation Device

This internal/external rotation device is ideal for use with the iso-strength programme and bi-directional resistance to strengthen internal and external rotators in one exercise.

**Suitable for use with the PRO1 only**

#### Ordering Information

4665SC0376 Rotation device



**NEW**