

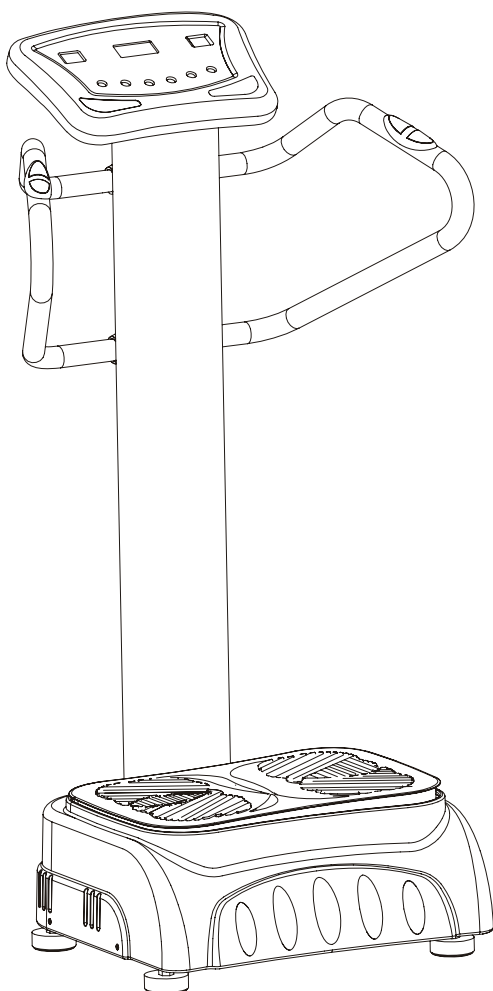
PROGRESSION
Fitness™

Vibration Trainer

Model: PV1000

Thank you for purchasing the powerful *Progression Fitness* Vibration Trainer. Should you find any problems with this product please contact your vendor for after-sale services.

Customer Service 1-866-978-1999
customerservice@flaman.com



Product Size:	31"W x 20.8"L x 49"H (780 x 530 x 1240 mm)
Net Weight:	95 lbs. (43 kg)
Gross Weight:	106 lbs. (48 kg)
Power Supply:	230V/50HZ
Maximum User Weight:	330 lbs. (150 kg)

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IMPORTANT SAFETY INSTRUCTIONS:

Read all instructions before using (this appliance). Danger to reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning. Reduce the risk of burns, fire, electric shock, or injury to persons.
2. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
3. Use this appliance only for its intended use as described in this manual, do not use any attachment not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug. If it is not working properly, if it has been dropped or damaged, or dropped into water. Phone your supplier for service.
5. Do not use outdoors.
6. To disconnect, turn all controls to the off position, then remove plug from outlet.
7. This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
8. If the supply cord is damaged, it must be replaced by a special cord available from the manufacturer or its service agent.

DANGER WARNING:

