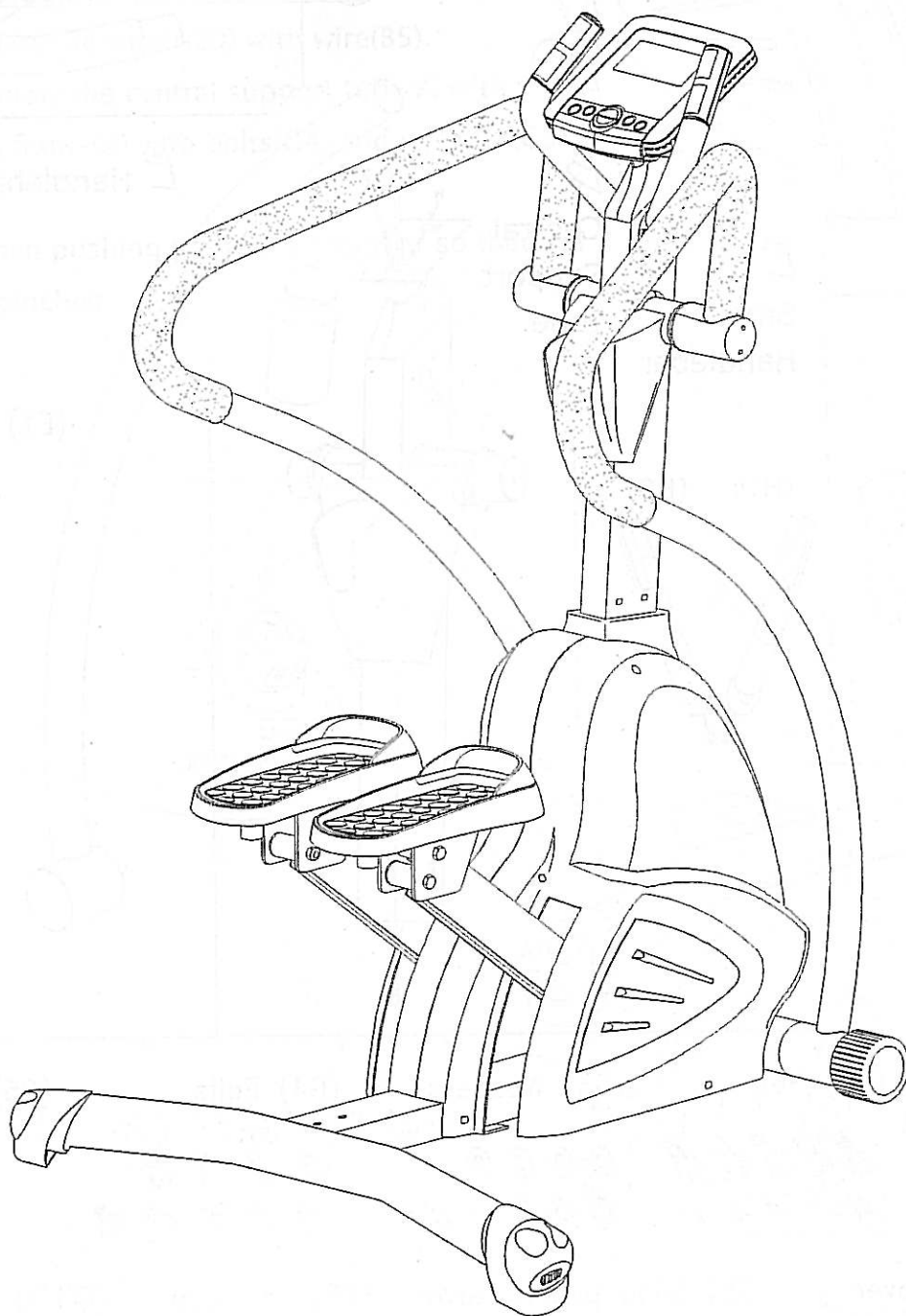


PROGRESSION

Fitness™

Magnetic Stepper

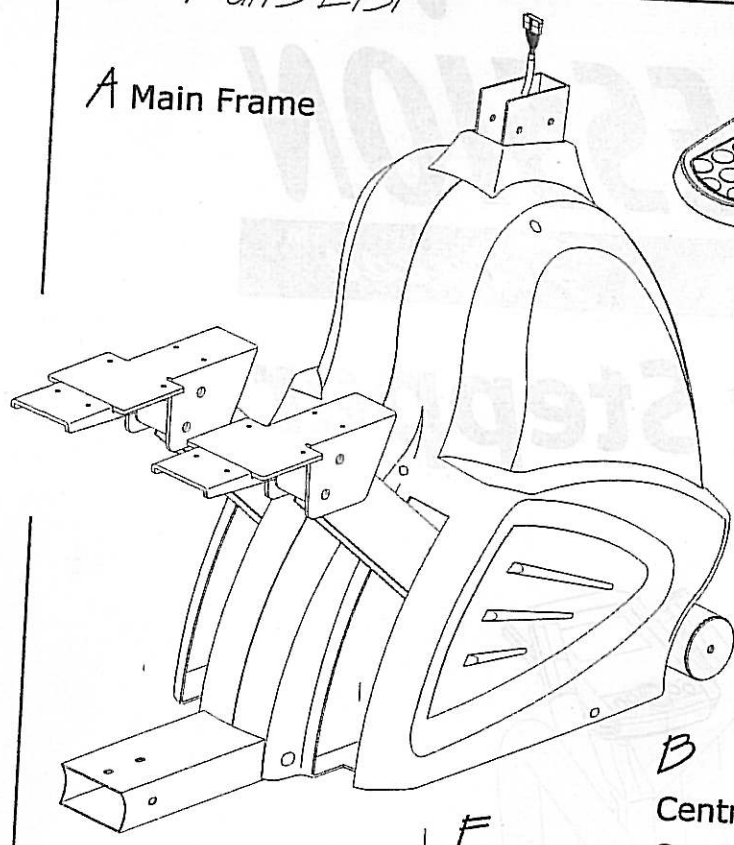


MST 8100P

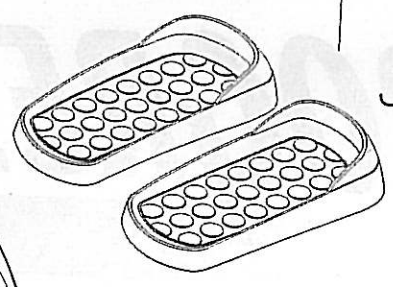
Owner's Operating Manual

Parts List

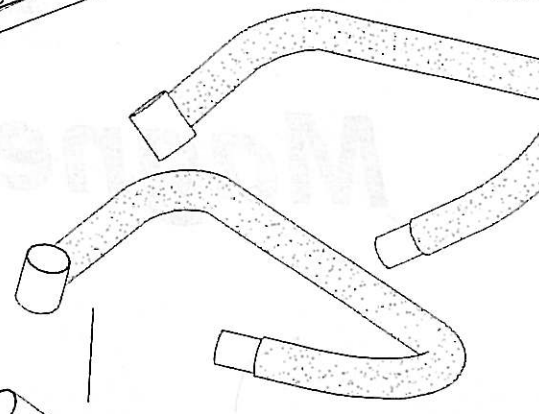
A Main Frame



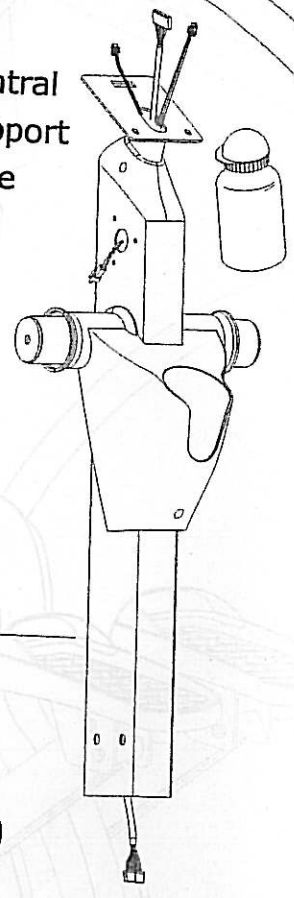
J Pedal



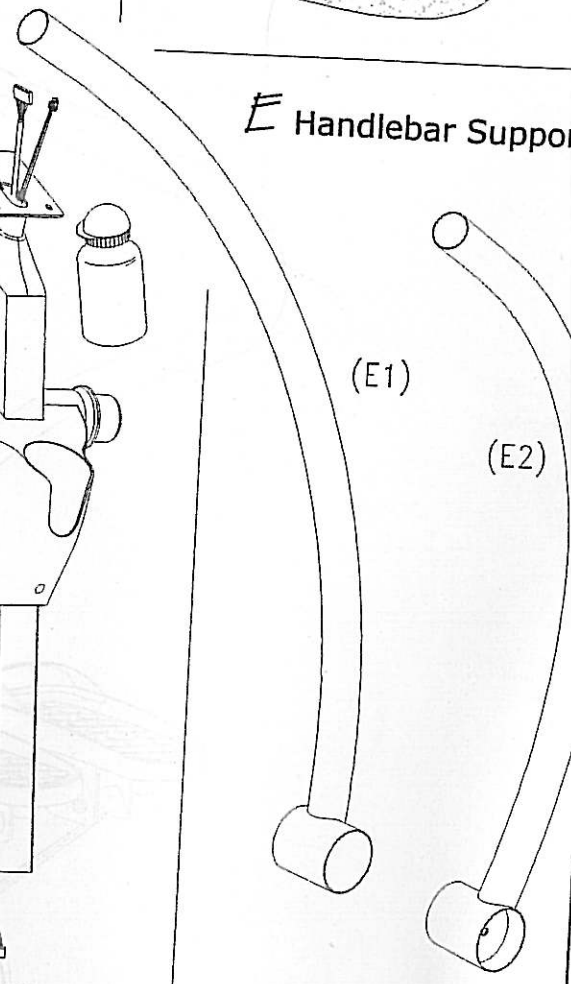
D Side Handlebar



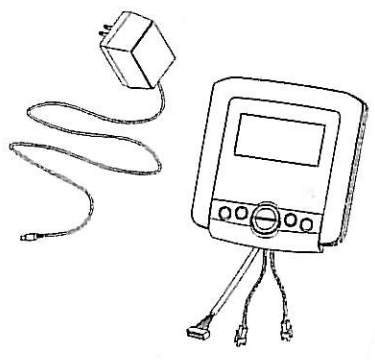
B Central Support Tube



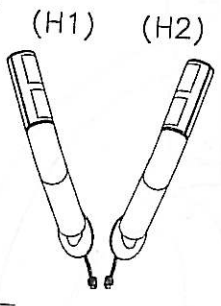
E Handlebar Support



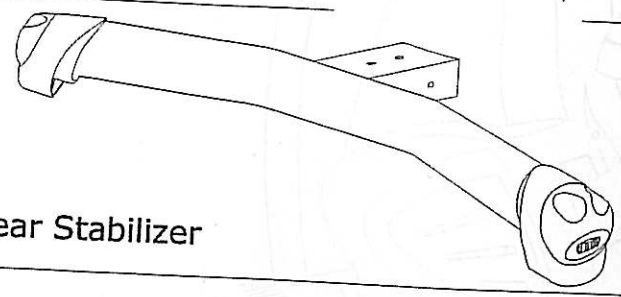
F Monitor



E Small Handlebar

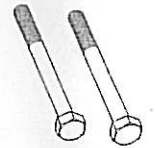
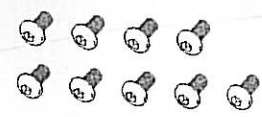
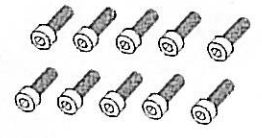
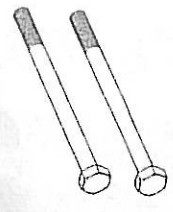


C Rear Stabilizer

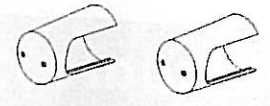


- G (G1) Screws
- (G2) Bolts
- (G3) Washers
- (G4) Bolts
- (G5) Bolts

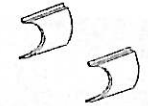
(G6) Bolts



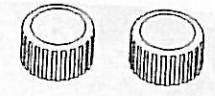
(G7) Cover



(G8) Slide plastic cover



(G9) End cap



(G10) Screw

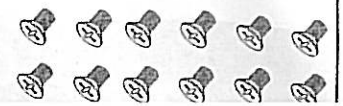


FIGURE 1

Figure 1_

ASSEMBLY FOR REAR STABILIZER

Attach rear stabilizer(C) with main frame(A) by washers(G3) and bolts(G4).

ADJUST THE BALANCE FOR THE STEPPER

IF the machine is not stable, please adjust the knob of the end cap(C2).

Turn "+" direction, the position will be up.

Turn "-" direction, the position will be down.

ASSEMBLY FOR CENTRAL SUPPORT TUBE

Step1 . Connect the wire(A20) with wire(B5).

Step2. Assembly the central support tube(B) with main frame(A) with bolts(G4) and washers(G3).

Attention:

Take care when pushing the tubes together so that the cable is not pinched.

