

Elliptical *PROGRESSION* PRO 8005 OWNER'S MANUAL



PROGRESSION
Fitness™

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Saskatoon, Saskatchewan
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8910 Yellowhead Trail
Edmonton, Alberta
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INTRODUCTION

Congratulations for selecting the PRO 8005 elliptical as your primary source of fitness. With its 7 inch Motivational Entertainment LCD TV Display, the PRO 8005 is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using the PRO 8005. This will allow you to get a full understanding of all the features the **Progression Fitness** Elliptical provides. If you have questions or concerns, please contact your closest customer service center.

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BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your PRO 8005.



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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the elliptical.

Notice: Before using this or any other exercise equipment consult your family physician or health care professional to develop a well planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, STOP!, and consult a physician before continuing.

WARNING!

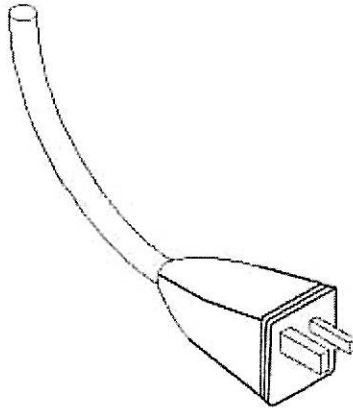
1. It is wise to always unplug this appliance from the electrical outlet immediately after use.
2. Keep children away from machine while in use.
3. Do not wear loose or dangling clothing while using the elliptical.
4. Maximum user weight of this elliptical is 300 lbs.
5. Keep a minimum clearance of 18" on each side and 24" at the rear of the elliptical for safety.
6. It is mandatory that you unplug the elliptical prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
7. The elliptical should never be left unattended when in operation. Unplug the elliptical from the outlet when not in use or when servicing the elliptical.
8. Close supervision is necessary when this appliance is used by or near children, invalids, or disabled persons.
9. Use this appliance only for its intended use as described in this manual.
10. Do not use any attachment not recommended by the manufacturer.
11. Never operate this appliance if it has a damaged cord or plug, or if it is not working properly. Call your service center for any service concerns before taking your elliptical in for repair.
12. Keep the cord away from heated surfaces.
13. Never drop or insert any object into any opening.
14. Do not use outdoors.
15. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
16. To disconnect, turn all controls to the off position, then remove plug from outlet.
17. This appliance is intended for household use only.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS CONTINUED

POWER SUPPLY

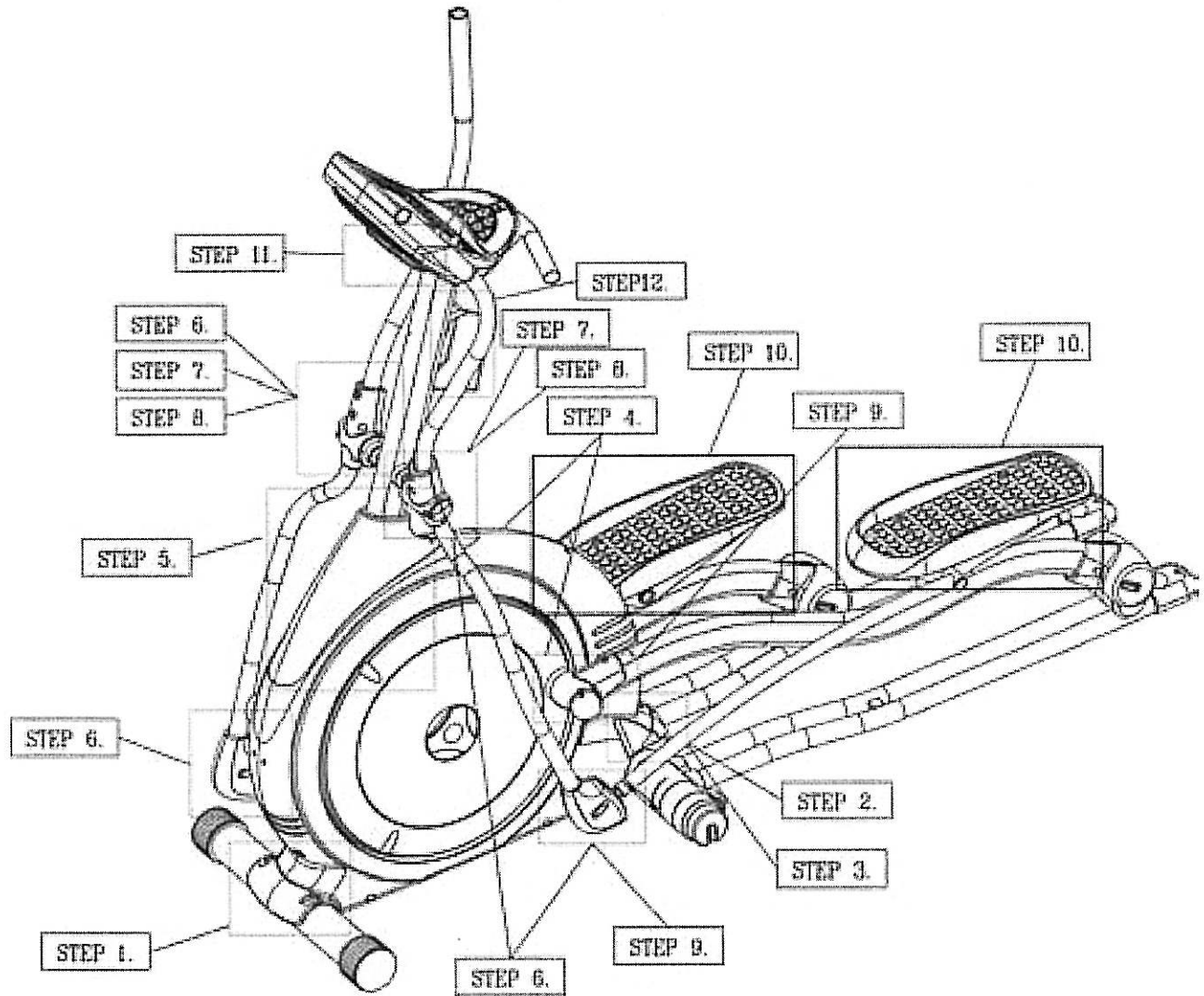
Your PRO 8005 Elliptical uses a two prong external power supply for use on a nominal 110-120-volt circuit. Use only the power supply provided with your PRO 8005 Elliptical. If you misplace this power supply, please contact **Progression Fitness** for an original replacement. Use of the wrong power supply may cause damage to your PRO 8005 Elliptical. No adapter or extension cord should be used with this product.



CLEANING

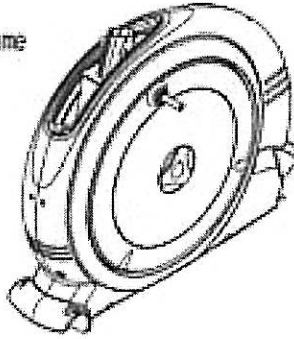
Clean with soap and slightly damp cloth only; never use solvents.

SECTION 2 - ASSEMBLY INSTRUCTIONS

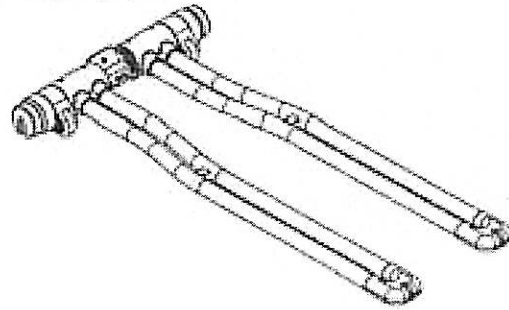


ASSEMBLY INSTRUCTIONS CONTINUED

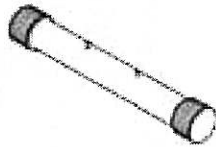
Frame



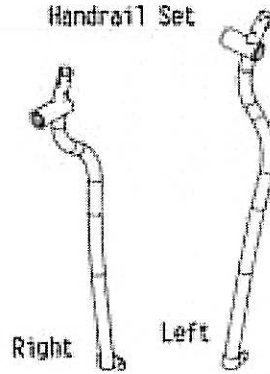
Running Leg Set



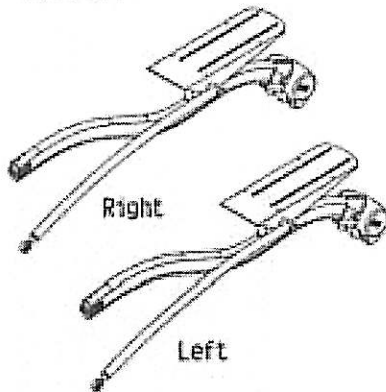
Front Lower Tube



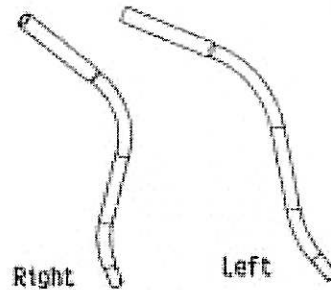
Handrail Set



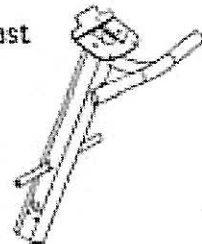
Deck Set



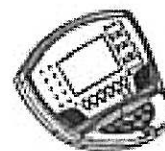
Upper Handrail



Mast

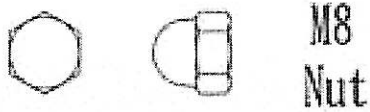


Console

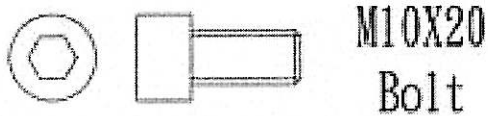


ASSEMBLY INSTRUCTIONS CONTINUED

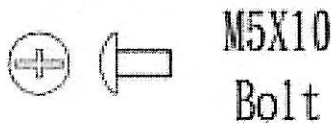
STEP 1



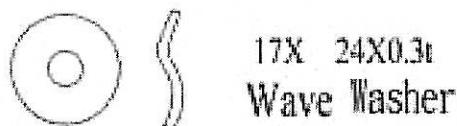
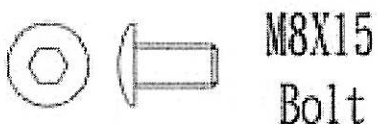
STEP 2



