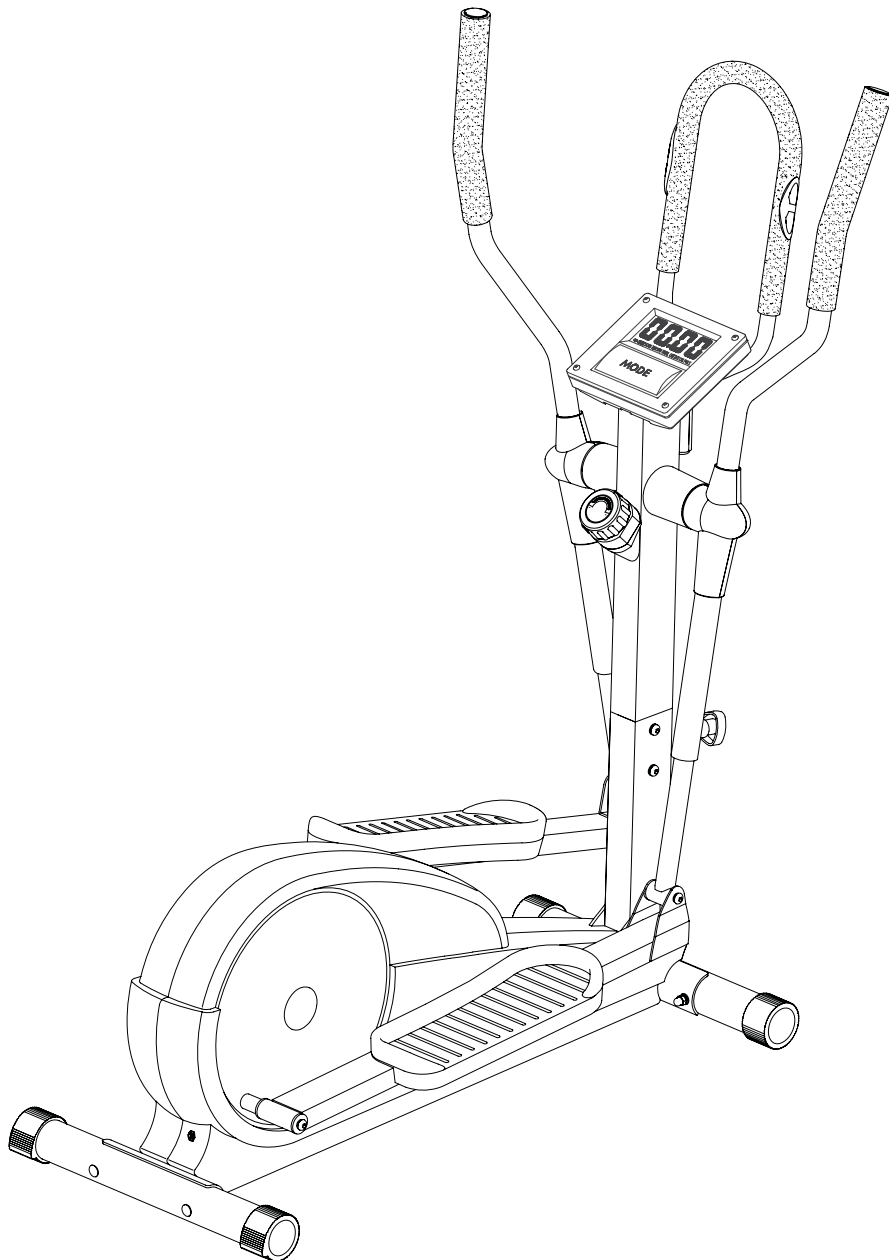


PROGRESSION

*Fitness*TM

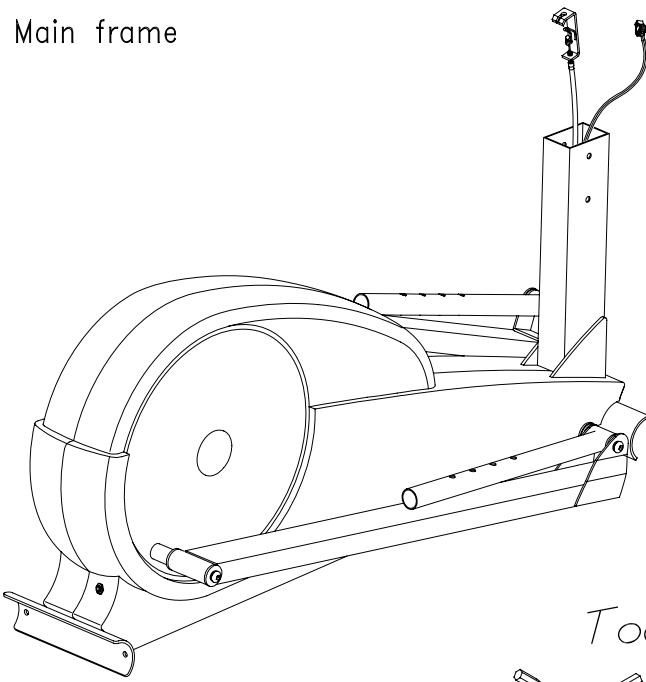
E800m Elliptical



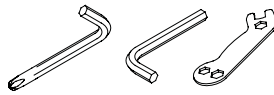
Owner's Operating Manual

Parts List

A Main frame

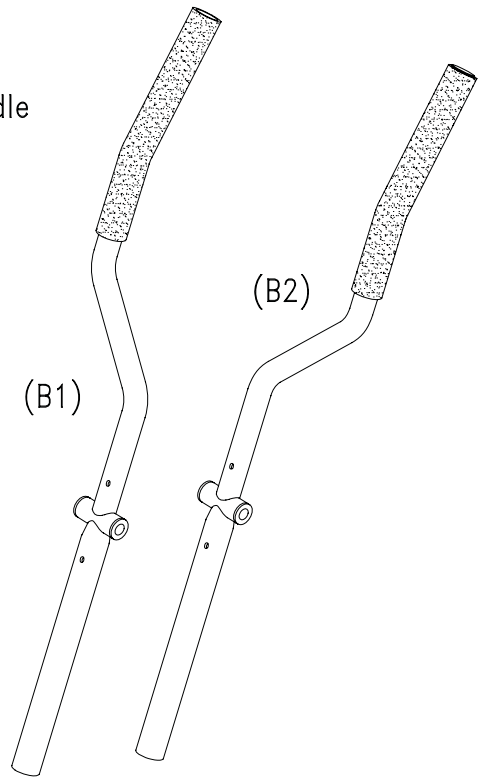


Tools

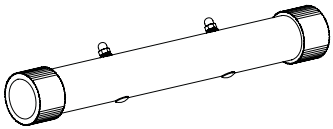


B

Side handle bar

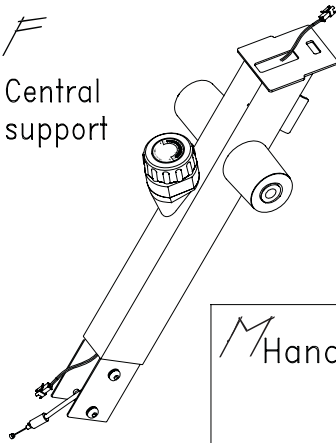


C Front tube



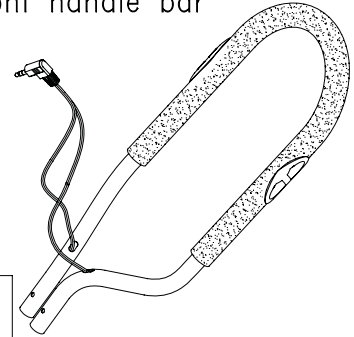
F

Central support

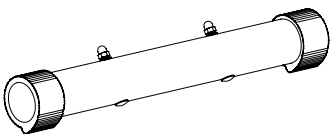


E

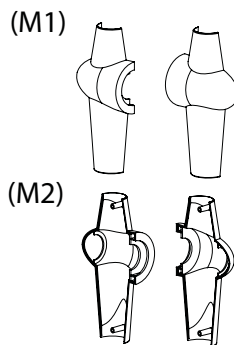
Front handle bar



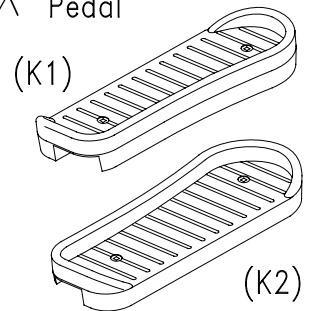
D Rear tube



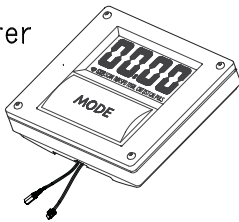
M Handlebar Joint Cover



K Pedal



G Computer



