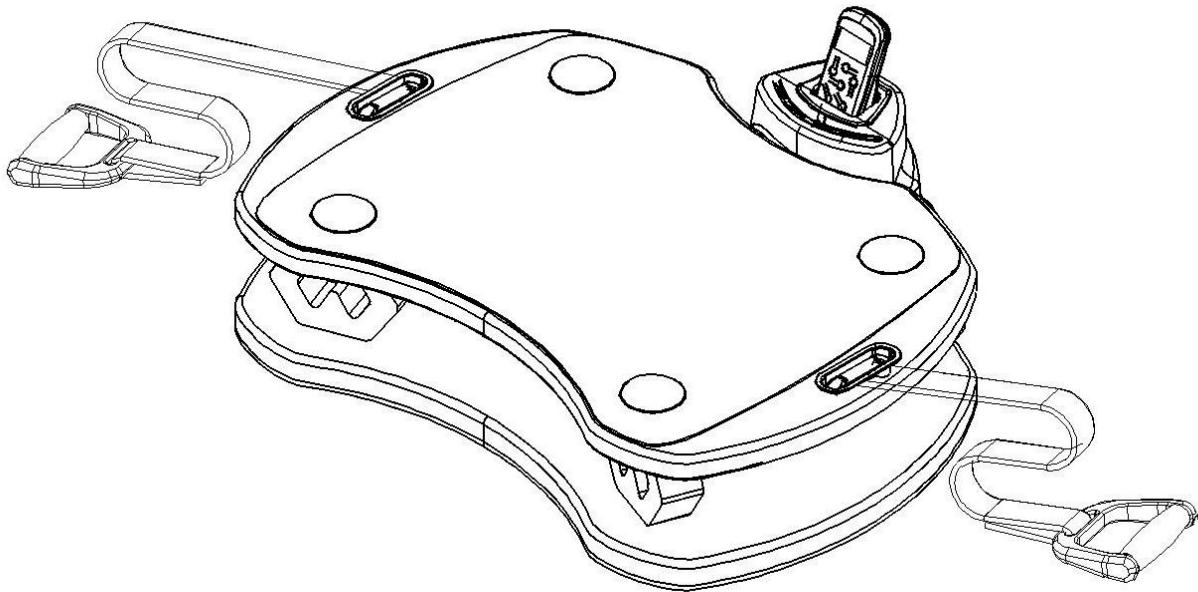


PV500 Vibration Trainer MANUAL



PROGRESSION
Fitness™

PV500

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following :

Read all instructions before using:

DANGER – To reduce the risk of electric shock:

- 1) Always unplug the PV500 from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) The PV500 should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when the PV500 is used by, on, or near children, or persons with physical limitations.
- 4) Use the PV500 only for its intended use as described in this manual. Do not use attachments not recommended by Progression Fitness.
- 5) Never operate the PV500 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. Return the PV500 to a service center for examination and repair.
- 6) Do not carry the PV500 by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the PV500 with the air openings blocked - keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being

administered.

12) To disconnect, turn all controls to the off position, then remove plug from outlet.

13) Close supervision is necessary when this appliance is used on or near children, or persons with physical restrictions.

14) Connect the PV500 to a properly grounded outlet only. See Grounding Instructions.

15) Remove the key when not in use, and store out of reach of children.

16) Risk of Injury to Persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using

CONSIGNES DE SÉCURITÉ IMPORTANTES

Lorsque vous utilisez un appareil électrique, des précautions de base doivent toujours être suivies, incluant ce qui suit:

Lisez toutes les instructions avant d'utiliser:

DANGER - Pour réduire le risque de choc électrique:

1) Débranchez toujours cet appareil de la prise électrique immédiatement après usage et avant de le nettoyer.

AVERTISSEMENT - Pour réduire le risque de brûlures, d'incendie, de choc électrique, ou de blessures:

1) Un appareil ne doit jamais être laissé sans surveillance lorsqu'il est branché po

Débrancher l'appareil lorsqu'il n'est pas utilisé, et avant de mettre ou enlever des pièces.

2) Ne pas faire fonctionner sous une couverture ou un oreiller. Une chaleur excessive peut se produire et provoquer un incendie, de choc électrique, ou de blessures.

