

PROGRESSION
Fitness™

TK1202 Magnetic Bike/Elliptical OWNER'S MANUAL



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Fitness™

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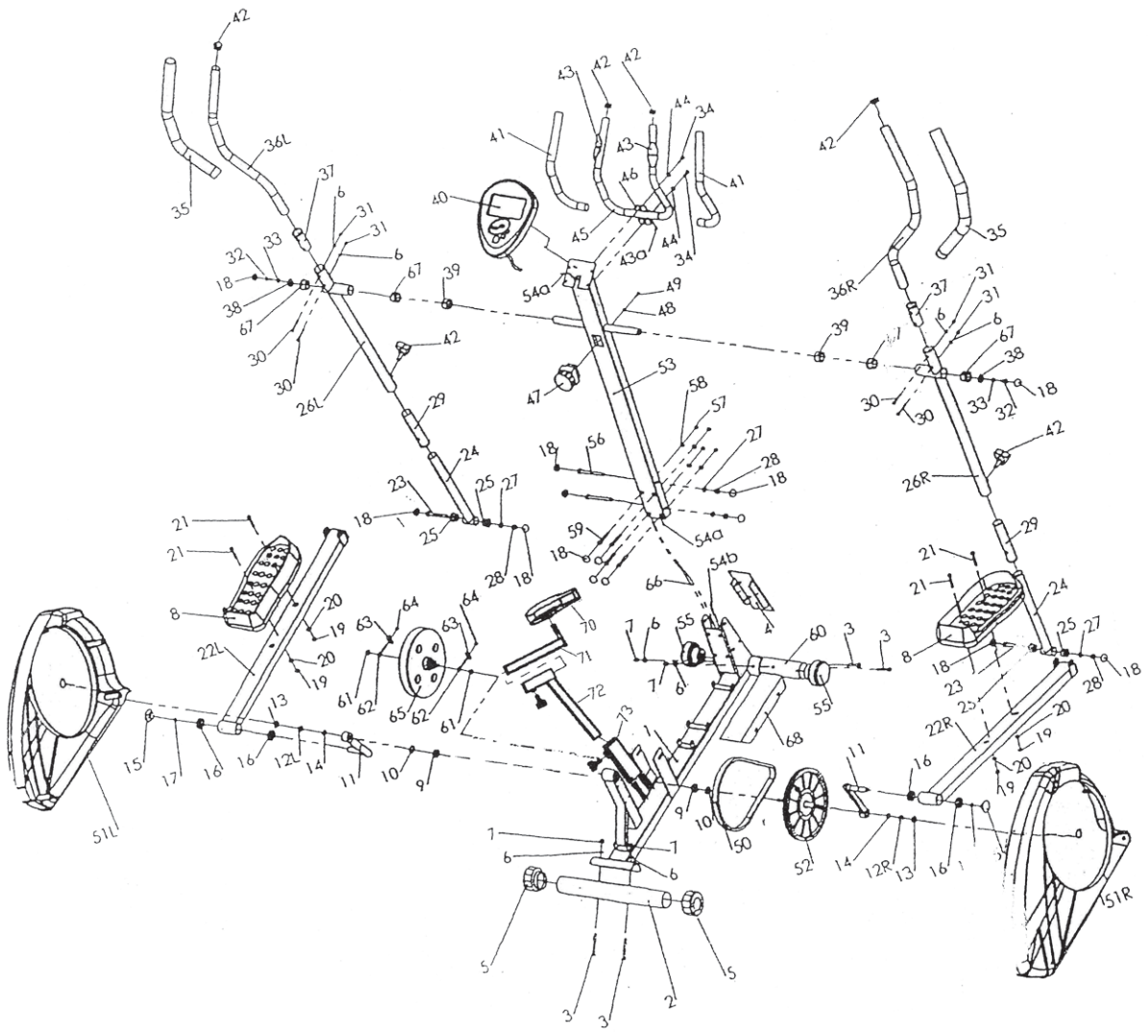
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Thank you for your purchase! Please take a moment to familiarize yourself with this user's manual. Keep it with your sales receipt for future reference.

