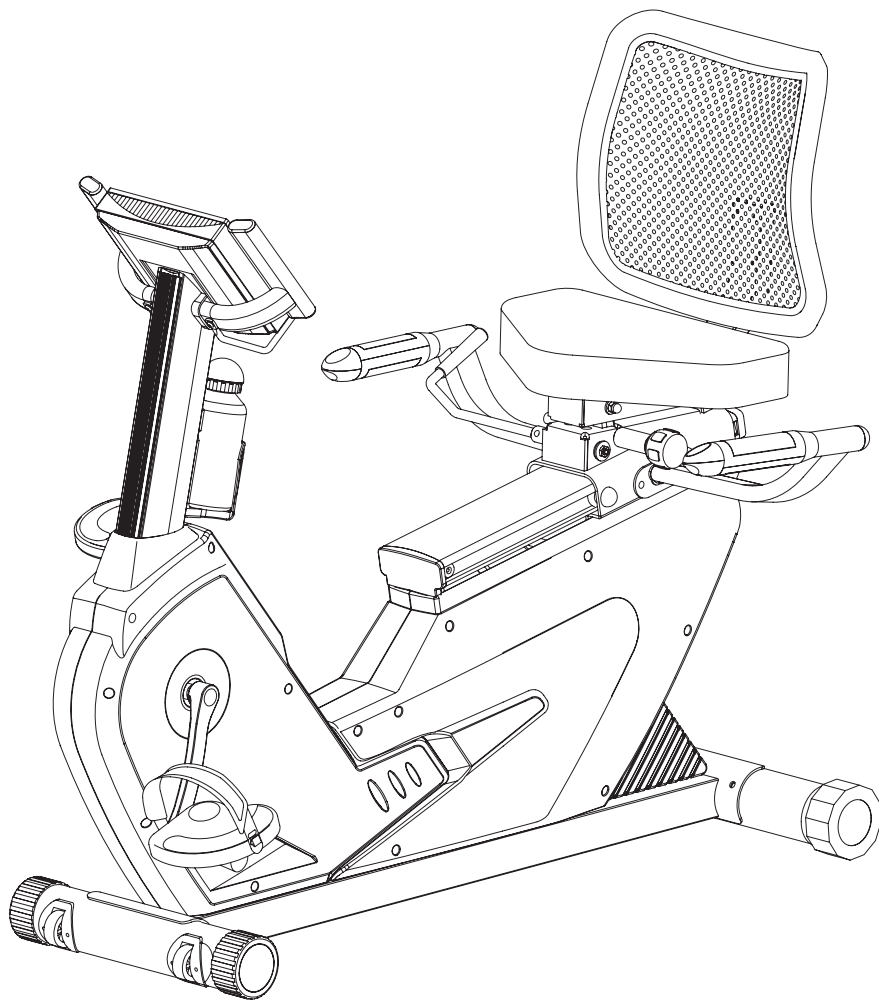


PROGRESSION

*Fitness*TM

Recumbent Bike

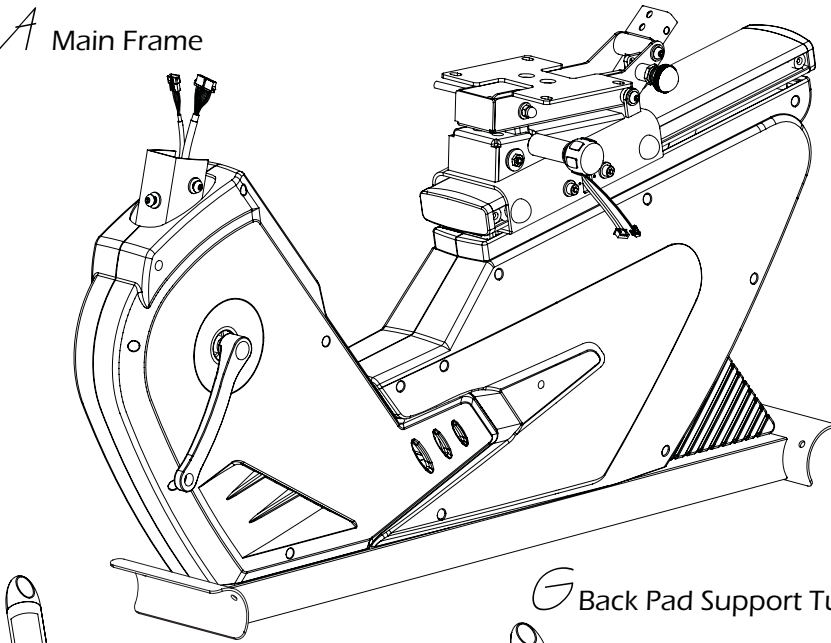


Model: B1100

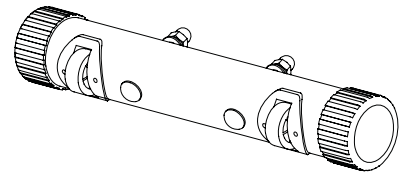
Owner's Operating Manual

PARTS LIST

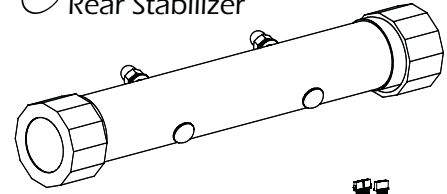
A Main Frame



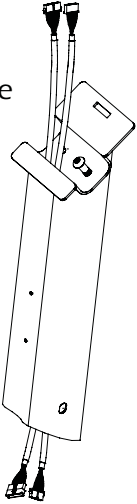
B Front Stabilizer



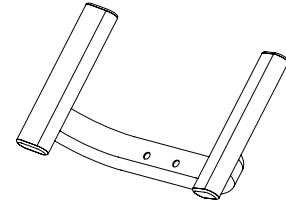
C Rear Stabilizer



E Central Support Tube

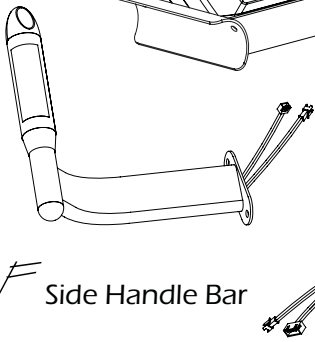


G Back Pad Support Tube

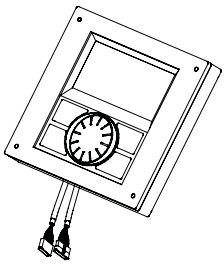


D Front Handle Bar

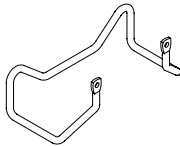
F Side Handle Bar



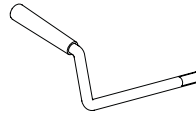
H (H1) Monitor



(H2) Book Stand



(H3) Stop Bar



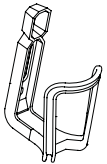
(H4) Water Bottle



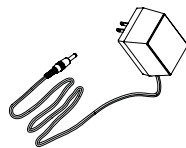
(H9) Decoration



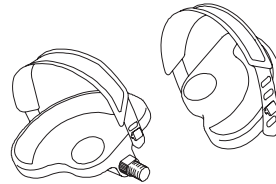
(H5) Bottle Holder



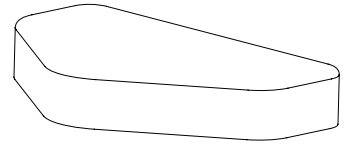
(H10) AC Adapter



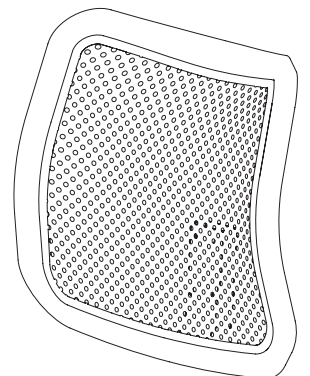
(H11 & H12) Pedal



(H7) Saddle Pad



(H8) Back Pad



(J2) Flat Washer M6



(J3) Bolt 1/4"x1-1/2"



(A60) Bolt M8x10mm



(J6) Bolt M8x15mm

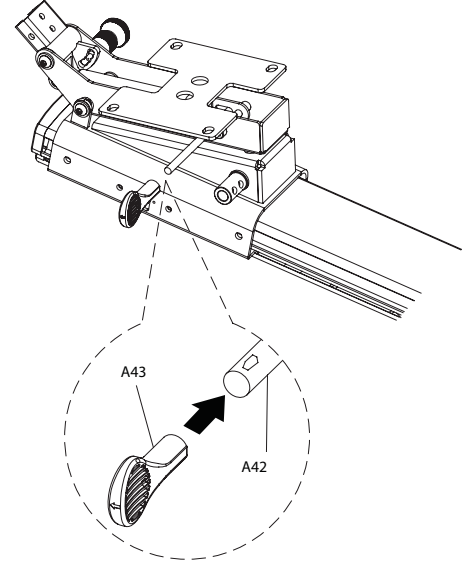


(J7) Flat Washer M8



⚠ NOTICE :

Turn the arrow on adjustment handle (A43) toward the left and then insert adjustment handle (A43) into axle (A42)

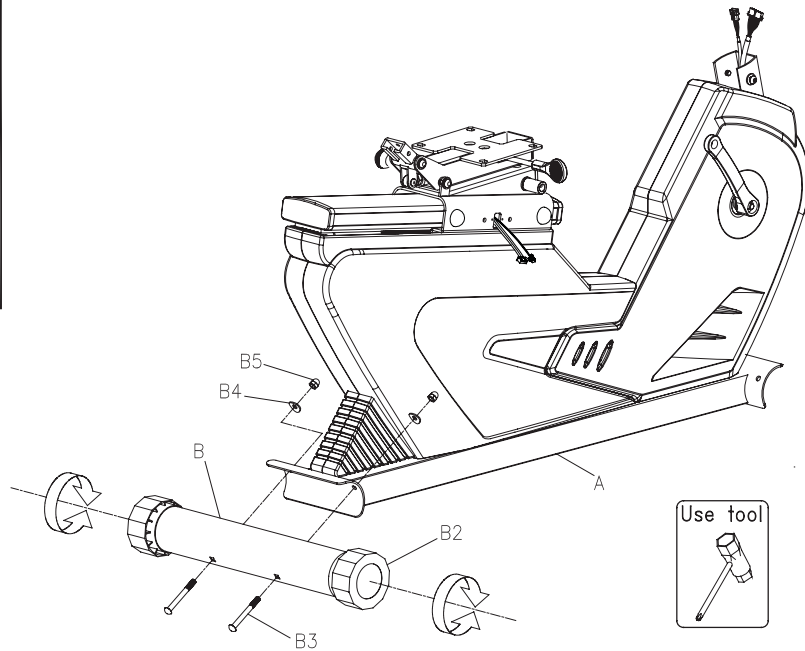


FIGURE_1

ASSEMBLY OF THE REAR STABILIZER

Attach the rear stabilizer (B) to the main frame (A) with bolts (B3), curved washers (B4) and nuts (B5).

