



Scientific Solutions For Fitness™



innovative
FITNESS

STEP ONE™

StepOne™ Product Specifications

Order Code: SONE01

FEATURES

Smooth, linear movement with start and stop motion	Yes
Low starting resistance	6 watts starting resistance
Resistance range	20 levels adjustable in .1 increments, providing 200 levels of resistance.
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	Compatible with most wireless technology.
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

Swivel seat	Seat moves fore and aft and swivels 360 degrees, locking at each 90 degree angle.
Horizontal seat monorail	Seat adjusts forward and back on a flat monorail for easy and safe adjustment.
Removable seat	Yes, seat removes easily without hardware for direct wheelchair access.
Horizontal seat adjustment range	18"
Optional bariatric seat	Yes - 600 lb. weight capacity. (Order code SONE02)

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 footbeds with safety edge	Sturdy, oversized footbeds.
Heel cup	Yes
Foot straps	Yes

INTELLI-FIT™ CONSOLE

7" LCD full color touch screen display	Yes									
Easy operation	Touch screen with clear, simple screens and large, readable font.									
Audible beep	Yes									
Tactile buttons	Tactile buttons in addition to touch screen.									
Resistance levels	200 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.									
Stride length	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									
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.									
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, mp3 players and other electronic devices.									
Water bottle holder	Integrated									
Fan	Integrated dual fans with three speeds.									
Programs	<table border="0"> <tr> <td>Quick Start</td> <td>Fit-Quik®</td> <td>Constant Work (constant Watts)</td> </tr> <tr> <td>Manual</td> <td>Stress Test</td> <td>Iso-Strength (constant RPM)</td> </tr> <tr> <td>Heart Rate</td> <td>7 Hill Profiles</td> <td>Random (unlimited profiles)</td> </tr> </table>	Quick Start	Fit-Quik®	Constant Work (constant Watts)	Manual	Stress Test	Iso-Strength (constant RPM)	Heart Rate	7 Hill Profiles	Random (unlimited profiles)
Quick Start	Fit-Quik®	Constant Work (constant Watts)								
Manual	Stress Test	Iso-Strength (constant RPM)								
Heart Rate	7 Hill Profiles	Random (unlimited profiles)								

TECHNICAL SPECIFICATIONS

Maximum user weight capacity	450 lbs. standard seat; 600 lbs. bariatric seat.
User height range	Fits users 4'6" - 6'7".
Accuracy to EN 957-8 standard	Yes
Power Requirements	Self generating with auto recharge battery backup. Low voltage AC adapter included.
Unit weight	275 lbs.
Unit size	68" L x 30" W x 48" H
Manufacturing	Assembled in USA.

WARRANTY

Parts	5 years
Labor	1 year
Frame	10 years

ENHANCEMENTS

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data.
Bariatric seat	Optional seat has 600 lb. user weight capacity, seat slides off easily for direct wheelchair access.
Entertainment options	Yes

ACCESSORIES

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.
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.



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StepOne Specs - 2013 - v2

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Scientific Solutions For Fitness™



StepOne™ with Bariatric Seat Product Specifications

Order Code: SONE02

FEATURES

Smooth, linear movement with start and stop motion	Yes
Low starting resistance	6 watts starting resistance
Resistance range	20 levels adjustable in .1 increments, providing 200 levels of resistance.
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	Compatible with most wireless technology.
Quiet belt drive	Yes

ACCESSIBILITY

Direct wheelchair access	Seat slides off easily for direct wheelchair access. ADA compliant.
Easy patient transfer	Seat adjusts forward and back 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	Oversized bariatric seat accommodates users up to 600 lbs.
Horizontal seat monorail	Seat adjusts forward and back on a flat monorail for easy and safe adjustment.
Removable seat	Seat removes easily without hardware for direct wheelchair access.
Horizontal seat adjustment range	18"

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 footbeds with safety edge	Sturdy, oversized footbeds.
Heel cup	Yes
Foot straps	Yes

