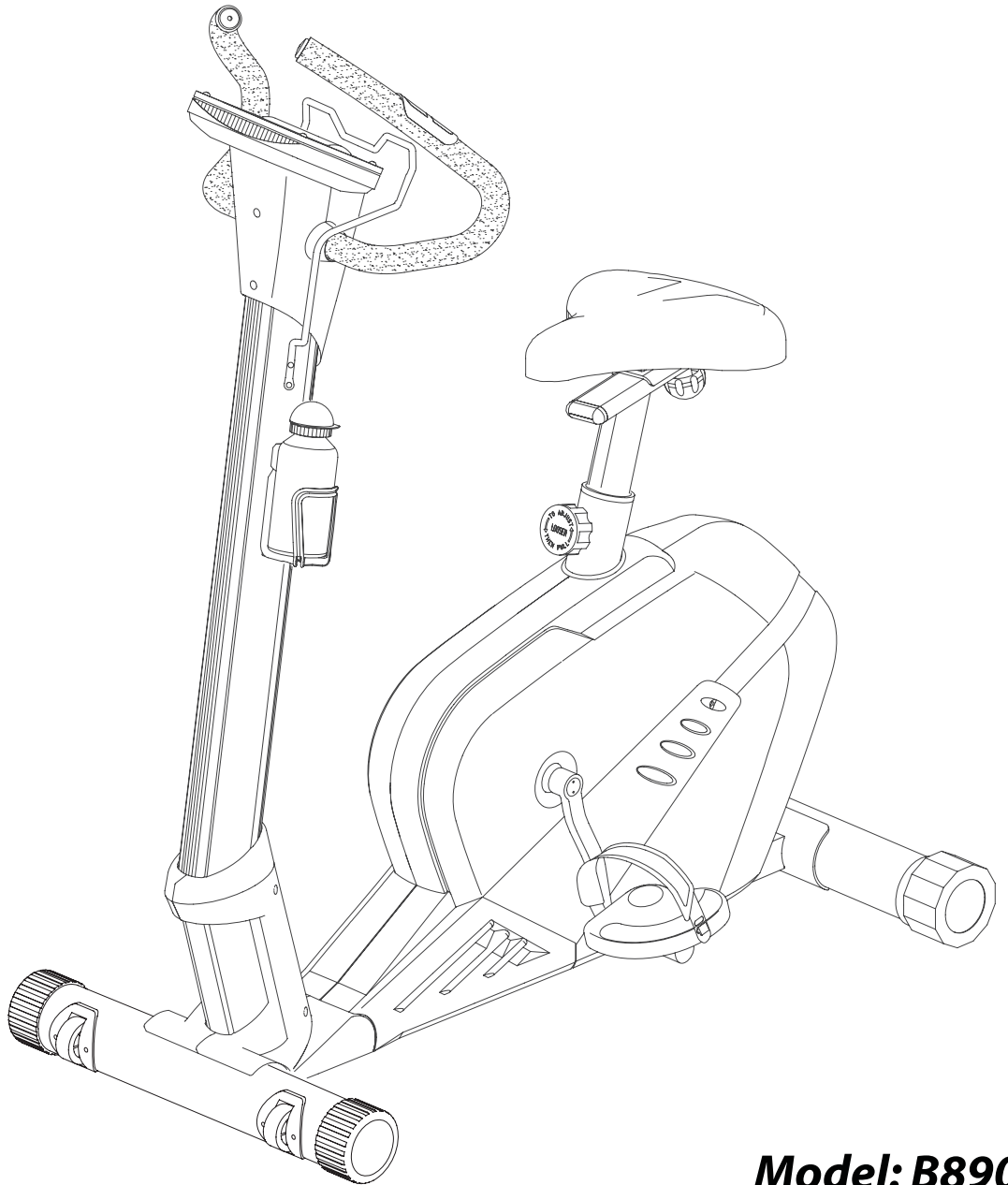


PROGRESSION

Fitness™

Magnetic Upright Bike

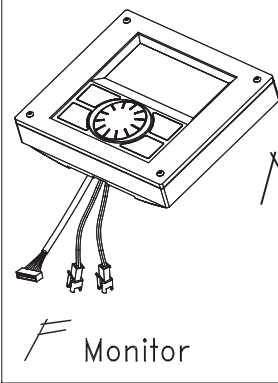
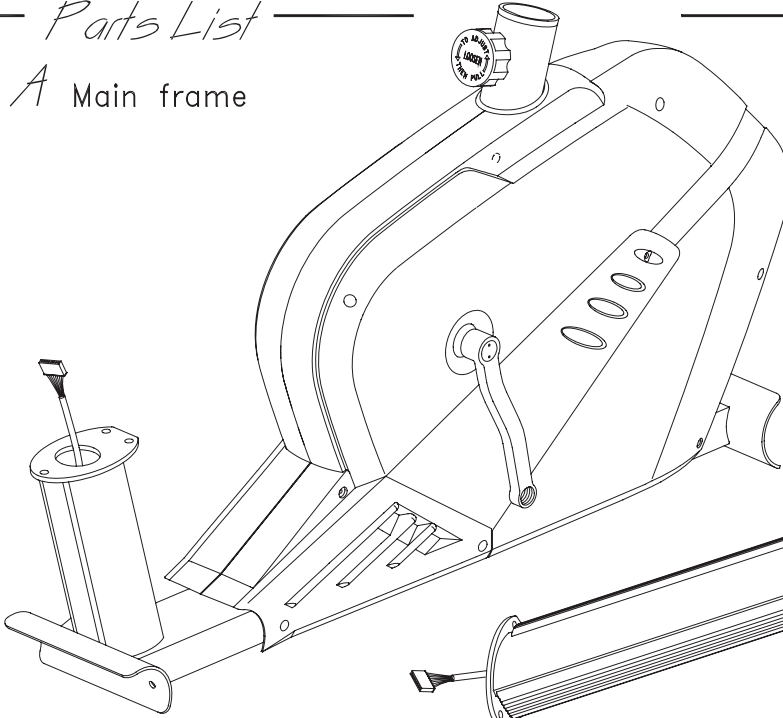


Model: B890P

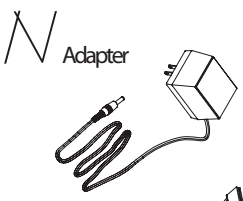
Owner's Operating Manual

Parts List

A Main frame

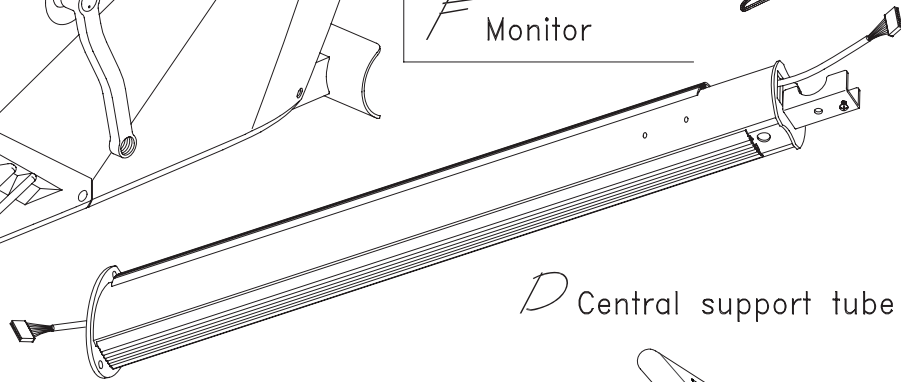


F Monitor

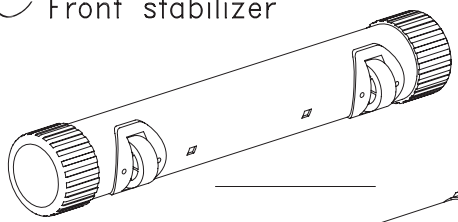


N Adapter

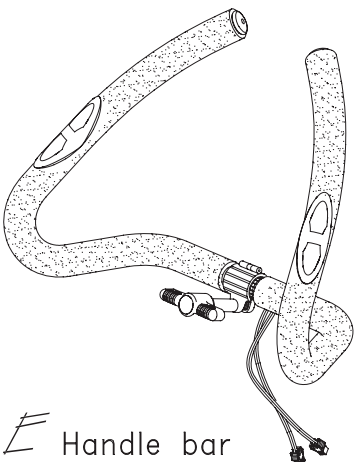
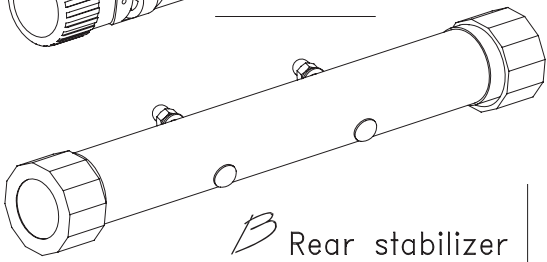
D Central support tube



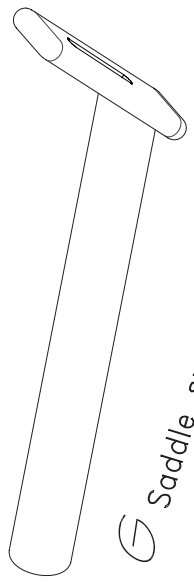
C Front stabilizer



B Rear stabilizer

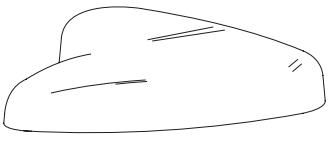


E Handle bar

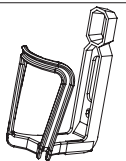


G Saddle support tube

J Saddle



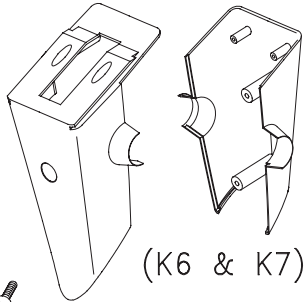
L (L1) Bottle Holder



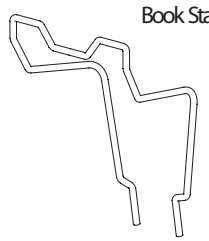
(L2) Water bottle



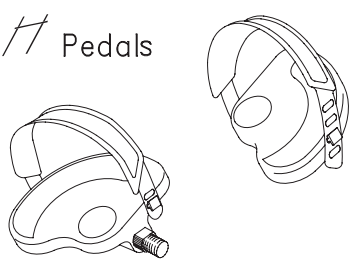
(K4 & K5) Monitor housing



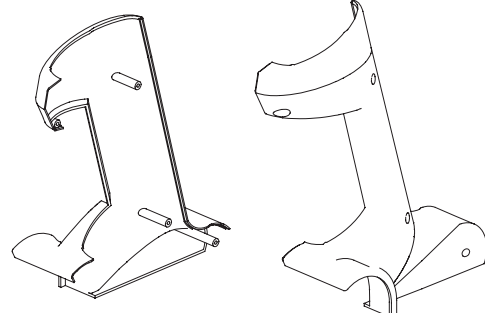
M Book Stand



H Pedals



(K6 & K7) Decoration covers



(K8) Screws



(K10) M6



K (K1) Bolts (K2) Washers (K3) Screws

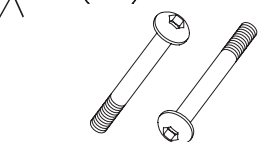


FIGURE 1

FIGURE 1

ASSEMBLY OF REAR STABILIZER

First, remove the bolts (B3), washers (B4) and nuts (B5) from the rear stabilizer (B). Use two bolts (B3) through the rear stabilizer (B) to attach to the bracket at the back of the main frame (A). Then, secure it with washers (B4) and nuts (B5).