Improper connections of the equipment

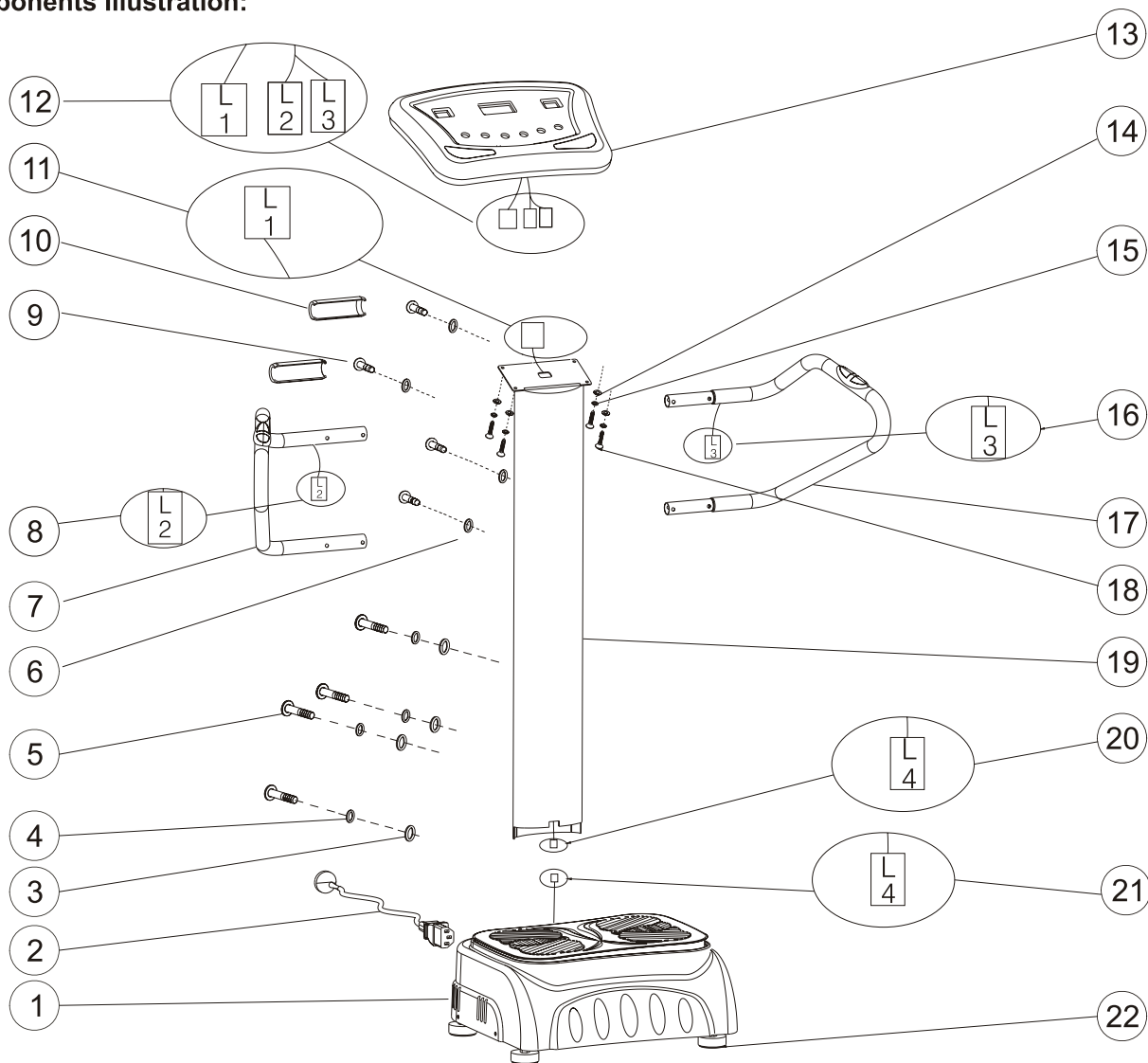
Grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

PROGRESSION Fitness™ Vibration Trainer

SPECIFICATIONS:

Please make sure you have all the components for the *Progression Fitness Vibration Trainer*.

Components Illustration:



ITEM	PARTS	Qty
①	Vibrator Platform	1
②	Power Plug (L=2M)	1
③	Washer $\Phi 17 * \Phi 8.0 * 1.5T$	4
④	Spring Washer $\Phi 14 * \Phi 8.0 * 3.0T$	4
⑤	Bolt: M8*15	4
⑥	Washer $\Phi 17 * \Phi 8 * 1.5T (R30)$	4
⑦	Left Handle	1
⑧	Pulse Detector: L2	1
⑨	Bolt: M8*50	4
⑩	Handle Cover	2
⑪	Connectors from Main Tube: L1	1
⑫	Display Connectors: L1/L2/L3	1

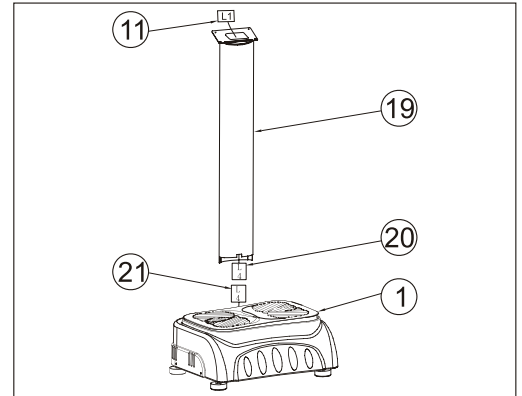
ITEM	PARTS	Qty
⑬	Display Meter	1
⑭	Washer $\Phi 12 * \Phi 5 * 1.0T$	4
⑮	Spring Washer $\Phi 9 * \Phi 5 * 1.5T$	4
⑯	Pulse Detector: L3	1
⑰	Right Handle	1
⑱	Philips Screws: M5*15	4
⑲	Main Tube	1
⑳	Bottom Tube Connector: L4	1
㉑	Vibrator Connector: L4	1
㉒	Foot	4
㉓	Plug for wiring hole $\Phi 13 * 12$	1

