

Can use the information below for the premium, bariatric, and standard seat models for the SCIFIT Fitness StepOne Recumbent Seat Stepper.

The images are the same for all three models

SCIFIT Fitness StepOne Recumbent Premium Seat Stepper

The **SCIFIT Fitness StepOne Recumbent Premium Seat Stepper** offers smooth, total-body functional movement and is ideal for users of all levels. It includes low starting resistance, wheelchair access, adjustable arm length, and customizable programs, making it a versatile addition to rehabilitation and wellness facilities.

Key Features:

- **User-Defined Stride Length:** Ranges from 2" to 11.5" with Intelli-Stride feedback for safe progression.
 - **Arm-to-Leg Movement:** Encourages activities of daily living (ADLs), such as climbing stairs.
 - **Resistance Levels:** Low starting resistance (6 watts) with 20 levels, adjustable in 0.1 increments, offering 191 total levels.
 - **Wheelchair Access:** Direct access with step-through seating and grab bar for easy on/off transitions.
 - **Adjustable Arm Length:** Rotating hand grips ensure comfort and a custom fit for all users.
 - **Compact Design:** Small footprint with integrated transport handle and wheels for easy placement.
 - **Touchscreen Display:** Full-color screen displays exercise metrics, such as stride length, ascent, watts, and METs.
-

Seat Options:

Premium Seat:

- Multiple adjustments: Forward/Back, Up/Down, Recline (23-degree range), and 360-degree swivel.
- Recline feature reduces hip joint stress while maintaining desired knee flexion.
- Integrated seat handle for easy removal with wheelchair access.
- Robust seat base with grooves for stability and premium upholstery.
- **User Weight Capacity:** 450 lbs.

Standard Seat:

- Basic adjustments: Forward and back only.
- 360 Therapist Assist Pedals allow adjustments from any point around the equipment.
- Integrated handle for seat removal.
- **User Weight Capacity:** 500 lbs.

Bariatric Seat:

- 5 inches wider than Premium and Standard seats for added comfort.
 - Side handles for support and stability.
 - Basic forward/back adjustments.
 - **User Weight Capacity:** 600 lbs.
-

Intelli-Fit Console:

- **Medical-Grade Accuracy:** Provides precise measurements for metrics such as watts, METs, and heart rate recovery.
 - **Customizable Programs:** Offers options like Quick-Start, Iso-Strength, Hill Profiles, and Random workouts.
 - **Track Progress:** Save results on a USB memory stick or follow built-in assessment protocols.
 - **Programs:** Includes Heart Fit and Power Fit assessments to benchmark cardiovascular fitness and strength.
-

Accessories:

- **Leg Stabilizers:** Provide stability for users with leg weakness or spasticity.
 - **Assist Gloves:** Offer grip assistance for users with limited hand strength.
 - **Polar Chest Strap Transmitter:** Wireless heart rate monitoring.
 - **Wheelchair Ramp:** Heavy-duty design for accessibility and stabilization.
 - **Seat Belt:** Optional accessory for added safety and security.
-

Applications:

Ideal for:

- Physical Therapy
- Rehabilitation

- Cardiac Rehab
 - Active Aging
 - Corporate Fitness
 - Wellness Programs
-

Integrated Features:

- **Twin Fans:** Keep users cool during workouts.
 - **Accessory Tray:** Provides convenient storage.
 - **USB Ports:** Save workout data or charge accessories like phones and MP3 players.
 - **CSAFE Port:** Compatibility for external devices and controllers.
 - **Water Bottle Holder:** Ensures hydration during sessions.
-

This stepper combines functionality, safety, and innovative technology, making it perfect for rehabilitation, wellness, and fitness facilities. Its customization options, Intelli-Fit console, and durable design meet the needs of users at any fitness level or ability.

MS300 Recumbent Total Body Stepper - Commercial

The **MS300 Recumbent Total Body Stepper** provides a coordinated, full-body exercise experience in a semi-recumbent position. It is ideal for rehabilitation, wellness training, and physical therapy, offering low-impact movements to improve strength, range of motion, and cardiovascular fitness.

Key Features:

- **Adjustable Seat:**
 - **8-position swivel seat** for easy patient entry and exit.
 - **6-position recline seat back** for optimal hip angle adjustment.
 - **Fore/aft positioning:** 18 indexed positions, adjustable every $\frac{3}{4}$ inch.
 - **360-degree rotation**, locking at every 45 degrees for added safety.
- **Symmetry Monitoring:** Tracks and compares left and right foot power to measure bilateral symmetry.
- **Resistance Modes:**
 - **Isokinetic Mode:** Step speeds from 10 to 210 steps per minute.