FIGURE 1



FIGURE_2

ASSEMBLY OF THE FRONT STABILIZER

First, remove bolts(C3), curved washers(C4) and nuts(C5) from front stabilizer(C). Attach the front stabilizer(C) to the main frame(A) using bolts(C3), arc washers(C4)& nuts(C5).** After you finish assembly (Figure 1 & Figure 2), if the machine does not sit level, you can use the adjustable end caps (B2) to compensate for uneven surfaces.

ASSEMBLY FOR BACK PAD TUBE

First remove bolts (A60) & washers (J7) from main frame. Attach the back pad support tube (G) to the main frame (A) using bolts (A60) & washers (J7).

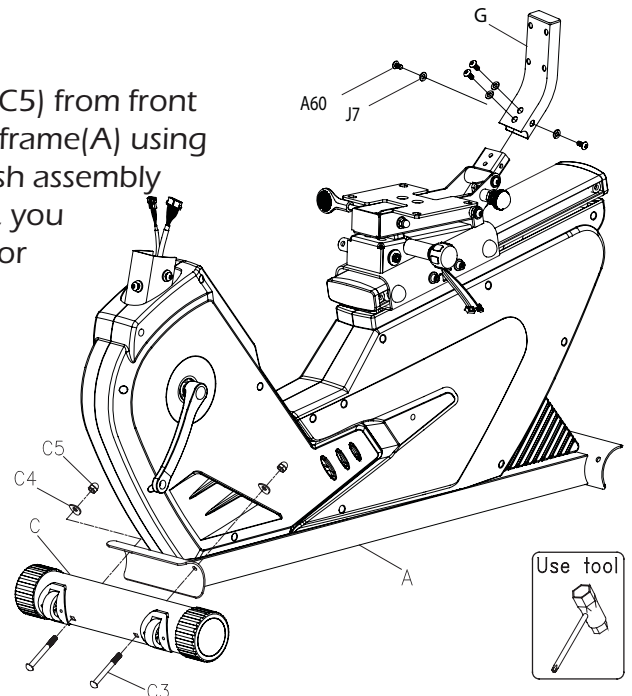
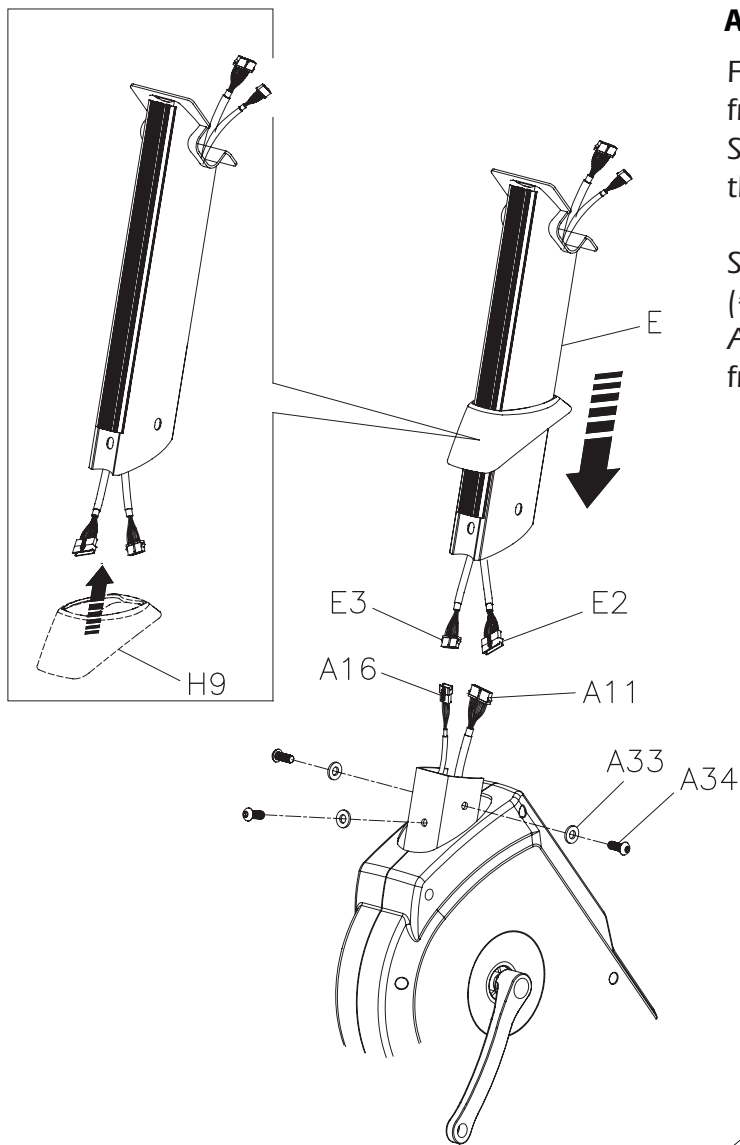


FIGURE 2

FIGURE 3



FIGURE_3

ASSEMBLY OF THE CENTRAL SUPPORT TUBE

First, remove the bolts (A34). Washers (A33) from the main frame.

Step 1: Slide decoration cover (H9) over the central support tube (E) from bottom side.

Step 2: Connect the sensors (E3) with (A16), (#2) with (A11).

Attach central support tube (E) to main frame (A) using washers (A33) & bolts (A34).

ASSEMBLY OF THE FRONT HANDLEBAR

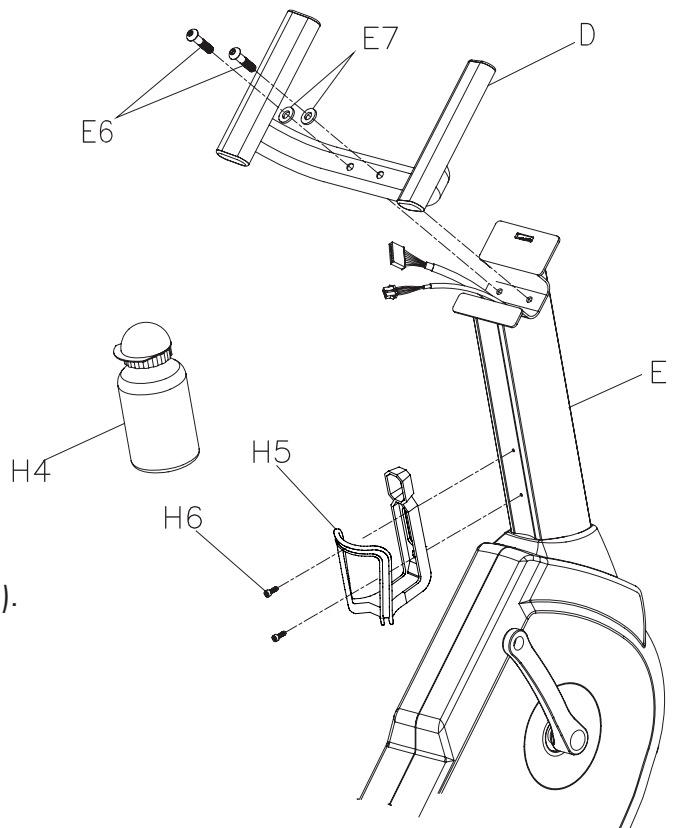
First, remove the bolts (E6), washers (E7) from central support tube (E).

Attach front handlebar (D) to the central support tube (E) and secure it with bolts (E6) & washers (E7).

ASSEMBLY OF THE WATER BOTTLE HOLDER

Attach plastic bottle holder (H5) to central support tube (E) and secure it with screws (H6).

FIGURE 4



FIGURE_5

ASSEMBLY OF THE MONITOR

Step 1: Connect the cables (E2 & E3) with cables from the monitor (H1).

Step 2: Slide monitor onto the steel plate of the central support tube (E).

Step 3: Attach book stand (H2) to front handle bar (D) using washers (J2) and bolts (J1).

