

# PRO2<sup>®</sup> Sport Total Body



## PRO2 Sport Total Body

The PRO2 Sport from SCIFIT is a versatile total-body exerciser that's been designed specifically for fitness environments. It can be used as upper body only, lower body only (recumbent bike), or together for a complete total body exercise. The knee to elbow motion provides beneficial core exercise, helping to create a firm base of support for virtually all movement. This is a must for any facility that wishes to provide a complete cardio program. Total body cardio and core strength at the same time.

## Bi-directional Resistance

Bi-directional resistance allows the user to perform the exercise and all of the programs in both forward and reverse, changing directions at any time and as often as they choose. Changing directions every 30 seconds, for example, allows an individual to use relatively fresh muscles and workout for a longer period than may have been possible otherwise. They exercise at a lower level of perceived exertion and higher level of resistance, thereby achieving greater results. They are also working reciprocal muscle groups and reducing the risk of overuse injuries. Changing directions also makes the workout more interesting, engaging the user from a motivational and behavioral aspect.

## Iso-Strength

The PRO2 Sport couples SCIFIT's Iso-Strength program with bi-directional resistance, to provide a total body strength and cardio workout – on one machine. SCIFIT's exclusive Iso-Strength program provides accommodating resistance to a concentric movement at a constant speed (fixed RPM) throughout the individual's entire range of motion. This isokinetic component mirrors the force applied by the end user. As the user begins to feel fatigued the resistance automatically decreases, accommodating each individual's strength needs. This self-applied force makes Iso-Strength safe for all users. Because Iso-Strength elicits only concentric muscle fiber activity, introducing resistive exercise to the beginner with this program creates minimal post-exercise muscle soreness.



Console



Low Profile Seat Back



Core Exercise

## PRO2 Sport

### Programs

Heart Rate - adjusts workload to keep the user's heart-rate in the target zone.

Constant Work - using wattage as a baseline, the machine maintains constant workload independent of speed. Can be used in conjunction with heart rate and other software. Also ideal for endurance training.

Iso-Strength (see description on page 1) - allows a user to maximize work load at a fixed rpm

Random - an infinite number of program profiles.

Hill Profiles - 6 hill programs with 20 levels of intensity. A seventh profile for cardiovascular assessment (step profile with beginning wattage, interval time, and interval wattage determined by the trainer.)

### Handles & Adjustable cranks

Adjustable arm cranks allow for greater range of movement, exercise variety and a custom fit. Upper handles can be reversed for rotary rowing or working in unison. Our handles are scientifically designed to be 19 degrees from the vertical plane, for the most biomechanically correct and comfortable position.

### Very Low Starting Resistance

The PRO2 Sport features a very low starting resistance (5 watts) and no minimum RPM. This allows all individuals to start the exercise and keep going, even at very low speeds.

### Easy to Use Console

Tactile, color coordinated overlay with one-button quick start makes the computer monitor user friendly for those with visual impairment. Console feedback includes: heart rate, time, rpm, calories, distance, level, watts and METS.

### Easy Access

The PRO2 Sport features a true adjustable step-through design. This true step-through allows all users full access.

### Age Friendly

SCIFIT equipment provides exercise options for people of all ages. Our easy entry, low starting resistance, and accommodating strength program are just a few features make our equipment age friendly.

### 200 Levels of Resistance

The workload can be changed in .1 increments – providing the most comprehensive, progressive system for gradual improvement. This allows individuals to see even the smallest improvements. This type of feedback is motivating and also useful for tracking progress and outcomes.

### Passive Assistance

The upper and lower cranks on the PRO2 Sport are dependent allowing individuals to use passive assistance. Strength and conditioning coaches can continue to train clients regardless of physical condition.



### SCIFIT PRO2 Sport Specs

	Length	Width	Height	Weight	User Capacity	USB Fit-Key™	Total Body	Self-Powered
PRO2 Sport	61"	30"	62"	223 lbs.	500 lbs.	optional	yes	yes
Warranty	3 years parts, and 1 year labor Exceptions: 1 year warranty on pedals and seats. Wear items (rubber hand grips and pedal straps) are excluded from warranty unless determined to be defective.							