



PRO1 Sport Standing Upper Body Exerciser

Scientific Solutions

- Bi-directional movement and resistance.
- Resistance system - 3 phase combination generator and eddy current brake with the largest wattage range in the industry, starting at 6 watts.
- 1-20 levels adjustable in .1 increments providing 200 levels of resistance.
- Enhanced, sturdy standing platform with up to 750 lb weight capacity.
- Ideal with a stability ball or disc.
- Versatile ground-based training. Use it for one or both arm exercises - forward or backward - for strength and cardio.
- Adjustable and reversible arm cranks for greater range of movement, variety and custom fit. Arm cranks are 19 degrees from the vertical plane, for the most biomechanically correct position.
- Fully adjustable head (35"-61" range) and monitor accommodates users of all heights and allows them to exercise while seated or standing, providing more exercise options and versatility.
- Heart Rate compatible with most wireless technology.

Intelli-Fit Features and Programs

- 7" LCD display with user friendly interface using tactile keypad, color coded with audible beep.
- Programs: One button Quick Start, Manual, Hill Profiles, Random Profiles, Heart Rate, Iso-Strength, Constant Work, Heart-Fit Test, Heart-Fit Training (4 levels with 3 programs at each level), Power-Fit Test, Power-Fit Training (4 levels with 3 programs at each level), Stress Test and Fit-Quik™.
- Administrative mode: includes 6 user defined languages, metric or US units of measure and other custom settings.
- Built-in twin Fans: 3 levels of intensity at low, medium and high.
- Power Burst - 8 second burst of Iso-Strength. Available on all programs except: Heart-Fit Test/Training, Power-Fit Test/Training, Heart Rate, Iso-Strength and Stress Test.
- Automatic cool down after each exercise is completed.
- Download results to USB flash drive. Simply plug your USB key in the Fit-Key slot and your work-out will be copied in a text file for saving and printing.
- Display Feedback: Heart rate, time, RPM, calories, distance/miles, level, watts and MET's with two change view screens
- CSAFE port and 8-volt DC power port for TV or other controllers.
- Adjustable console angle to accommodate users at all positions.
- USB charger for phones, mp3 players and other electronic devices.

Toll Free: 877.720.4004 Local: 770.218.9390 Web: InnovativeFIT.com



Optional Accessories



Assist Gloves



Heart Rate Chest Strap



USB Fit-Keys



External Rotation Device



Straight Hand Grips

Technical Specifications

- Overall Dimensions: 60" L x 30" W x 77" H
- Weight of unit: 234 lbs pre packaged
- Shipping Dimensions and weight:
- 68"x32"x64" 279 lbs (Skid only)
- 68 5/8" X 32 1/2" X 67 9/16" 314 lbs (boxed)
- Maximum user weight: 750 lbs

Entertainment options
also available.

Color

Frame: Silver Powder Coated
Covers: Metallic Gray with UV Protection

Fit-Key[®]
compatible

Warranty

3 year parts, 1 year labor. Exceptions: 1 Year warranty on pedals and seats. Wear items (rubber hand grips and pedal straps) are excluded from warranty.

Order Code

PRO101-INT