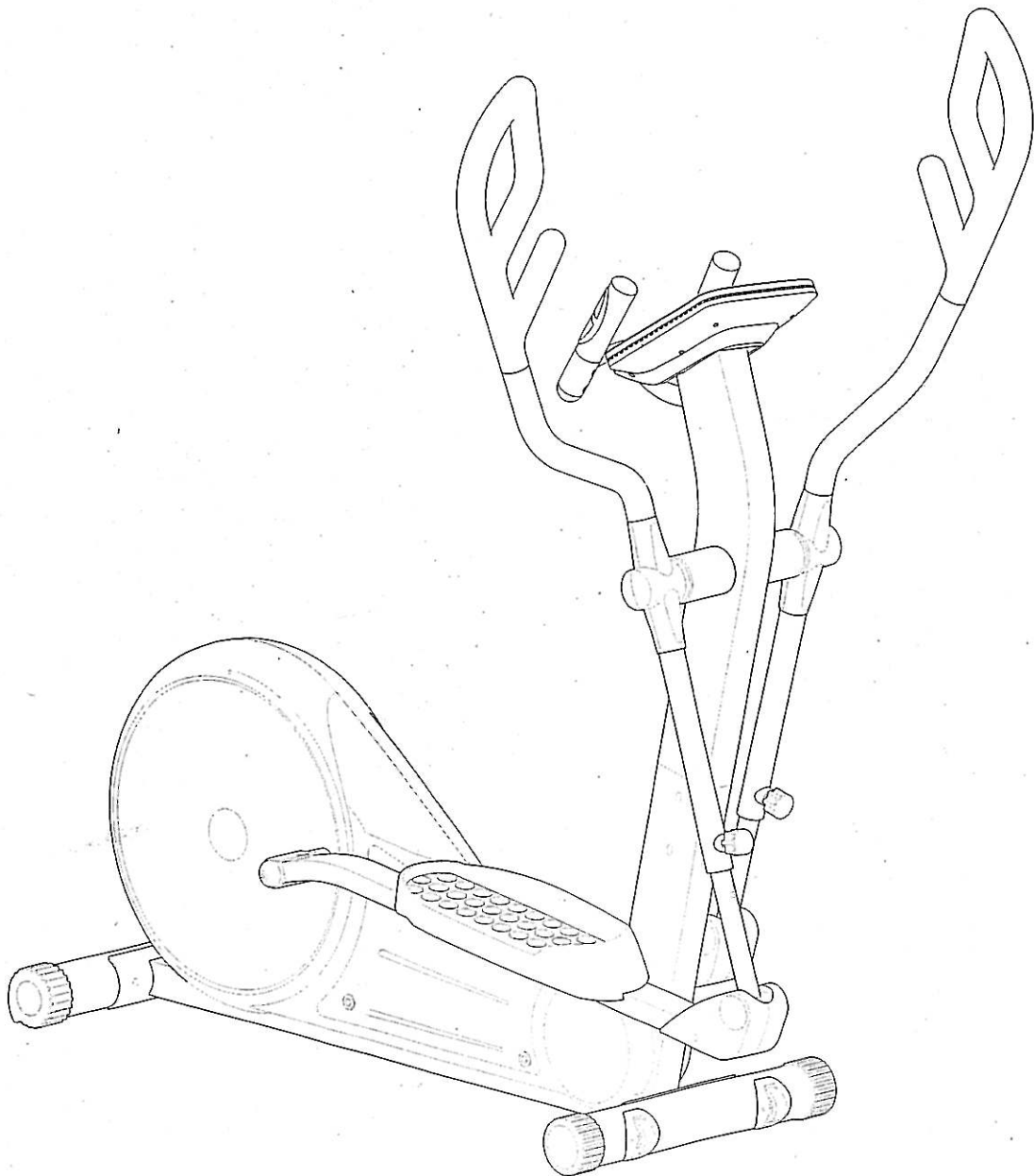


# *PROGRESSION*

*Fitness*<sup>TM</sup>

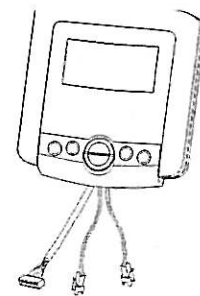
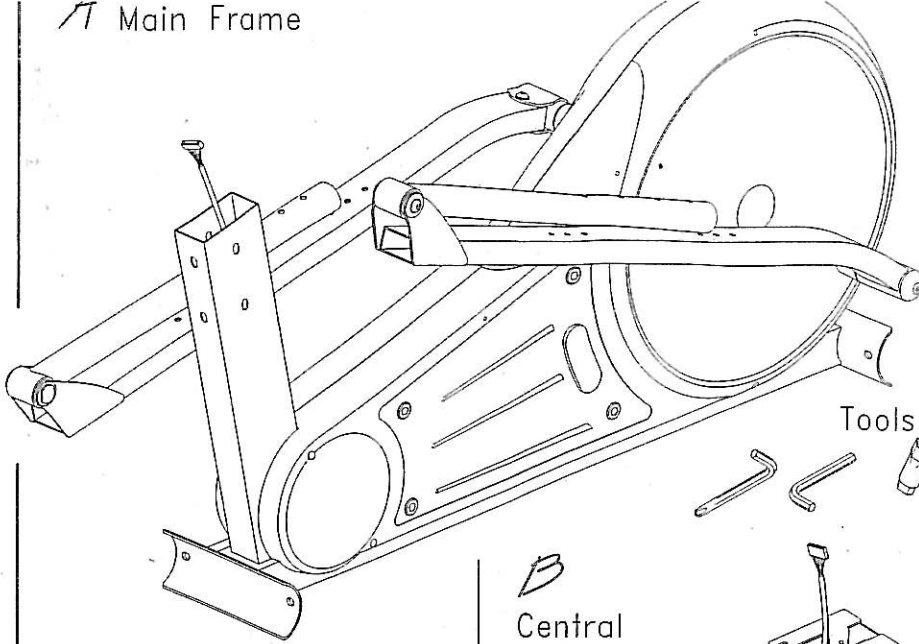
## *Magnetic Elliptical*



**E7700**

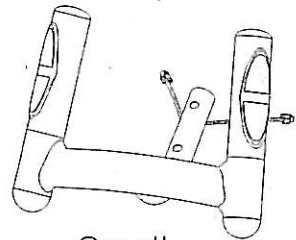
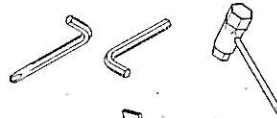
**Owner's Operating Manual**

**A Main Frame**



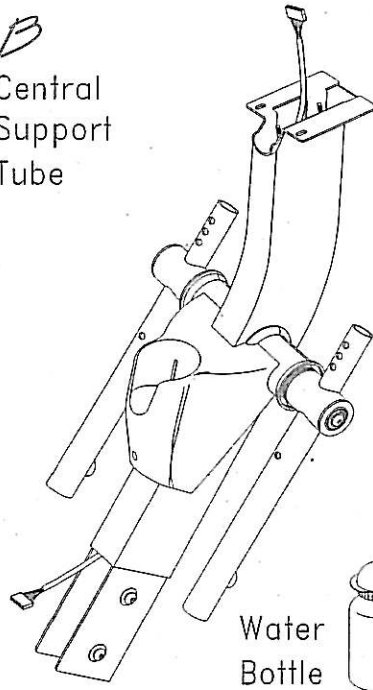
