



**PROTEUS<sup>®</sup>**  
*FITNESS INNOVATION*

**HOME**

**ELLIPTICAL**



**EEC-1500/5550**  
Owner's manual



**Testing specification :**  
**EN 957-1 + A1, EN 957-9.**

***Features of product with GS-TUV mark :***

- Mechanical safety.
- Symbol of high quality.
- Reliability assurance.

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# **INTRODUCTION/SAFETY GUIDELINE**

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## **A. Introduction**

Thank you very much for choosing PROTEUS products. To ensure your safety, please read the manual and all suggestions carefully before using this product. While you get everything ready, believe that you could enjoy the pleasure of exercise and healthy.

## **B. Safety guideline**

- a. Read the owner's manual and all accompanying literature. Follow it carefully before using your machine.
- b. This machine is intended for indoor home use only. It is not designed for commercial use.
- c. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened .
- d. Make sure machine is stable on the floor. Avoid uneven surfaces.
- e. Most exercise equipment is not recommended for small children.Children should not use the machine. Keep unsupervised children away from the equipment.
- f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercising.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercising.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- k. Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 or 5 times per week.
- m. Do not "over train". Incorrect or excessive training may result in Injury.

**IMPORTANT : THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 125 KG ( 275 LB ). ALL OF THE TEST STIPULATE TO THE EN 957-1+A1 / -9, CLASS HC.  
CLASS H: ( HOME ) DOMESTIC USE.  
CLASS C: MINIMUM ACCURACY.**

**NOTE :THE EQUIPMENT IS SPEED-DEPENDENT ON BRAKING SYSTEM.**

**Information on braking system:**

**Speed-dependent :** With increasing speed more power is required to drive the bike and vice versa.

**Warning :** Before beginning any exercise program, please consult your physician. If at any time you feel faint, dizzy or are experiencing pain, stop and consult your physician. The manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable **federal and state laws of regulations**. They are being supplied strictly to ensure the safety of the individuals using this product.

**The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.**

**The appliances are not for children under 14 years of ages.**

**Safe distance :** Front and back : 50cm  
Left and right sides : 30cm

### **BEFORE YOU BEGIN**

**Important :** Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before begin assembly. In case of a discrepancy, please call customer service of the store for help.  
Replace defective components immediately and keep the equipment out of use until repaired.

**Note : Some parts may be factory pre-assembled.**

## INFORMATION EEC-1500/5550 SERVICE INFORMATION

**Note :** If your model no. Is EEC-5550, do not plug to power supply before machine is fully assembled. Input power supply specification depends on local electricity supply , and a proper transformer may be needed.