H Axle



L (L1) Screw M6x45L



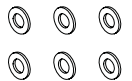
(L2) Nut M6



(L3) Washer M6



(L4) Washer M6



(L5) Small handlebar Bracket



(L6) Knob



(L7) Knob



(L8) Screw M4X18L



FIGURE 1

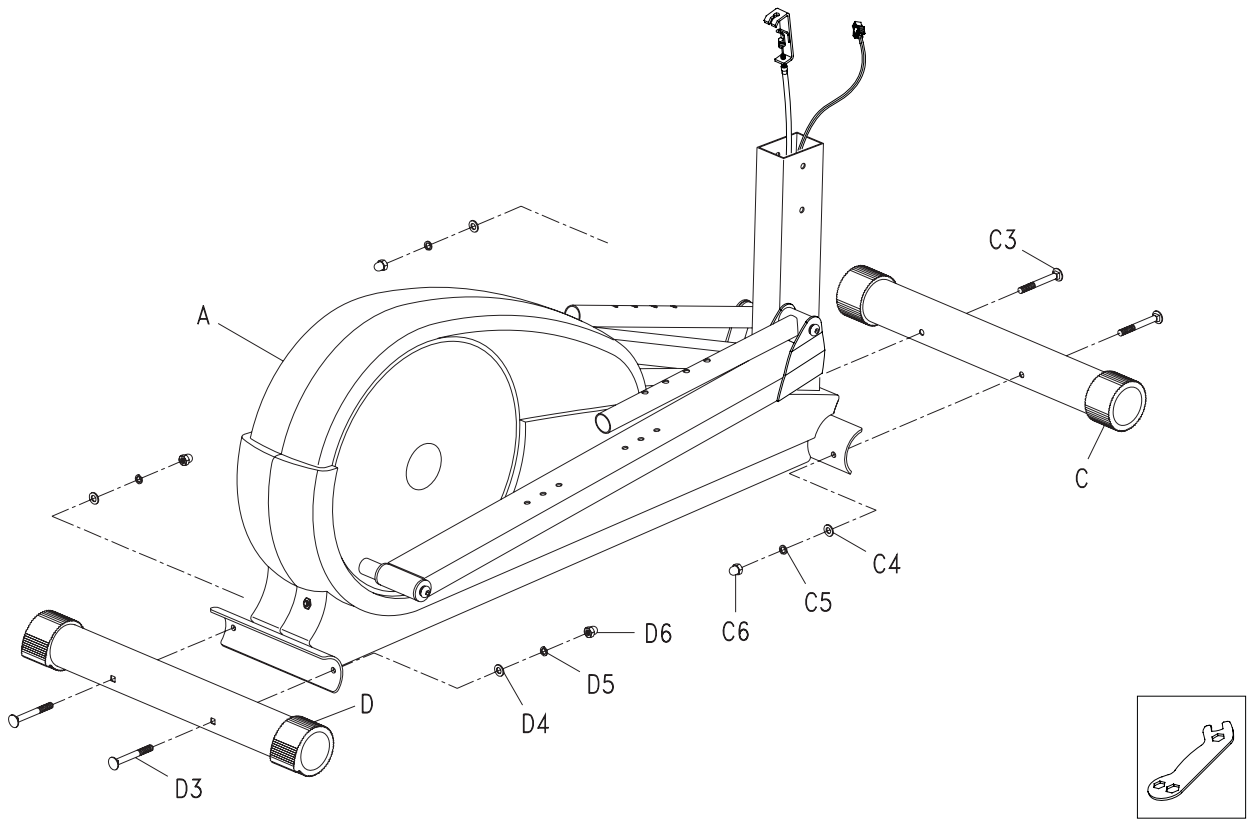


FIGURE 1 - ASSEMBLY FOR FRONT FOOT AND REAR FOOT

Step 1. Assemble the front foot (C) with the base frame (A) by using the bolts (C3), washers (C4), spring washers (C5) and nuts (C6).

Step 2. 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

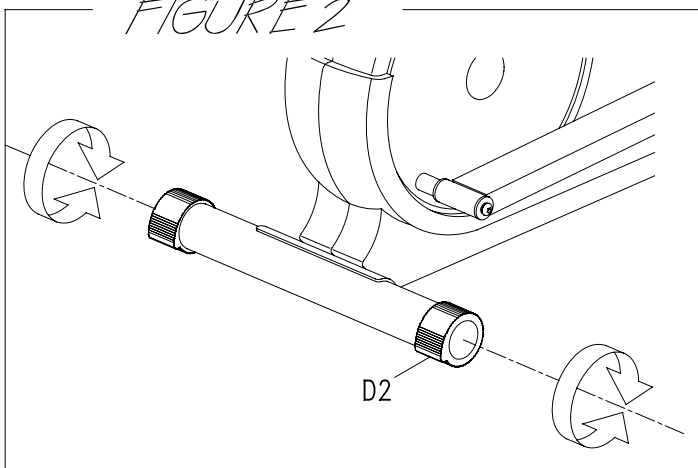


FIGURE 2 - LEVELLING

After completing Figure 1, if the floor/equipment is not even, turn the adjustable-end cap (D) to the desired level in order to balance the frame.

