



Bi-Directional Resistance

- What is bi-directional resistance? Resistance and data monitoring in the reverse pedaling mode.
- Why is it beneficial? Bi-directional resistance adds variety of muscle recruitment and better balance between the hamstrings and the quads. Reverse pedaling also adds variety to a workout and helps reduce boredom.
- When is it used? Bi-directional resistance is most commonly used in our patented Isokinetic Strength program
- Where is it available? Bi-directional resistance is standard on the SCIFIT PRO1000 Upper Body, PROII All Body and Elliptical Walker with Tele-Rail. It is optional on the SCIFIT Upright Bike and Recumbent Bike.
- Who should be using it? Bi-directional resistance combined with the ISO-Strength (Isokinetic) program adds a dimension of strength and conditioning for users of all levels.