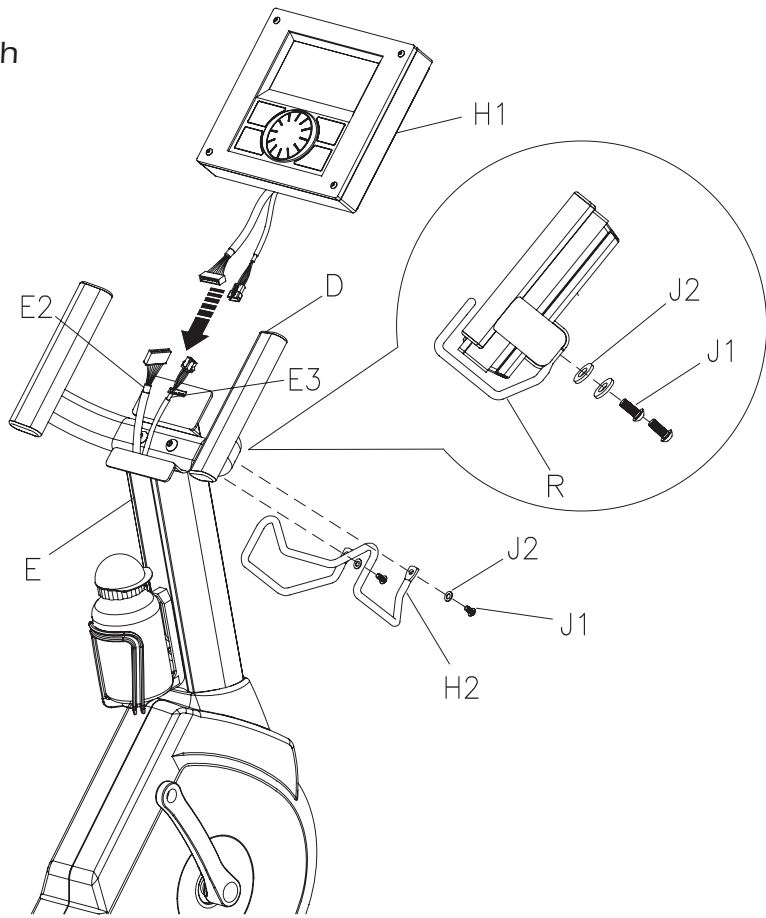


FIGURE 5

FIGURE 6

FIGURE 6

ASSEMBLY OF THE BACK PAD

Step 1: Attach back pad (H8) onto back pad tube (G) and secure it using washers (J2) & bolts (J3).

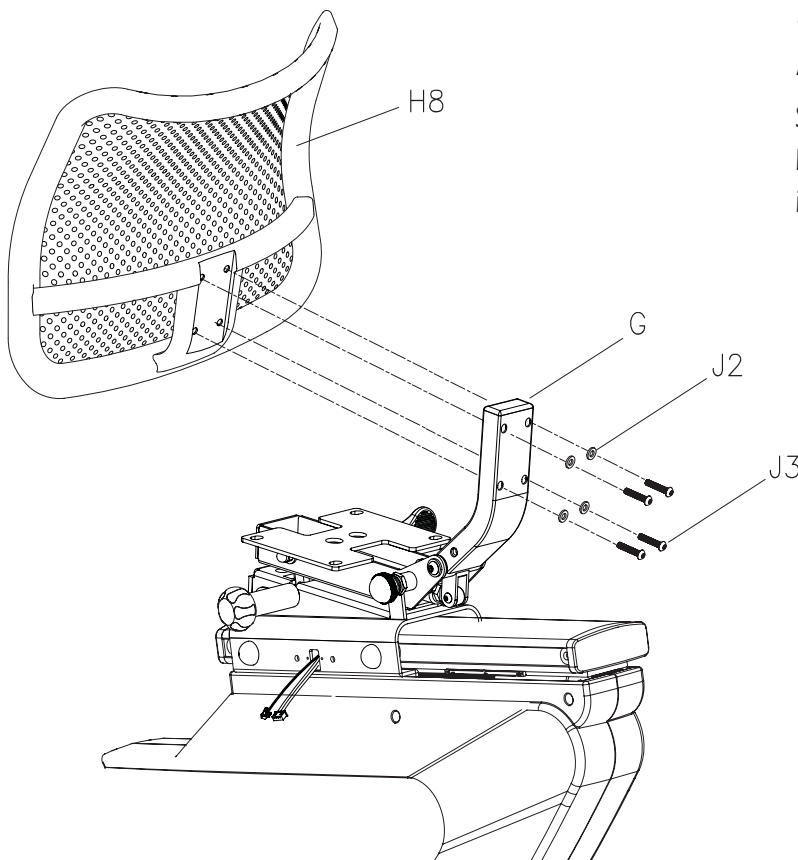
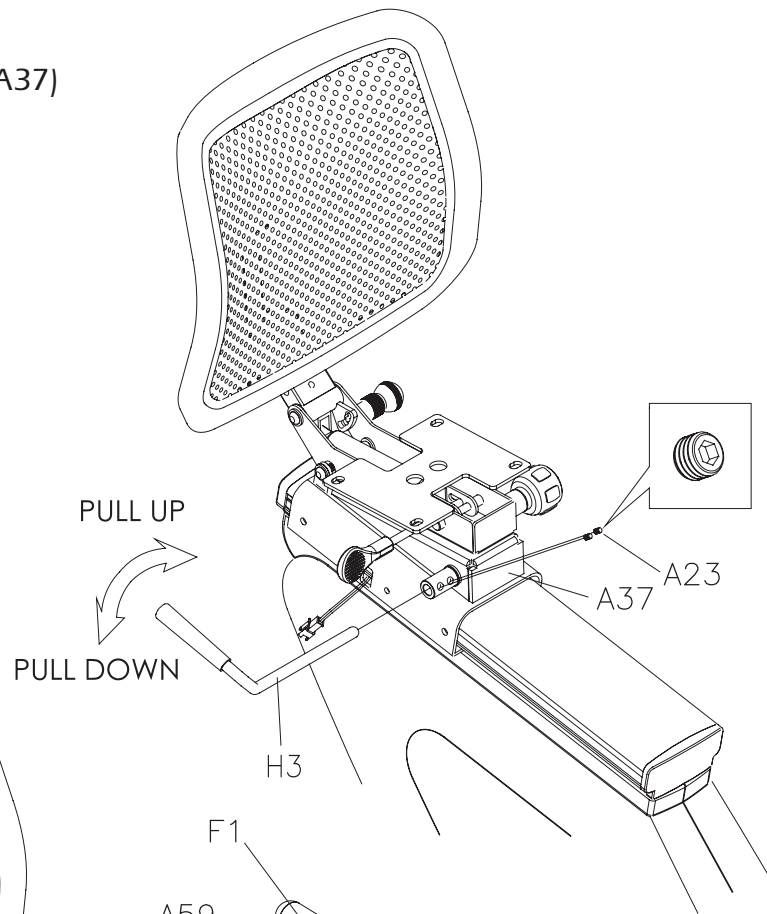
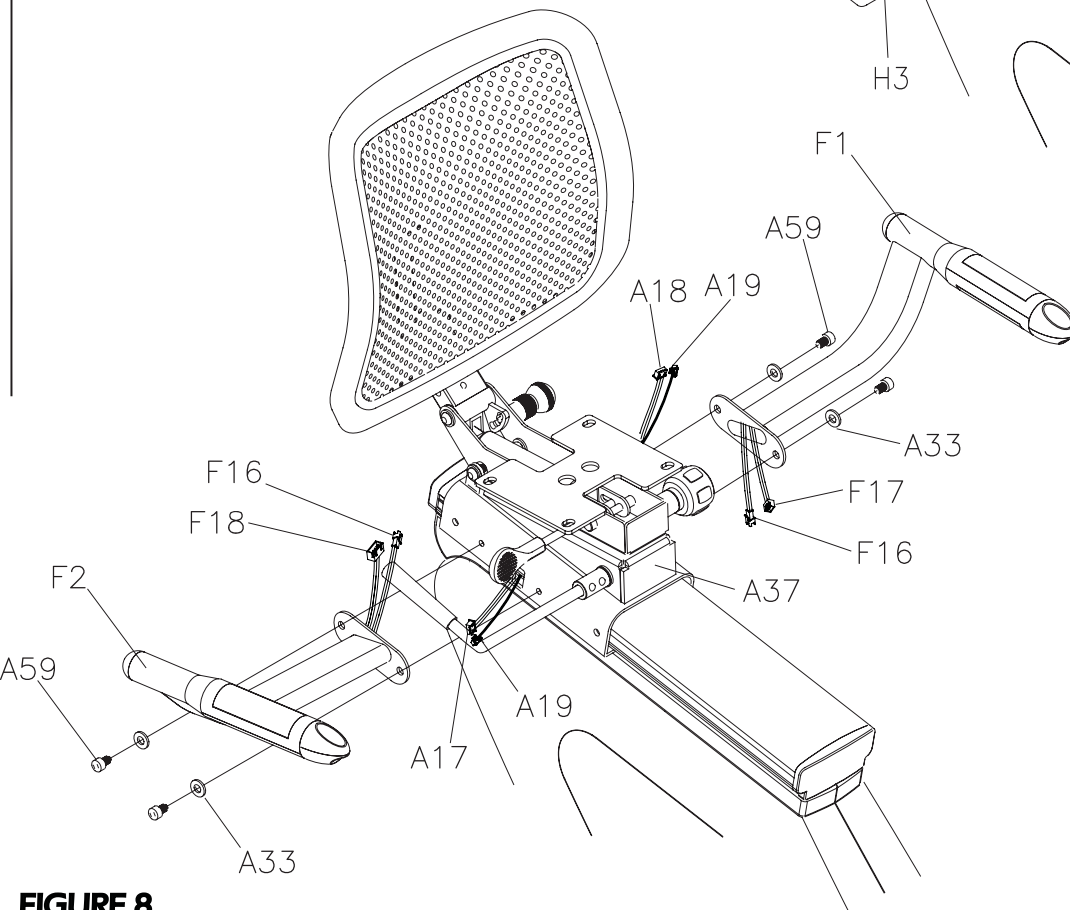


FIGURE 7**ASSEMBLY OF THE STOP BAR**

Insert the stop bar (H3) into the seat base (A37) and use stopping screws (A23) to secure it.