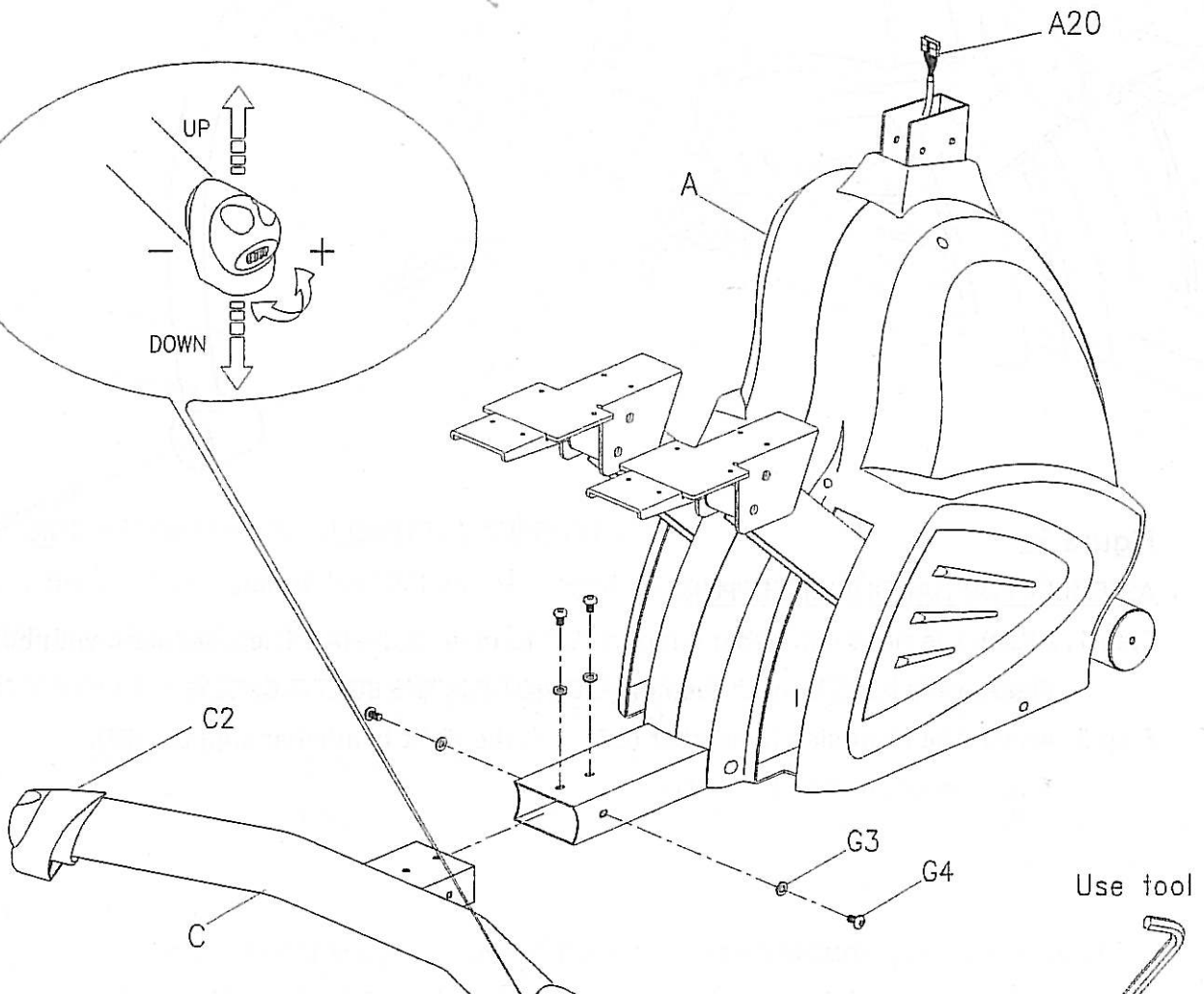
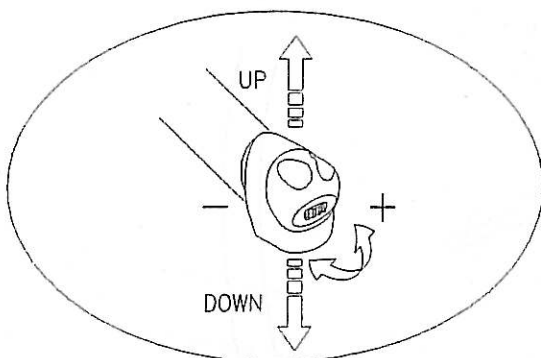
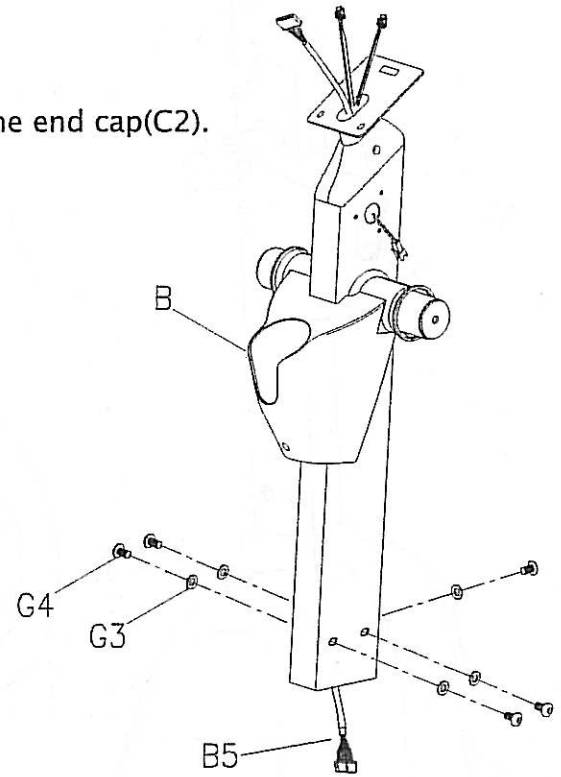


