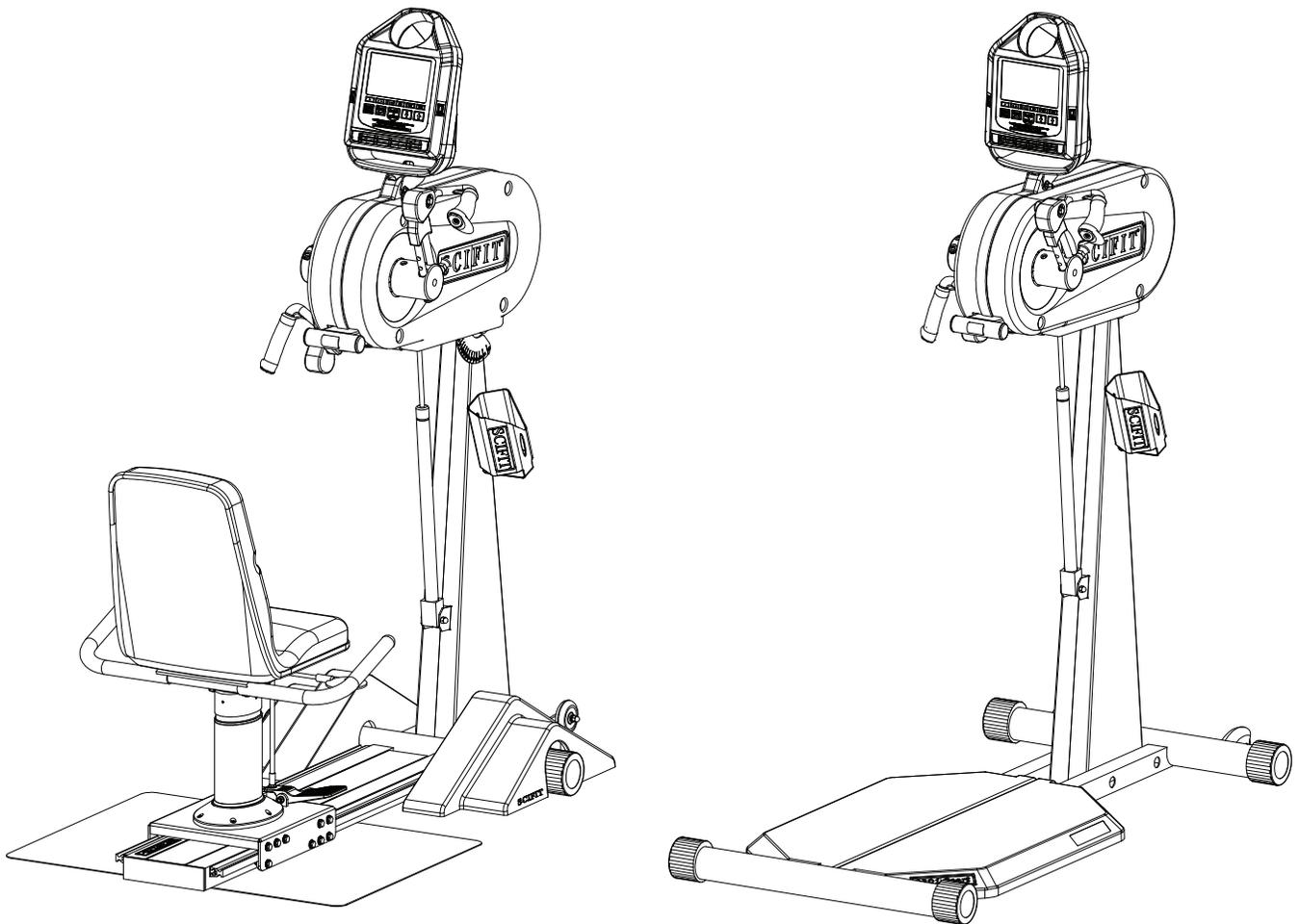




Scientific Solutions For Fitness™

Touchscreen Owner's Operation Manual



PRO1 Adjustable Position Upper Body Exerciser



Before Using this product, read this manual and follow all safety rules and operating instructions.



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Order on line 24/7 at www.SCIFIT.com

SAFETY INFORMATION

The purpose of safety symbols is to attract your attention to possible dangers. The safety or attention symbols and their explanations deserve your careful attention and understanding. The warnings do not, by themselves, eliminate any danger. The instructions or warnings they give are not substitutes for proper accident prevention measures.

Look for these symbols to point out safety precautions or important information.

 **CAUTION**

 **WARNING**

 **ATTENTION**

Read all instructions before using your SCIFIT exercise machine. Save these instructions for future reference.

Close supervision is necessary when the exercise machine is being used by or near children or individuals with disabilities. Keep children away from extended hand and foot supports.

Use the exercise machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never drop or insert any object into any opening.

Do not use outdoors or in a harsh environment where water is present (i.e. pool or spa areas).

INTRODUCTION

Thank you for your purchase of the SCIFIT PRO1 adjustable position upper body exerciser. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals. However, for your safety, please adhere to the following recommendations before you begin to exercise.

The SCIFIT PRO1 upper body exerciser is designed for Class “S” (Commercial), Class “A” (High Accuracy) and Class “II a” (Medical Device Directive) applications. The intended uses are for Cardio & Pulmonary rehabilitation as well as sports medicine, physical therapy, physical conditioning and strength training. SCIFIT equipment is suitable for placement in fitness, medical rehab, sports performance and recreational facilities. The PRO1 has 200 levels of console controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout.

Consult Your Physician

Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant, or if you are suffering from: heart disease, respiratory disease, diabetes, hypertension, high blood pressure, elevated cholesterol, arthritis, or any other diseases and physical complaints.

Adult Usage

SCIFIT equipment are designed and intended for adult usage and children of appropriate ages while being supervised. Young children should be kept a safe distance away from equipment.

Cool Down

To prevent muscle injuries and soreness, you should always cool down (at least 5 minutes) by doing a series of stretches after each workout.

CAUTION

Always stretch after a workout session to reduce the risk of personal injury. Failure to stretch properly **may** result in injury to yourself.

Guidelines for Healthy Adults

The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) are continuously updating guidelines and recommendations for physical activity.

The current basic recommendations from ACSM and AHA is:

Do moderately intense cardio 30 minutes a day, five days a week.

OR

Do vigorously intense cardio 20 minutes a day, three days a week.

AND

Do eight to ten strength-training exercises, eight to twelve repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30 minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

To review the latest guidelines and recommendations, visit the American College of Sports Medicine website: www.acsm.org

WARNING

Stop exercising immediately if you feel nausea, dizziness, sharp pain, or any other physical discomfort. Failure to stop exercising can result in injury or death to yourself.

Train Intelligently

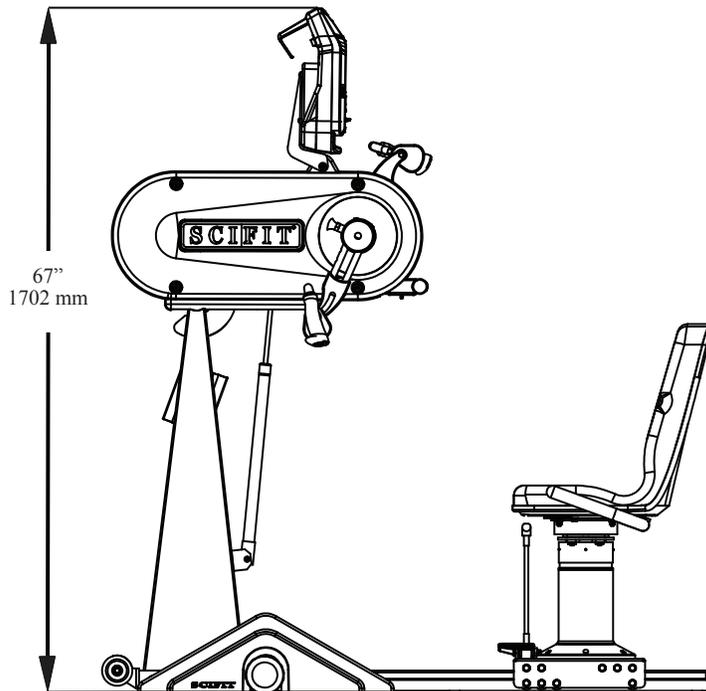
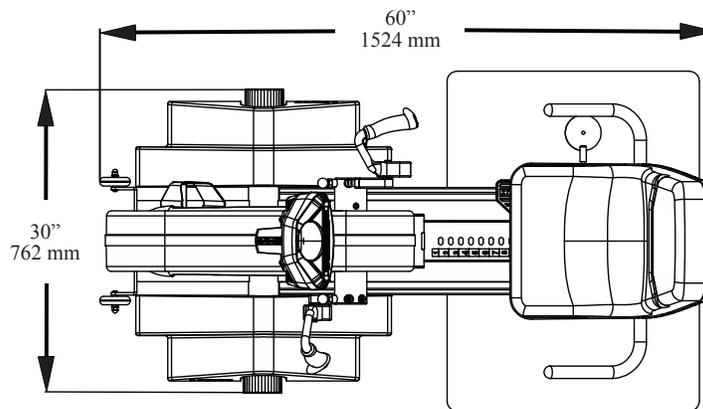
To ensure a future of good health, you should always eat well balanced meals, drink plenty of fluid/water during a workout, and stay fit by exercising intelligently. Always follow training guidelines that are specific for your own physical condition.

WARNING

Injuries to health may result from incorrect or excessive training. Failure to stop exercising can result in injury or death to yourself.

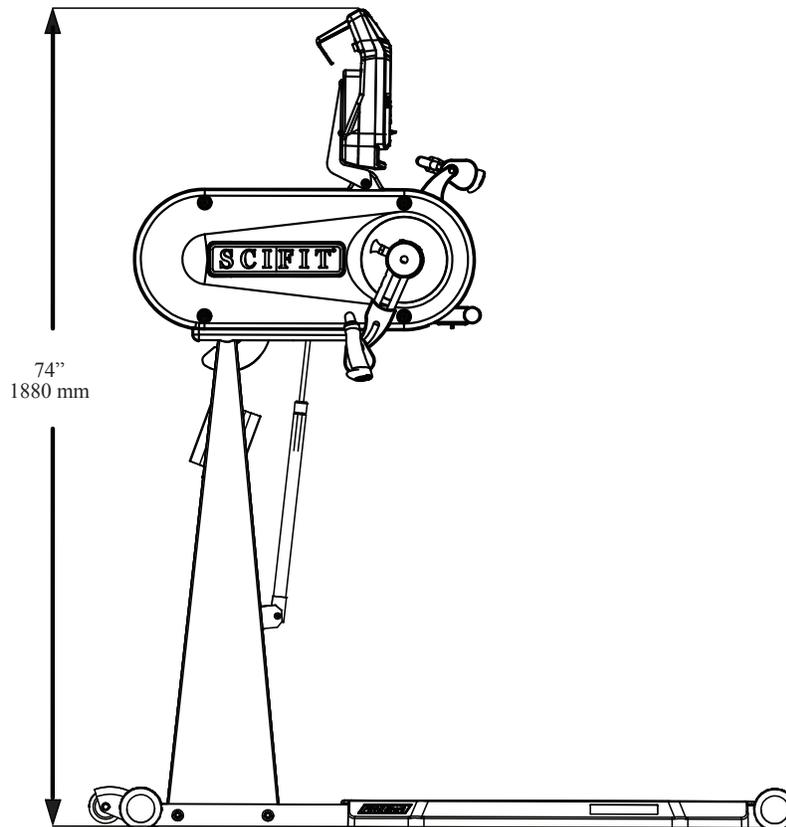
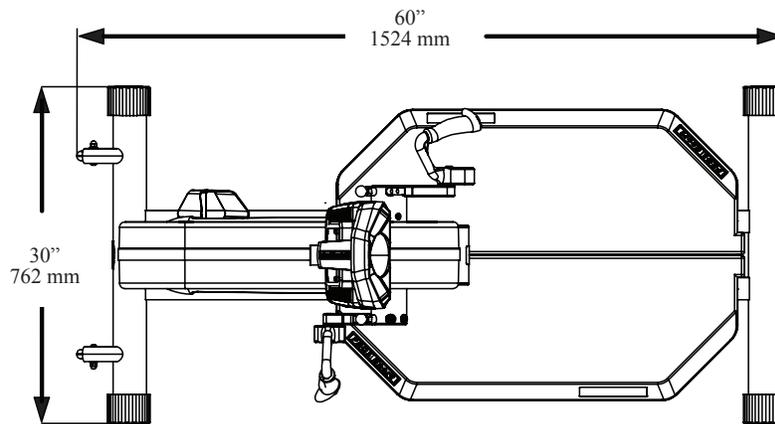
SPECIFICATION

Weight	PRO1 - 248 lbs. (112 Kg.)
Max User Weight	500 lbs. (227 Kg.) - Fixed Seat 450 lbs. (204 Kg.) - Swivel Seat 600 lbs. (272 Kg.) - Bariatric Seat
Power	Self generating w/auto recharge battery back-up. Standard low voltage AC adapter wall pack.
Resistance System	Electromagnetic Self Generating Bi-directional Resistance
Programs.....	Manual, Fit Quik, Constant Workout, ISO-Strength, 7 Pre-programmed Hills profiles, Heart Rate, Power Fit, Heart Fit , Stress Test and Random
Accuracy Class	Class A
Warranty.....	Within U.S. & Canada 3 years parts, 1 year labor Outside U.S. 3 years parts, no labor



SPECIFICATION

Weight	PRO1 SPORT - 178 lbs. (81 Kg.)
Power	Self generating w/auto recharge battery back-up. Standard low voltage AC adapter wall pack.
Resistance System	Electromagnetic Self Generating Bi-directional Resistance
Programs	Manual, Fit Quik, Constant Workout, ISO-Strength, 7 Pre-programmed Hills profiles, Heart Rate, Power Fit, Heart Fit , Stress Test and Random
Accuracy Class	Class A
Warranty	Within U.S. & Canada 3 years parts, 1 year labor Outside U.S. 3 years parts, no labor



SET-UP & INSTALLATION

Placement of Cardiovascular Machine

To aid in the placement of equipment, two wheels are located on the front of the unit. Movement of machine should be done with two people. Carefully lift the rear of unit until wheels are engaged with the floor, then position the unit in the desired location.

Position the unit in a location that has a stable and level sub-floor. Equipment should be positioned in a location that is not in direct sunlight, in areas of extreme temperature and humidity, or where the equipment may be splashed with water or fluids. This machine is intended for indoor use only.

Equipment should be positioned with a safety perimeter of 40" or 1 meter around unit.

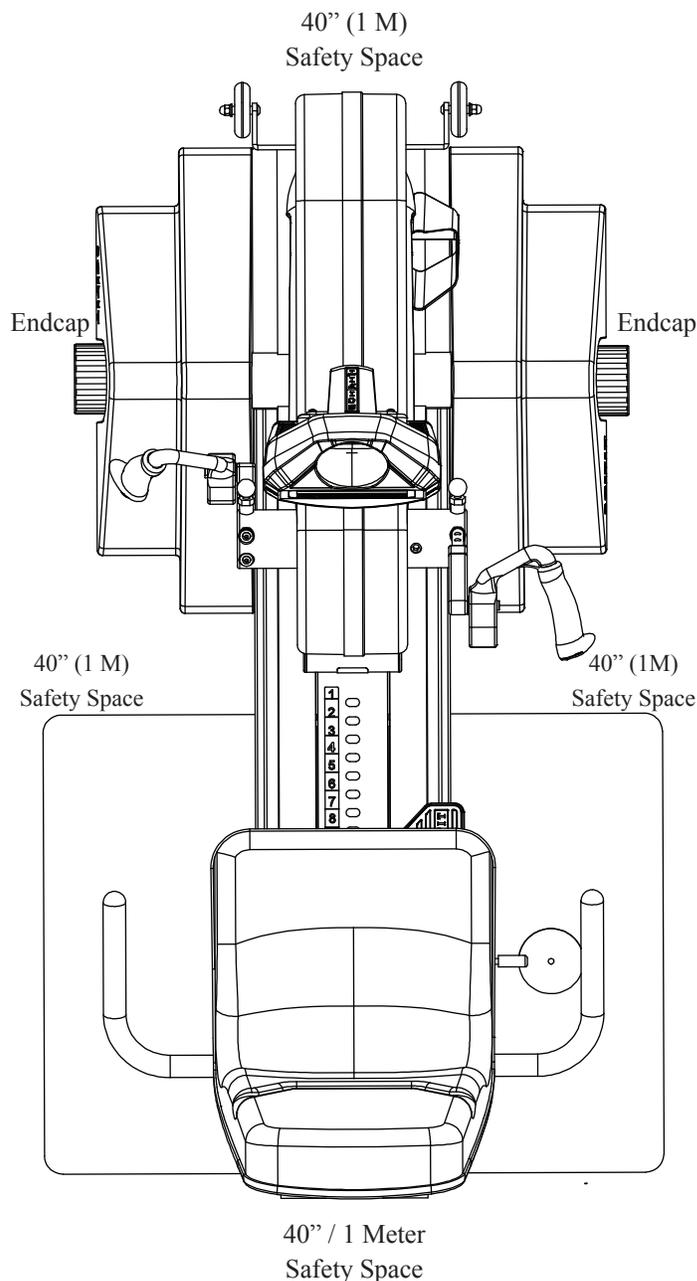
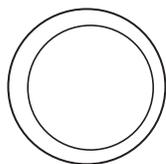
WARNING

Failure to place the equipment on a stable and level sub-floor with a safety perimeter can result in injury to yourself and others.