HOW TO ADJUST THE SADDLE BASE

Pull up the stop bar (H3) and adjust the seat base (A37) to a comfortable distance, then push down.

*FIGURE 8***FIGURE 8****ASSEMBLY OF THE SIDE HANDLEBAR**

First, remove the washers (A33), bolts (A59) from the seat base (A37).

Step 1: Connect sensor wires (F16, F17) with sensor wires (A18, A19).

Step 2: Attach the side handlebar (F1) to seat base (A37). Then secure it with washers (A33), bolts (A59). Repeat Step 1 and 2 for side handlebar (F2).

FIGURE 9

FIGURE 9

ASSEMBLY OF THE SEAT PAD

Secure the seat pad (H7) onto seat base using washers (J7) and bolts (J6).

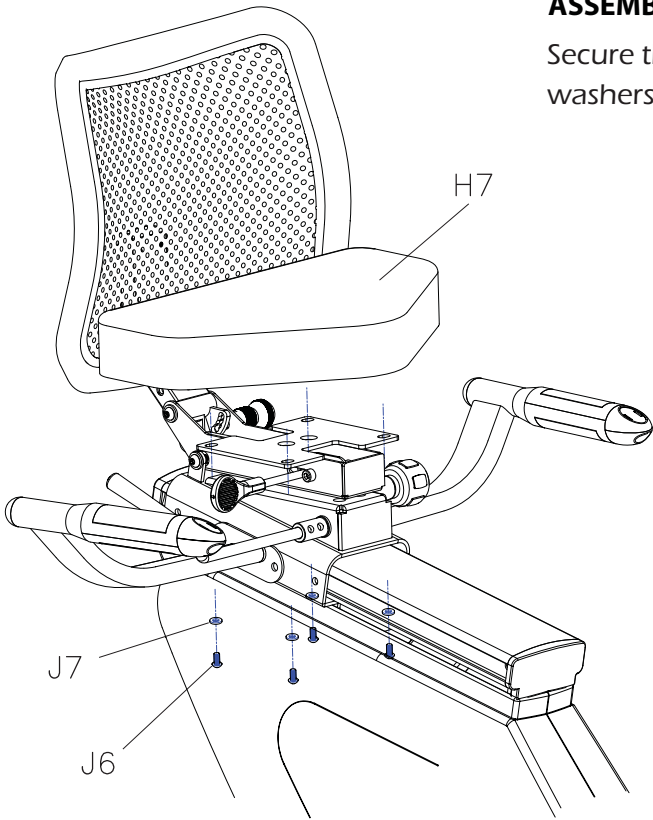


FIGURE 10

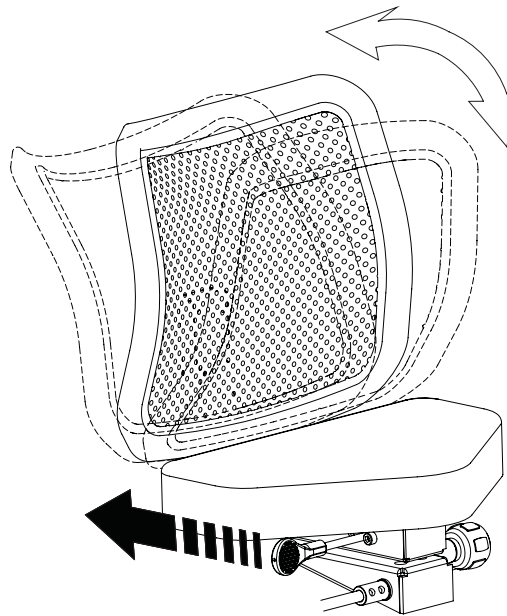


FIGURE 10

HOW TO ADJUST THE BACK PAD

Push the adjustment handle back to adjust the back pad to desired position.

HOW TO ADJUST THE SEAT BASE

Loosen the knob (J5). Pull the knob and slide seat to desired position. Release the knob and tighten to secure the seat base.

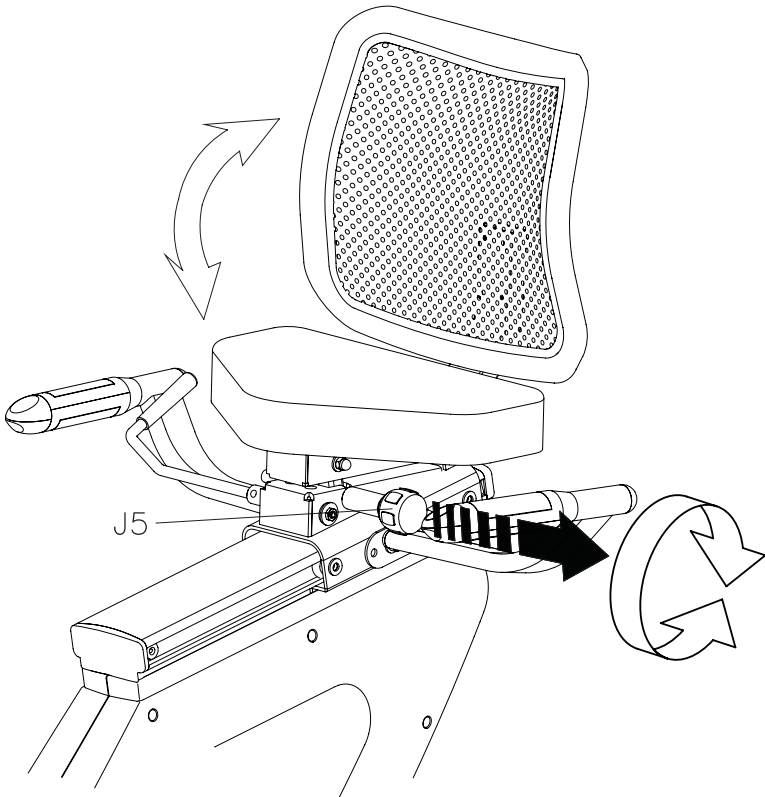
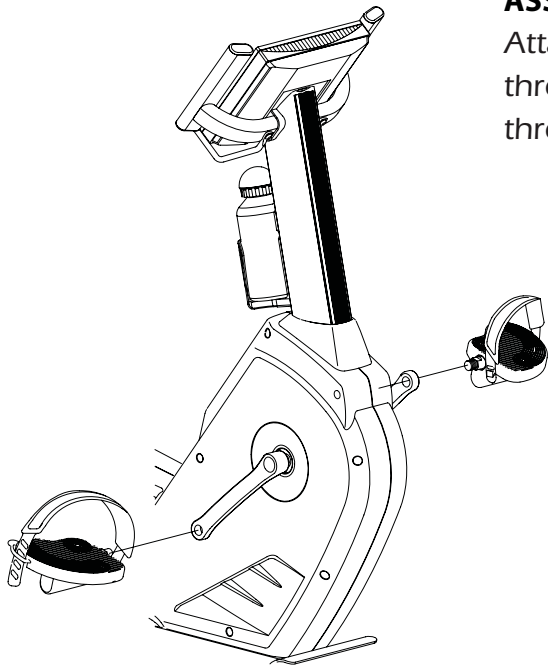


FIGURE 11



FIGURE_11

ASSEMBLY OF THE PEDAL

Attach the right pedal to right crank arm. The right pedal threads into the crank in a clockwise direction, and the left threads in a counter clockwise direction.

Note: To plug in machine, locate the AC adapter hole at the rear of the machine.

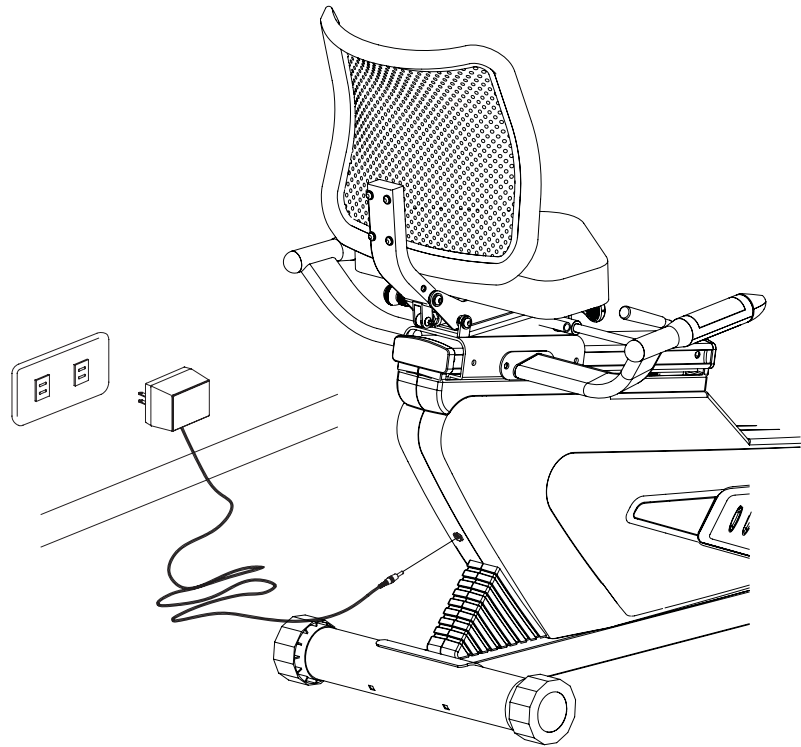
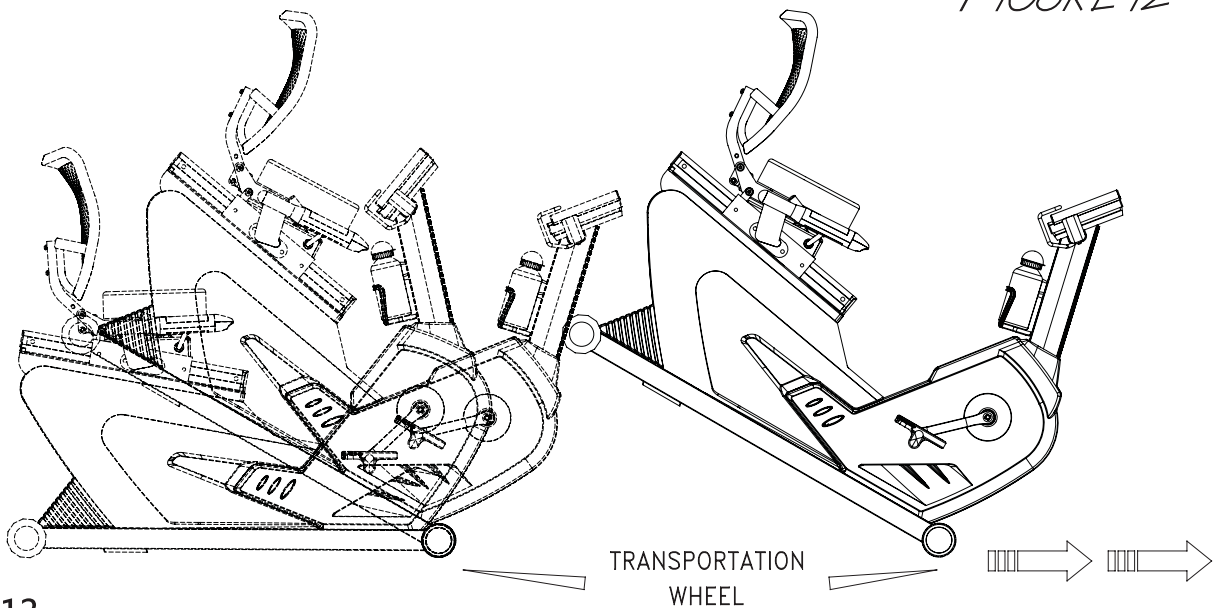


