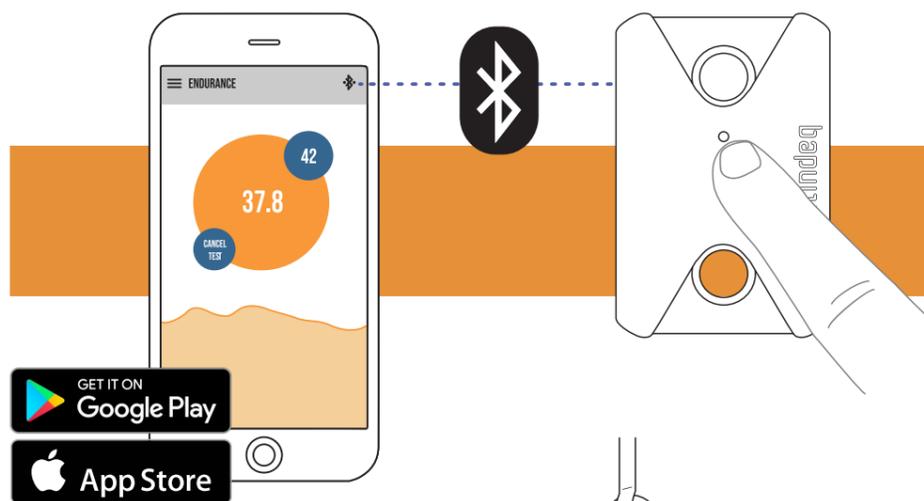
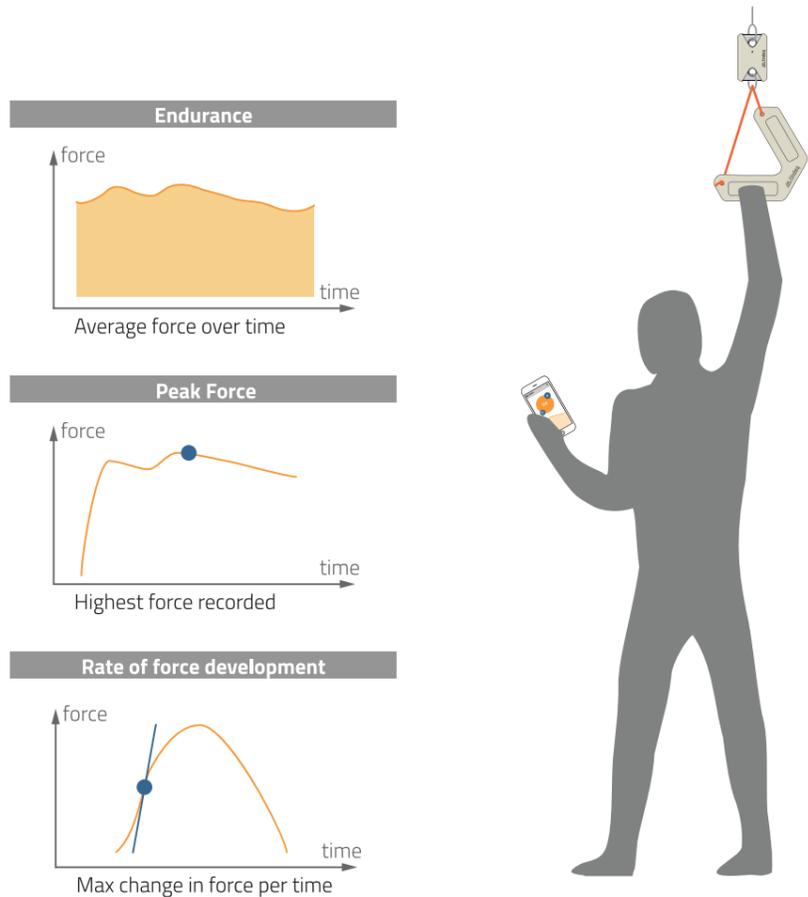


# PROGRESSOR

The progressor is a bluetooth dynamometer / tensile load cell that can be connected to a smartphone to get accurate force readings.

The progressor can e.g. be used to measure endurance, peak force or rate of force development. By testing your strength on a regular basis, you can see how you progress.