Safety Notice- READ THIS FIRST

- 1. THE MAXIMUM WEIGHT CAPACITY OF THE MACHINE is 265 lbs. (120 kg). Persons whose body weight exceeds this limit should NOT use this exercise bike/elliptical.**
- 2. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.**
- 3. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.**
- 4. Position the Progression TK1202 on a large mat over a clear, level surface. DO NOT use near water or outdoors.**
- 5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.**
- 6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.**
- 7. DO NOT place any sharp objects around the Progression TK1202.**
- 8. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.**
- 9. Always stretch before exercising.**
- 10. NEVER operate the machine if it is not functioning properly.**

Warning: Before beginning this or any exercise program, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. The manufacturer assumes no responsibility for personal injury or property damages sustained by or through the use of this product.



Parts List

Part No.	Description	Qty	Part No.	Description	Qty
1.	Main frame	1	37.	Plastic sleeve	2
2.	Rear stabilizer	1	38.	Washer $\phi 25.2 \times 2 \times \phi 38$	2
3.	Carriage bolt M8 x 70	4	39.	Bushing	2
4.	Front plug	1	40.	Computer	1
5.	End Cap	2	41.	Foam grips	2
6.	Curved washer	6	42.	Spring knob	4
7.	Cap nut M8	4	43.	Hand pulse sensor	2
8.	Pedal	2	44.	Washer	2
9.	Bushing	2	45.	Safety handle bar	1
10.	C clip d16	2	46.	Plug	1
11.	Crank arm	2	47.	Resistance regulator	1
12.	Friction nut M10x1x $\phi 19$	2	48.	Washer $\phi 6 \times 1.2 \times \phi 12$	1
13.	End cap for crank arm M22x1	2	49.	Phillips screw M6x20	1
14.	Round plastic cap	14	50.	Sensor wire a & b	2
15.	Round plastic cap $\phi 35$	2	51.	Plastic chain cover R & L	1
16.	Bushing	2	52.	Pedal crank disc	1
17.	Washer d16	2	53.	Handle bar post	1
18.	Round plastic cap	14	54.	Sensor wire a & b	2
19.	Lock nut M8	2	55.	End cap	2
20.	Flat washer $\phi 8 \times 1.5 \times \phi 19$	2	56.	Hexagonal bolt M10x10.5	2
21.	Hexagonal bolt M8x45	2	57.	Nut M8	4
22.	Pedal tube R&L	2	58.	Washer $\phi 6 \times 1.2 \times \phi 12$	1
23.	Hexagonal bolt M8x45	2	59.	Hexagonal bolt M8x55	4
24.	Lower handle bar	2	60.	Front stabilizer	1
25.	Powder bushing $\phi 28 \times \phi 15 \times 15$	4	61.	Hexagonal bolt	2
26.	Middle handlebar tube R&L	2	62.	Bolt	2
27.	Flat washer $\phi 10 \times 2 \times \phi 20$	4	63.	U shape plug	2
28.	Lock nut	4	64.	Nut M6	2
29.	Plastic sleeve	2	65.	Flywheel	1
30.	Hexagonal bolt M6x 40	4	66.	Resistance regulator line	1
31.	Cap nut M6	2	67.	Powder bushing $\phi 34 \times \phi 25.2 \times 21$	4
32.	Hexagonal bolt M8x16	2	68.	Bottom plug	1
33.	Spring washer d10	2	69.	Seat	1
34.	Hexagonal bolt M8x25	2	70.	Seat slider	1
35.	Foam grips	2	71.	Seat post	1
36.	Upper handle bar R&L	2	72.	Oblique pipe	1

Assembly Instructions

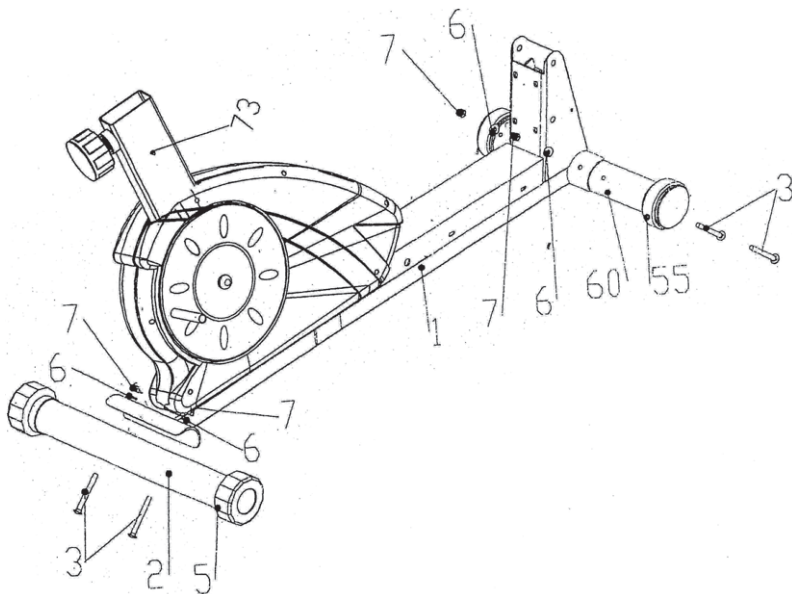
This manual is designed to help you easily assemble, adjust and use your exercise machine. Please read this manual carefully. Read ahead before you start: study the overview drawings to familiarize yourself with the parts identified in the instructions.