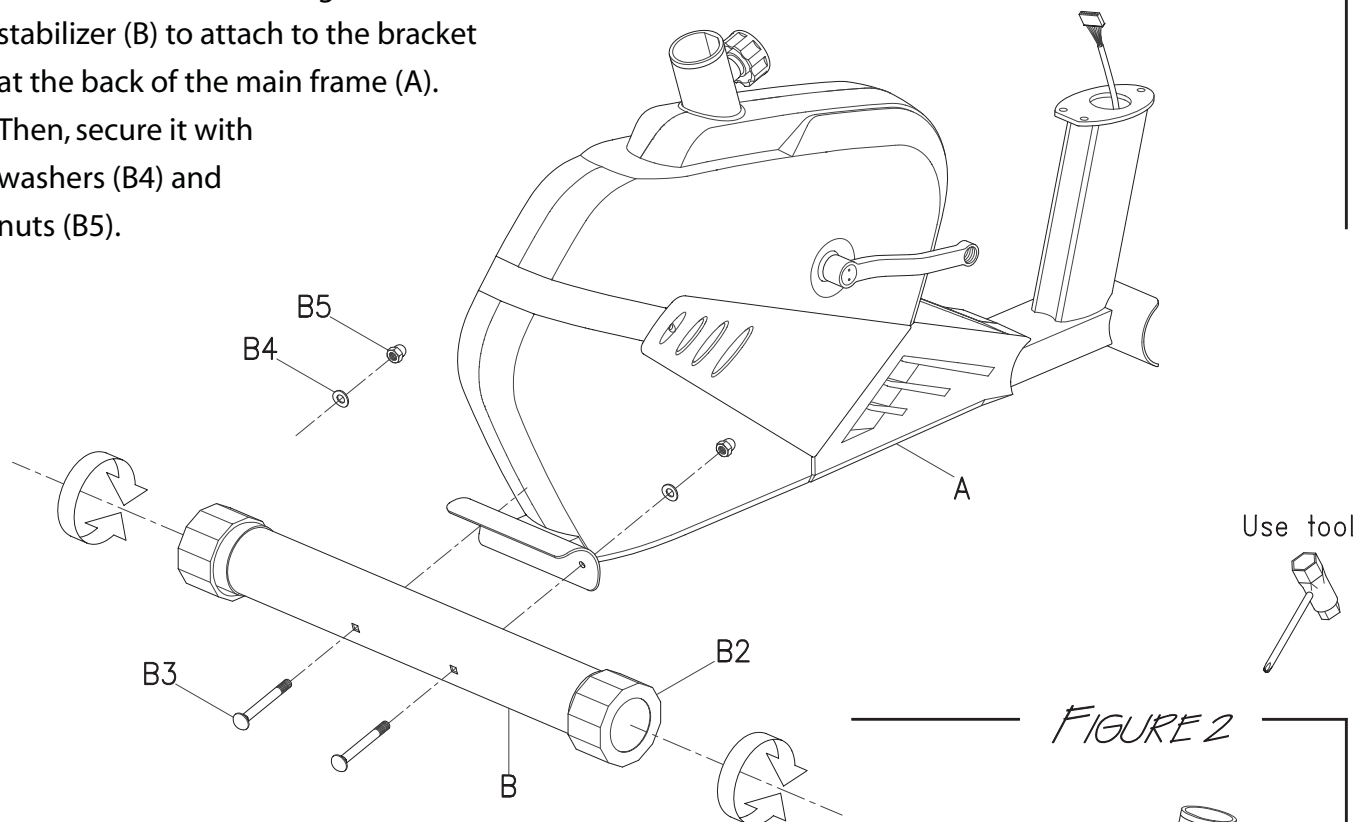


FIGURE 2

HOW TO KEEP THE MACHINE STABLE

After you complete (Figure 1 & 2), if the machine does not sit level, you can use the adjustable end caps (B2) to compensate for uneven floors.

FIGURE 2

ASSEMBLY OF FRONT STABILIZER

Use two bolts (K1) and two washers (K2) to secure the front stabilizer to the front of the main frame (A).

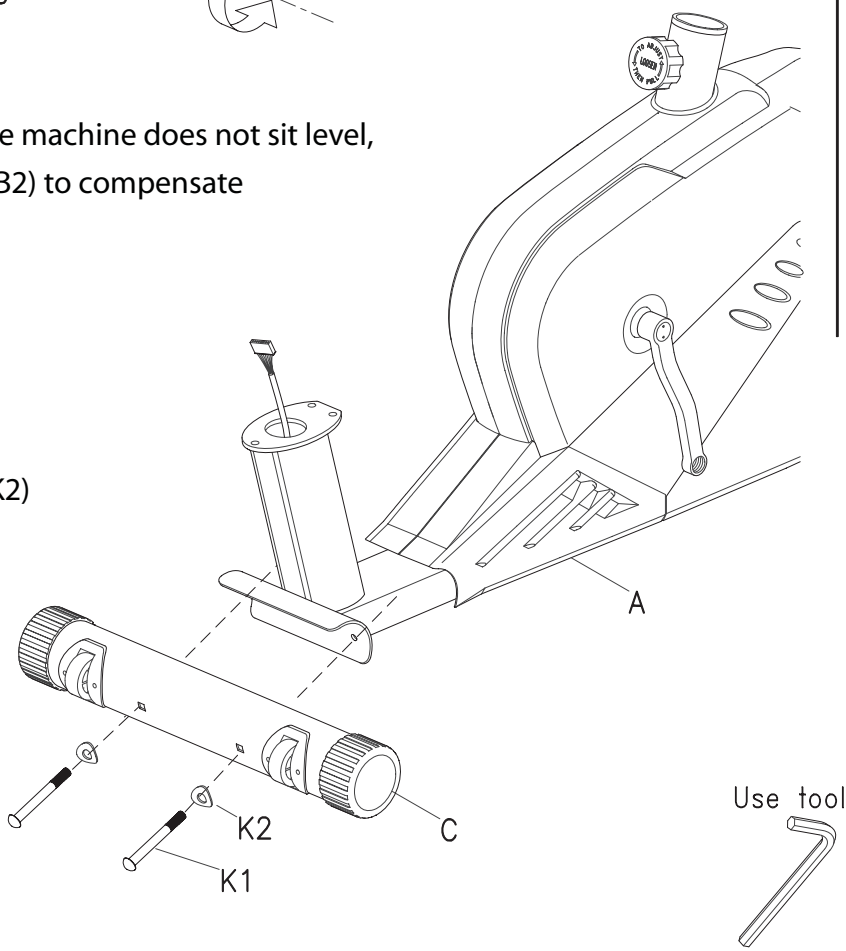


FIGURE 3

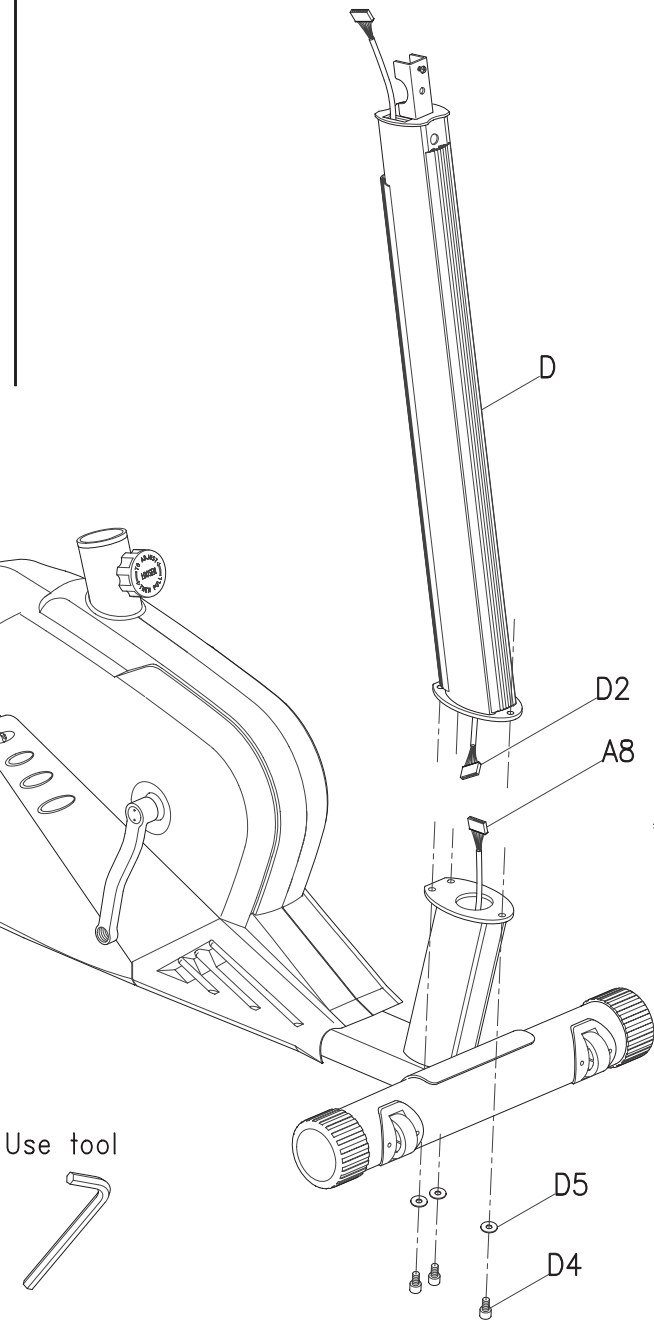


FIGURE 3

ASSEMBLY OF CENTRAL SUPPORT TUBE

First, remove the bolts (D4) and washers (D5) from the central support tube (D).

