

Why You Need Isokinetic Resistance



Iso-Strength



What is it?

SCIFIT's Iso-Strength program is a safe, functional strength program in which the resistance matches the user's effort. The user sets a target RPM. The Intelli-fit system continuously monitors the RPM and increases the resistance if the target is exceeded.



Why do you need it?

Accommodating Resistance - This isokinetic component mirrors the force applied by the end user, adapting for individual weakness within the range of motion. Also, as the user begins to feel fatigued, the resistance automatically decreases, accommodating each user's strength need. This self-applied force maximizes exercise effectiveness and makes the program safe for all users.

Safe Strength - Safe resistance training without intimidating, cumbersome weights.

Easy to Use - Uses the same rotary motion as the cardio portion of the exercise so there is no learning curve.

Interval Training - Iso-Strength allows for short intervals of intense, all-out effort alternating with intervals of minimum intensity for a highly effective and efficient workout. This feature is used by athletes and non-athletes worldwide and is an integral part of our Fit-Quik® and Power Fit™ programs.