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ASSEMBLY:

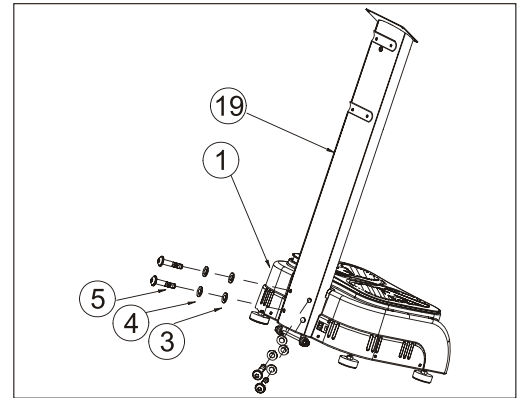
If you have all the components, you are ready to assembly the *Progression Fitness* Vibration Trainer. It may need 2 persons to make assembly easier.

1. Mount the main tube onto the vibrator platform, connect the download from both parts. See Figure 1.



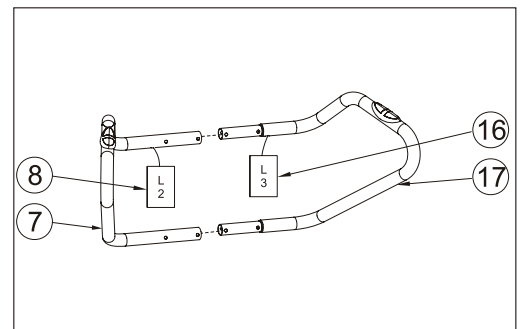
See Figure 1

2. After assembly of the main tube on the vibrator platform, you can fix them by using the washer, spring washer and bolts. Remember to find correlated screw holes. See Figure 2.



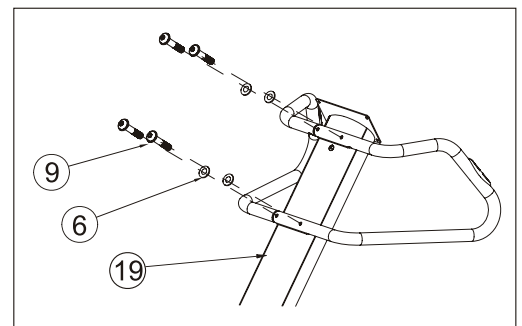
See Figure 2

3. Insert the parts of handle bar together, positioning by the 4 holes. See Figure 3.



See Figure 3

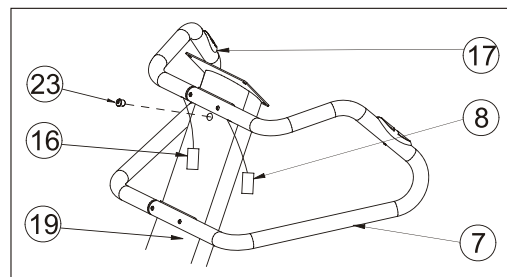
4. Put washers and bolts into their corresponding holes and then fix them with a spanner or wrench. See Figure 4.



See Figure 4

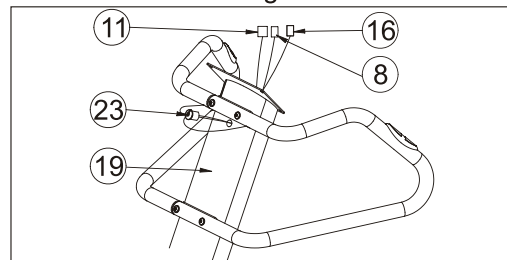
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5. Screw the handlebar to the main tube tightly. Pull out the end cap (23) for the wiring hole on the rear of the main tube (19). See Figure 5.



