PROGRESSION

Fitness™
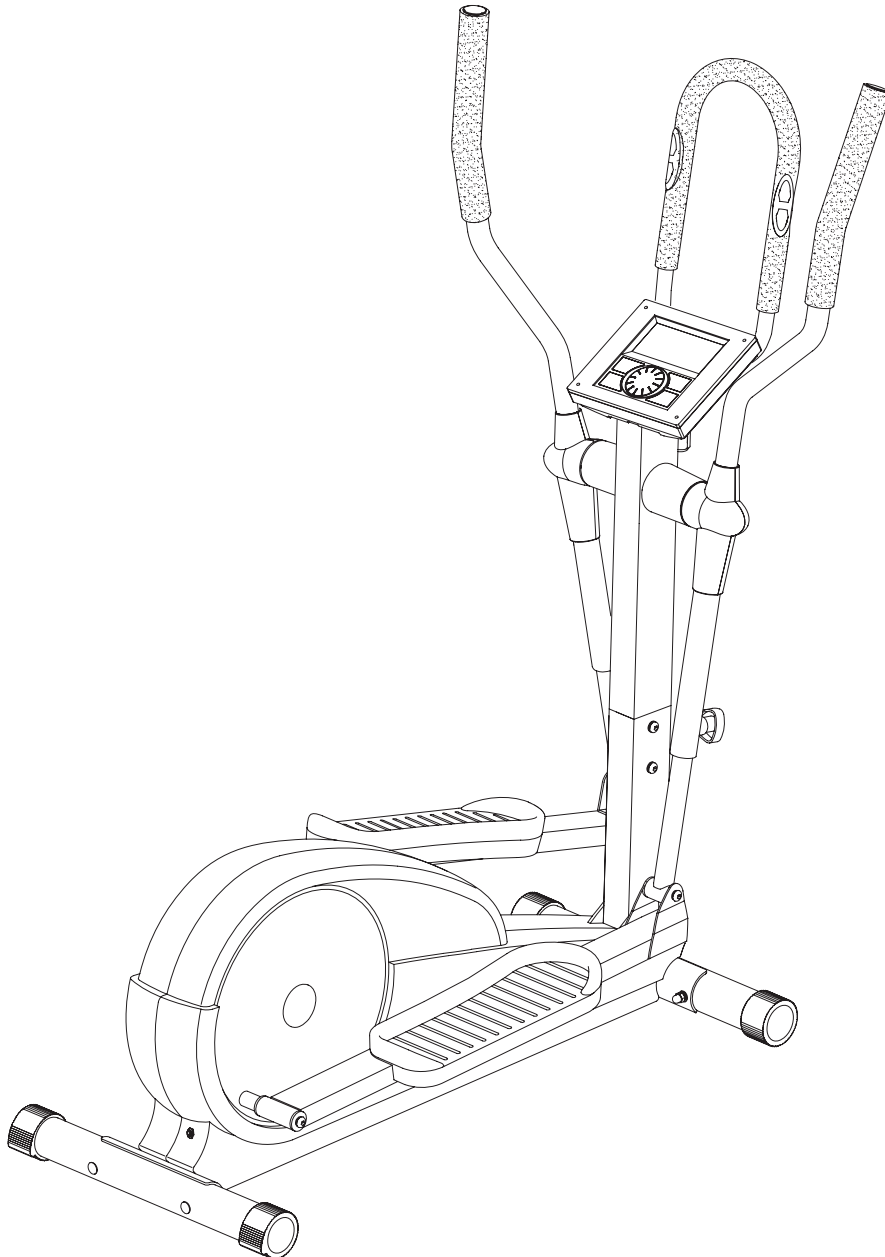
E900P Elliptical

Parts List

A Main frame

Tools

B Side handle bar

(B2)

(B1)
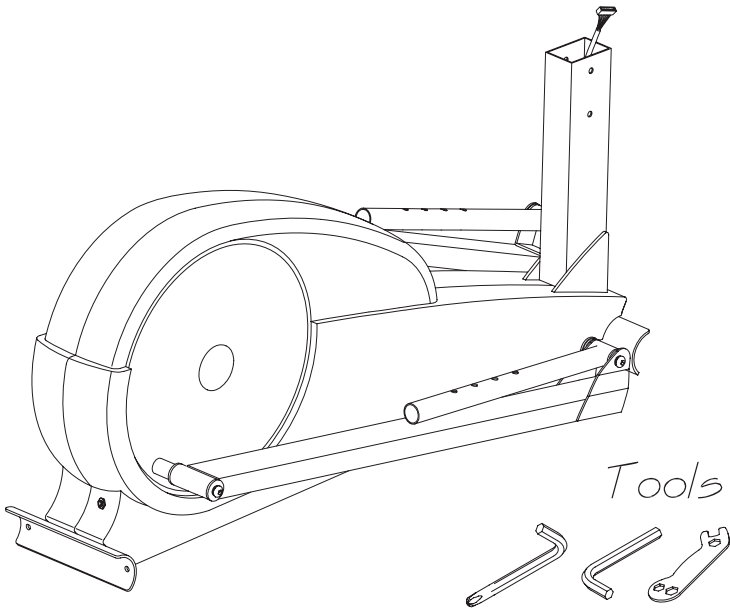
C Front tube
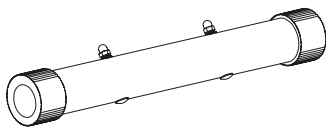
D Rear tube

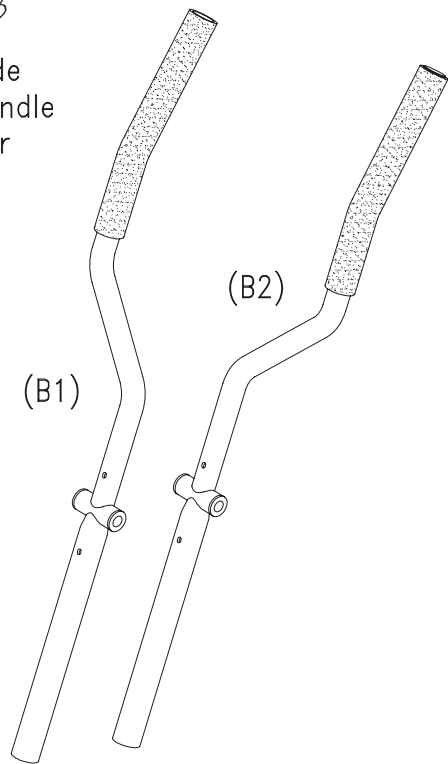**E** Front handle bar
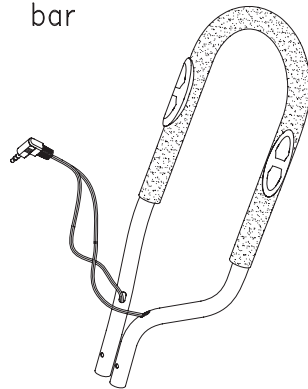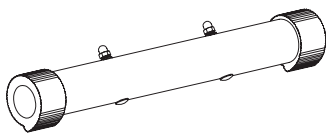
M Handlebar Joint Cover

(M1) (M2)

H Axle

K Pedal

(K1)

(K2)
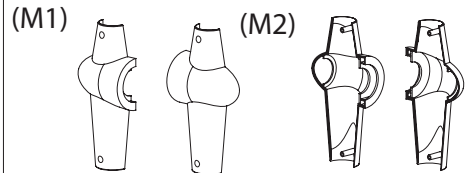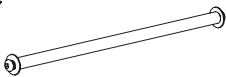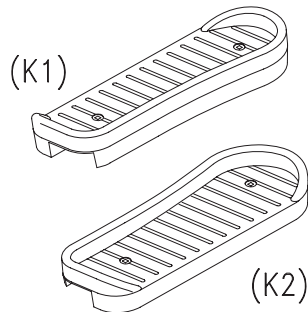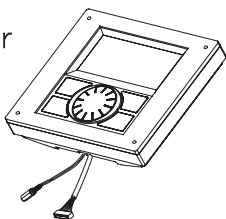
G Computer

F Central support
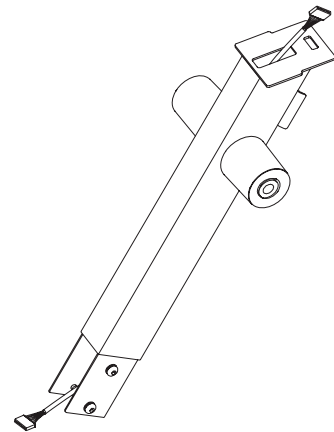
L (L1) Screw M6x45L   (L2) Nut M6   (L3) Washer M6   (L4) Washer M6   (L5)

(L6) Knob   (L7) Knob   (L8) Screw

FIGURE 1
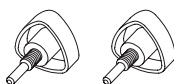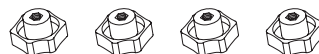
ASSEMBLY FOR CENTRAL TUBE

Step 1. Connect the sensor wire (A2) and the computer cable (F2).