Level Cardiovascular Machine

If the sub-floor is unlevel, the unit is equipped with leveling end caps. The end caps are designed with the recess of end cap off centered. This allows you to rotate the endcaps to a position that will level the machine. After adjustment, check and make sure the end caps are fully seated against base frame tubes.

Offset Endcap



Proper Supervision

Close supervision is required when the exercise machine is being used by or near individuals with disabilities. Keep unsupervised children outside the safety perimeter.

Cleaning

Never clean the machine with organic solvents, alcohol or bleach based cleaners. To promote a healthy environment, wipe any sweat off of unit with a commercially manufactured wipe designed for the fitness industry, or a damp cloth.

ASSEMBLY

Mounting The Monocoque Frame To The Base Frame (Reference diagram below)

CAUTION

Monocoque Frame is top heavy. Two people are required to position frame in place. Failure to support frame properly **may** result in injury to yourself and others.

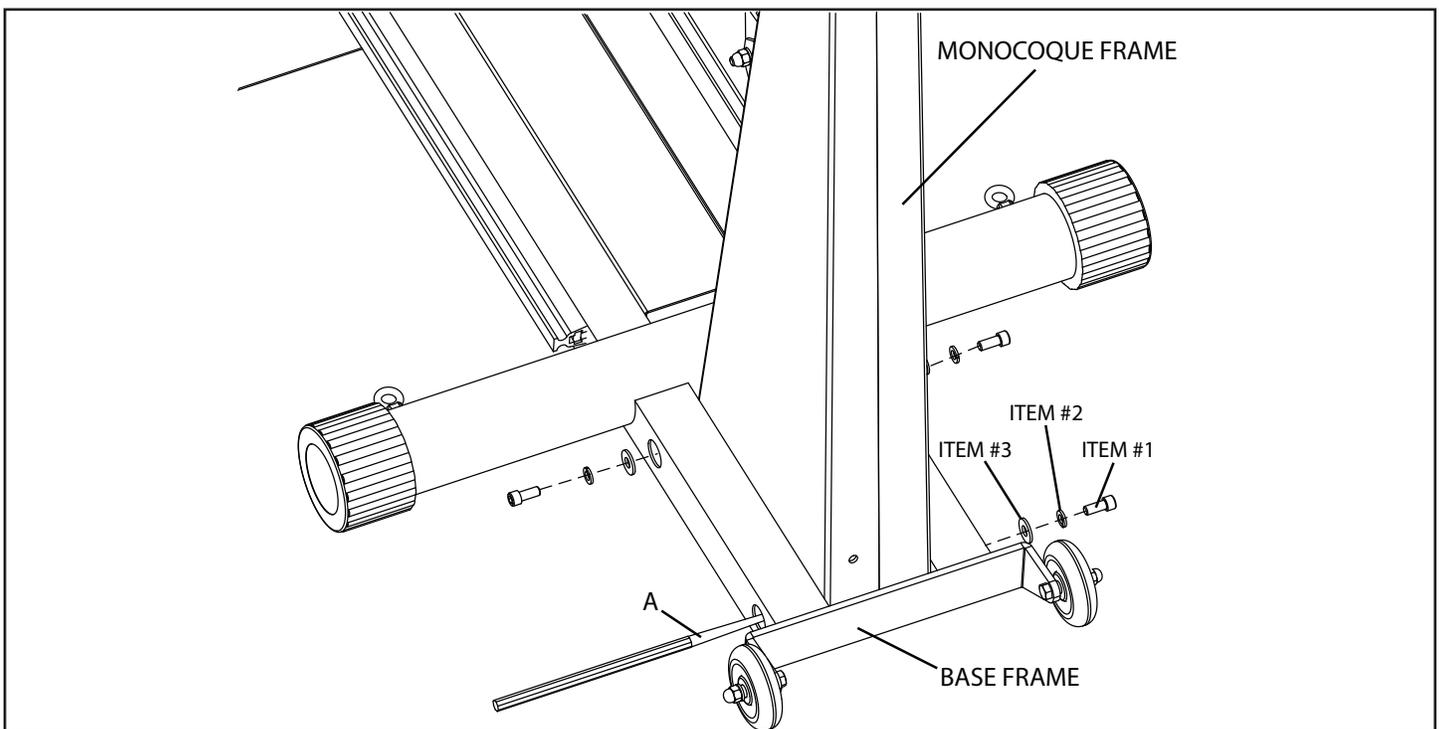
Required Tools:

Torque wrench with range above 576 in/lbs (65 N/m)
Long Needle Point Center Punch
5/16" (8mm) Hex Bit

Required Parts:

(Qty. 4) Item #1: #93305 - Bolt, 3/8" x 1", Socket Cap
(Qty. 4) Item #2: #33893 - Washer, Split, 3/8"
(Qty. 4) Item #3: #1133815 - Washer, Flat, 3/8"

1. With the aid of a second person, lift and set the monocoque frame onto the base frame, aligning the bottom threaded nuts with the mounting holes located at the front of the base frame.
2. Insert a long needle point center punch (A) through one of the front mounting holes of the base frame to hold the monocoque frame in place.
3. Slide (item #2) 3/8" split washer (Qty.1), then (item #3) 3/8" flat washer (Qty.1) onto three of (item #1) 3/8" bolts.
4. Push up on monocoque frame to align the holes, then **loosely thread** the bolts into the three open mounting holes.
5. Repeat step 3 for the last bolt, then return to center punch (A) and pull it out to loosely thread in the last remaining bolt.
6. Use the torque wrench to tighten all bolts to 576 in/lbs (65 n/m).

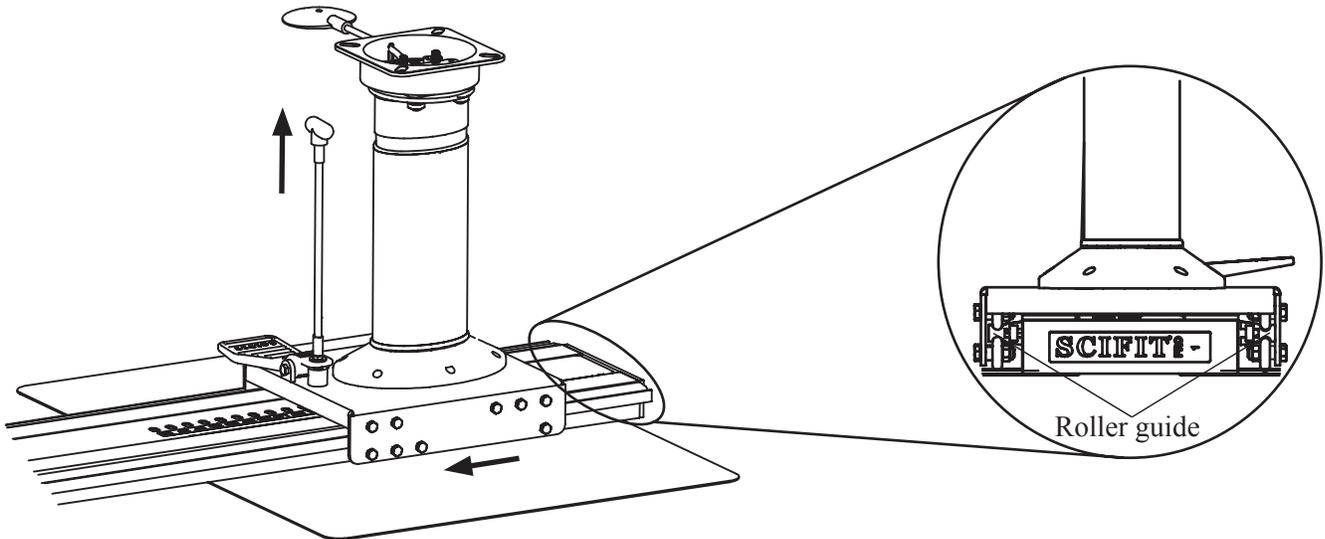


ASSEMBLY

SWIVEL SEAT ASSEMBLY

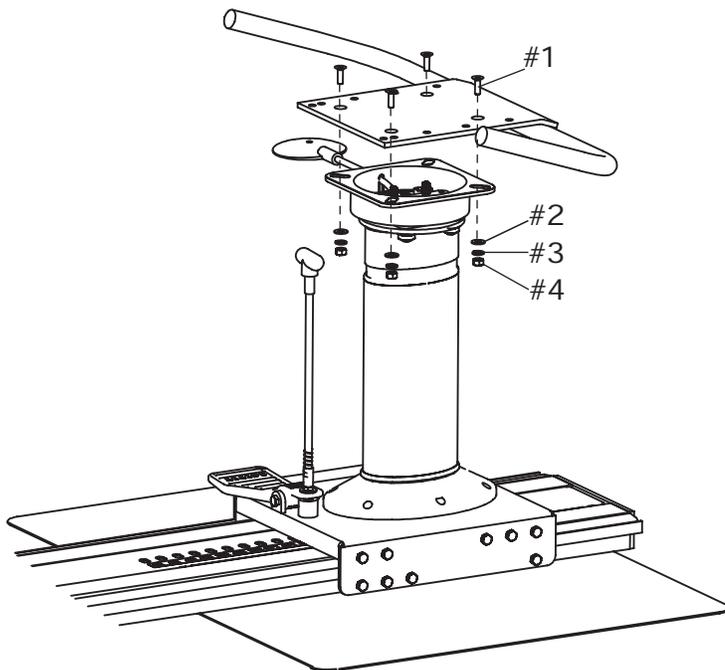
Step 1:

Pull upward on the yellow T-handle of the seat adjustment lever, then lift and slide the seat post onto the frame track making sure the roller guide rail is between the top and bottom wheels of the base.



Step 2:

Attach the handlebar plate to the seat post with (Qty. 4) of items #1, #2, #3 and #4 as shown on the drawing below.



Tools Required:

3/16" (5mm) Hex Bit

1/2" (13mm) Wrench or socket



Item #1 (#94256)

5/16-18 x 1 Socket Flat Head Screw



Item #2 (#33080)

5/16 Flat Washer



Item #3 (#1133892)

5/16 Split Washer



Item #4 (#1136104)

5/16 Nut Hex

ASSEMBLY

SWIVEL SEAT ASSEMBLY CONT'D

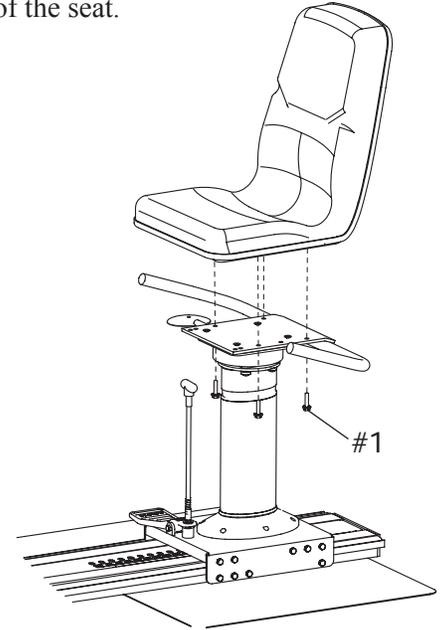
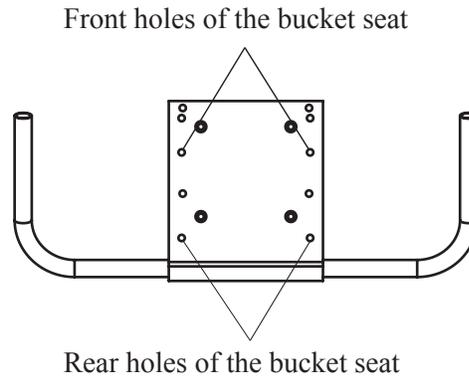
Step 3: (Bucket Seat Assembly)

- Align the front holes of the bucket seat with the 3rd set of holes from the front of the handlebar plate, (see diagram), then loosely screw in (Qty. 1) of item #1 into one of the front holes of the seat.
- Align the other three holes and insert the other three screws loosely.
- Tighten all four screws to secure the bucket seat.

Tools Required:

1/2" (13mm) Wrench or socket

-  Item #1(#19919)
5/16-18 x 1.25 Serrated Screw



Step 3a: (2-Piece Seat Assembly)

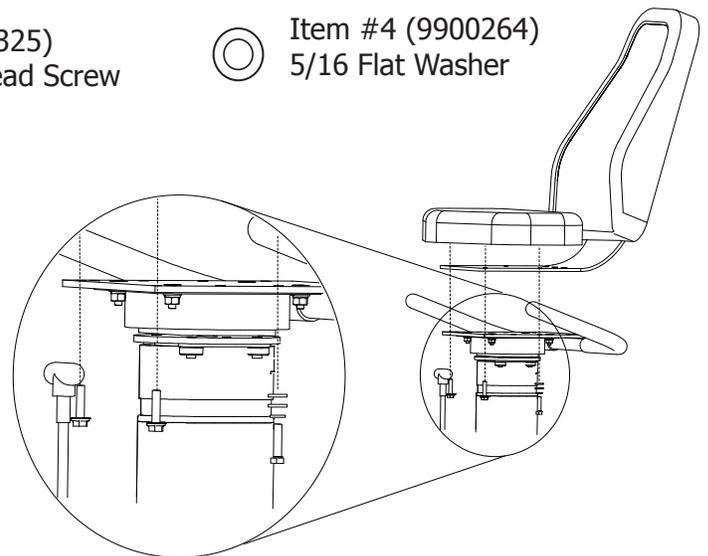
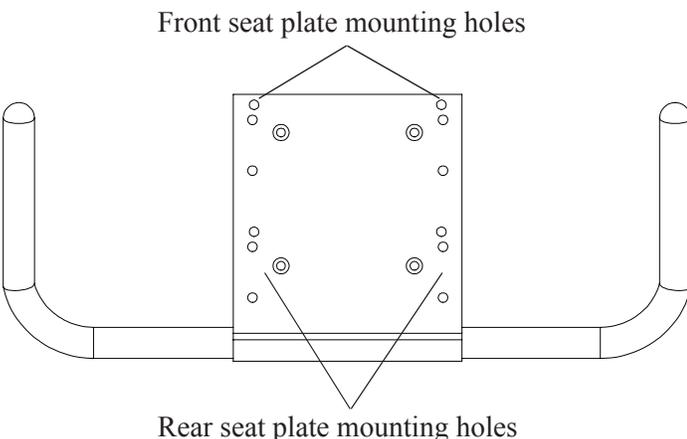
- Align the front two holes of the seat mount plate with the 1st set of holes of the handlebar plate (see diagram), then insert (Qty. 1) of item #1 into one of the front holes to hold the seat mount plate in place.
- Align the front hole of the bottom seat pad with the inserted screw and loosely screw it into the seat pad.
- Align the other front hole of the seat pad and loosely screw in (Qty. 1) of item #1 screw.
- Slide (Qty. 1) item #3, then (Qty. 2) item #4 onto (Qty. 1) item #2, then loosely screw into the rear holes of the seat pad.
- Tighten all four screws to secure the bottom seat pad and plate mount