**DC transformer spec. :** Input : 220-240V (100-120V) ~ 50HZ

Output : 6V --- 500 mA

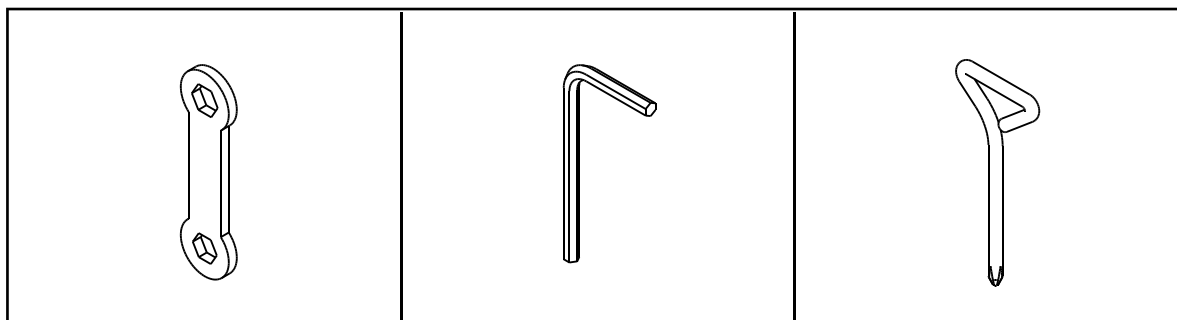


**THE MOST SUSCEPTIBLE TO WEAR PARTS ARE**

Bearing / Belt

**TOOLS REQUIRED FOR ASSEMBLY**

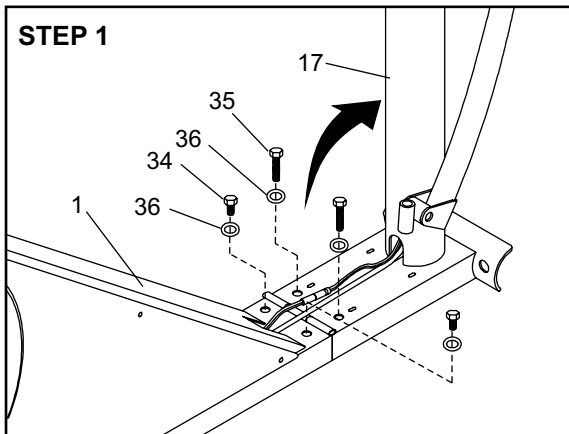
We enclose with three simple assembling tools for your assembly convenience  
One spanner, one allen key & one screwdriver.



### C. Information EEC-1500 / 5550

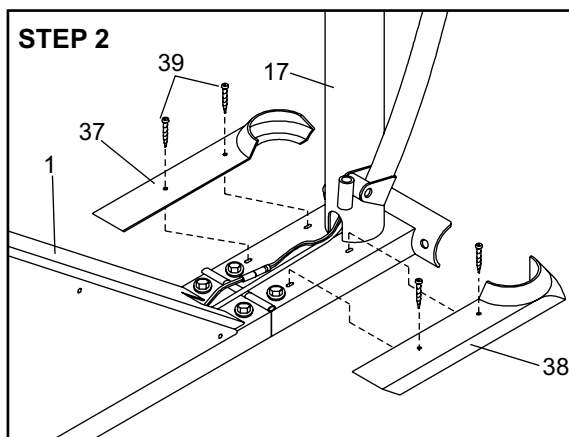
	EEC-1500	EEC-5550
<b>Resistance</b>	External Magnetic Wheel	External Magnetic Wheel
<b>Driving</b>	Industrial Poly-V Belt 1549-J-6	Industrial Poly-V Belt 1549-J-6
<b>Hub</b>	Industrial Double Sealed Bearing 6203ZZ	Industrial Double Sealed Bearing 6203ZZ
<b>Axle / Crank</b>	Three-Piece Type	Three-Piece Type
<b>Max User Weight</b>	125 kg	125 kg
<b>Machine Size</b>	139 x 73 x 160 cm	139 x 73 x 160 cm
<b>Carton Size</b>	123 x 37 x 91.5 / 39.5 cm	123 x 37 x 91.5 / 39.5 cm
<b>NW / GW</b>	53.4 / 59.0 kg	54.4 / 59.3 kg

## ASSEMBLY



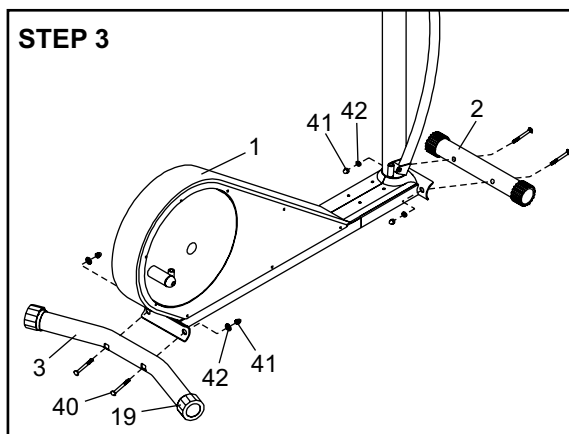
### Step 1 : Assemble handlebar post

Fold up the handlebar post ( 17 ) to the upright position, fix with bolts ( 34 / 35 ) and washers ( 36 ). Then fully tighten them with spanner.