Step 2. Assemble support tube (F) with the Base Frame (A) by bolts (F6), Spring Washers (F5) and M8 Washers (F4).
ATTENTION: Take care when pushing the tubes together that the cables and wires are not pinched.

LEVELLING

After completing Step 1-4, if the floor/equipment is not even, turn the adjustable-end cap (D) to the desired level in order to balance the frame.
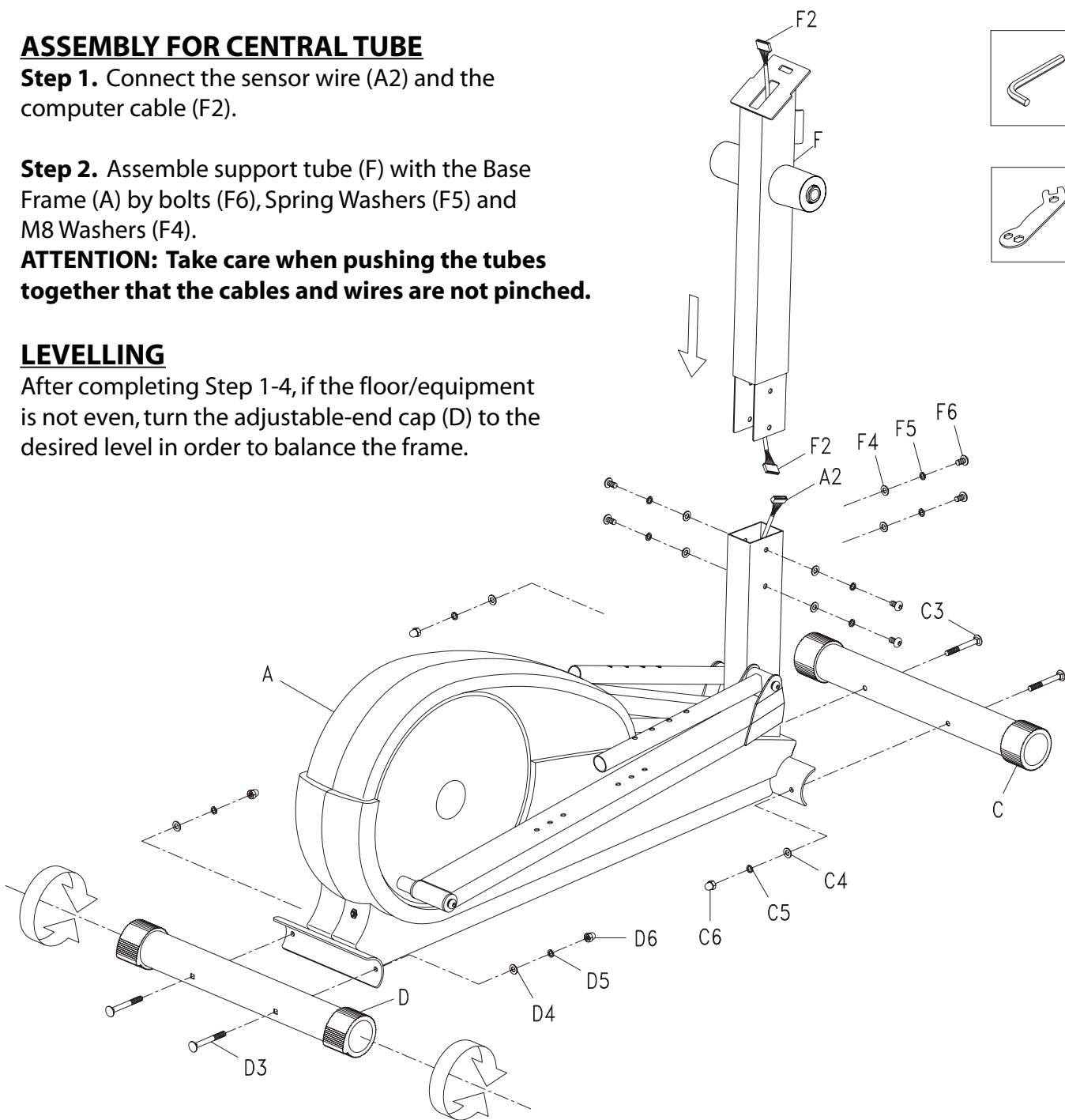
ASSEMBLY FOR FRONT AND REAR FOOT

Step 3. Assemble the front foot (C) with the base frame (A) by using the bolts (C3), washers (C4), spring washers (C5) and nuts (C6).

Step 4. Assemble the rear foot (D) with the base frame (A) by using the bolts (D3), washer (D4), spring washers (D5) and nuts (D6).
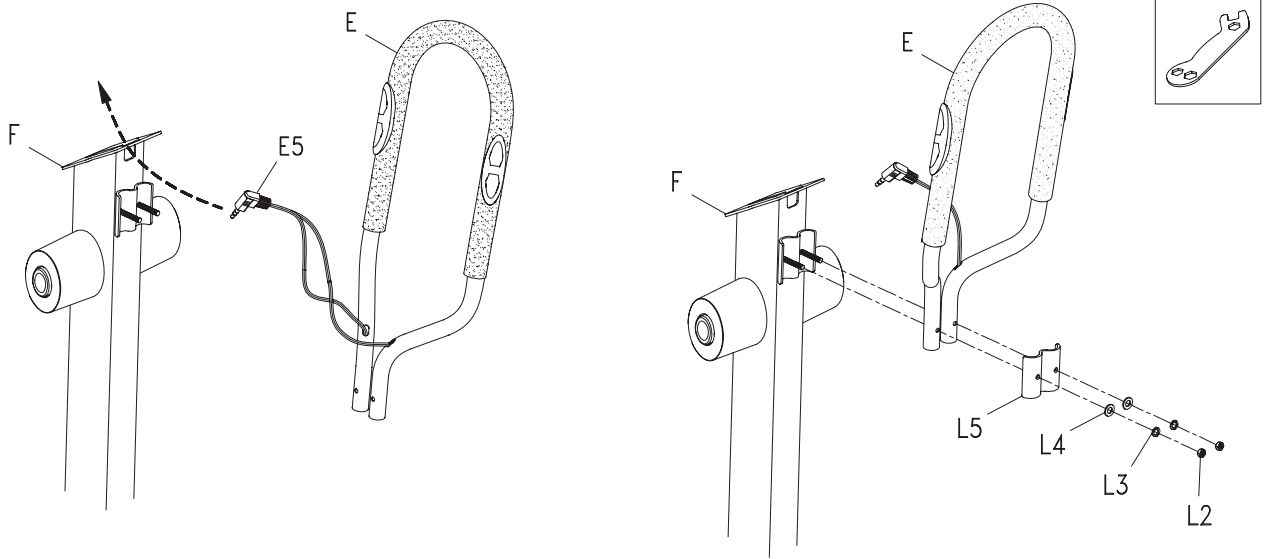
FIGURE 2 - ASSEMBLY FOR SMALL HANDLE BAR

Step 1. Assemble the small handle bar (E) with clamp (L5), M6 washers (L4), spring washers (L3) and screws (L2).

