

# Why You Need Constant Workload



## Constant Work



### What is it?

Constant Work is a SCIFIT program in which the workload, which is measured in watts, remains constant throughout the program.



### Why do you need it?

**Increase Endurance** – Constant Work helps users increase their levels of endurance.

**Built-In Limits** – Constant Work provides an exercise program with limits built-in as a safeguard.

**It Doesn't Allow Cheating** - There's no cheating when using Constant Work. If the user slows down, the resistance increases. If the user speeds up, the resistance decreases, keeping them at a constant workload.

**Clients Are Doing Prescribed Work** - A clinician or trainer can be assured their client will not exceed the workload prescribed to them.