



Prescribed for Progress™

StepOne™ Recumbent Stepper Product Specifications

Order Code: SONE03

FEATURES

Smooth, linear movement with start and stop motion	Yes
Low starting resistance	6 watts
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
Neutral starting position	Pedals always come back to neutral starting position for easier entry and start up. Allows for entry from both sides.
Arm to leg movement ratio	1:1 Natural arm to leg movement ratio. Patterning similar to walking or climbing stairs.
User-defined range of motion	2" to 11.5" step length.
Comfortable, ergonomic body position	Yes
Total body workout	Yes
Large flywheel	Increased kinetic energy and smooth stepping motion.
Small footprint	5" shorter than other leading recumbent steppers.
Easy to transport	Integrated transport handle and wheels.
Heart rate monitoring	Telemetric (chest strap required)
Quiet belt drive	Yes

ACCESSIBILITY

Direct wheelchair access	Seat slides off easily for direct wheelchair access. ADA compliant.
Easy patient transfer	Adjustable swivel seat sits on a flat horizontal monorail and provides easy patient transfer.
Step-through seating	True adjustable step-through design, allows all users full access and ease of entry.
Step-through height	2"
Grab bar	Integrated for easy entry and support.

SEAT

Premium seat	Seat adjusts up/down, forward/back, swivels and reclines
Removable seat	Seat removes easily without hardware for direct wheelchair access
360° Therapist Assist Pedals	Adjust the seat forward and back from any point around the machine
Seat recline	Recline to any point within a 23 degree range
Seat swivel	360 degree swivel that locks at each 90 degrees for safety
Seat height adjustment	Select seat height anywhere from 18.5"-23"
Seat removal handle	Integrated handle on seat back makes it easy to remove the seat
Accessible adjustment levers	Reach all adjustment levers from both sides of the seat
Zero-sloping forward/back seat adjustment	Adjust forward and back on a level monorail for optimum control and safe positioning

ARMS & GRIPS

Arm length adjustment	Adjust length of arms within a 12" range.
60 degree hand grip rotation	Position handles anywhere within the 60 degrees of hand grip rotation.
Non-absorbent, chemical resistant hand grips	Easy to clean, durable, made from 100% recyclable material.
Easy adjustment levers	Yes

FOOT PEDALS

Orthopedic foot beds with safety edge	Sturdy, oversized foot beds.
Heel cup	Yes
Foot straps	Yes

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, total steps, steps per minute, stride length, calories, ascent, METs, watts, heart rate and level.
Intelli-Stride™ stride length measurement	Stride length is accurately measured and displayed to help monitor range of motion and improvement.
Ascent	Displays a true measure of ascent (ft.) based on stride length and steps.
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	Integrated
Personal Cooling Fan	Integrated dual fans with three speeds.
Programs	Quick Start Fit-Quik® Constant Work - METs Manual Hills Constant Work - Watts Heart Rate Random Iso-Strength Stress Test

TECHNICAL SPECIFICATIONS

Power Requirements	Self generating; low voltage AC adapter included
Maximum user weight capacity	450 lbs.
User height range	Fits users 4'6" - 6'7"
Accuracy to EN 957-8 standard	Yes
Unit weight	312 lbs.
Unit size	68" L x 30" W x 48" H
Color	Frame: Charcoal Cover: Cool Gray
Manufacturing	Assembled in USA

WARRANTY

Parts	3 years
Labor	1 year
Frame	5 years

ENHANCEMENTS

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data.
Entertainment options	Yes

ACCESSORIES

StepOne™ Leg Stabilizer	Attaches at the calf where support is needed most. Natural pivot point at ankle. Durable steel construction.
Wheelchair Platform	Provides a sturdy foundation for wheelchair use, includes tethers for stabilization.
Heavy-Duty Wheelchair Ramps	For manual and powered wheelchair access. Provides increased stabilization.
Assist Gloves	Wrist support and enhanced grip - helps user maintain grip and position.
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products.



SCIFIT Systems, Inc. reserves the right to change or alter specifications at any time without notice and without incurring any obligation.

©Copyright 2015, SCIFIT Systems, Inc. SCIFIT, Fit-Quik, and Fit-Key, are registered trademarks of SCIFIT Systems, Inc. Intelli-Fit, Heart Fit, Power Fit, StepOne, Intelli-Stride and Prescribed for Progress are trademarks of SCIFIT Systems, Inc. Fit-Key Technology and StepOne Recumbent Stepper are Patented.