INTELLI-FIT™ CONSOLE

7" LCD full color touch screen display	Yes									
Easy operation	Touch screen with clear, simple screens and large, readable font.									
Audible beep	Yes									
Tactile buttons	Tactile buttons in addition to touch screen.									
Resistance levels	200 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.									
Stride length	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									
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.									
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, mp3 players and other electronic devices.									
Water bottle holder	Integrated									
Fan	Integrated dual fans with three speeds.									
Programs	<table border="0"> <tr> <td>Quick Start</td> <td>Fit-Quik®</td> <td>Constant Work (constant Watts)</td> </tr> <tr> <td>Manual</td> <td>Stress Test</td> <td>Iso-Strength (constant RPM)</td> </tr> <tr> <td>Heart Rate</td> <td>7 Hill Profiles</td> <td>Random (unlimited profiles)</td> </tr> </table>	Quick Start	Fit-Quik®	Constant Work (constant Watts)	Manual	Stress Test	Iso-Strength (constant RPM)	Heart Rate	7 Hill Profiles	Random (unlimited profiles)
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Manual	Stress Test	Iso-Strength (constant RPM)								
Heart Rate	7 Hill Profiles	Random (unlimited profiles)								

TECHNICAL SPECIFICATIONS

Maximum user weight capacity	600 lbs. (bariatric seat)
User height range	Fits users 4'6" - 6'7".
Accuracy to EN 957-8 standard	Yes
Power Requirements	Self generating with auto recharge battery backup. Low voltage AC adapter included.
Unit weight	275 lbs.
Unit size	68" L x 30" W x 48" H
Manufacturing	Assembled in USA.

WARRANTY

Parts	5 years
Labor	1 year
Frame	10 years

ENHANCEMENTS

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

ACCESSORIES

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.
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.



StepOne
(shown with standard seat)



Bariatric Seat
600 lb. user weight capacity

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StepOne Specs - SONE02 - 2013 - v1



Scientific Solutions For Fitness™

STEP ONE™

StepOne™ with Height Adjustable Seat Product Specifications

Order Code: SONE03

FEATURES

Smooth, linear movement with start and stop motion	Yes
Low starting resistance	6 watts starting resistance
Resistance range	20 levels adjustable in .1 increments, providing 200 levels of resistance.
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	Compatible with most wireless technology.
Quiet belt drive	Yes

ACCESSIBILITY 

Direct wheelchair access	Seat slides off easily for direct wheelchair access. ADA compliant.
Easy patient transfer	Seat adjusts up and down, forward and back, and swivels 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

Height adjustable, swivel seat	Seat moves fore and aft, up and down, and swivels 360 degrees, locking at each 90 degree angle.
Horizontal seat monorail	Seat adjusts forward and back on a flat monorail for easy and safe adjustment.
Removable seat	Seat removes easily without hardware for direct wheelchair access.
Horizontal seat adjustment reange	18"
Optional bariatric seat	Yes - 600 lb. weight capacity. (Order code SONE02)

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	

FOOT PEDALS

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

INTELLI-FIT™ CONSOLE

7" LCD full color touch screen display	Yes									
Easy operation	Touch screen with clear, simple screens and large, readable font.									
Audible beep	Yes									
Tactile buttons	Tactile buttons in addition to touch screen.									
Resistance levels	200 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.									
Stride length	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									
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.									
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, mp3 players and other electronic devices.									
Water bottle holder	Integrated									
Fan	Integrated dual fans with three speeds.									
Programs	<table border="0"> <tr> <td>Quick Start</td> <td>Fit-Quik®</td> <td>Constant Work (constant Watts)</td> </tr> <tr> <td>Manual</td> <td>Stress Test</td> <td>Iso-Strength (constant RPM)</td> </tr> <tr> <td>Heart Rate</td> <td>7 Hill Profiles</td> <td>Random (unlimited profiles)</td> </tr> </table>	Quick Start	Fit-Quik®	Constant Work (constant Watts)	Manual	Stress Test	Iso-Strength (constant RPM)	Heart Rate	7 Hill Profiles	Random (unlimited profiles)
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Manual	Stress Test	Iso-Strength (constant RPM)								
Heart Rate	7 Hill Profiles	Random (unlimited profiles)								

TECHNICAL SPECIFICATIONS

Maximum user weight capacity	450 lbs. (height adjustable seat)
User height range	Fits users 4'6" - 6'7".
Accuracy to EN 957-8 standard	Yes
Power Requirements	Self generating with auto recharge battery backup. Low voltage AC adapter included.
Unit weight	275 lbs.
Unit size	68" L x 30" W x 48" H
Manufacturing	Assembled in USA.

WARRANTY

Parts	5 years
Labor	1 year
Frame	10 years

ENHANCEMENTS

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

ACCESSORIES

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.
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.



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StepOne Specs - SONE03 - 2013 - v1

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