

**A full line of equipment by SCIFIT is available.**  
For more information, please contact Pro Star Sports at 1-800-821-8482  
Website: [www.prostarsports.com](http://www.prostarsports.com) E-mail: [info@prostarsports.com](mailto:info@prostarsports.com)



**Fit-KEY™**

The Fit-Key system makes working out enjoyable and rewarding for the member and profitable for the club. The key both stores programs and records workout data. Read on to find out how to give your members service beyond their wildest expectations.

*"The immediate feedback is such a motivator"*

## Documentation & Reports

Each workout is recorded on the key. At the end of the workout, when the key is downloaded, daily reports and history reports containing summarized workout data can be printed or emailed. The reports are essential to making Fit-Key fulfilling to the member and are often what keeps the member on track and motivated. The sense of accomplishment and success is what keeps them coming back. The reports allow them to see even the smallest improvements so they can view their progress as it happens.

## Programs on Key

Programs are stored on the key so the member doesn't have to remember (or be reminded) how to set up each machine. When the key is inserted into a machine the program is automatically set for time, program, and resistance level. This makes using the equipment easy and the learning curve very brief. Instructions on the screen of each machine are simple and easy to follow as they walk you through the workout. Programs may also be customized or modified to meet individual needs and goals.



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### **Variety**

A variety of machines can be used in one workout. With SCIFIT you get strength and cardio exercise on the same machines (using SCIFIT's unique ISO-Strength Program). Workouts are never boring and can be tailored to meet the individual members' needs.

### **Easy Set Up**

The Fit-Key system is easy to set up and easy to use. Your employees will love the intuitive screens on the computer that walk you through programming keys and setting up personal profiles, effortlessly. The wireless system means there are no wires or cables connecting the machines to the computer.

### **Increase Profits**

Pre-programmed workouts help your members move through their workout easily and helps free up valuable time for employees. The workout variety for each program means members spend less time on your most costly equipment, treadmills. The unique system will also help attract members from new demographics and will also help improve retention rates through enhanced customer relationships. These things add up to higher profits and a stronger bottom line.

**"It is easy, fast and fun!"**

### **Database**

With the Fit-Key Level 3, Enhanced Software you will reap the benefits of having a database incorporated with your Fit-Key system. The database will keep track of members' progress and workout activity. Management reports can be created to help enhance service or to give feedback and adjust personalized programs.

**"The perfectly targeted workout is just for me. The report shows me not only how well I did today but how much lower my heart rate has gotten while my strength has simultaneously increased."**