3) Une surveillance étroite est nécessaire lorsque cet appareil est utilisé par, sur ou près des enfants, invalides ou personnes handicapées.

4) Utilisez cet appareil uniquement pour son usage prévu, comme décrit dans ce manuel. Ne pas utiliser d'accessoires non recommandés par le fabricant.

5) Ne jamais faire fonctionner cet appareil si le cordon ou une fiche endommagé, si elle ne fonctionne pas correctement, si elle a été échappé ou endommagé, ou s'il est tombé dans

l'eau. Retournez l'appareil à un centre de service pour examen et réparation.

6) Ne pas transporter l'appareil par le cordon d'alimentation ou utiliser le cordon comme une poignée.

7) Gardez le cordon loin des surfaces chauffées.

8) Ne jamais faire fonctionner l'appareil avec les ouvertures de ventilation est obstrué.

Garder les ouvertures d'air libres de peluches, les cheveux, et autres.

9) Ne jamais laisser tomber ou insérer un objet dans une ouverture.

10) Ne pas utiliser à l'extérieur.

11) Ne pas faire fonctionner dans lequel des aérosols) on utilise des produits ou lorsque l'oxygène est administré.

12) Pour débrancher, mettre toutes les commandes à la position d'arrêt, puis retirer la fiche de la prise.

13) Une surveillance étroite est nécessaire lorsque cet appareil est utilisé par, sur ou près des enfants, les personnes invalides ou handicapées.

14) Raccorder cet appareil à une prise correctement mise à la terre. Voir les instructions à la terre.

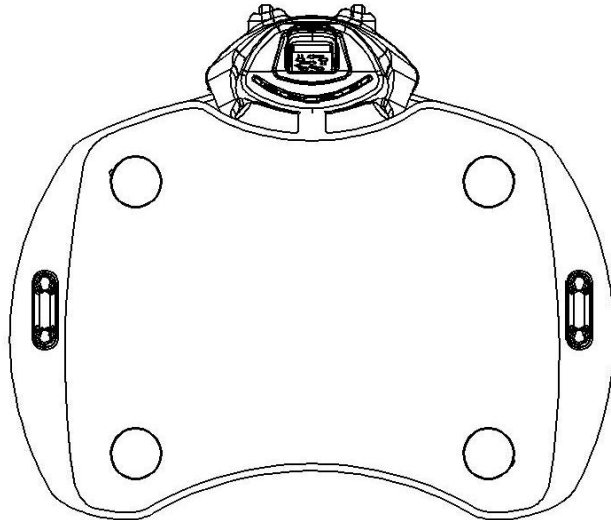
15) Retirez la clé lorsqu'elle n'est pas utilisée, et la ranger hors de portée des enfants.

16) Risque de blessures aux personnes-Pour éviter les blessures, avec une extrême prudence lorsque le pied sur ou hors d'un tapis roulant, Lisez le manuel avant d'utilise

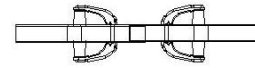
SAVE THESE INSTRUCTIONS

UNPACKING & ASSEMBLY

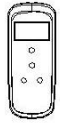
FOR HOUSEHOLD USE ONLY



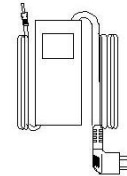
Plate



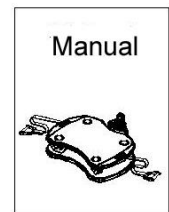
Handlestrap



Remote Control



Power Cord



MAINTENANCE

Important: To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the plate surfaces with a clean, water dampened soft cloth to remove excess perspiration.


WARNING: To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

AVERTISSEMENT: Pour réduire le risque de choc électrique, cet appareil possède une fiche polarisée (une lame est plus large que l'autre). Cette fiche ne s'insère dans une prise polarisée que dans un sens. Si la fiche n'entre pas complètement dans la prise, inverser la fiche. Si elle ne rentre toujours pas, contactez un électricien qualifié pour installer une prise appropriée. Ne pas modifier la fiche de quelque façon.




CONSOLE OPERATION



There are three programs in the console that are pre-programmed, P1, P2, P3. Time setting range is 1-180S. Frequency setting is 35, 40, 45, and 50Hz.