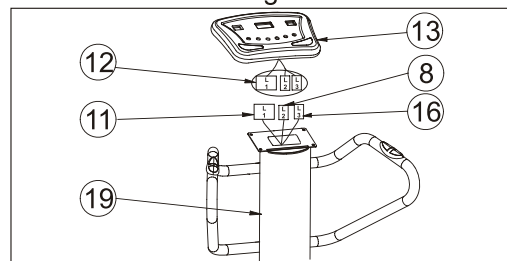
See Figure 5

6. Fix the hand-pulse wire (8), (16) to the end cap for wiring hole, make it enter through the wiring hole on the rear of the main tube. Make sure the terminals of the wire is out of the main tube, then mount the end cap to the corresponding holes on the main tube. See Figure 6.



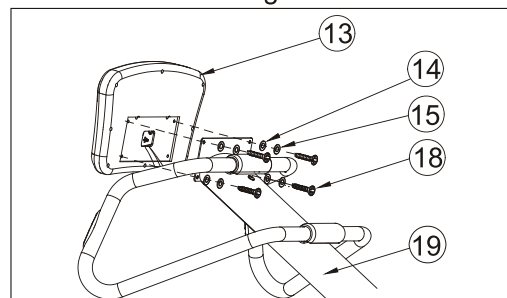
See Figure 6

7. Connect the down-leads of the computer to that of main tube and the hand-pulse down-lead of the handle bar. See Figure 7.



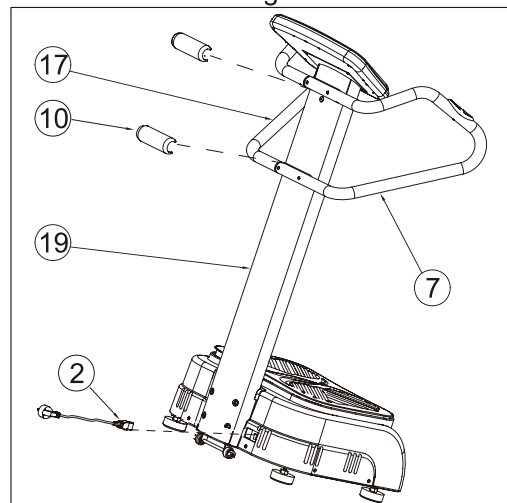
See Figure 7

8. Mount the computer (13) onto the main tube and screw them together with flat washer (14), spring washer (15) and bolt (18). See Figure 8.



See Figure 8

9. Mount the ornament cover to the back of the handle tube. Insert the power cord to the plug on the rear of the main unit, then you can enjoy the Progression Fitness Vibration Trainer. See Figure 9.



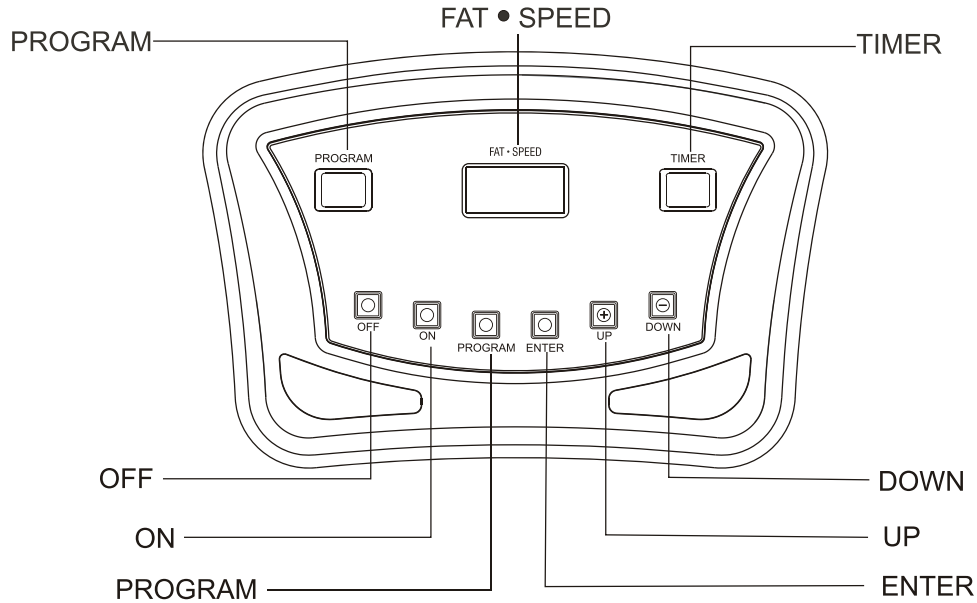
See Figure 9

IMPORTANT REMINDER:

Make sure all parts are well attached before starting to work on the Progression Fitness Vibration Trainer. Balancing the Vibration Trainer is done by adjusting its 4 feet.