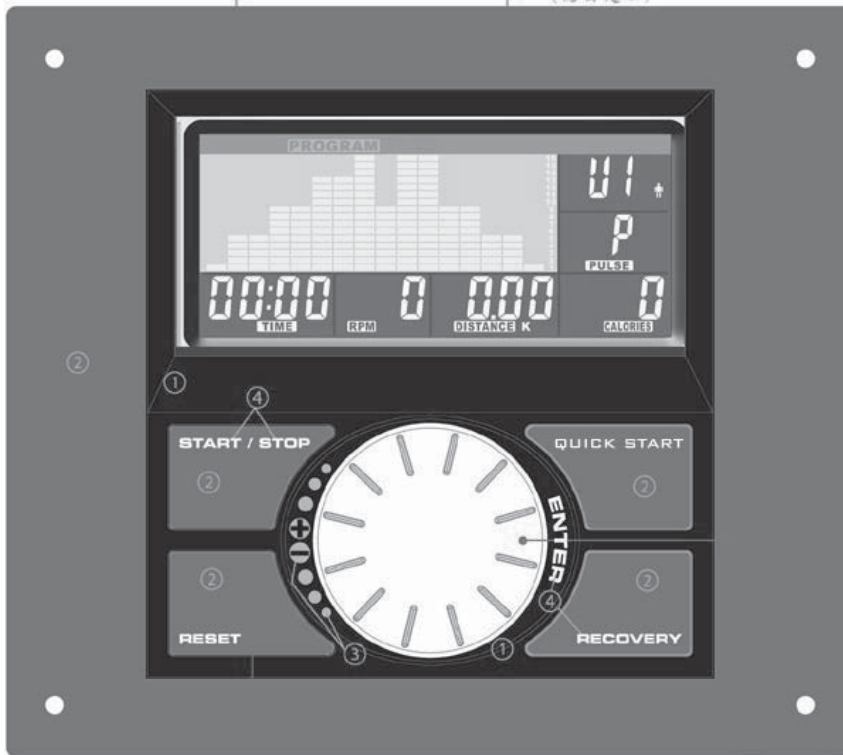
FIGURE 12



FIGURE_12

HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels. Stand at back of the machine and lift it up until the weight of the machine is transferred to the transport wheels. You can now easily move the machine to a new location.



FUNCTION

SCAN	: Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.	PROGRAM	: P1~P12
RPM	: 0~15~990	WATTS CONSTANT	: 10~350
SPEED	: 0.0~99.9 km/h	PERSONAL	: U1~U4
TIME	: 0:00~99:59.	H.R.C	: 55%、75%、90%、IND (TARGET)
DISTANCE	: 0.00~99.99 km	PULSE	: P~30~240, max value is available.
CALORIES	: 0~990.	USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)
PULSE	: P~30~240		
HEART SYMBOL	: ON/OFF flashes		
MANUAL	: 1~16 level		

BUTTONS ON HANDRAIL

In order to offer more flexibility during your workout, additional toggle switches are placed on the handrail. The buttons are the +/- and MODE. They are used the same way as the buttons on the console. These buttons may be used at anytime as a substitute for pressing the buttons located on the console.

DESCRIPTION

PULSE - User can hold the grip sensors or wear the chest belt to measure heart rate. LCD will display the user's current heart rate value in the pulse window. You may adjust target pulse before workout by pressing ▲▲, ▼▼KEY for setting. The range is from 30 to 240 BPM.

FUNCTION DESCRIPTION

USER DATA U0-U4 are user's Personal Programs. Users should enter their gender, age, height and weight. Only data for U1 to U4 will be saved. U0 is for casual users.

Operating Process:

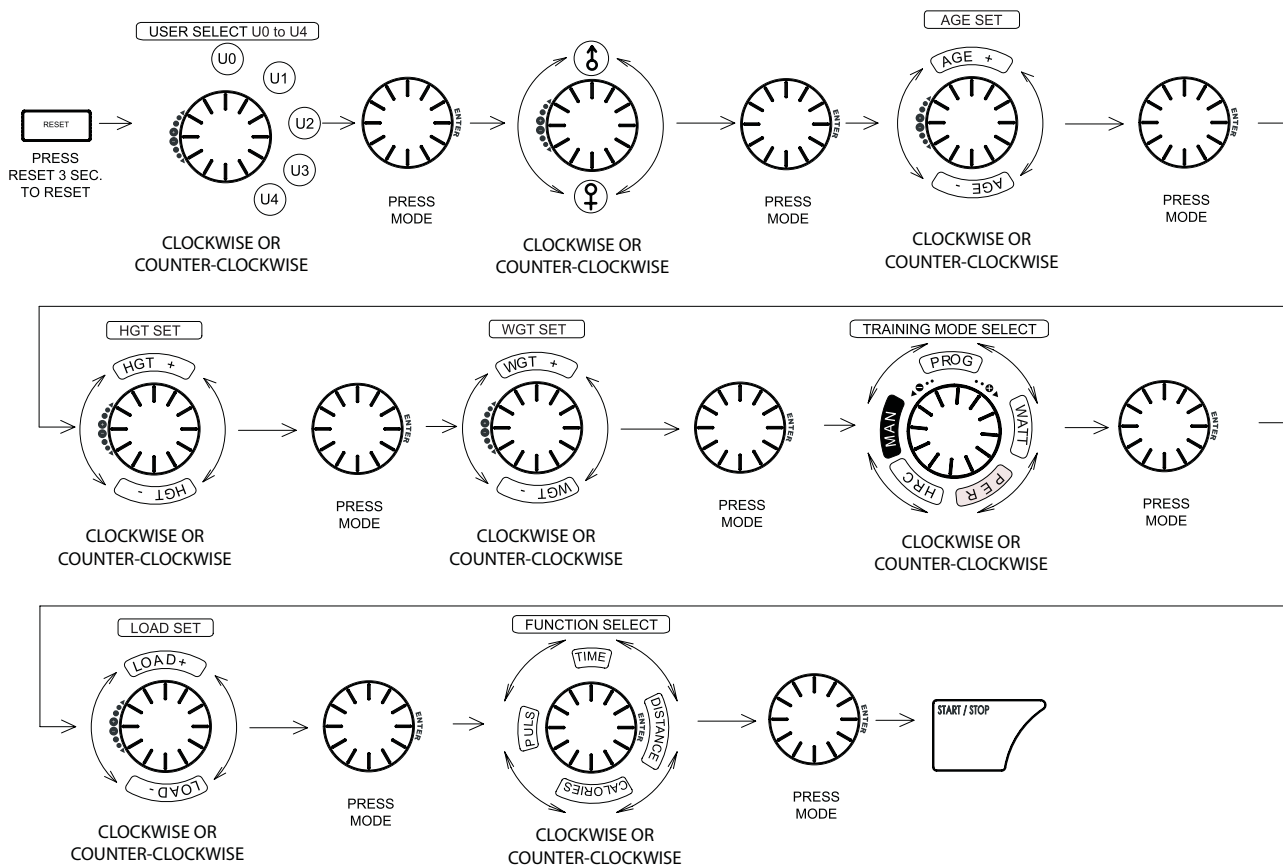
1. Turn dial to choose U0 / U1 / U2 / U3 / U4, then push dial (enter).
2. Turn dial to choose MALE/FEMALE the push dial (enter).
3. Input your AGE from 30 by turning dial, then push dial (enter).
4. Input your Ht: HEIGHT by turning dial, then push dial (enter).
5. Input your Wt: WEIGHT by turning dial, then push dial (enter).

FUNCTION DESCRIPTION

MANUAL MODE Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE/CALORIES/PULSE then press ST/STOP to START manual program.

