



*These Clients Achieved Life-Changing Results.  
And Every One of Them Can Prove It.*

**bioDensity**<sup>™</sup>  
STRENGTH FOR LIFE



# REAL PEOPLE. REAL RESULTS.

## bioDensity™ Isometric Strength Technology Produces Dramatic Improvements in Strength, Bone Density and Quality of Life.

*Extensive bioDensity system clinical testing from 2005 to 2008 produced 35,000 sets of data and an average strength gain of 123% among 500 active three-year clients (average age 52) and significant improvements in bone density among all client reports. Here are some of their stories.*



"At 52 years old I'm better now than I was in my 30s and 40s. With bioDensity training I maintain my ability to exercise in a short amount of time and I still participate in active athletic events as I did years ago. I couldn't be more enthused about this training and exercise program."

– Steve Shifflett, MD (52)

"After years of measurable bone density decline I was desperate. For years I have taken non-prescription calcium without any measurable benefit. Then my husband and I read about the bioDensity system. To my great joy, after only eight months my latest bone density testing shows a 6% increase. I am now stronger and enjoying everything thing I do more."

– Nancy Hemming (58)

"After using the bioDensity system for 18 months my bone density has increased 2.8% in the spine. My posture has greatly improved. I have more stamina, and am able to perform routine activities far easier than I was before. My strength has improved 196% which has definitely improved my quality of life."

– Amy Borge (86)

"As a working mom with time constraints I'd never be able to stick with a conventional program, so I am thrilled with the bioDensity system and recommend it to my clients. I've been losing weight, and haven't changed my diet, due to the increased metabolism that is a direct result from increasing muscle mass. I've also suggested that my clients do bioDensity training for bone density purposes."

– Ellie Hynote, MD (50)

"I have had interstitial lung disease for over six years. My physical activity has been severely limited by living with 27-32% of normal lung capacity. After using the bioDensity system for one year I increased my strength by 134%. While my lung disease remains, I am able to function at a higher level of activity and am relieved to have found something that will keep me as strong as possible."

– Debra Winkle, MSN, RN (50)

"The bioDensity system has exceeded every expectation. I travel a lot and it's difficult for me to keep up with standard exercise routines. This gives me a really good workout in a short amount of time. I've had a 125% increase in strength and, without changing my diet, have lost weight. I'm looking forward to having stronger abs and thighs in the upcoming ski season."

– K.C. Denham (45)

*For more information, visit [bioDensity.com](http://bioDensity.com) or call SCIFIT at 800-278-3933*

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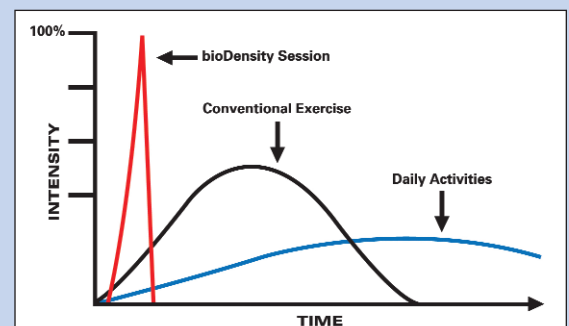
## bioDensity™ Isometric Strength Technology

A Comprehensive, Bio-Mechanically Efficient and Personalized Approach for Facilities to Improve, Accurately Measure and Track Functional Strength.

- Benefits all fitness levels ages 12 and above, but particularly the majority of people who are de-conditioned, aging or have limited range of motion.
- Each 5-minute bioDensity training session stimulates growth in all major muscle groups, skeletal structure and associated connective tissues.
- State-of-the-art bioDensity load sensors and database management system provides accurate measurement and tracking of each session.
- Empowers health, fitness and medical facilities to attract and serve the 80% of people in their communities currently not involved with fitness.

“bioDensity technology represents a scientific breakthrough in physical conditioning that leverages the adaptive response of neurological and muscular stimulation with long established research from cellular biology, anti-aging, longevity and bone-mass gain. The bioDensity system of isometric training enables individuals, regardless of age or ability, to achieve maximum load delivery that stimulates significant gains in muscle strength and bone density.”

– John Jaquish, Chief Technology Officer  
Performance Health Systems







## Comprehensive Conditioning with Real-Time Feedback

*bioDensity Isometric Strength Technology is a patented process involving four compound isometric exercises – bench press, leg press, pull down and dead lift – with real-time feedback displayed on the Performance Application Screen. Exercise intensity is created and controlled by the client providing comprehensive muscular and skeletal stimulation, with exact performance measurements, that cannot be experienced using any other exercise system.*



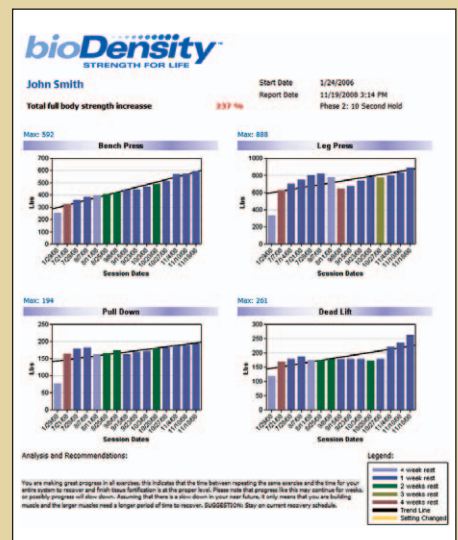
*The only prerequisites for a bioDensity session: wearing flat-soled shoes and self-motivation.*

## An Extraordinarily Efficient Five-Minute Session

Because of maximum load delivery, each session requires only five minutes and begins with the personal trainer logging onto the client's account and adjusting their settings. Motivated and guided by their trainer, the client applies maximum load intensity, in a fully contracted position, for a prescribed five to ten second count for each of the four exercises. Because there is no loading, the client cannot go beyond their abilities. The client creates the exercise intensity with their target goal viewed on the Performance Application Screen.

