

10 Reasons for Upper Body Exercise



1 Daily Activities - The shoulder joint has greater range of motion capability than any other joint in your body. Flexibility is important because it enables your arms to perform all kinds of activities such as pushing, pulling, reaching, and lifting.

2 Improve Core Strength and Stability - The upper body rotary motion fires core stabilizing muscles, strengthening the abdominal and back muscles.

3 Bi-directional Resistance - Bi-directional resistance allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired. Bi-directional resistance aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance. It also decreases localized fatigue, resulting in the ability to prolong the workout.



4 Alternative Strength Training - In addition to cardiovascular work, SCIFIT's Upper Body Exercisers feature a safe, simple strength program. This Iso-Strength program is perfect for anyone, who does not like, or does not have time for traditional strength training.

5 Give Your Legs a Break - We rely, almost completely, on our lower body to provide cardiovascular exercise. Upper body exercise allows users to perform a portion of their exercise without additional stress on the lower body.

6 Stay Fit While Injured. Upper body exercise provides a way to stay fit while recovering from a lower body injury. The seats are also removable for direct wheelchair access and ADA compliance. (Exception - PRO1 Sport)

7 Cross Training - Cross training increases overall efficiency, power and endurance as well as decreases the risk of injury.

8 Cyclists & Runners - Cyclists, runners and other athletes fall victim to local leg fatigue. An upper body exerciser supplements workouts, balances, and reduces the risk of injury from repetitive strain or overuse.

9 Upper Body Warm Up - 5 minutes on an upper body exerciser, changing directions every 30 seconds, warms up and prepares the shoulders for a heavy upper body workout with weights.

10 Upper Body for Sports Performance - From the professional athlete to the weekend warrior, upper body cardio conditioning added to a workout routine has shown to improve overall performance.

