

# FIT EXPRESS

## SUPPORT MATERIAL



**Prática**  
HIGH SPEED OVENS

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**FIT** EXPRESS

# UNDERSTANDING FIT



FIT Express was developed to deliver the best results using the least amount of time and counter space.

Bigger cavity, smaller footprint. FIT has the largest cooking chamber in its category while occupying the least counter space. Its design eliminates the need for dual-sided ventilation, allowing zero side clearance.

The FIT Express has a 5-inch touchscreen control panel and is capable of cooking programmed recipes in just two touches.

Cooking chamber capacity, Wi-Fi connectivity, USB compatibility, and recipe management are important features of the new FIT Express.



# DISPLAY

The FIT Express Touch Screen Display is extremely intuitive and provides several operating advantages including:



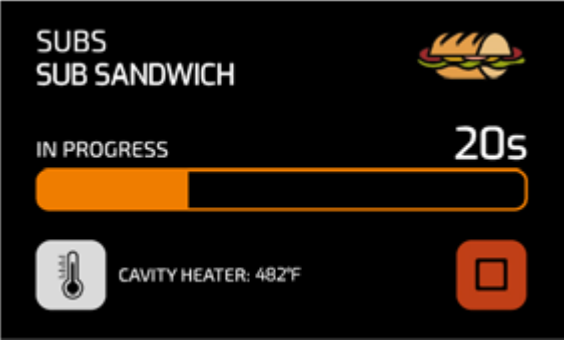
## VERSATILITY

Stores up to 1024 recipes that can be divided into 16 categories based on food types or preparation methods.



## STANDARDIZATION









Allows operator to add recipes with up to 8 steps each, allowing for consistent preparation results across users.



## AGILITY

Ready to complete the recipe with just two of the screen.

Innovative Design, LED lights indicate the operation status to the user.

Function	Color	State
Turning on / Stand-by		Flashing light
Preheating		Light on
Temperature control		Light on
Cleaning		Light on
Running recipe		Light on
Finished Recipe		Light on
Failure		Light ont
Error		Flashing light



# CONNECTIVITY



## Stay connected to your production

IOK is a platform that allows you to stay connected to your Prática high-speed ovens via Wi-Fi.

You can access your ovens from any location and conveniently manage your operation.

- Operational ease
- High productivity
- Standardization
- Versatility
- Quality

Access all your Prática high-speed ovens from any location and conveniently manage your whole operation.



### Manage your recipe menus from anywhere

Create, edit, remove and distribute groups and recipes from your computer, mobile or tablet to all compatible ovens.



### Customize the recipe display image

Illustrate with real photos of your products.

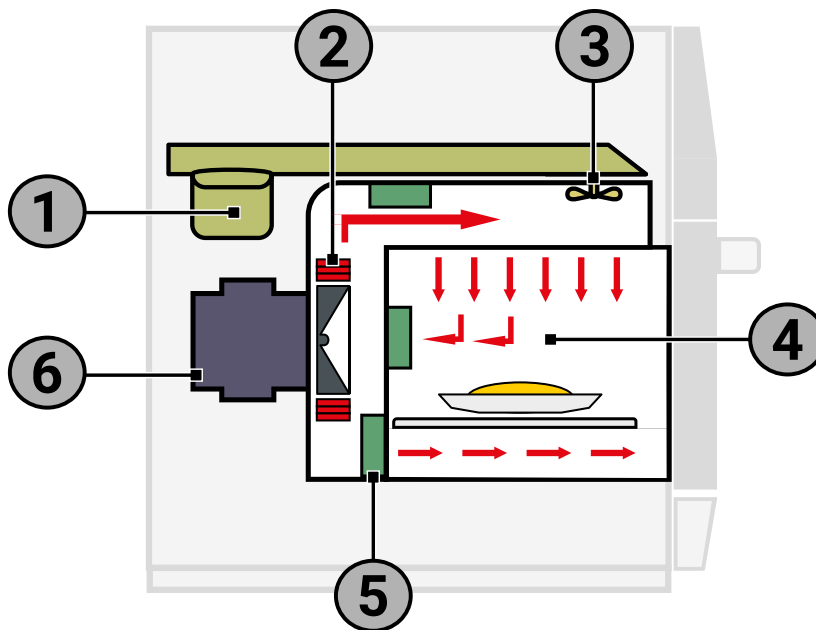


### Receive software updates

System improvements always available for free.

## THE DETAILS THAT MAKE THE EXPRESS LINE A SUCCESS.

The Fit Express oven is an ultra-fast finishing oven that uses a combination of high-speed forced-air convection heating and microwave energy to heat food faster than conventional methods.



The figure above illustrates the steps involved in the FIT Express internal operation:

1. Magnetrons generate energy with microwaves, which evenly heat the water molecules in the food;
2. Internal heating resistors transfer thermal energy to the circulating air;
3. The antenna distributes the microwaves evenly;
4. The impinged air is directed at the food;
5. The Catalytic Converter transforms volatile organic compounds into Carbon Dioxide and Water ( $\text{CO}_2$  and  $\text{H}_2\text{O}$ );
6. The ventilation motor circulates the air at high speed.