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Display Meter - Function Introduction:



Display Meter Operation:

- OFF** Press this button to stop it.
- ON** Press this button to start working.

3. Set up your work-out time:

Before you start, you can press **ENTER** to set up your preferred workout time. When you see “00” flashing on the display **TIMER**, you can press **+(UP)** to increase or **(DOWN)** to set up the timer, from 1 to 10 minutes. Default workout period is 10 minutes.

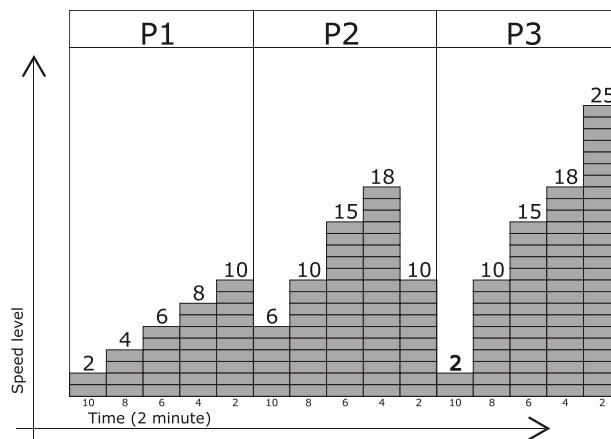
4. Set up speed range:

After you start working on it, you can adjust the speed range by pressing **+(UP)** to increase or **(DOWN)** to select a right speed range to fit your needs. Speed range: 0~30.

5. Set up programs:

Before you start workout, you can choose one of the built-in programs by pressing the button **PROGRAM**. You can see programs in sequences “88-P1-P2-P3-FA”.

- “88” is a manual mode. After pressing **ON**, you can choose different speed ranges By pressing **+(UP)** or **(DOWN)**.
- “P1~P3” are built-in automatic programs. You can choose P1~P3 and simply press the button **ON** to enjoy a 10-minute workout.



- “FA” program allows you to check body fat. Select “FA” program, Press button **ON** input your gender (use buttons +/- to select a right entry, 1 for male, 2 for female). Press **ENTER** input your age, Press **ENTER** input your height, Press **ENTER** input your weight, Press **ENTER** You see “- -” on the main display. Put both hands on the handle bars and the display will show your BMI (Body Mass Index) figure in about 2 Seconds.

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The figure is just for your reference, not for medical check-ups.

See the display results:

Gender	Results Displayed on FAT/SPEED		
Female	17 and less	17 -27	More than 27
Male	14 and less	14 -23	More than 23
Meanings	You are slim	Normal	Need more workout

TRAINING GOALS:

The Progression Fitness Vibration Trainer is aimed to bring you:

1. Easy and enjoyable workout
2. Better heart strength and body circulation
3. High calorie burning by shaking your whole body
4. Great feelings after a workout program

It is suggested you work with the Progression Fitness Vibration Trainer as often as possible. Simply 10 minutes a day will help shape your body. It is not recommended to exercise on it for a few hours within a short period of time, but to do it regularly on a long-term basis. The training will earn greater results with balanced nutrition.

Other tips include:

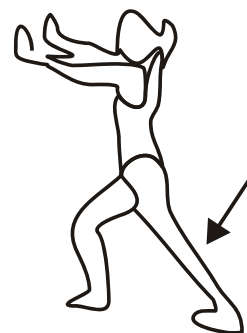
- Wear comfortable clothes
- Never exercise with your stomach full. Keep your workout time at least one hour after each meal.
- If you are tired or exhausted, please do not start a workout program.

WARMING UP:

It is recommended that you warm up and stretch your body before working on the Progression Fitness Vibrator Trainer.