FIGURE 3

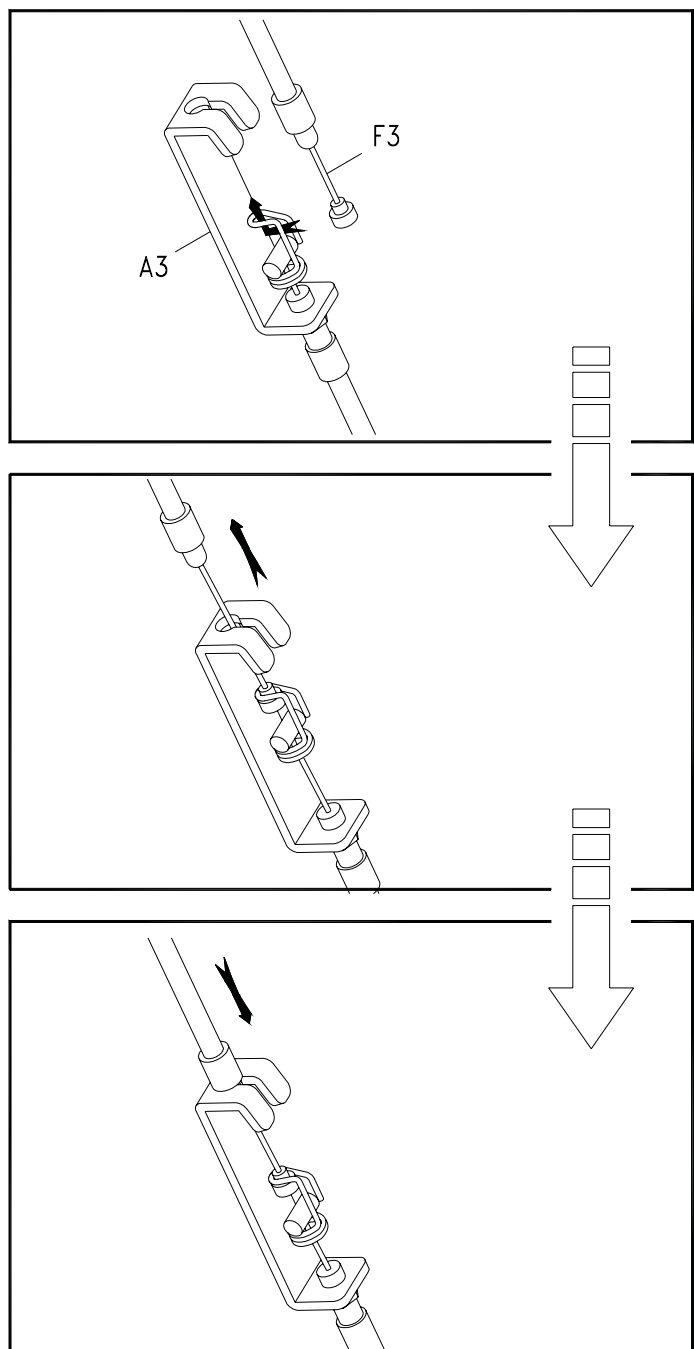
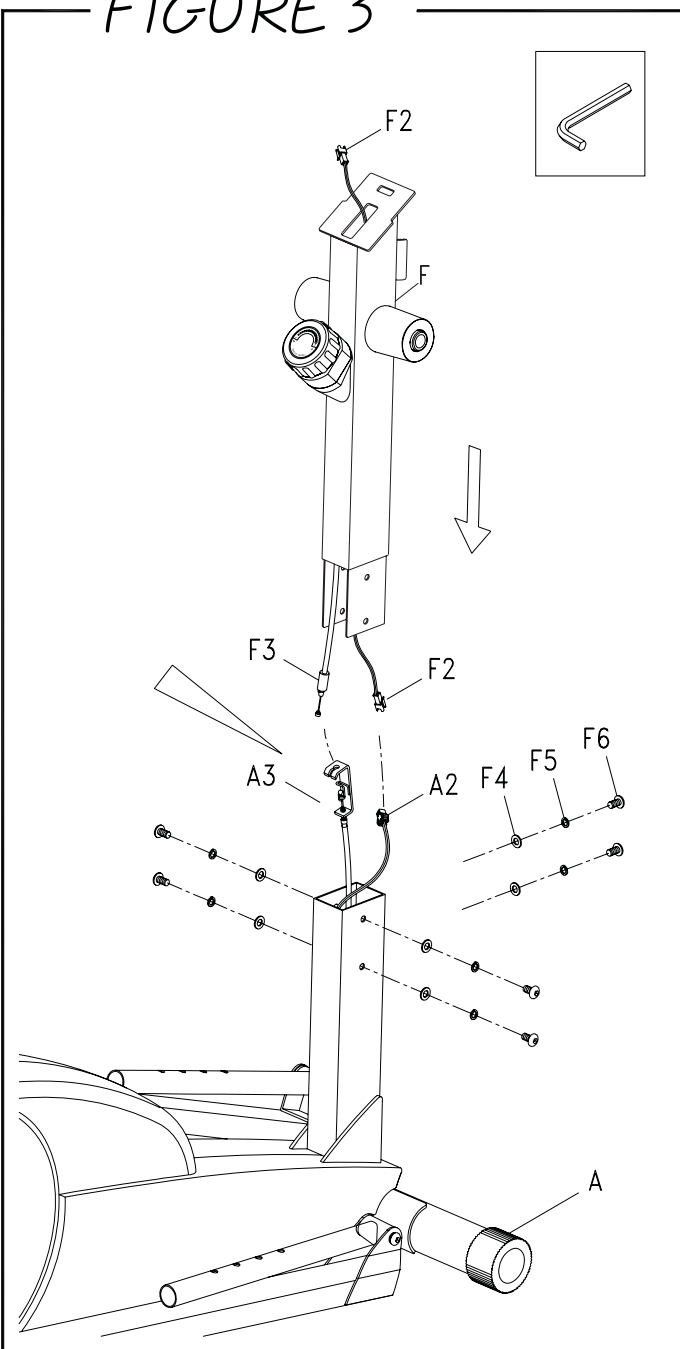


FIGURE 3 - ASSEMBLY FOR CENTRAL TUBE

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

Step 2. Equip the cable of tension control (F3) in the slot of tension cable plastic bracket (A3) as shown in View A-1. Fit the large and small brass barrels together and tighten by turning with your fingers as shown in View A-2. It should look like View A-3.

Step 3. 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.

