



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.                                     |



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