FIGURE 2

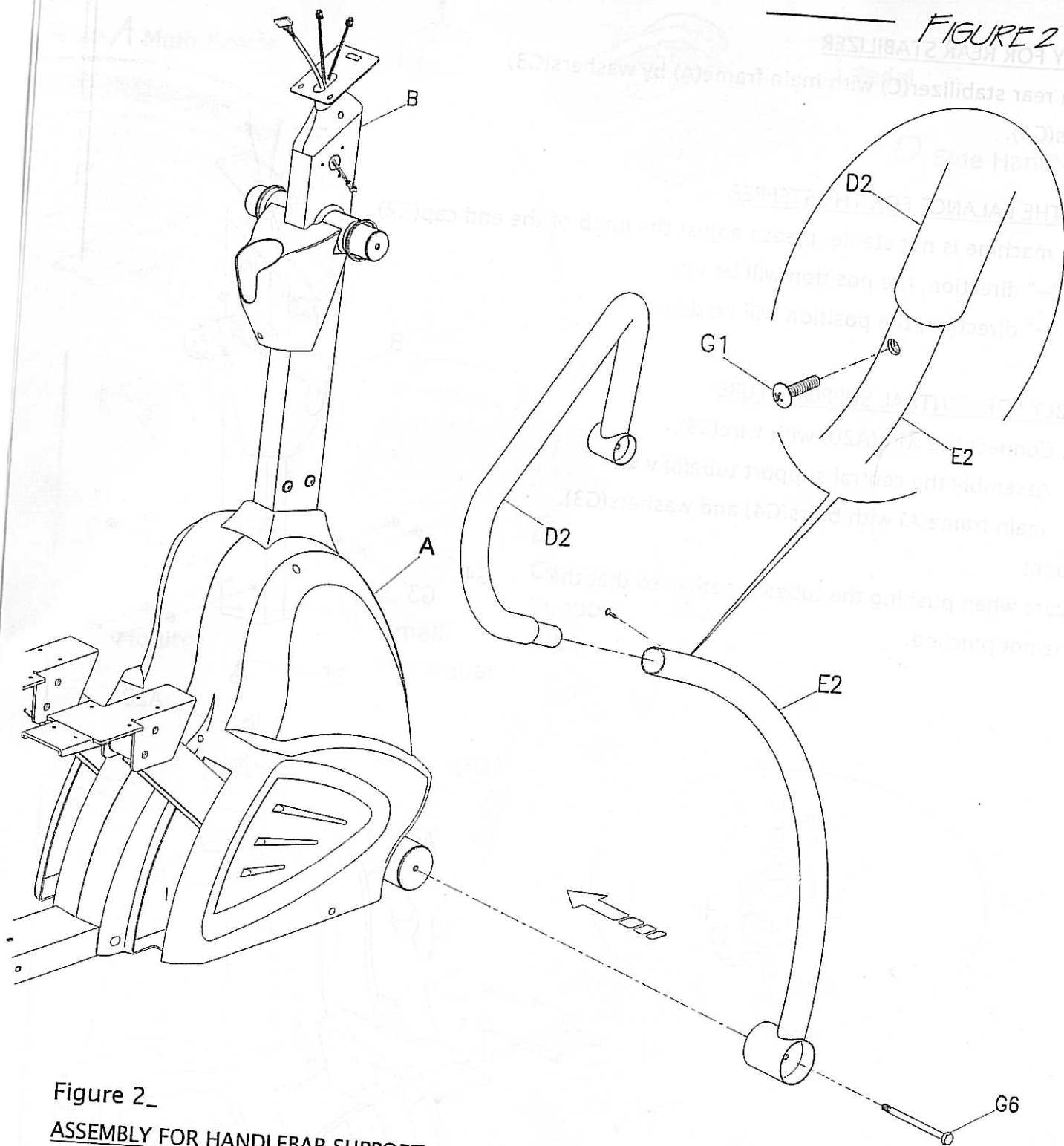


Figure 2_

ASSEMBLY FOR HANDLEBAR SUPPORT

Step 1. Attach the right handlebar support (E2) to main frame(A). Then, secure it with bolt (G6).
Please only hand tighten the bolt, DO NOT FIX THE BOLT TIGHTLY.

Step 2. Attach the right side handlebar (D2) with the right handlebar support (E2).
Then, secure it with screw (G1).

Use tool

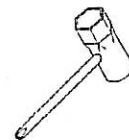


FIGURE 3

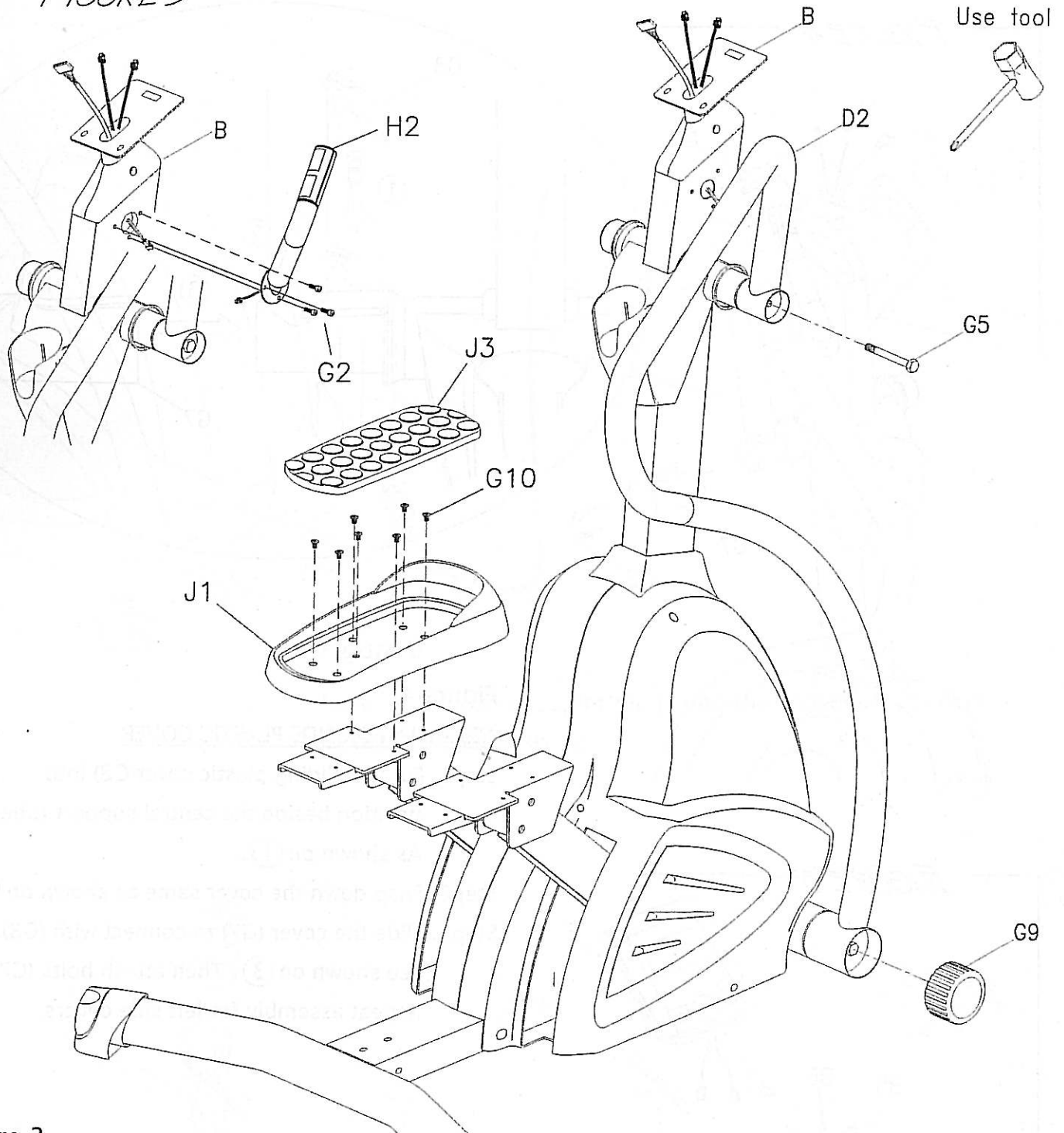


Figure 3_

CONNECT THE SIDE HANDLEBAR WITH CENTRAL SUPPORT TUBE

Step 1. Connect the right side handlebar(D2) and the central support tube (B) with bolt (G5).

Step 2. Place the end cap (G9) onto frame.

Step 3. Repeat the same way to assemble left side handlebar and left handlebar support.

CONNECT THE SIDE SMALL HANDLEBAR WITH CENTRAL SUPPORT TUBE

Connect the right/left small handle bar (H2&H1) with the central support tube (B) with screws (G2).

ASSEMBLY FOR PEDALS

Put the left pedal (J1) on the pedal support plate of main frame and secure it by screws (G10).