# VENTLESS SYSTEM

FIT Express is also equipped with the **Ventless System**. In this system, a catalytic converter and a special filter turn grease-laden vapor into water; this process prevents the vapor from being released by the equipment.

Thus, the FIT Express does not require the aid of range or exhaust hoods.




**VENTLESS**  
ELIMINATES THE USE OF HOODS





# WHO ARE OUR CUSTOMERS?



 FAST FOOD RESTAURANTS



 COFFEE SHOPS



 HOTELS



 RESTAURANTS



 SNACK BARS



 CONVENIENCE STORES

# AVAILABLE COLORS



ORANGE



SILVER

## CERTIFICATIONS



# RECIPE EXAMPLES



SUB SANDWICH

**🕒 0:30 sec**



BREAKFAST SANDWICH

**🕒 0:45 sec**



BREAKFAST BURRITO

**🕒 1:25 sec**



MAC AND CHEESE

**🕒 1:20 sec**



BAGEL SANDWICH

**🕒 1:10 min**



CROISSANT SANDWICH

**🕒 0:30 sec**



CHICKEN WINGS

**🕒 3:30 min**



GRILLED CHEESE

**🕒 0:35 sec**

# OPERATIONAL ADVANTAGES



**COMPACT:** Requires minimal counter space.



**PRACTICAL:** Easy to operate.



**SPEED:** Produces fully cooked/finished foods in seconds.



**STANDARDIZATION:** Stores up to 1024 recipes with as many as 8 steps.



**Dedicated Web Platform to manage recipes and updates**

Wi-Fi capability and USB connection available.



**It does not require range hood for installation** Ventless System.



**WELL-BEING:** Excellent thermal insulation: does not transmit heat and noise to the environment.

# FIT'S MAIN ADVANTAGES



**WASTE REDUCTION:** Keep your products frozen or part-baked and make them fresh when your clients place the order or reheat them without compromising the quality. Greater control of inventory and loss reduction.



**QUALITY:** Food items consistently come out fresh, hot and crispy.



**VERSATILITY:** Can be used for various products and in different lines of food service.



**ENERGY EFFICIENCY:** Low energy consumption.



**ROBUSTNESS AND DURABILITY:** Constructed out of 100% stainless steel.



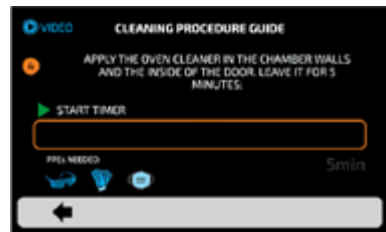
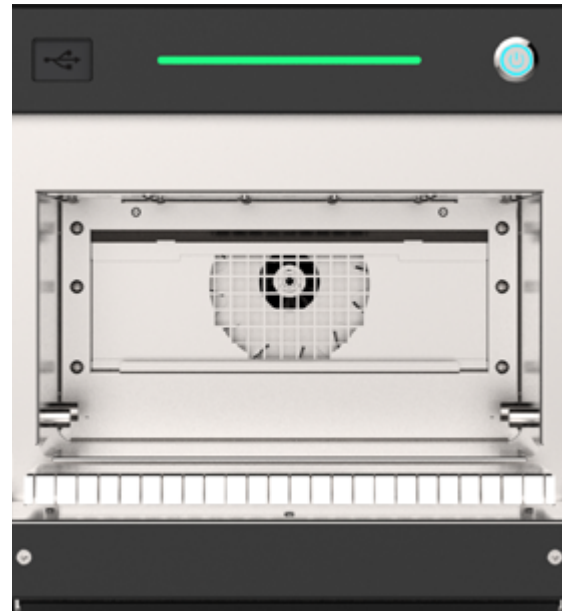
**HYGIENIC AND GUIDED CLEANING:** Cooking chamber designed with rounded corners that facilitate cleaning. Daily cleaning guide accessible through equipment display screen.

# CLEANING GUIDE

The FIT Express cooking chamber has rounded corners and easily detachable components, which facilitate cleaning.

In addition, the display screen is equipped with a cleaning guide option which provides the user with step-by-step cleaning instructions illustrated by the images and videos. The guide includes information about the correct cleaning temperature for the chamber and the correct process for cleaning the removable parts.

The equipment must be cleaned every day it is used to maintain its maximum efficiency and conservation.



# TECHNICARE

## Cleaning Products

The Technicare line technology was specially developed to make the cleaning and maintenance of the FIT Express as practical and efficient as possible.

The line has the following products for cleaning FIT Express ovens:



### Oven Cleaner - 33.8 FL OZ

The Oven Cleaner is a ready-to-use degreasing detergent that does not require the handling of concentrated chemical products. It eliminates dirt created by dry foods and dissolves carbonized grease, making it easier to clean the equipment.