FIGURE 4

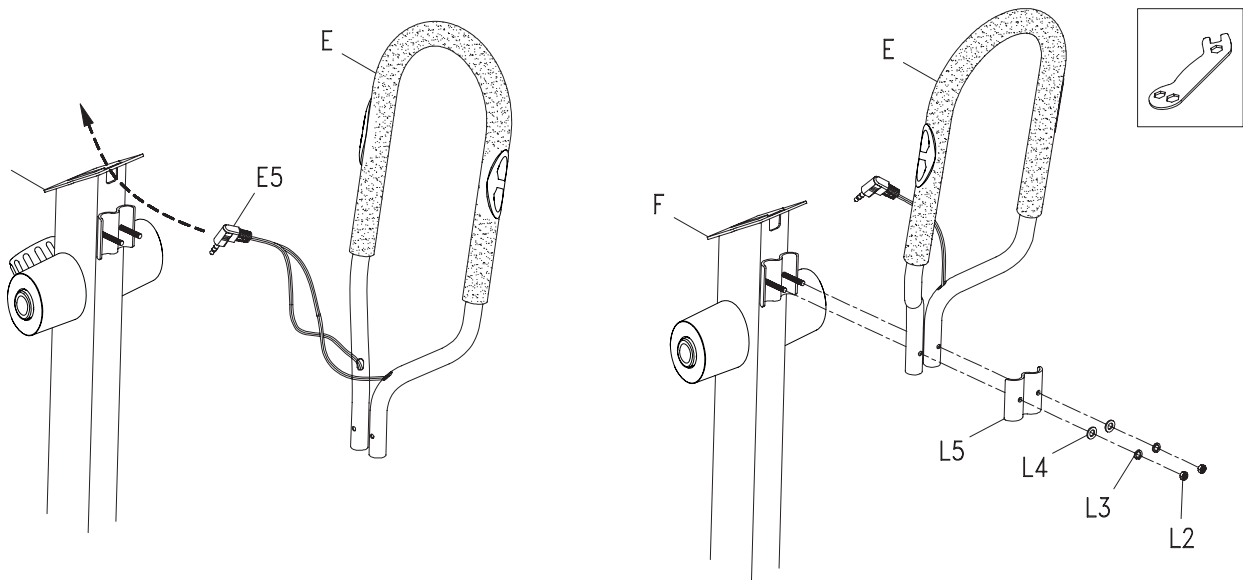


FIGURE 4 - ASSEMBLY FOR SMALL HANDLEBAR

Step 1. Assemble the small handlebar (E) with small handlebar bracket (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 5

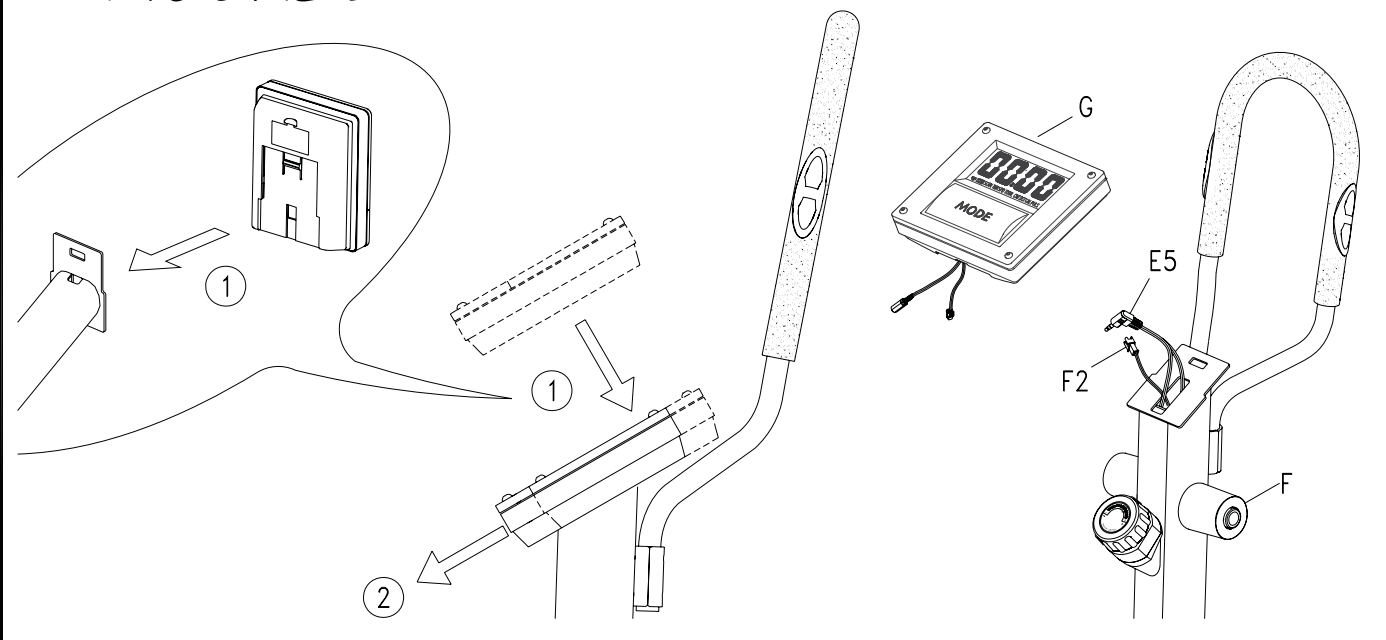


FIGURE 5 - ASSEMBLY FOR COMPUTER

Step 1. Connect the sensor wires (F2 and E5) with the computer (G).