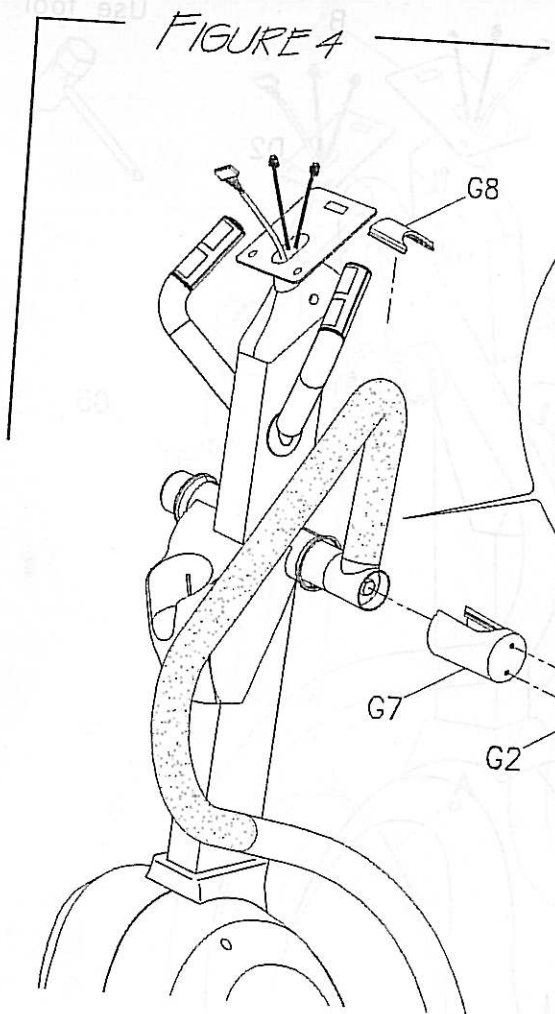


Figure 4_
ASSEMBLY FOR SIDE PLASTIC COVER

- Step1. Put the sliding plastic cover(G8) into position beside the central support tube (B). As shown on ①.
- Step2. Snap down the cover same as shown on ②.
- Step3. Slide the cover (G7) to connect with (G8). see shown on ③. Then attach bolts (G2). Repeat assembly for left side covers.

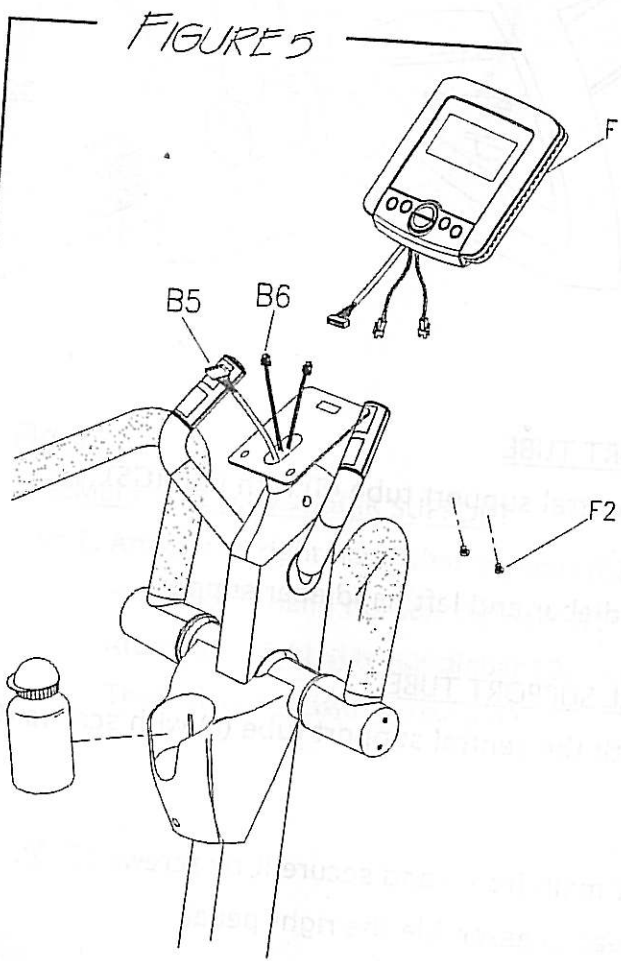


Figure 5_
ASSEMBLY FOR MONITOR & WATER BOTTLE

- Step1. Remove the screws(F2) from the back of the monitor(F).
- Step2. Connect the sensor wires (B5 & B6) with monitor wires and put the monitor on the fixing plate.
- Step3. You can put the water bottle in the plastic housing.

FIGURE 6

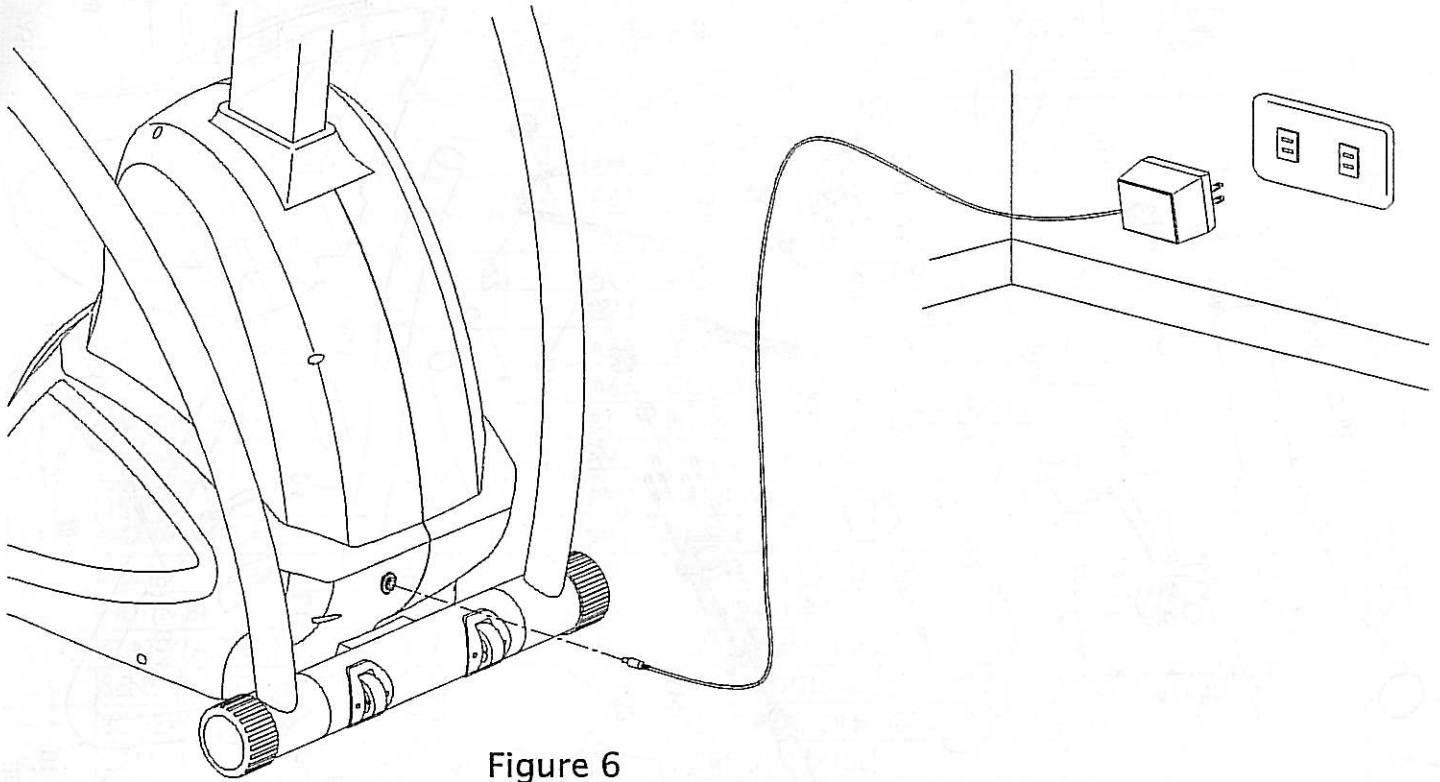


Figure 6

Note: The power adapter plugs into the socket on the front of the machine housing.

