

Documentation and Custom Programs



Prescribed for Progress™



Program Screen



Cool Down Screen



SCIFIT's Intelli-Fit™ console allows you to save your results onto a USB flash drive (Fit-Key™).

During the cool down segment of your workout, simply plug the key into the Fit-Key slot and press 'Save Results' and then remove the key. The results are then saved in a text file to upload onto your computer for saving and printing. No software needed.

Manual Results (ISO 1000)

- Peak Watts: 70**
- Average Watts: 62**
- Peak Heart Rate: 207**
- Average Heart Rate: 120**
- Calories: 11**
- Distance (mi): 0.41**
- Time: 2:00**
- Peak METs : 5.3**
- Average METs : 4.6**




The Total Solution to Tracking Results.

The Fit-Key software has many applications.

- Develop standard workouts (Basic Key) - simple as setting a level and time or as complex as a submax VO2 test. Load workout onto a USB flash drive (Fit-Key) and use over and over. This application makes the setup simple and is great to use with a SCIFIT circuit. No information from the workout is recorded.
- Develop customized workouts for each user and document progress (Client Key). The results show Peak Watts, Average Watts, Peak Heart Rate, Average Heart Rate, Total Calories and Total Time.



Customize workouts via Fit-Key Software. Clinician/coach can set multiple stages, level and any length of time. These workouts are saved on a USB flash drive (Fit-Key).



Plug the Fit-Key into the Fit-Key port on the unit and press start and the customized workout will begin.



After the workout, insert Fit-Key back into computer to upload results.



Results are saved in the Fit-Key software to track results from an individual session or a series of sessions. Progress can be printed and saved.