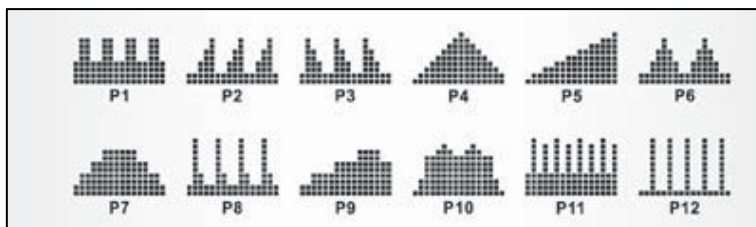
Operating Process:

1. Set your exercising TIME by turning dial from 0:00 to 99:00.
2. Set your exercising DISTANCE by turning dial from 0.00-99.50 km.
3. Set your exercising CALORIES by turning dial from 0-999.
4. Set your target PULSE (HEART RATE) by P-30-240.
5. Press enter to confirm each value setting.
6. If you don't need to set above value (TIME/DISTANCE/CALORIES/PULSE), press START/STOP to quick start your workout.



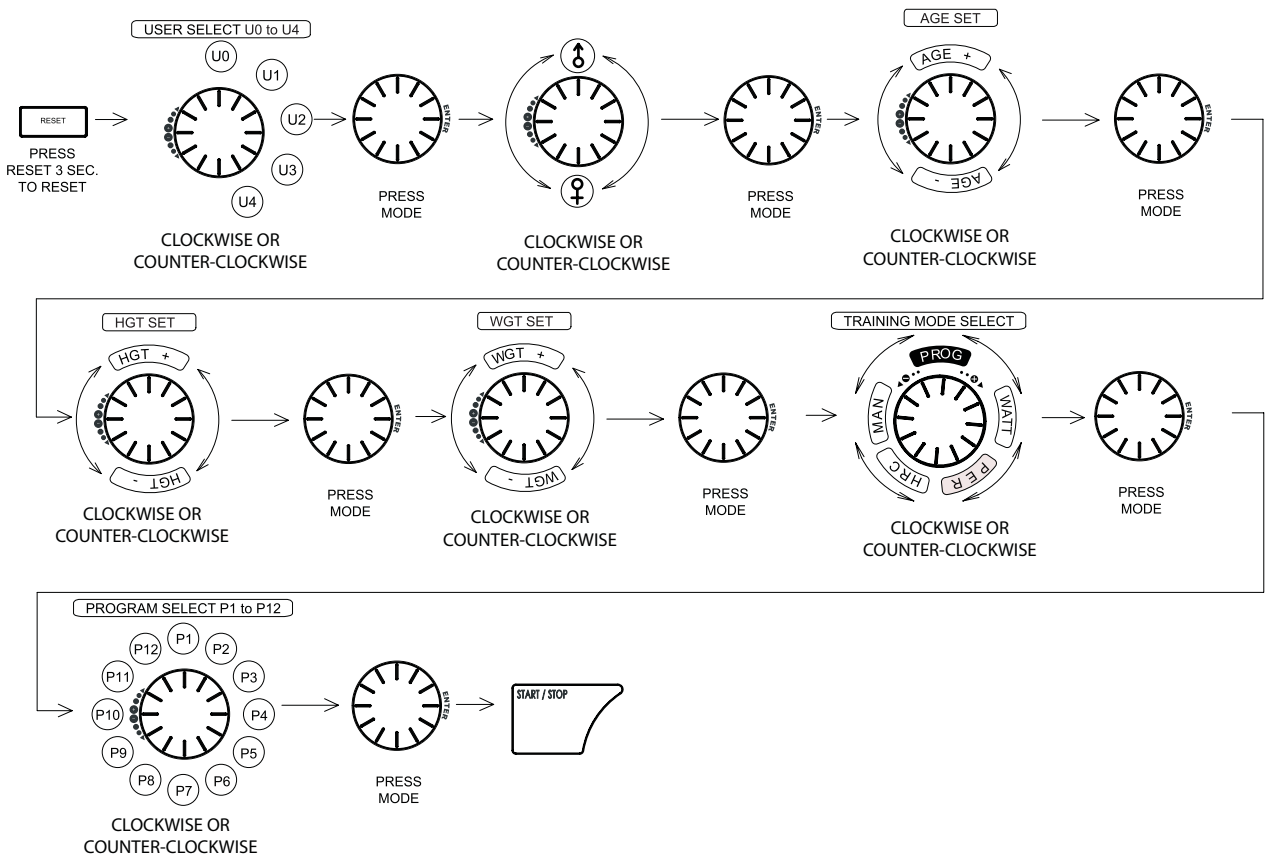
PROGRAM MODE

12 preset programs (P1-P12).
Resistance level can be adjusted during the program.



Operating Process:

1. Choose program profile P1 - P12.
2. In the program you can raise the load level by turning dial.
3. Set your program TIME by turning dial from 0:00 to 99:00.
4. Set your program DISTANCE by turning dial from 0.00-99.50 km.
5. Set your program CALORIES by turning dial from 0-999.
6. Set your target PULSE (HEART RATE) by turning dial from P-30-240.
7. Press ENTER to confirm each value setting.

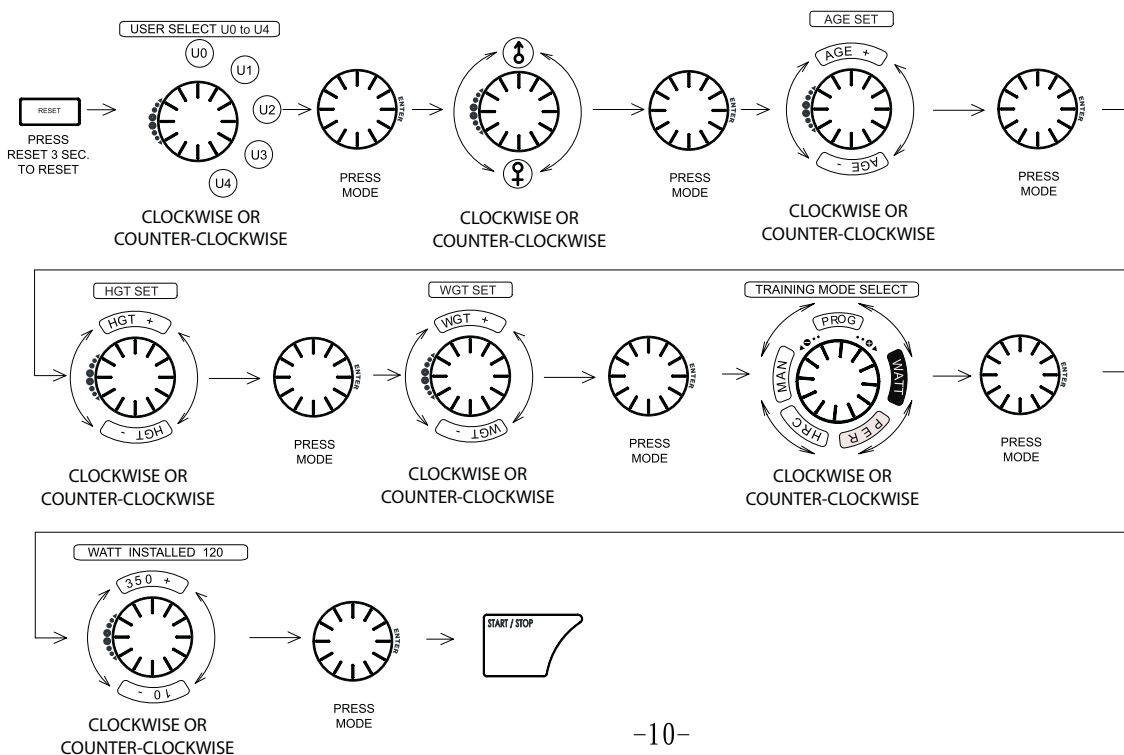


WATT MODE

Default WATTS value is 100. User can adjust WATTS value using the dial. The entered WATTS will be maintained automatically regardless of speed.

Operating Process:

1. Set up WATTS level you want to maintain during your workout by turning dial.
2. Set your exercising TIME by turning dial from 0:00 to 99:00.
3. Set your exercising DISTANCE by turning dial from 0.00-99.50 km.
4. Set your exercising CALORIES by turning dial from 0-999.
5. Set your target PULSE (HEART RATE) by turning dial from P-30-240.
6. Press ENTER to confirm each value setting.