Tools Required:

1/2" (13mm) Wrench or socket

-  Item #1 (#19919)
5/16-18 x 1.25 Serrated Screw
-  Item #2 (#110120325)
5/16-18 x 1 Hex Head Screw

-  Item #3 (#1133892)
5/16 Split Washer
-  Item #4 (9900264)
5/16 Flat Washer

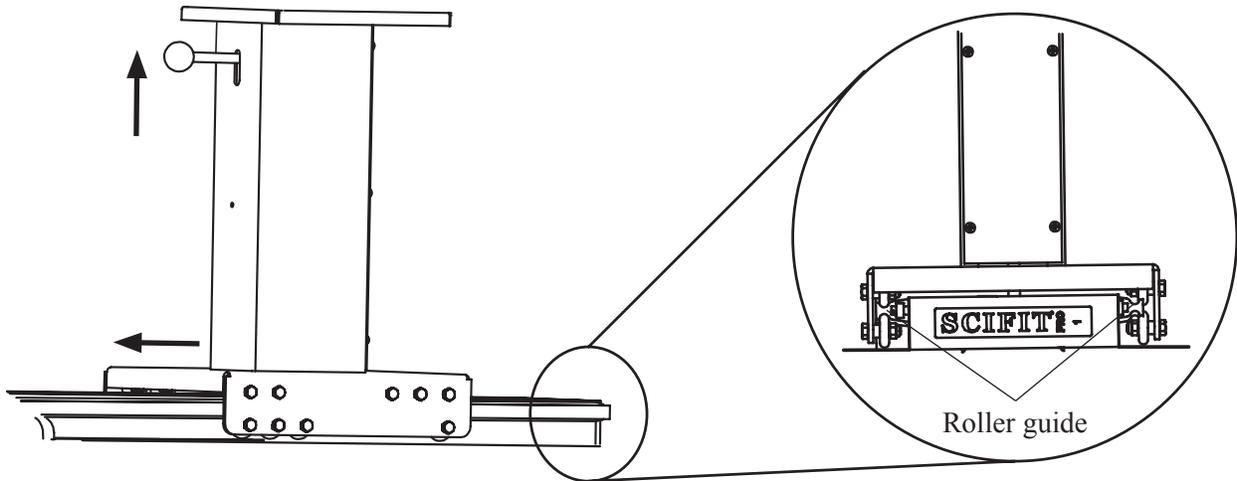


ASSEMBLY

FIXED SEAT ASSEMBLY

Step 1:

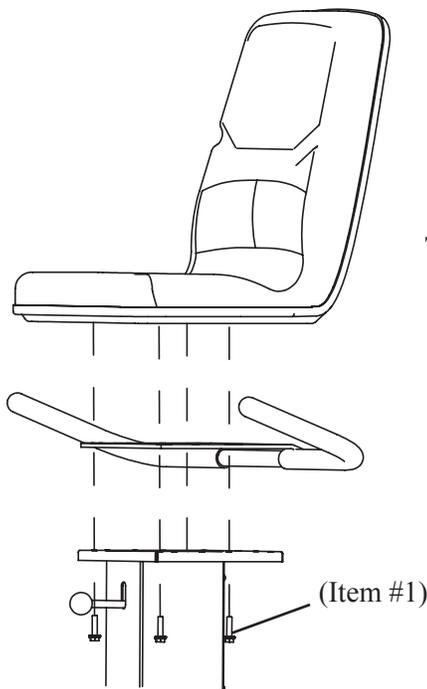
Pull upward on the yellow knob of the seat adjustment lever, then lift and slide the seat post onto the frame track making sure the roller guide rail is between the top and bottom wheels of the base.



Step 2: (Bucket Seat Assembly)

- Align the front two holes of the bucket seat and handlebar plate with the front set of holes on the fixed seat mount (see diagram), then insert (Qty. 1) of item #1 into one of the seat holes and loosely tighten into place.
- Align the second front hole of the seat and loosely tighten with (Qty. 1) item #1 screw.
- Align the second rear hole of the seat and loosely tighten with (Qty. 1) item #1 screw.
- Insert and loosely tighten the remaining two rear holes with (Qty. 2) item #1 screws.
- Tighten all four screws to secure the seat to the fixed seat mount.

Align holes of seat with these holes on the fixed seat mount

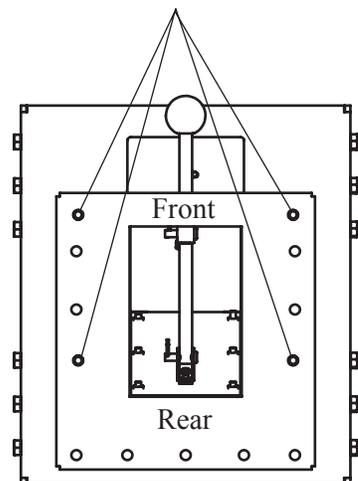


Tools Required:

1/2" (13mm) Wrench or socket



Item #1 (#19919)
5/16-18 x 1.25 Serrated Screw

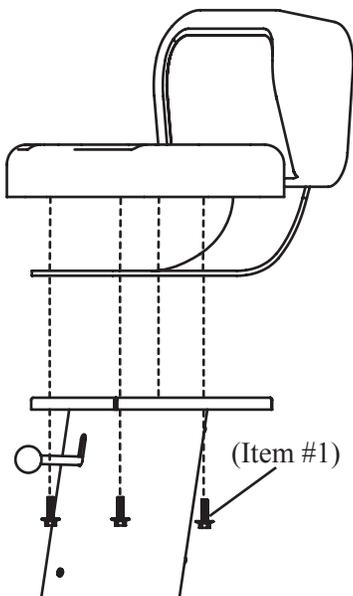


ASSEMBLY

FIXED SEAT ASSEMBLY CONT'D

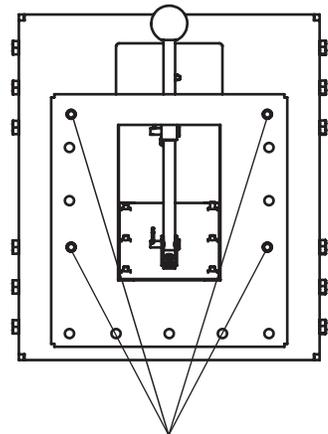
Step 2a: (2-Piece Seat Assembly)

- Align the front two holes of the seat mount plate with the 1st set of holes of the fixed seat mount. (see diagram), then insert (Qty. 1) of item #1 into one of the front holes to hold the seat mount plate in place.
- Align the front hole of the bottom seat pad with the inserted screw and loosely screw it into the seat pad.
- Align the other front hole of the seat pad and loosely screw in (Qty. 1) of item #1 screw.
- Align, then loosely screw in (Qty. 2) of item #1 into the two remaining rear holes.
- Tighten all four screws to secure the bottom seat pad and plate mount.



Tools Required:
1/2" (13mm) Wrench or socket

 Item #1 (#19919)
5/16-18 x 1.25 Serrated Screw



Align bottom seat pad holes with these four hole locations

ASSEMBLY

Verify Upper Cranks Are Secure

During shipment it is possible that the two set screws securing the crank hub to the shaft may become slightly loose.

It is strongly recommended that these set screws be checked before attaching the crank handles.

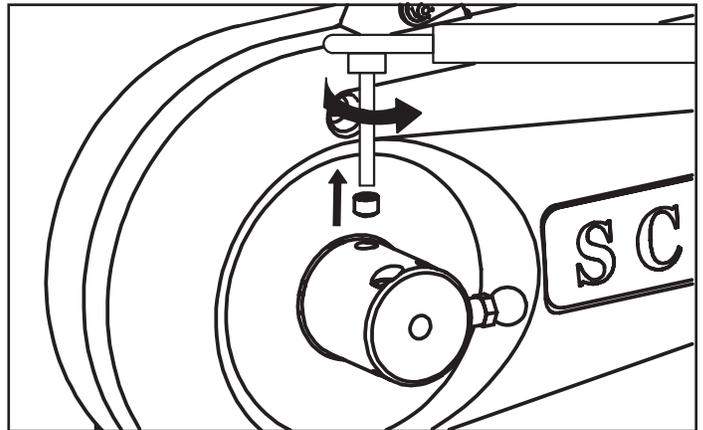
The following steps will explain this procedure.

Tools Required

- 5/16" (8mm) Hex bit
- Torque wrench set for 480 in/lbs (54 n/m).

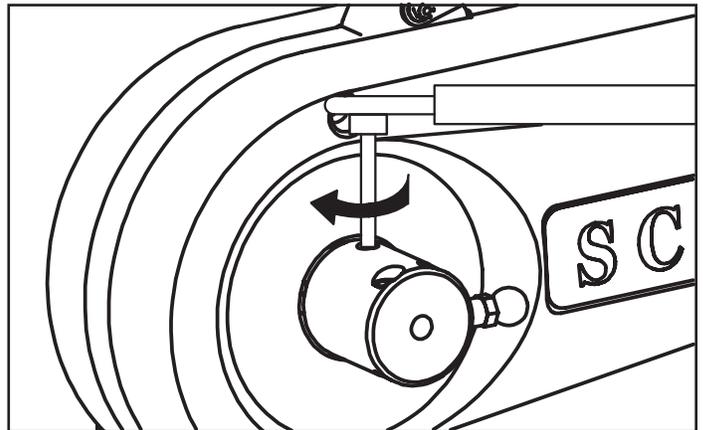
Step 1:

Starting on the right side, use a 5/16 Hex bit to remove the 1st set screw #P3110 (5/8-18 x .5 Socket) and place to the side.



Step 2:

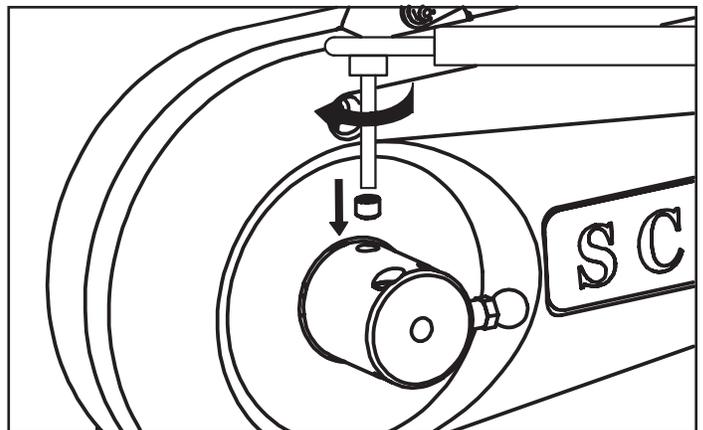
Using a 5/16 Hex bit and Torque wrench set at 480 in/lbs. Insert the bit into the crank hub to reach the 2nd set screw #P3111 (5/8-18 x .75 Socket) and TIGHTEN to the 480 in/lb setting on the wrench.



Note: The wrench will click when it has reached the 480 in/lb (54 n/m) setting.

Step 3:

Again using a 5/16 Hex bit and Torque wrench set at 480 in/lbs, reinsert the set screw removed in step 1 into the crank hub and TIGHTEN to the 480 in/lb setting on the wrench.



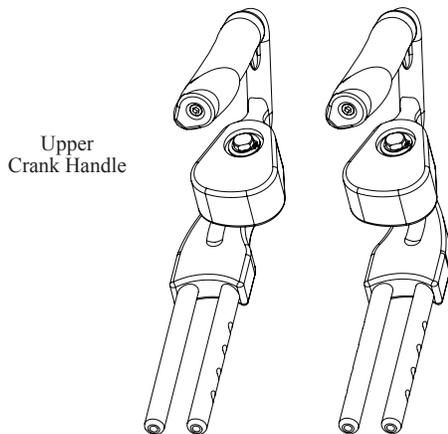
Step 4:

Repeat steps 1 thru 3 for the left side.

ASSEMBLY

Assemble Hand Crank Handles to Hubs

Identify Upper Hand Crank Handles



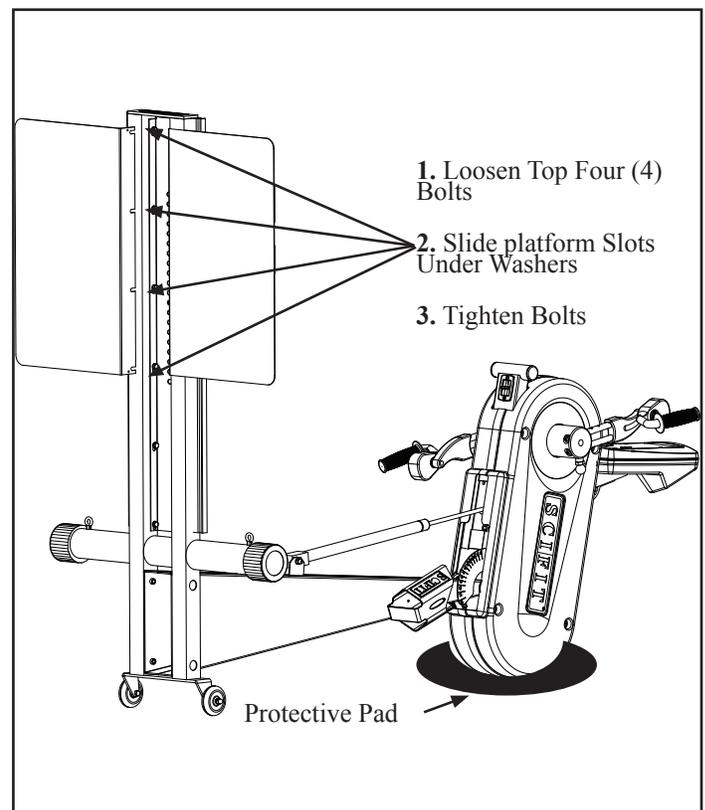
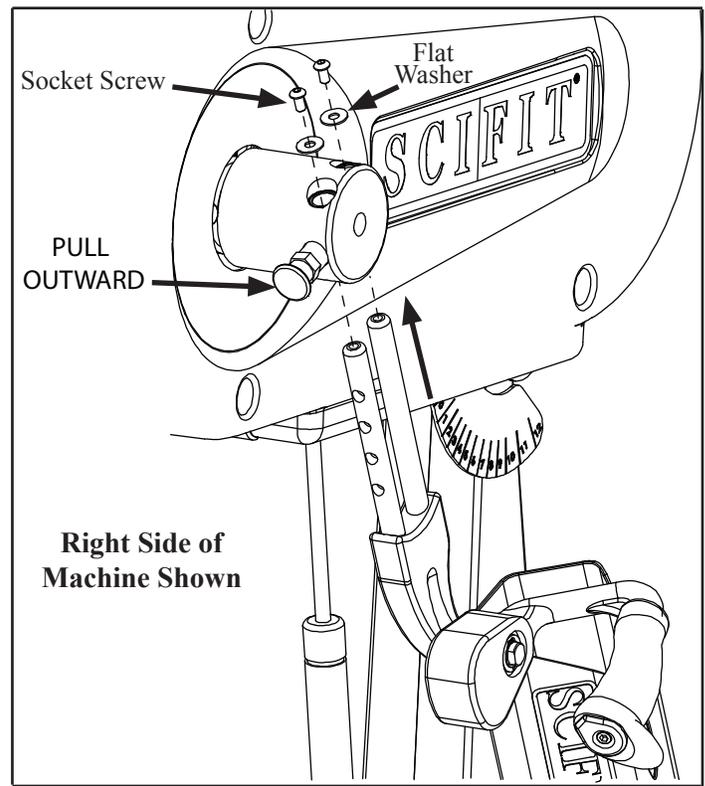
1. Insert the parallel rods through the bearing holes of the hub.
2. Pull the yellow crank adjustment knob outward, then push the crank rods through until the ends of rods protrude out the other side of the hub. Release the knob to lock it into position.
3. To prevent unwanted dropping of crank arm when adjusting the crank positions, install a 1/4-20 x 1/2 socket screw (#94049) and 1/4" washer (#10537-08370) into the ends of each rod (see diagram).

Wheelchair Platform

For equipment that is shipped assembled, the wheelchair platforms will need to be installed.

With the aid of an assistant, carefully raise the rear of the base frame and lower the work console end down until it is resting on the floor (see diagram). To prevent damage to the enclosures, place a pad, piece of carpet or cardboard between the enclosures and floor.