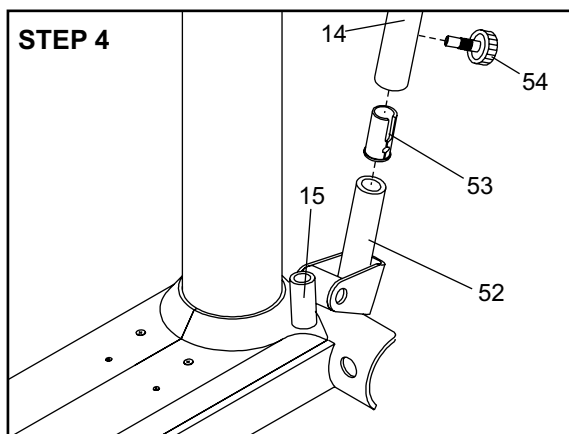
### Step 2 : Assemble protective cover

Fix the protective cover ( L )( 37 ) to the main frame ( 01 ) with screw ( 39 ). Repeat same procedure on protective cover ( R )( 38 ). Then tighten them with screwdriver.



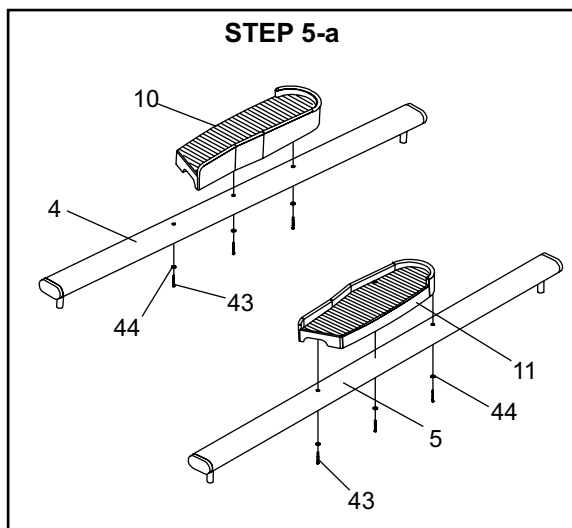
### Step 3 : Assemble stabilizer

Attach front stabilizer ( 02 ) & rear stabilizer ( 03 ) to main frame ( 01 ), fix with carriage bolts ( 40 ), washers ( 42 ) and nuts ( 41 ). Then fully tighten them with spanner.



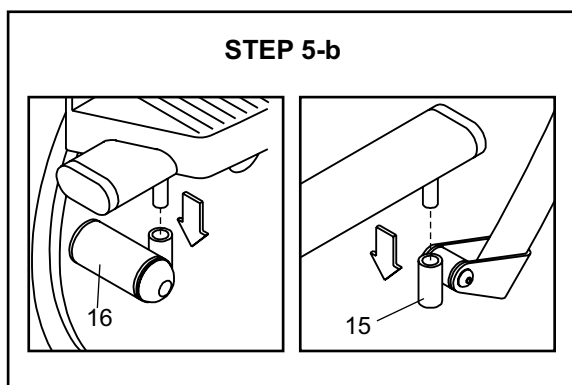
### Step 4 : Assemble adjust tube ( for EEC-5550 )

- Insert adjust tube ( 52 ) to the connecting arms ( 13 / 14 ) and fix with knob ( 54 ).
- Connecting arms adjust :  
Adjust the height of the pedal arm ( 04 / 05 ) by the knob ( 54 ).  
Tightened the knob ( 54 ) firmly after adjustment.

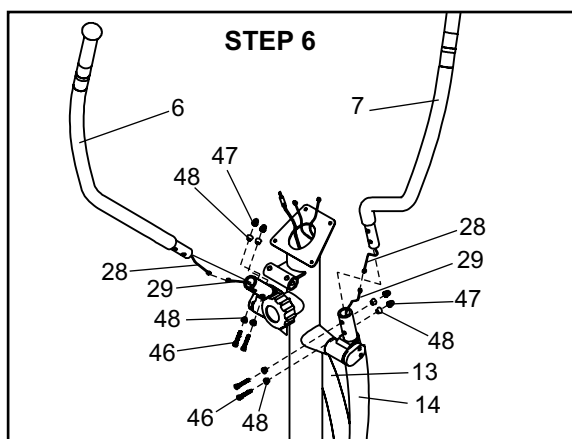


### Step 5 : Assemble pedal

- a. Fix pedal ( L ) ( 10 ) to pedal arm ( L ) ( 04 ) with screws ( 43 ) & washers ( 44 ), then tighten them with spanner. Repeat same procedure on the right pedal then assemble pedal arm assembly left & right ( 04 / 05 ).
- b. Insert the shaft ( at rear side of pedal arm ) to the cross joint-rear ( 16 ) ( at the main frame ) then insert the other shaft ( at front side of pedal arm ) to the cross joint-front ( 15 ) at connecting arms ( 13 / 14 ).