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

FIGURE 6

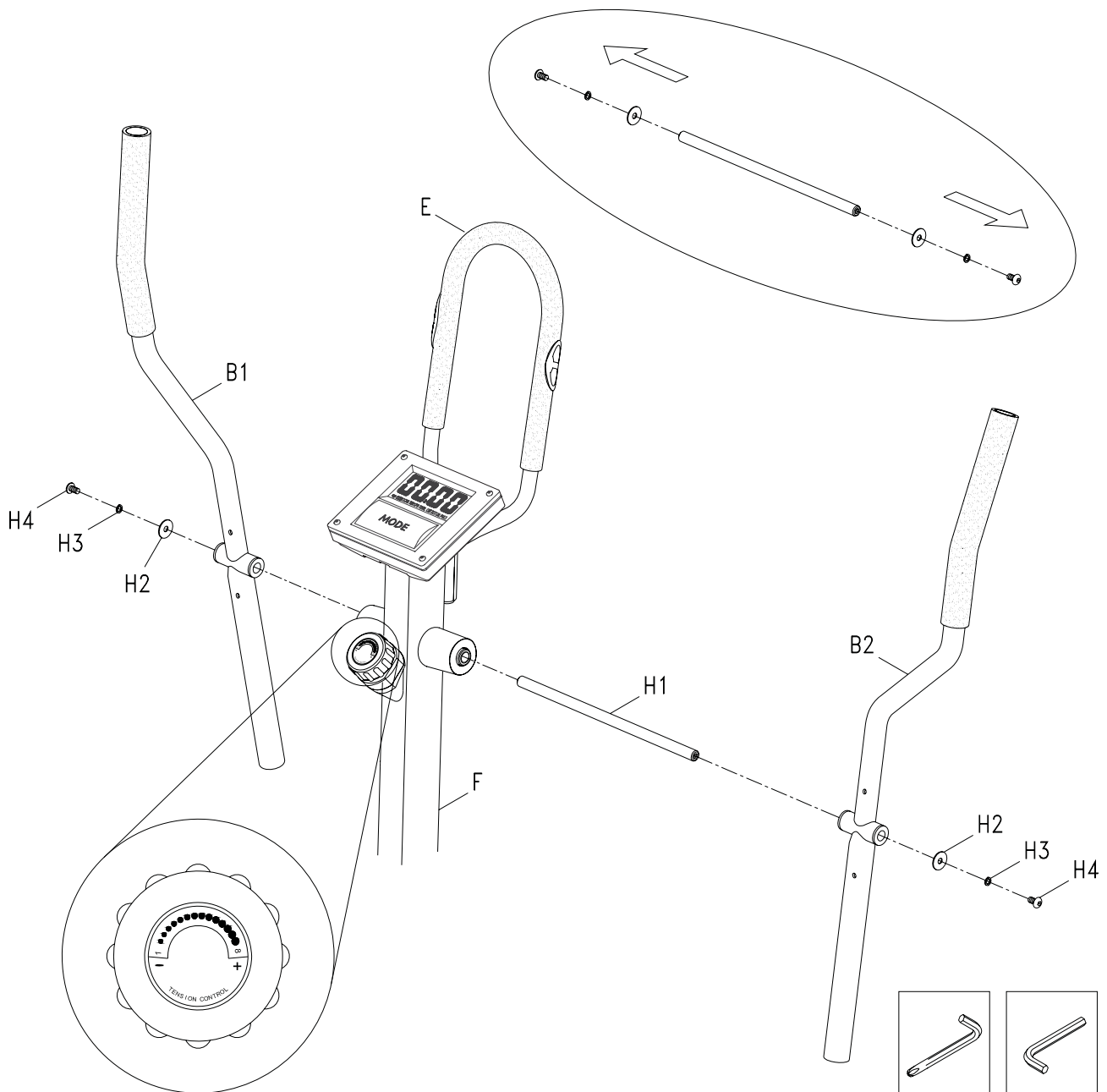


FIGURE 6 - HANDLEBAR ASSEMBLY

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.

FIGURES 7-8

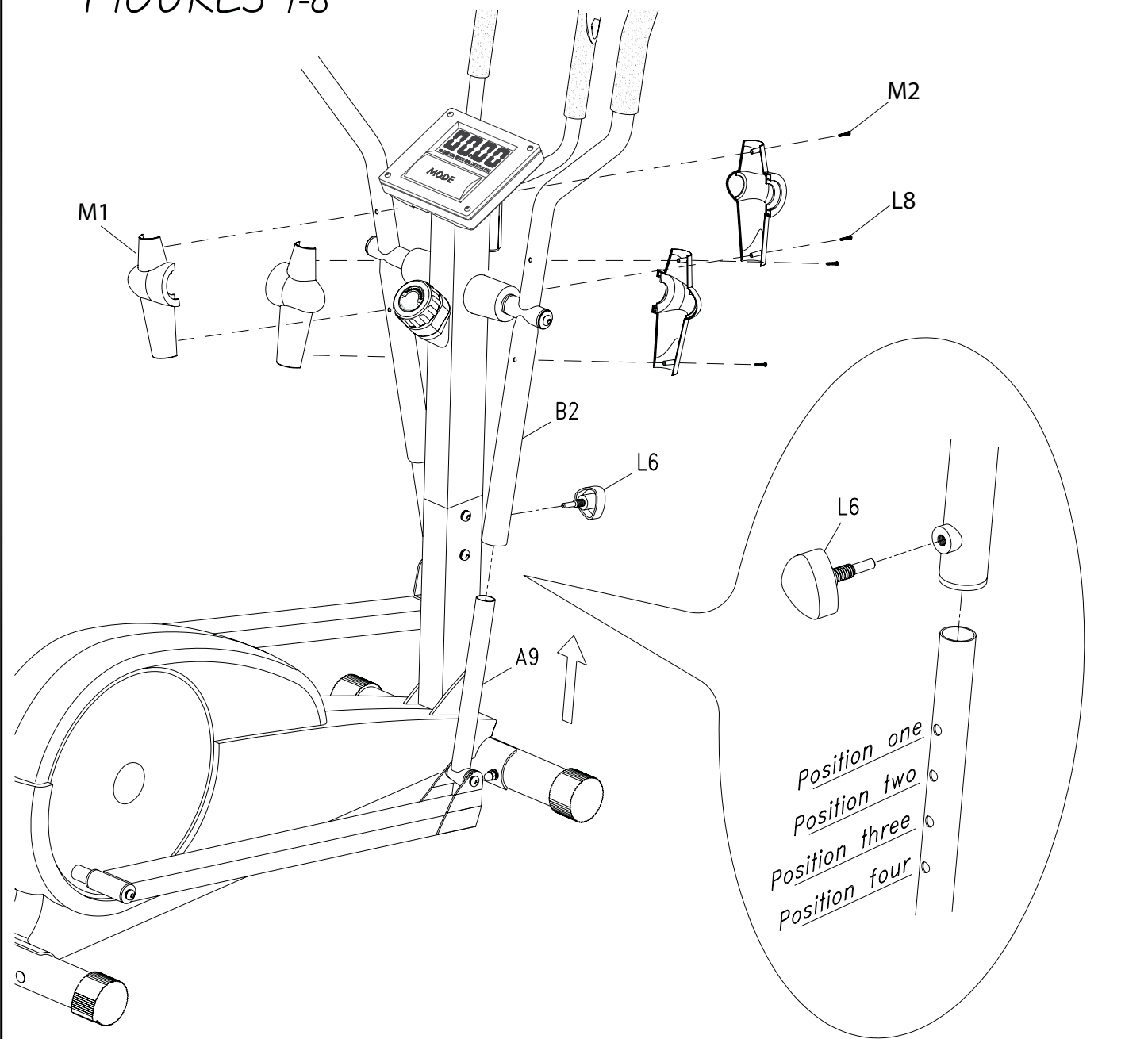


FIGURE 7 - CONNECTING TUBE ASSEMBLY

Step 1. Equip the connection tube (A9) with the handlebar (B2) and fix by knob (L6).

Step 2. The same procedure as left side.

** 4 position height adjustment

FIGURE 8 - ASSEMBLY FOR SIDE HANDLEBAR JOINT COVERS

Step 1. Connect right side handlebar joint covers (M1 and M2) onto side handlebar (B2) and secure with screws (L8).

Repeat Step 1 on left side handlebar joint covers.