Step 1. Connect the cable (D2) with cable (AB).

Step 2. Put the central support tube (D) on the main frame (A). Then secure it with bolts (D4) and washers (D5).

ATTENTION: Take care when pushing the tubes together that the cables are not pinched.

FIGURE 4

ASSEMBLY OF COVER

Connect the decoration cover (K6-L & K7-4) on the front of the main frame (A). Then secure it with screws (K3).

Use tool

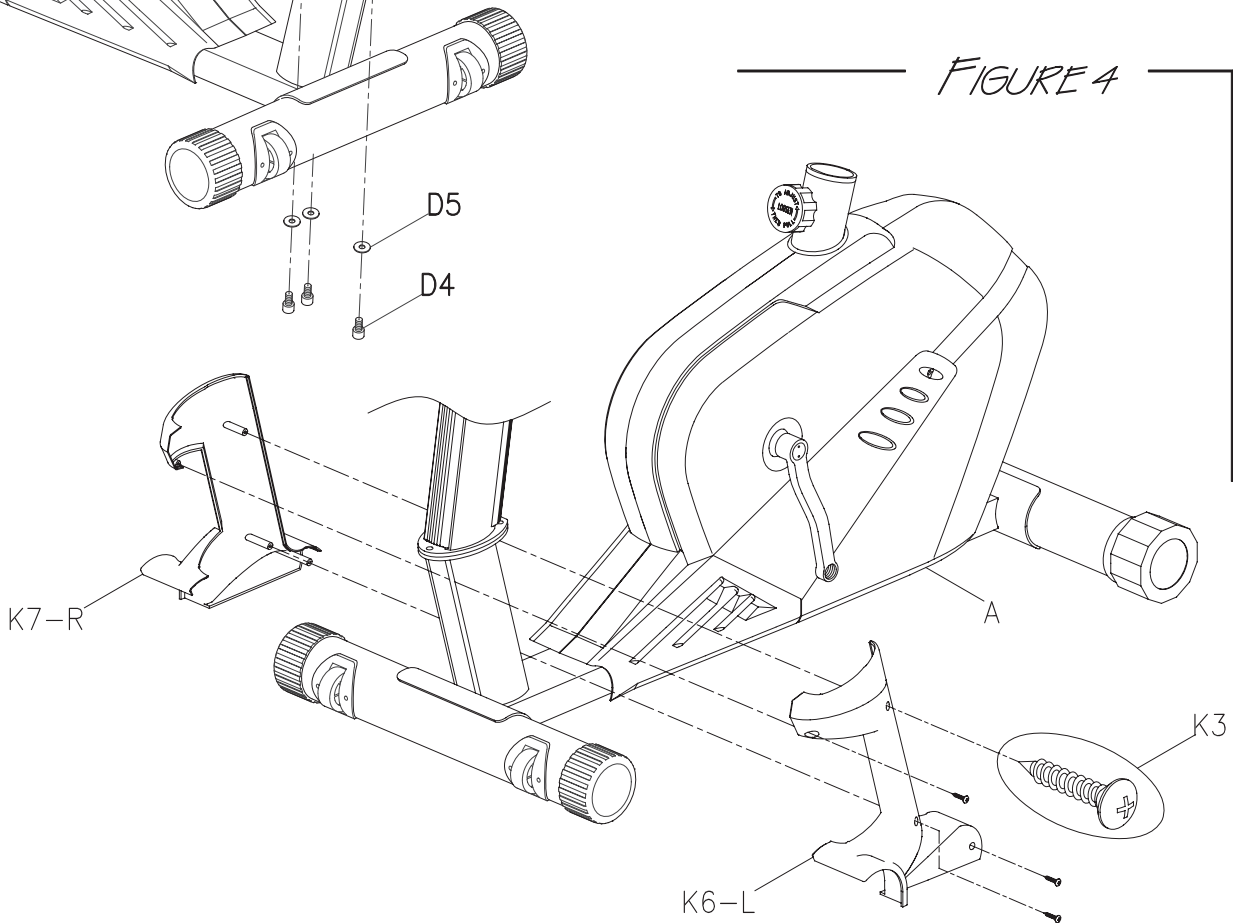


FIGURE 4

Use tool

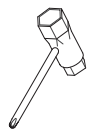


FIGURE 5

ASSEMBLY OF HANDLEBAR

First remove the washer (E8) and nut (E9) from the handlebar (E). Secure the handlebar in the housing using washer (E8) and nut (E9).

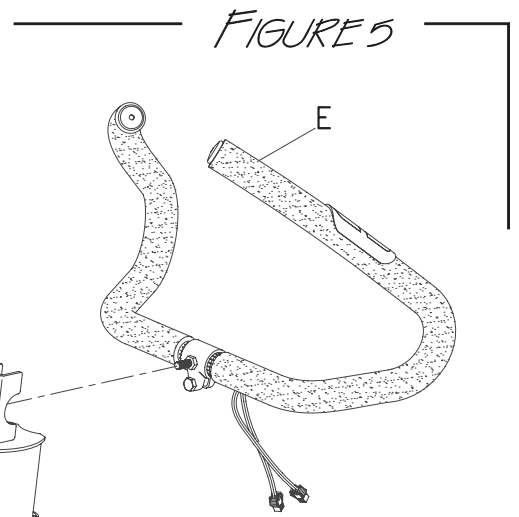


FIGURE 5

FIGURE 6-1

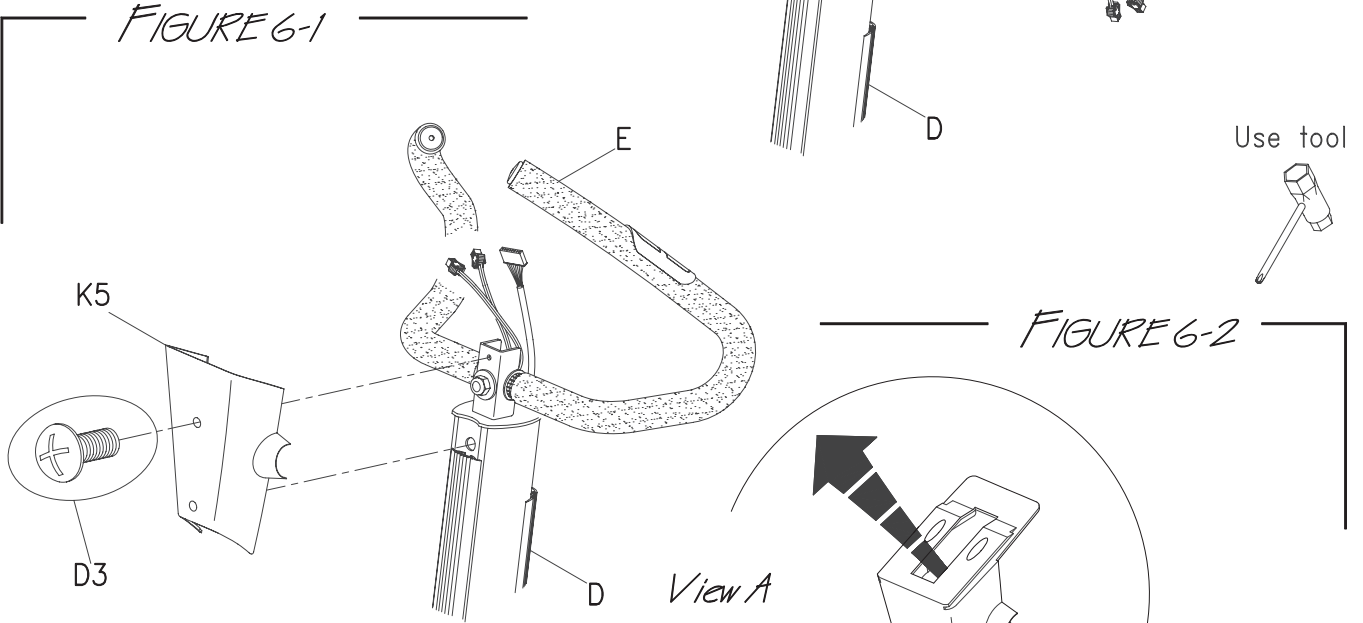


FIGURE 6-2

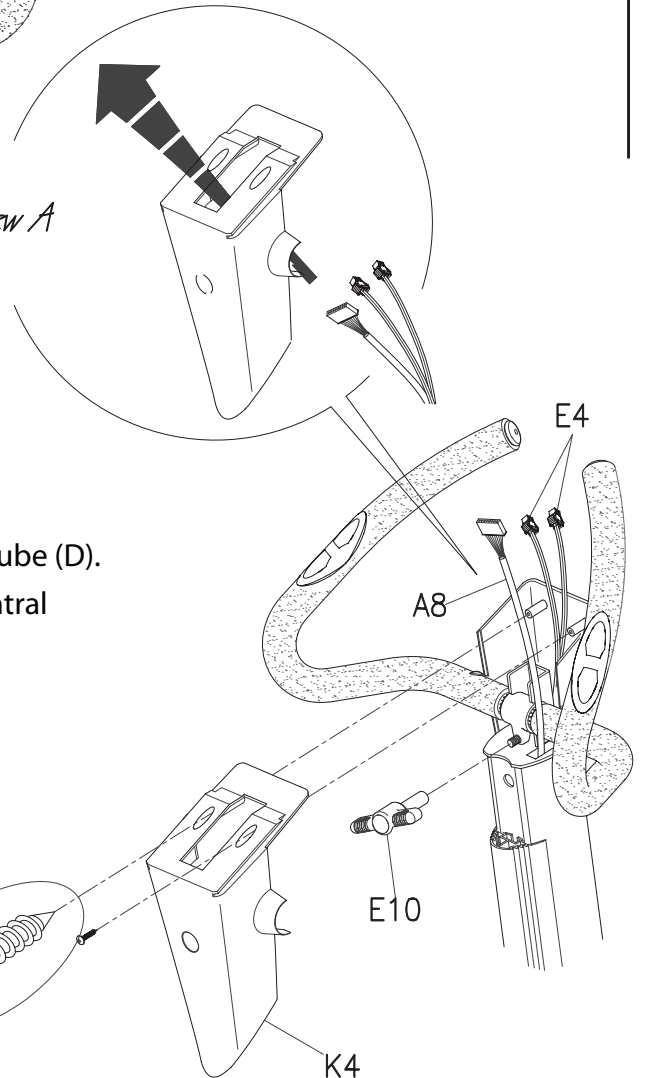


FIGURE 6-1

ASSEMBLY OF MONITOR HOUSING

First, remove the screw (D3) from the central support tube (D).