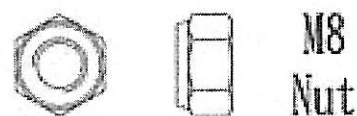
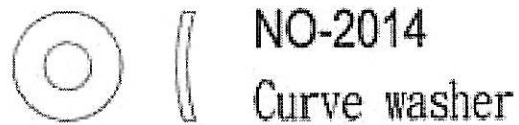
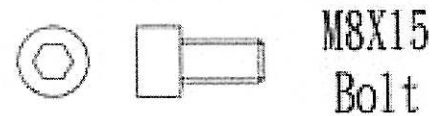
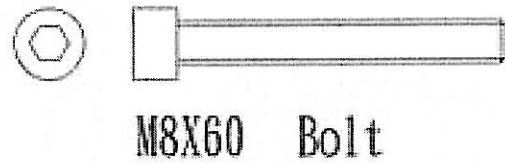
STEP 3



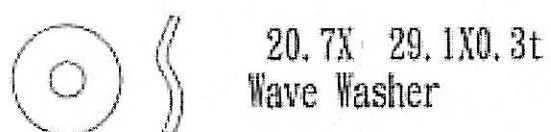
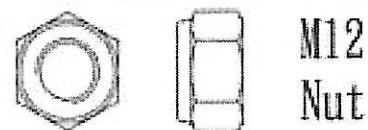
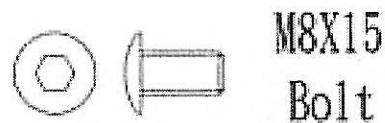
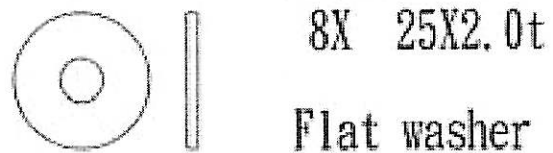
STEP 4



STEP 5

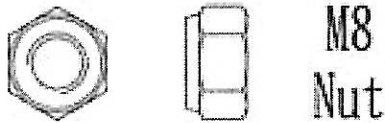


STEP 6

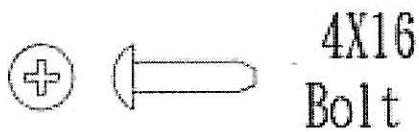


ASSEMBLY INSTRUCTIONS CONTINUED

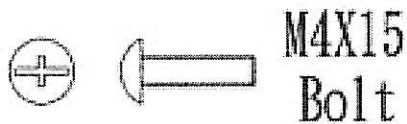
STEP 7



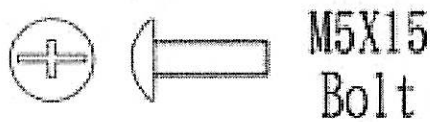
STEP 8



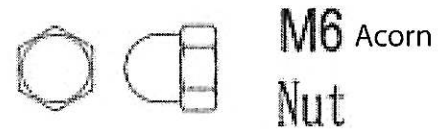
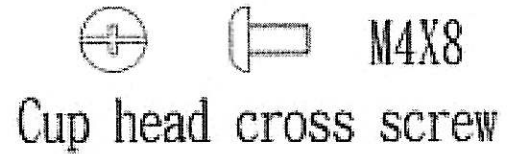
STEP 9