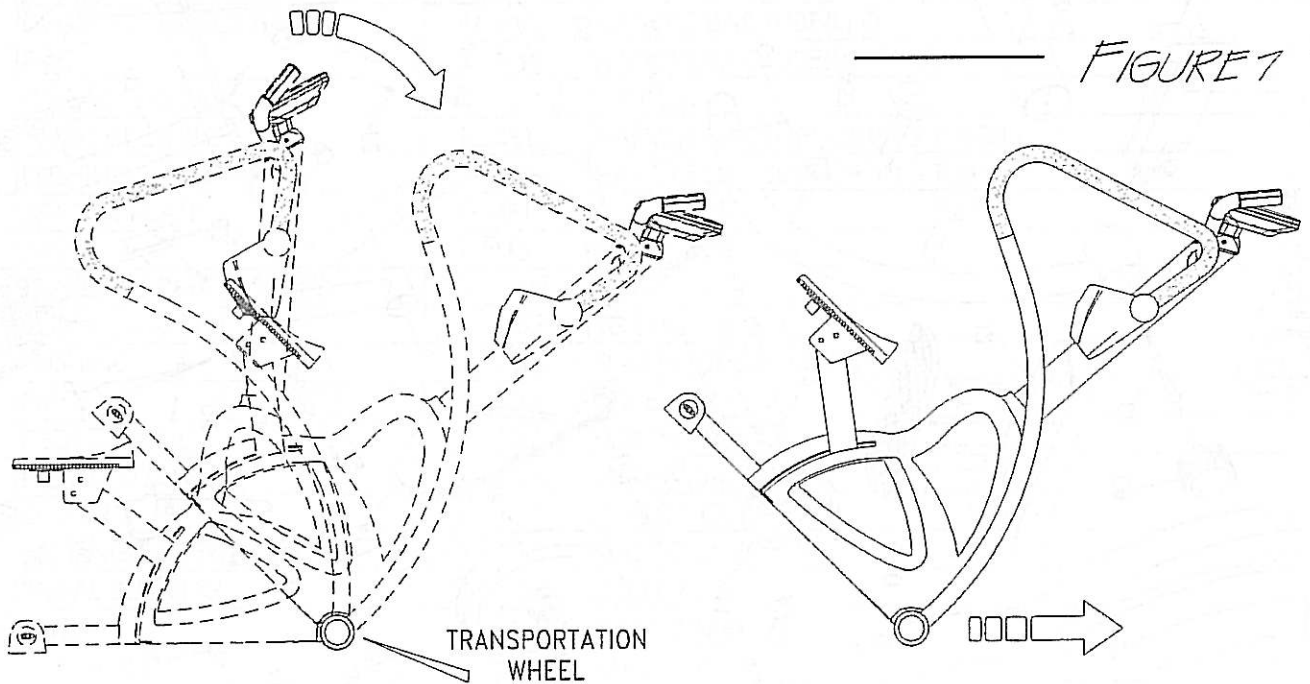
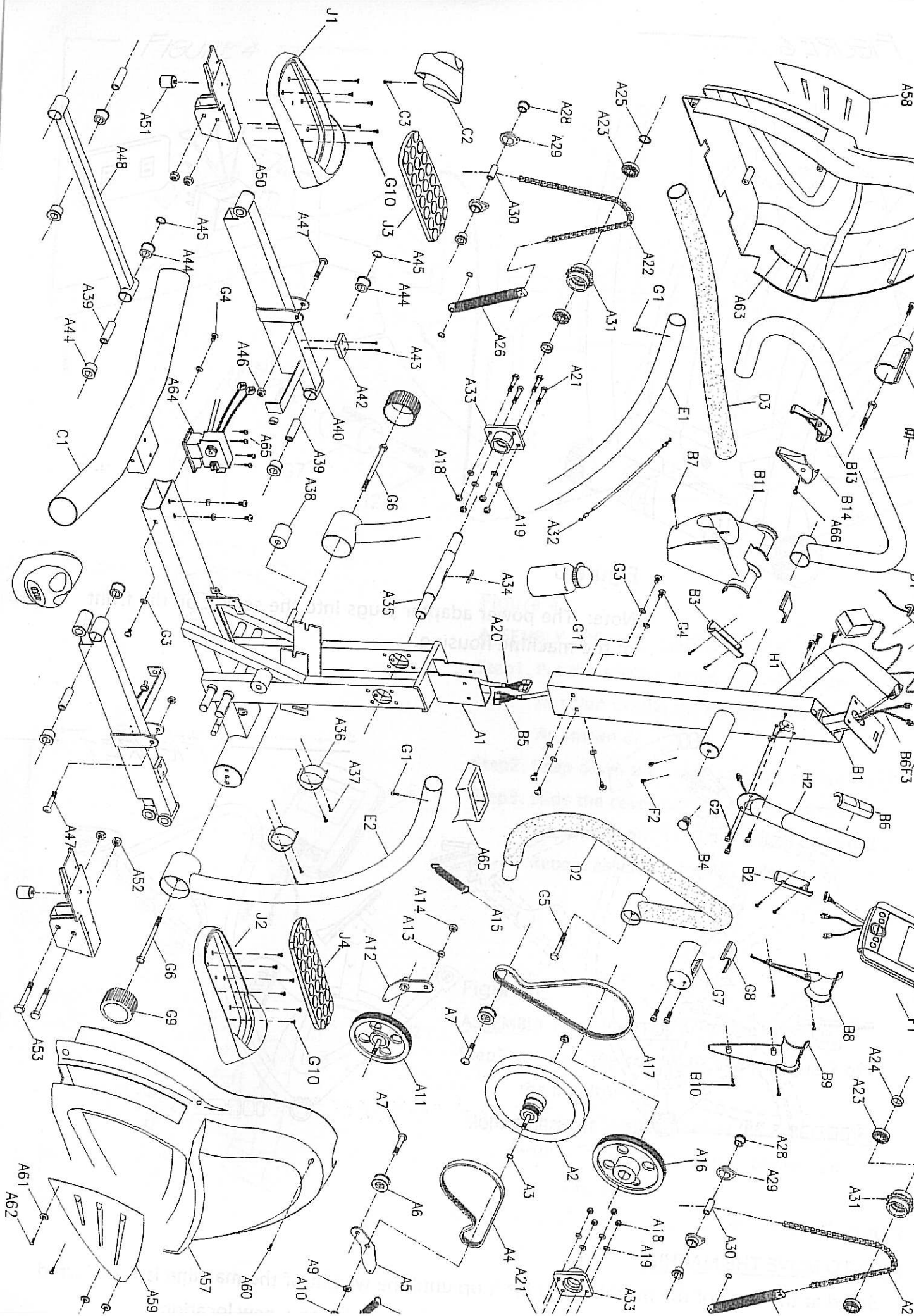


FIGURE 7

Figure 7

HOW TO MOVE THE MACHINE

Stand at the back of the machine and lift it up until the weight of the machine is transferred