Step 1: Put the monitor front housing (K5) into the central support tube and secure it using screws (D3).

FIGURE 6-2

ASSEMBLY OF MONITOR HOUSING

First, remove the knob (E10) from the handlebar (E).

Step 2: Slide the sensor wires (A8 & E4) through the monitor front housing (K4) as shown in View A). Then connect the monitor rear housing with monitor front housing by screws (K2).

FIGURE 6-3

FINISH THE ASSEMBLY OF MONITOR HOUSING

Attention: Please position all sensors outside of the monitor housing.

Step 3. Finish the assembly with screw (K2).

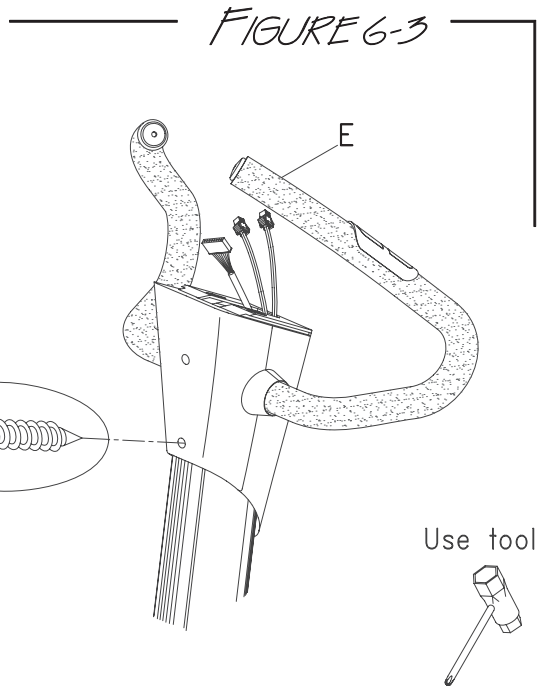


FIGURE 6-3

FIGURE 7

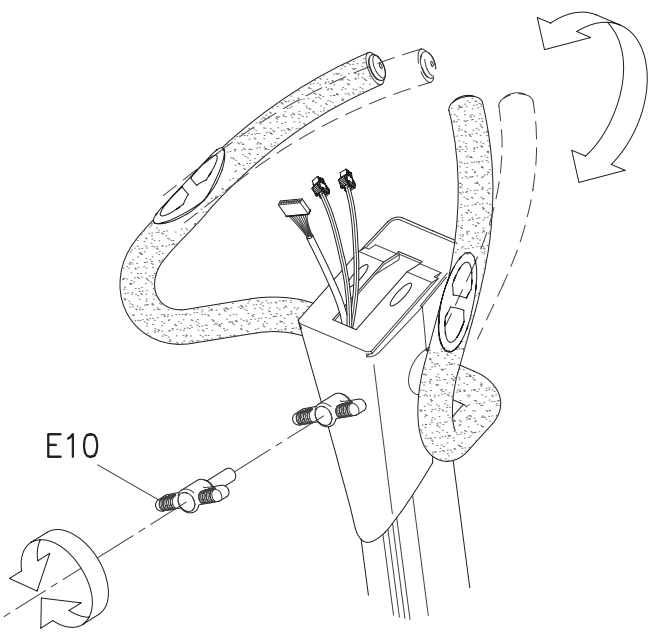


FIGURE 7

ADJUSTING THE HANDLEBAR

Loosen the knob (E10) to adjust the handlebar position. Once positioned, tighten knob (E10) securely.

FIGURE 8

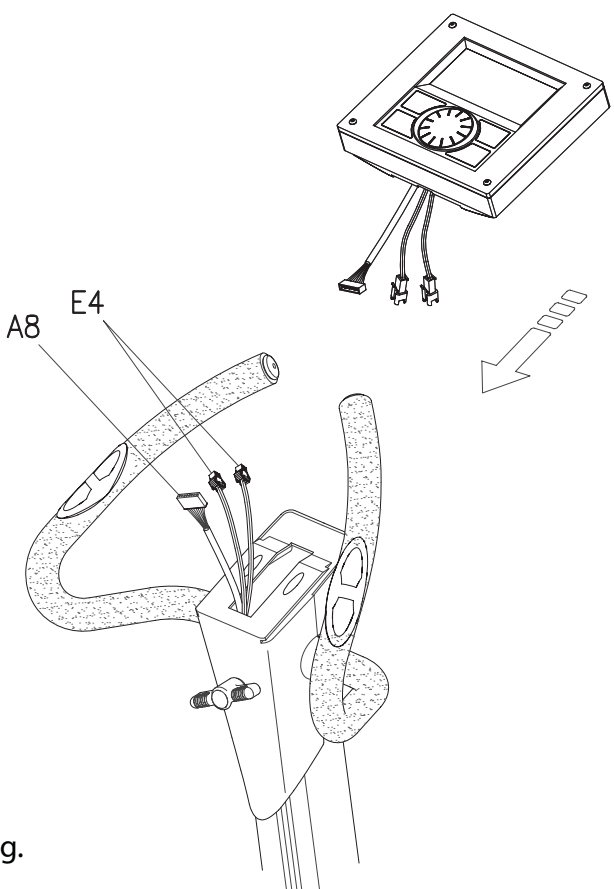


FIGURE 8

ASSEMBLY OF MONITOR

Connect the sensor wires (A8 & E4) with monitor wires and put the monitor on the monitor housing.

FIGURE 9-1

ASSEMBLY OF SADDLE & SADDLE SUPPORT TUBE

Step 1: Loosen the screw (G6), washer (G4) and knob (G3) from the saddle (J), and position saddle on the top of the saddle support tube. Then secure the saddle (J) tightly with screw (G6), washer (G4) and knob (G3). Loosen the knob (A11). Pull the knob and slide saddle support tube to desired position. Release the knob and tighten to secure saddle support tube.

FIGURE 9-1

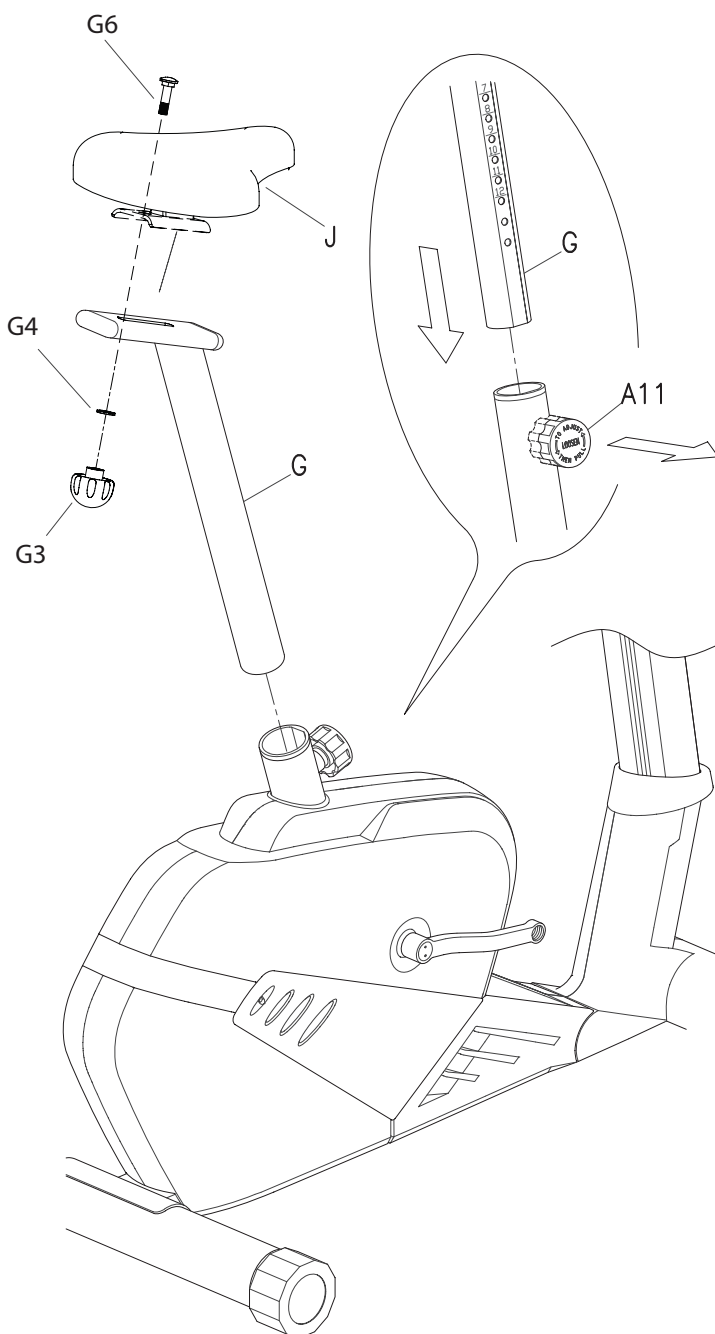


FIGURE 9-2

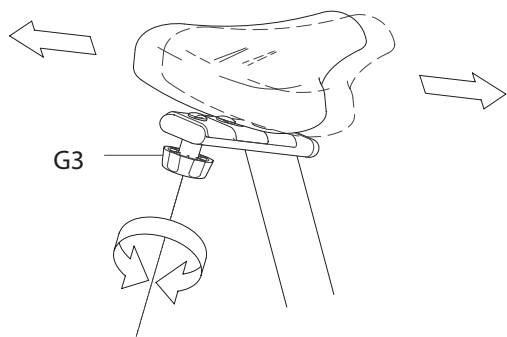


FIGURE 9-2

ADJUST THE SADDLE

Loosen the saddle adjustment knob (G3) and move the saddle until it is in a comfortable position. Tighten the saddle adjustment knob to secure the saddle.

