



**Prescribed for Progress™**



**PRO1 Sport Standing Upper Body Product Specifications**

Order Code: PRO101-01-INT

**FEATURES**

Standing platform	Tall mast with sturdy platform for ground-based training
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
Easy to transport	Integrated transport wheels
Heart rate monitoring	Telemetric (chest strap required)

**ACCESSIBILITY & ADJUSTABILITY**

Adjustable, tilt head	Accommodates users of all heights and allows them to exercise while seated or standing
Adjustable arm cranks	4 range of motion settings, plus unison motion

**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			
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	750 lbs.
Unit weight	234 lbs.
Unit size	60" L x 30" W x 83" H
Color	Frame: Charcoal Cover: Cool Gray
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**

Internal/External Rotation Device	Strengthens internal and external rotators in one exercise
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.
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products



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