1. Use a 1/2" (13mm) socket to loosen the top four bolts that secure the stainless steel adjustment track to the base frame, just enough to slide the platform under the lockwashers. **NOTE: Do Not remove or loosen bolts more than necessary.**
2. Engage the slots of the wheelchair platform over the under the lockwashers and onto the bolts, with the flat horizontal surface of the wheelchair platform flush against the base frame square tube.
3. Tighten the four bolts, then repeat the process for the opposite side



ASSEMBLY

PRO1 Sport Platform Attachment

The PRO1 Sport will come with two symmetrical molded platforms, that can be easily attached to the frame of the machine.

Step 1:

Take the first platform and position it over the machine frame with the SCIFIT decal pointing forward.

Step 2:

Align the formed cut-out running along the underside of the platform with the frame's square tubing.

Step 3:

Align the molded hook overlap at the front of the platform with the small crossbar attached between the frame's two square tubing.

Step 4:

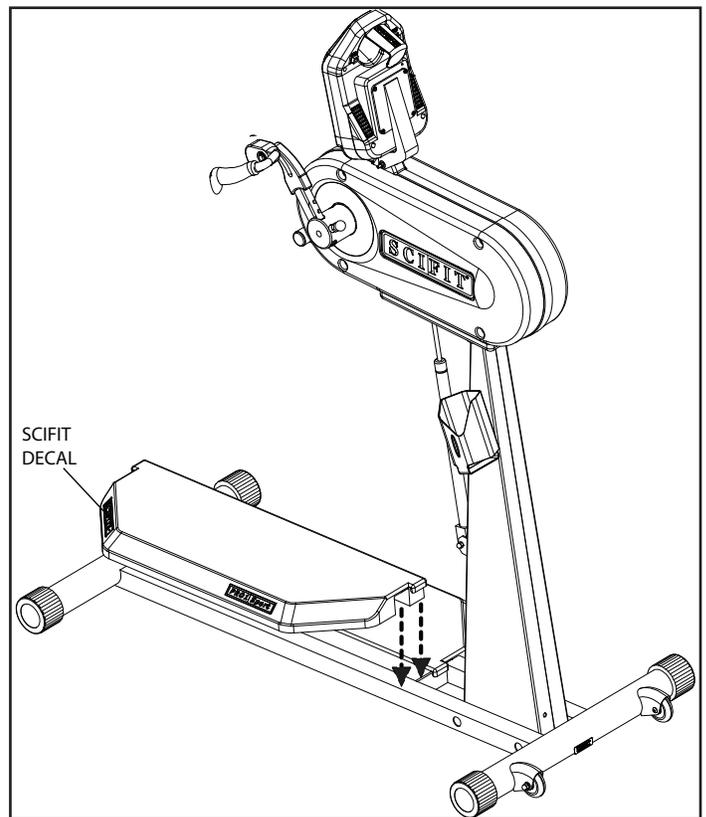
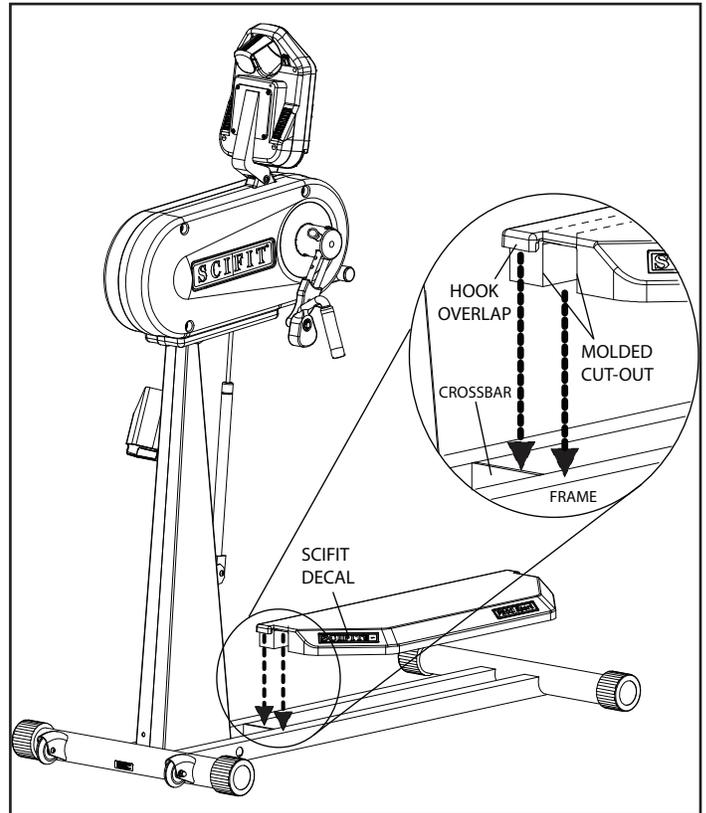
Place the platform onto the square tubing and crossbar, verifying a proper fit.

Step 5:

Take the second platform and position it over the machine frame with the SCIFIT decal pointing toward the rear.

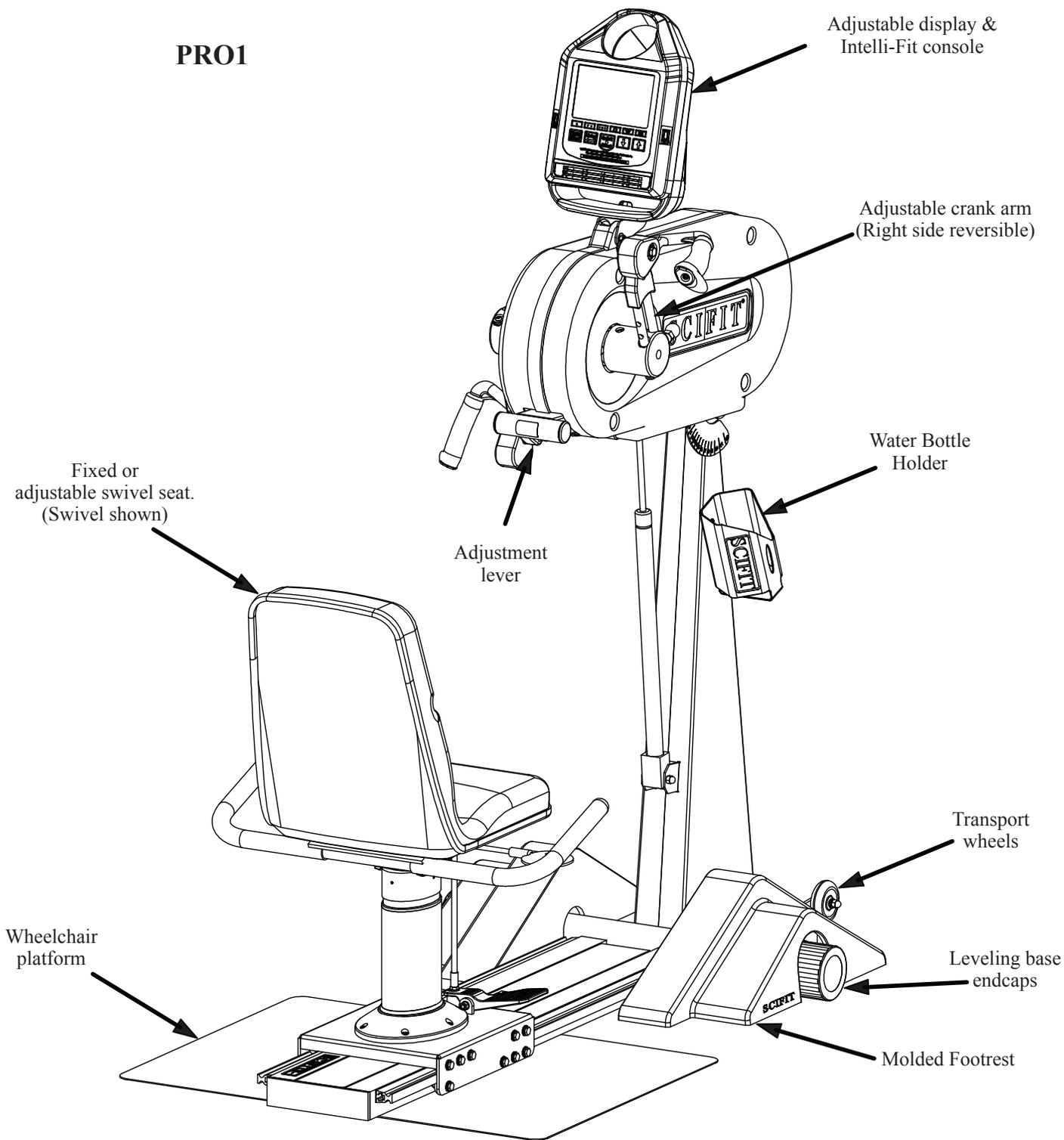
Step 6:

Repeat steps 2 thru 4.



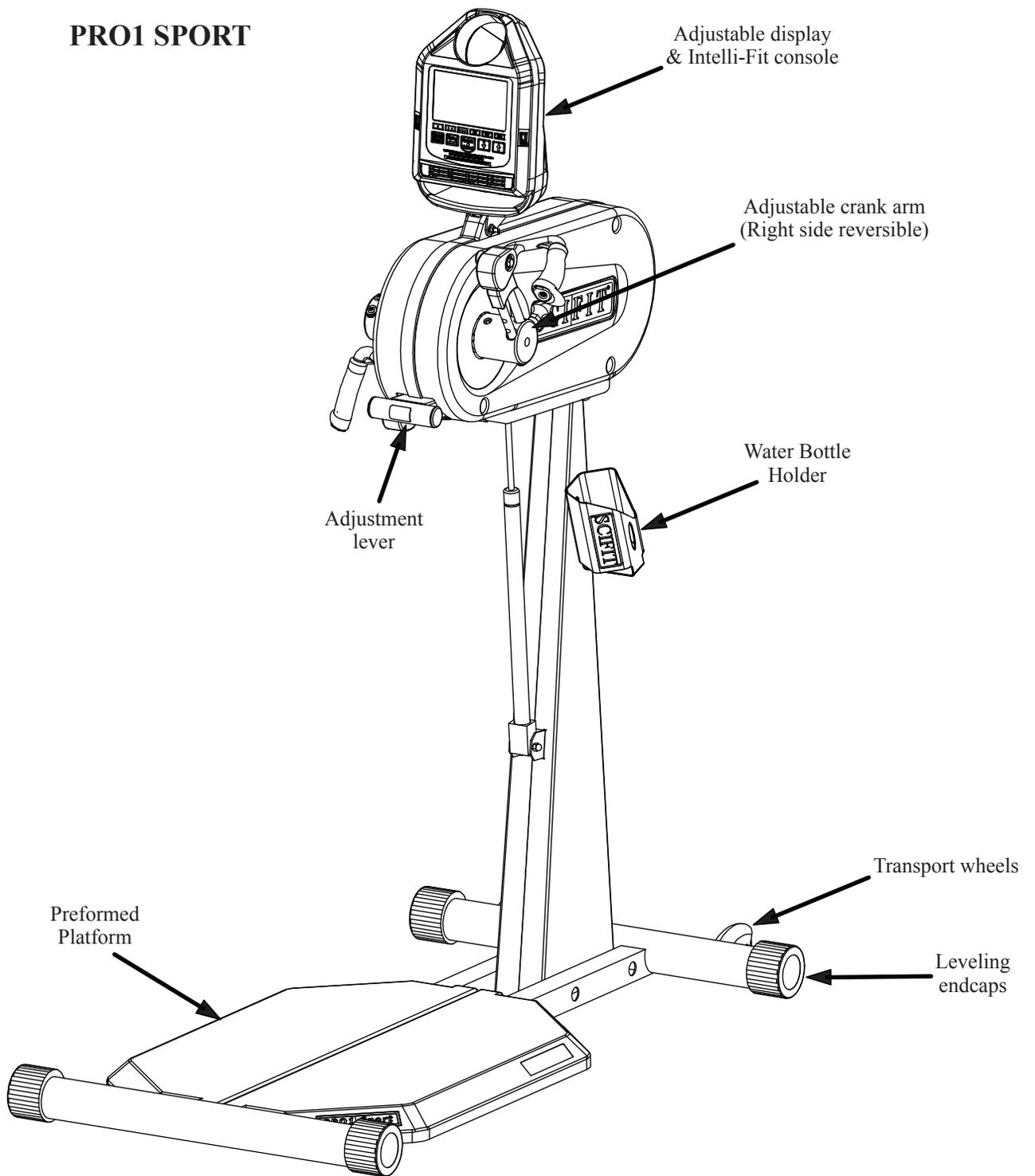
PRODUCT OVERVIEW

PRO1



PRODUCT OVERVIEW

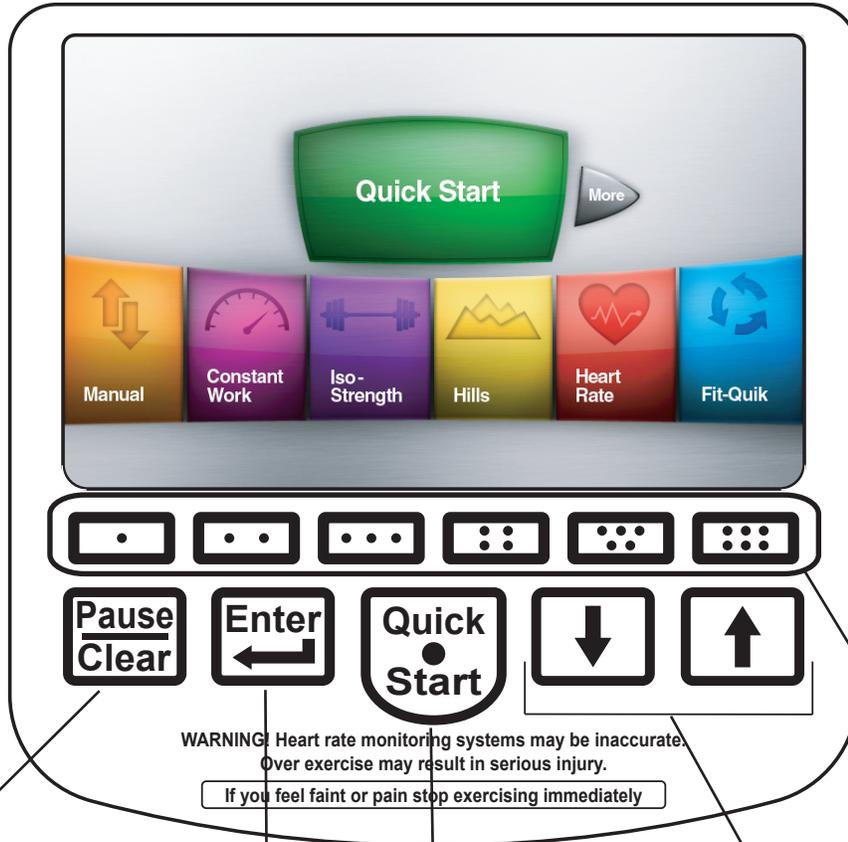
PRO1 SPORT



KEYPAD FUNCTIONS

⚠ ATTENTION

The tactile keys on the membrane switch are fully functional and may still be used for Data Entry, Workout selection, etc., if so chosen.



PAUSE/CLEAR

This key pauses the workout at anytime. Three choices then become available:
1. Continue the workout
2. Change data entry information
3. Stop the workout

ENTER

This key confirms the operator's category value selection in the data entry screen.

QUICK START

Begins a pre-programmed workout session.

UP/DOWN ARROWS

These keys increase or decrease values of workout parameters.

WORKOUT SELECTION

The operator can choose up to ten different workouts.

BIOMECHANICAL POSITIONING

PRO1 Sport

Spread both feet and place them securely on the platform and in a comfortable position. Do not lock the knees and do not allow the feet to move beyond the platform. The PRO1 Sport encourages function and natural movement, therefore ideal foot placement and body position depends on the goal of the user. Adjust the height and angle of the cranks to a comfortable position that encourages proper posture for specific training movements (see page 18).

PRO1 With Seat Assemblies

Adjust the seat or wheelchair forward or backward to a comfortable location for the upper body movement. A slight torso rotation is desired on extension. Avoid locking arms at extension by adjusting the seat position or arm crank length. Adjust the height and angle of the cranks to a comfortable position that encourages proper posture for specific training or rehabilitation movements. Such movements and adjustments should be under the guidance and supervision of a fitness or medical professional. If your PRO1 features a seat with height adjustment, you may adjust either the seat height or the main body to obtain the desired axis of rotation and body position.