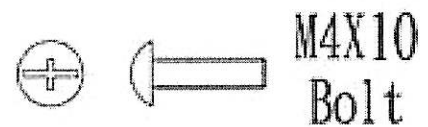
STEP 10



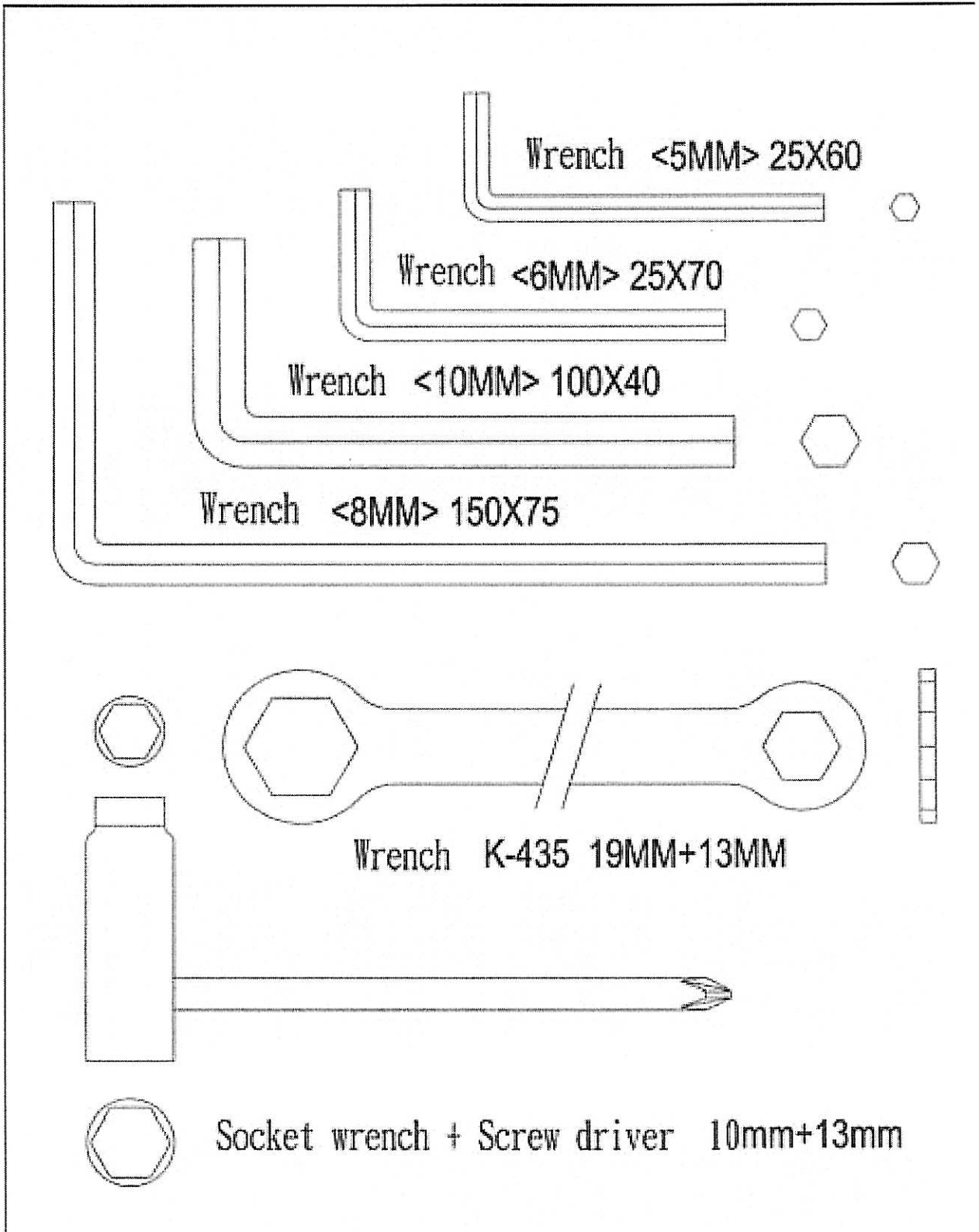
STEP 11



STEP 12



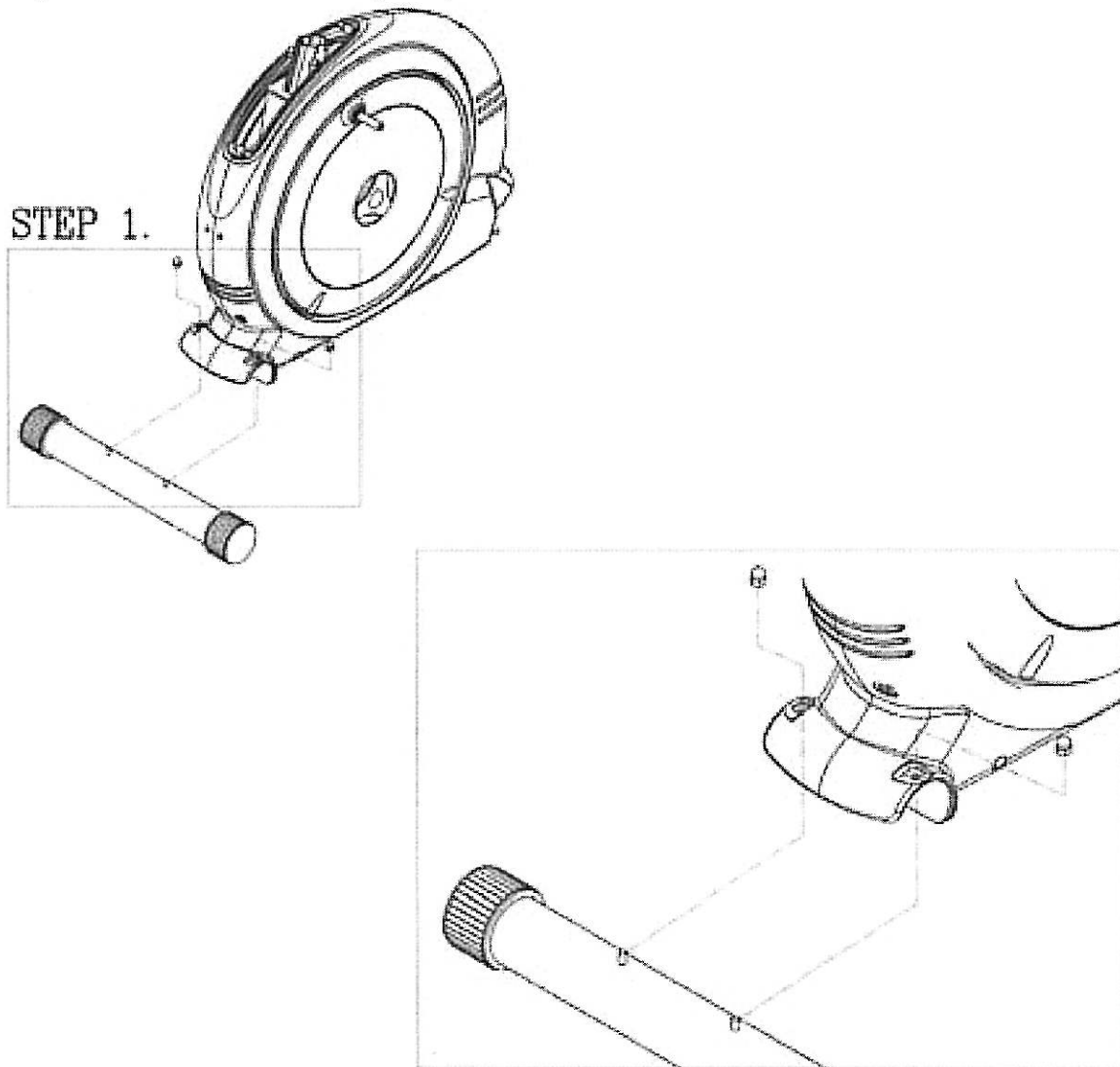
ASSEMBLY INSTRUCTIONS CONTINUED



ASSEMBLY INSTRUCTIONS CONTINUED

For safety, it is recommended that a minimum of two people assemble this elliptical trainer.

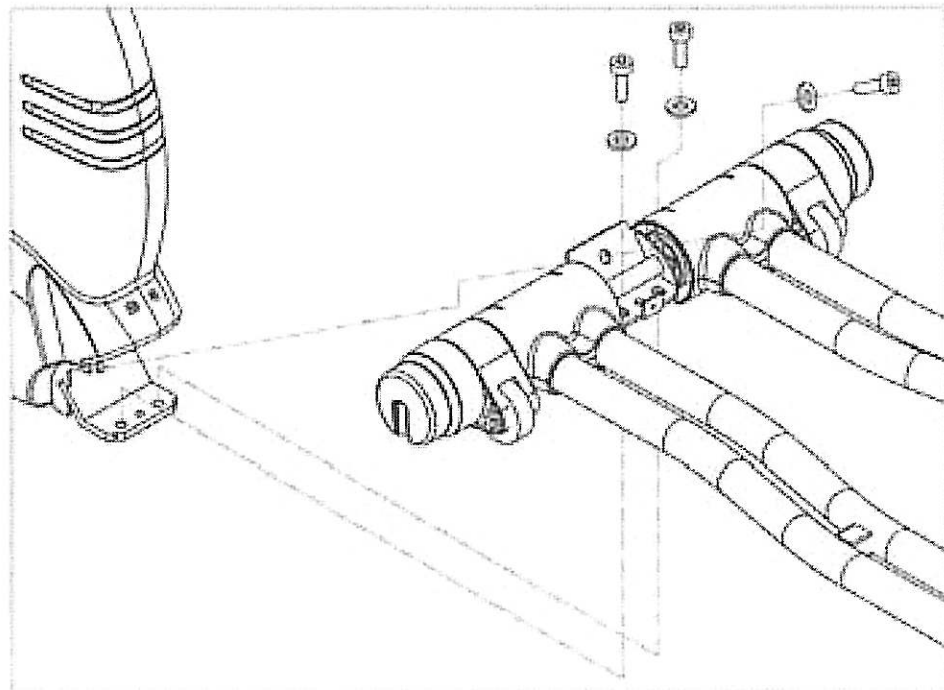
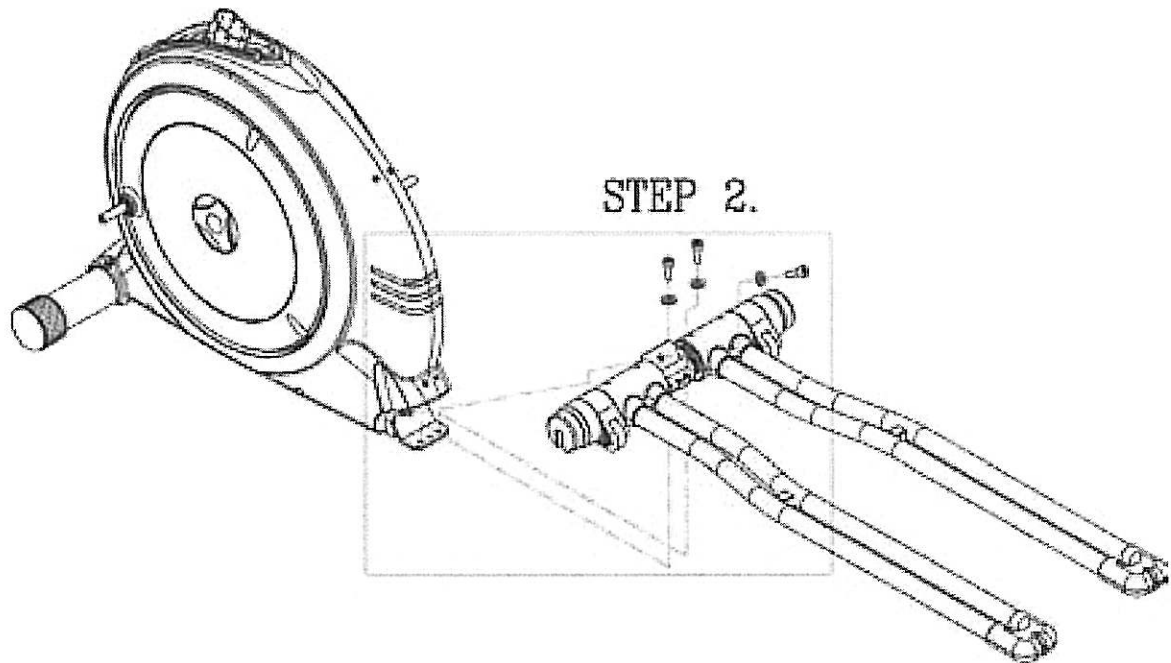
NOTE: Please refer to pages 6-8 to see illustrations of the parts used for each step of the assembly process. The step numbers printed on the parts blister packs correspond with the assembly steps in this manual.



STEP 1. Assembly of frame and front lower tube.

- 1.1 Align the bolts in the front lower tube with the holes in the front of the frame. Assemble the frame and front lower tube with M8 acorn nuts as shown in the illustration above.

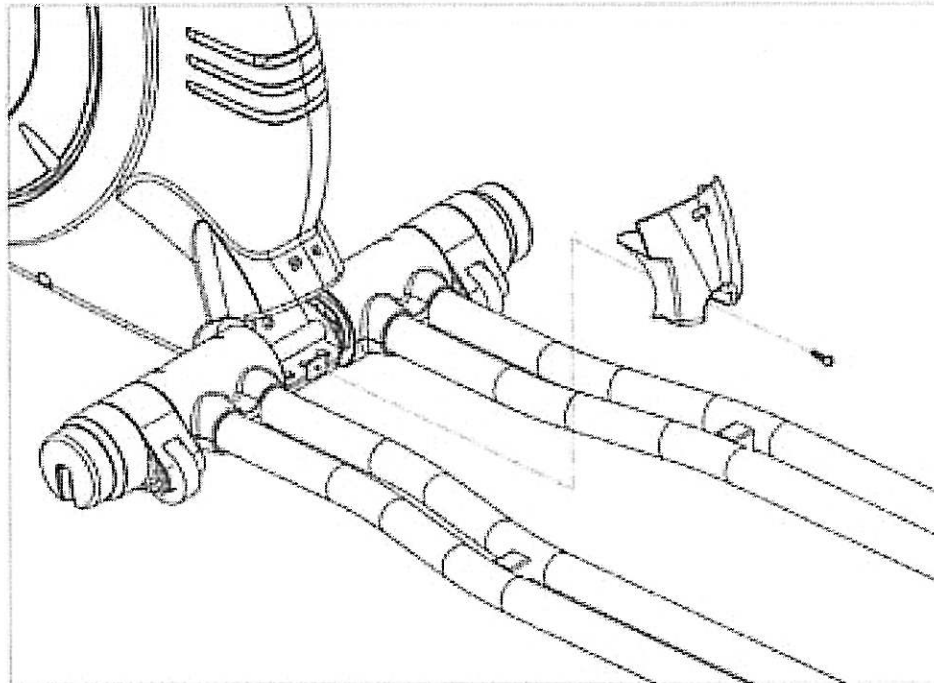
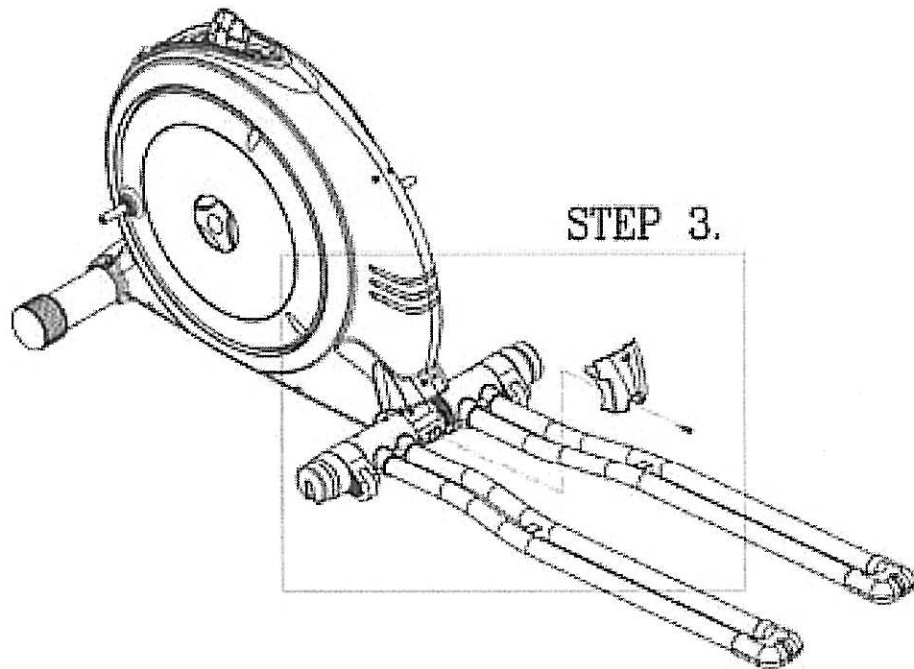
ASSEMBLY INSTRUCTIONS CONTINUED



STEP 2. Assembly of frame and running leg set.