Set all the parts in a clear area on the floor. Do not discard any packing material until assembly is complete. Refer to the parts list for help to identify the parts.

STEP 1. ATTACH THE STABILIZERS

- Attach the front stabilizer (60) with end caps (55) to the frame (1), using two carriage bolts (3), two curved washers (6) and two cap nuts (7).
- Attach the rear stabilizer (2) with end caps (5) to the frame, using two carriage bolts (3), two curved washers (6) and two cap nuts (7).

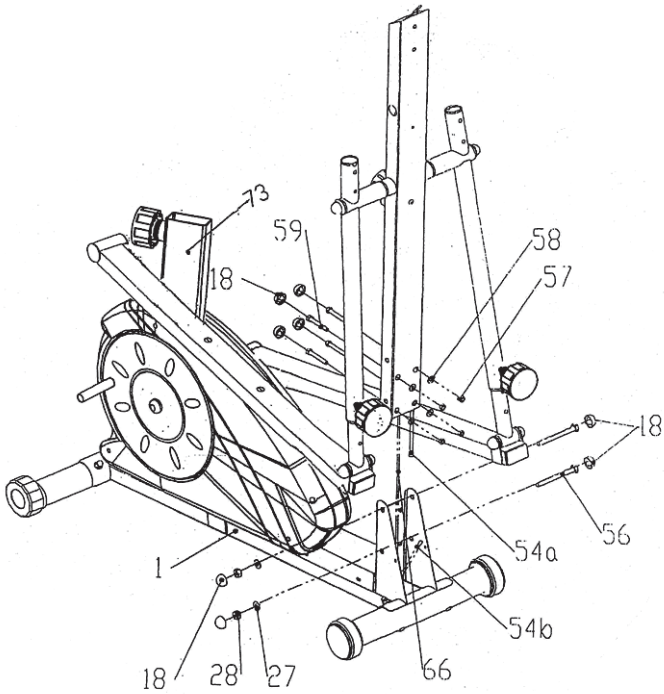
Note: During these two steps, please make sure the bolts are securely tightened to avoid shaking and discomfort when cycling. Always situate the machine on a flat, level surface free of debris.



STEP 2. ATTACH THE HANDLEBAR POST

- Connect upper sensor (54a) wire and the lower sensor wire (54b).
- Guide the handle bar post (53) into the U type bracket on the front of the frame (1). Place two hexagonal bolts (56) into their place on the U bracket, followed by two flat washers (27), and two M10 lock nuts (28). Attach the handle bar post (53) by using the hexagonal bolts (59) and the washer (58) and the nuts (57). First tighten the nuts (57). Then cover the heads of hexagonal bolts (59) with the round plastic caps (18).

NOTE: Ensure the bolts are secured to avoid shaking and discomfort when exercising.



STEP 3. ATTACH PEDAL TUBE & PEDAL&SEAT

- Attach two crank arms (11) to the crank axle on the frame (1). If necessary, use a rubber mallet to tap each crank into place. Put a toothed washer (14) on the crank axle, securing it with a friction nut (12 R&L).

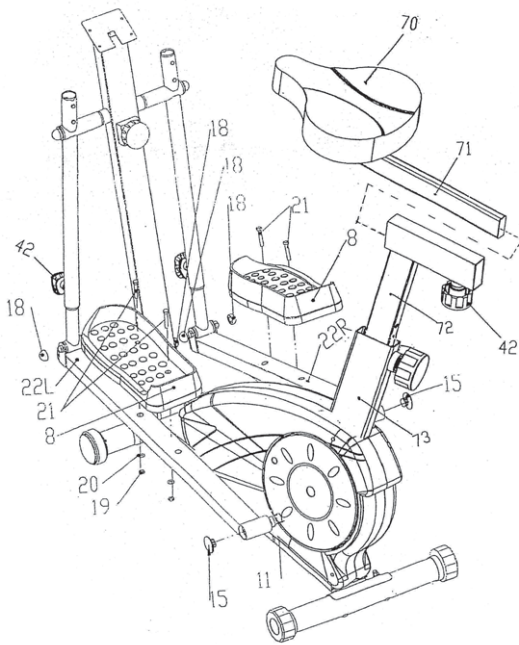
NOTE: The right nut (12R) should be threaded on clockwise. The left nut (12L) should be threaded on counter-clockwise. Please make sure both nuts (12R&L) are tightened securely.

