



RST7000 Recumbent Stepper

Features

- All body exercise, incorporating upper body linear movement.
- Dependent step motion with self-leveling footplates
- 15" x 7" rubber footplates with safety edges.
- Singular lever removable seat for wheelchair access, ADA compliant.
- Vertical seat adjustment with gas assisted lift and swivel.
- Step-through access with 2" step over.
- Dual position hand grips.
- Fit-Key™ technology, optional.
- Multiple position rotational level system at four points.
- Heart Rate compatible with most wireless technology.
- Range Limiter optional
- Wheelchair platform with tiedowns optional.

Performance

- Resistance system-3 phase combination generator and eddy current brake with resistance output of 5 to 2000 watts.
- Computer adjustable in .1 increments with 200 levels of resistance.
- Starting wattage of 7 with low minimum rpm to begin.

Programs

- Manual - One Button Quick Start.
- Heart Rate - Machine adjusts workload to maintain target heart rate.
- Constant Work - With wattage as a baseline, machine maintains constant workload independent of pedal speed.
- Iso-Strength - for strength training.
- Random - Infinite number of program profiles.
- Hill Profiles - 7 hill programs with over 20 levels of intensity.

Feedback

- Heart rate, time, rpm, calories, distance, level, watts, METS.

Dimensions

Height 58"

Length 74"

Width 30"

Weight 331 lbs.

User capacity 450 lbs.

Color

- Frame - Silver powder coated

- Covers - Metallic Gray with UV Protection

Power

- Self-generating with auto recharge battery back up. Low voltage AC adaptor, optional.

Warranty

- 3 years parts, 1 year labor.

Order Code

RST7001

MADE IN USA