FIGURE 9

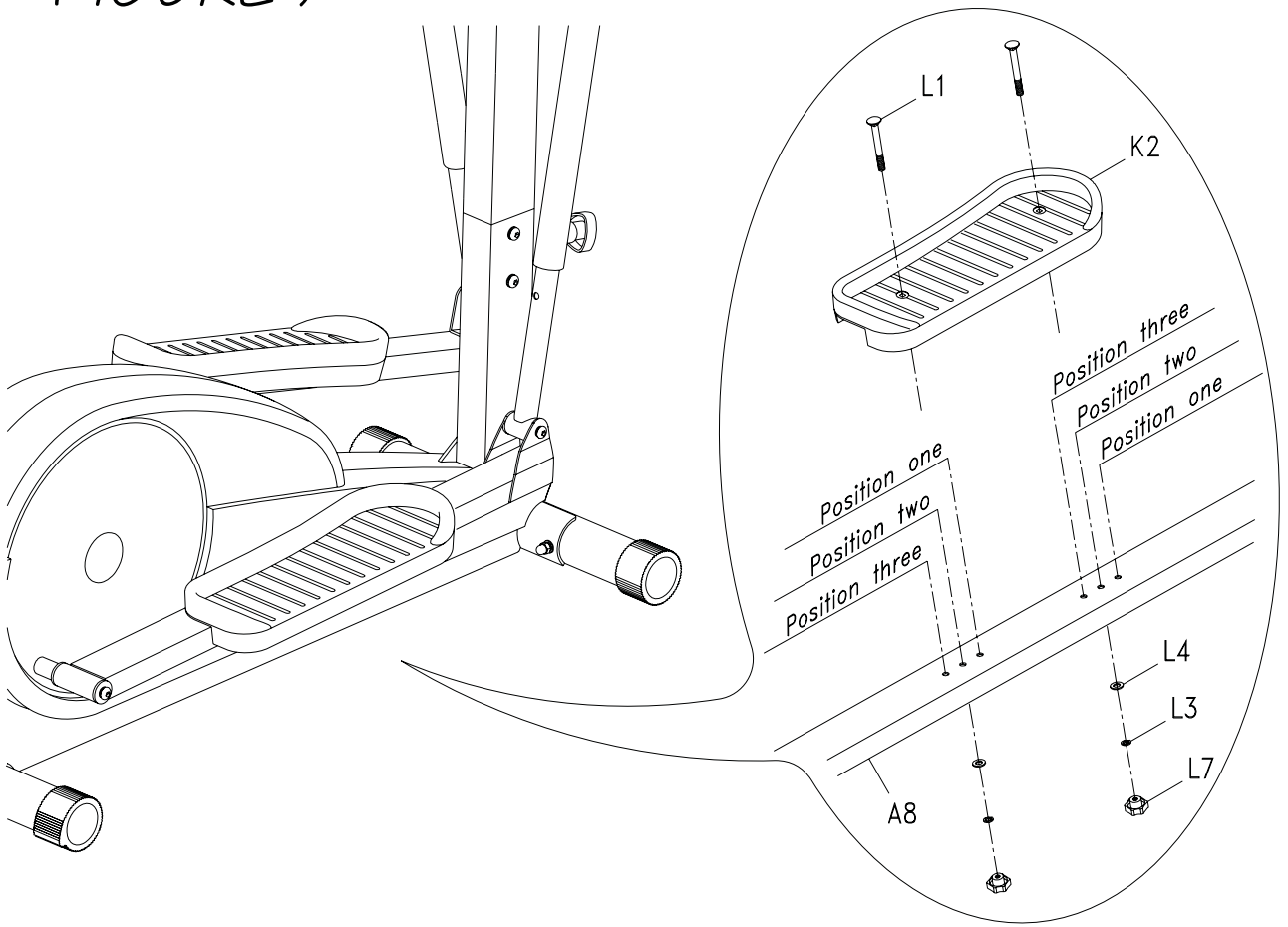


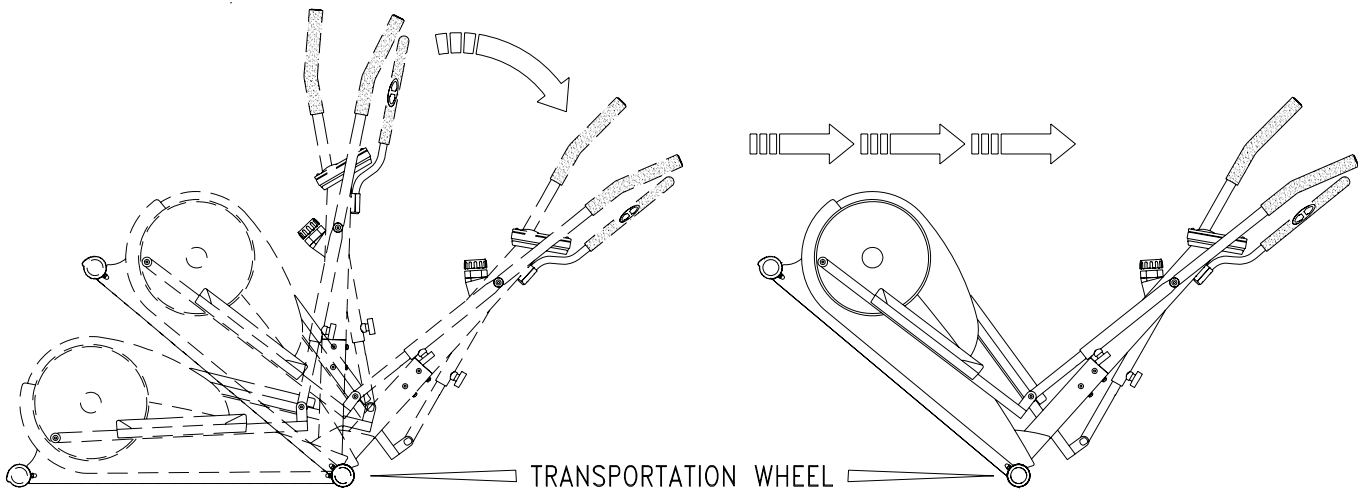
FIGURE 9 - FOOT REST ASSEMBLY

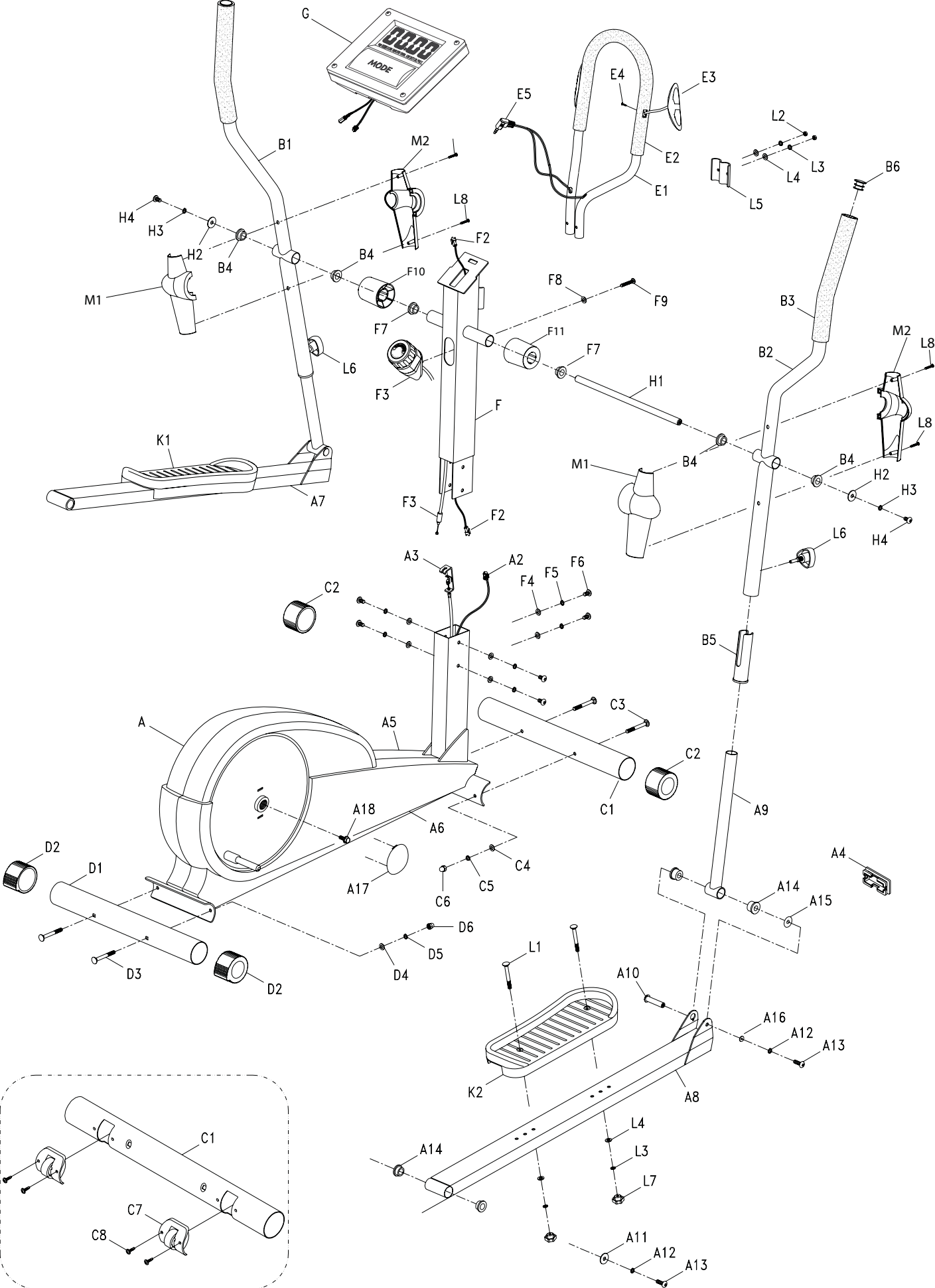
Assemble the foot rest (K2) by screw (L1), washer (L4), spring washer (L3) and star knob nut (L7). There are 3 sections adjusting for the moving track. If you find the end cap of the