Crank Arm Radius

Adjust the crank arm radius by changing the crank position length. The longer the crank length the larger the circle the user will experience when exercising. Generally a larger circle will result in broader muscle recruitment and greater torso rotation.

Comfort is a key issue and these guidelines may be helpful.

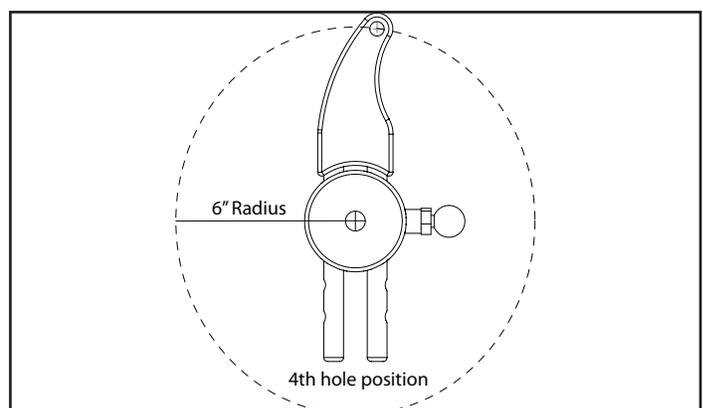
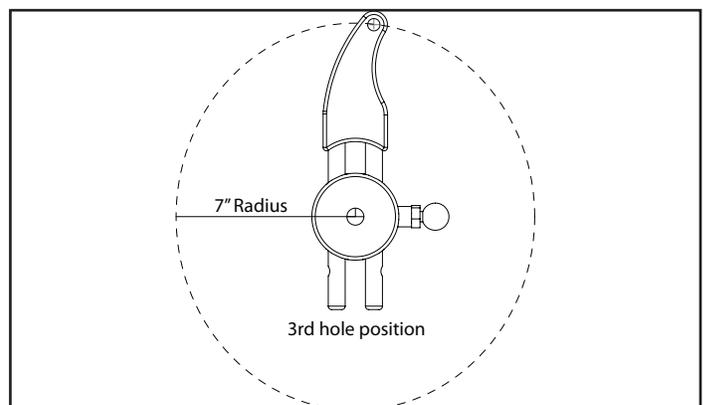
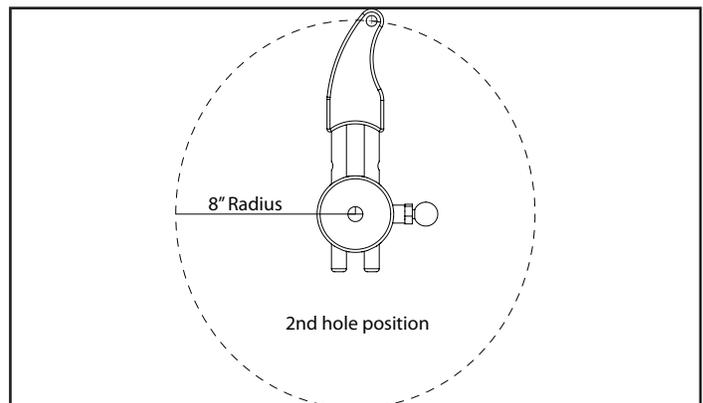
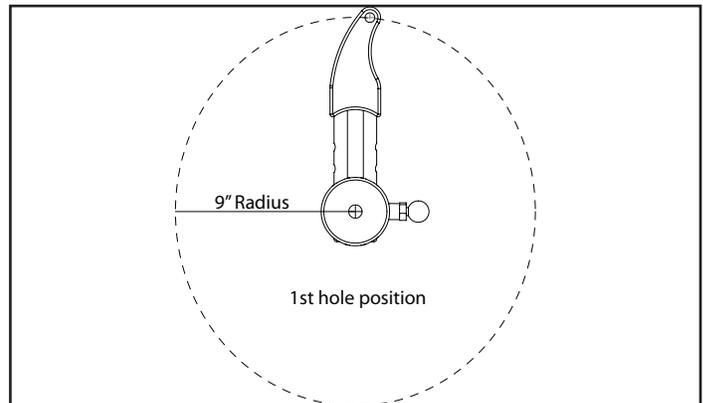
Users Height:

- 5' 6" and under = shortest crank settings
- 5' 7" to 5' 10" = middle two crank settings
- 5' 11" and taller = longest crank setting

Important Note: When using this product for medical or rehabilitation purpose, the crank radius, seat height and distance should be set by the attending therapist or medical professional based on the specific needs of the user.

⚠ CAUTION

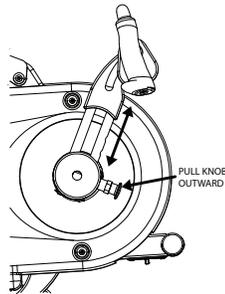
Always follow medical professionals guidelines to reduce the risk of personal injury. Failure to follow their directions **may** result in injury to yourself.



ADJUSTMENTS

Crank Arm Adjustment

The crank arms can be adjusted to accommodate user height, achieve proper bio-mechanical positioning and work different muscle groups. To adjust the crank arm position, pull the yellow adjustment knob on the hub outward and move the crank arm to the new position, then release.



Reversing Crank Arms

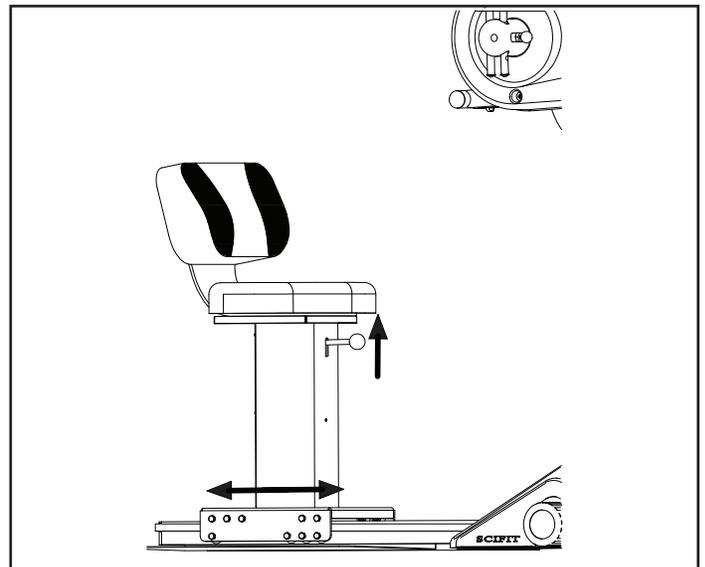
The upper body crank arms can be easily adjusted to work in unison or in a rotary rowing motion.

1. Remove the allen head screw and washer from the ends of the crank rods on the right side of the unit with the supplied allen key that was included in your owners package.
2. Pull the yellow adjustment knob and slide the crank arm completely out of the hub, then turn over the crank and re-insert the crank arm carefully in the opposite position. The crank arms will now be working in unison.

Using your SCIFIT PRO1 in this manner encourages abdominal and back involvement and can be used in the treatment of specific medical conditions.

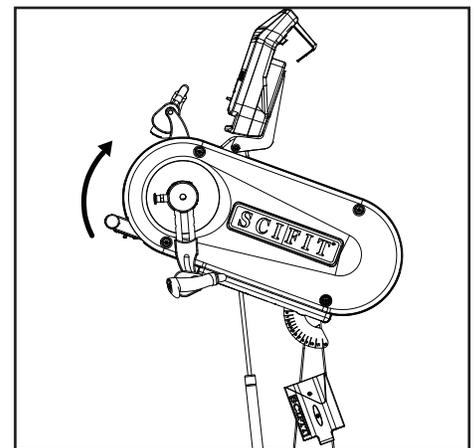
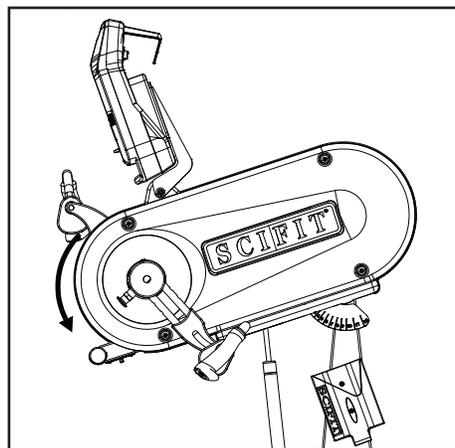
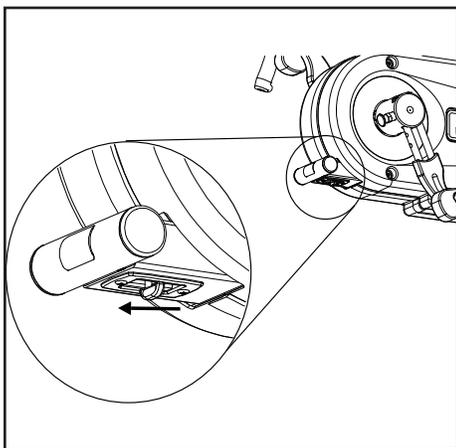
Fixed Seat Adjustment

Seat position is dependent on user height, console position and crank arm adjustment. The seat should be positioned so that the arm has a slight bend at the furthest rotation point of crank arm. To adjust the seat, lift up the yellow adjustment knob located on the front side of the seat weldment, under the seat for movement forward or backwards as desired. The seat will adjust in 1" (25.4mm) increments.



PRO1 Main Body Adjustment

To achieve the optimal workout position and also to work different muscle groups, the PRO1 main body can be adjusted up or down by pulling on the small locking tab located in the front.



ADJUSTMENTS

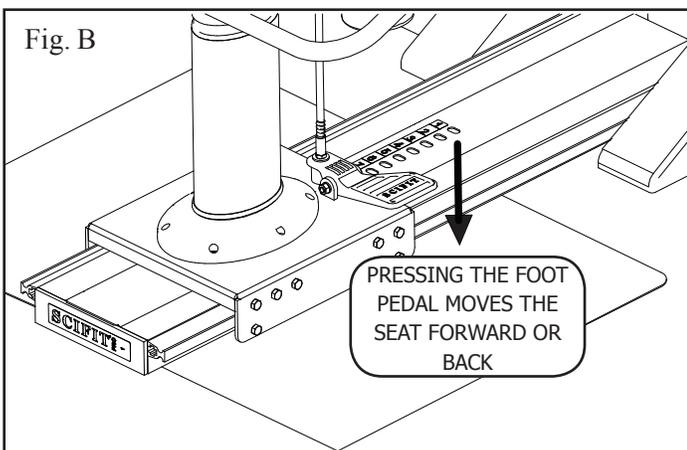
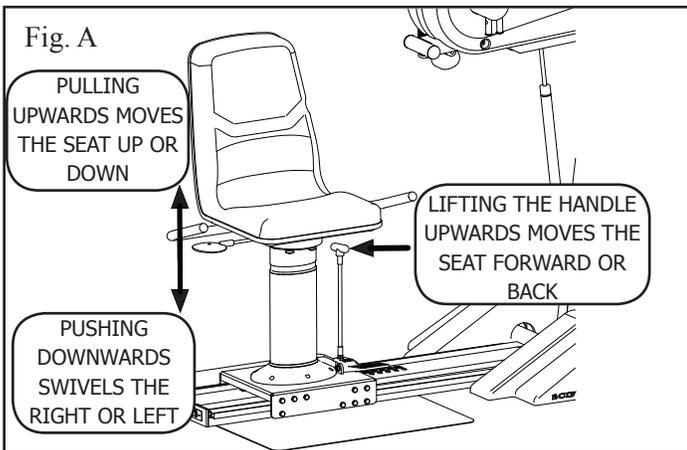
Swivel Seat Adjustments (Fig. A & Fig. B)

Horizontal Adjustment - The seat can be adjusted in 1" (25.4mm) increments by pulling upward on the yellow spring loaded T-handle, then sliding the seat assembly forward or backward. The seat may also be adjusted by pressing the foot assist pedal. Adjust the seat so the arms have a slight bend at full extension. The feet can be located in the most comfortable area on the flat surface of the foot rest.

Vertical Adjustment - Pull **upward** on the yellow paddle shaped lever to move the seat up or down.

NOTE: The seat will not move up if weight is on it.

Swivel Adjustment - Push **downward** on the yellow paddle shaped lever to rotate the seat right or left until it locks in place. The seat will lock into place at each 90 degree position.

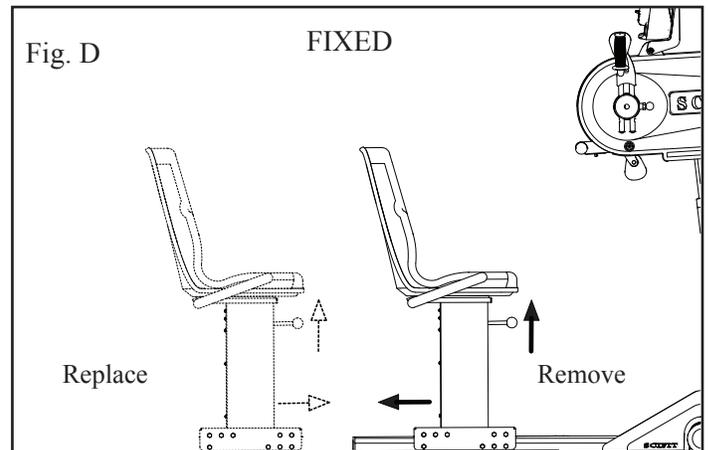
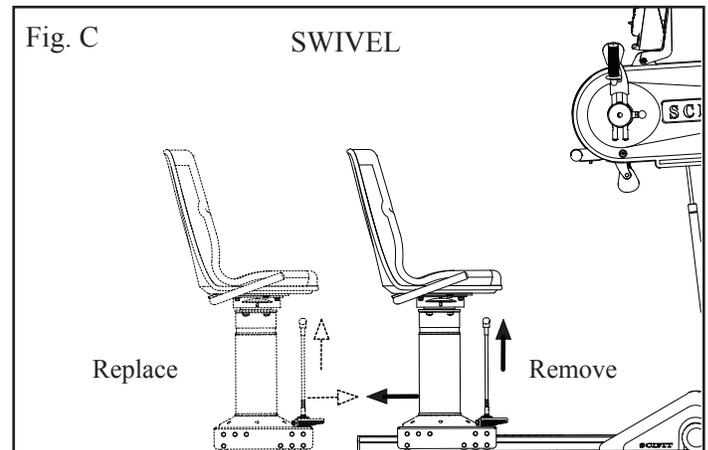


Seat Removal (Fig.C & D)

To remove the seat for standing exercise or wheelchair access, pull up and hold the yellow knob (fixed seat) or yellow T-handle (swivel seat), then move the seat backwards until the seat assembly is completely off the seat roller track.

Seat Replacement (Fig. C & D)

To place the seat back on the machine, engage the seat roller wheels onto seat roller track, pull up on the yellow knob (Fixed) or yellow T-handle (Swivel) and push the seat forward to the desired position.



HEART RATE TRANSMITTER STRAP

Heart Rate Transmitter Strap

The optional wireless heart rate transmitter accessory is a useful device if you desire continuous feedback on your current heart rate during a workout. In addition the PRO1 includes a heart rate control program which requires use of the strap.

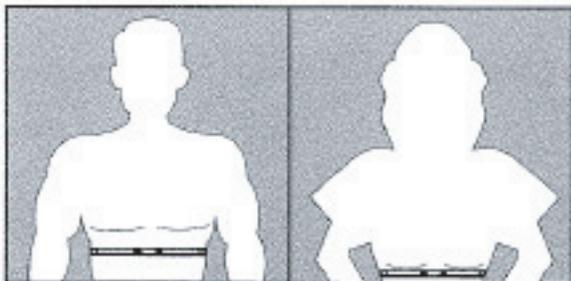
The heart rate control programs enables the user to setup a target heart rate. Through real-time monitoring of the user's heart rate, the console maintains the user's heart rate at or below this established target rate by decreasing the workload if the user's heart rate exceeds the target.

Activating & Deactivating Transmitter

Heart rate transmitter straps come in a variety of styles and manufacturers. To properly activate, secure strap to the chest and to deactivate follow the instructions that come with the transmitter strap.

