

Quality Products, Affordable Prices.

HealthCare International is a leading manufacturer of innovative and affordable products for Health, Fitness, Rehabilitation, Physical Therapy and Active Aging.

PhysioStep Recumbent Cross Trainers offer affordable prices for high-quality commercial & residential fitness products, ensuring the *highest level of value* for our customers.

Since 1992, our dedication to service and innovation has driven our product development in order to meet customer's needs ranging from residential consumers to clinical applications in Physical Therapy and Rehabilitation facilities worldwide.

Join the PhysioStep Club @PhysioStepRecumbents

We are excited to hear your story! Share your experience on the PhysioStep FaceBook page and become a member of the PhysioStep Club! Get connected by using #PhysioStep.

Like us on Facebook!



HEALTHCARE
INTERNATIONAL

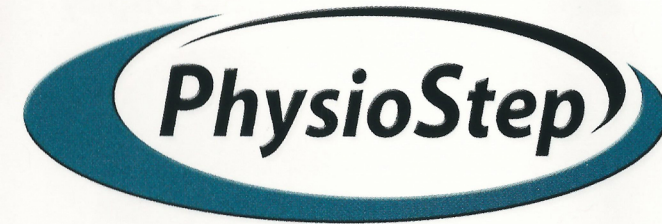
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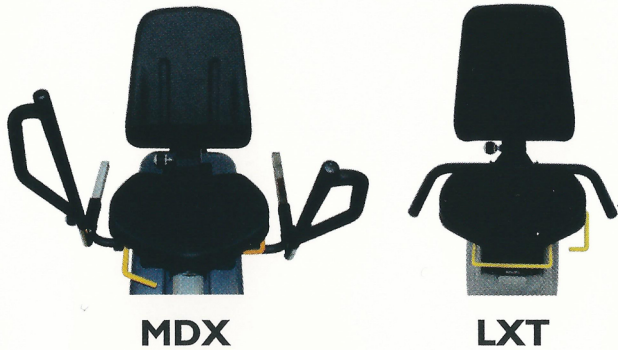


Take Back Your Life!

LXT | MDX | RXT | LTD | HXT

Linear, Elliptical, & Semi-Elliptical
Recumbent Cross Trainers

20" Wide Oversized Swivel Seat



MDX

LXT

Swivel, Adjust, & Recline

Large Color-Coded 9" LCD Display



USB Report of Workout Summary

	A	B
1	WORKOUT SUMMARY	
2	ID:	Greg003
3	Date:	10/10/2016
4	Total Time:	10:00
5	Total Calories:	76
6	Total Distance:	0.9
7	Average METS:	1
8	Peak METS:	2
9	Average Watts:	75
10	Peak Watts:	86
11	Average Heart Rate:	95
12	Peak Heart Rate:	110
13	Average Steps Per Minute:	50
14	Peak Steps Per Minute:	65
15	Average Speed:	4.6
16	Peak Speed:	5.5

Track Your Progress!

Weight Loss & Wellness

The innovative recumbent elliptical stride of the **PhysioStep MDX** is incredibly smooth and easy on your joints allowing users to workout for longer periods of time than on traditional recumbent bikes.

Stephen's Story

When Stephen first started his weight loss journey a little over a year ago he was 41 years old and weighed close to 550 lbs. After deciding to **Take Back His Life**, Stephen began working out on the **PhysioStep MDX** and has now lost over **90 lbs!**



12" Elliptical Stride

PhysioStep MDX

MSRP: \$3,499

Elliptical Motion
Commercial Grade
Weight Limit: 500 lbs.
Foot Print: 60" X 32"

500 lbs.
Weight Capacity

Rehabilitation & Physical Therapy

The **PhysioStep LXT** is a low impact linear step recumbent cross trainer that allows for a wide range of users to set progressive goals and benefit from a total body cardio workout.

Rotating Ergo-Grip Handles



A full 360° of rotation for optimal comfort & versatility.



User Controlled Stride Length 1"-12"

PhysioStep LXT

MSRP: \$3,499

Linear Step Motion
Commercial Grade
Weight Limit: 400 lbs.
Foot Print: 60" X 30"



Take Back Your Life!