Monitor **E**

**Tools**



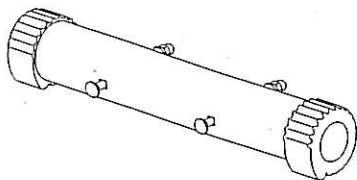
Small Handlebar **F**

**B Central Support Tube**

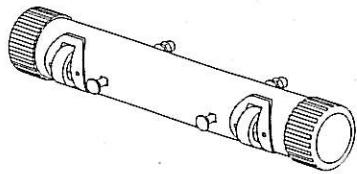


Water Bottle

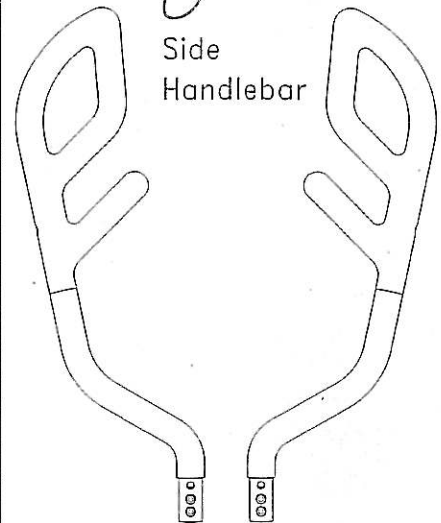
**C Rear Stabilizer**



**D Front Stabilizer**



**G Side Handlebar**



**H Handlebar Joint Cover**

(H1)