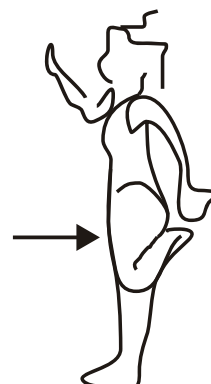
1. Calf Stretch

Hands up and lean your body to a wall, with one foot in the front and the other behind (see the photo illustration). Keep your back and your back leg in a line. Then bend your front leg and move your body towards the wall. Stay as close to the wall and keep this position for 10~15 seconds. Relax and repeat it for another 2 times.



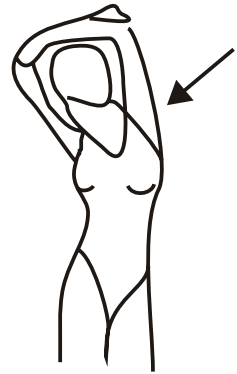
2. Thigh Stretch

Put your right hand on the wall for balance and grab your left foot with your left hand. Pull your heel towards your buttocks and keep your knees together. Stay there for about 10-15 seconds. Then relax and repeat it for another 2 times.



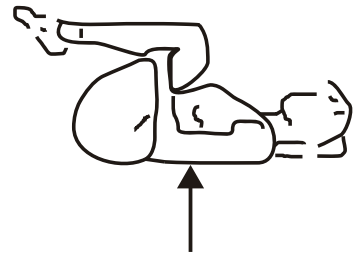
3. Upper Body Stretch

Stand with your feet shoulder width apart. Put your hands on top of your head as shown in the photo, stretch your back and waist, hold for 10-20 seconds. Relax and repeat it for another 2 times.



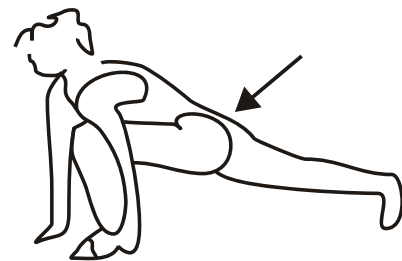
4. Lower Back Stretch

Lie on the floor, hold your thighs into your chest for 10-15 seconds, relax and repeat it for another 2 times.



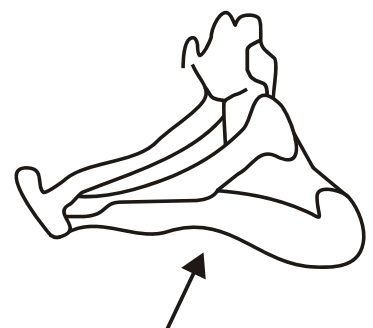
5. Waist and Bottom Stretch

Step one foot forward and bend your body down, hands down, keep your back leg straight, balance your body, push down and stretch your bottom part, remain the position for 10~15 seconds, change legs and repeat it for another 2 times.



6. Back and Hamstring Stretch

Sit down with your legs on the floor. Move your upper body towards your legs, touching your toes. Hold this position for 10-15 seconds. Relax a bit and repeat for another 2 times.



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EXERCISE DEMONSTRATIONS:



One foot on the plate

Put one foot on the plate and the other on the ground with your hands on the handle bars. This will train your waists, stomach muscles and your legs.



Cross legs

Sit on the plate, cross your legs, hands on the handle bars. This will train your leg, shoulder, waist and stomach muscles.



Bend your knees

Stand on the plate with your hands on the handle bars, bend your knees a bit. This will train your waists, stomach muscles and your legs.



Stand on

Simply stand on the plate with your hands on the handle bars. This will train your whole body muscles.



L shape

Put your feet on the ground with your body sitting on the plate. This will train your arm, hip and thigh muscles.



Lean Forward

Put your knees on the ground and your hands on the plate. This will train your shoulder, arm, upper body and thigh muscles.



Turn 90°

Stand on the plate with one arm on the left handle bar and the other hand on our waist. This will train your back, arm and whole body muscles.



Sit on chair

Sit on a chair with our feet on the plate. This will train your leg and stomach muscles.



Massage your legs

Put your legs on the plate and your hands on the ground to support your body. This will train your leg, arm and stomach muscles.