1.1 Align the holes in the steel plate of the running legs with the holes at the rear of the frame and attach using M10 lock washers and M10 bolts as shown.

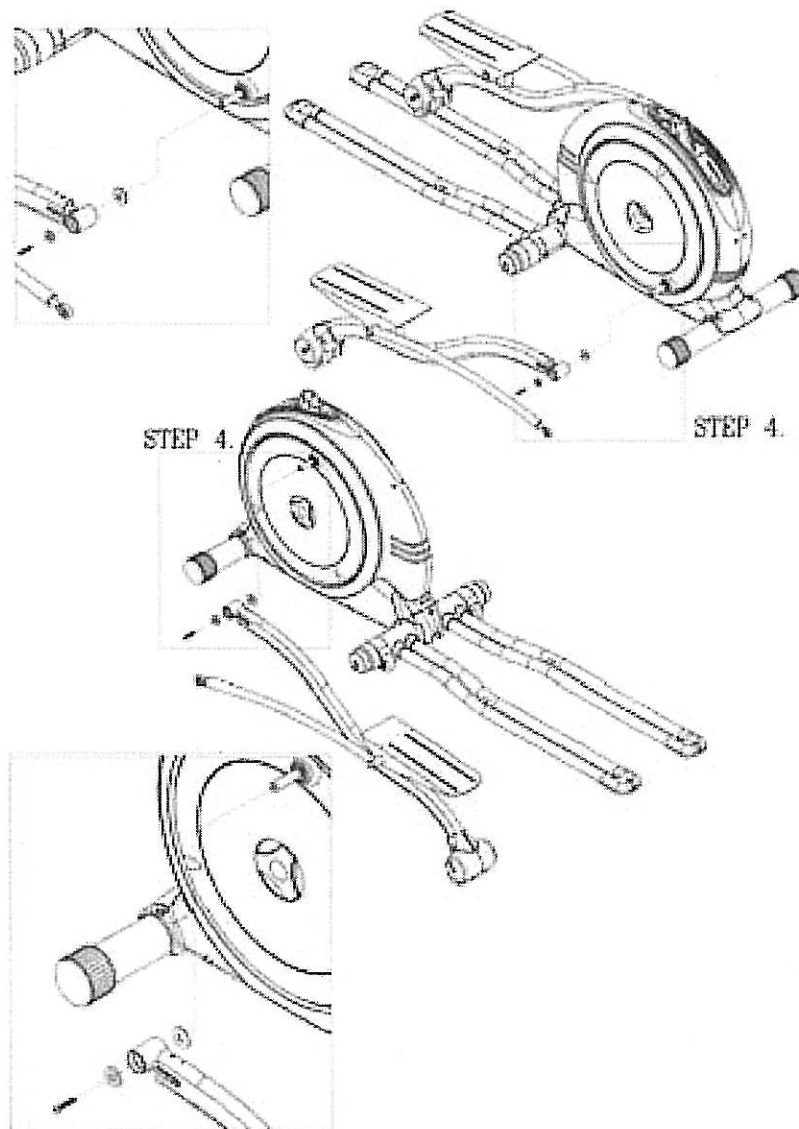
ASSEMBLY INSTRUCTIONS CONTINUED



STEP 3. Assembly of center shroud and running leg set.

1.1 Align the hole in the center shroud with the hole in the center of the running leg set and attach with M5 bolt.

ASSEMBLY INSTRUCTIONS CONTINUED



STEP 4. Assembly of deck set and frame.

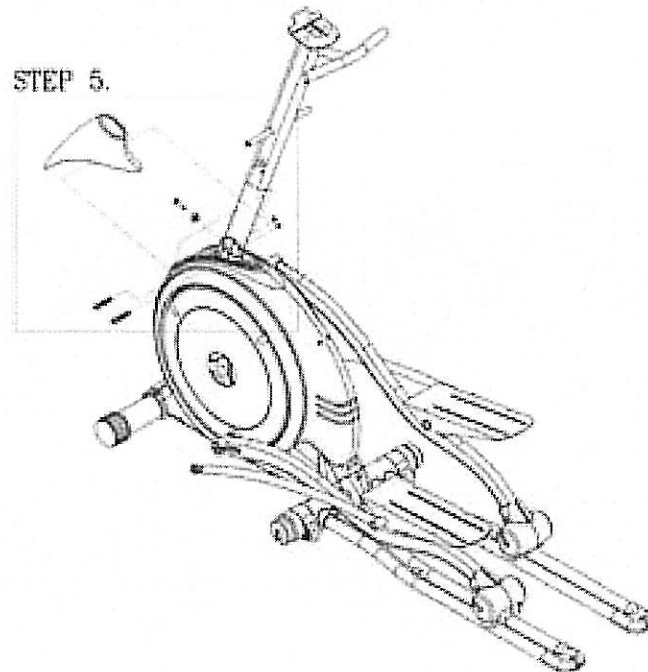
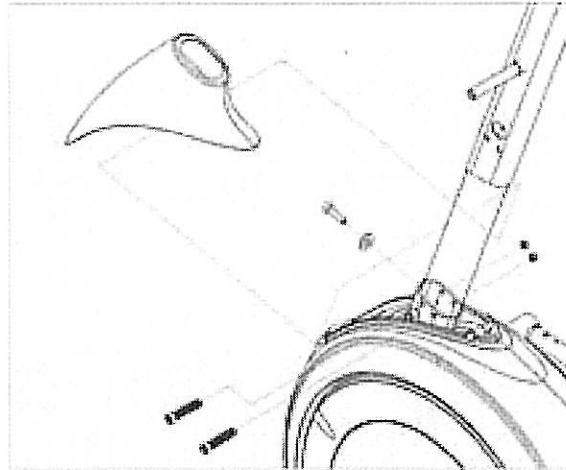
1.1 Slide 18.7x26x0.3T wave washer onto the left crankshaft of the frame. Slide the left deck set steel tube onto the crankshaft on the left side of the frame followed by the 8x25x2.0t flat washer and fasten with M8 bolt.

1.2 Repeat for the right side.

1.3 ATTENTION:

1. During assembly, one person should hold the deck set steel tube while the other person attaches the tube to the crankshaft.
2. Make sure the deck set and the crankshaft are fastened tightly to avoid any problems due to the bolt coming loose.

ASSEMBLY INSTRUCTIONS CONTINUED

**STEP 5. Assembly of mast and frame.**

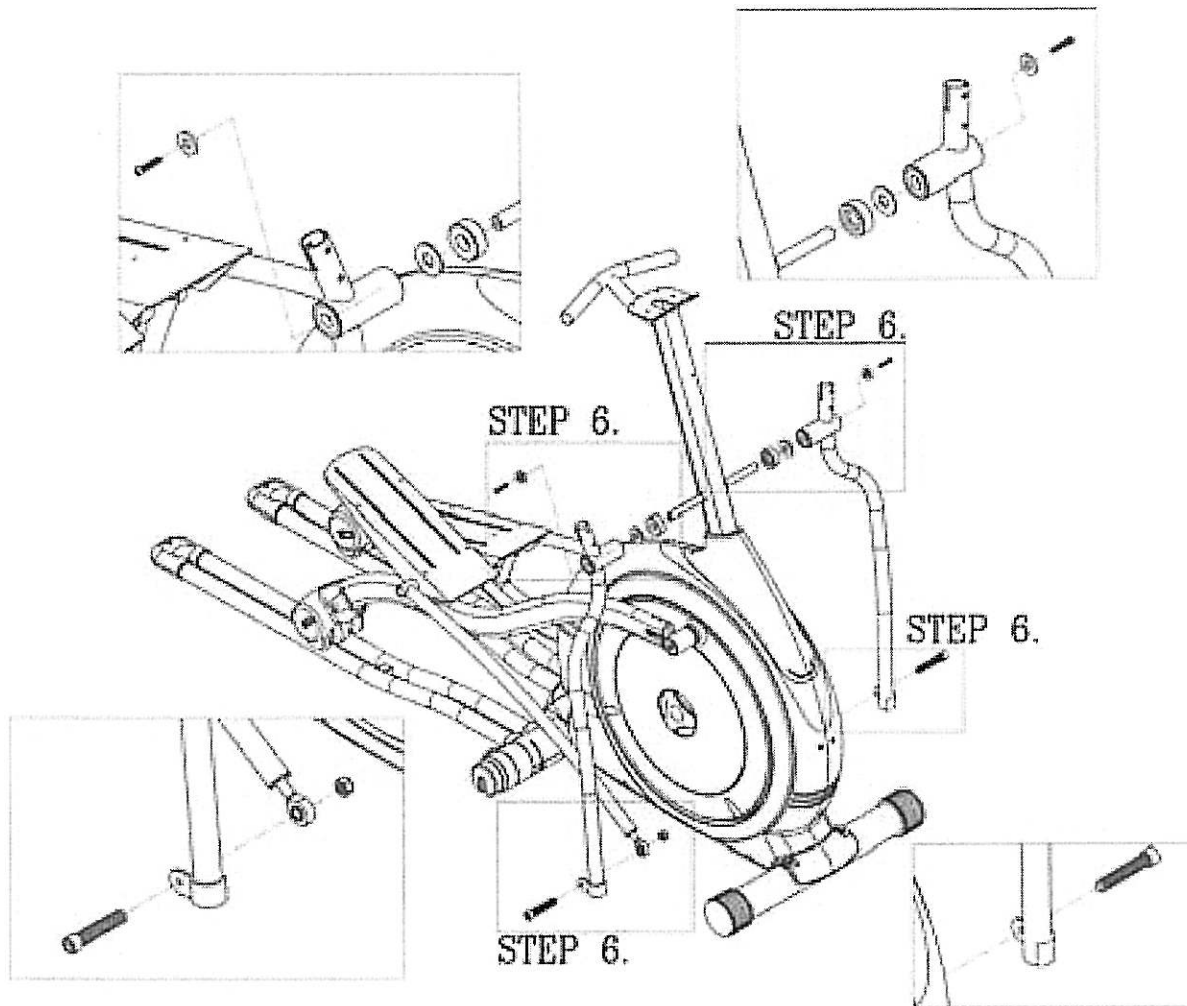
1.1 First place the mast into the mast boot, then place the mast into the frame steel tube.