Put the remote control focus on the signal receiver hole, active the remote control by pushing the power switch. When the machine is turned on, the “POWER” button will illuminate. The LCD will show 0(S). Push the  button, and the machine will start.

Push the “+” button to increase the frequency to 40Hz, the corresponding light in the low level will be lightened. Push the “+” button again, to increase the frequency by 5Hz intervals. When the frequency reaches 50Hz the corresponding light in the high level will be lightened. Push the “-” button to decrease the frequency by 5Hz until it reaches its minimum, 35Hz.

If you want to run P1, P2, or P3 programs, you can push the  button. Push the  button one time to enter into P1 mode, the corresponding AUTO light will illuminate. Push the  button twice to enter into P2 mode, the corresponding AUTO light will illuminate. To Reach P3 push



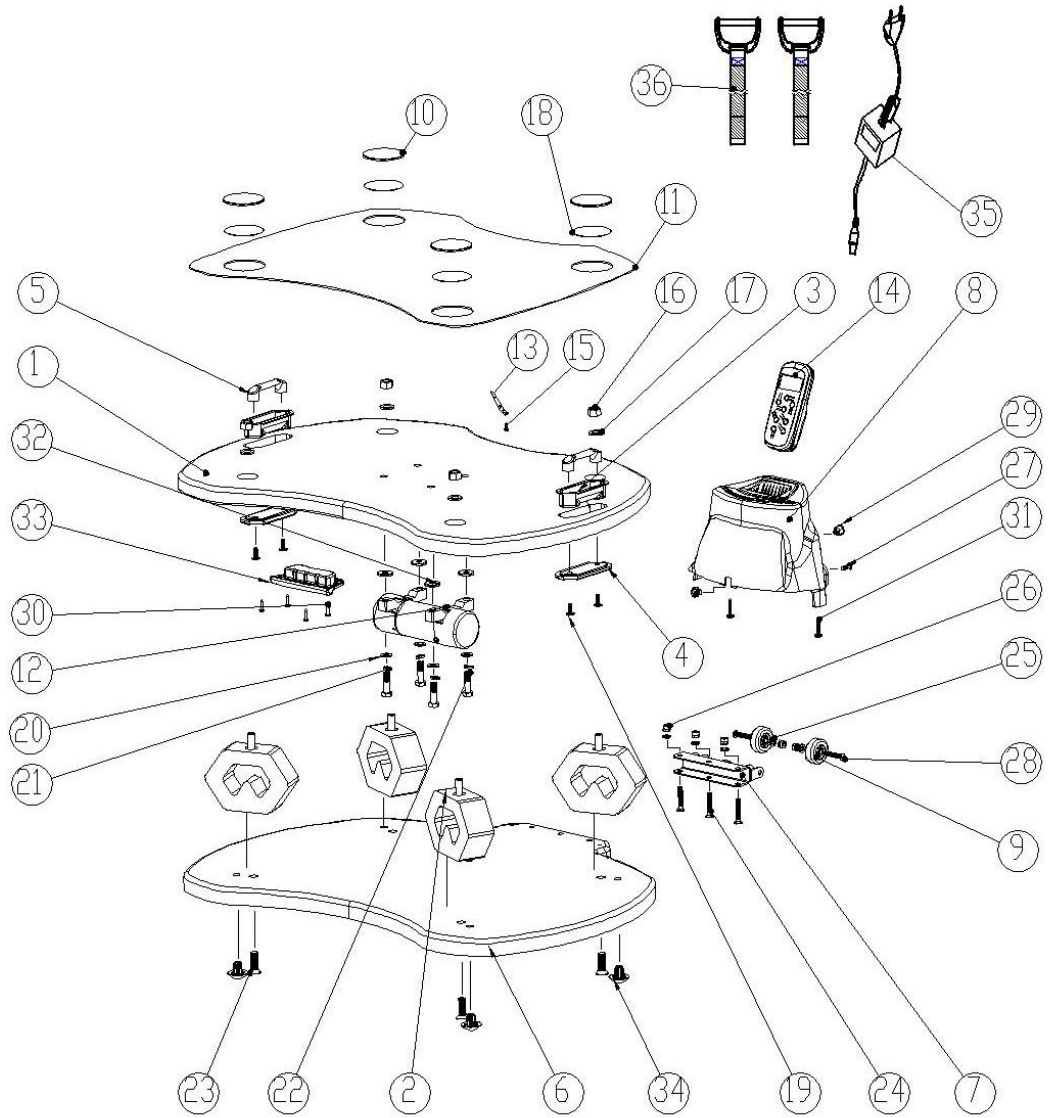
the “” button three times, the corresponding AUTO light will illuminate.

