



Scientific Solutions For Fitness™

# Intelli-Fit™ Systems

MOVE + PROVE = IMPROVE

Your workout should make you sweat, thinking about it shouldn't. Intelli-Fit from SCIFIT takes all the guesswork out of fitness. Our intelligent system provides assessments and training programs to help improve fitness levels in individuals of all ages and abilities.

### MOVE

Walk, pedal, push, pull – the Intelli-Fit system uses simple movements to get individuals moving and allow them be more independent.

### PROVE

People with goals achieve more. SCIFIT makes it easy for everyone to set, review, and ramp up realistic yet challenging goals for measurable performance. SCIFIT's consistent accuracy of wattage and RPMs allows you to measure true improvement results with confidence.

### IMPROVE

SCIFIT lets people experience the motivational thrill of improvement. By adding movement to the individual's goals and training programs Intelli-Fit can show improvement is achievable from objective documented feedback. Most importantly development of the individual's own energy system creates constant motivation to maintain a healthier life style.



## SCIENTIFIC SOLUTIONS

Intelli-Fit from SCIFIT is designed to provide the user with the best possible exercise experience. With the easy to read LCD display and six new programs, Intelli-Fit makes fitness easy and enjoyable.

The fresh, intuitive design includes a durable 7" integrated LCD screen - the same type used in automatic teller machines.

Featuring six new programs. Our exclusive Fit-Quik® program combines interval training, cross training, strength and cardio for a results producing workout. Heart-Fit™ and Power-Fit™ testing and training protocols are designed by world renowned exercise authority Paul Robbins, Metabolic Specialist, Athletes' Performance. These programs measure and help improve heart rate recovery, power, and endurance.

### PROGRAMS

- Quick-Start
- Manual
- Heart Rate
- Iso-Strength
- Constant Work
- Random
- Hill Profiles (6)
- Stress Test
- Fit-Quik®**
- Power Burst™**
- Heart -Fit™ Test**
- Heart-Fit™ Training**
- Power-Fit™ Test**
- Power-Fit™ Training**

6 New Programs!

### DISPLAY FEEDBACK

Time	Level
Distance	RPM
Watts	METS
Heart Rate	Calories

- Change view of feedback screen.
- **Download results to USB.**

### FEATURES

- 7" LCD display with user-friendly interface using tactile keypad, color coded with audible beep.
- One button quick start.
- 200 levels of resistance.
- Administrative Mode - includes custom messaging, 6 user defined languages, metric or US units of measure, and other custom settings.

### INTEGRATED

- Personal twin fans
- Accessory tray for keys, cell phone, iPod, or other electronics
- Water bottle holder
- Reading rack
- Two USB ports: one for 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.

All new integrated features!