Fasten the steel tube with M8 bolts on the side of the steel tube and M8 bolt and curved washer in the front.

1.2 ATTENTION:

1. During assembly, one person should hold the mast while the other person connects the mast and the frame and fastens them with the bolts.
2. After fastening the bolts, connect the PCB cable connectors together. Be sure to align them in the right direction before pressing them together. Slide the mast boot into position.

ASSEMBLY INSTRUCTIONS CONTINUED



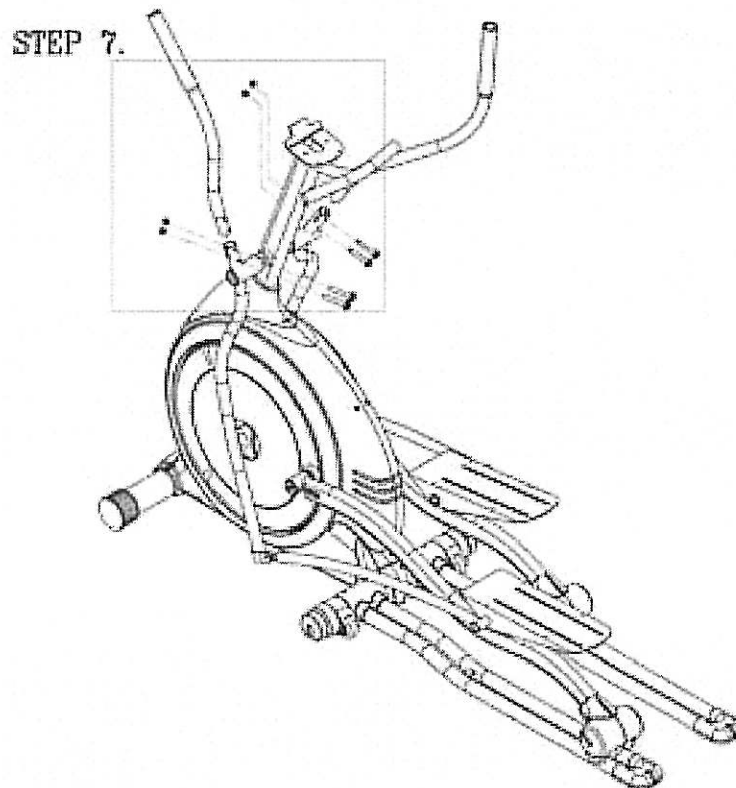
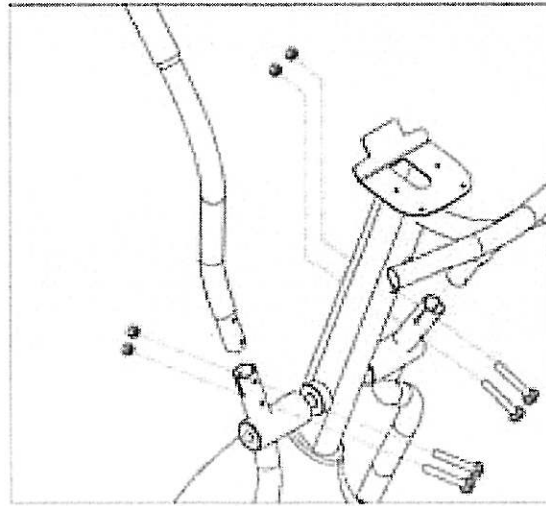
STEP 6. Assembly of lower handrails, mast and deck set.

- 1.1 Slide a plastic spacer and a wave washer onto the left horizontal bar. Connect the upper part of the left handrail with the horizontal bar on the mast. Fasten with M8 washer and bolt.
- 1.2 Connect the left lower part of the handrail with the bearing at end of the deck set. Fasten with M12 nut and bolt.
- 1.3 Repeat for right side.

Caution:

1. The left and right lower handrails are different. Make sure to install them as shown in the illustration above.
2. During assembly, be careful not to bump into any protruding parts.

ASSEMBLY INSTRUCTIONS CONTINUED



STEP 7. Assembly of upper handrail to lower handrail.

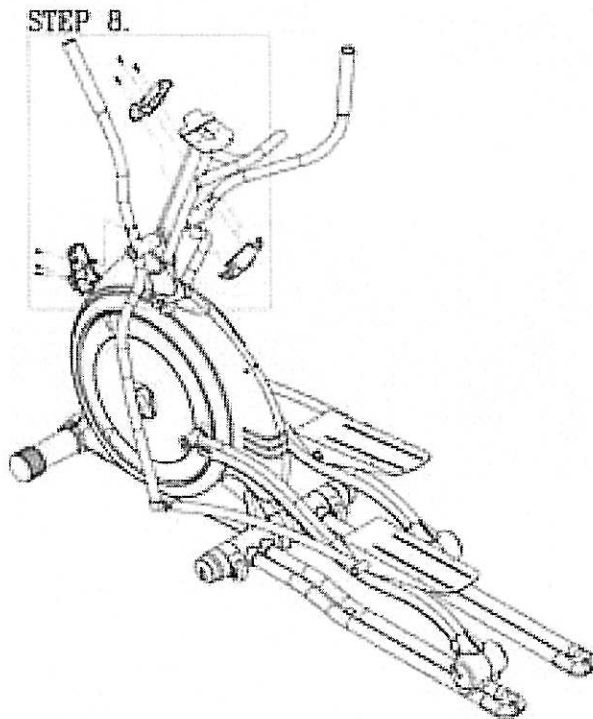
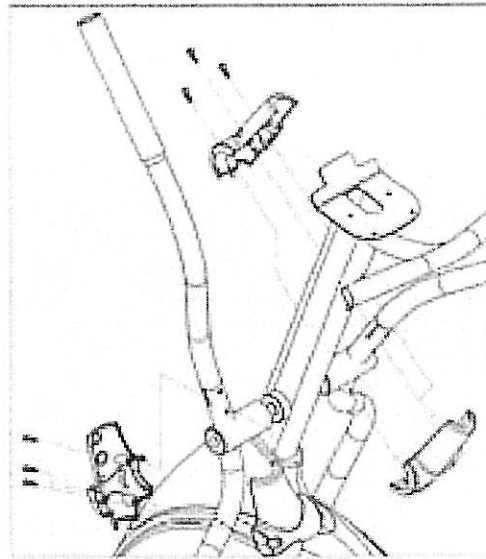
1.1 Fit the upper left handrail into lower left handrail; fasten it with M8 nuts and bolts.

1.2 Fit the upper right handrail into lower right handrail; fasten it with M8 nuts and bolts.

Caution:

1. The upper left and right handrails are different. Make sure to install them as shown in the illustration above with the curve outward.