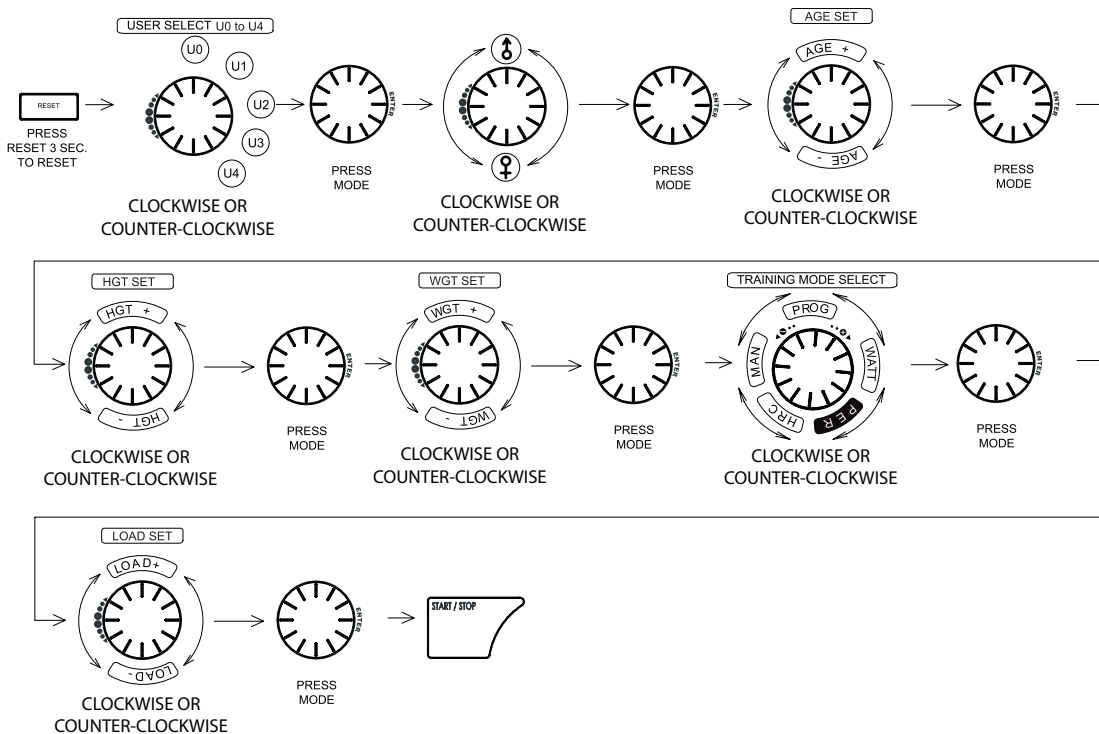


USER MODE

Select your own Program profile U1-U4 by setting the resistance level for each individual segment. The Program will be automatically saved for future use. U0 can be set the same as U1-U4 but this Program cannot be saved.

Operating Process:

1. User can design their ideal program profile for each segment.
2. For example, user knobbing + up / - down to input his/her resistance load from 1-16 dot matrix.
3. Press ENTER to confirm each resistance load setting.
4. Finish the resistance program chart.
5. Set your exercising TIME by knobbing + up / - down from 0:00 to 99:00.
6. Set your exercising DISTANCE by knobbing + up / - down from 0.00-99.50 km
7. Set your exercising CALORIES by knobbing + up / - down from 0-999.
8. Set your target PULSE (HEART RATE) by knobbing + up / - down from P-30-240.
9. Press ENTER to confirm each value setting.



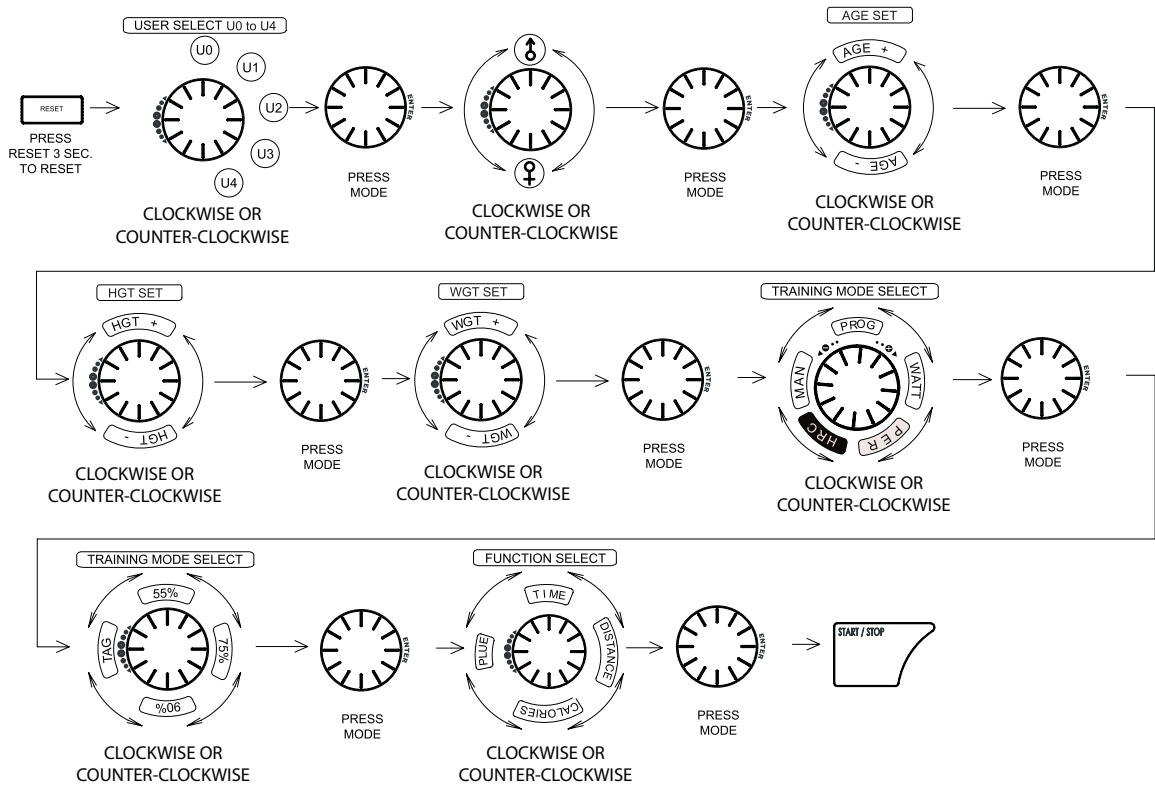
H.R.C. MODE

HEART RATE CONTROL - Select your own target Heart Rate or choose one of the preset programs 55%, 75%, or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

- i. 55% - DIET PROGRAM
- ii. 75% - HEALTH PROGRAM
- iii. 90% - SPORTS PROGRAM
- iv. TARGET - USER SET TARGET HEART RATE

Operating Process:

1. Set your target Heart Rate in the LCD window 30-240.
2. Set your exercising TIME by knobbing + up / - down from 0:00 to 99:00.
3. Set your exercising DISTANCE by knobbing + up / - down from 0.00-99.50 km
4. Set your exercising CALORIES by knobbing + up / - down from 0-999.



RECOVERY

The RECOVERY will determine your fitness level after your workout. When you have finished your workout press RECOVERY. For RECOVERY to function correctly it needs your Heart Rate input. TIME will countdown from 1 minute and then your fitness level from F1 to F6 will be displayed. NOTE: during RECOVERY no other displays will operate.

Calculation of the fitness mark F:

Computer will detect your heart rate by hand-pulse from before push RECOVERY minus (-) end of recovery timing 1 minute.

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

Operating Mode:

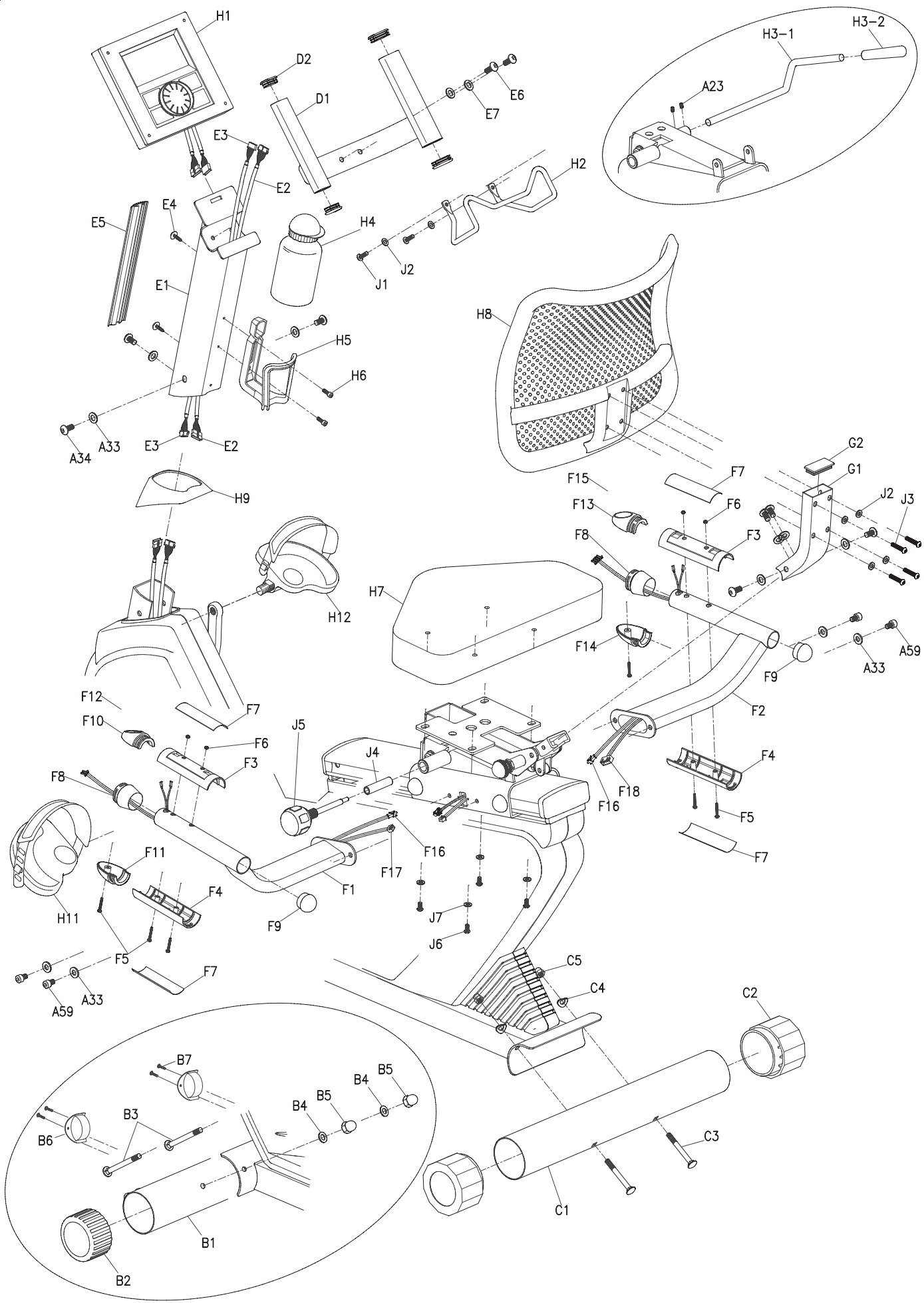
1. User press H.R.C key to start the H.R.C testing
2. Get the result from F1 - F6.