PARTS LIST

P/NO.	DISCRIPTION	Q'TY	P/NO.	DISCRIPTION	Q'TY
A1	MAIN FRAME	1	A53	SCREW(M12X85L)	4
A2	MAGNETIC FLYWHEEL	1	A56	COVER(L)	1
A3	FLAT WASHER(M12X16X1T)	1	A57	COVER(R)	1
A4	BELT	1	A58	DECORTATION COVER(L)	1
A5	CRANE	1	A59	DECORTATION COVER(R)	1
A6	PRESSING WHEEL	2	A60	SCREW(M4X12L)	7
A7	SCREW(M10X40L)	2	A61	SCREW COVER	6
A8	SPRING	1	A62	SCREW(M4X15L)	6
A9	NUT(3/8X3L)	1	A63	ELECTRONIC WIRE	1
A10	NUT(3/8)	1	A64	MOTOR	1
A11	DRIVING PLATE	1	A65	DECORTATION COVER	1
A12	CRANE	1	A66	SCREW(M5X15L)	2
A13	SPACER PIPE	1	B1	MAIN SUPPORT TUBE	1
A14	NUT(M10)	1	B2	HAND PULSE COVER	2
A15	SPRING	1	B3	SCREW(M3X20L)	4
A16	DRIVING PLATE	1	B4	END CAP	2
A17	BELT	1	B5	SENSOR WIRE(UPPER)	1
A18	NUT(M8)	4	B6	HAND PU SE	2
A19	FLAT WASHER(M9X8X1.5T)	4	B7	SCREW(M4X15L)	1
A20	SENSOR WIRE	1	B8	DECORTATION COVER FOR BOTTLE HOUSING(L)	1
A21	SCREW(M8X45L)	4	B9	DECORTATION COVER FOR BOTTLE HOUSING(R)	1
A22	CHAIN	2	B10	SCREW(M4X15L)	4
A23	BEARING	4	B11	BOTTLE HOUSING	1
A24	SPACER PIPE	2	B13	COVER	1
A25	C CLIP	2	B14	COVER	1
A26	SPRING	2	C1	REAR STABILIZER	1
A27	C CLIP	4	C2	ADJUSTED END CAP	2
A28	METAL BUSHING	4	C3	SCREW(M5X20L)	2
A29	CHAIN CONNECT BRACKET	4	D1	HANDLE BAR TUBE(L)	1
A30	PIPE	2	D2	HANDLE BAR TUBE(R)	1
A31	ONE WAY GEAR	2	D3	SPONGE	2
A32	TENSION CABLE	1	E1	HANDLE BAR SUPPORTING TUBE(L)	1
A33	BUSHING HOUSING	2	E2	HANDLE BAR SUPPORTING TUBE(R)	1
A34	SPACER PLATE	1	F1	COMPUTER	1
A35	AXLE	1	F2	SCREW(M5X10L)	2
A36	TRANSPORTATION WHEEL	2	F3	ADAPTOR	1
A37	SCREW(M4X12L)	4	G2	SCREW(M6X16L)	4
A38	BUSHING	2	G3	FLAT WASHER(M9X8X1.5T)	9
A39	PIPE	4	G4	SCREW(M8X15L)	9
A40	PEDAL TUBE(L)	1	G5	SCREW(3/8X70L)	2
A41	PEDAL TUBE(R)	1	G6	SCREW(3/8X150L)	2
A42	BUSHING	2	G7	PLASTIC COVER	2
A43	TAPPING SCREW(M4X12L)	4	G8	SLIDE COVER	2
A44	METAL BUSHING	8	G9	END CAP	2
A45	C CLIP	4	G10	SCREW(M4X12L)	2
A46	NUT(M10)	2	G11	WATER BOTTLE	1
A47	SCREW(M10X60L)	2	H1	SMALL HANDLE BAR (LEFT)	1
A48	CONNECTION TUBE(L)	1	H2	SMALL HANDLE BAR (RIGHT)	1
A49	CONNECTION TUBE(R)	1	J1	PEDAL (LEFT)	1
A50	PEDAL HOUSING	2	J2	PEDAL (RIGHT)	1
A51	BUSHING	2	J3	CUSHION PAD (LEFT)	1
A52	NUT(M12)	4	J4	CUSHION PAD (RIGHT)	1

A56
G2

B6

1. DISPLAY:

CONTROL MODE
 MANUAL / PROGRAM /
 PERSONAL / WATTS / H.R.C

BAR GRAPH DISPLAY
 Profiles Programs as listed here
 16 x Rows = 16 Load resistance
 levels
 16x Column = time interval

TIME / C.R.

SPM / C/Min M

12 Program Profiles Graph Key
 Quick key of press 12 Program
 Profiles by pressing panel.

START / STOP Key
 START & STOP KEY.

RECOVERY Key
 The RECOVERY PROGRAM
 automatically evaluate your
 Fitness Level.

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

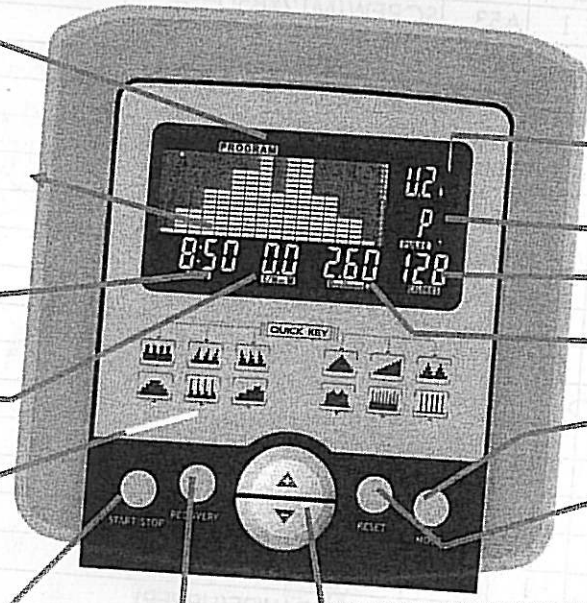
PULSE Display
WATT/CALORIES Display

COUNT / Elev.Climbed

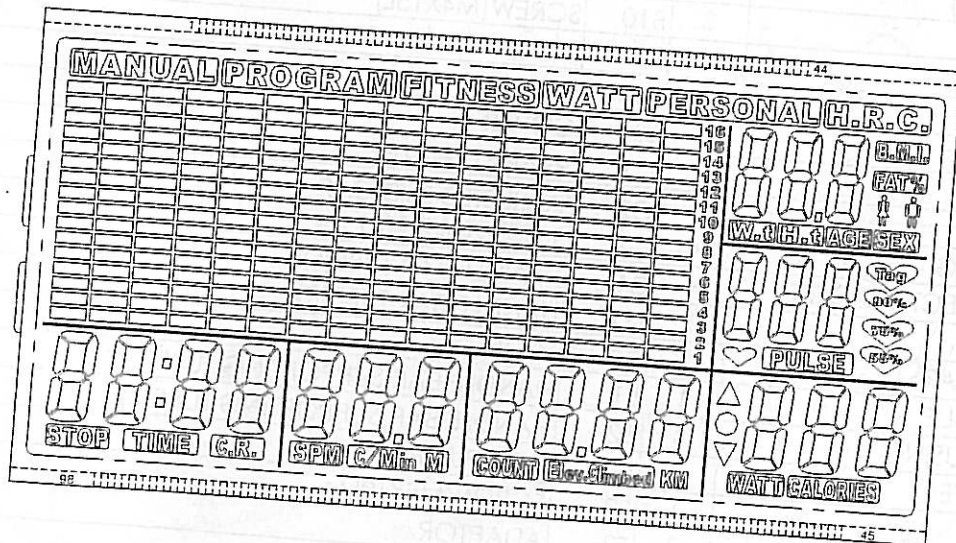
MODE Key
 Confirm your selection.