- Attach the pedals (8) to the lower extremes of the pedal tubes (22R&L). Use four washers (20) and lock nuts (19) and four hexagonal bolts (21) to secure the pedals (8).

NOTE: Each pedal's flat edge should point outwards.

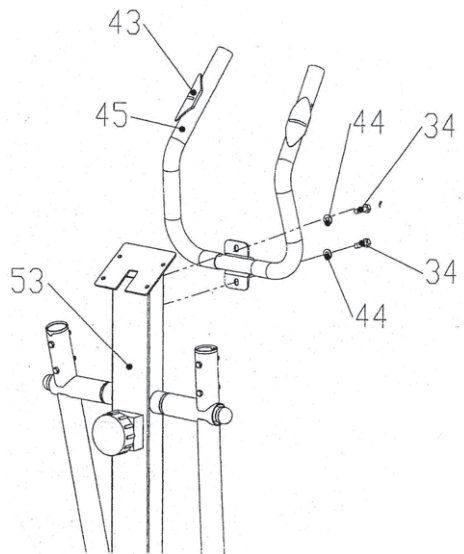
- Put six M10 plastic caps on the heads of the nuts.

Fasten the seat (69) to the seat slider (70) into the tube with spring knob (42) to lock firmly.



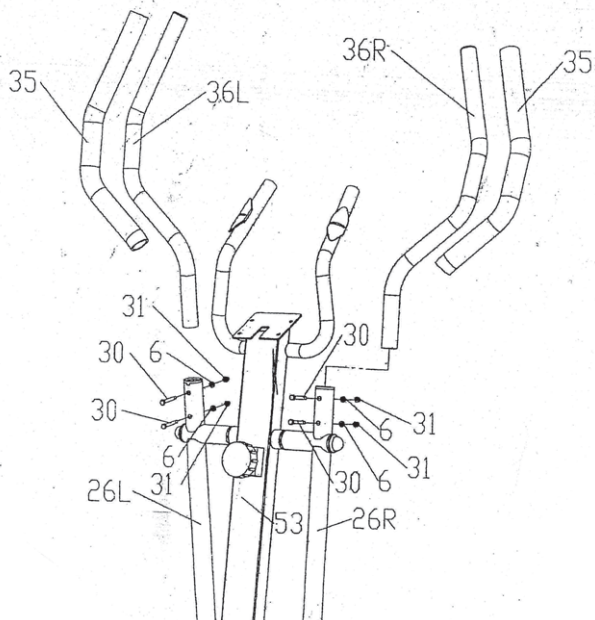
STEP 4. ATTACH THE SAFETY HANDLEBAR

- Attach safety handlebar (45) to the handlebar post (53) and secure with two washers (44), and two hexagonal bolts (34).



STEP 5. ATTACH THE HANDLEBARS

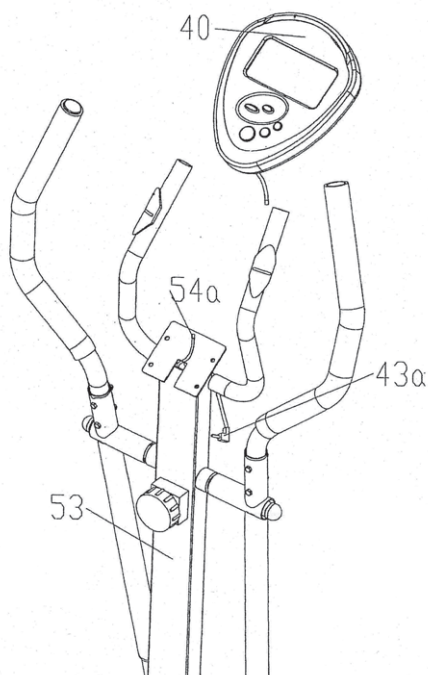
- Insert two upper handle bars (36R&L) into the middle handle bars (26R&L), then secure them with four curve (6) washers, four cap nuts (31) and four hexagonal bolts (30).
- Slide foam grips (35) down to the upper handle bars (36R&L). Warm soapy water will make it easier to slide them on.