(H2)



**Pedal Tube Joint Cover**

(H3)

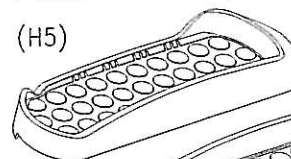


(H4)

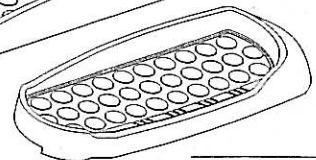


**Pedal**

(H5)



(H6)



**(J1) Knob**



x 2pcs

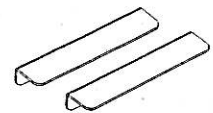
**(J4) washers M6**



**(J7) Screw M8**



**(J10) Iron bracket**



**(J2) Screws M5x8L**



**(J5) Spring Washers M6**



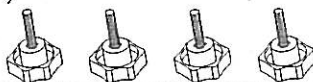
**(J8) washers M8**



**(J3) Screws M4x12L**



**(J6) Knobs**



**(J9) Spring Washers M8**



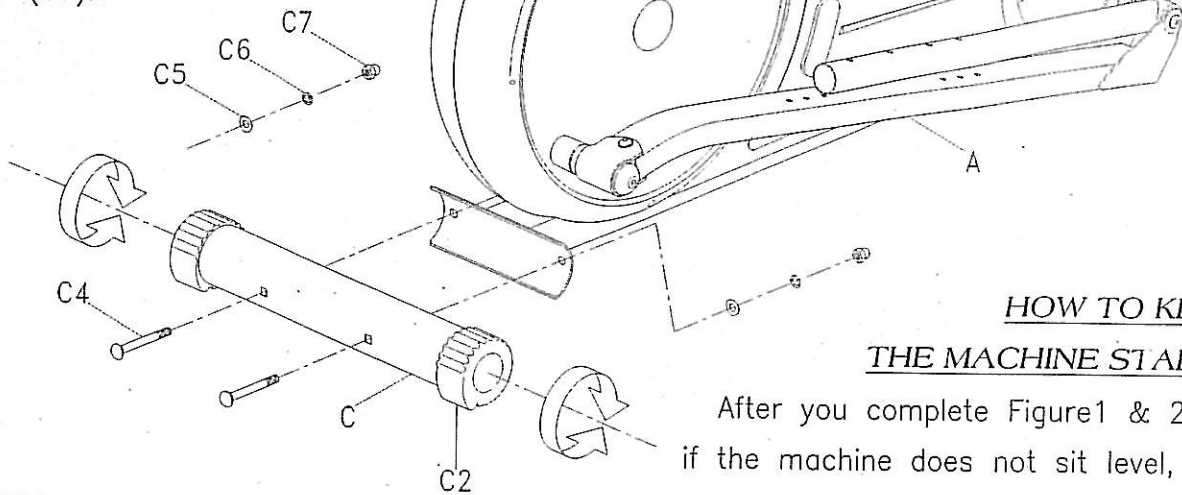
**(J11) Taper nut**



FIGURE 1

ASSEMBLY FOR REAR STABILIZER

First, remove the bolts(C4), washers(C5), spring washer(C6) and nuts(C7) from the rear stabilizer(C). Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A). Then, secure it with washers(C5), spring washers(C6) and nuts(C7).



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 (C2) to compensate for uneven floors.

FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

First, remove the bolts(D7), washers(D8), spring washer(D9) and nuts(D10) from the front stabilizer(D).

Use two bolts(D7) through the front stabilizer(D) to attach to the bracket at the front of the main frame(A). Then, secure it with washers(D8), spring washers(D9) and nuts(D10).