Step 2. Slide the hand pulse sensors (E5) through the hole of support tube (F) and out the top of the support tube.
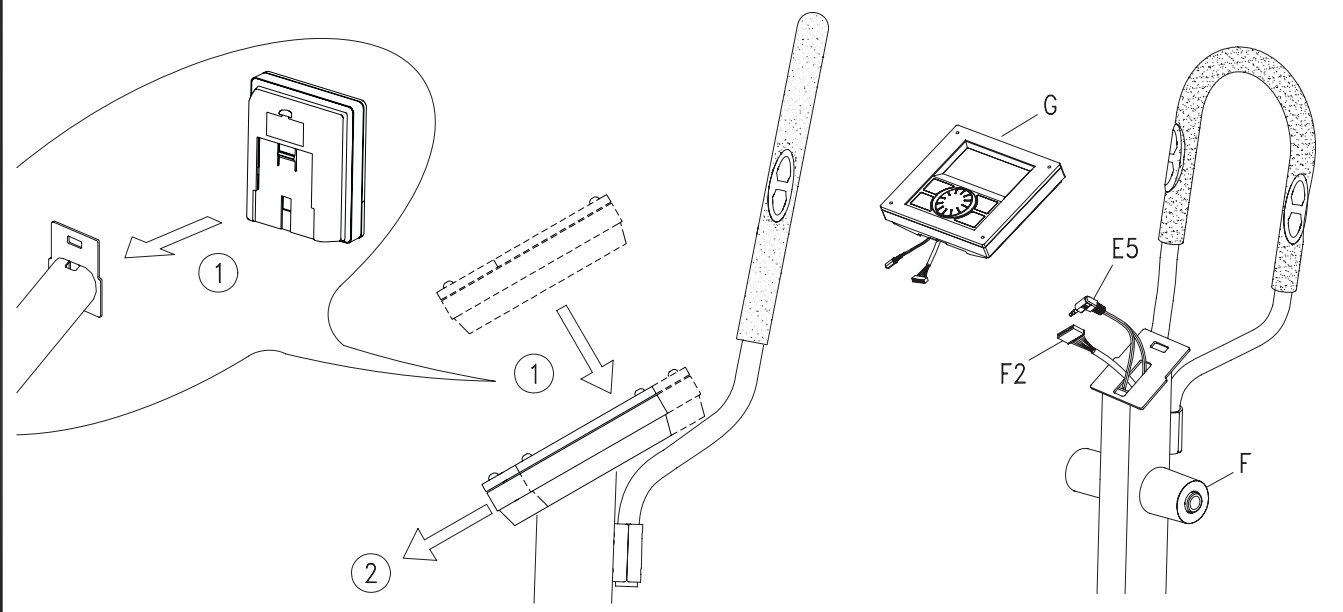
FIGURE 3 - ASSEMBLY FOR COMPUTER

Step 1. Connect the sensor wires with the computer cable.

Step 2. Attach the computer on the top of the support tube and then push the computer downward as Direction 2.

FIGURE 4
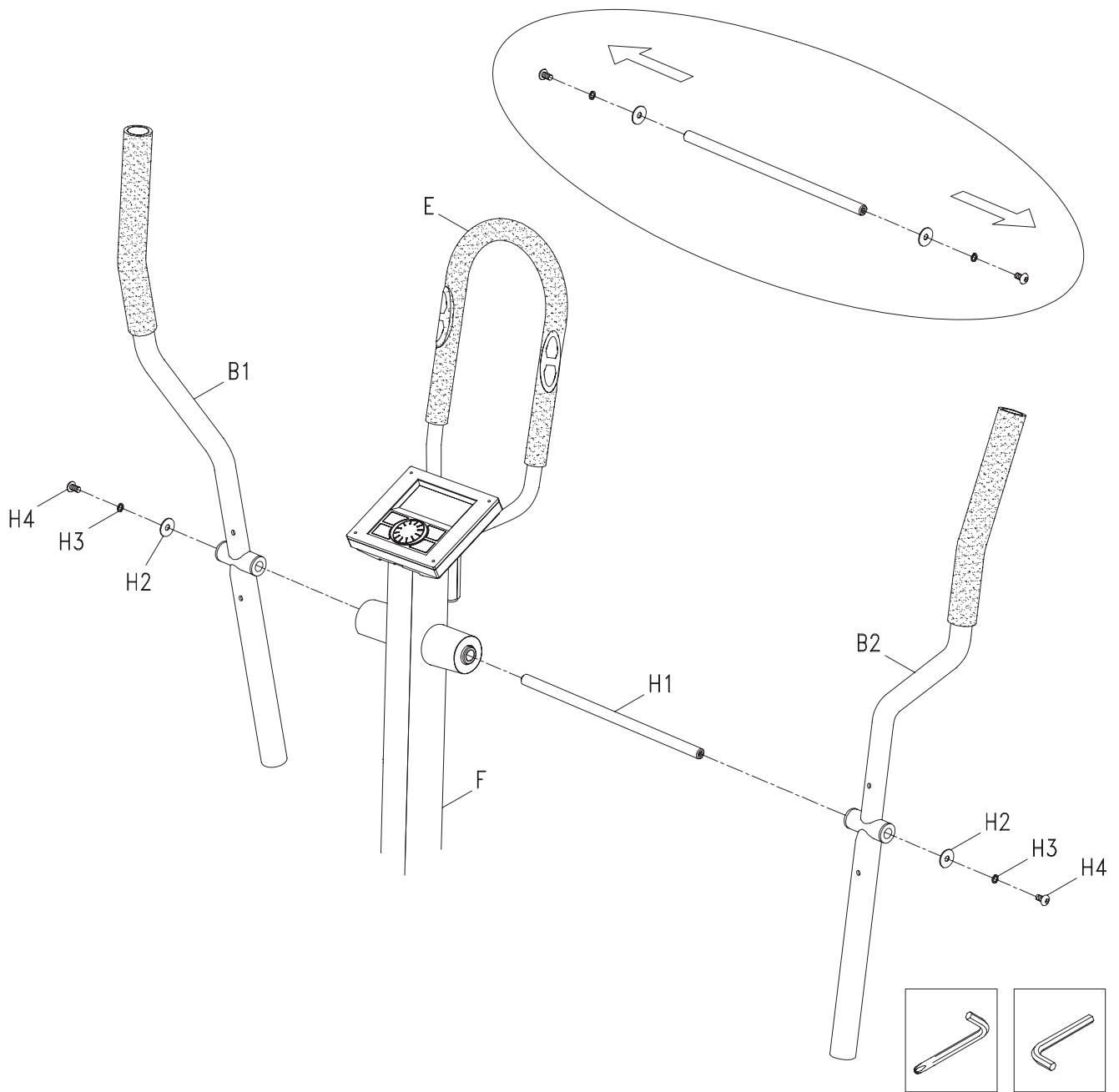
FIGURE 4 - HANDLE BAR ASSEMBLY

Step 1. Take off the bolt (H4), spring washer (H3) and washer (H2) from the axle tube (H1) before assembly.

Step 2. Push axle tube (H1) into the middle of the tube welded at right angles to supporting tube (F).

Step 3. Push on handle bar (B2) and (B1) from each side.
ATTENTION: The handles must be positioned after assembly so that the upper ends are bent outwards.

