



Prescribed for Progress™



## PRO1000 Sport Upper Body Exerciser Product Specifications

Order Code: PRO1030-INT

### FEATURES

Upper body exercise	Helps strengthen arms and shoulders; recruits core stabilizing muscles
Bi-directional movement and resistance	Pedaling in forward and reverse provides versatility, helps prolong exercise and promotes reciprocal muscle balance
Low starting resistance	6 watts
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
Resistance system	3 phase combination generator & eddy current brake - largest watt range in the industry
Foot rests	Foot rests included for comfort and multiple foot placement options
Easy to transport	Integrated transport wheels
Heart rate monitoring	Telemetric (chest strap required)

### ACCESSIBILITY & ADJUSTABILITY

Get-on-and-go	Limited adjustments for easy set up
Step-through seating	Adjustable step-through allows easy entry and safe and easy access for all users
Direct wheelchair access	Seat slides off for direct wheelchair access - ADA compliant
Standard seat	Forward and back adjustability
360° Therapist Assist Pedals	Adjust the seat forward and back from any point around the machine
Seat removal handle	Integrated handle on seat back makes it easy to remove the seat
Zero-sloping forward/back seat adjustment	Adjust forward and back on level monorail for optimum control and safe positioning

### INTELLI-FIT™ CONSOLE

7" LCD full color touch screen display	Touch screen with clear, simple screens and large, readable font.
Audible beep	Yes
Tactile buttons	Tactile buttons in addition to touch screen
Resistance levels	191 levels of resistance - 20 levels adjustable in .1 increments
Display feedback	Time, level, distance, METs, heart rate, calories, RPM, watts
One touch quick start	Yes
Control METs - Constant Work Program	Set constant METs level and the workload remains constant throughout the program.
Iso-Strength Program	Isokinetic program for safe, accommodating resistance
Power Burst	8-second burst of high intensity training
Cool down	Automatic cool down begins after each exercise is completed
Administrative mode	User defined settings, metric or US units of measure and other custom settings
User-defined console languages	9 languages - English, Spanish, French, German, Russian, Japanese, Chinese, Italian, Dutch
Download results to USB flash drive	Plug USB flash drive into the Fit-Key® slot to save workout results in a .txt file
CSAFE port and 8-volt DC power port	Yes

**INTELLI-FIT™ CONSOLE (cont.)**

USB charger	For phones and other electronic devices			
Water bottle holder, accessory tray, reading rack	Integrated			
Personal Cooling Fan	Integrated dual fans with three speeds			
Programs	Quick Start	Constant Work - METs	Hills	Heart Fit Test & Training
	Manual	Constant Work - Watts	Fit-Quik®	Power Fit Test & Training
	Heart Rate	Iso-Strength	Random	Stress Test

**TECHNICAL SPECIFICATIONS**

Power Requirements	Self-generating; low-voltage AC adapter, included			
Maximum user weight capacity	500 lbs.			
Unit weight	215 lbs.			
Unit size	61" L x 30" W x 62" H			
Color	Frame: Charcoal Cover: Charcoal			
Manufacturing	Assembled in USA			

**WARRANTY**

Parts	3 years
Labor	1 year

**ENHANCEMENTS**

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data
Entertainment options	Yes

**ACCESSORIES**

Assist Gloves	Designed for individuals who require help gripping the hand cranks. Made of heavy-duty closed cell foam that resists moisture. Flexible, comfortable and easy to clean.
Straight Grips	For those who have spasticity, weakness, or tremors in their upper extremities.
Wheelchair Platform	Provides a sturdy foundation for wheelchair use, includes tethers for stabilization.
Heavy-Duty Wheelchair Ramps	For manual and powered wheelchair access. Provides increased stabilization
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products



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