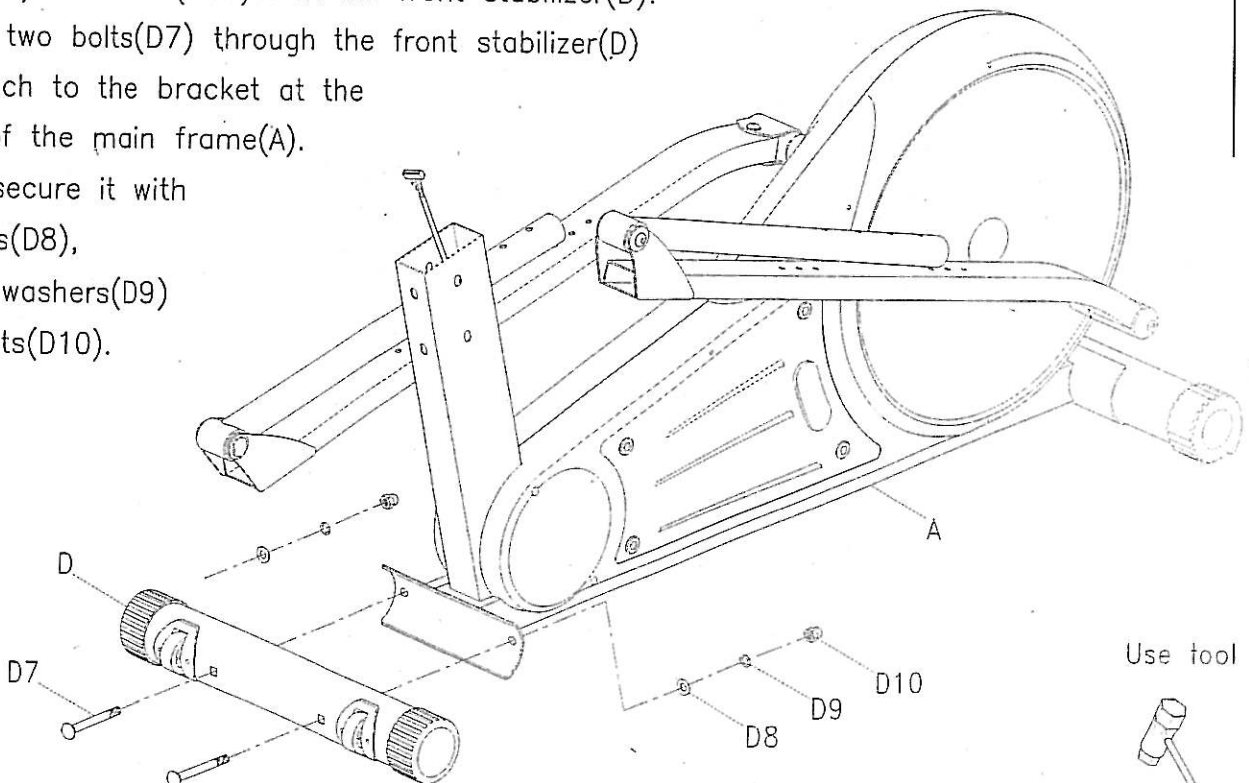


FIGURE 2

Use tool



ASSEMBLY FOR CENTRAL SUPPORT TUBE

First, remove the bolts(B21), spring washers(B14) and washers(B13) from the central support tube(B)

Step1. Connect the cable(B5) & (A15).

Step2. Assemble the central support tube(B) onto the main frame(A) with bolts(B21), spring washers(B14) and washers(B13).

FIGURE 4

ASSEMBLY FOR MONITOR

Step1. Equip small handle(F) onto the iron plate of central support tube(B) and tight it by taper nut(J11).

Step2. Connect the sensor wire(B5&B6) with the wire from monitor and put the monitor on the fixing plate.

Step3. Place the water bottle in the plastic water bottle holder.

Attention:  
when pushing the tubes together make sure not to pinch the cables.