FIGURE 5

M2

M1

L8

L6

L6

B2

A9

Position one
Position two
Position three
Position four

L1

K2

Position three
Position two
Position one

Position one
Position two
Position three

L4

L3

L7

A8
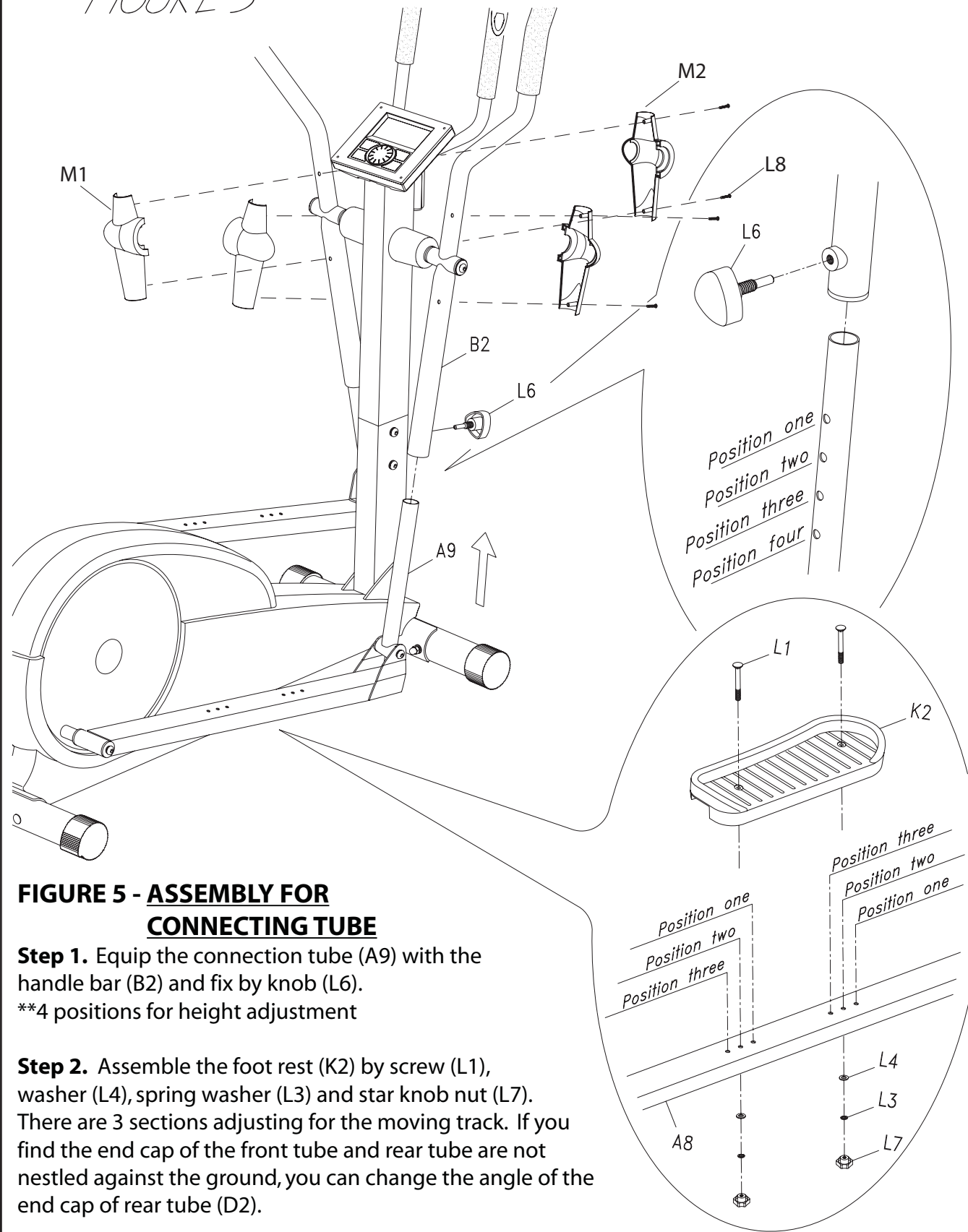
FIGURE 5 - ASSEMBLY FOR CONNECTING TUBE

Step 1. Equip the connection tube (A9) with the handle bar (B2) and fix by knob (L6).
**4 positions for height adjustment

Step 2. Assemble the foot rest (K2) by screw (L1), washer (L4), spring washer (L3) and star knob nut (L7). There are 3 sections adjusting for the moving track. If you find the end cap of the front tube and rear tube are not nestled against the ground, you can change the angle of the end cap of rear tube (D2).

Step 3. Connect right side handlebar joint covers (M1 and M2) onto side handlebar (B2) and secure with screws (L8). Repeat step 3 on left side handlebar joint covers.

FIGURE 6

TRANSPORTATION WHEEL

FIGURE 7 - HOW TO MOVE YOUR MACHINE

Step 1. Hold the small handle bar and push downward as Direction 1.

Step 2. Move the machine by the transport roller attached on the front foot.

