

# PRO2<sup>®</sup> UPPER BODY EXERCISER WITH IFI ACCREDITATION AT STAGE 2

## Key Features & Benefits

- Tactile console, colour coordinated adjustments including a red seat base, red handgrips and yellow knob adjustments and making it user friendly for those with a visual impairment
- Isolate training to be upper body only, lower body only or a total body workout
- Adjustable console angle to accommodate users at all positions
- Adjustable and reversible arm cranks for a greater range of movement and exercise variety
- Fully adjustable swivel seat with side handles making transfer safe and easy
- Seat is removable for use with a wheelchair, stability ball or other balance-related accessory
- Comes with wheelchair ramps as standard for wheelchair access or standing exercises
- Only 6 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user



Specification	PRO2 <sup>®</sup> IFI
Workout	Total Body
Head	Fixed
Cranks	Adjustable
Console	IFI Approved
Standard Seat	IFI Approved
Removable Seat	Yes
Wheelchair Platform	IFI Approved
Medical CE IIa Certification	No
Resistance	200 levels of bi-directional resistance adjustable in 0.1 increments
Programmes	Manual • Iso-Strength • Heart Rate • Constant Work • Random • Hill Profiles • Fit-Quik • Power Burst™ • Heart-Fit Test • Heart-Fit Training • Power-Fit Test • Power-Fit Training
Feedback	Heart Rate • Time • RPM • Calories • Distance • Level • Watts • METS
Power	Self-generating from just 6 watts with auto recharge and battery back up
Length	176.8cm
Width	83cm
Height	156cm
Weight	129kg
Max. User Capacity	204kg
Colour	Silver powder coated frame and grey metallic covers with UV protection
Warranty	3 years parts



inclusive fitness  
accredited item  
Stage 2 (2007-2014)



English Federation  
of Disability Sport

In association with the EFDS, this machine has been awarded Inclusive Fitness Accreditation at Stage 2 - the highest level of accreditation in the UK