STEP 6. ATTACH COMPUTER

- Hold the computer (40) in hand. Make sure the batteries are correctly installed into the computer. First connect upper sensor wire (54a) to the computer. Then, plug hand pulse (43a) cable into the computer.
- Tuck all extra lengths of the upper sensor wire (54a) into the handle bar post (53). Then install the computer (40) onto the computer bracket on the handle bar post (53) via a clip.

Note: Be careful not to pinch the cables.



EXERCISE COMPUTER WITH PULSE AND RADIO INSTRUCTION MANUAL JS-179B

EXERCISE COMPUTER FUNCTIONAL BUTTONS:

MODE- Push down to select the display window which needs to be set.

SET - To set the values of time, distance and calories when "set" flash on the relevant display window.

RESET - Push down for resetting time, distance and calories when "set" flash on the relevant display window.

Note: Press any button of MODE/SET/RESET to enter the mode of pulse test

EXERCISE COMPUTER FUNCTION

1.SPEED: A displays speed

Display of instantaneous speed.

2.TIME: B displays the exercise time.

1)Count the total time from exercise start to the end,count will stop automatically if no exercise for 3 seconds.

2)Exercise time can be set in advance,when it approaches the preset time, the computer will alarm 10 seconds.

3.DISTANCE: C displays distance.

1)Count the total distance from exercise start to the end.

2)Exercise distance can be set in advance, when it approaches the preset distance, the computer will alarm 10 seconds.

4.CALORIES: D displays consumed calories.

1)Count the total calories consumed from exercise start to the end.

2)The calorie value can be set in advance, when it approaches the preset calorie, the computer will alarm 10 seconds.

5.PULSE: E displays the pulse

Hold the sensors by both hands to test your pulse per minute. Test scope ranges from 40~240beat/minute,without any pulse signal for 25 seconds, "P" will display on E window, indicating pulse test pause.

6.WHEEL PERIMETER:

The wheel perimeter is preset to be $\varnothing 60$ (or can be changed according to different factories).

7.ALARM: The computer will "Beep" when press "MODE" "SET" or "RESET" buttons.

8.AUTO ON/OFF & AUTO START/STOP: Without any signal exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be clear off.

EXERCISE COMPUTER OPERATION

1. Press "MODE" to choose the display window that needs to be preset, a "set" will flash on the setting window, then press "SET" to set the alarm time, alarm distance or alarm calories. Press "RESET" to clear the value.

2.PULSE RATE:

Before measuring your pulse rate, press any button,"P" will change into "0" on E display window, then enter pulse test mode, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 3~4 seconds.

Remark:During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

EXERCISE COMPUTER SPECIFICATIONS:

FUNCTION	Running Time	00:00~99:59(Minutes:seconds)
	Current speed	The maximum signal can be picked up is 1500RPM
	Trip Distance	0.00~9.99~99.9KM or Miles
	Calories	0.0~99.9~999KCAL
	Pulse Rate	40~240beats per minute
Battery type		2 pcs of size 1.5VAA or UM3
Operating temperature		0°C~+40°C (32°F~104°F)
Storage temperature		-10°C~+60°C (14°F~140°F)

RADIO FUNCTIONAL BUTTONS:

VOLUME— ON/OFF RADIO and change volume

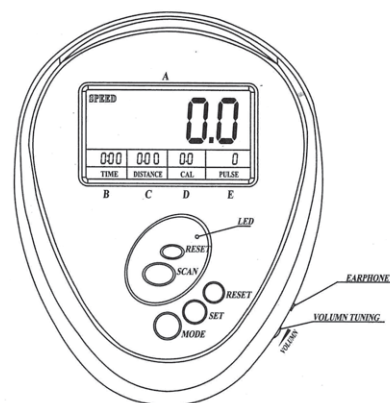
SCAN—select channel

RESET—RESET to low channel

RADIO OPERATION:

Plug the earphone in the socket, dial the volume key to turn on the radio and change the volume,meanwhile the radio indicating light on the operation panel will shine. Press **SCAN** to select channel, the channel ranges from FM88MHZ to FM108MHZ. when scanning the channel, if the user can not reach an expected channel, please press **RESET** button, then press **SCAN** to select the channel again.

Remark: when user is in no need of radio, please turn off the radio through volume button to save the battery, meanwhile the radio indicating light will not shine on the operation panel.



JS-179B