Parts list

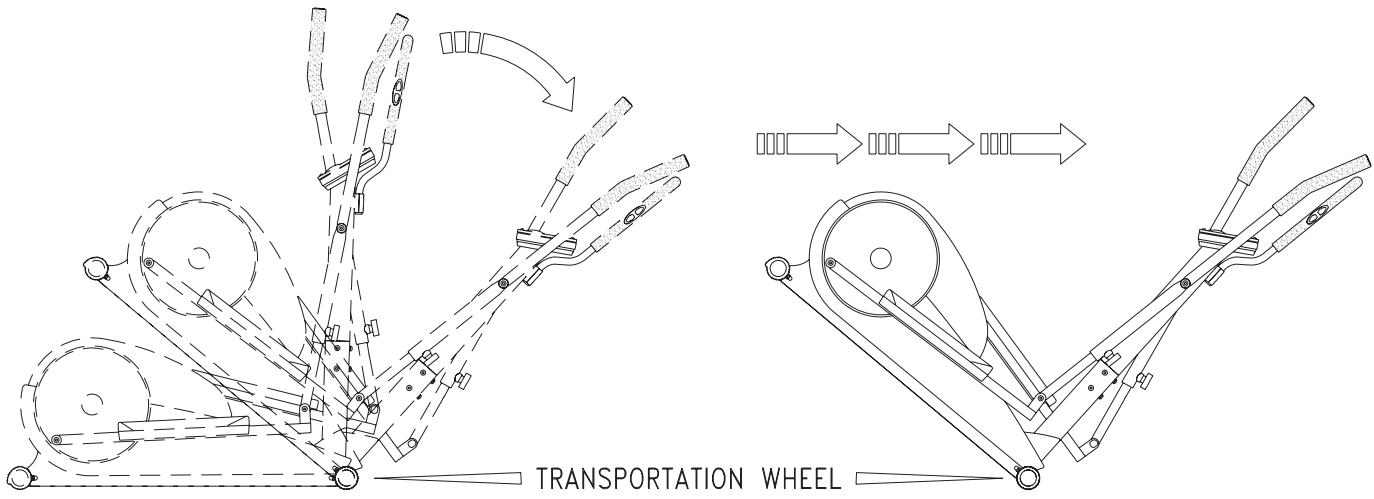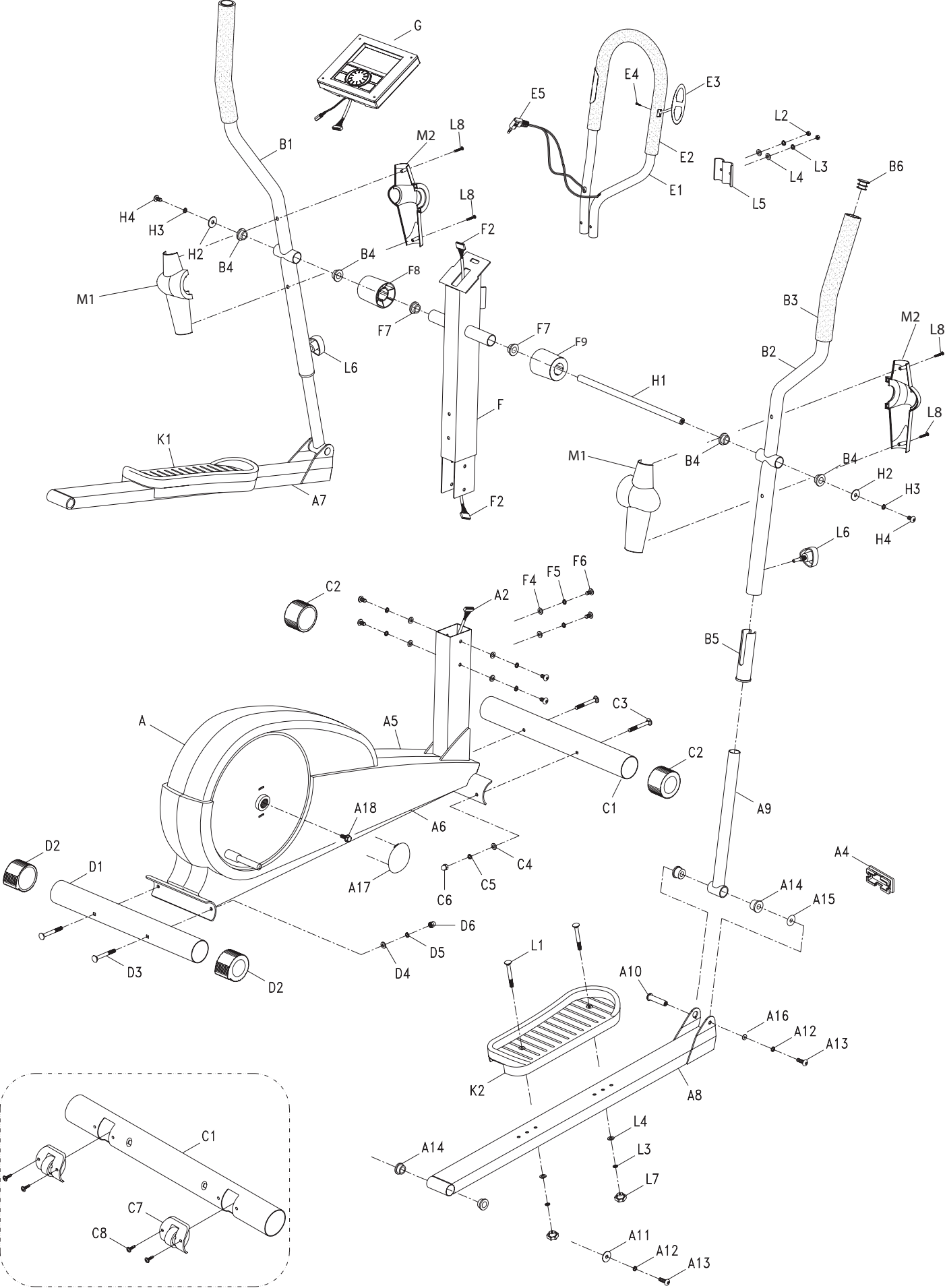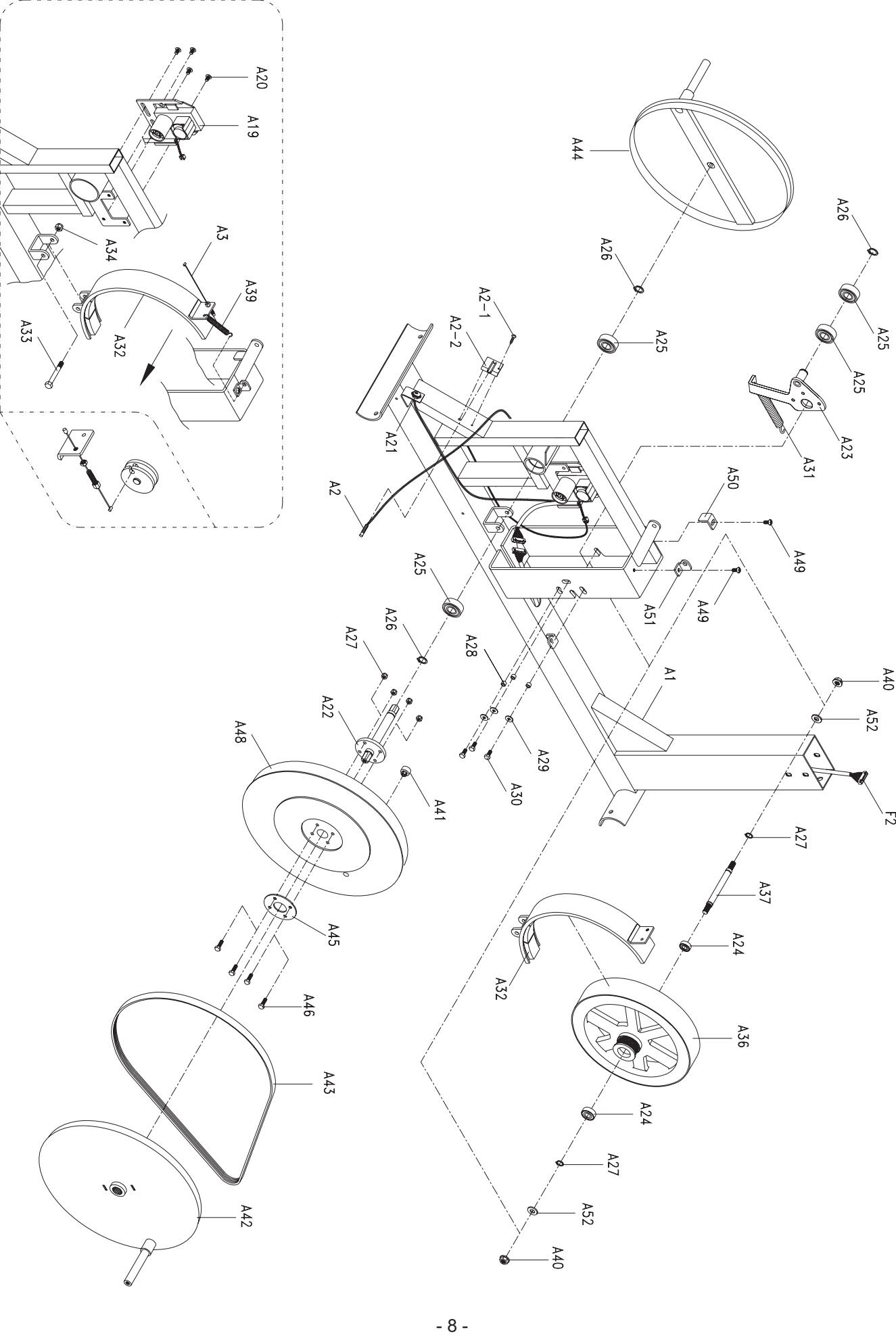| P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	BASE FRAME	1	B2	HANDLE BAR(R)	1
A2	SENSOR WIRE	1	B3	HANDLEBAR FOAM GRIPS	2
A3	TENSION CONNECTOR	1	B4	PLUG AXLE SUPPORT	4
A4	END CAP	2	B5	PLASTIC INSERT	2
A5	CHAIN COVER(L)	1	B6	HANDLE BAR END CAP	2
A6	CHAIN COVER(R)	1	C1	FRONT FOOT	1
A7	FOOTREST SUPPORT(L)	1	C2	FRONT FOOT COVER	2
A8	FOOTREST SUPPORT(R)	1	C3	CARRIAGE BOLT M8*70mm	2
A9	CONNECTING TUBE	2	C4	WASHER M8	2
A10	PEDAL TUBE WELDMENT SHAFT	2	C5	SPRING WASHER M8	2
A11	WASHER	2	C6	CAP NUT M8	2
A12	SPRING WASHER M8	4	C7	TRANSPORT ROLLER UNIT	2
A13	ALLEN HEAD BOLT M8*20mm	4	C8	SCREW M8*16mm	4
A14	BUSHING	8	D1	REAR FOOT	1
A15	WAVE SPRING	2	D2	REAR FOOT COVER	2
A16	WAHER M8	2	D3	CARRIAGE BOLT M8*70mm	2
A17	TURNING PLATE COVER	2	D4	WASHER M8	2
A18	SCREW	2	D5	SPRING WASHR M8	2
A19	SCREW	4	D6	CAP NUT M8	2
A20	MOTOR	1	E1	SMALL HANDLE BAR	1
A21	DC CORD	1	E2	HANDLEBAR FOAM GRIPS	1
A22	AXLE	1	E3	HANDL PULSE	2
A23	PRESSING PULLEY	1	E4	SCREW M8*16mm	2
A24	BEARING	2	E5	HAND PULSE SENSOR	1
A25	BEARING	2	F1	SUPPORT TUBE	1
A26	C CLIP	3	F2	COMPUTER CABLE	1
A27	C CLIP	2	F3	TENSION CONTROL	1
A28	PIPE	3	F4	WASHER	3
A29	WASHER	3	F5	SPRING WASHER M8	3
A30	SCREW	3	F6	SCREW M8*15mm	3
A31	SPRING	1	F7	BUSHING	2
A32	MAGNET HOUSING	1	F8	HANDLEBAR JOINT COVERS	1
A33	SCREW	1	F9	HANDLEBAR JOINT COVERS	1
A34	NUT	1	G	COMPUTER	1
A36	FLYWHEEL	1	H1	AXLE SUPPORT	1
A37	AXLE	1	H2	WASHER M8*28mm	2
A38	WASHER	2	H3	SPRING WASHR M8	2
A39	SPRING	1	H4	ALLEN HEAD BOLT M8*15mm	2
A40	NUT	2	K1	FOOT REST(L)	1
A41	MAGNET	1	K2	FOOT REST(R)	1
A42	TURNING PLATE (RIGHT)	1	L1	SCREW M6*45mm	4
A43	BELT	1	L2	NUT M6	2
A44	TURNING PLATE(LEFT)	1	L3	SPRING WASHER M6	6
A45	FIXING PLATE	1	L4	WASHER M6*12mm	6
A46	SCREW	4	L5	SMALL HANDLE BAR BRACKET	1
A47	NUT	4	L6	KNOB	2
A48	TENSION PULLEY	1	L7	STAR KNOB NUT	4
A49	SCREW	2	L8	SCREWS M4	4
A50	L TYPE FIXING PLATE	1	M1	HANDLEBAR JOINT COVERS	1
A51	L TYPE FIXING PLATE	1	M2	HANDLEBAR JOINT COVERS	1
A52	WASHER	2			
B1	HANDLE BAR(L)	1			