### Oven Protector - 33.8 FL OZ

The Oven Protector protects the chamber walls from the first use\*, as it creates a non-stick film that shields against dirt in daily operations, making the next cleaning session even easier and ultimately saving the user time and money.

\*It is recommended to apply a layer of Oven Protector to the equipment chamber before the first use.

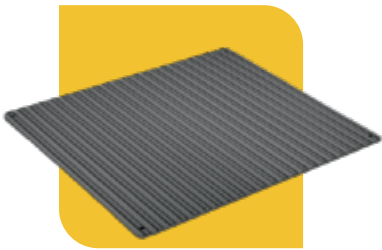
# TECHNICARE

## INCLUDED ACCESSORIES



### NON-STICK TRAY

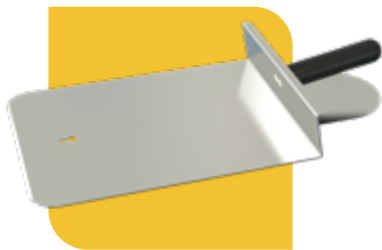
The non-stick tray allows for easy preparation and helps keep the chamber clean. Suitable for general use, including snacks, pizzas, sandwiches, etc



### SPEED GRILL EXPRESS\*

The speed grill has two sides, allowing for different finishes for the product. It is not possible to operate the equipment without the Speed Grill.

\*We do not recommend using the accessory for grilling proteins. The wavy side can be used to prepare snacks with grill marks and the smooth side is ideal for pizzas, for example.



### FIT EXPRESS SPATULA

Provides the user with a safe and easy way of removing food products from the oven.



### PEN DRIVE

Allows the operator to store, backup and transfer recipes to the oven and perform system updates.



# FIT vs COMPETITORS



Features	FIT Express	E2S	Connex 12	Eco ST	SOTA	Atollspeed 300H
External Dimensions (W x D x H)	15,1" x 27,2" x 24,3"	14" x 23,4" x 25,3"	14" x 25,2" x 24,4"	14,2" x 22" x 23,7"	16" x 29,8" x 25"	17,5" x 27" x 22,4"
Chamber Dimensions (W x D)	12,4" x 12,1"	12,2" x 12,2"	12,2" x 12,2"	12,5" x 9,3"	12,5" x 10,5"	12,5" x 12,2"
Voltage	220V	220V	220V/380V/440V	220V	220V	220V/230V
Power (kW)	6.5	6.0	6.0	6.2	6.2	3.3
Superior Heat Source	High velocity air jet	High velocity air jet	High velocity air jet	High velocity air jet	High velocity air jet	High velocity air jet
Lower Heat Source	Air, without independent control	Air, without independent control	Air, without independent control	Air, without independent control	Air, without independent control	N/A
Microwave Distribution Form	Superior with rotating antenna	Superior with rotating antenna	Superior with rotating antenna	Superior with rotating antenna	Superior with rotating antenna	Superior with fixed tube
Microwave Control	0 a 100%	5% a 100%	5% a 100%	10% a 100%	0% a 100%	0% a 100%
Maximum Temperature	536°F	527°F	527°F	539,6°F	536°F	536°F
Display	Touch Screen	Touch Screen	Touch Screen	Touch Screen	Touch Screen	Touch Screen
Recipes Programming	1024	1024	?	256	256	240
Steps by Recipes	8	6	6	6	6	No
Inter-Step Instruction	Yes	Yes	Yes	?	No	No
Recipe Transfer	Wifi and USB	USB	Wi-fi and USB	USB and Wi-fi Optional	USB	USB
Catalytic Filter Cleaning	User	Technical	Technical	Technical	Technical	Technical
Competitive Features		Similar sizes, but has lower power and only offers recipe transfer via USB.	Similar sizes, but has lower power.	Similar Sizes	Lower power, larger size and recipe transfer via USB.	Similar sizes but with lower microwave power

# HOW TO INSTALL



The FIT must be installed on a base or counter that supports its weight, approximately 147.71 lb;



Do not obstruct the rear air outlet.



The oven must not be positioned near to stoves, deep fryers, hot plates or any other equipment that releases fat, steam, and heat.



The ventilation, electrical panel, and motor vents must be kept far from these heat sources to prevent damage to the electrical system of the appliance.



The oven must be installed on a leveled surface in a well-ventilated area.



The installation of the equipment on a non-suitable surface or in non-suitable environment could result in the loss of the product warranty.



Be sure to share the Installation Scheme (Spec Sheet) with your customer. You can find this file on our website [www.praticausa.com](http://www.praticausa.com). Menu > Brochures and downloads.

**Make sure that the voltage available on the bench is the same as the voltage of the purchased equipment.**

Learn more about **FIT Express**

[CLICK HERE](#)



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The material pictures are merely illustrative

***PRÁTICA***  
**HIGH SPEED OVENS**