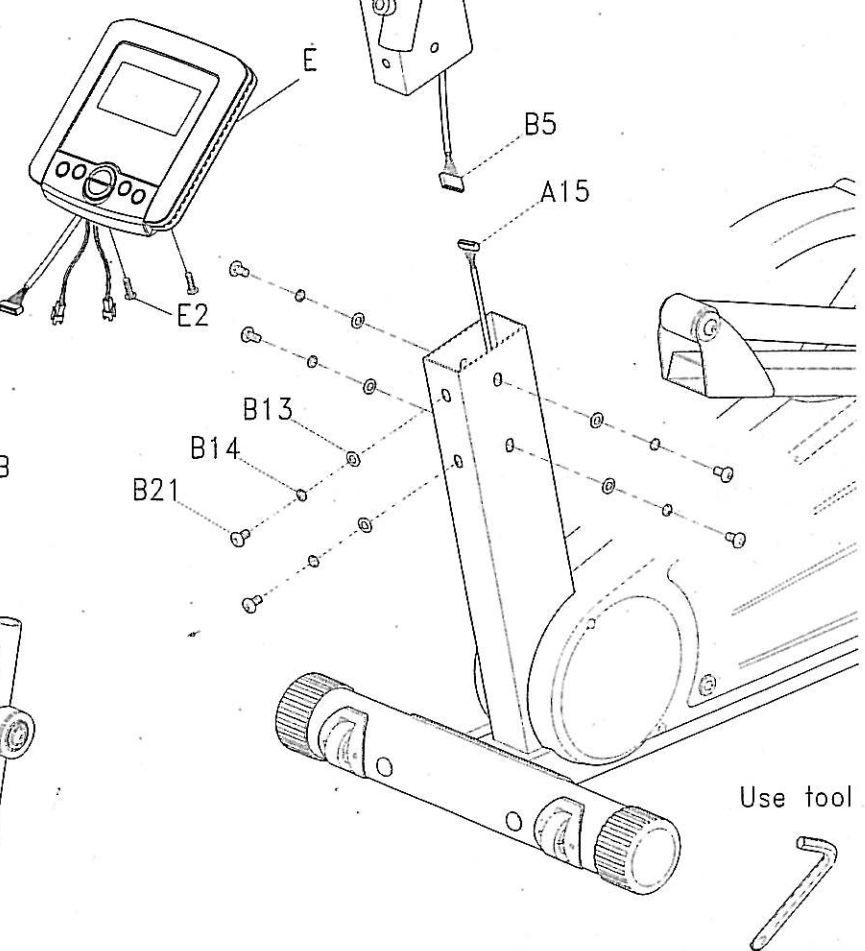
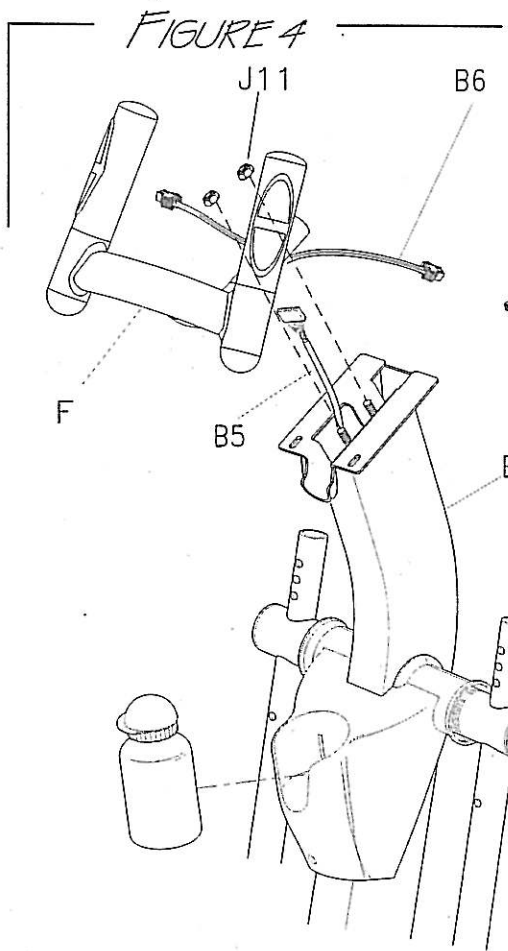
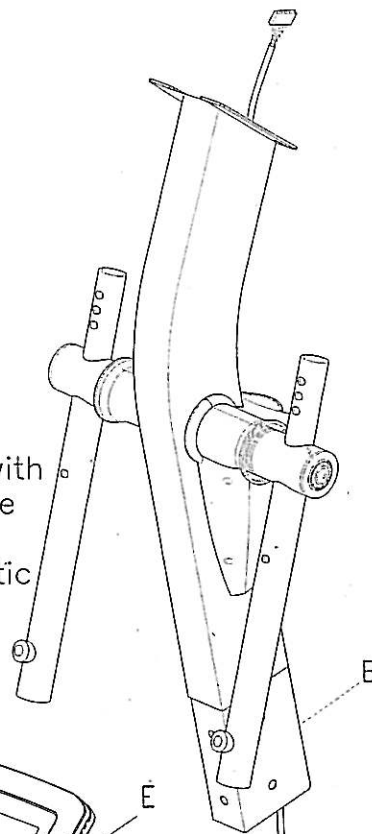