StepOne Specs - SONE03 - 2016 - v1



Prescribed for Progress™

StepOne™ Recumbent Stepper Product Specifications

Order Code: SONE01

FEATURES

Smooth, linear movement with start and stop motion	Yes
Low starting resistance	6 watts
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
Neutral starting position	Pedals always come back to neutral starting position for easier entry and start up. Allows for entry from both sides.
Arm to leg movement ratio	1:1 Natural arm to leg movement ratio. Patterning similar to walking or climbing stairs.
User-defined range of motion	2" to 11.5" step length.
Comfortable, ergonomic body position	Yes
Total body workout	Yes
Large flywheel	Increased kinetic energy and smooth stepping motion.
Small footprint	5" shorter than other leading recumbent steppers.
Easy to transport	Integrated transport handle and wheels.
Heart rate monitoring	Telemetric (chest strap required)
Quiet belt drive	Yes

ACCESSIBILITY

Direct wheelchair access	Seat slides off easily for direct wheelchair access. ADA compliant.
Easy patient transfer	Adjustable swivel seat sits on a flat horizontal monorail and provides easy patient transfer.
Step-through seating	True adjustable step-through design, allows all users full access and ease of entry.
Step-through height	2"
Grab bar	Integrated for easy entry and support.

SEAT

Standard seat	Forward and back adjustability; custom shape - reduced hamstring interference
Removable seat	Seat removes easily without hardware for direct wheelchair access
360° Therapist Assist Pedals	Adjust the seat forward and back from any point around the machine
Seat removal handle	Integrated handle on seat back makes it easy to remove the seat
Zero-sloping forward/back seat adjustment	Adjust forward and back on a level monorail for optimum control and safe positioning

ARMS & GRIPS

Arm length adjustment	Adjust length of arms within a 12" range.
60 degree hand grip rotation	Position handles anywhere within the 60 degrees of hand grip rotation.
Non-absorbent, chemical resistant hand grips	Easy to clean, durable, made from 100% recyclable material.
Easy adjustment levers	Yes

FOOT PEDALS

Orthopedic foot beds with safety edge	Sturdy, oversized foot beds.
Heel cup	Yes
Foot straps	Yes

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, total steps, steps per minute, stride length, calories, ascent, METs, watts, heart rate and level.
Intelli-Stride™ stride length measurement	Stride length is accurately measured and displayed to help monitor range of motion and improvement.
Ascent	Displays a true measure of ascent (ft.) based on stride length and steps.
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	Integrated
Personal Cooling Fan	Integrated dual fans with three speeds.
Programs	Quick Start Fit-Quik® Constant Work - METs Manual Hills Constant Work - Watts Heart Rate Random Iso-Strength Stress Test

TECHNICAL SPECIFICATIONS

Power Requirements	Self generating; low voltage AC adapter included
Maximum user weight capacity	500 lbs.
User height range	Fits users 4'6" - 6'7"
Accuracy to EN 957-8 standard	Yes
Unit weight	273 lbs.
Unit size	68" L x 30" W x 48" H
Color	Frame: Charcoal Cover: Cool Gray
Manufacturing	Assembled in USA

WARRANTY

Parts	3 years
Labor	1 year
Frame	5 years

ENHANCEMENTS

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data.
Entertainment options	Yes

ACCESSORIES

StepOne™ Leg Stabilizer	Attaches at the calf where support is needed most. Natural pivot point at ankle. Durable steel construction.
Wheelchair Platform	Provides a sturdy foundation for wheelchair use, includes tethers for stabilization.
Heavy-Duty Wheelchair Ramps	For manual and powered wheelchair access. Provides increased stabilization.
Assist Gloves	Wrist support and enhanced grip - helps user maintain grip and position.
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products.



SCIFIT Systems, Inc. reserves the right to change or alter specifications at any time without notice and without incurring any obligation.

©Copyright 2015, SCIFIT Systems, Inc. SCIFIT, Fit-Quik, and Fit-Key, are registered trademarks of SCIFIT Systems, Inc. Intelli-Fit, Heart Fit, Power Fit, StepOne, Intelli-Stride, and Prescribed for Progress are trademarks of SCIFIT Systems, Inc. Fit-Key Technology and StepOne Recumbent Stepper are Patented.