FIGURE 10

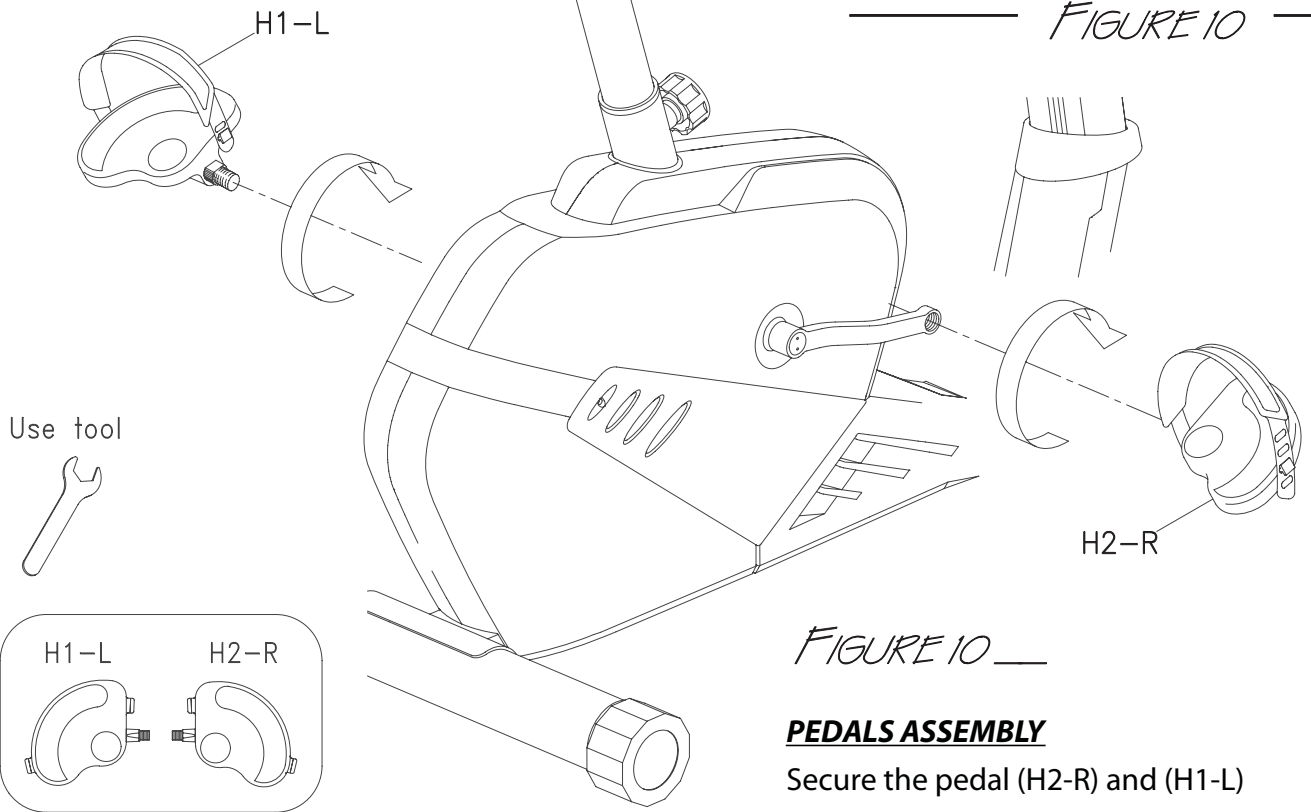


FIGURE 10

PEDALS ASSEMBLY

Secure the pedal (H2-R) and (H1-L) to the crank using clockwise (H2-R) and counter clockwise (H1-L) rotation.

FIGURE 11

ASSEMBLY FOR BOTTLE HOLDER & BOOK STAND

Step 1: Attach plastic bottle holder (L1) at middle position of central support tube and secure with screw (K8).

Step 2: Attach book stand (M) to central support tube (D) with washer (K10) and screw (K9).

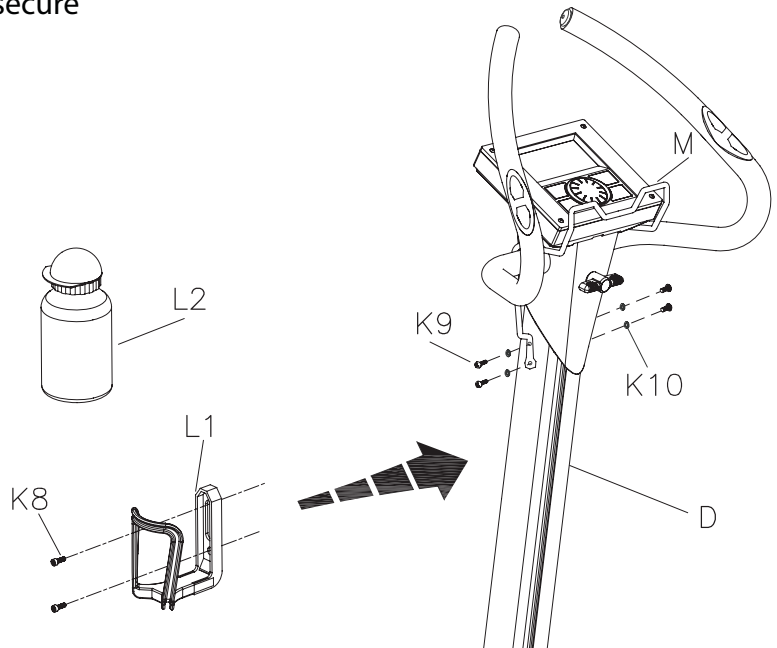
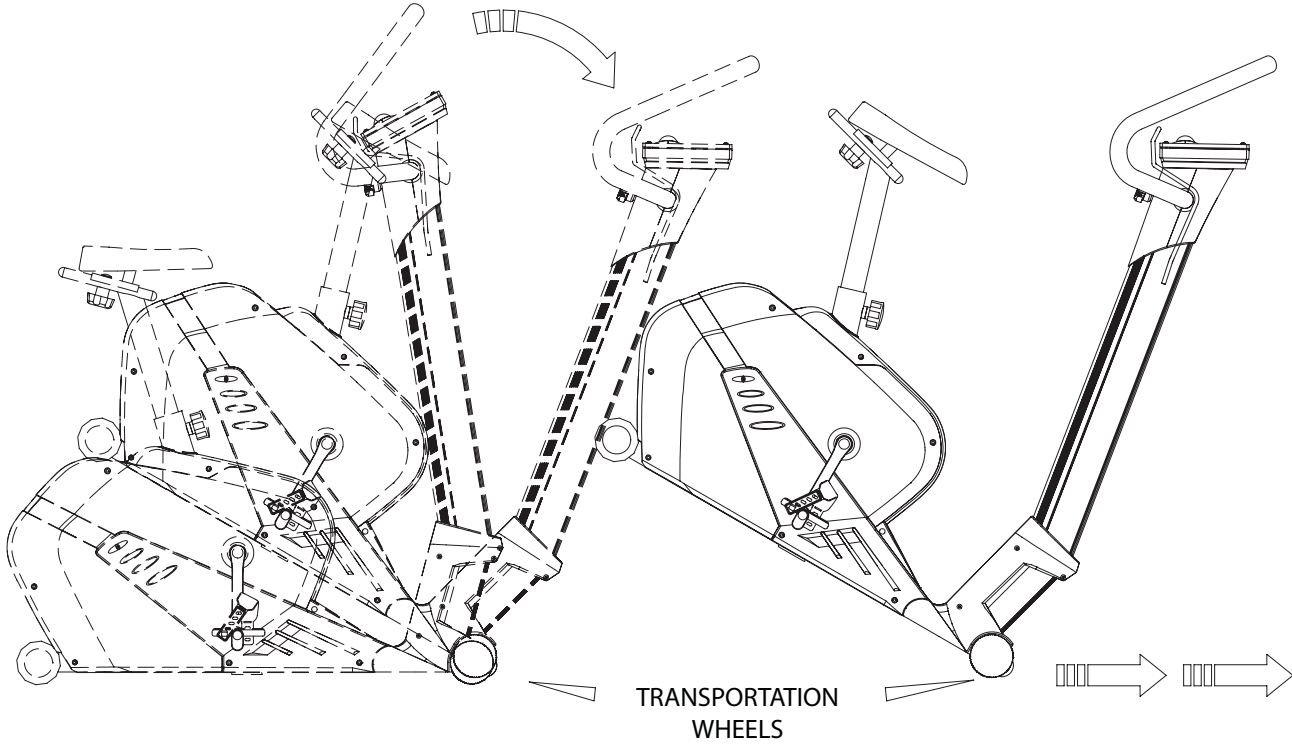


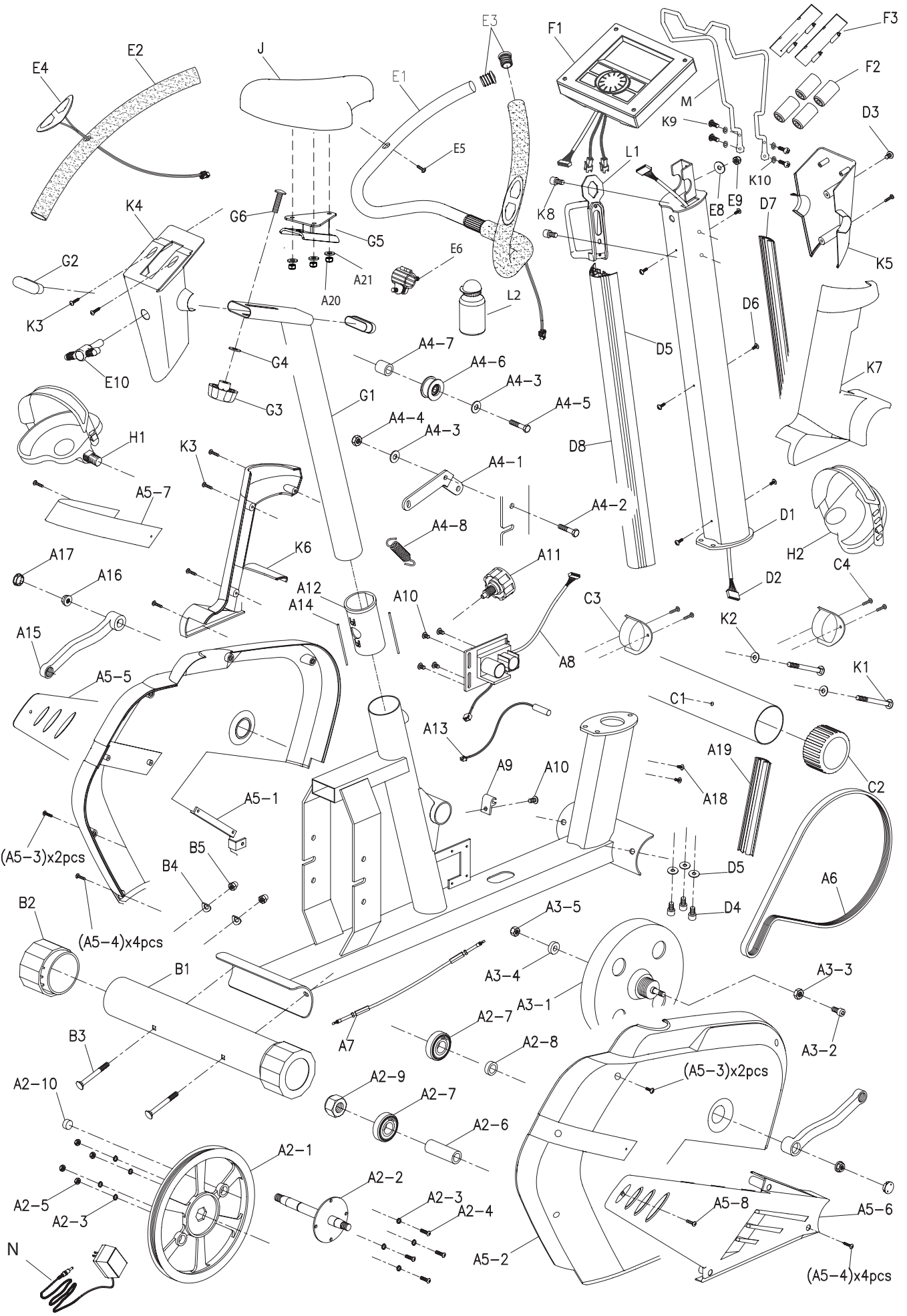
FIGURE 12

HOW TO MOVE THE MACHINE

Stand at the 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.