front tube and rear tube are not nestled against the ground, you can change the angle of the end cap of rear tube (D2).

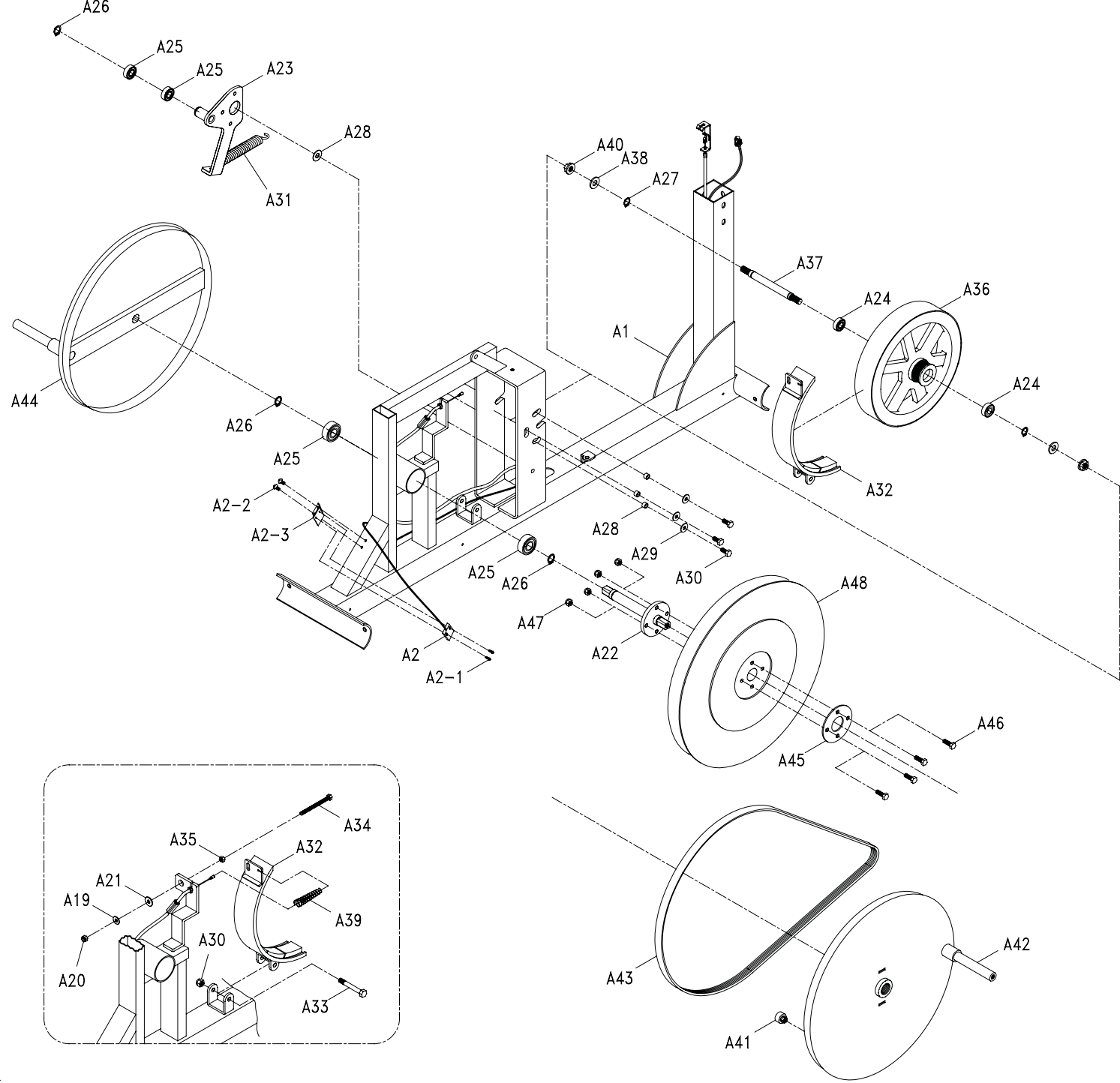
FIGURE 10 - HOW TO MOVE YOUR MACHINE

- Step 1.** Hold the small handlebar and push downward as Direction 1.
- Step 2.** Move the machine by the transport roller attached on the front foot.