CAUTION

Always follow manufacturers instructions for proper care and use. Failure to follow manufacturers instructions may result in injury to yourself.



WARNING

Heart Rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately. Over exercising may result in serious injury or death.

Calculating Target Heart Rate Zone

Your approximate Maximum Heart Rate (MHR) is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your MHR. The lower limit of your target zone is equal to 0.60 times your MHR.

For Example:

Your age is 40:

$$220 - 40 = 180$$

$$180 \times .85 = 153 \text{ (max MHR)}$$

$$180 \times .60 = 108 \text{ (min MHR)}$$

These values are based upon averages, always consult your physician to establish the proper heart rate zone for your individual health condition.

Note: The heart rate program will maintain your HR within a 10 BPM range of your set target. This variable may depend upon maintaining a constant RPM (Cadence).

PROGRAM INSTRUCTIONS

Programs

SCIFIT products have 200 levels of computer controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout. Because the resistance is adjustable in .1 increments, it is easy for the user to track progress. SCIFIT products feature one of the highest resistance capabilities available on any cardio equipment.

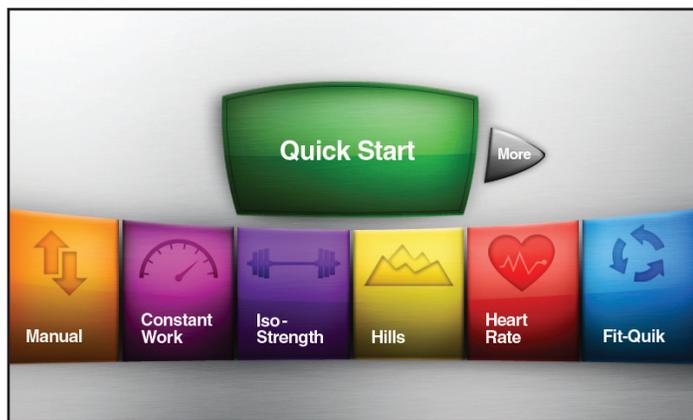
The PRO1 is self-generated and has an extremely low starting resistance. One pedal movement activates the console and the screen will remain lit at the most minimal levels of movement.

The PRO1 has a battery back up which will keep the screen lit for a short period after the workout is completed or if the user stops. This varies between 0 seconds and 3 minutes and can change with the amount of use each product gets.

If you prefer the console to remain lit at all times, an optional AC adapter can be plugged into the machine to accomplish this. This is common in medical settings and with Fit-Key Programs.

Touchscreen

Touchscreen allows the user to select any program or key feature on the console with just a finger tip touch of the screen. The PRO1 offers workout program options that can be selected from the touchscreen display (Menu screen example shown below). Six programs are shown on the screen at one time, additional programs can also be viewed by touching the “More” key on the screen.



When a workout program has been selected, the console will then advance to the “Data Entry” mode where additional information is entered prior to the workout commencing.

The user will have two options of entering data as each category is displayed on the screen.

A. Using the numerical touchscreen keypad (No. #1).

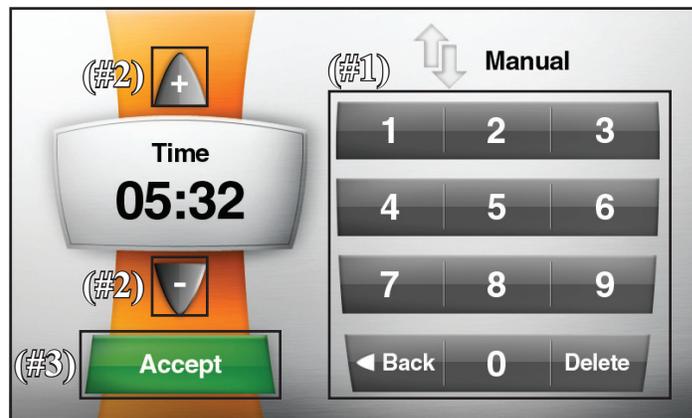
Note:

The “Delete” key will remove the last digit entered from the keypad (right to left).

The “Back” key will return you to the previous screen

B. Using the “+” or “-” arrow keys (No. #2).

C. When the correct information has been entered, touching the “Accept” button will save the data and advance to the next category or begin the workout if it is the last category (No. #3).



PROGRAM INSTRUCTIONS

Programs

The PRO1 machine offers ten workout programs (Not including Quick Start). The following is a summary.

Quick Start

Allows the user to get on the machine and go. Touching the “Quick Start” key at the main screen begins a workout with no set time limit. The intensity level can be changed by pressing the “Menu” key on the screen to view additional key features.

Touch the  key.

Changing The Intensity Level:

Touch the  key.

Additional key features will appear at the bottom of the screen.



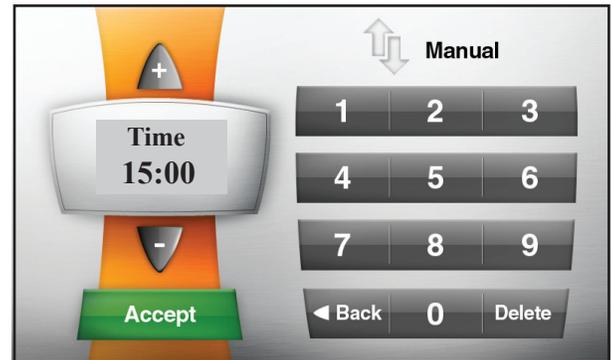
Touching the “Increase or Decrease” keys will change the workout intensity level.

Manual Workout

Allows the user to set the intensity at any level. This level will not change unless the user manually increases or decreases the intensity.

Touch the  key.

Using the data entry options described on page 13:
Enter the workout duration:



Touch the  key.

Select the level intensity:



Touch the  key.

Enter the user weight:

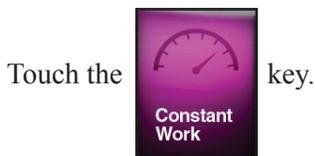


Touch the  key
and begin the workout.

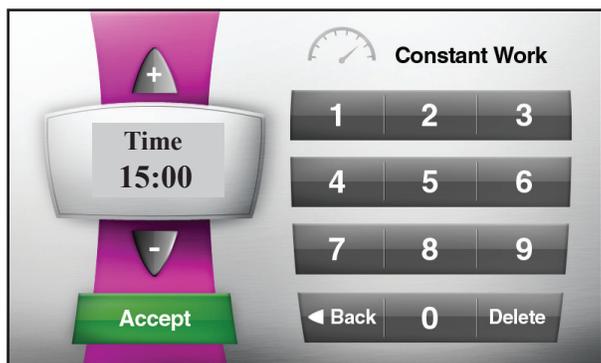
PROGRAM INSTRUCTIONS

Constant Work

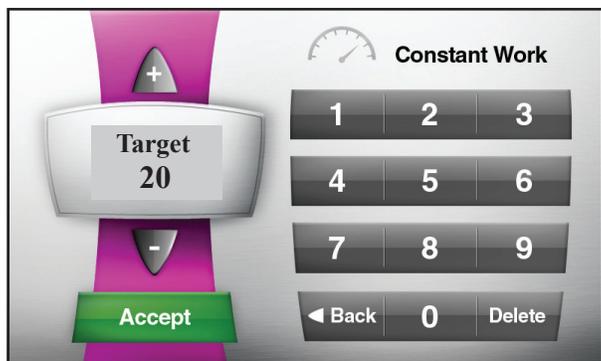
Workout resistance is automatically adjusted to compensate for any change in speed (RPM), thus the amount of work will remain constant at any given (Watts) setting.



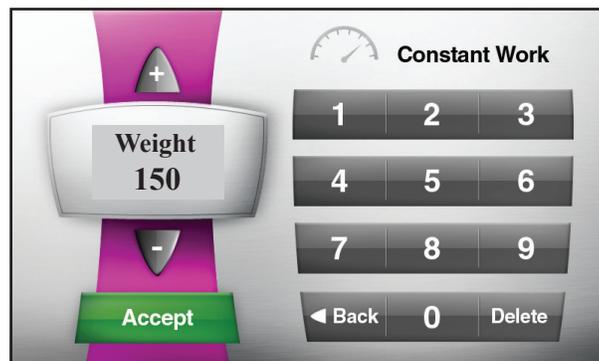
Enter the workout duration:



Enter the target watts:

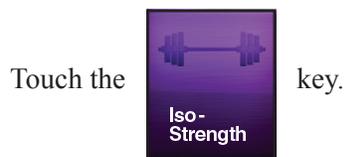


Enter the user weight:

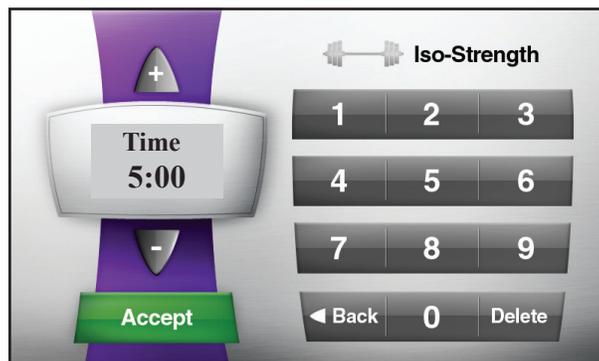


ISO-Strength Program

ISO-Strength is a isokenitic program, meaning that the unit will resist your movements in order to force you to stay at a set speed. This type of strength workout will not cause excessive soreness. The console will adjust resistance to keep the user at the target RPM speed.



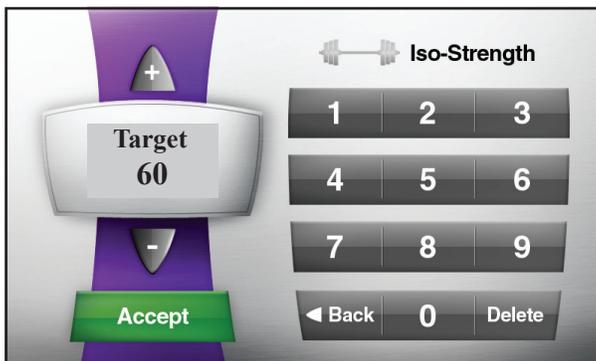
Enter the workout duration:



PROGRAM INSTRUCTIONS

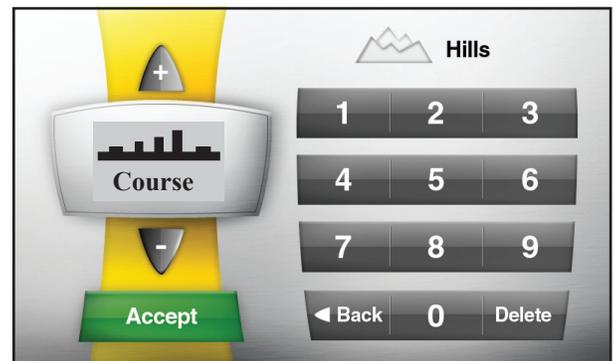
ISO-Strength Cont'd

Enter the target RPM:



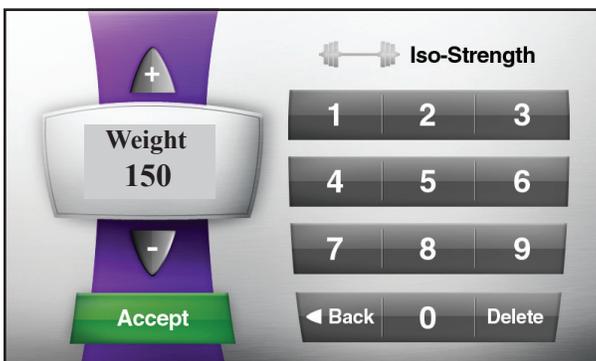
Touch the  key.

Select the course profile:



Touch the  key.

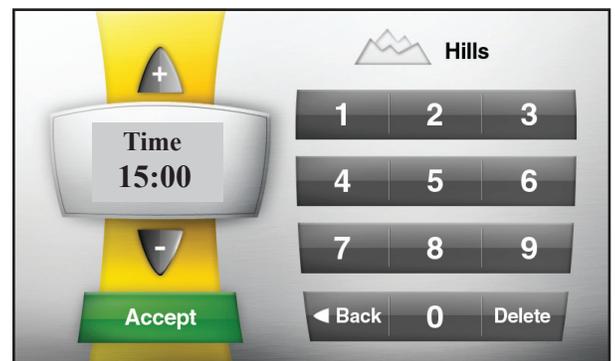
Enter user weight:



Touch the  key.

and begin the workout.

Enter the workout duration:



Touch the  key.

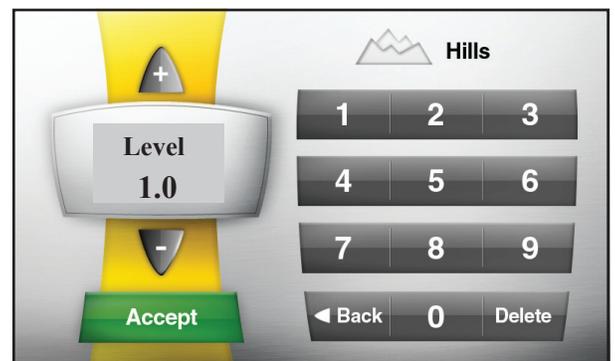
Hills Program

Allows the user to select from seven different Hill profiles set at various pre-programmed intensities.

The following profiles are available: Course, Sprints, Twin Peaks, Peak, Progressive, Multi-Peaks and Ramp.

Touch the  key.

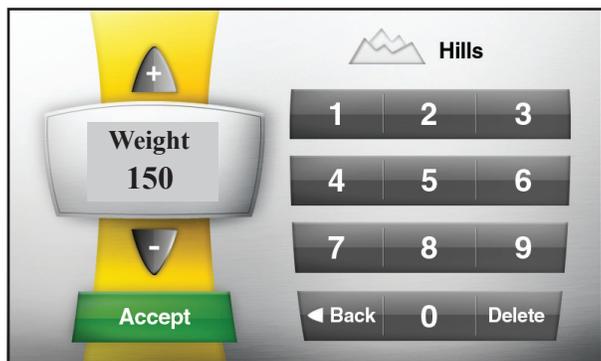
Select the level intensity:



Touch the  key.

PROGRAM INSTRUCTIONS

Enter the user weight:

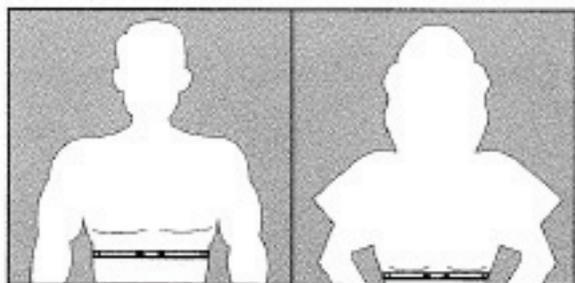


Touch the  key.
and begin the workout.

Heart Rate Program

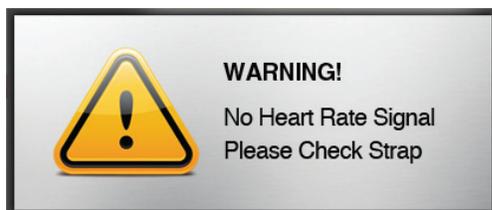
A heartrate transmitter cheststrap is required for this program. Refer to page 20 for a complete instruction on using the strap and to understand how to calculate your target heart rate.

- Place the transmitter strap on your chest



⚠ ATTENTION

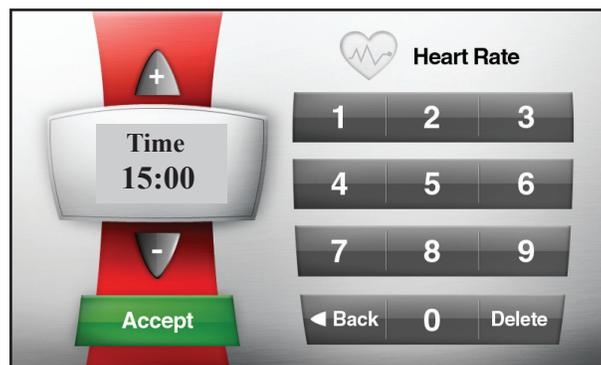
If you are not wearing a transmitter belt or the belt is not sending a signal correctly, after a short period of time the following message will appear.