- Resistance levels range from 5 to 750 watts for varied intensity levels.
 - **Linked Upper and Lower Body Movement:** Dependently linked linear motion mimics natural arm-to-leg motion with a 1:1 ratio.
 - **Adjustable Handles:** Includes articulating hand grips for ergonomic comfort.
 - **Footplates:** Cushioned and oversized, with foot restraints for enhanced stability.
-

Performance and Clinical Benefits:

- **Quadrilateral Exercise Pattern:** Distributes exercise effort across all four limbs, enabling stronger limbs to guide weaker ones, promoting functional movement and maintaining elevated heart rates.
 - **Self-Adjusting Stroke Length:** Accommodates a user's specific range of motion to ensure smooth, low-impact movement for knees, ankles, and hips.
 - **Closed Kinetic Chain Movement:** Provides low-impact exercises for joint protection.
-

Accessories:

1. **MA902 Bi-Lateral Calf Support Set:**
 - Minimizes lower limb adduction/abduction.
 - Adjustable design for proper limb alignment.
 - Lightweight and easy to attach/remove.
 2. **MA906 Hand/Wrist Stabilization Set:**
 - Supports users with limited hand strength or control.
 - Ensures stable and correct hand positioning.
 - Provides full range of motion for upper body movement.
-

Specifications:

- **Console Features:**
 - Large, easy-to-read display with biofeedback metrics: METs, step count, steps per minute (SPM), symmetry (graphical and numeric comparison of left and right foot power), and performance summaries.
 - Programs include Manual, Hill, Plateau, Interval, Facility, HR, and Symmetry.
- **Technical Specs:**
 - Dimensions: 67" L x 30" W x 48" H.
 - Unit Weight: 242 lbs.
 - Resistance Levels: 20 levels.
 - Maximum User Weight: 440 lbs.
 - Power: Universal 90–240V AC.

- **Step Length:** Adjustable from 2" to 12.5".
 - **Drive Train:** Heavy-duty 8-groove poly-v belt for smooth and quiet operation.
 - **Heart Rate Monitoring:** Contact heart rate sensors included.
-

Console Biofeedback:

- Tracks metrics such as METs, step count, steps per minute, symmetry, left/right foot power (watts), and a summary of performance post-session.
 - Symmetry program provides graphical and numeric comparisons of left vs. right foot power production, ensuring effective rehabilitation.
-

Warranty:

- **Frame:** Lifetime.
 - **Mechanical & Electronic Parts:** 3 years.
 - **Labor:** 1 year.
-

The **MS300 Recumbent Total Body Stepper** is designed for:

- Orthopedic, sports medicine, neurological, and cardiac rehabilitation.
- Senior rehab and wellness training.
- Full-body workouts that improve strength, range of motion, and functional mobility.

Its advanced features, including symmetry monitoring, multiple resistance levels, and ergonomic design, make it an excellent choice for clinics, wellness centers, and rehabilitation facilities.

Spirit Fitness Rehab 7.5S Recumbent Stepper

The **Spirit Fitness Rehab 7.5S Recumbent Stepper** is a fully ADA-compliant rehabilitation tool designed for accessibility, comfort, and effectiveness. Ideal for users with mobility challenges, it offers direct wheelchair access, customizable settings, and a low-impact full-body workout. This innovative stepper supports symmetrical balance, muscle strengthening, and cardiovascular conditioning.

Key Features:

- **Direct Wheelchair Access:**
 - The 360-degree swiveling seat is removable, allowing seamless wheelchair access for inclusive rehabilitation.
 - **Adjustable Step Range:**
 - Ranges from 1" to 12.5" for precise customization tailored to individual therapy needs.
 - **1:1 Linear Motion:**
 - Leg and arm motions are linked for symmetrical balance, aiding in muscle development and targeted rehabilitation.
 - **Bilateral Resistance Adjustment:**
 - Independently adjust resistance on each side to strengthen weaker muscles and restore balance.
 - **Heart Rate Monitoring:**
 - Features built-in contact and wireless heart rate monitoring (devices not included) for a focused, data-driven session.
 - **Ergonomic Design:**
 - Large adjustable handles with articulating grips reduce strain and enhance user comfort during exercise.
-

Comfort and Stability:

- **High-Density Foam Seat:**
 - Supportive, adjustable seat with fore, aft, and recline angle adjustments for a personalized fit.
 - **Oversized Cushioned Pedals:**
 - Include stabilization straps to keep feet securely in place, ensuring safety and stability.
 - **Articulating Hand Grips:**
 - Adapt to various grip positions, accommodating different user preferences and reducing strain.
-

Console and Programs:

- **Display:**
 - Blue backlit LCD for clear readability.
- **Programs:**
 - Offers Manual, Hill, Plateau, Interval, Symmetry, Heart Rate, and two customizable programs.
- **Heart Rate Receiver:**

- 5 KHz receiver compatible with wireless heart rate monitors.
 - **Convenience Features:**
 - Includes a 3-speed cooling fan, tablet holder/reading rack, and transportation wheels for easy mobility.
-

Specifications:

- **Performance:**
 - **Power:** 12V DC Cord/Outlet.
 - **Step Range:** 1" to 12.5" adjustable linear motion.
 - **Resistance Levels:** 20 levels.
 - **Frame:**
 - **Material:** Commercial-grade steel frame with durable powder-coat paint.
 - **Seat:** High-density foam with 360-degree swivel.
 - **Pedals:** Oversized and cushioned with stabilization straps.
 - **Console:**
 - Blue backlit LCD with CSAFE connectivity.
 - Programs include symmetry tracking and heart rate monitoring.
 - **Dimensions:**
 - Set-Up Dimensions: 77.6" L x 33.5" W x 46.5" H.
 - Item Weight: 305.8 lbs.
 - Box Weight: 336.6 lbs.
 - **User Specifications:**
 - **Recommended Height Range:** 4'10" to 6'6".
 - **Maximum User Weight:** 440 lbs.
-

Warranty:

- **Parts:** 5 years.
 - **Labor:** 1 year.
-

Why Choose the 7.5S Recumbent Stepper?

The Spirit Fitness Rehab 7.5S is designed with accessibility and user-centric features, making it ideal for individuals recovering from injuries, surgeries, or managing chronic conditions. Its thoughtful design ensures maximum comfort, safety, and therapeutic benefits, making it a standout choice for rehabilitation facilities.

Spirit Fitness Rehab 7.0S Recumbent Stepper

The **Spirit Fitness Rehab 7.0S Recumbent Stepper** is a medical-grade rehabilitation tool designed for therapeutic exercise and enhanced mobility. With its accessible design, adjustable settings, and robust build, this stepper provides a safe, low-impact, full-body workout for individuals recovering from injuries or managing chronic conditions.

Key Features:

- **360-Degree Swivel Seat:**
 - Easy ingress and egress for users of all abilities.
 - High-density foam seat offers fore, aft, and recline angle adjustments for maximum comfort.
 - **Adjustable Step Range:**
 - From 1" to 12.5" for precise customization tailored to individual therapy needs.
 - **1:1 Linear Motion:**
 - Ensures symmetrical leg and arm movement, enabling balanced muscle development.
 - **Bilateral Resistance Adjustment:**
 - Independently adjust resistance on each side to target weaker muscles and restore balance.
 - **Accessibility:**
 - Step-through design and oversized cushioned pedals with stabilization straps ensure safety for all users.
-

Performance and Benefits:

- **Quadrilateral Exercise Pattern:**
 - Facilitates targeted rehabilitation by allowing stronger limbs to guide weaker ones, restoring overall symmetry.
 - **Ergonomic Design:**
 - Adjustable-position handles with articulating grips reduce strain and enhance control during exercise.
 - **Low-Impact Movement:**
 - Protects knees, hips, and ankles from unnecessary strain, making it ideal for users with limited mobility or chronic joint conditions.
-

Console and Programs:

- **Display:**
 - Blue backlit LCD for clear, real-time feedback.
 - **Workout Programs:**
 - Includes Manual, Hill, Plateau, Interval, Heart Rate, Symmetry, and two customizable programs.
 - **Biofeedback Metrics:**
 - Tracks time, steps per minute, step length, step count, calories, METs, heart rate, and symmetry for comprehensive monitoring.
-

Specifications:

- **Performance:**
 - **Power:** 12V DC Cord/Outlet.
 - **Step Range:** 1" to 12.5" adjustable linear motion.
 - **Resistance Levels:** 20 levels.
 - **Frame:**
 - **Material:** Commercial-grade steel with durable powder-coat paint.
 - **Seat:** High-density foam with 360-degree swivel.
 - **Pedals:** Oversized and cushioned for added comfort.
 - **Console:**
 - Blue backlit LCD with CSAFE connectivity.
 - Tracks symmetry and heart rate with built-in sensors.
 - **Dimensions:**
 - Set-Up Dimensions: 67" L x 30" W x 48" H.
 - Item Weight: 257.4 lbs.
 - Box Weight: 281.6 lbs.
 - **User Specifications:**
 - **Recommended Height Range:** 4'10" to 6'6".
 - **Maximum User Weight:** 440 lbs.
-

Convenience Features:

- **Wireless Heart Rate Monitoring:** Compatible with 5 KHz receivers (devices not included).
 - **Cooling Fan:** 3-speed fan for user comfort during workouts.
 - **Tablet Holder/Reading Rack:** Keeps devices secure and accessible.
 - **Transportation Wheels:** Allows for easy mobility.
-

Warranty:

- **Parts:** 5 years.
 - **Labor:** 1 year.
-

Why Choose the Spirit Fitness Rehab 7.0S?

The **7.0S Recumbent Stepper** combines accessibility, adjustability, and advanced features, making it an exceptional choice for rehabilitation facilities and therapeutic fitness programs. Its thoughtful design ensures comfort, safety, and effective results for users of all abilities.