PROTEUS®
FITNESS INNOVATION

PROGRAMMABLE
ELLIPTICAL


EEC - 3000
Owner's manual

| NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1.	MAIN FRAME	1	26.	38 ROUND PLUG	4
2.	HANDLEBAR POST	1	27.	SPACER X 60mm	2
3.	HANDRAIL	2	28.	SPACER X 49mm	4
4.	CONNECTING ARM	2	29.	SPACER X 32mm	2
5.	PEDAL ARM	2	30.	FOAM GRIP X 360mm	2
6.	HOLDER	2	31.	FOAM GRIP X 130mm	2
7.	COMPUTER	1	32.	PU WHEEL	4
8.	EXTENSION CABLE WIRE	1	33.	M8 CARRIAGE BOLT X 70mm	4
9.	LOWER CABLE WIRE	1	34.	M8 BOLT X 75mm	4
10.	GRIP PULSE WIRE	1	35.	M8 BOLT X 30mm	4
11.	GRIP PULSE	2	36.	M8 BOLT X 15mm	4
12.	SLIDE TUBE	2	37.	M6 SCREW X 70mm	4
13.	AXLE SPACER	2	38.	M6 SCREW X 15mm	8
14.	PIVOT CAP - A	2	39.	M5 SCREW X 20mm	4
15.	PIVOT CAP - B	2	40.	M6 SCREW X 15mm	2
16.	FOOT PEDAL	2	41.	STUD SHAFT	2
17.	CHAIN COVER (R)	1	42.	M8 BIG WASHER	10
18.	CHAIN COVER (L)	1	43.	M8 MIDDLE WASHER	2
19.	CRANK COVER	2	44.	M8 SMALL WASHER	10
20.	HALF MOON CAP	10	45.	M6 WASHER	10
21.	CAP	2	46.	M8 NYLON NUT	10
22.	FOOT ADJUST BASE	2	47.	M8 DOME NUT	4
23.	FOOT CAP	2	48.	M6 NYLON NUT	4
24.	SLIDE TUBE PLUG	4	49.	BEARING 6003ZZ (S)	4
25.	25 X 50 PLUG	2	50.	BEARING 6003ZZ	12