FIGURE 12

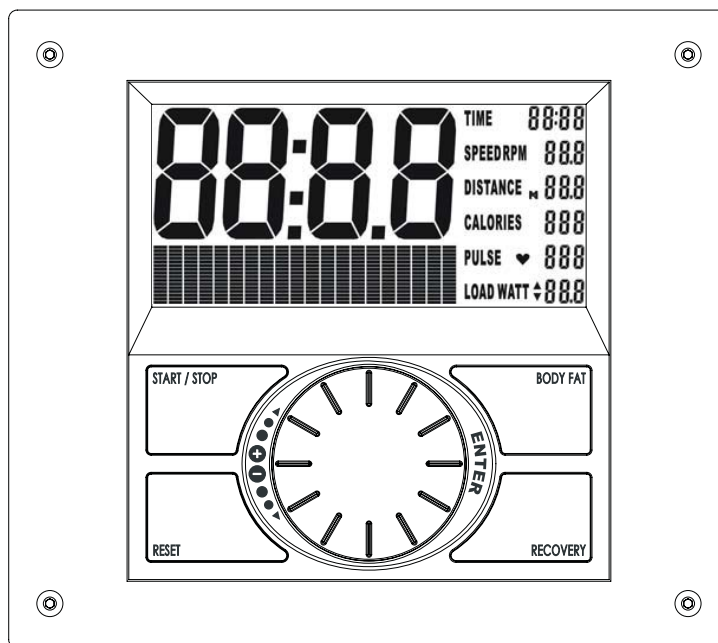




No.	Description	
A1	Main Frame	1
A2	DRIVING WHEEL SET	1 SET
A2-1	Driving Wheel	1
A2-2	Axle	1
A2-3	Spring Washer	8
A2-4	Screw	4
A2-5	Nut	4
A2-6	Axle Bushing	1
A2-7	Bearing	2
A2-8	Bushing	1
A2-9	Nut	1
A2-10	Magnet	1
A3	FLYWHEEL	1 SET
A3-1	Flywheel	1
A3-2	Bolt	1
A3-3	Flat Washer	1
A3-4	Nut	1
A3-5	Washer	1
A4	PRESSING SET	1 SET
A4-1	Pressing	1
A4-2	Bolt	1
A4-3	Flat Washer	2
A4-4	Nut	1
A4-5	Bolt	1
A4-6	Pressing Wheel	1
A4-7	Bushing	1
A4-8	Spring	1
A4-9	Nut	2
A4-10	Screw	1
A5	CHAIN COVER SET	1 SET
A5-1	Chain Cover-R	1
A5-2	Chain Cover-L	1
A5-3	Screw M4 x 50mm	4
A5-4	Screw M4 x 16mm	8
A5-5	Decoration Cover-L	1
A5-6	Decoration Cover-R	1
A5-7	Aluminum Decoration Strip	1
A5-8	Screw M4 x 15mm	2
A5-9	Screw M4 x 12mm	4
A6	Driving Belt	1
A7	Tension Cable	1
A8	Sensor Wire	1
A9	Fixing Bracket	1
A10	Screw M5 x 10mm	5
A11	Pop-in Knob	1
A12	Plastic Spacer	1
A13	Sensor Pole	1
A14	Iron Line	2
A15	Crank	2
A16	Nut	2
A17	Cover	2
A18	Screw	2
A19	Decoration Strip	1
A20	Nut	3

No.	Description	
A21	Washer	3
B1	Rear Stabilizer	1
B2	End Cap	2
B3	Bolt	2
B4	Washer	2
B5	Nut	2
C1	Front Stabilizer	1
C2	End Cap	2
C3	Transportation Wheel	2
C4	Screw	4
D1	Central Support Tube	1
D2	Sensor Wire	1
D3	Screw	1
D4	Screw	3
D5	Washer	3
D6	Screw	6
D7	Front Decoration Strip	1
D8	Rear Decoration Strip	1
E	HANDLE BAR SET	1 SET
E1	Handle Bar (L & R)	@1
E2	Sponge	2
E3	End Cap	2
E4	Heart Rate Sensor Wire	2
E5	Screw	1
E6	Handle Bar Clip	1
E8	Washer	1
E9	Nut	1
E10	Knob Nut	1
M	Book Stand	1
N	Adapter	1
F1	Monitor	1
F2	Battery	4
F3	Cover	2
G1	Saddle Support Tube	1
G2	End Cap	2
G3	Knob Nut	1
G4	Flat Washer	1
G5	Moving Basement	1
G6	Bolt	1
H1	Pedal-L	1
H2	Pedal-R	1
J	Saddle	
K1	Bolt	2
K2	Washer	2
K3	Screw	7
K4	Computer Front Housing	1
K5	Computer Rear Housing	1
K6	Decoration Cover-L	1
K7	Decoration Cover-R	1
K8	Screw	2
K9	Screw	4
K10	Washer	4
L1	Bottle Holder	
L2	Washer	2

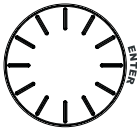





Instruction Manual



FUNCTIONS :

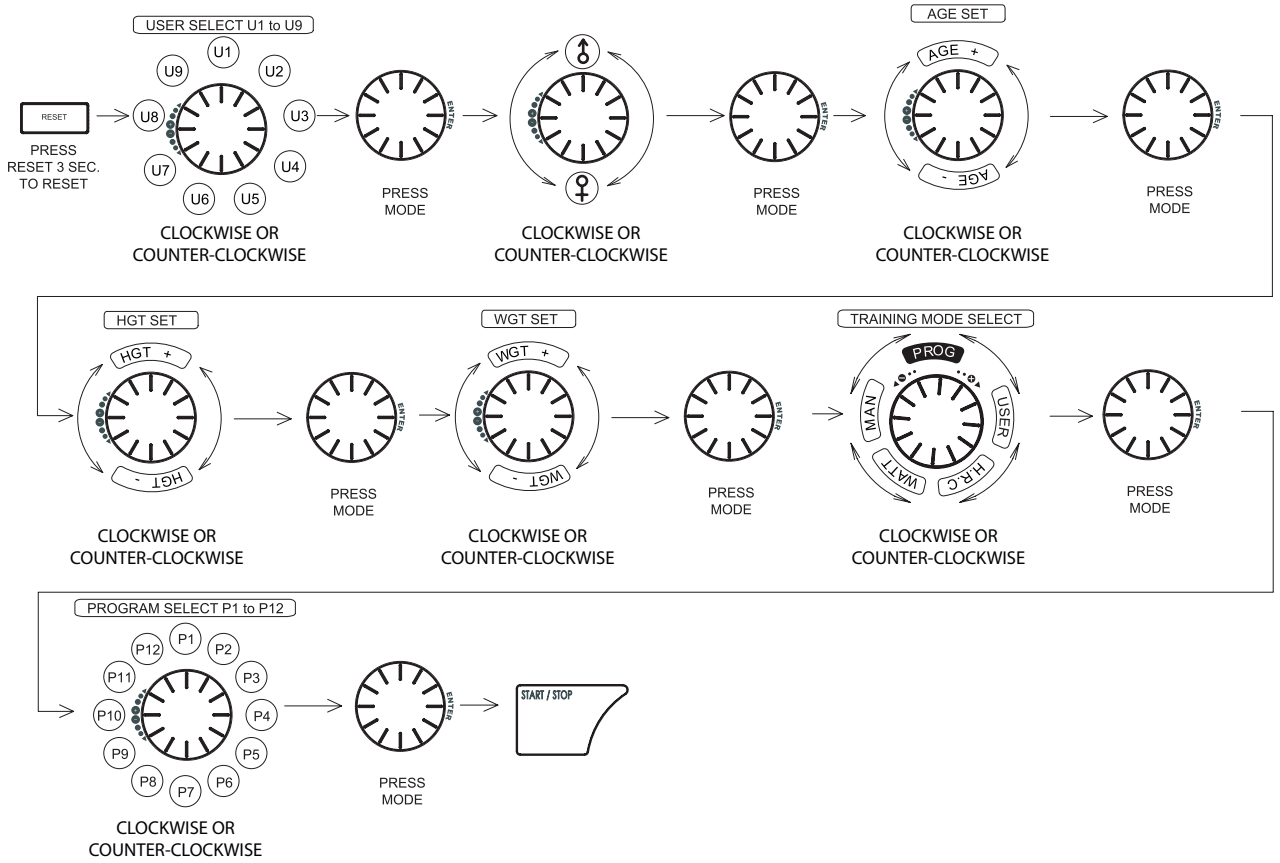
- TIME:** Count up - No preset target, time will count up from 00:00 to maximum 99:59 with 1 second increments.
Count down - If training with preset time, time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.
- SPEED:** Display current training speed from 0.0 to maximum 99.9 km or ml.
- RPM:** Display current training rotation per minute.
- DISTANCE:** Count up - No preset target. Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 km.
Count down - If training with preset target, distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 km (or ml) between 0.00 to 99.90.
- CALORIES:** Count up - No preset target. Calories will count up from 0 to maximum 990 with 1 calorie increment.
Count down - If training with preset target, calories will count down from preset time to 0. Each preset increment or decrement is 10 calories from 0 to 990 calories.
- PULSE:** To display your current heart rate figures as soon as the pulse sensor has been touched.
The monitor will detect your heart rate through handgrip sensors once you hold on both hands.
- RECOVERY:** After exercising for a period of time, keep holding on handgrips and preset "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display).
- TEMPERATURE:** Screen will display room temperature in sleep mode.
- CALENDAR:** Screen will display year/month/day in sleep mode.
- CLOCK:** Screen will display time in sleep mode.