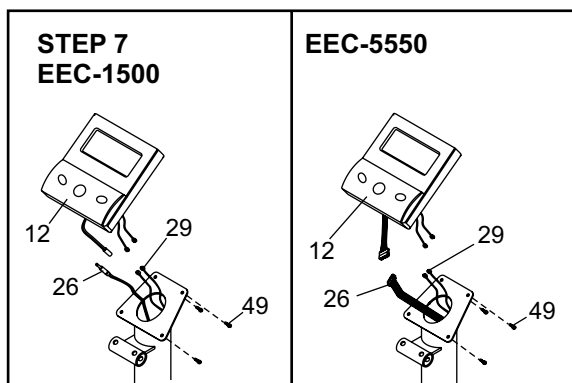


**NOTE : THE PEDAL ARMS ARE NOT FIXED WITH BOLTS. DO NOT HOLD THE PEDAL ARMS FOR MOVING THE MACHINE.**



### Step 6 : Assemble handlebar

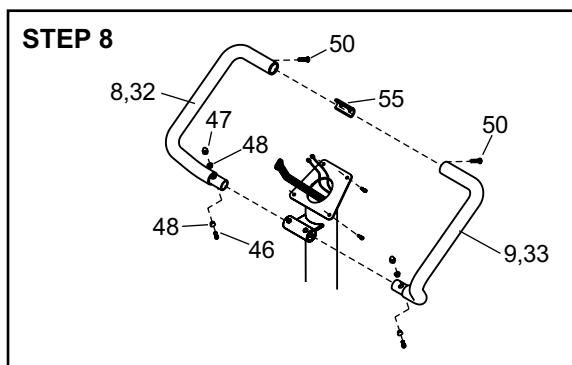
Connect pulse wire ( 28 ) and extension pulse wire ( 29 ), then insert the handlebars ( 06 / 07 ) to the connecting arms ( 13 / 14 ) and fix with bolts ( 46 ), cone washers ( 48 ) & nuts ( 47 ). Then fully tighten them with spanner.



### Step 7 : Assemble cycle monitor

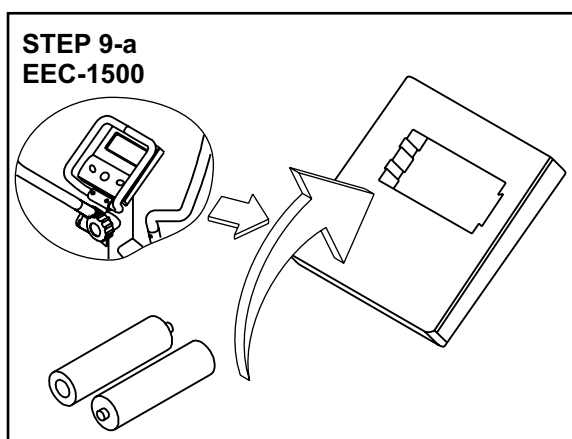
Connect extension monitor cable ( 26 ) & extension grip pulse wire ( 29 ) to the monitor ( 12 ) then fix the monitor to mounting plate ( located on top of handlebar post ) with screws ( 49 ). Then tighten them with screwdriver.





### Step 8 : ASSEMBLE HANDLE

Insert connect bracket ( 55 ) into rest handlebar ( L )( 08 ), fix with screw ( 50 ) without tighten it. Insert rest handlebar ( L )( 08 ) into handlebar post ( 17 ), fix with bolt ( 46 ), cone washers ( 48 ) and nut ( 47 ), without tighten it. Insert rest handlebar ( R )( 09 ) into handlebar post ( 17 ), and attach top of bar with connect bracket ( 55 ), fix with screw ( 50 ), bolt ( 46 ), cone washers ( 48 ) and nut ( 47 ). Then fully tighten 2 sets of screw ( 50 ) and bolts ( 46 ) with spanner and /screwdriver.