RESET Key
 Reset default function value..

UP (+) and DOWN (-) Key
 Adjust function value by
 pressing two keys.



2. LCD DISPLAY



3. MODEL FUNCTION DESCRIPTION

TIME	: 0:00~99:59.	AGE	: 10-25-99
C.R.	: CLIMBED RATE (0:00~99:59 MINUTE: SECOND) PER EACH 500M	HEIGHT	: 100-160-200 (CM) / 40-60-80 (INCH)
SPM	: 0~15~999	WEIGHT	: 20-50-150 (KG) / 40-100-350 (LB)
C/MIN M	: Climbed / Minute M (PER MINUTE)	PULSE	: P~30~240
COUNT	: 0~9999	HEART SYMBOL	: ON/OFF blinks
Elev. Climbed	: 0-99.99 KM / ML	MANUAL	: 1~16 LEVELS
WATTS	: 0~999 WATTS	PROGRAMM	: P1~P12
CALORIES	: 0~9999.	WATT CONSTANT	: 10~350WATTS
TEMPERATURE	: 0~60°C / 32~99°F	PERSONAL	: U1~U4
GENDER	: FEMALE / MALE	H.R.C	: 55% - 75% - 90% - IND (TARGET)
		USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)

DESCRIPTION

1. After powering on, LCD display will light up for 2 seconds with a long tone, stand step display in COUNT area for 1 second and wait for use.
2. When staying in U0~U4, only there is pulse input, then PULSE symbol on the right in window will operate to display automatically as per H.R.C.: If pulse maximum value is set, then the function will cancel automatically.
3. Recovery : User holds pulse grips for one minute immediately after exercise to test heart fitness.
4. User Data : 5 groups for user settings U0~U4, every user can set gender · age · height and weight, however when power is turned off or TOTAL RESET, the U0 user file will be cleaned and reset and U1-U4 user files will be saved permanently
5. C.R. (CLIMBED RATE) : MINUTE / SECONDS
Calculating user timing of climbing each 500 M.
6. C/MIN M (Climbed /Minute) : M
Showing climbing height speed per minute.
7. Elev. Climbed : KM
Count up: user's real climbing height from 0 to 99.99 km per 0.01 update showing.
Count down: user set up his/her ideal climbing height and value will auto count down from presetting value to 0.
8. SCAN: Alternating display TIME/C.R.; Elev. Climbed/COUNT; SPM/C/Min. & WATT/CALORIES.
9. USER SETTING VALUE MEMORY: setting function value in memory -TIME · COUNT, CALORIES, USER DATA, Elev. Climbed, PULSE it can only remember one of them.

OPERATION

1. After power-on U1 by default you can select any User Mode by turning the UP/DOWN key the press the MODE key for confirmation. Thereafter, sex, age, height, weight and other personal information can be changed in the top right display. Press MODE key for confirmation again.
2. MANUAL
User set each function value TIME · COUNT, CALORIES · Elev. Climbed, PULSE and load 1-16 level adjust by UP / DOWN knob. Press MODE key to confirm.
3. PROGRAMS P1-P12:
By press UP/DOWN key and then press MODE key for confirmation. Any of the default values can be changed by pushing the MODE key until the desired display is flashing. Press the MODE key again for confirmation.

When the Program and other protocols are entered press START/STOP key and begin your workout

4. WATTS CONSTANT
User can change default WATTS value at his/her desire from 10-350 watts cycle between 10-350 by using the UP/DOWN key to desired WATTS value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS values.
5. PERSONAL- Regarding different user U1-U4, user could be set individual program file from this mode. press ▲, ▼ KEY for adjusting LOAD value and Mode-key for confirmation. press ▲, ▼ KEY for setting. Press START and begin workout after inputting all function settings.
6. H.R.C.- display personal pulse 55% of maximum heart rate in PULSE window, 55% symbol on the right will blink. Press ▲, ▼ KEY for adjusting value (55% - 75% - 90% - IND (100%)).
 - i. 55% -- DIET PROGRAM
 - ii. 75% -- HEALTH PROGRAM
 - iii. 90% -- SPORTS PROGRAM
 - iv. TARGET—USER SET TARGET HEART RATE

6. KEY FUNCTION

I. UP(▲) / DOWN(▼) KEY:

- A. Choose U0~U4.
- B. Personal files setting (i.e. SEX, AGE, HEIGHT, WEIGHT etc)
- C. Set PROGRAM :
If choosing PROGRAM, then you can press ▲, ▼ KEY for setting one of P1-P12.
- D. Set LEVEL LOAD in MANUAL or PROGRAM MODE.
After choosing MANUAL / PROGRAM, press ▲, ▼ KEY for setting LEVEL LOAD value, LCD displays figure immediately. Press MODE key to confirm.
- E. Adjust TIME, Elev., Climbed, CALORIES, PULSE, COUNT.
H.R.C. function, you can press ▲, ▼ KEY for choosing one of 55%, 75%, 90%, IND(TARGET)
- F. Choose PERSONAL PROGRAM: User press ▲, ▼ KEY for setting PROGRAM LOAD DIAGRAM, design USER/PERSONAL PROGRAM workout.

II. MODE KEY :

Function select and confirmation key.

III. RESET KEY :

- A. Press the key when POWER is ON and no programs are running.
 1. No matter what preset fixed value need go back to MANUAL · PROGRAM · PERSONAL · H.R.C. flashing at the same time, motor will go back to position of LOAD=1, now you can reset all value.
- B. TOTAL RESET: Hold RESET key for 2 seconds to clear all user data and function values that are in the computer memory

IV. START / STOP KEY-

Whenever user wants to start/stop workout.

V. 12 PROGRAM PROFILE GRAPH KEY

Quick guide to quickly view all program profiles.

VI. START/STOP KEY :

1. When user is finished setting values, press this key to start workout; if you want to stop the exercise, press again and then the workout will stop.
2. If user does not want to set the function value, simply press START key to start the workout.

- V. RECOVERY** The RECOVERY will determine your fitness level after your workout. When you have finished your workout press RECOVERY. For RECOVERY function to work correctly it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.
NOTE: during RECOVERY no other displays will operate.
Calculation of the fitness mark F:

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

Operating Mode:

1. Press RECOVERY key to start the RECOVERY testing
2. Get the result from F1 - F6.

7. KILOMETERS/MILES alternating MODE

- I. KM/ML Alternating: Press MODE + RESET KEY for 2 seconds for alternating KM / ML modes.
- II. Temperature will be changed when alternating kilometers/miles; Kilometers MODE showing Celsius °C; Miles MODE showing Fahrenheit °F.

8. TIPS

1. Option: Plug in AC Adaptor (6 VOLT. 1A).