

STEP ONE™

RECUMBENT STEPPER



Prescribed for Progress™

The low impact StepOne recumbent stepper provides a smooth, total body functional exercise. StepOne features low starting resistance, wheelchair access, natural movement and a step range that provides patterning similar to walking or climbing stairs. The belt drive provides a smooth, quiet workout.



Removable seat and optional wheelchair platforms for easy wheelchair access.



Premium seat features height adjustment, swivel and recline



Rotate hand grips within a 60 degree range.

PRODUCT HIGHLIGHTS

ACCESSIBILITY

- Seat slides off easily for direct wheelchair access.
- Pedals always come back to neutral starting position for easy entry and start up, and easy entry from both sides.
- Swivel seat sits on a flat, horizontal monorail, making it easy to move back and forth and providing easy patient transfer.
- Integrated grab bar for easy entry and support.

USER-DEFINED STRIDE LENGTH

SCIFIT's 2" to 11.5" user-defined stride length gives therapists the ability to transition patients from a low functional state (post cardiac incident, joint replacement, hospital stay) to regaining function.

Intelli-Stride™

Intelli-Stride™ accurately measures and displays average stride length to help monitor range of motion and improvement. Ideal for users regaining range of motion, documentation purposes and goal setting.

EASY TO START, EASY TO PROGRESS

Low starting resistance (6 watts) with 20 levels of resistance adjustable in .1 increments, providing 191 levels of incremental resistance.

EASY ADJUSTMENTS

Multiple adjustments fit StepOne to any user. Arm length adjusts from 1 to 12 inches and hand grips are positioned in a 60 degree range. Seat reclines to any point within a 23° range.

RANGE OF MOTION

StepOne is ideal for hip and knee patients. By reclining the seat, moving it back, and adjusting the length of the handles, the therapist can move the patient into a comfortable exercise position while accommodating their limited range of motion.

EASY TO POSITION AND MOVE

StepOne is a space-saver, with a footprint that is five inches shorter than other leading recumbent steppers. The unit is easy to move with integrated transport handle and wheels.

StepOne joins the SCIFIT family of medical exercise therapy products.

From post-surgery to wellness, SCIFIT products provide a continuum of exercise therapy for individuals regardless of the scope and severity of their conditions. SCIFIT allows them to progress as they improve with the right equipment for their needs.



OPTIONS & ACCESSORIES



Leg Stabilizer

Comfortable, secure support without interfering with movement.



Assist Gloves

Support the wrist and help the user maintain grip and position.



Wheelchair Ramp

Optional, for manual and power wheelchair accessibility.



Bariatric Seat

Optional seat provides 600 lb. user weight capacity.

SPECIFICATIONS

Unit Weight	275 lbs.
Unit Size	68" L x 30" W x 48" H
User Weight Capacity	Premium Seat: 450 lbs. Standard Seat: 500 lbs. Bariatric Seat: 600 lbs.
Stride Length	2" - 11.5" user-defined stride length
Power Requirements	Self-generating with auto recharge battery backup. Low voltage AC adapter included.
Network Capability	CSAFE port & 8-volt DC power port
Standards	Accuracy to EN 957-8 standard
Manufacturing	Assembled in USA
Warranty	Frame: 10 years Parts: 5 years Labor: 1 year

IDEAL FOR

Active Aging	Physical Therapy
Assisted Living	Retirement Communities
CCRC	Skilled Nursing
Cardiac Rehabilitation	Hospital Wellness
Independent Living	Special Needs
Long Term Care	Weight Loss/Bariatric
Nursing Homes	Wellness & Fitness