

Intelli-Fit™



Scientific Solutions For Fitness™

THE SCIENCE INSIDE

Intelli-Fit is not just a new console for SCIFIT products, it also supplies programs, tests, and training protocols that provide the medical accuracy of watts. The user can see the effectiveness of the workout and expect consistent results. It looks great on the outside, but it's the science inside that makes a difference.

IMPROVEMENT

One of the things that sets Intelli-Fit apart is the ability to demonstrate improvement.

- **Small increments in time and resistance** are just two of the ways to see immediate improvement and stay motivated. Intelli-Fit is the most comprehensive system for experiencing even the smallest improvements - down to .1 increments across a broad range of metrics.
- **Record results** to any USB memory stick (no software required) to track results and see improvement over time.
- **Integrated assessment programs** set a baseline and demonstrate progress
- **Specially designed programs** to help improve individual scores on heart and power assessments.

Cardiovascular Fitness - This is measured by heart rate recovery. Intelli-Fit takes the end user through a test, and then provides a score in beats per minute. Users can follow the built-in protocol to improve this score.

Power - Intelli-Fit takes the end user through a test, and then provides a score based on watts. Users can follow the built-in protocol to improve this score.

TESTING & TRAINING

Heart-Fit™ and Power-Fit™ testing and training protocols are designed by world renowned exercise specialist Paul Robbins, Metabolic Specialist with Athletes' Performance. These programs measure and help improve heart rate recovery, power, and endurance. Heart-Fit and Power-Fit provide the ability to do benchmark assessments, to follow with the built-in training, and then test again to show improvement.



"The best way to measure a workout's effectiveness is with feedback from the power (or watts) the client is putting out. SCIFIT goes beyond heart rates to accurately show watts for greater improvement."

PAUL ROBBINS

METABOLIC SPECIALIST, Athletes' Performance



You will love the built in fan and dual USB ports, but it's the science inside that makes Intelli-Fit different.



Just insert a USB flash drive into the port and workout results are automatically saved. No software required.

www.SCIFIT.com
800.278.3933

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PROGRAMS

The new Intelli-Fit console includes the following programs:

- Quick-Start
- Manual
- Heart Rate
- Iso-Strength
- Constant Work
- Random
- Hill Profiles (6)
- Stress Test



Plus 6 New Programs:



Fit-Quik® - our exclusive Fit-Quik program combines interval training, cross training, strength and cardio for a results producing workout. Fit-Quik can be performed on a single machine, or a combination of machines as a circuit. The user controls intensity levels, so anyone can get a great workout with Fit-Quik.



Power Burst™ - a program within a program - Power Burst requires shorts bursts of power and strength using isokinetic resistance.



Heart Fit™ Test - this is a measurement tool for cardiovascular fitness that measures heart rate recovery. Using five 30-second sprints (30 seconds of work/30 seconds of recovery), it measures how quickly your heart rate recovers after each sprint. After completing 4-6 weeks of Heart Fit Training (see below), the Heart-Fit test can be repeated to measure improvement.



Heart Fit™ Training - designed to improve heart rate recovery, it uses interval training and the Constant Work setting to progressively train for improved cardiovascular fitness.



Power Fit™ Test - used to set a benchmark for power, strength and endurance. It measures power output over a series of 30-second sprints (30 seconds of work/30 seconds of recovery). After completing 4-6 weeks of Power-Fit Training (see below), the Power Fit test can be repeated to measure improvement.



Power Fit™ Training - this follows the Power-Fit test and is a program designed to improve power, strength and endurance using interval training and the Iso-Strength and Constant Work settings.

A PERFECT FIT

Physical Therapy, Rehabilitation, Cardiac Rehab, Medical Exercise Therapy, Active Aging, Wellness, Schools, Niche Fitness, Uniformed Services, Corporate Fitness - no matter the category, Intelli-Fit has the tools you want and need, and the programs and features your patients and clients will use.

INTEGRATED FEATURES

- Personal twin fans
- Accessory tray
- Water bottle holder
- Reading rack
- Two USB ports: one for saving workout data and Fit-Key™ applications and one for charging accessories (iPods, phones, MP3 players)
- CSAFE port and 8-volt DC power port for TV or other controllers