Instruction Manual
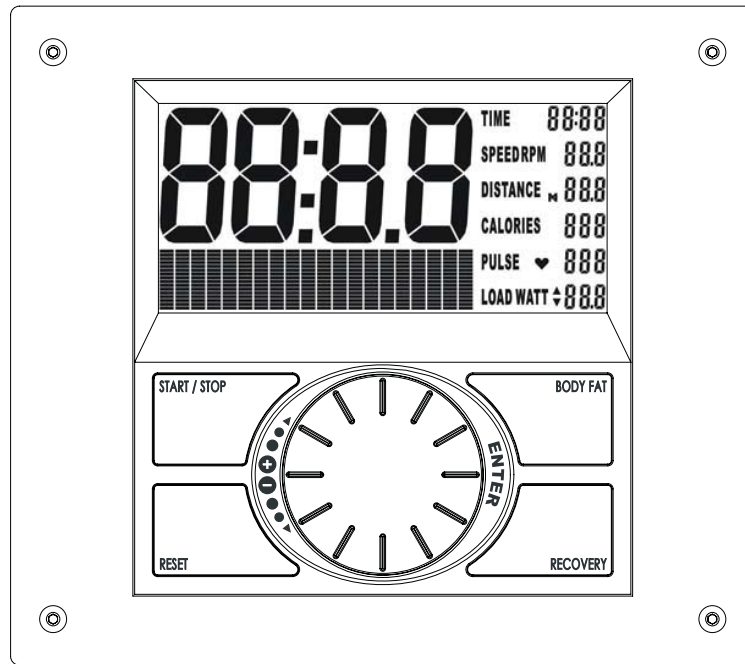
FUNCTIONS :

TIME : Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with
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 each 1 cal
increment.

    Count down - If training with preset target, Calories will count down from preset time to 0.
Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE : To display your current heart beat figures as soon as the pulse sensor has been touched.
The monitor will detect your heart best through handgrip sensors once you hold on both hands.
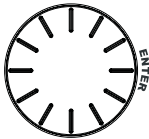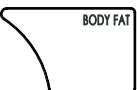
RECOVERY : After exercising for a period of time, keep holding on handgrips and press "RECOVERY"
button. All function display will stop except "TIME" starts counting down from 00:60 to
00:00. Screen will display your heart rate recovery status with the F1,F2….to F6. F1 is the
best, F6 is the worst. User 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 , DIST , CAL , 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	RESET	Return to main function mode in STOP mode and clear all presets
START / STOP	START/STOP	To start or stop training
BODY FAT	BODY FAT	To start or stop body fat testing.
RECOVERY	RECOVERY	To test heart rate recovery status

1. Power on, LCD will display segment for 2 seconds with long beep sound. Use UP or DOWN buttons 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 datas, then press MODE/ENTER.
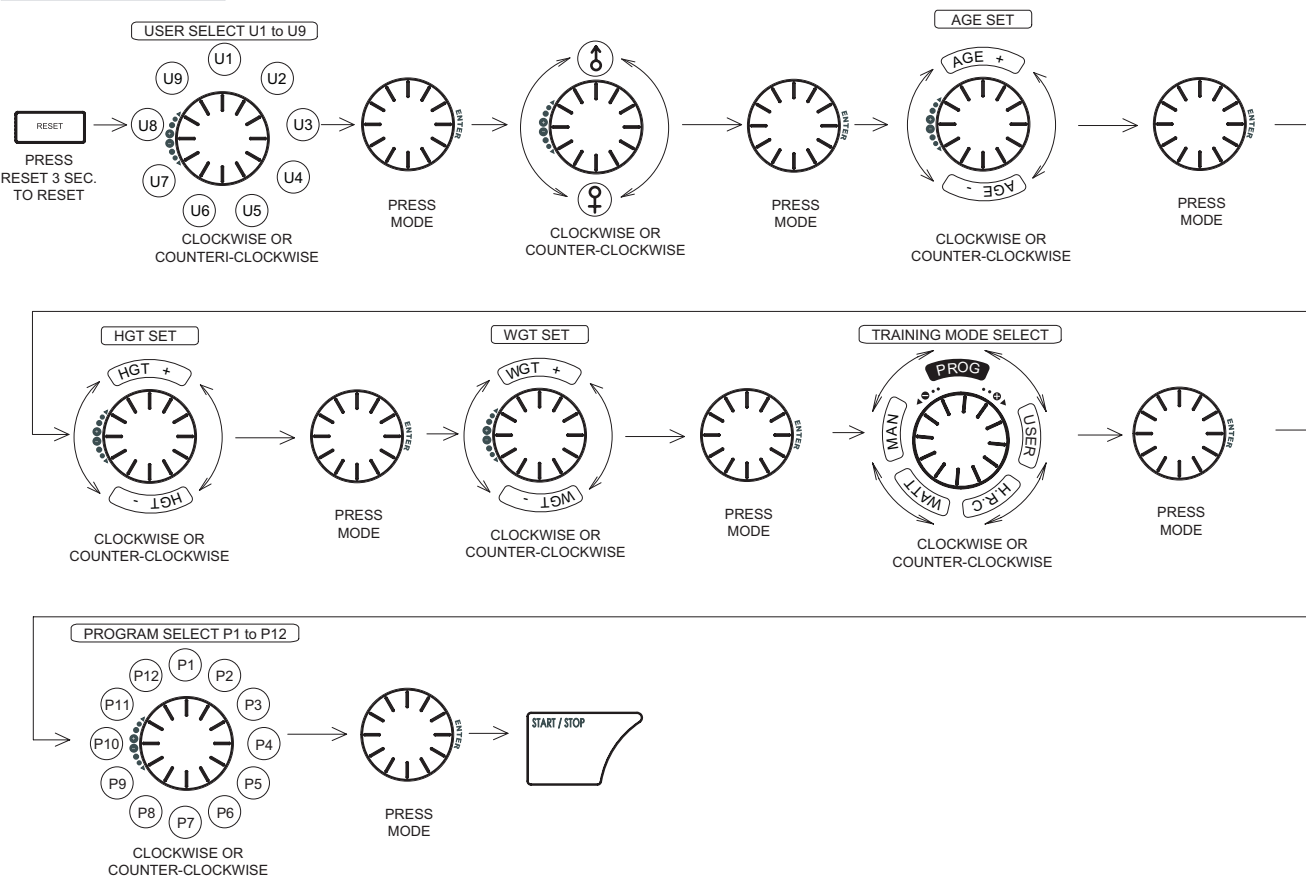2. Press ENTER、UP、DOWN buttons to set year / month / day / clock; screen will enter standby mode.
3. Manual is flashing in the sleep mode, you may turn UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT and press ENTER/MODE for confirmation. The monitor will enter MANUAL mode for training without selection.

4. Training in PROGRAM mode :
   4-1 In the PROGRAM mode, you may turn UP/DOWN button 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 button to select level from 1 to 16 and ENTER/MODE button for confirmation. Load level can be adjusted during training.