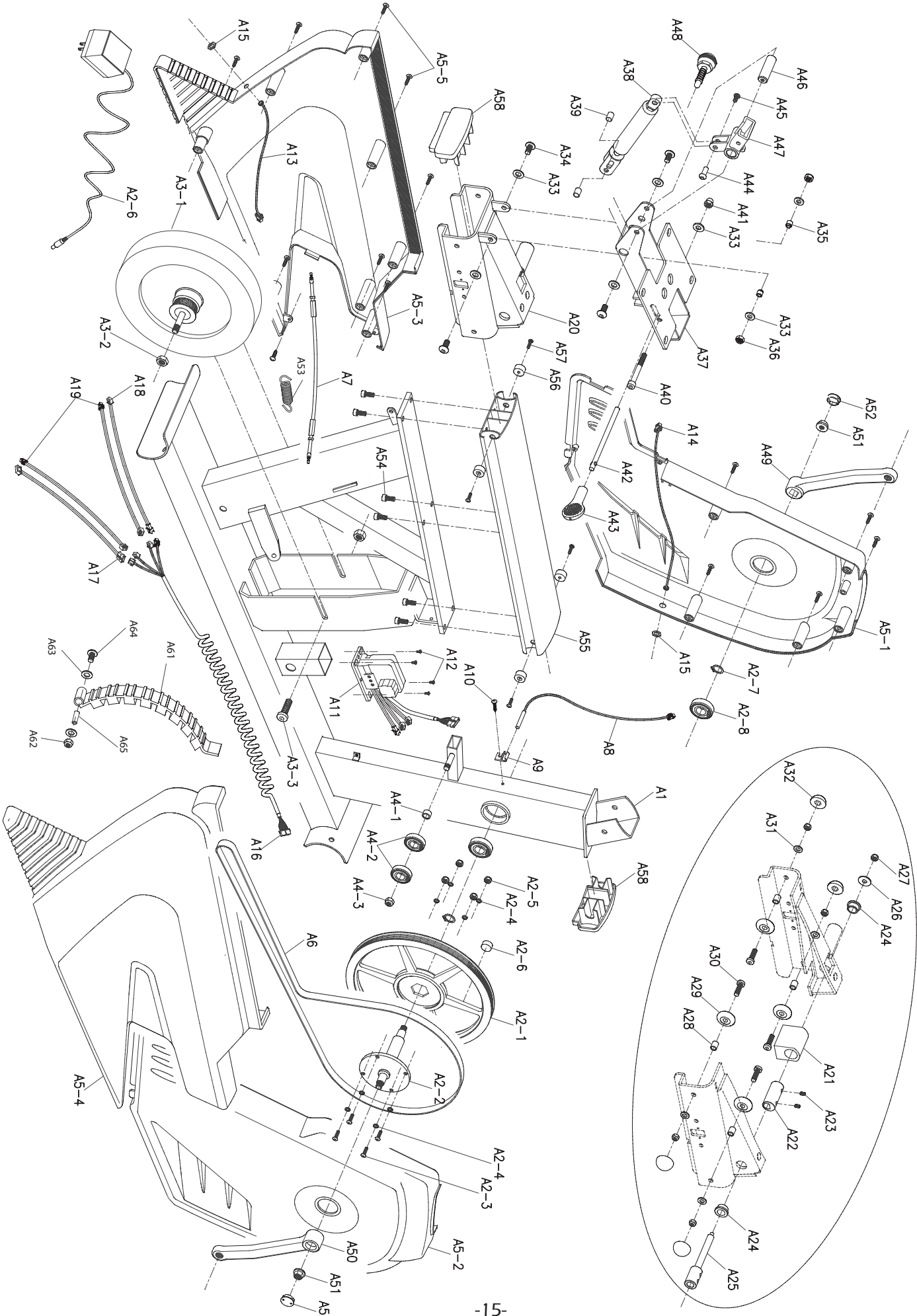
KEY FUNCTIONS

1. ENTER KEY : Function select and confirmation key. PUSH
2. UP/DOWN KNOB : Increase and decrease or select option. ROTATE
3. RESET KEY : Reset all displays to default values.
4. START/STOP KEY : Start/stop key
5. RECOVERY KEY : Fitness test by measuring your recovery rate.
6. QUICK START : Press key to start workout exercise, don't need to input USER data.

TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1A**).
2. Keep moisture away from computer.





No.	Description	Q'ty
(A) MAIN FRAME SET		
A1	Main frame	1
(A2) DRIVING WHEEL SET		
A2-1	Driving wheel	1
A2-2	Axle	1
A2-3	Screw	4
A2-4	Spring washer	8
A2-5	Nut	4
A2-6	Magnet	1
A2-7	Clip	2
A2-8	Bearing	2
(A3) FLYWHEEL SET		
A3-1	Flywheel	1
A3-2	Nut	2
A3-3	Bolt	1
(A4) PRESSING SET		
A4-1	Bolt	1
A4-2	Spacer sleeve	1
A4-3	Bearing	2
A4-4	Nut	1
(A5) CHAIN COVER SET		
A5-1	Front chain cover(Left)	1
A5-2	Front chain cover(Right)	1
A5-3	Rear chain cover(Left)	1
A5-4	Rear chain cover(Right)	1
A5-5	Screw	15
A6	Driving belt	1
A7	Tension cable	1
A8	Sensor bar(2pinx240mm)	1
A9	Sensor clip	1
A10	Screw M5x10mm	2
A11	Motor	1
A12	Screw	4
A13	DC Line(400mm)	1
A14	DC Line(1000mm)	1
A15	Nut	2
A16	Cable (10pinx1500mm)	1
A17	Sensor wire(4pinx680mm)	1
A18	Sensor wire(2pinx680mm)	1
A19	Sensor wire(2pinx450mm)	2
A20	Moving basement	1
A21	Brake	1
A22	Eccentric shaft	1
A23	Tapping screw	4
A24	Bushing	2
A25	Rotate shaft	1
A26	Flat washer	1
A27	Nut	5
A28	Sleeve axle	4
A29	Moving wheel	4
A30	Bolt	4
A31	Flat washer	4
A32	End cap	4
A33	Flat washer	10
A34	Bolt	3
A35	Bushing	2
A36	Nut	2
A37	Saddle basement	1
A38		1
A39	Sleeve	2
A40	Bolt	1
A41	Nut	1
A42	Adjust tube	1
A43	Adjustment handle	1
A44	Bolt	1
A45	Bolt	1
A46	Sleeve axle	1
A47	Rotate reciprocator	1
A48	Adjust knob	1
A49	Left crank	1
A50	Right crank	1
A51	Nut	2
A52	End cap	2
A53	Steel strap	2
A54	Bolt	6

No.	Description	Q'ty
A61	Magnetic housing	1
A62	Nut	1
A63	Washer	2
A64	Bolt	1
A65	Bush	1
(B) FRONT STABILIZER SET		
B1	Front stabilizer	1
B2	End cap	2
B3	Bolt	2
B4	Arc washer	2
B5	Nut	2
B6	Moving wheel	2
B7	Axle bolt	4
(C) REAR STABILIZER SET		
C1	Rear stabilizer	1
C2	End cap	2
C3	Bolt	2
C4	Arc washer	2
C5	Nut	2
(D) FRONT HANDLE BAR SET		
D1	Front handle bar	1
D2	End cap	4
(E) CENTRAL SUPPORT TUBE SET		
E1	Central support tube	1
E2	Cable(10 pin)	1
E3	Cable(8 pin)	1
E4	Screw	2
E5	Pvc strap	1
E6	Bolt	2
E7	Flat washer	2
(F) SIDE HANDLE BAR SET		
F1	Left side handle bar	1
F2	Right side handle bar	1
F3	Sensor box(Above)	2
F4	Sensor box (Below)	2
F5	Screw	6
F6	Nut	4
F7	Sensor sheet metal	4
F8	End cap	2
F9	End cap	2
F10	Control box(Above)(Left)	1
F11	Control box(Below)(Left)	1
F12	Mylar button(Left)	1
F13	Control box(Above)(Right)	1
F14	Control box(Below)(Right)	1
F15	Mylar button(Right)	1
F16	Pulse Sensor(2 pin)	2
F17	Control sensor(2 pin)(Left)	1
F18	Control sensor(4 pin)(Right)	1
(G) BACK PAD SUPPORT TUBE SET		
G1	Back pad support tube	1
G2	End cap	1
(H) SINGLE PART SET		
H1	Monitor	1
H2	Bookstand	1
H3-1	Stop bar	1
H3-2	End cap	1
H4	Water bottle	1
H5	Bottle holder	1
H6	Screw	2
H7	Saddle pad	1
H8	Back pad	1
H9	Decoration cover	1
H10	Adaptor	1
H11	Left pedal	1
H12	Right pedal	1
(I) PART SET		
J1	Bolt M6x16mm	2
J2	Flat washer M6	6
J3	Bolt ¼"x1½"	4
J4	Sleeve	1
J5	Knob	1
J6	Bolt M8x15mm	4
J7	Flat washer M8	8

No.	Description	Q'ty
A55	Aluminum track	1
A56	Bushing	4
A57	Screw	4
A58	End cap	2
A59	Bolt	4
A60	Scree	