

Why You Need Constant Workload



Prescribed for Progress™

Constant Work



What is it?

Constant Work is a SCIFIT program in which the workload, which is measured in watts or METs, remains constant throughout the program. You can choose to set a constant Watts level or METs level, based on your preferences. Watts and METs are directly correlated and these measurements remain constant throughout the program.



Why do you need it?

Prescribed Work

A clinician or exercise professional can prescribe levels of exercise using these programs. With Constant Work, they are assured their clients will not exceed the workload prescribed to them.

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. This is especially useful for individuals who have specific energy expenditure goals.

Keeps You Honest

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.

Which SCIFIT Products Feature Constant Work?

All SCIFIT products feature the Constant Work program, except treadmills.