USER SELECT U1 to U9

U1 U2 U9 U8 U3 U7 U4 U6 U5

PRESS
RESET 3 SEC.
TO RESET

CLOCKWISE OR
COUNTERI-CLOCKWISE

PRESS
MODE

CLOCKWISE OR
COUNTER-CLOCKWISE

PRESS
MODE

AGE SET

AGE +
AGE -

CLOCKWISE OR
COUNTER-CLOCKWISE

PRESS
MODE

HGT SET

HGT +
HGT -

CLOCKWISE OR
COUNTER-CLOCKWISE

PRESS
MODE

WGT SET

WGT +
WGT -

CLOCKWISE OR
COUNTER-CLOCKWISE

PRESS
MODE

TRAINING MODE SELECT

PROG
MAN USER
WATT H.R.C

CLOCKWISE OR
COUNTER-CLOCKWISE

PRESS
MODE

PROGRAM SELECT P1 to P12

P12 P1 P2 P11 P3 P10 P4 P9 P5 P8 P7 P6

CLOCKWISE OR
COUNTER-CLOCKWISE

PRESS
MODE

START / STOP

The PROGRAM includes 12 profiles

P01

P02

P03

P04

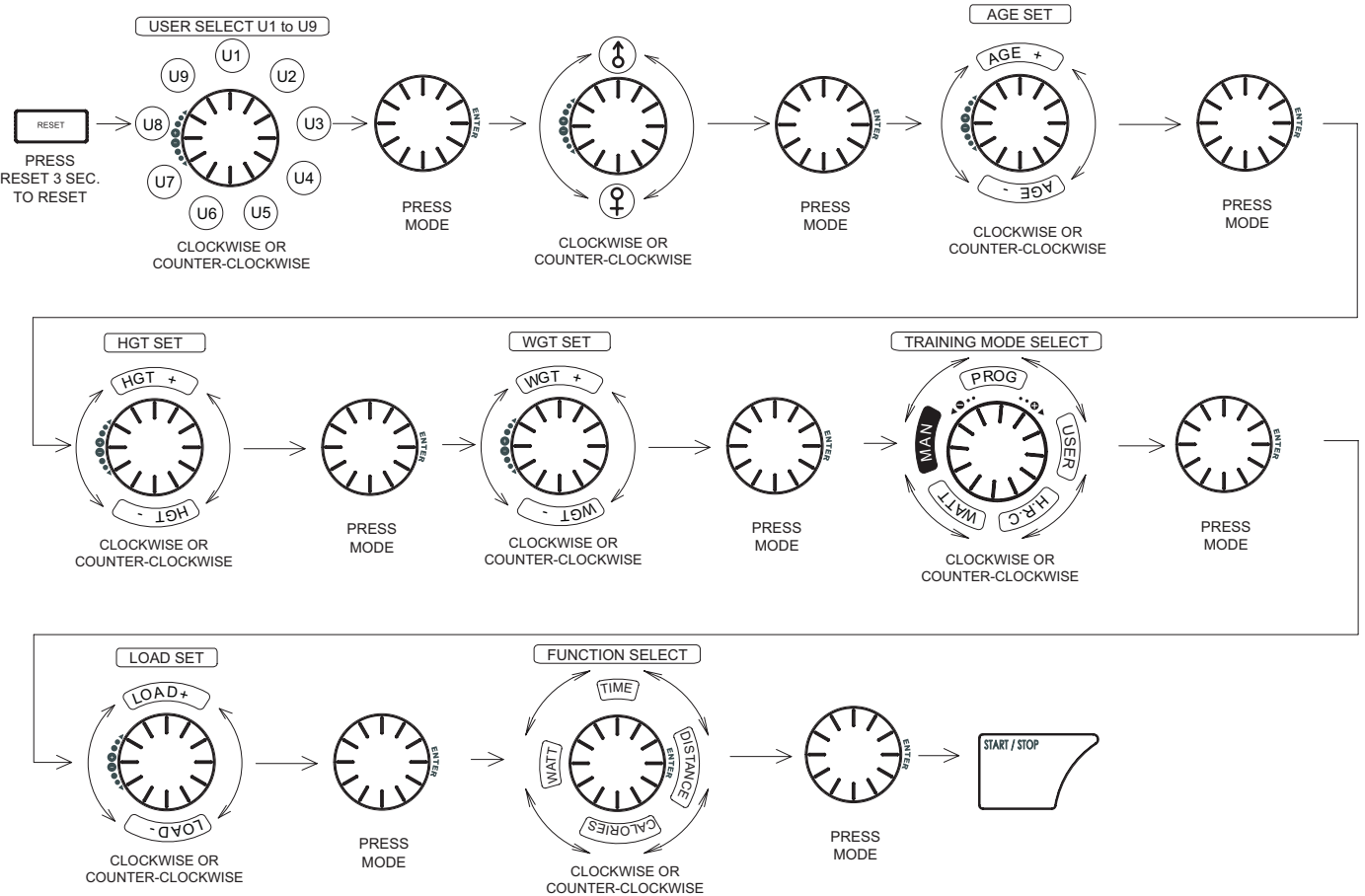P05

P06

P07

P08

P09

P10

P11

P12

5. Training in MANUAL mode

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

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

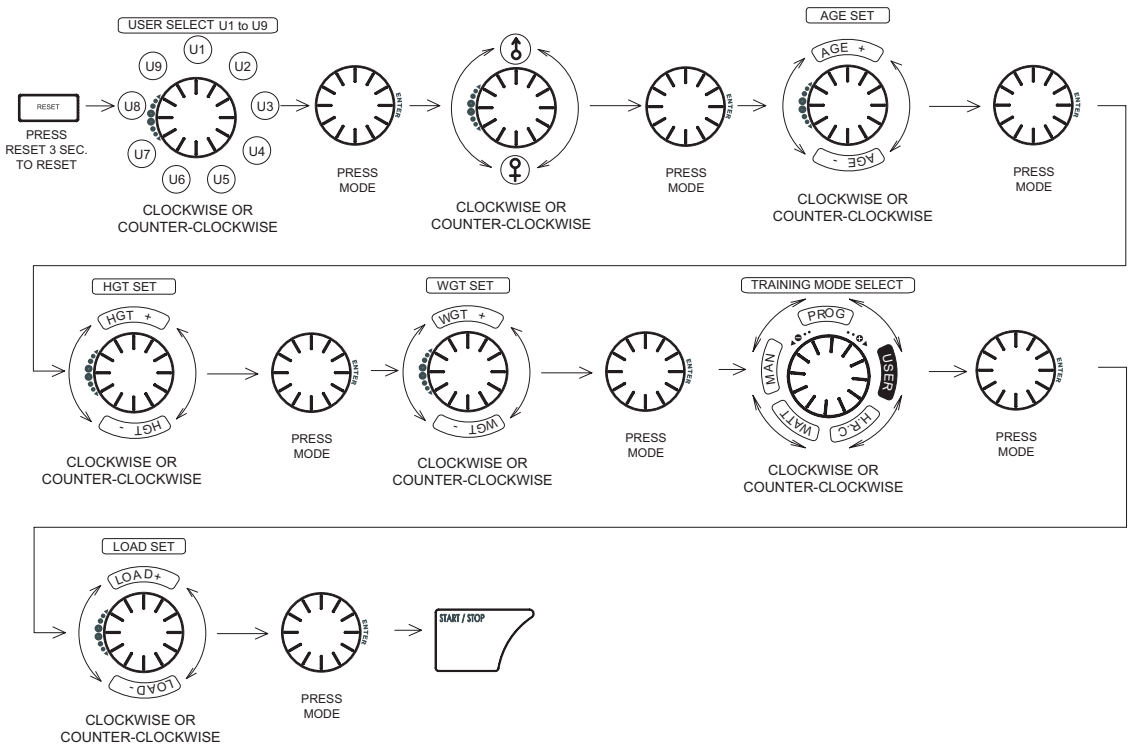5-3 Pressing START button to start training.

