

ADVANCE

advance thun ag
uttigenstrasse 87
ch 3600 thun

+41 33 225 70 10
www.advance.ch

info@advance.ch
support@advance.ch



Getting Started

ADVANCE PROGRESS³

English

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.

The PROGRESS 3 combines robust build, compact shape and reduced weight. The use of an innovative Air-Foam Hybrid-Protector is mainly responsible for the weight saving. It is lighter than a conventional foam protector, but provides the

same comprehensive level of protection. Enhanced Leg Pads and an ergonomic body-conforming seat surface ensures maximum comfort in flight.

We hope that the PROGRESS 3 will bring you many enjoyable hours in the air.

Getting Started

This guide gives you a brief look at using the PROGRESS 3, but it does not replace the manual which you can download from www.advance.ch/progress.

Register your PROGRESS 3 on www.advance.ch/warranty, and receive information about updates and safety-related topics for this product.



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 3 delivery package:

- Removable EN/LTF-certified Air-Foam Hybrid Protector
- Speed system with Carbon speedbar
- COMPRESSBAG
- Neoprene leg strap covers
- 2 Edelrid FORAS Twistlock alu carabi-

ners including anti-twist carabiner clip

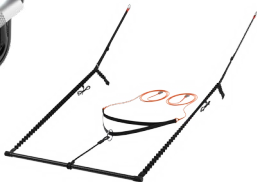
- Ronstan ball-bearing speed pulleys
- Reserve connection
- Reserve handle with attached four flap inner container
- Getting Started Booklet

Optional

- Footrest (incl. corresponding speedbar)



optional



Features in Detail

Harness:

- 1 Leg Pads
- 2 Air-Foam Hybrid-Protector
- 3 2-Buckle closure system
- 4 Adjustable upper body recline angle
- 5 Reserve parachute supports
- 6 Fastenings for drink tube and mini vario
- 7 FORAS carabiners and EASY CONNECT System
- 8 Seat strap adjustment





Rucksack:

- 9 Detachable, adjustable size helmet net
- 10 Elasticated pockets right and left
- 11 1 zip pocket (rt.) and 1 elastic pocket (lt.)
- 12 Drink tube holder
- 13 Hand loops for hiking comfort
- 14 Mesh back section

Easy Connect

The EASY CONNECT System makes clipping an ADVANCE paraglider to the harness quite straightforward. Make sure that the red and blue lines on the PROGRESS 3 support loops agree with the red and blue lines on the paraglider risers.

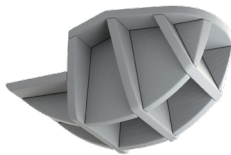
Carabiner locators make sure that the FORAS carabiners remain in place in the harness support loops.



Protector

The Air-Foam Hybrid-Protector automatically fills with air when the rucksack is reversed into a harness, and under normal circumstances is ready to function after about 60 seconds.

For maintenance it can be taken out of its own compartment under the seat shell. For maximum lifespan the protector should not be left compressed for extended periods, and never stored when wet.



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 3 by its carabiners, sit in the harness and close the chest strap (this will include the leg loops).

1. Back strap adjustment

The relatively high back straps, at the sides, provide good back support and take pressure from the shoulders. They set the upper body recline angle. Pulled in they create an upright back position. Completely released results in more of a lying attitude. ADVANCE recommends the basic setting.

2. Seat strap adjustment

Now adjust the seat surface strap: when pulled in, this support strap raises the sitting area and results in a flat seat angle. When completely loosened it is easier to sit in the harness after takeoff.

3. Shoulder strap adjustment

The PROGRESS 3 shoulder straps should be adjusted to suit the pilot's height and desired sitting angle. The continuous

adjustment system is located at shoulder height. For the ideal setting there should be approximately 2 cm clearance between shoulder and strap.

4. Distance between leg straps

The distance between the Leg Pads can also be adjusted in flight. By shortening the connecting strap on long flights, pressure on the inner thighs can be relaxed.

i Tip: For maximum comfort and freedom for takeoff, landing and ground handling the PROGRESS 3 LegPad spacing should be as wide as possible.

5. Setting the small chest strap

The small chest strap holds the shoulder straps in the best position for takeoff and landing. The width can be adjusted to any position.

i Info: All the above adjustments can also be altered in the air.



Installing a reserve

Fitting a reserve into a harness must be done by a skilled person – your safety depends on it! The PROGRESS 3 manual explains the steps required in detail. Make sure that your reserve conforms to the volume range certified for your PROGRESS 3: Sizes S & M: 2.5 to 6 litres, Size L: 3 to 6.5 litres.

As a rough approximation you can use the reserve weight/volume factor (reserve weight in kgs x 2.7 = volume in litres).

Depending on packing technique and skill a reserve that conforms to the certified volume limits – if calculated by this formula – may still not release properly. In every case

a personal test release (compatibility test) is the only way to make sure that a particular reserve will work with the PROGRESS 3.

! **Caution:** If the volume of the packed reserve lies within the upper third of the certified volume range, it is especially important to observe that the reserve has been correctly folded to conform to the length of the inner container!

! **Caution:** Use only the original reserve handle which is permanently attached to the inner container.



Packing

So that the paraglider can be packed as space-efficiently as possible in the rucksack the PROGRESS 3 is supplied with a compression bag. This COMPRESSBAG is perfectly matched to the rucksack and replaces the normal paraglider inner bag.

Pack your glider in the conically shaped COMPRESSBAG as usual, then close the side zips. This squeezes excess air out of wing and COMPRESSBAG, and minimises its volume. Enough space will then remain in the rucksack for clothing and instruments.

Put the COMPRESSBAG at the bottom of the rucksack, to fill up this space. Pull the lower section of the rucksack lid over the glider pack, then pull up the side zips to this level and stand the rucksack up. Now pack the remainder of your possessions on top.



Technical detail

PROGRESS 3		S	M	L
Pilot height	cm	155–172	165–183	178–202
Seating width	cm	N.A.*	N.A.*	N.A.*
Seating depth	cm	35*	38*	40*
Carabiner height	cm	ca. 44*	ca. 46*	ca. 48*
Chest strap width	cm	46	47	50
Weight	kg	3.3	3.6	3.9
Rucksack volume	l	75	80	91
Certification		EN 1651 & LTF 91/09, 120 kg		
Colours		Fire Red/Spectra Green Fusion Yellow/Dark Shadow		

* 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 & Service

Register your PROGRESS 3 online on www.advance.ch/warranty, and benefit from the extended ADVANCE warranty cover. This is valid for 3 years and applies to deficiencies that can be attributed to manufacturing faults.

Your PROGRESS 3 should be regularly inspected, and have a check every 24 months. If damage is identified the harness should be taken straight away to an authorised Service Centre. You can find all the information about the worldwide

ADVANCE Service Network on www.advance.ch.

The latest version of the detailed, official PROGRESS 3 manual can be found on www.advance.ch, as can more safety-related information as well as current notifications, bulletins, and useful answers to FAQs.