



**Scientific Solutions For Fitness™**

## ***Product Specifications***

### **SCIFIT ISO7000R Recumbent Bike - Bi-Directional**

<b>Features</b>	<ul style="list-style-type: none"><li>• Bi-directional pedaling resistance.</li><li>• Step through access with 2" maximum height clearance at step through point.</li><li>• Heavy duty, 3-piece, proprietary crank system.</li><li>• Bike has low center of gravity for user safety and stability.</li><li>• Fit-Key™ technology, optional.</li><li>• Multiple position rotational level system at four points.</li><li>• Heart Rate compatible with most wireless technology, and contact heart rate.</li><li>• Adjustable cranks, optional</li></ul>
<b>Performance</b>	<ul style="list-style-type: none"><li>• Resistance system - 3 phase combination generator and eddy current brake with resistance output of 5 to 2000 watts.</li><li>• Computer adjustable in .1 increments with 200 levels of resistance.</li><li>• Starting wattage of 5 with no minimum pedal speed to begin.</li></ul>
<b>Programs</b>	<ul style="list-style-type: none"><li>• Manual - One Button Quick Start.</li><li>• Heart Rate - Machine adjusts workload to maintain target heart rate.</li><li>• Constant Work - With wattage as a baseline, machine maintains constant workload independent of pedal speed.</li><li>• Iso-Strength - for strength training.</li><li>• Random - Infinite number of program profiles.</li><li>• Hill Profiles - 7 hill programs with over 20 levels of intensity.</li></ul>
<b>Feedback</b>	Heart rate, time, rpm, calories, distance, level, watts, METS
<b>Dimensions</b>	<ul style="list-style-type: none"><li>• Height 53"</li><li>• Length 58"</li><li>• Width 24"</li><li>• Weight 221 lbs.</li><li>• User capacity 500 lbs.</li></ul>
<b>Color</b>	Frame - Silver powder coated Covers - Metallic Gray with UV Protection
<b>Power</b>	Self-generating with auto recharge battery back up. Low voltage AC adaptor, optional.
<b>Warranty</b>	3 years parts, 1 year labor
<b>Order Code</b>	ISO7010R