



ADVANCEPROGRESS²

Getting started

Welcome to ADVANCE

Thank you for choosing ADVANCE. We are one of the worldwide leading paraglider manufacturers, based in Switzerland. Since 1988 we have consistently followed our own plans and ideas for both development and production. We hope that the PROGRESS 2 will bring you many enjoyable hours in the air.

The PROGRESS 2 is the first reversible airbag harness to look as good as a conventional type. Its weight of around 3.5 kg makes it an extremely light, no-seat-board harness with built-in reserve system and LTF certified airbag. The PROGRESS 2 benefits from all the innovations that result from recent years' ADVANCE harness research and development. This all-round harness is best suitable for beginners, leisure flyers, travellers and Hike & Flyers.

Getting started

This guide gives you a brief look at using your PROGRESS 2, but it does not replace the official manual, where you will find detailed instructions about setting up, use in flight, upkeep and service.

The manual can be downloaded from

www.advance.ch/progress

Delivery and basic settings

Every ADVANCE product has to be checked by the retailer before delivery for complete package contents and correct basic settings.

In the PROGRESS 2 delivery package:

- PROGRESS 2 reversible harness
- 2 Alu main carabiners (Alias)
- V-connection for the reserve and a four flap inner container with attached reserve handle
- Speedbar holdbacks

- COMPRESSBAG
- Getting started booklet

Available as an option:

- Foot stirrup with coordinated speedloop

Harness in detail

- 1 No-seatboard sitting surface, adjusts perfectly to body shape
- 2 Air filled back area
- 3 Top protection value
- 4 Two-buckle clip-in system
- 5 Adjustable seating angle
- 6 Shoulder reserve supports
- 7 Loops and velcro for Solario on shoulder strap



Rucksack with lots of details



- 8 Removable waist strap
- 9 Various pockets
- 10 Very adjustable stowable helmet net
- 11 Closable pocket on the waist strap
- 12 Bungee on the back pocket
- 13 Drink tube holder on the shoulder strap
- 14 Wrist/hand loops on the shoulder straps for relaxed hiking
- 15 Rucksack compression system
- 16 Stowable hiking stick and ice axe holders

Harness adjustment

All the straps arrive at their basic settings. This is marked by white sewing for the shoulder and back straps. To arrange your perfect personal adjustments start from these settings. Hang up the PROGRESS 2 by its carabiners, sit in the harness and close the chest strap (this will include the leg loops).

1. Back straps

The relatively high-mounted back straps at the sides provide good back support and

take pressure off the shoulders. Pulled in back straps achieve an upright position; completely loosened back straps leave you in quite a lying attitude. ADVANCE recommend the basic setting.

2. Seat straps

Now adjust the seat surface straps: when you pull these in you raise the seat surface, resulting in a flatter seat angle. Completely loosened seat straps make it easier to get into the harness after takeoff.

3. Shoulder straps

The PROGRESS 2 shoulder straps can be adjusted to suit pilot height and desired sitting position. The adjusters are mounted at shoulder height. When correctly adjusted there should be a space of about 2 cms between shoulder and strap when in the flying position.

4. Leg loop distance

This function replaces chest strap adjustment (carabiner distance) for setting

harness agility. A large distance between the leg surfaces allows greater harness agility, improving weight steering. When pulled in a quiet and damped feeling in flight will result.



Tip: A wide setting of PROGRESS 2 leg loop distance gives the most comfortable freedom for takeoff, landing and ground handling.

5. Mini chest strap

This small chest strap keeps the shoulder straps in the best place for takeoff and landing. You can set it as you wish.



Info: All the settings can be adjusted in the air.

Installing your reserve

Putting a reserve in your harness should be done by an expert – your safety depends on it. Each step is explained in detail in the PROGRESS 2 handbook.

Make sure that your reserve has the approved volume for your PROGRESS 2 size: S 3 to 6.5 litres; M 3 to 7 litres; L 3 to 7.5 litres.

Reserve volume can be very approximately calculated from its weight using the following formula:

Reserve weight in Kgs x 2.7 = Volume in Litres. But, depending on packing technique and skill, it is still possible that a reserve of acceptable volume, using this formula, will not release from the harness properly and without problem. A final compatibility test must always be carried out to prove that a particular reserve will function correctly with a particular harness.



Caution: You must only use the original reserve handle and its attached four flap inner container.



New reserve system

The PROGRESS 2 reserve is positioned on the back. The protector does not compete for space and handling is greatly improved; reserve weight is taken on the shoulders and there is nothing to bump the backs of the knees, the results being considerable freedom of movement on the ground.



Packing the rucksack

ADVANCE introduces a compression bag so that the paraglider can be efficiently packed in the rucksack.

The COMPRESSBAG replaces the usual inner bag and is ideal for the PROGRESS 2. Compact stowing makes a rucksack much more comfortable to carry.





Pack your folded paraglider in the conically shaped COMPRESSIONBAG. After closing the side zips you can squash the air out of the bag, and reduce the glider volume considerably. This will leave enough room in the rucksack for clothes and instruments.

Put the COMPRESSIONBAG in the top end of the rucksack and pull the rucksack side flaps up around the glider to hold it. The zips will then be easier to close. Then push the COMPRESSIONBAG down when both side zips are done up and the rucksack is horizontal.



Technical detail

PROGRESS 2		S	M	L
Pilot height	cm	155-172	165-187	175-202
Seating width*	cm	N.A.	N.A.	N.A.
Seating depth*	cm	N.A.	N.A.	N.A.
Carabiner height *	cm	ca. 43	ca. 46	ca. 48
Chest strap width	cm	45-49	47-51	49-53
Weight	kg	3.3	3.5	3.8
Rucksack volume	l	70	75	87.5
Load test	DIN EN 1651, 120 kg			
Airbag Certification	LTF 91/09			
Colours	Harness	black / red	black / maize	
	Rucksack	anthrazit / red	chocolate / maize	

* The harness pilot support area conforms perfectly to the pilot's body shape.

These dimensions vary accordingly, as does the height of the carabiner support points.

Warranty and Service

Register your PROGRESS 2 online within 10 days of purchase on

www.advance.ch/warranty.

The ADVANCE warranty is valid for 3 years to cover defects that are attributable to manufacturing faults. There are more details online.

Your PROGRESS 2 has to have a check every 24 months and should be regularly inspected. If damage is found it should be

immediately repaired by an authorised service centre.

You can find detailed information about the worldwide ADVANCE Service Network on www.advance.ch. You can find the up-to-date version of the detailed official manual, more advice about safety, and current information including answers to frequently asked questions (FAQs) on www.advance.ch.

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