FIGURE 6

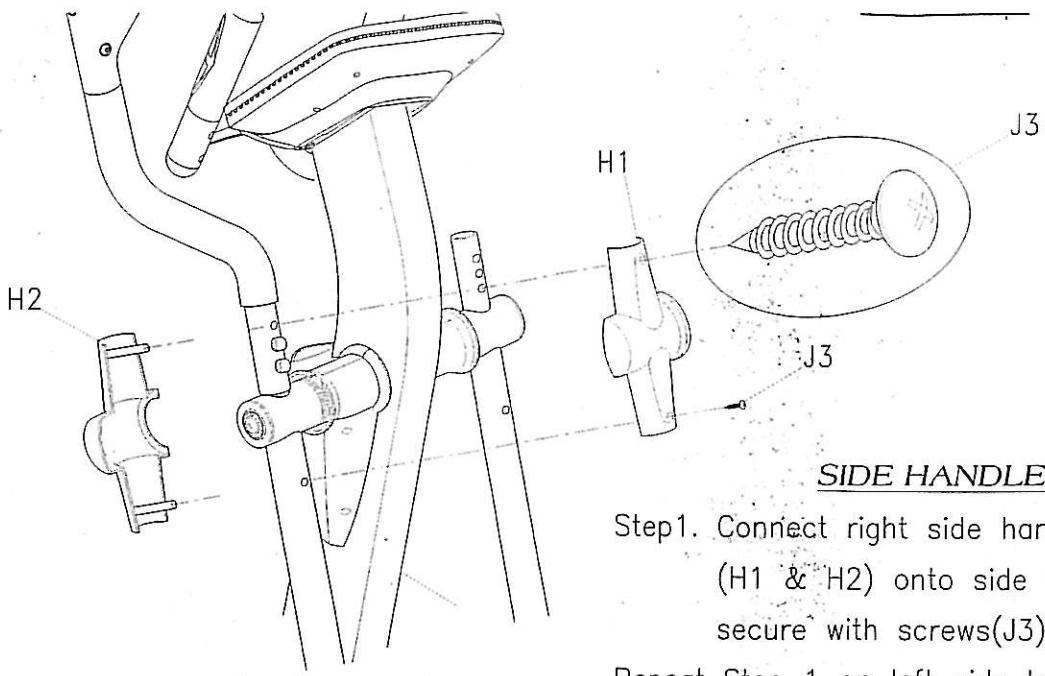


FIGURE 6  
ASSEMBLY FOR  
SIDE HANDLEBAR JOINT COVERS

Step1. Connect right side handlebar joint covers (H1 & H2) onto side handlebar(G) and secure with screws(J3).  
 Repeat Step 1 on left side handlebar joint covers.