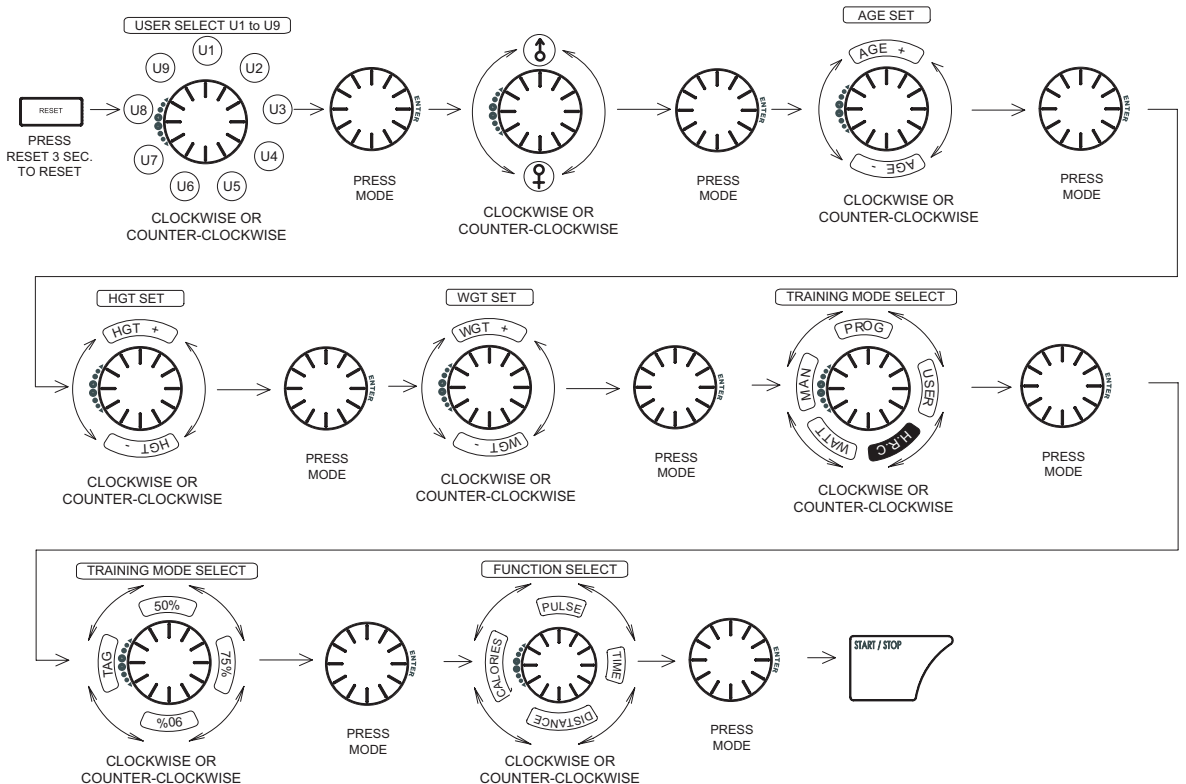*MANUAL mode*

6. Training in USER PROGRAM：

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

USER mode

USER SELECT U1 to U9

PRESS RESET 3 SEC. TO RESET

PRESS MODE

CLOCKWISE OR COUNTER-CLOCKWISE

AGE SET

PRESS MODE

CLOCKWISE OR COUNTER-CLOCKWISE

HGT SET

WGT SET

TRAINING MODE SELECT

LOAD SET

START / STOP

7. Training in H.R.C. mode：

AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN/ENTER button. 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 using UP/DOWN/ENTER button for training.
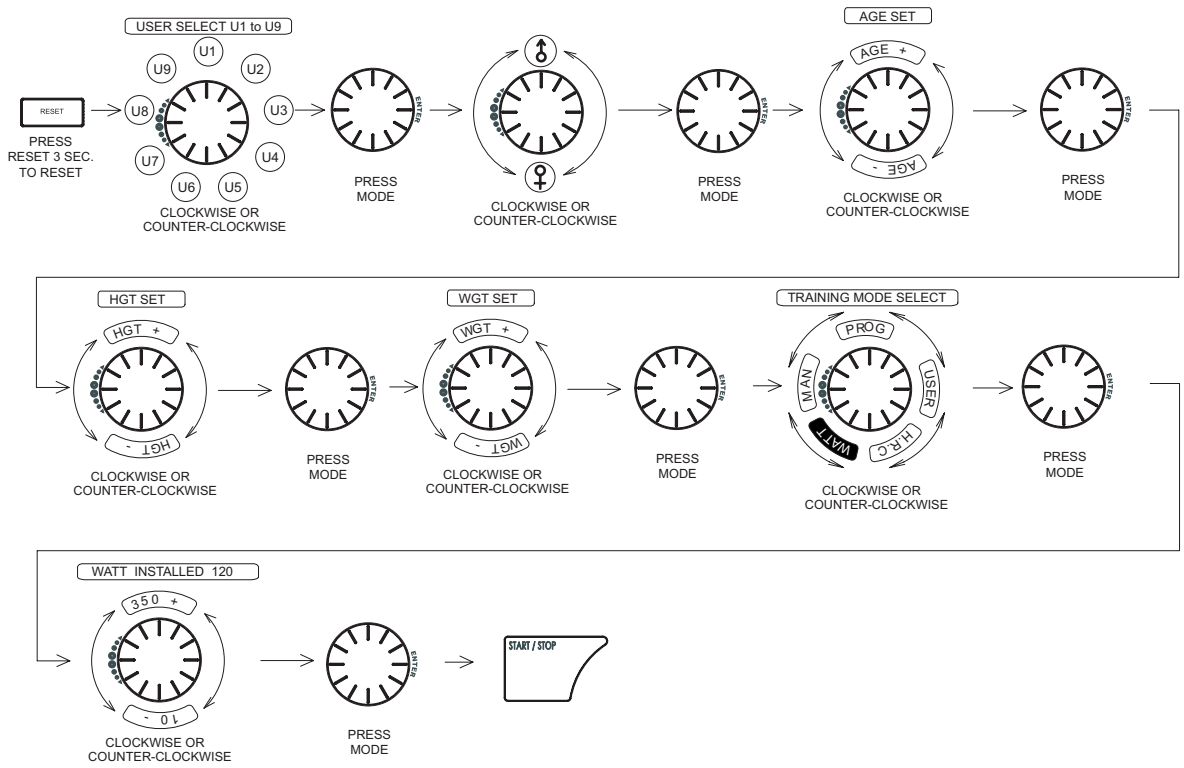
H.R.C mode

USER SELECT U1 to U9

AGE SET

HGT SET

WGT SET

TRAINING MODE SELECT

TRAINING MODE SELECT

FUNCTION SELECT

START / STOP

8. 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. Pressing

WATT mode

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 as below:

Step I - Make sure the personal data has been input and is correct,

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

Step III - The symbol "- - - - - - - - " will display during testing period of 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 indication if you have the following situation:

    1. "E-1" - When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.

    2. "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODYFAT button to have the computer continue
from the previous datas before testing. The BODY FAT advice figure and BMI will disappear.
The computer will allow 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 inputed data and the signal measured through the handgrip sensors. 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 is a figure that is determined from your height and weight which can be calculated out to show your level of fitness.

All the BMI & BODY FAT advice figures are a rough guide for you to take care of your health, and are not intended for medical use.

BODY FAT mode
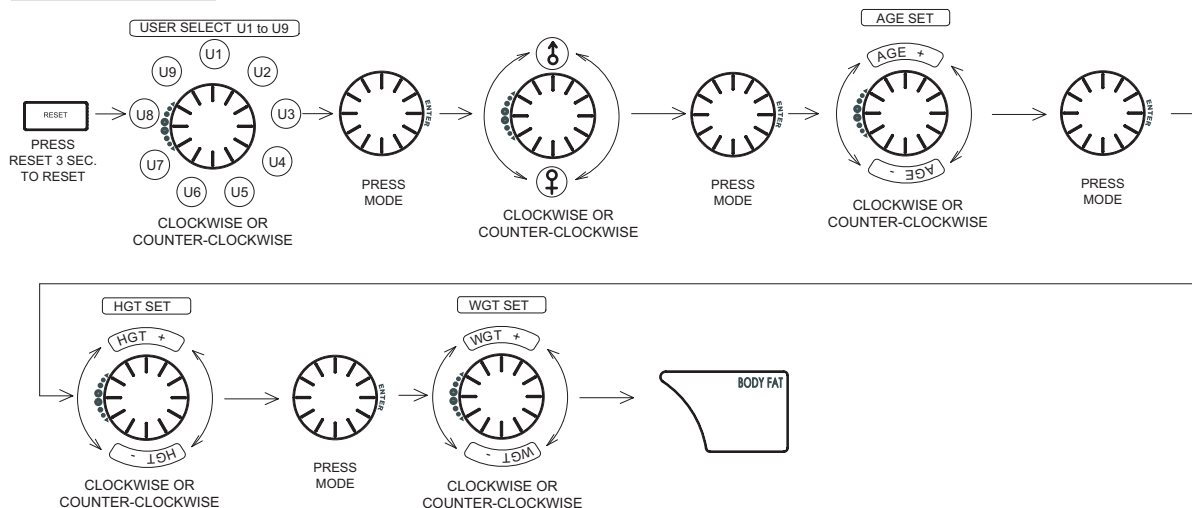
Note:

1. When there is no signal 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 the program.
2. The monitor can store 4 users (U1-U4) preset data. When the monitor is on, the LCD will display the previous (before power off) user's identification. If previous user is U1, U2, U3, or U4, the previous preset 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 above mentioned point 2 if you press and hold on RESET button for 4 seconds.
4. If the LCD display is improper, please remove the battery and reinstall again.
5. The monitor can be powered on with an AC adaptor input.
6. Body fat advice 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.

Battery SIZE C