## Performance Report

With completion of the four exercises the personal trainer saves the session and continues to the client's bioDensity Performance Report. The report shows results for the current session and cumulative strength increases since beginning the program. The personal trainer analyzes the report, providing feedback and motivation and noting areas that may need improvement. A printed report is provided and the trainer schedules the next session.







Referral and Retention Rates Increase as Clients Remain Motivated by Their Personal Trainers and the Improvement Reflected in Their Performance Reports.

### Accurate and Demonstrable Performance Results

The bioDensity system employs an exclusive 'thin-client' hardware design where all interactions with the hardware are taking place, in real time, on a central server that assures accurate data management and uniformity in usage throughout all bioDensity system locations. This process represents a revolutionary advance in technology that enables health, fitness, and medical facilities to precisely measure and track exercise outcomes.

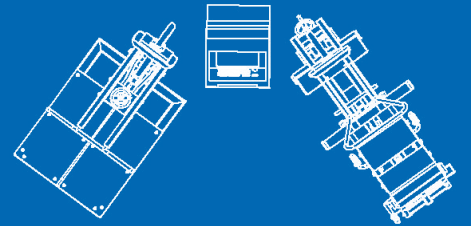


From busy professionals to aging baby boomers, from the young to the de-conditioned, bioDensity Isometric Strength Technology provides the ideal system to attract and serve the majority of people currently not involved in fitness.

For more information, visit [bioDensity.com](http://bioDensity.com) or call SCIFIT at 800-278-3933



## SPECIFICATIONS



### TOTAL SYSTEM FOOTPRINT

Width: 140" / 3556 mm

Depth: 68" / 1727 mm

Frame: Tubular steel with powder coat paint  
 Seat: Heavy-duty woven backed vinyl upholstery

### DEAD LIFT

Weight: 375 lbs / 170.1 kg

Width: 34" / 864 mm

Depth: 63.5" / 1613 mm

Height: 72.5" / 1841 mm

### PULL PRESS

Weight: 525 lbs / 238.1 kg

Width: 34" / 864 mm

Depth: 70" / 1778 mm

Height: 72.5" / 1841 mm

### KIOSK

Weight: 225 lbs / 102.0 kg

Width: 20" / 508 mm

Depth: 27" / 686 mm

Height: 60" / 1524 mm

Electrical Req.: 110v / 60 Hz

Req.: Ethernet high speed Internet connection

PUBLISHED PATENT



bioDensity systems are manufactured and distributed by SCIFIT Systems, Inc. a world leader in the development of science-based wellness products and programs for the fitness, sports medicine and rehabilitation markets.



## What Health & Fitness Industry Leaders Are Saying

"For growth, our industry must reach beyond fitness enthusiasts and serve the broader community where an aging and motivated market seeks real answers to their daily lifestyle and fitness challenges. The bioDensity system of training is fast, efficient and effective with real-time feedback, making it ideal for anyone, but especially the people facilities need to focus on serving now."

*Mark Mastrov  
Founder, 24-Hour Fitness Worldwide*

"Isometric exercise is one of the oldest forms of resistance training, but until now we have been unable to maximize the central nervous system involvement or measure results. bioDensity Isometric Strength Technology provides this capability. bioDensity conditioning and performance data will play a significant role in preventing and/or minimizing many degenerative conditions that people experience today."

*Dr. Kevin Steele, PhD  
Exercise Physiology & Nutrition  
ACSM, AMAA*

"bioDensity technology presents a revolutionary opportunity for our industry to provide a significant and measurable health and fitness solution for millions of aging baby boomers and older adults. This is the perfect product to dramatically transform our approach to this greatly under served market. The response to bioDensity training from our members and staff has been exceptional and inspiring."

*Roger Ralph  
Principal, Hockessin Athletic Club  
Chairman, StandStrong Clinics*

"With an average age of 77, all of our 4,200 members are concerned with improving their functional strength, balance, and quality of life. Many are unable to perform typical exercises so the increased muscle strength and improved bone density results are a major plus for the aging population. The bioDensity system, with its efficient isometric exercise stimulation, produces significant strength improvements we can accurately measure and track."

*Masha Henzel, ACSM, ACE, MATgrad, NIS, Z-HEALTH  
Fitness Supervisor, Rossmoor Senior Living Community  
Walnut Creek, California*

"The bioDensity system provides comprehensive strength conditioning in only five minutes. This extraordinary efficiency, combined with precise performance measurement and data tracking, enable health and fitness facilities to offer prescriptive solutions, standardized testing and proven results."

*Ed Trainor, MS, Physical Education  
V.P. Fitness Services & Product Development  
Town Sports International*

"NASM recognizes that bioDensity training represents a new, leading-edge approach to increase strength and bone density gains for the aging, sports performance and de-conditioned markets. We are committed to working with Performance Health Systems to manage the evidence-based research process through accredited research institutions; both in the sports science and medical communities."

*Dr. Micheal A. Clark, DPT, MS, PT, CES, PES  
Chief Executive Officer  
National Academy of Sports Medicine*

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Scientific Solutions For Fitness™