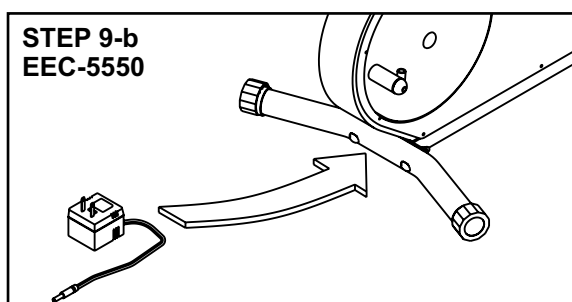
### Step 9 : INSTALL POWER SOURCE.

#### EEC-1500 => step 9-a

Put battery into back of cycle monitor ( 07 ).

Battery spec. :

1.5V UM-3 ( or AA ) x 2 PCS



#### EEC-5550 => step 9-b

Connect DC transformer to socket.

DC transformer spec. :

Output DC 6V/500mA

### Note : Tension adjust

#### EEC-1500 =>

Adjust the tension ( 1 to 8 level ) by the tension control ( 51 ).

Turn clockwise tension increases from 1 ( low ) to 8 ( high ).

Turn counter-clockwise tension decreases from 8 ( high ) to 1 ( low ).

#### EEC-5550 =>

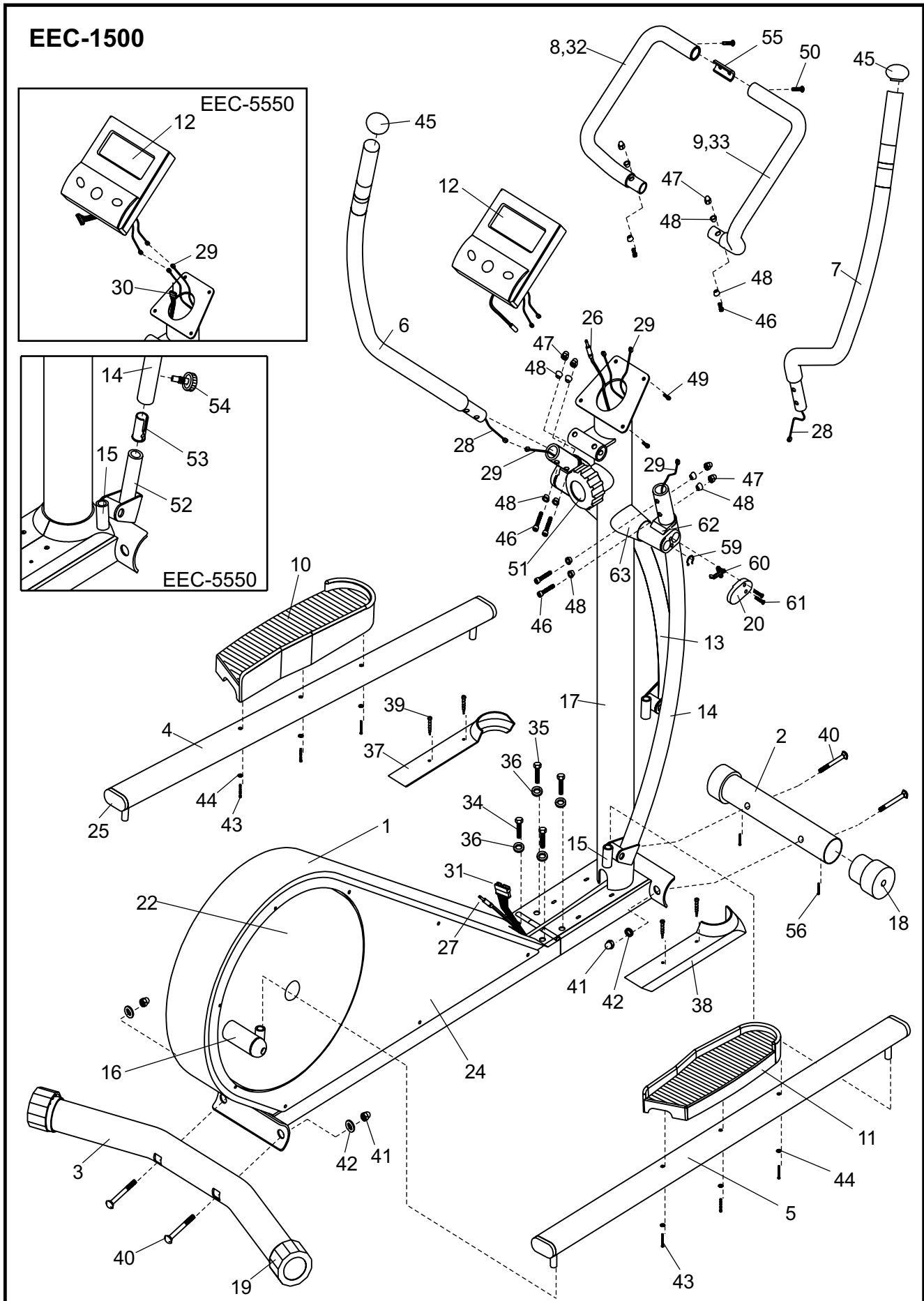
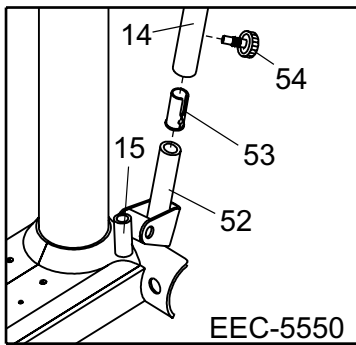
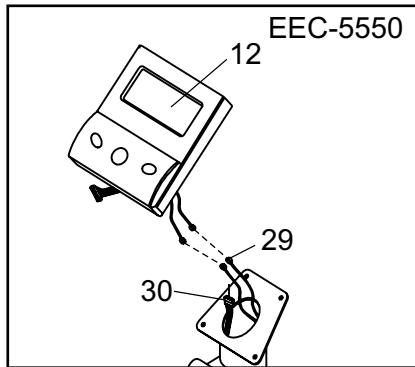
Tension adjustment operating by the motor. Please refers to the operating instruction of monitor.