Button Functions

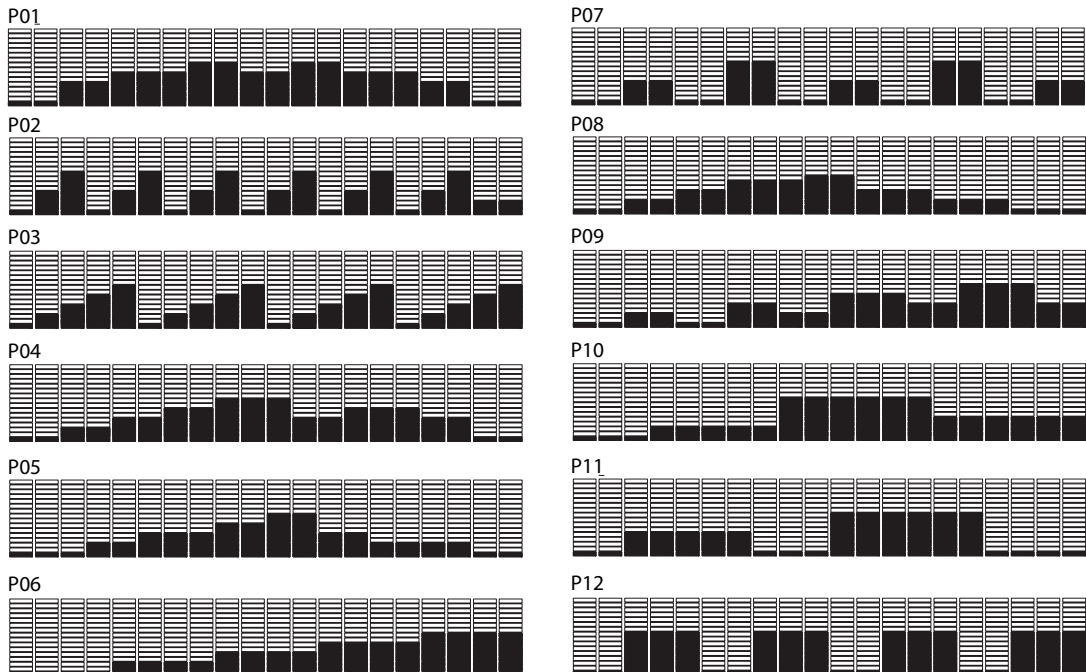
	ENTER	To set function value for TIME, DISTANCE, CALORIES, PULSE in sleep mode.
	ENCODER UP ENCODER DOWN	To select training mode and adjust function value up. To select training mode and adjust function value down.
	RESET	Return to main function mode in STOP mode and clear all preset.
	START/STOP	To start or stop training.
	BODY FAT	To start or stop body fat testing.
	RECOVERY	To test heart rate recovery status.

1. Power on, LCD will display segment for 2 seconds with long beep sound. Turn dial up or down to select U1 (User number 1) to U9 (User number 9) as the user's identification, then input personal data: sex, age, height, weight. You may use UP or DOWN to select and adjust the data. Then press MODE/ENER.
2. Press ENTER: UP/DOWN dial to set year/month/day/clock; screen will enter standby mode.
3. Manual is flashing in standby mode. You may turn UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT and press ENTER/MODE to confirm selection. If nothing is selected the monitor will enter MANUAL mode.
4. Training in PROGRAM mode:
 - 4-1 In the PROGRAM mode, you may turn UP/DOWN dial to select program: P01, P02, P03...P12. The selected program will be shown on screen for 2 seconds then display program profile accordingly.
 - 4-2 LOAD 1 (preset value) is flashing after training program selected, you may turn UP/DOWN dial to select level from 1 to 16 and ENTER/MODE for confirmation. Load level can be adjusted during training.

PROGRAM mode



The PROGRAM includes 12 profiles



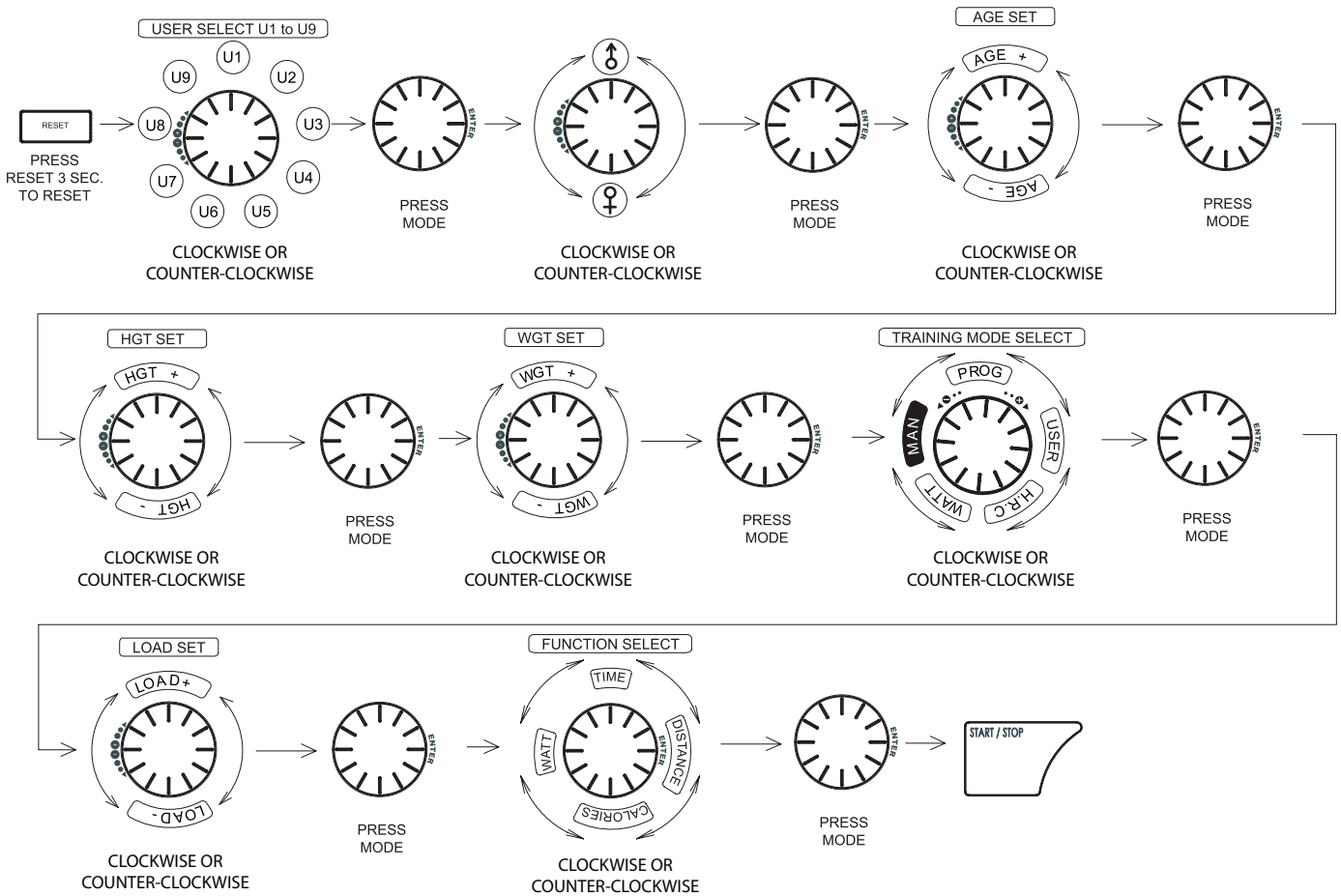
5. Training in MANUAL mode

5-1 In the MANUAL mode, you may turn UP/DOWN dial to select load level from 1 to 16, the preset level is 1.

5-2 After load level selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by turning UP/DOWN dial and press ENTER (dial) confirmation.

5-3 Pressing START button to start training.

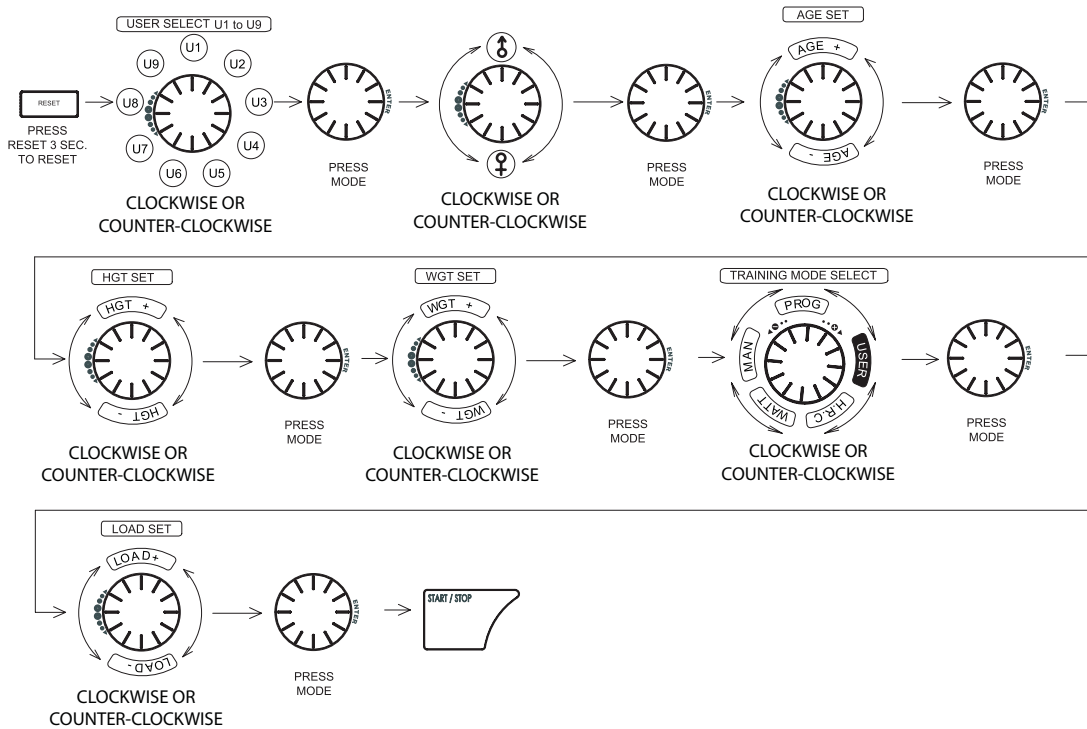
MANUAL mode



6. Training in USER PROGRAM

6-1 After USER PROGRAM is selected, you may set preferred program profile by turning UP/DOWN and ENTER dial for each flashing column. There are 20 segments for setting. If you want to quit during setting dial, you may hold ENTER button (dial) for 2 seconds to quit. The previous settings profile will be saved for unfinished segment.