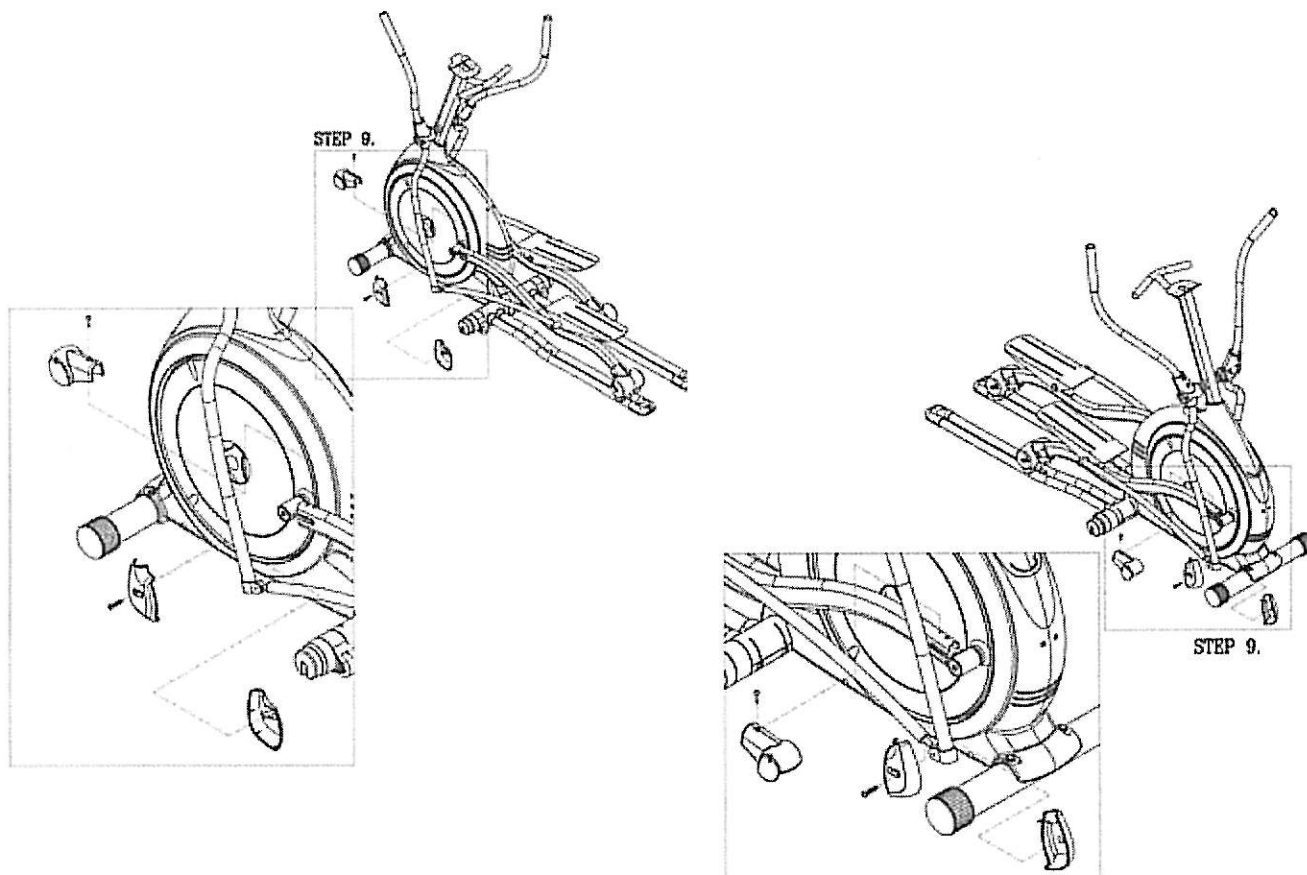
ASSEMBLY INSTRUCTIONS CONTINUED



STEP 8. Assembly of handrail shrouds.

- 1.1 Place the front left shroud and the rear left shroud on the horizontal bar and fasten them with M4 bolts.
- 1.2 Place the front right shroud and the rear right shroud on the horizontal bar and fasten them with M4 bolts.

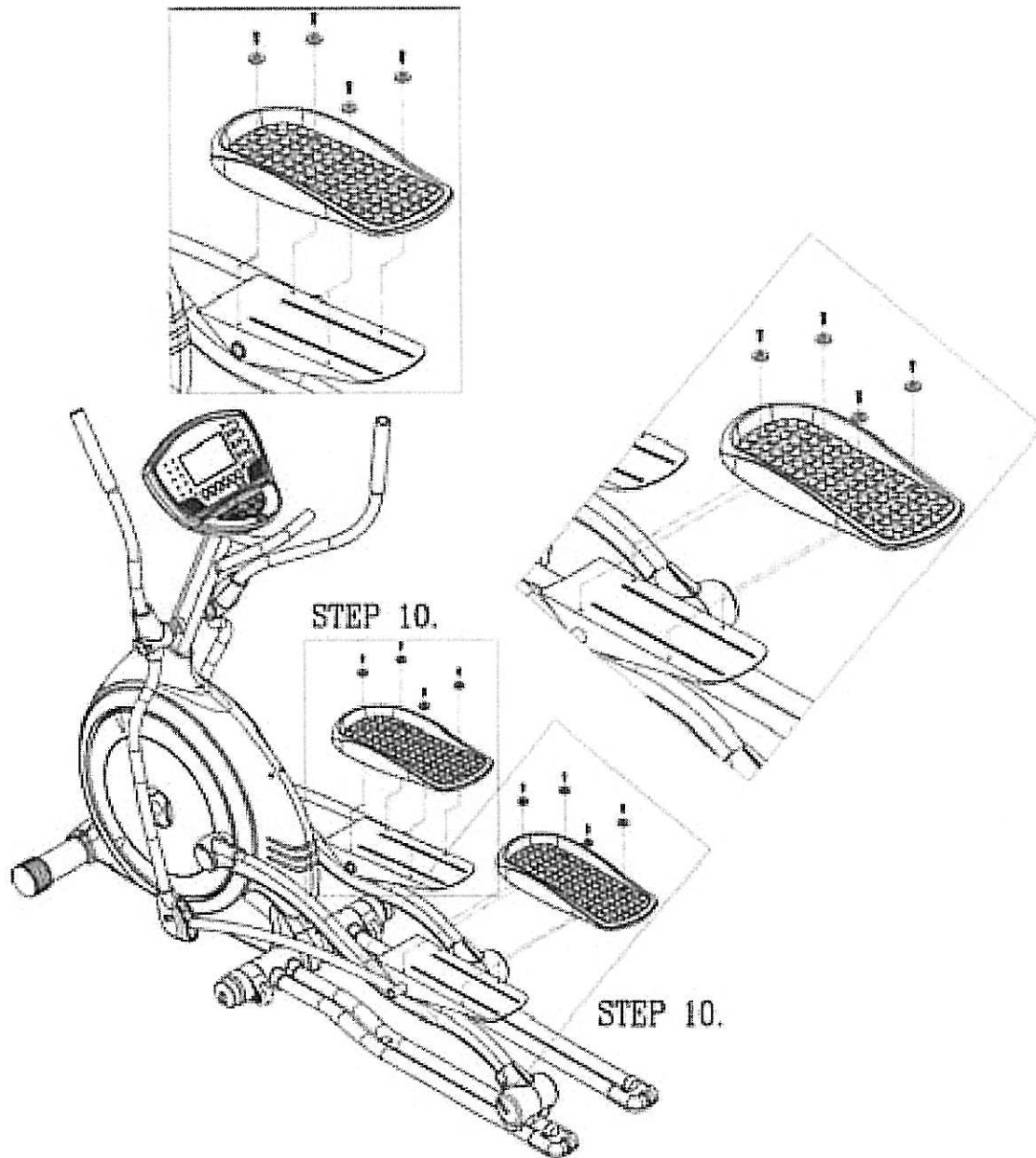
ASSEMBLY INSTRUCTIONS CONTINUED



STEP 9. Assembly of handrail and deck set plastic covers.

- 1.1 Place the plastic cover on the front of the left deck set, make sure the bolt hole on the plastic and the bolt hole on the steel tube are aligned, then fasten the plastic cover with M4 bolts.
- 1.2 Place the left and right plastic covers on the handrail set lower end, and fasten with bolts.
- 1.3 On the other side of the frame, place the plastic cover on the front of the right deck set, make sure the bolt hole on the plastic and the bolt hole on the steel tube are aligned, then fasten the plastic cover with M4 bolts.
- 1.4 Place the left and right plastic cover on the handrail set lower end, and fasten with M4 bolts.

ASSEMBLY INSTRUCTIONS CONTINUED



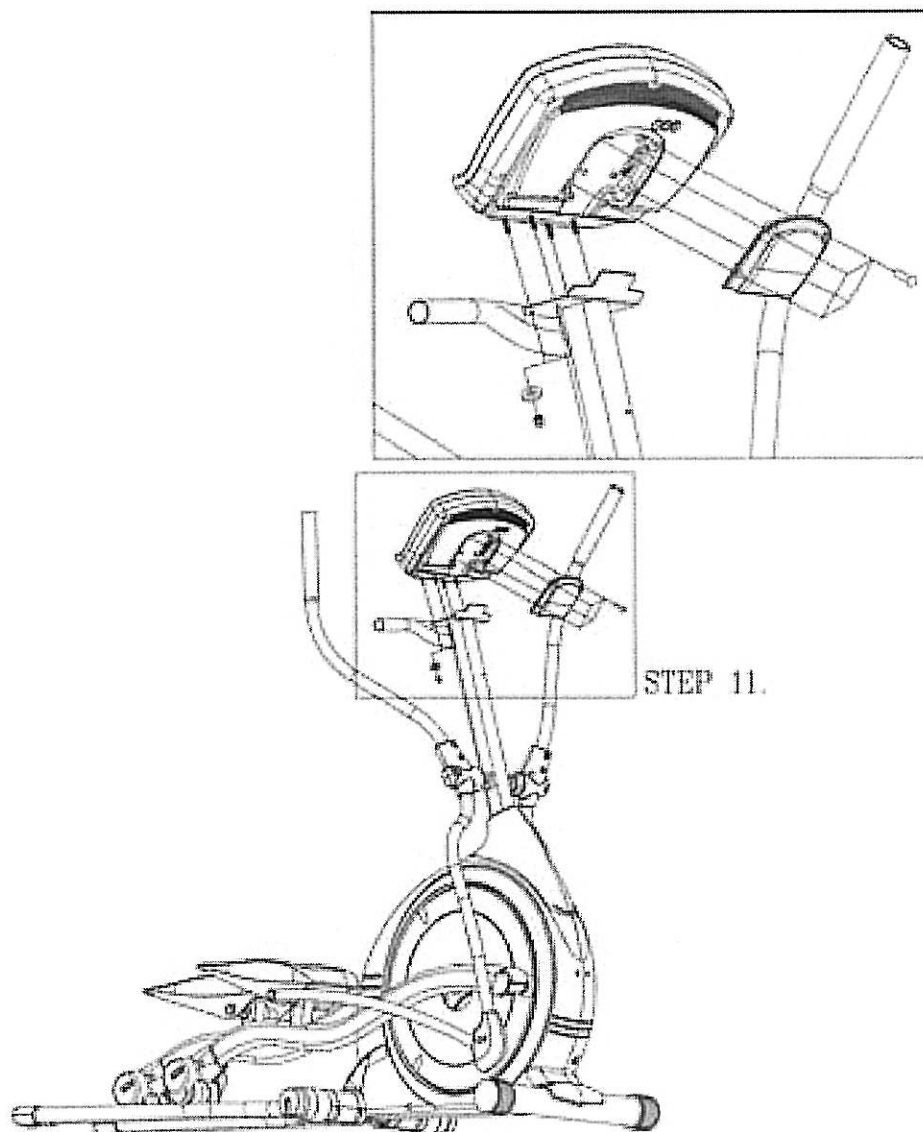
STEP 10. Assembly of foot pedals to deck set base plate.