FIGURE 7

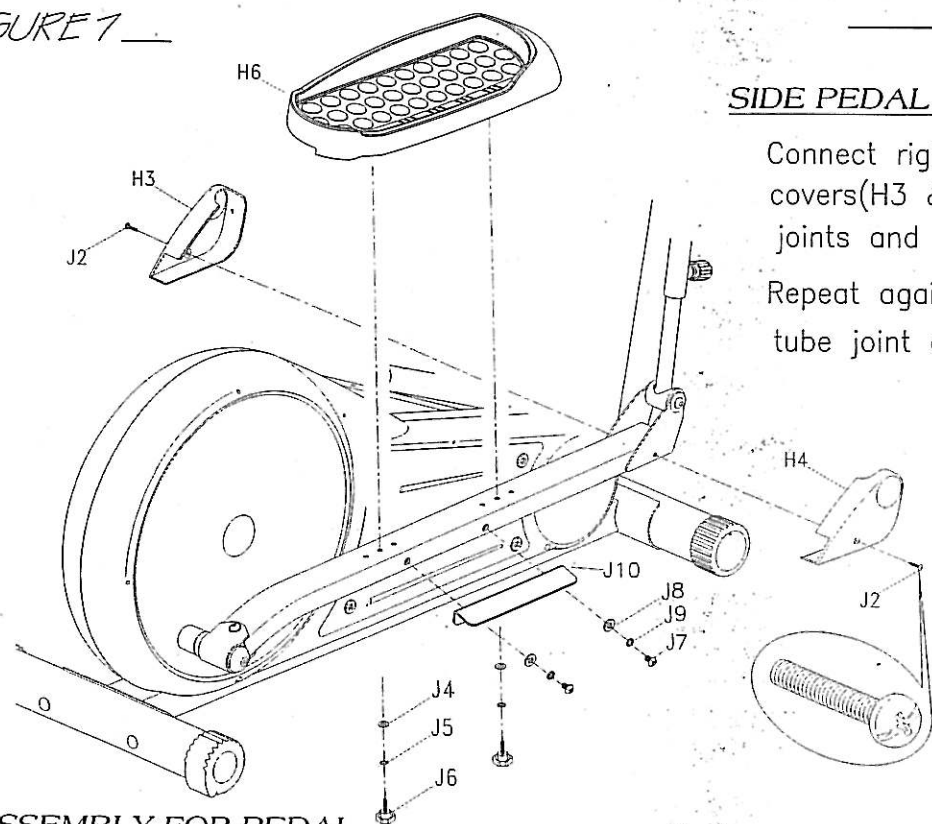


FIGURE 7  
SIDE PEDAL JOINT COVERS

Connect right side pedal tube joint covers(H3 & H4) onto pedal joints and secure with screws(J2).  
 Repeat again on left side pedal tube joint covers.

ASSEMBLY FOR PEDAL

Assemble the iron bracket(J10) on the pedal tube and secure it by screw(J7), spring(J9) and washer(J8).  
 Repeat again on left iron bracket(J10).  
 Assemble the right pedal(H6) with washers(J4), spring washers(J5) and star knobs(J6).  
 There are 3 positions for moving track.  
 Repeat again on left pedal(H5).



## BAR GRAPH DISPLAY

Profiles Programs as listed here  
16 x Rows = 16 Load resistance  
Levels

16x Column = time intervals

## 12 Program Profiles Graph Key

Quick key of press 12 Program  
Profiles by pressing panel.

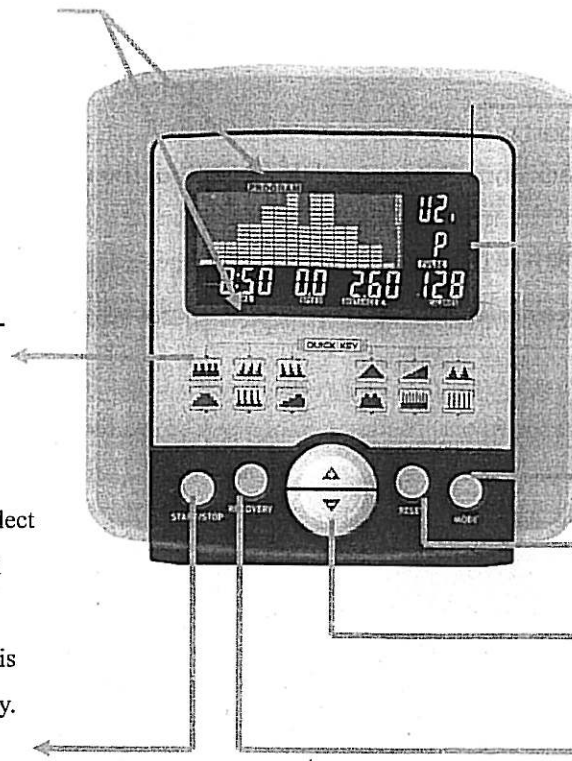
## FUNCTION DISPLAY

During your workout you can select  
what is shown in the Mode BAR  
Display.

The flashing text indicates what is  
being shown in the Mode Display.

## START / STOP Key

START & STOP KEY.



## MODE CONTROL LIST

MANUAL-PROGRAM - WATT  
-PERSONAL-H.R.C.

## USER DATA Display

There are total 5 user Data  
(U0-U4) including Gender, Age,  
H.t. ( Height) and W.t. ( Weight)

## MODE Key

Confirm your selection.

## RESET Key

Reset default function value..

## UP (+) and DOWN (-) Key

Adjust function value by  
pressing two keys.

## RECOVERY Key

The RECOVERY PROGRAM  
automatically evaluate your  
Fitness Level.

TIME	: 0:00~99:59.	WEIGHT	: 20-50-150 (KG) / 40-100-350 (LB)
SPD	: 0.0~99.9 KMH	PULSE	: P~30~240
RPM	: 0~15~999	HEART SYMBOL	: ON/OFF blinks
WATT DISPLAY	: 0~999	MANUAL	: 1~16 levels
DISTANCE	: 0.00~99.99 KM.	PROGRAMM	: P1~P12
CALORIES	: 0~9999.	WATT CONSTANT:	10~350 WATTS
TEMPERATURE	: 0~60°C / 32~99°F	PERSONAL	: U1~U4
GENDOR	: GIRL / BOY	H.R.C	: 55% · 75% · 90% · IND (TARGET)
AGE	: 10-25-99	USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)
HEIGHT	: 100-160-200 (CM) / 40-60-80 (INCH)		

