

# Adaptive Cardio Equipment Guide

## SciFit Upper Body Ergometer (UBE)

### Functions:

- Hybrid cardio and strength upper body ergometer



### Adjustments:

- **Adjustable Head** – adjusts 35” – 61”, accommodates users of all heights and allows exercise while seated, standing or for overhead exercise.
- **Arm Cranks** - adjustable and reversible for greater range of movement and exercise variety.
- **Versatile** - seat is removable for standing exercise, or for use with a wheelchair, balance ball, or stabilizing disc.
- **Wheelchair Platform** - provides a sturdy foundation for wheelchair use and for standing exercise.

### Resistance

- **Iso-Strength** - safe and effective, provides accommodating resistance through the entire range of motion.
- **Bi-directional Resistance** - aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance.
- **Very low starting resistance** - (5 watts) start and maintain program function at extremely low speeds and resistance.
- **200 Levels of Resistance** - workload can be adjusted in .1 increments.

### Special Features:

- 450lb. Seat capacity

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

# Cybex Total Access Treadmill



## **Adjustments:**

- 0.5-15.6mph
- -3 to 15% elevation
- Maximum user weight: 400lbs.

## **Special Features:**

- Multiple belt logos - Multiple belt logos ensure that one logo is always completely visible at all times so that visually impaired and other users can recognize if the belt is moving.
- Raised console iconography - Raised console iconography and color allows easy identification of the main controls both by color, large buttons and text for older users, plus raised iconography for visually impaired users.
- Emergency stop lanyard - Emergency stop lanyard provides safe emergency stop for users with limited upper limb function.
- Color contrasted deck and belt - This allows users to safely differentiate between the moving and non moving parts of the treadmill from the static side rails
- Compliant with Americans with Disabilities Act for wheelchair accessibility

## **Manufacturer Limitations:**

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

# SportsArt Recumbent Bike



## **Adjustments:**

- 0.5-15.6mph
- -3 to 15% elevation
- Maximum user weight: 500lbs.

## **Special Features:**

- Vented seatback allows the user to stay dry and comfortable during their workout
- Equipped with easy to reach seat and pedal adjustments
- Step-through design allows for safe and easy on/off access
- CardioAdvisor™ displays heart rate information and goals
- Contact and telemetry heart rate
- Variety of programs
- 10.2" Entertainment-ready LCD display with multi-source inputs

## **Manufacturer Limitations:**

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.