## Instructions

Download the free app from Google Play or App Store.

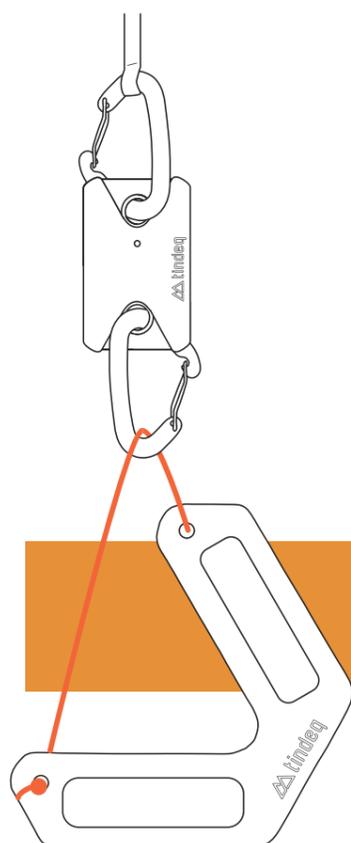
Enable Bluetooth on your phone, and wake up the Progressor by clicking the small button.

The Progressor is not supposed to be paired with the phone. The connection will be established directly from the app.

The progressor will go to sleep after ten minutes of inactivity.

## Hang the Progressor

Attach the progressor between the anchor point and your training grip using carabiners.



## WARNING

READ AND UNDERSTAND BEFORE USE!

Any user of this equipment is personally responsible for learning its correct usage. The user assumes all risks, and unconditionally accepts full responsibility for any damage and/or injuries that may result from using this equipment. BLIMS AS (manufacturer) and retailers deny any liability in the event of misuse and improper use or handling. Do not leave the device unattended to avoid others from misusing the device. The product is designed to withstand loads generated by the weight of a human body. The product might break if load limit is exceeded, or if the device is misused or not properly maintained.

This user instruction explains some of the correct and incorrect ways to use the equipment. Remember that there are more incorrect ways to use the equipment than what is shown here. Seek qualified instruction if you are unsure on how to use this equipment. Any and all disputes are governed by Norwegian laws and Trondheim tingrett is the proper legal venue.

## Care and maintenance

Keep in mind that everything wears over time. Even the best materials will at some point become subject to failure. Before and after each use, check for damages to the equipment and anchor points. If there is any concern about the condition of this product, stop using it immediately.

Keep your Progressor in a dry environment and not exposed to direct sunlight or heat. Avoid all contact with chemicals which can destroy the product. Do not immerse in water. Cleaning is best performed by lightly sanding the wood enclosure with sandpaper.

## Certifications

The progressor uses a Rigado BMD-300 Bluetooth module which is CE and FCC certified, FCC ID: 2AA9804.

## Questions or comments?

Contact us at [info@tindeq.com](mailto:info@tindeq.com)



|                            | Progressor 150  | Progressor 300  |
|----------------------------|-----------------|-----------------|
| Battery                    | CR 2032         | CR 2032         |
| Load cell                  | CL5B-A/150KG    | CL5B-A/300KG    |
| Max load                   | 150 kg          | 300 kg          |
| Sampling rate, low / high  | 80 Hz           | 80 Hz           |
| Safe overload              | 120% FS         | 120% FS         |
| Limit overload             | 150% FS         | 150% FS         |
| Hysteresis                 | 0.1 % FS        | 0.1 % FS        |
| Temperature range          | 0 - 30°C        | 0 - 30°C        |
| Temperature effect on span | 0.1 % FS / 10°C | 0.1 % FS / 10°C |
| Temperature effect on zero | 0.1 % FS / 10°C | 0.1 % FS / 10°C |
| Temperature effect on span | 0.1 % FS / 10°C | 0.1 % FS / 10°C |

## Battery change

Use a small screwdriver or the tip of a fork to gently pull out the battery tray. The battery must be placed in the battery holder with plus side facing up. Make sure to use a high-quality CR2032 battery from a well-known brand.

*NB! Installing the battery wrong way may cause permanent damage to the device!*