**NOW YOUR EEC-1500 / 5550 HAS BEEN FULLY ASSAMBLEMED.  
THANK YOU FOR CHOOSING PROTEUS PRODUCT !**

# EXPLODED VIEW

## EEC-1500



## PARTS LIST

key	Description	Q'ty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Pedal arm (L)	1
5	Pedal arm (R)	1
6	Handlebar (L)	1
7	Handlebar (R)	1
8	Rest handlebar (L)	1
9	Rest handlebar (R)	1
10	Pedal (L)	1
11	Pedal (R)	1
12	Monitor	1
13	Connecting arm (L)	1
14	Connecting arm (R)	1
15	Cross joint-front	2
16	Cross joint-rear	2
17	Handlebar post	1
18	Wheel	2
19	Foot cap	2
20	Pivot end cap	2
21	Disk (L)	1
22	Disk (R)	1
23	Chain cover (L)	1
24	Chain cover (R)	1
25	30 x 60 plug	4
26	Extension wire	1
27	Sensor wire	1
28	Pulse wire	2
29	Extension pulse wire	1
30	Extension monitor cable	1
31	Motor	1
32	Foam grip (C)	1

key	Description	Q'ty
33	Foam grip (D)	1
34	M10 bolt x 15mm	2
35	M10 bolt x 55mm	2
36	M10 spring washer	4
37	Protective cover (L)	1
38	Protective cover (R)	1
39	3/16" (4.8mm) screw x 38mm	4
40	3/8" (9.5mm) bolt x 70mm	4
41	3/8" (9.5mm) dome nut	4
42	3/8" (9.5mm) washer	4
43	M6 screw x 40mm	6
44	M6 washer	6
45	Handlebar end cap	2
46	M6 socket screw x 40mm	6
47	M6 dome nut	6
48	M6 cone washer	12
49	M5 screw x 10mm	4
50	M5 screw x 10mm	2
51	Tension control	1
52	Adjust tube	2
53	Sleeve	4
54	Knob	1
55	Connecting bracket	1
56	5/32"(4.0mm) screw x 16mm	2
57	3/8" (9.5mm) bolt x 50mm	2
58	3/8" (9.5mm) nut	2
59	C-clip	2
60	Wire holder	2
61	3/8" (9.5mm) bolt x 50mm	4
62	Plastic plate	2
63	Axle spacer	2
64	Power transformer	1