StepOne Specs - SONE01 - 2016 - v1



Prescribed for Progress™

StepOne™ Recumbent Stepper Product Specifications

Order Code: SONE02

FEATURES

Smooth, linear movement with start and stop motion	Yes
Low starting resistance	6 watts
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
Neutral starting position	Pedals always come back to neutral starting position for easier entry and start up. Allows for entry from both sides.
Arm to leg movement ratio	1:1 Natural arm to leg movement ratio. Patterning similar to walking or climbing stairs.
User-defined range of motion	2" to 11.5" step length.
Comfortable, ergonomic body position	Yes
Total body workout	Yes
Large flywheel	Increased kinetic energy and smooth stepping motion.
Small footprint	5" shorter than other leading recumbent steppers.
Easy to transport	Integrated transport handle and wheels.
Heart rate monitoring	Telemetric (chest strap required)
Quiet belt drive	Yes

ACCESSIBILITY



Direct wheelchair access	Seat slides off easily for direct wheelchair access. ADA compliant.
Easy patient transfer	Adjustable swivel seat sits on a flat horizontal monorail and provides easy patient transfer.
Step-through seating	True adjustable step-through design, allows all users full access and ease of entry.
Step-through height	2"
Grab bar	Integrated for easy entry and support.

SEAT



Bariatric seat	Wide seat adjusts forward/back; side handles; and 600 lb user weight capacity
Removable seat	Seat removes easily without hardware for direct wheelchair access
360° Therapist Assist Pedals	Adjust the seat forward and back from any point around the machine
Seat removal handle	Integrated handle on seat back makes it easy to remove the seat
Zero-sloping forward/back seat adjustment	Adjust forward and back on a level monorail for optimum control and safe positioning

ARMS & GRIPS

Arm length adjustment	Adjust length of arms within a 12" range.
60 degree hand grip rotation	Position handles anywhere within the 60 degrees of hand grip rotation.
Non-absorbent, chemical resistant hand grips	Easy to clean, durable, made from 100% recyclable material.
Easy adjustment levers	Yes

FOOT PEDALS

Orthopedic foot beds with safety edge	Sturdy, oversized foot beds.
Heel cup	Yes
Foot straps	Yes

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, total steps, steps per minute, stride length, calories, ascent, METs, watts, heart rate and level.
Intelli-Stride™ stride length measurement	Stride length is accurately measured and displayed to help monitor range of motion and improvement.
Ascent	Displays a true measure of ascent (ft.) based on stride length and steps.
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	Integrated
Personal Cooling Fan	Integrated dual fans with three speeds.
Programs	Quick Start Fit-Quik® Constant Work - METs Manual Hills Constant Work - Watts Heart Rate Random Iso-Strength Stress Test

TECHNICAL SPECIFICATIONS

Power Requirements	Self generating; low voltage AC adapter included
Maximum user weight capacity	600 lbs.
User height range	Fits users 4'6" - 6'7"
Accuracy to EN 957-8 standard	Yes
Unit weight	303 lbs.
Unit size	68" L x 30" W x 48" H
Color	Frame: Charcoal Cover: Cool Gray
Manufacturing	Assembled in USA

WARRANTY

Parts	3 years
Labor	1 year
Frame	5 years

ENHANCEMENTS

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data.
Entertainment options	Yes

ACCESSORIES

StepOne™ Leg Stabilizer	Attaches at the calf where support is needed most. Natural pivot point at ankle. Durable steel construction.
Wheelchair Platform	Provides a sturdy foundation for wheelchair use, includes tethers for stabilization.
Heavy-Duty Wheelchair Ramps	For manual and powered wheelchair access. Provides increased stabilization.
Assist Gloves	Wrist support and enhanced grip - helps user maintain grip and position.
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products.



SCIFIT Systems, Inc. reserves the right to change or alter specifications at any time without notice and without incurring any obligation.

©Copyright 2015, SCIFIT Systems, Inc. SCIFIT, Fit-Quik, and Fit-Key, are registered trademarks of SCIFIT Systems, Inc. Intelli-Fit, Heart Fit, Power Fit, StepOne, Intelli-Stride, and Prescribed for Progress are trademarks of SCIFIT Systems, Inc. Fit-Key Technology and StepOne Recumbent Stepper are Patented.

StepOne Specs - SONE02 - 2016 - v1