If the signal continues to be undetected the program will exit and return to the main screen.

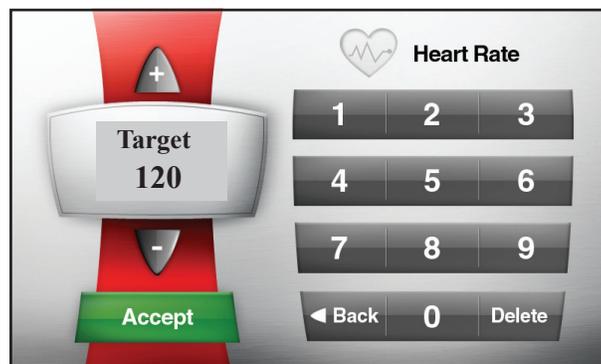
Touch the  key.

Enter the workout duration:



Touch the  key.

Enter the target heart rate:

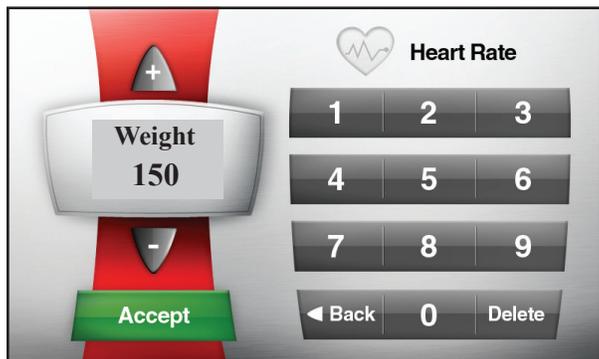


Touch the  key.

PROGRAM INSTRUCTIONS

Heart Rate Cont'd

Enter the user weight:



Touch the  key.
and begin the workout.

Fit Quik®

Allows the user to select a two stage program of cardiovascular work with ISO-strength (Isokinetic). Work loads and time durations are preset within the Set-Up mode.

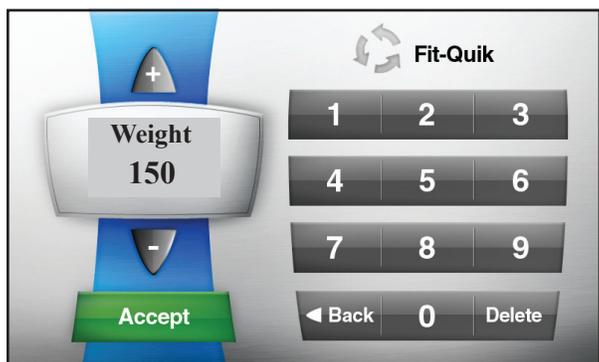
The following category is only seen when Manual, Hills or Constant Work is selected in the "Set-up mode".

Touch the



key.

Enter the user weight:



Touch the  key.
and begin the workout.

More

Pressing this key will change the screen to show an additional two more pre-programmed workout profiles: Random and Stress Test.

Touch the



key.

Random Program

This program randomly displays different workout profiles each with its own level of difficulty. The user only has to choose the type of profile, length of workout time and the level difficulty.

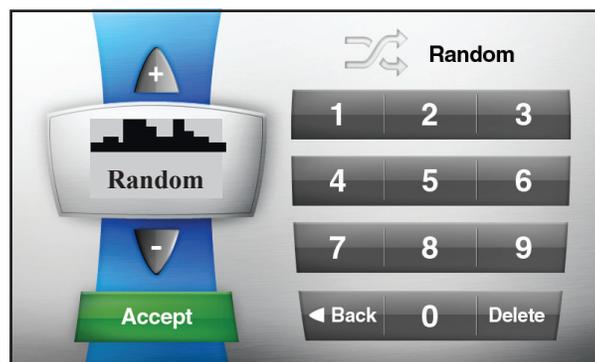
Note: The highest column of the profile represents the highest workout level you selected. Columns below it are percentages of the level selected.

Touch the



key.

Select the course profile:

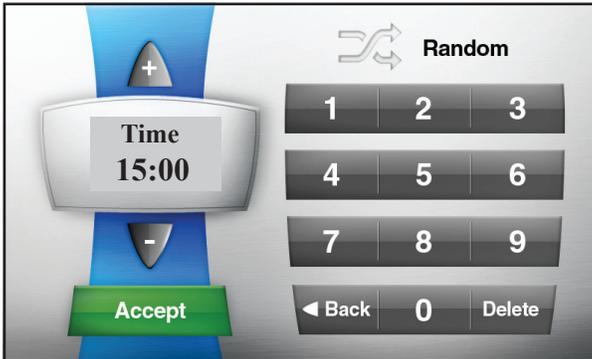


Touch the  key.

PROGRAM INSTRUCTIONS

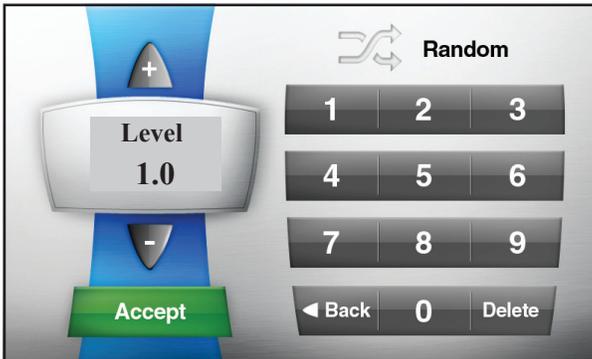
Random Cont'd

Enter the workout duration:



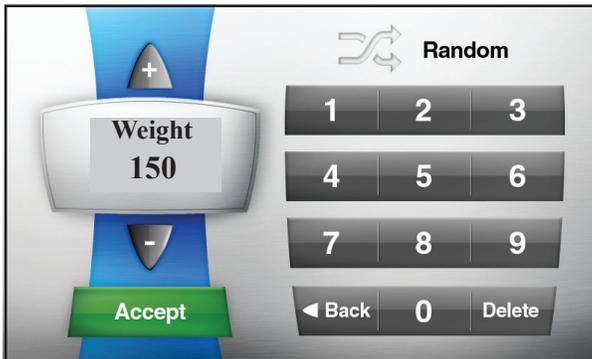
Touch the  key.

Select the level intensity:



Touch the  key.

Enter the user weight:



Touch the  key.

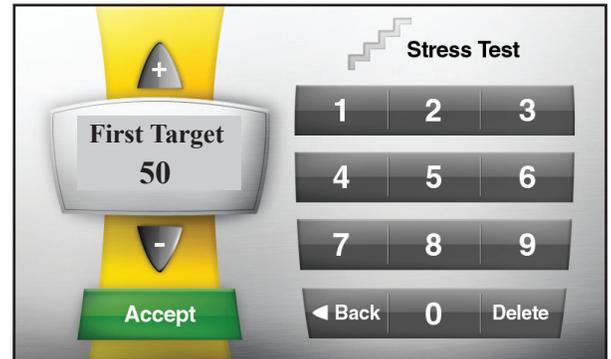
and begin the workout.

Stress Test

A designed stress test to be used as a training program or use with other diagnostic devices (if applicable). The user sets a target wattage with timed intervals and preset wattage increments.

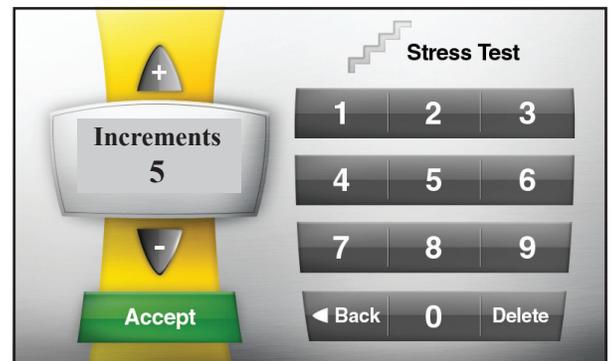
Touch the  key.

Enter the wattage target for the initial step:



Touch the  key.

Enter the wattage increments of change for the next steps:

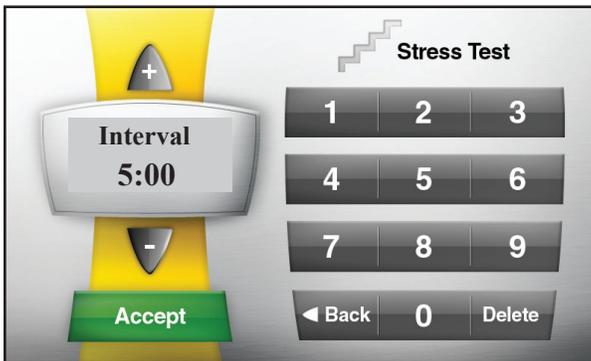


Touch the  key.

PROGRAM INSTRUCTIONS

Stress Test Cont'd

Enter the time of intervals at each step :



Touch the  key.

Enter the user weight:



Touch the  key.
and begin the workout.

Power Fit Test

This test is based on a pre-programmed workout designed to evaluate your “Power Drop %”, which gives a fitness indication of power and strength using wattage as the main measurement.

Touch the  key.
and begin the workout.

Power Fit Training

Specifically designed preset wattage training programs based off the user’s “Power Fit” test evaluation. Three programs and four levels (Beginner, Intermediate, Advanced and Sport performance) are available.

Touch the  key.

Select 1 of 3 programs (3 being the most difficult):



Touch the  key.

PROGRAM INSTRUCTIONS

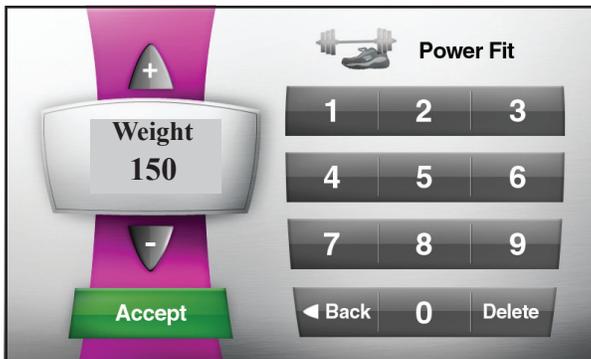
Power Fit Training Cont'd

Enter 1 of 4 the intensity levels
(4 being the most difficult):



Touch the  key.

Enter the user weight:



Touch the  key.
and begin the workout.

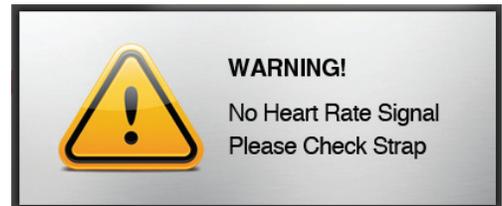
Heart Fit Test

This program is based on a pre-programmed workout designed to evaluate your heart rate recovery. The user can select from 1 to 4 levels (Beginner, Intermediate, Advanced and Sports Performance).

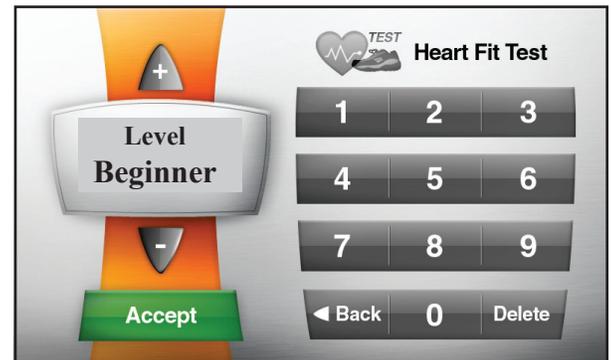
Touch the  key.

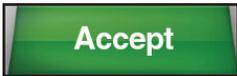
⚠ ATTENTION

If you are not wearing a transmitter belt or the belt is not sending a signal correctly, after a short period of time the following message will appear.

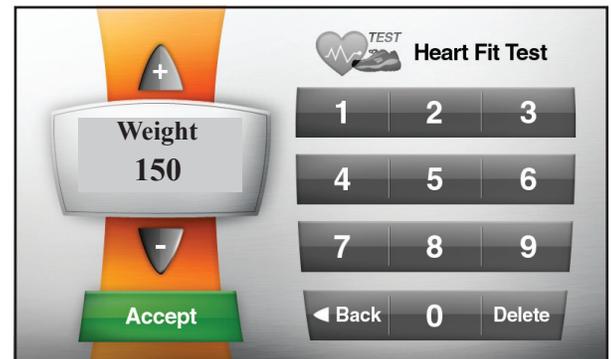


Enter 1 of 4 the intensity levels
(4 being the most difficult):



Touch the  key.

Enter the user weight:



Touch the  key.
and begin the workout.

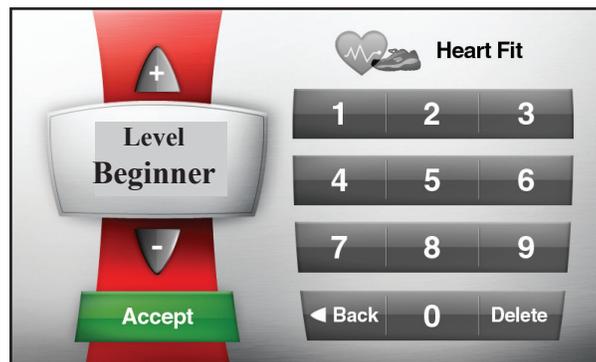
PROGRAM INSTRUCTIONS

Heart Fit Training.

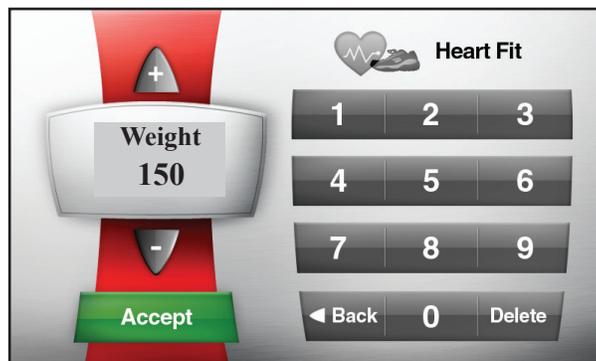
Designed training programs based on the user's evaluated Heart Fit test. A training schedule with retesting is recommended. The user has three programs and four levels (Beginner, Intermediate, Advanced and Sports performance) to choose from.



Enter 1 of 4 the intensity levels (4 being the most difficult):



Enter the user weight:

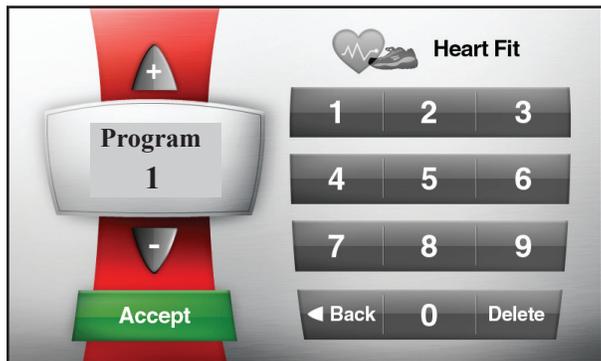


and begin the workout.

ATTENTION
If you are not wearing a transmitter belt or the belt is not sending a signal correctly, after a short period of time the following message will appear.



Select 1 of 3 programs (3 being the most difficult):



ADDITIONAL KEY FEATURES

The SCIFIT touchscreen console also includes extra user friendly key features that may be accessed during a workout.

Once a workout commences, the word “Menu” will appear in the lower right corner of the screen.

Just a touch of the “Menu” icon activates a pop-up menu that appears at the bottom of the screen for additional selections.

Touch the  key.

Pop-up menu with additional key features appear.



Key Descriptions



Allows the user to change the viewing format of the workout profile and data displayed on the screen during the workout.



Allows the user to change the intensity of the workout.



Pauses the workout program at anytime. The screen then changes providing the user with three options as shown below.



Change

Returns to the data entry screen where the information previously entered can be changed.

Continue

Restarts the workout program at the point where the user had paused it.

Stop

Exits the workout and returns to the main screen.



This activates two 3-speed cooling fans (Low, Medium, High) at anytime during the workout. Each touch of the key will change the fan airflow speed.



This feature increases resistance for a short duration of time during the workout when activated. Touching this key will activate the feature and a short count down will be seen on the screen to prepare the user. The duration length of the “Power Burst” can be increased or decreased in the “Set-up” mode.