- 1.1 Make sure the bolt holes on the left foot pedal and left base plate are aligned and fasten them with flat washers and M5 bolts.
- 1.2 Repeat for right side

Caution:

- 1. Make sure the foot pedals are fastened tightly so they will not loosen during use.

ASSEMBLY INSTRUCTIONS CONTINUED



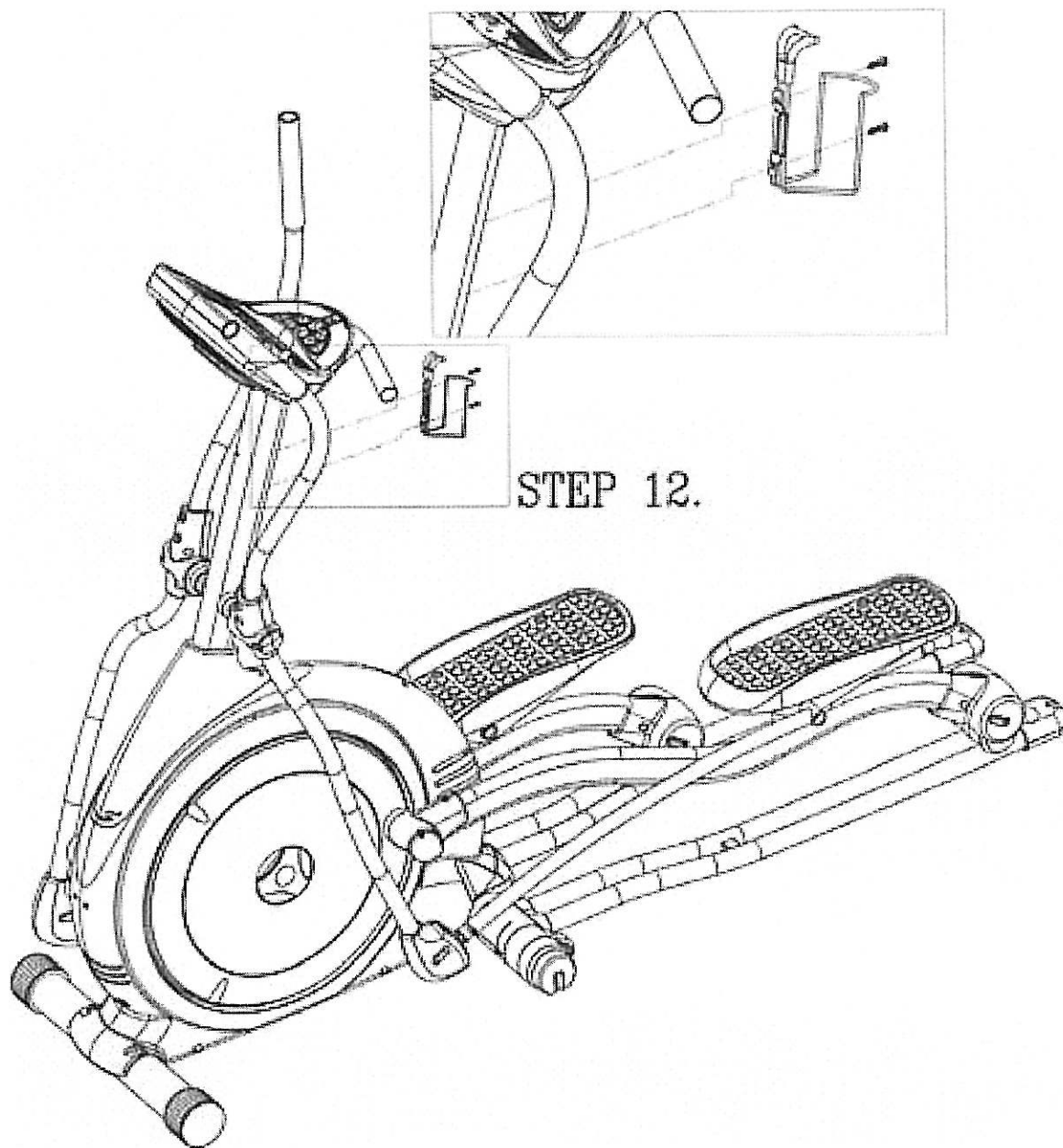
STEP 11. Assembly of console.

- 1.1 Fasten the console to the top of the mast with the bolts in the back of the console using M6 acorn nuts and flat washers.
- 1.2 Connect the cables.
- 1.3 Fasten the console cover after attaching the console with M4 bolts.

Caution:

1. Be careful not to pinch the cables which could cause a short circuit.

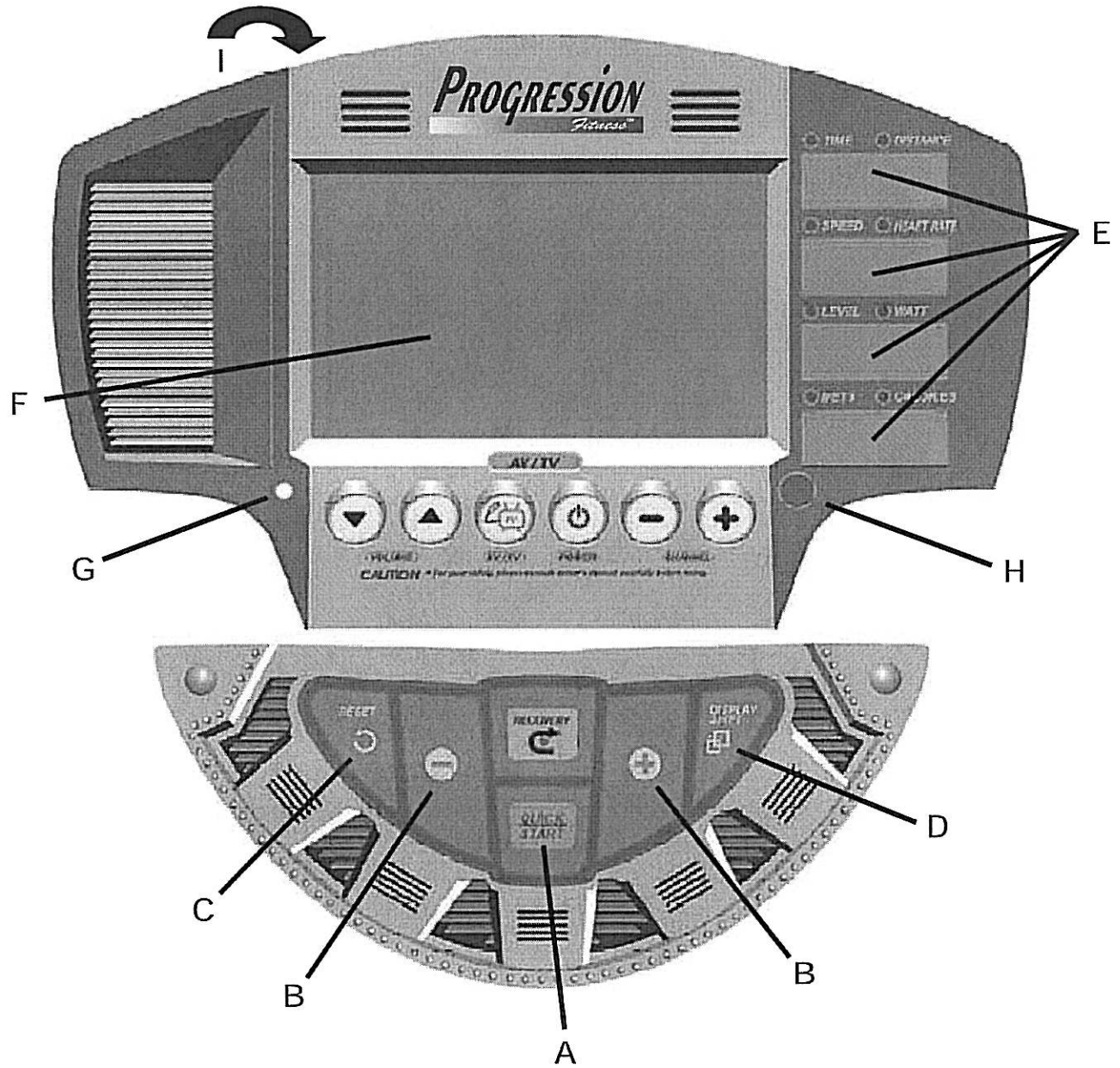
ASSEMBLY INSTRUCTIONS CONTINUED



STEP 12. Assembly of bottle holder.

- 1.1 Place the bottle holder on the mast and fasten with M4 bolts.