## PARTS LIST

P/N	DESCRIPTION	QTY
A1	MAIN FRAME	1
A2	MAGNETIC FLYWHEEL	1
A3	FLAT WASHER	2
A4	NUT	2
A5	TENSION PULLEY	1
A6	PIPE	3
A7	FLAT WASHER	3
A8	SCREW	3
A9	BEARING	4
A10	E CLIP	3
A11	MAGNETIC HOUSING	1
A12	NUT	1
A13	SCREW	1
A14	SPRING	1
A15	TENSION CABLE	1
A16	SPRING WASHER	2
A17	SPRING FIXING HOUSING	1
A18	SCREW	1
A19	FIXING HOUSING	1
A20	SCREW	2
A21	SPRING	1
A22	BELT	1
A23	BELT PULLEY	1
A24	PULLEY AXLE	1
A25	SCREW	4
A26	PLANE	1
A27	NUT	5
A28	MAGNET	1
A29	TURNING PALTE	2
A30	SCREW	2
A31	DECORTATION COVER	2
A32	PIPE	2
A33	BEARING	4
A34	FLAT WASHER	2
A35	SCREW COVER	2
A36	SCREW	2
A37	PEDAL TUBE(RIGHT)	1
A38	PEDLA TUBE(LEFT)	2
A39	SCREW	2
A40	FLAT WASHER	2
A41	FLAT WASHER	2
A42	SCREW	2
A43	CONNECT PIPE	2
A44	SCREW	1
A45	SENSOR WIRE	1
A46	FIXING HOUSING	1
A47	RIGHT COVER	1
A48	DECORTATION COVER	1
A49	LEFT COVER	1
A50	DECORTATION COVER	1
A51	SCREW COVER	8
A52	SCREW	8
A53	SCREW	3
A54	TAPPING SCREW	6
A55	POWER CORD SENSOR	1
A56	SCREW	4
A57	TENSION CABLE	1
A58	CLIP	1
A59	SCREW	2
A60	CLIP	2
A61	BUSHING	4
A62	WASHER	4
A63	BOLT	2
A64	NUT	2

P/N	DESCRIPTION	Q'TY
B1	CENTRAL SUPPOR TUBE	1
B3	WATER BOTTLE	1
B5	SENSOR WIRE	1
B6	HAND PULSE SENSOR WIRE	1
B7	FOAM GRIP	2
B8	BUSHING	2
B9	SHAFT	1
B10	BEARING	4
B11	BUSHING	4
B12	CONNECT TUBE	2
B13	FLAT WASHER	6
B14	SPRING WASHER	8
B15	SCREW	2
B16	BOTTLE HOUSING	1
B17	SCREW	1
B18-B19	DECORTATION BOTTLE HOUSING	2
B20	SCREW	4
B21	SCREW	6
B22	FLAT WASHER	2
C1	REAR STABILIZER	1
C2	END CAP	2
C3	END CAP COVER	2
C4-D7	BOLT	4
C5-D8	FLAT WASHER	4
C6-D9	SPRING WASHER	4
C7-D10	NUT	4
D1	FRONT STABILIZER	1
D2	END CAP	2
D3	END CAP COVER	2
D4	TRANSMIT WHEEL HOUSING	2
D5	SCREW	4
D6	TRANSPORTATION WHEEL	2
E1	MONITOR	1
E2	HAND PULSE	2
E3	ADAPTOR	1
F1	SMALL HANDLEBAR	1
F2	END CAP	2
F3	SCREW	2
G1	SIDE HANDLE BAR	2
G2	FOAM GRIP	2
G3	SCREW	6
G4	SCREW	4
G5	MULTI GRIP (LEFT)	1
G6	MULTI GRIP (RIGHT)	1
H1-H2	DECORTATION COVER	1
H3-H4	PEDAL JOINT COVER	1
H5-H6	PEDAL	1
H6-H7	CUSHION PAD	1
J1	KNOB	2
J2	SCREW	4
J3	SCREW	4
J4	FLAT WASHER	4
J5	SPRING WASHER	4
J6	STARKNOB	4
J7	SCREW	6
J8	WASHER	4
J9	SPRING WASHER	4
J10	IRON BRACKET	2
J11	TAPER NUT	2
J12	WASHER M6	6