

# SCIFIT

## IF ISO700R Inclusive Fitness Recumbent Bike

### Scientific Solutions

- True adjustable step-through design with only a 3" step over height and expandable step through space at a full 23°.
- Resistance system - 3 phase combination generator and eddy current brake with resistance output of 6 to 1000 watts.
- 1-20 levels adjustable in .1 increments providing 200 levels of resistance.
- Recumbent swivel seat moves fore, aft, up, down and swivels 360° locking at each 90° angle.
- Oversized foot pedals with ankle support.
- Adjustable pedal crank option (shown) provides three adjustments (5", 6" & 7"). This allows the user more versatility to adjust their range of motion.
- Iso-strength, coupled with bi-directional resistance allows the user to perform a leg press movement going forward and gluteus and hamstring exercise in reverse.
- Color coordinated adjustments: moving parts in red, adjustable parts in yellow.
- Bi-directional resistance - the user can exercise in forward and reverse motion.
- Contact heart rate located on handle bars around console.
- Heart Rate compatible with most wireless technology.

### Intelli-Fit™ Features and Programs

- 7" LCD display with user friendly interface using tactile keypad, color coded with audible beep.
- Programs: One button Quick Start, Manual, Hill Profiles, Random Profiles, Heart Rate, Iso-Strength, Constant Work, Heart-Fit Test, Heart-Fit Training (4 levels with 3 programs at each level), Power-Fit Test, Power-Fit Training (4 levels with 3 programs at each level), Stress Test and Fit-Quik™.
- Administrative mode: includes custom messaging, 6 user defined languages, metric or US units of measure and other custom settings.
- Built-in twin Fans: 3 levels of intensity at low, medium and high.
- Power Burst - 8 second burst of Iso-Strength. Available on all programs except: Heart-Fit Test/Training, Power-Fit Test/Training, Heart Rate, Iso-Strength and Stress Test.
- Automatic cool down after each exercise is completed.
- Download results to USB thumb drive. Simply plug your USB key in the Fit-Key slot and your work-out will be copied in a text file for saving and printing.
- Display Feedback: Heart rate, time, RPM, calories, distance/miles, level, watts and MET's with two change view screens
- CSAFE port and 8-volt DC power port for TV or other controllers.
- MP3 charger.

www.SCIFIT.com  
800.278.3933



### Optional Accessories



AC Adaptor



USB Fit-Keys



Heart Rate Chest Strap



Low Support Boots



Adjustable Pedal Cranks

Entertainment options also available.

### Technical Specifications

- Overall Dimensions: 58"L x 24" W x 53" H
- Weight of unit: 221 lbs pre packaged
- Shipping Dimensions and weight: 68" x 32" x 65" 266 lbs (Skid only)
- 68 5/8" x 32 1/2" x 67 9/16" 311 lbs Boxed
- Maximum user weight: 450 lbs
- Self Generating with auto recharge battery backup.

### Color

Frame: Silver Powder Coated  
Covers: Metallic Gray with UV Protection

### Warranty

3 year parts, 1 year labor. Exceptions: 1 Year warranty on pedals and seat. Wear items (rubber hand grips and pedal straps) are excluded from warranty unless determined to be defective.

### Order Code

ISO7012R-INT(USA)

**fit-Key**®  
Compatible