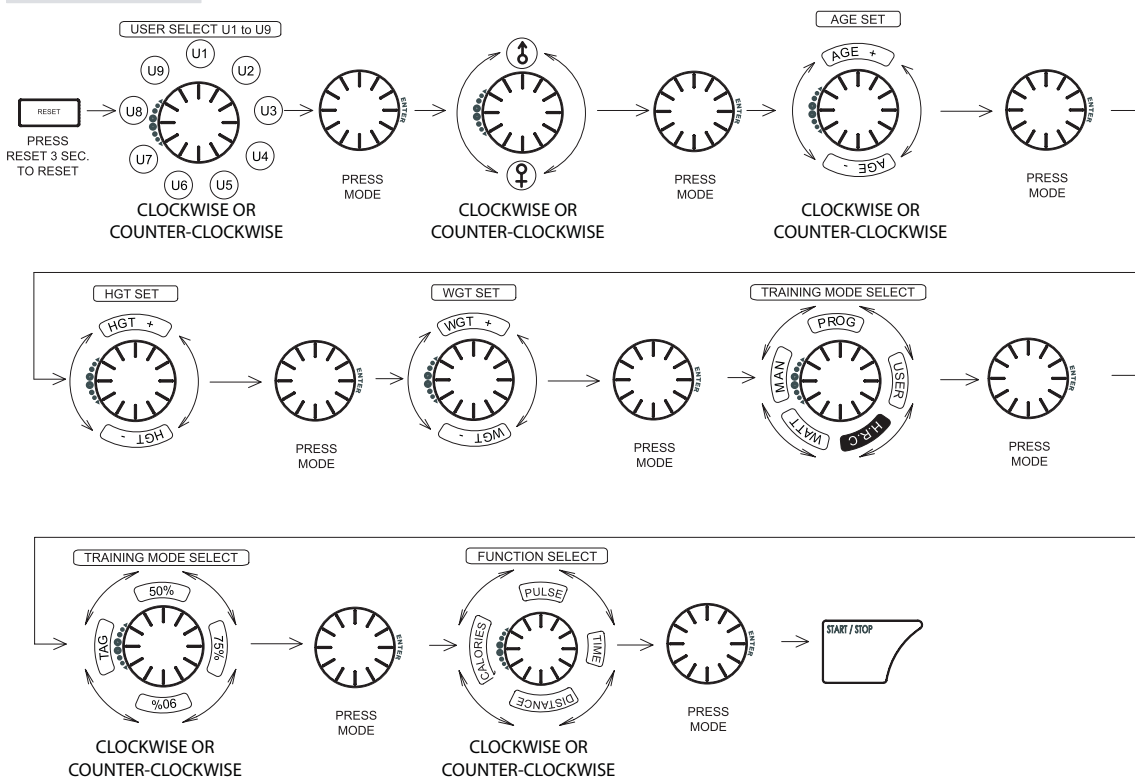
USER mode



4. Training in H.R.C. mode:

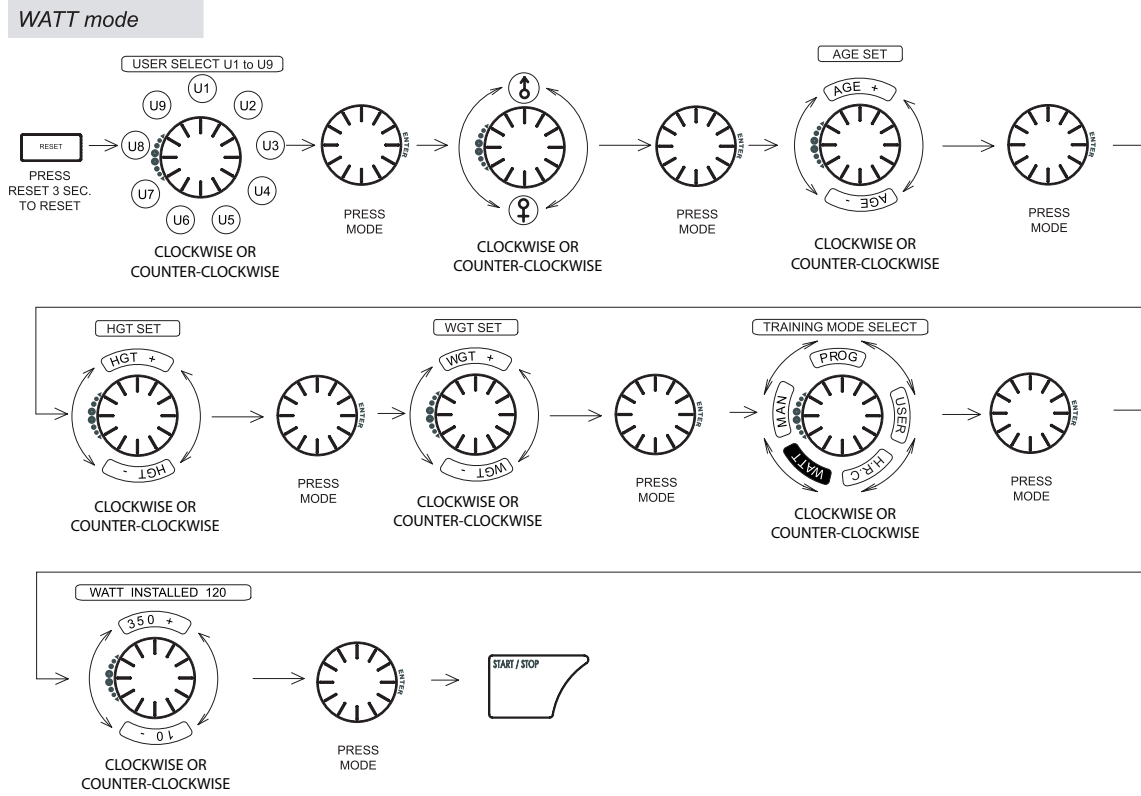
AGE 25 is flashing after entering H.R.C. mode. You may set your age by turning UP/DOWN/ENTER dial. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will display heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER dial for training.

H.R.C mode



6. Training in WATT mode:

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350.



9. Training in BODY FAT mode:

You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps below:

Step I - Make sure the personal data has been entered and is correct.

Step II - Press BODY FAT button, and hold on handgrip to start body fat testing.

Step III - The symbol "-----" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage (*1) and BMI (*2) and the fat advice in different symbol. It would be possible to display other indications if you have the following situation:

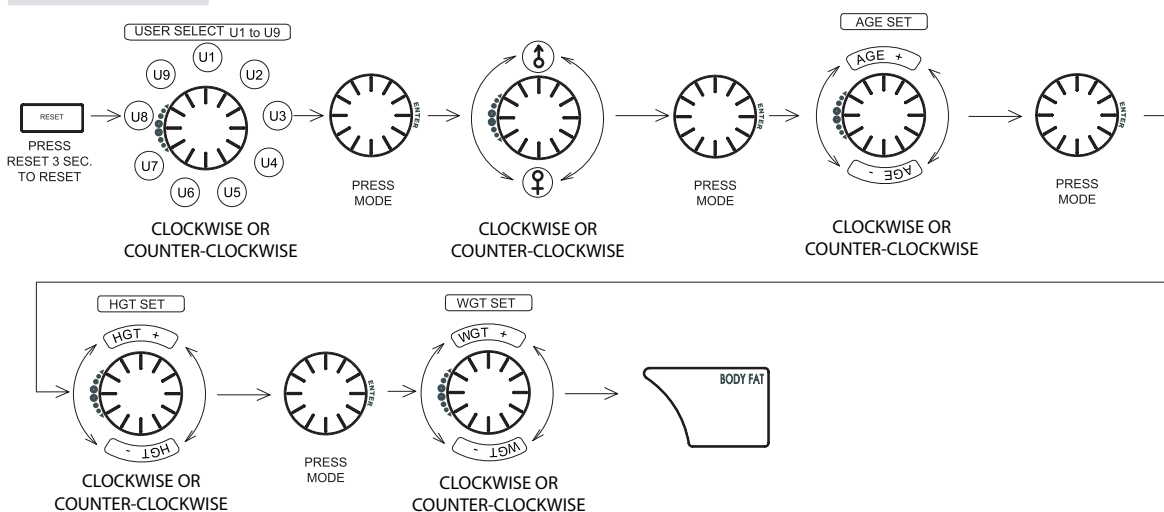
- "E-1" When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.
- "E-4" When you see this indication, it means the BODY FAT advice has exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODY FAT button to have the computer revert back to the previous data before testing. The BODY FAT advice figure and BMI will disappear. The computer may allow the other people to test BODY FAT under STOP mode. The user may press RESET button for 4 seconds to select new user identification and input new personal data. Then follow each step as above to have the new testing.

1. **BODY FAT** - This is a figure that is determined using your personal data and the signal measured when user's hand is placed on the heart rate sensor. The computer will calculate the signal and your personal data to figure out the FAT percentage of your body.
2. **BMI** - Body Mass Index: This figure is determined using height and weight data which can be calculated to show your fitness level.

All the BMI & BODY FAT figures are the rough guide for you to take care of your health and are not for medical treatment purposes.

BODY FAT mode



Note:

1. When there is no signal being transferred into the computer for 4 minutes, the LCD display will shut off automatically, and all previous training data will be stored. You may press any button to have the computer resume workout.
2. The monitor can store 4 user's (U1-U4) preset data. When the monitor is turned on, the LCD will display the previous (before power off) user's identification. If previous user is U1 or U2, or U3 or U4, the previous presetting function data of Time, Distance, Calories, Watt (if training in manual) or Pulse values will be displayed. If previous user is U5 to U9, the LCD will display user's identification only.
3. The monitor has the same result as mentioned in point 2 if you press and hold a RESET button for 4 seconds.
4. If the LCD display is improper, please remove the battery and reinstall.
5. The monitor can be turned on with AC adapter input.
6. Body fat guidelines and symbol indication table:

SYMBOL		□	+	△	◇	
SEX	\	FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE			<13%	13%-25.8%	26%-30%	>30%
FEMALE			<23%	23%-35.8%	36%-40%	>40%

Battery Installation:

The computer needs 4 size “C” batteries to be installed in both compartments located on the back of the computer, as shown below.