SECTION 3 - COMPUTER CONSOLE



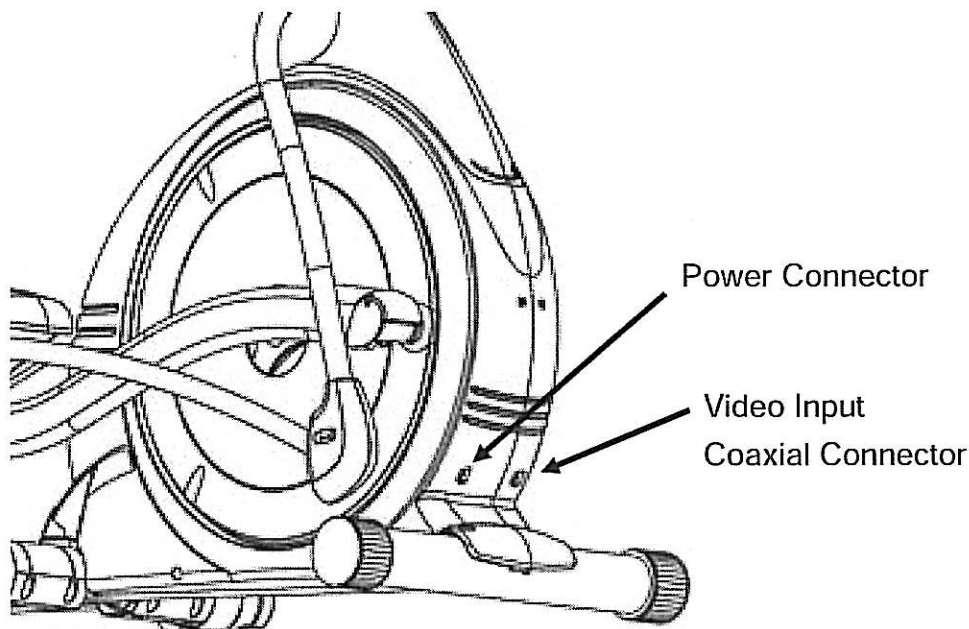
Description on following page (24)

SECTION 4 - COMPUTER CONSOLE DESCRIPTIONS

NOTE: Press Quick/Start or begin pedaling to turn on the displays and begin your workout. There is no ON/OFF button. You will hear a confirmation "Beep" when you press any key.

- A. **QUICK/START** - Press the QUICK START button to begin your workout.
- B. **PLUS + and MINUS -** - Press these buttons to change the resistance levels.
- C. **RESET** - Press this button to reset all values to defaults.
- D. **DISPLAY SHIFT** - Press this key to shift the Console LED Window display between the left and right columns.
- E. **CONSOLE LED WINDOWS** - These windows display the following information:
TIME, DISTANCE, SPEED, HEART RATE, LEVEL, WATT, METS and CALORIES.
TIME: The amount of time you have been working out.
DISTANCE: The distance in miles that you have traveled during your workout.
SPEED: The speed you are traveling in miles per hour.
HEART RATE: Your heart rate in beats per minute.
LEVEL: The current resistance level 1-16.
WATT: The International System unit of power measurement. One watt is roughly equal to 4.2 calories per hour or 6 kilogram-meters per minute.
METS: Unit of energy expenditure. 1 MET equals 3.5ml/kg/min., which is the amount of oxygen that a person needs while at rest.
CALORIES: The number of calories burned during your workout.
- F. **AV/TV DISPLAY** - AV/TV screen.
- G. **POWER LED** - When RED indicates power on. When GREEN indicates AV/TV is on.
- H. **IR RECEIVER** - Remote controller receiver.
- I. **VIDEO & AUDIO JACKS (On rear of Computer Console)** - Connect DVD video and audio here.

SECTION 5 – OPERATION OF ELLIPTICAL TRAINER



COMPUTER CONSOLE MODES

1. **START MODE.** After power is connected, the unit will beep and all segments of the Console LED Windows will light for 2-3 seconds then turn off. The power LED will light red.
2. **SLEEP MODE.** If there is no signal input (you stop pedaling and do not press any buttons for one minute, the displays will turn off. All data is preserved in memory.
3. **WAKE UP MODE.** Press QUICK/START or begin pedaling to turn the displays on and continue your workout from where you left off.

QUICK/START

1. Press RESET if you want to begin a new workout.
2. Press the QUICK/START button or just begin pedaling. This will start your workout. All values will begin at default settings and begin to update.
3. You can adjust the resistance level at any time with the + / - keys. The default resistance level is 1 and the range is 1-16. The timer will count up from 0 to time your workout.

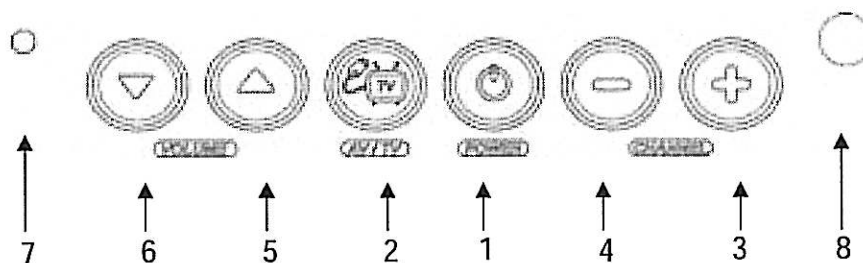
SECTION 6 - TARGET HEART RATE AND CHART

You can use the predicted maximum heart rate formula (220 minus your age for men, 226 for women) to determine your maximum heart rate. Your target heart rate will be a percentage of the maximum heart rate depending on the type of workout you want. Some people have higher or lower target heart rates than determined by this formula. See the chart below for examples of percentages of maximum heart rate based on the intensity of the workout desired.

| Ideal For | Benefit Desired | Intensity Level (% Maximum heart rate) |
|-----------------------|--------------------------------------|---|
| Light Exercise | Maintain Healthy Heart/Get Fit | 50% - 60% |
| Weight Management | Lose Weight/ Burn Fat | 60% - 70% |
| Aerobic Base Building | Increase Stamina/Aerobic Endurance | 70% - 80% |
| Optimal Conditioning | Maintain Excellent Fitness Condition | 80% - 90% |
| Elite Athlete | Maintain Superb Athletic Condition | 90% - 100% |

SECTION 7 – OPERATION OF AV/TV LCD

Function Keys:



| Key No. | Function | Description |
|---------|--------------|---|
| 1 | POWER ON/OFF | AV/TV power on/off button. Press on/off to turn on LCD function, press again to turn LCD function off. |
| 2 | AV / TV | <ol style="list-style-type: none"> 1. TV/AV shift button: During TV operation press this key to shift to AV, during AV operation press this button to shift to TV. 2. Press and hold for 3-4 seconds then release for SETUP MENU. |
| 3 | CH + | <ol style="list-style-type: none"> 1. Channel button: Press one time to advance to the next TV channel. 2. When changing SETUP MENU items, press to go up in the list. |
| 4 | CH - | <ol style="list-style-type: none"> 1. Channel button: Press one time to change to the next lower channel. 2. When changing SETUP MENU items, press to go down in the list. |
| 5 | VOL + | <ol style="list-style-type: none"> 1. When using TV or AV, press to increase volume. 2. When in SETUP MENU, press to increase or change preset value. |
| 6 | VOL - | <ol style="list-style-type: none"> 1. When using TV or AV, press to decrease volume. 2. When in SETUP MENU, press to decrease or change preset value. |
| 7 | LED LIGHT | Power indicator. When RED indicates power on. When GREEN indicates AV/TV is on. |
| 8 | IR RECEIVER | Remote Controller Receiver. |

SECTION 8 – SETUP MENU

1. Press and hold AV/TV for 3-4 seconds then release for SETUP MENU.
2. Press CH + and CH - to choose items.
3. Press VOL+ and VOL- to adjust preset value.

| Items | Description |
|------------|---|
| BRIGHTNESS | Adjust BRIGHTNESS 0 - 63 |
| CONTRAST | Adjust CONTRAST 0 - 63 |
| COLOR | Adjust COLOR 0 - 63 |
| TINT | Adjust TINT 0 - 63 |
| RESET | Back to DEFAULTS |
| MUTE | Mute |
| TV SYSTEM | NTSC-M, NTSC-J, PAL-BG, PAL-DK, PAL-AI, SECAM-BG, SECAM-DK, SECAM-L |
| EXIT | Press VOL+ or VOL- to exit MENU. |

SECTION 9 – REMOTE CONTROLLER BUTTON DESCRIPTION

| KEY NUMBER | FUNCTION | Description |
|------------|-----------|-------------------------|
| 1 | POWER | POWER ON/OFF |
| 2 | MUTE | Mute |
| 3 | TV / CATV | N/A |
| 4 | VIDEO | AV / TV Shift |
| 5 | 1 | Number Key "1" |
| 6 | 2 | Number Key "2" |
| 7 | 3 | Number Key "3" |
| 8 | CH + | Channel and MENU Choice |
| 9 | 4 | Number Key "4" |
| 10 | 5 | Number Key "5" |
| 11 | 6 | Number Key "6" |
| 12 | CH - | Channel and MENU Choice |

The diagram shows a remote control button layout with 28 numbered buttons arranged in a grid. The buttons are numbered 1 through 28, with 1-4 in the first row, 5-8 in the second, 9-12 in the third, 13-16 in the fourth, 17-20 in the fifth, 21-24 in the sixth, and 25-28 in the seventh. There is a small circle below button 25.

| | | | |
|----|------------|----------------------------|--|
| 13 | 7 | Number Key "7" | |
| 14 | 8 | Number Key "8" | |
| 15 | 9 | Number Key "9" | |
| 16 | VOL + | Volume and MENU adjustment | |
| 17 | 0 | Number Key "0" | |
| 18 | UP | N/A | |
| 19 | MENU | Open SETUP MENU | |
| 20 | VOL - | Volume and MENU adjustment | |
| 21 | LEFT | N/A | |
| 22 | OK | N/A | |
| 23 | RIGHT | N/A | |
| 24 | PLAY/PAUSE | N/A | |
| 25 | PREV | N/A | |
| 26 | DOWN | N/A | |
| 27 | NEXT | N/A | |
| 28 | STOP | N/A | |

SECTION 10 - WARRANTY

CANADA Warranty

Warranties may vary in other countries.

Progression Fitness extends the following exclusive, limited warranty of PRO 8005 elliptical, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

FRAME – Lifetime

Progression Fitness warrants the Frame against defects in workmanship and materials for Lifetime, as long as it remains in the possession of the original owner.

ELECTRONICS & PARTS – 5 Years

Progression Fitness warrants the Electronic components and all original parts against defects in workmanship and materials for a period of three years from the date of original purchase, as long as the device remains in the possession of the original owner.

LABOR – 2 Year

Progression Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, as long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to one year. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear

Progression Fitness expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to Progression Fitness before a warrant claim can be processed. The serial number is located on the top of the front lower tube.