When running P1-P3 programs, the frequency and time can not be set as it is automatically adjusted from the preset program.

PROGRAM

P1	Section NO.	Hz	TIME	REST
	1	35	30"	30"
	2	35	30"	30"
	3	40	30"	30"
	4	40	30"	240"
	5	45	30"	30"
	6	45	30"	30"
	7	50	30"	30"
	8	50	30"	
P2	Section NO.	Hz	TIME	REST
	1	50	30"	30"
	2	50	30"	30"
	3	45	30"	30"
	4	45	30"	240"
	5	45	30"	30"
	6	40	30"	30"
	7	35	30"	30"
	8	35	30"	
P3	Section NO.	Hz	TIME	REST
	1	35Hz (5second) - 40Hz (5 second) -45 (5 second) - 50 (5 second) 3 times repeat running no rest	60"	60"
	2	35Hz (5second) - 40Hz (5 second) -45 (5 second) - 50 (5 second) 3 times repeat running no rest	60"	60"
	3	35Hz (5second) - 40Hz (5 second) -45 (5 second) - 50 (5 second) 3 times repeat running no rest	60"	240"
	4	35Hz (5 second) - 40Hz (5 second) -45 (5 second) - 50 (5 second) 3 times repeat running no rest	60"	60"
	5	35Hz (5 second) - 40Hz (5 second) -45 (5 second) - 50 (5 second) 3 times repeat running no rest	60"	60"
	6	35Hz (5second) - 40Hz (5 second) -45 (5 second) - 50 (5 second) 4 times repeat running no rest	60"	