FIGURE 10

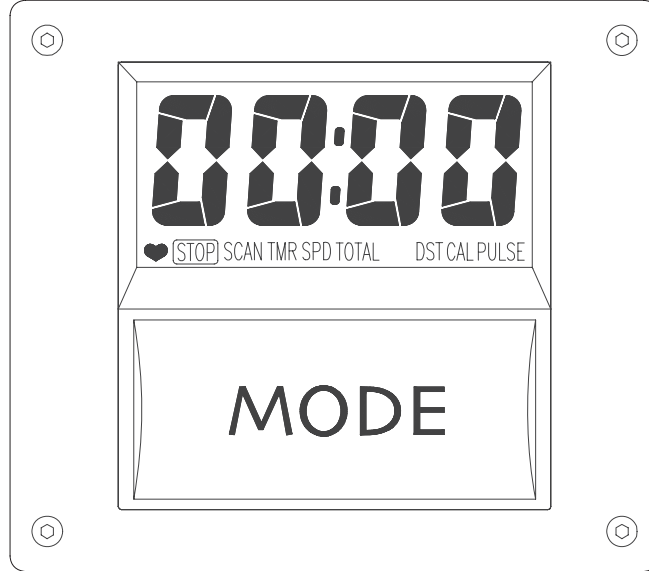






ARTS LIST

P/N	DESCRIPTION	Q' TY	P/N	DESCRIPTION	Q' TY
A1	BASE FRAME	1	B1	HANDLE BAR(L)	1
A2	SENSOR WIRE	1	B2	HANDLE BAR(R)	1
A2-1	TAPPING SCREW	2	B3	HANDLEBAR FOAM GRIPS	2
A2-2	TAPPING SCREW	2	B4	PLUG AXLE SUPPORT	4
A2-3	FIXING PLATE	1	B5	PLASTIC INSERT	2
A3	TENSION CONNECTOR	1	B6	HANDLE BAR END CAP	2
A4	END CAP	2	C1	FRONT FOOT	1
A5	CHAIN COVER(L)	1	C2	FRONT FOOT COVER	2
A6	CHAIN COVER(R)	1	C3	CARRIAGE BOLT M8*70mm	2
A7	FOOTREST SUPPORT(L)	1	C4	WASHER M8	2
A8	FOOTREST SUPPORT(R)	1	C5	SPRING WASHER M8	2
A9	CONNECTING TUBE	2	C6	CAP NUT M8	2
A10	PEDAL TUBE WELDMENT SHAFT	2	C7	TRANSPORT ROLLER UNIT	2
A11	WASHER	2	C8	SCREW M8*16mm	4
A12	SPRING WASHER M8	4	D1	REAR FOOT	1
A13	ALLEN HEAD BOLT M8*20mm	4	D2	REAR FOOT COVER	2
A14	BUSHING	8	D3	CARRIAGE BOLT M8*70mm	2
A15	WAVE SPRING	2	D4	WASHER M8	2
A16	WAHER M8	2	D5	SPRING WASHR M8	2
A17	TURNING PLATE COVER	2	D6	CAP NUT M8	2
A18	SCREW	2	E1	SMALL HANDLE BAR	1
A19	FLAT WASHER	1	E2	HANDLEBAR FOAM GRIPS	1
A20	NUT	1	E3	HAND PULSE	2
A21	WASHER	1	E4	SCREW M8*16mm	2
A22	WHEEL AXLE	1	E5	HAND PULSE SENSOR	1
A23	CRANK	1	F1	SUPPORT TUBE	1
A24	BEARING	2	F2	COMPUTER CABLE	1
A25	BEARING	4	F3	TENSION CONTROL	1
A26	CLIP	3	F4	WASHER	3
A27	CLIP	1	F5	SPRING WASHER M8	3
A28	BUSHING	2	F6	SCREW M8*15mm	3
A29	FLAT WASHER	3	F7	BUSHING	2
A30	SCREW	2	F8	WAHSER	1
A31	SPRING	1	F9	SCREW	1
A32	HOUSING FOR MAGNET	1	F10	HANDLEBAR JOINT COVERS	1
A33	SCREW	1	F11	HANDLEBAR JOINT COVERS	1
A34	SCREW	1	G	COMPUTER	1
A35	BOLT	1	H1	AXLE SUPPORT	1
A36	FLY WHEEL	1	H2	WASHER M8*28mm	2
A37	WHEEL AXLE	1	H3	SPRING WASHR M8	2
A38	FLAT WASHER	2	H4	ALLEN HEAD BOLT M8*15mm	2
A39	SPRING	1	K1	FOOT REST(L)	1
A40	BOLT	6	K2	FOOT REST(R)	1
A41	MAGNET	1	L1	SCREW M6*45mm	4
A42	TURNING PLATE	1	L2	NUT M6	2
A43	DRIVING BELT	1	L3	SPRING WASHER M6	6
A44	TURNING PLATE	1	L4	WASHER M6*12mm	6
A45	ROUND PLATE	1	L5	SMALL HANDLE BAR BRACKET	1
A46	SCREW	1	L6	SCREW M8*15mm	2
A47	BOLT	4	L7	STAR KNOB NUT	4
A48	DRIVING PULLEY	1	L8	SCREW M4	4
			M1	HANDLEBAR JOINT COVERS	2
			M2	HANDLEBAR JOINT COVERS	2



FUNCTION BUTTON

- MODE:**
1. To have each function display on the monitor.
 2. Press "MODE" and hold for 2 seconds to reset all function figures.

FUNCTIONS

- SCAN** Distance and calories will switch to each other every 6 seconds automatically after you start training.
- SPEED** Displays current training speed, the maximum is 99.9 km/ml.
- TIME** Accumulates training duration from 00:00 up to 99:59 with each 1 second increment.
- DISTANCE** Accumulates the training distance from 0.0 to the maximum 99.9 km/ml with each increment 0.1 km/ml.
- CALORIE** Accumulates calories consumption according to current training resistance level and training speed. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment).
- PULSE** Displays current heart rate figures. When you start training, please hold both hands on both handgrip sensors. The monitor will display your heart rate figures during the training period. To have the pulse readout more precise, please hold both hands instead of one hand on the handgrip sensors.

NOTE:

1. When you stop training and did not press the button for 4 minutes, the monitor display will shut off automatically. All previous training data will be kept and appear when you press the button or start training again.
2. If improper display on monitor, please re-install the batteries to have a good result.
3. Battery spec: 1.5V Size AA (2 pcs).