Only seen when the “Random” program is selected. It allows the user to change the current workout profile at the bottom of the screen to a different one by touching the “Change Profile” key anytime during the workout.

MAINTENANCE & SERVICE

Maintenance

The PRO1 is virtually maintenance free. After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on the frame, upholstery, casings, and control console may eventually cause rust or damage. Damage resulting from lack of maintenance is not covered under warranty.

If defective components are identified and require replacement, the equipment should be put out of service until repaired.

CAUTION

Always follow manufacturers instructions for proper care and use. Failure to follow manufacturers instructions may result in injury to yourself.

PRO1 Maintenance Schedule

Any mechanical or electrical work conducted within the main body of a medical CE class IIa unit MUST BE RECALIBRATED. The generic maintenance schedule below should be applied to medical CE and non-medical CE products

COMPONENT	USE	WHEN	BY WHOM
Covers, Seat, Handlebars and Console	Damp Cloth	Daily	Club Maintenance
LCD Screen	LCD TV Screen soft cleaning cloth	Weekly	Club Maintenance
Chains	Lightly Applied Chain Lubricant	Every 6 Months.	Club Maintenance
Nuts and Bolts	Tighten When Necessary	Bimonthly	Club Maintenance
Base Roller Guide Track	Damp Cloth	Monthly	Club Maintenance
Battery	Voltmeter	Every 6 Mo.	Club Maintenance

CAUTION

Contact your local waste management agency for specific requirements concerning recycling and disposal locations of batteries.

UNITED STATES CUSTOMER SERVICE

For assistance in the service of SCIFIT products;

phone : +1 (918) 359-2000

fax : +1 (918) 359-2045

e-mail: service@scifit.com

The Product Support department is available by means of email. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

SCIFIT Systems Inc.
5151 S. 110th E. Ave.
Tulsa, OK 74146
USA

UK & EUROPEAN CUSTOMER SERVICE

phone : +44 1344 300022

fax: +44 1344 868838

e-mail: info@scifit.uk.com

SCIFIT LTD (UK)

Lexham House

Forest Road

Binfield

Berkshire, RG42 4HP

UK

Company Number: 5970624 (UK)

***COUNTRIES OUTSIDE OF UK & EUROPE
PLEASE USE USA CONTACT NUMBERS***

Order online 24/7 at www.SCIFIT.com

WARRANTY

It is very important that your SCIFIT machine is registered. This can be done online at <http://www.SCIFIT.com/warrantyregistration.shtml/> or fill out and mail the registration form on the back of this manual.

SCIFIT Statement of Warranty

SCIFIT warranties new products against defective workmanship and/or materials under normal and proper use subject to the following limitations:

- (a) SCIFIT's obligation to the original purchaser shall apply within the United States and Canada to both parts and the cost of labor required to replace or repair a defective product, at SCIFIT's option, for a period of one (1) year from *user/dealer purchase date as documented by *warranty card and if warranty card has not been returned by user/dealer, then date of shipment from the factory*. Thereafter, for a period of two (2) years, such obligation shall extend only to the supply of replacement parts with any labor costs associated with such replacement or repair to be at buyer's expense. Refer to clause (e) for components outside this policy clause.

Outside the United States and Canada SCIFIT will repair or replace defective product with no labor included for a period of three (3) years from user purchase date as documented by *warranty card and if warranty card has not been returned by user then date of shipment from factory. However these warranty periods for sales outside the United States and Canada are subject to modification by local SCIFIT sales dealers.

*Note: Original purchaser must register their purchased products either by warranty card return, web site registration or fax to activate warranty period or shipment date is extant for start of warranty period. A ninety (90) day period is to be given for warranty registration to allow stock rotation and showroom stock thereafter registration will be shipment date for the start of the warranty period.

- (b) SCIFIT's obligation shall be limited to repairing or replacing defective parts. No allowance shall be granted for repairs made by Buyer without SCIFIT's prior written approval. The decision to replace or repair shall be solely at SCIFIT's discretion. SCIFIT reserves the right to require return of warranty parts, or payment, in some cases. See "Return of Parts" below.
- (c) SCIFIT's warranty does not apply to parts requiring replacement or repair due to normal and abnormal wear and tear, improper use, corrosion (perspiration), improper maintenance, improper installation, improper rated, grounded or dedicated electrical circuits or improper storage, nor it apply where all or part of the product has been altered from its original state by Buyer or a third party.
- (d) **THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY OR MERCHANTABILITY OF FITNESS FOR PARTICULAR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF SCIFIT INCLUDING DIRECT, INDIRECT, SPECIAL AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACT, NEGLIGENCE OR OTHER SORT.**

WARRANTY

SCIFIT STATEMENT OF WARRANTY

(e) The below listed items have the following warranty coverage unless determined to be defective. These items include, but are not limited to:

Treadmill AC5000/AC5000M DC1000 (6hr. per day usage)	Warranty Period
Treadmill belts	12 months
Treadmill decks	12 months
Treadmill structure & frame	5 years
Treadmill drive system inclusive of motor & inverter	5 years
Treadmill handrails & handles	3 years
Treadmill heart rate grips	12 months
Treadmill water bottle holders	90 days
Treadmill trays	90 days

Rotary Products	Warranty Period
Upholstery	12 months
Saddles/seats	12 months
Rotary pedals	12 months
Rubber grips	12 months
Heart rate grips	12 months
Rotary structure & Frame	5 years
Rubber foot pads (BioFlex)	12 months
Rotary water bottle holders	90 days
Rotary trays	90 days
Battery	1 year

Accessories Products	Warranty Period
Pedal straps	Normal wear & tear
Heart rate receiver/transmitter	90 days
Low support boots	12 months
High support boots	12 months
Assist gloves	90 days
USB keys and Lanyards	90 days

(f) Fires, floods, and acts of God, are not covered under this warranty.

WARRANTY

Freight and Shipping

All SCIFIT products have displayed on the outside packaging **“STOP – UPON DELIVERY INSPECT MERCHANDISE THOROUGHLY NOTING ANY DAMAGE ON RECEIVING PAPERWORK PRIOR TO SIGNING”**.

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Shipping and Installation

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during transit or installation. The customer is responsible for inspection of each unit and part for shipping damage at the time of installation. **If the customer signs an unqualified receipt for freight or damage goods, the customer is solely responsible for the cost of the repair or replacement for such freight damage.**

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Software, Trademarks, Copyrights and Patents

If an order includes computer software, such software is transferred by SCIFIT to the customer pursuant to a single user license, the royalty terms and conditions of that are set forth on or in the package accompanying the software.

SCIFIT has trademarked several names to uniquely identify its business and products. These names must not be used by other entities and remain the exclusive right of SCIFIT. SCIFIT’s decals, user manuals, and service manuals are copyrighted and may not be copied without prior written approval from SCIFIT.

SCIFIT owns patents on designs and features that are unique to its products. SCIFIT will defend these patents against those who attempt to utilize these features and designs in other products.

WARRANTY

Maintenance

After using, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on frame, upholstery, casings and control panels may eventually cause rust or damage. Damage resulting from lack of maintenance WILL NOT be covered under warranty. To clean upholstery, use mild soap and warm water, then dry with a clean towel. Refer to the machine maintenance schedule.

Product Support

Assistance for the service of SCIFIT products is available by

- Fax: +1 (918) 359-2045
- Phone: +1 (918) 359-2040
- Toll Free: +1 (800) 745-1373
- Email: Service@SCIFIT.com

The product support department is staffed from 7 AM to 5 PM US Central Time Monday through Friday. A voicemail service is available 24 hours daily for recording messages to request technical support and to order replacement parts. Our goal is to return every voicemail call within 30 minutes of when it is placed during our normal business hours. Some parts may be ordered online using a credit card at: www.SCIFIT.com

Please have the following information prior to calling technical support:

- Model number of equipment
 - Serial number of equipment
 - Point of contact name and phone number
 - Detailed description of symptoms encountered.
-

Parts Shipment

During the first 30 days warranty parts will be shipped via overnight delivery. Determination must be made before 2:00 PM US Central Time on any given weekday for next day delivery. During the remainder of the first year warranty period, parts requirements will be filled via ground shipment. The customer will have the option to request overnight or 2nd day parts shipping, but will be charged the difference between the ground shipment cost and the overnight or 2nd day cost.

WARRANTY

Return of Parts

SCIFIT is committed to continual improvement in the equipment we market. In order to meet this commitment, the rapid return of defective parts is essential. The examination of the parts by our engineering department leads to changes that insure the same problem does not re-occur. Thank you in advance for your assistance!

When requested by SCIFIT, defective parts must be returned to the SCIFIT factory within 20 days of receipt of replacement part. SCIFIT reserves the right to invoice buyer and collect for parts where SCIFIT has requested the parts be returned and buyer has refused to do so.

Please follow these three easy steps for returning parts.

Step 1

Keep the box and packing material in which the new parts arrived.

Step 2

A **prepaid return label** will be in the parts box for only those parts that need to be returned. If no prepaid return label is enclosed contact SCIFIT product support at

- Phone: +1 (918) 359 - 2040
- Toll Free: +1 (800) 745 -1373
- Email: Service@SCIFIT.com

When **ALL** of the parts are received and inspected at the factory, a credit will be issued for the original parts invoiced. **Attention service companies** – Labor invoices will **NOT** be paid until the defective parts are returned to the factory.

Step 3

Wrap the defective part, place it in the box and affix the return label for a safe return.

Service Labor

Where applicable, the SCIFIT product support personnel will arrange a local field service technician to provide field support. Every effort will be made to schedule service during 48 business hours (8 hours per business day) following notification of a problem or as soon as repair parts are available to the field service technician. Where possible, parts will be supplied in advance of the field service technicians so that the product is repaired with one call.

Purchased Parts

All purchased parts will carry a 12 month warranty. Refer to purchased parts shipments and installation for more information.

This Limited Commercial Warranty supercedes the Limited Commercial Warranty printed in the "Owner's Operation Manual" for all SCIFIT Systems, Inc. products.

If you have questions or require additional information, please contact SCIFIT Systems, Inc. at:

- Phone: +1 (918) 359 - 2040
- Toll Free: +1 (800) 745 - 1373
- Email: Service@SCIFIT.com

CERTIFICATIONS

If your PRO1 machine has CE on the label followed by "0434", it is a medical machine.
The label will be located at the front of the machine next to the serial number.



0434

DECLARATION OF CONFORMITY

Address: SCIFIT Ltd (UK)
Lexham House, Forest Road
Binfield, Berkshire, RG42 4HP
United Kingdom

EU Support: +44 1344 300022
Email: info@scifit.uk.com
Web: www.scifit.uk.com

Manufacture: SCIFIT Ltd (UK)

Product: PRO1 – Adjustable Position Upper Body Exerciser
Class IIa device per rule 10 of Annex IX of 93/42/EEC.
Class A (high accuracy class) per EN957-1:2005
Class S (commercial use class) per EN957-1:2005

We, SCIFIT Systems, Inc., hereby declare that the product listed above is in conformity with the essential requirements of the EC Council Directive 93/42 EEC Medical Device Directive, as amended by 2007/47/EC and is in conformity with the following standards and/or normative documents:

ISO 13485:2003
ISO 9001:2008
EN 957-1:2005
EN 957-5:2009
EN 60601-1-2:2006
EN 60601-1: A1 1993. A2 1995

Steve Wright
UK Managing Director
17 January, 2012



DECLARATION OF CONFORMITY

Address: SCIFIT Ltd (UK)
Lexham House, Forest Road
Binfield, Berkshire, RG42 4HP
United Kingdom

EU Support: +44 1344 300022
Email: info@scifit.uk.com
Web: www.scifit.uk.com

Manufacturer: SCIFIT Ltd (UK)

Product: PRO1 Arm cycle
Class A (high accuracy class) per EN957-1:2005
Class S (commercial use class) per EN957-1:2005

We, SCIFIT Systems, Inc., hereby declare that the product listed above is in conformity with the following standards and/or normative documents:

ISO 9001:2008
EN 957-1:2005
EN 957-5:2009
EN 60601-1-2:2006
EN 60601-1: A1 1993. A2 1995

Steve Wright
European Business Development Director
January 4, 2012



DET NORSKE VERITAS MANAGEMENT SYSTEM CERTIFICATE

Certificate No. 24833-2008-AQ-NLD-NA

This is to certify that the Management System of:

SCIFIT Ltd (UK)

at
Lexham House
Forest Road, Binfield
Berkshire
RG42 4HP
United Kingdom

has been found to conform to the standard:

ISO 9001:2008

This Certificate is valid for the following product or service ranges:

Supply, installation and support for medical and general fitness cardio equipment within health clubs and medical environments.

Initial Certification date:
15 April 2008

This Certificate is valid until:
15 April 2014

The audit has been performed under the supervision of

Tony Harper
Lead Auditor



NORWEGIAN
ACCREDITATION
MSYS 002

Eugenie Winger Husebye
Management Representative

Place and date:
Hovik, 9 May 2011

for the Accredited Unit:
DET NORSKE VERITAS
CERTIFICATION AS, NORWAY

Lack of fulfillment of conditions as set out in the Certification Agreement may render this Certificate invalid.
This Certificate has been digitally signed. See www.dnv.com/digitalcertificates for more info.
HEAD OFFICE: Det Norske Veritas AS, Veritasveien 1, 1322 Hovik, Norway. Tel: +47 67 57 99 00 Fax: +47 67 57 99 11 - www.dnv.com



DET NORSKE VERITAS MANAGEMENT SYSTEM CERTIFICATE

Certificate No. 10268-2007-AQ-NLD-NA

This is to certify that the Management System of:

SCIFIT Ltd (UK)

at
Lexham House
Forest Road, Binfield
Berkshire
RG42 4HP
United Kingdom

has been found to conform to the standard:

ISO 13485:2003

This Certificate is valid for the following product or service ranges:

Supply, installation and support for medical and general fitness cardio equipment within medical environments.

Initial Certification date:
15 April 2008

This Certificate is valid until:
15 April 2014

The audit has been performed under the supervision of

Tony Harper
Lead Auditor



NORWEGIAN
ACCREDITATION
MSYS 002

Eugenie Winger Husebye
Management Representative

Place and date:
Hovik, 9 May 2011

for the Accredited Unit:
DET NORSKE VERITAS
CERTIFICATION AS, NORWAY

Lack of fulfillment of conditions as set out in the Certification Agreement may render this Certificate invalid.
This Certificate has been digitally signed. See www.dnv.com/digitalcertificates for more info.
HEAD OFFICE: Det Norske Veritas AS, Veritasveien 1, 1322 Hovik, Norway. Tel: +47 67 57 99 00 Fax: +47 67 57 99 11 - www.dnv.com



SCIFIT® Warranty Card

Register online at <http://www.SCIFIT.com/warrantyregistration.shtml> or complete this form, fold it and return it to SCIFIT. We request you send this card within 2 weeks after your equipment has been delivered to insure proper warranty registration.

Company Name _____

Contact Name _____

Address _____

City/State/Zip _____

Home Phone (____) _____ Business Phone (____) _____

Model Purchased _____

Date Received _____ Serial Number _____

Entity Purchased From _____

City/State _____

Please rank the following reasons (1 through 6) for selecting SCIFIT with 1 being most important:

____ Features ____ Quality ____ Price ____ Dealer ____ User Friendly ____ Appearance

Please Check the appropriate box(es) on how you were introduced to SCIFIT:

Saw in _____ Magazine Introduced by SCIFIT Dealer

Saw at _____ Tradeshow Referred by SCIFIT User

Other _____

Comment _____

Thank You For Choosing



www.SCIFIT.com

SCIFT
5151 South 110th East Avenue
Tulsa, OK 74146

_____ From

Important: Please keep this page for “Recalibration records”

Model Number: _____

Serial Number: _____

Date of Purchase: _____

Calibration Date
Medical Units _____

Supplied By: SCIFIT Systems Inc.

User Manual: #A5601A (6/2013)

	DATE	CLUB OR CERTIFICATION LOCATION	CERTIFIED SERVICE COMPANY	TECH INITIALS
1st Recalibration				
2nd Recalibration				
3rd Recalibration				
4th Recalibration				
5th Recalibration				

Please make extra blank copies for future use





Scientific Solutions For Fitness™

Order online 24/7 at www.SCIFIT.com