



## Isokinetic Resistance

What is isokinetic resistance?

Isokinetic is a resistance mode in which the user sets the maximum RPM, then the exercise machine provides a level of resistance, or workload, necessary to prevent the user from exceeding the RPM ceiling. The result is constant speed with variable workload or accommodating resistance.

How does it work?

By setting the RPM ceiling at a low 20-30 RPM, then exercising in intervals such as 15 seconds all-out then 15 seconds easy recovery, the user can receive a significant muscle-strengthening workout in as little as 3-5 minutes.

Isokinetic resistance can also be combined with our bi-directional resistance for a complete

strength training workout.

Where is it available?

Isokinetic Resistance is standard on the SCIFIT Upright – Forward only Bike, Upright Bi – directional Bike, Forward only with step through seating or adjustable seat Recumbent Bikes, Bi – directional Recumbent Bike, PRO1 Upper Body

Exercisers, PROII All

Who should be using it?

Body Exercisers, Total Body Elliptical with Tele-Rail & Bio-Flex pedals, Elliptical with Tele-Rail & Bio-Flex pedals, and the Elliptical Tele-Rail.

Successful users of SCIFIT isokinetics range from athletic performance interval training to providing "not yet fit" people a strength training mode less intimidating than dumbbells or barbells

Isokinetic resistance is used for power performance training and evaluation. Setting RPM at levels of 95 and higher recruits and trains fast-twitch muscle fiber.