EXPLODED DRAWING

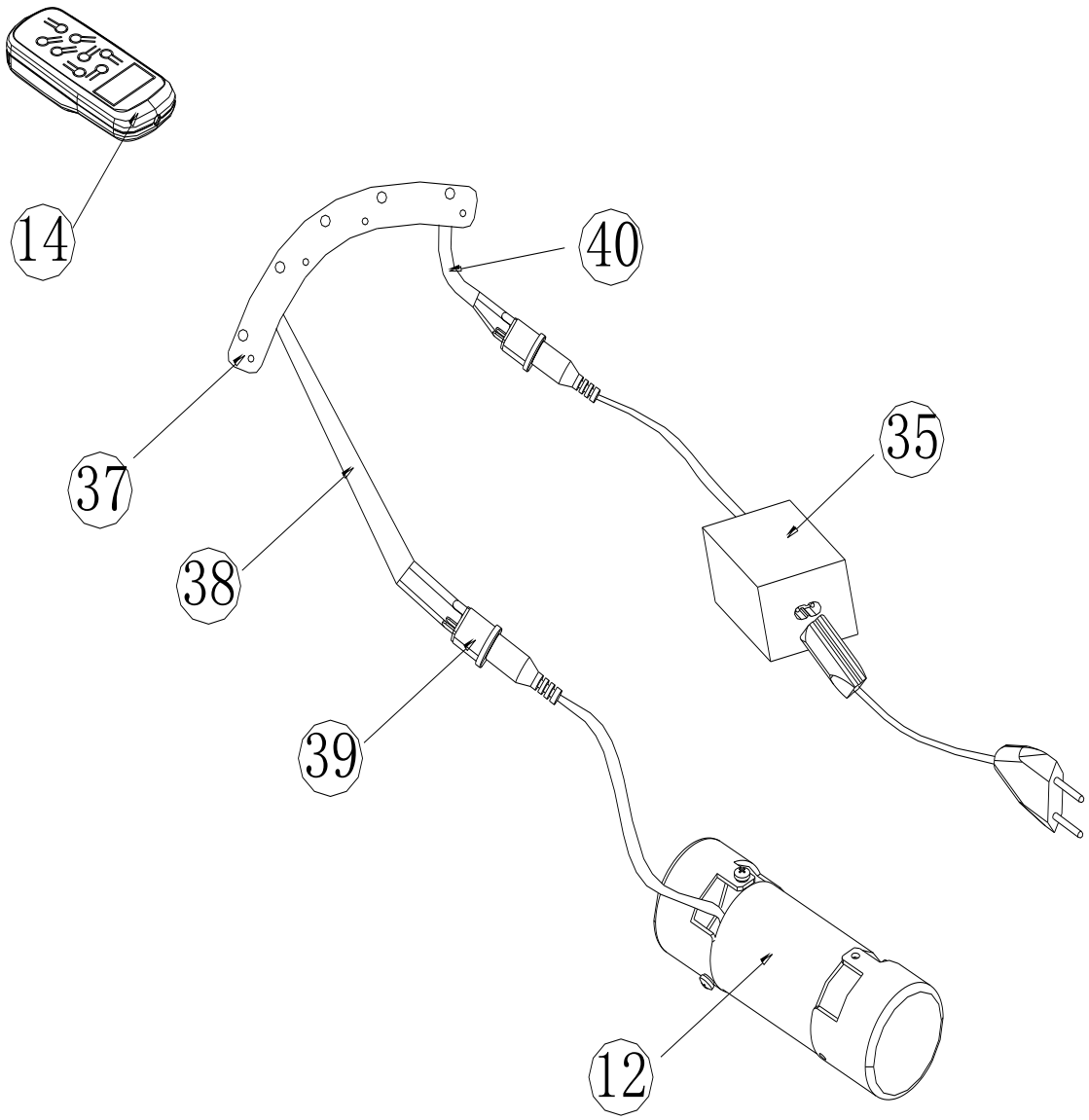


PART LIST

No.	Item	QTY
1	Plate	1
2	Plate top mat	4
3	Hand strap seat	2
4	Fix seat under hand strap fixed seat	2
5	Hand strap fix seat	2
6	Ground board	1
7	Moving seat	1
8	Electronic cover	1
9	Moving	2
10	Decorate aluminum	4
11	Artificial leather	1
12	Motor	1
13	Packing taping	1
14	Remote control	1
15	ST3.5×15 Cross recessed pan head self-taping screw	1
16	M10 Nut	4
17	Φ10 washer	4
18	Sticker	4
19	M6X10 Cross recessed head bolt	4
20	Φ8 washer	4
21	Φ8 spring washer	4
22	M8x30 hexagon head bolt	4
23	M10X35 inner hexagon socket pan head bolt	4

24	M6X35 Cross recessed socket pan head bolt	3
25	Φ6 washer	5
26	M6 washer	5
27	M5X10 Cross recessed pan head bolt	1
28	M6X30 inner hexagon pan head bolt	2
29	Power connection plug	2
30	ST3.5X15 Cross recessed head Self-taping screw	4
31	ST3.8X30 Cross recessed head Self-taping screw	1
32	Motor cushion	4
33	Push and Pull handle	1
34	Rubber cushion	4
35	Transducer and Connection plug	1
36	Hand strap	2
37	Control board	1
38	connection wire 1	1
39	Power connection plug	1
40	Connection wire 2	1

CIRCUIT DIAGRAM



MANUFACTURER'S LIMITED WARRANTY

Progression warrants all its home use PV500 parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt. Progression's responsibilities include providing new or remanufactured parts, at Progression's option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Progression directly to a consumer.

This warranty is not transferable and is extended only to the original owner. The warranty shall not apply to exercise units, which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations. This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the PV500 shown in figure can be ordered from Progression Fitness Head Office - 120 Robin Crescent, Saskatoon, SK S7L 6M7. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Cheque or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call and ask for **Service** at our Toll Free number 1-866-978-1999 or fax 1-306-934-5152 or email info@progressionfitness.ca

Office hours are 8:30 am to 5:00 pm Monday to Friday, CST. Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part



120 Robin Crescent,
Saskatoon, SK, Canada
S7L 6M7