IMPORTANT : PLEASE READ THROUGH INSTRUCTIONS CAREFULLY BEFORE STARTING THE ASSEMBLY. DO NOT PLUG TO POWER SUPPLY BEFORE MACHINE IS FULLY ASSEMBLED.
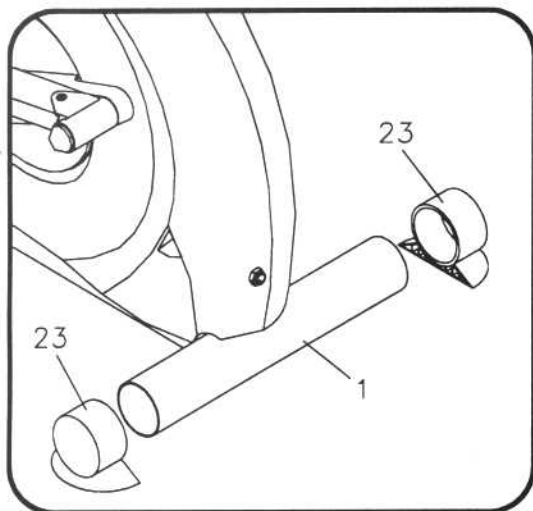
STEP 1. FIT FEET CAPS (23) TO THE REAR STABILIZER AND CAPS (21) TO THE FRONT STABILIZER. THE CAPS (21) SHOULD BE TIGHTENED WITH FOOT ADJUST BASE (22).
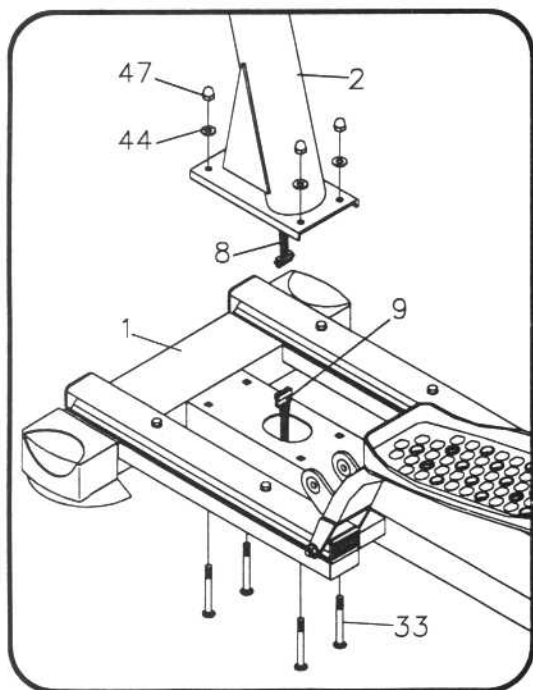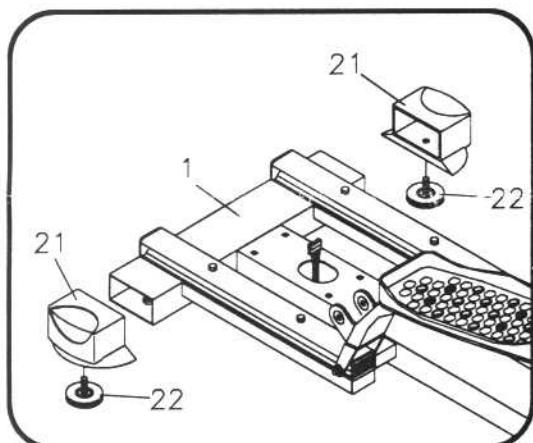
STEP 2. CONNECT EXTENSION CABLE WIRE (8) WITH LOWER CABLE WIRE (9) THEN FIT HANDLEBAR POST (2) TO THE MAIN FRAME (1) BY USING BOLT (33), WASHER (44) & NUT (47).
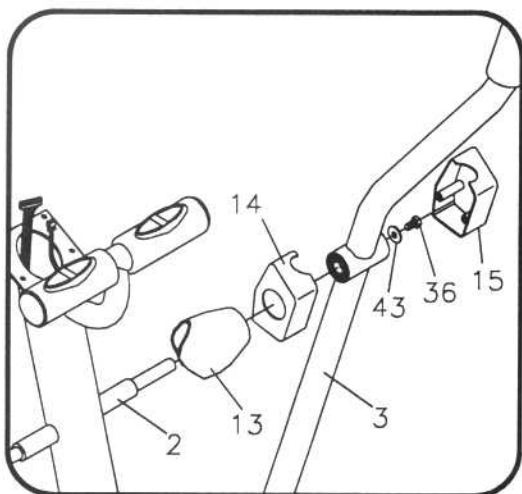
STEP 3. INSERT AXLE SPACER (13),
PIVOT CAP A (14) THEN FIT
HANDRAIL (3) TO THE AXLE BY
USING WASHER (43) & BOLT (36).
(TIGHTEN THE BOLT FIRMLY). FIT
ANOTHER PIVOT CAP B (15) IN
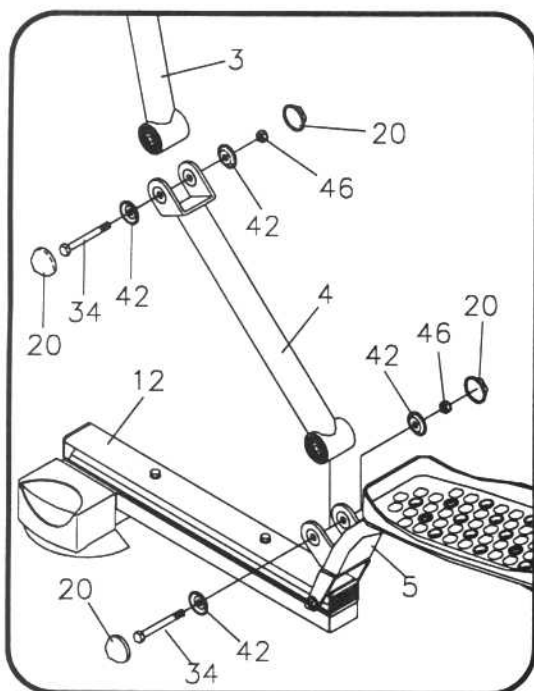RIGHT POSITION WITH SLIGHT
PUSH (NO SCREW).
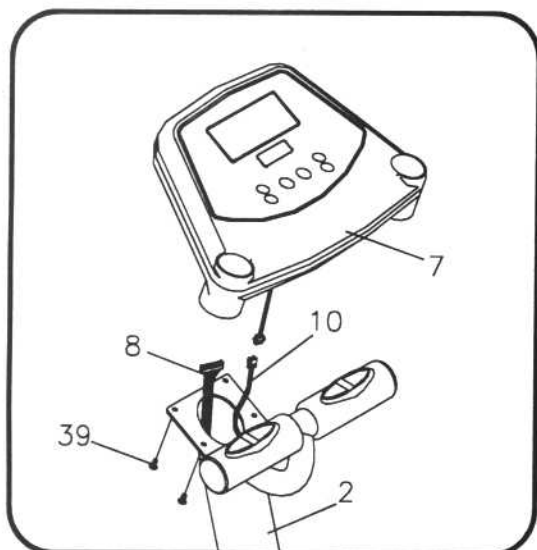
REPEAT SAME PROCEDURE ON
THE OTHER SIDE HANDRAIL.
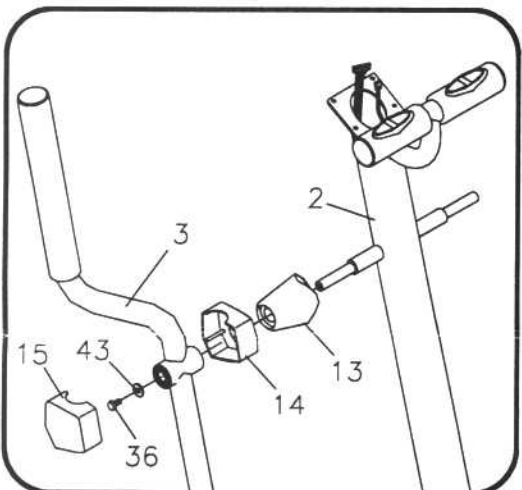
STEP 4. FIT HANDRAIL TO CONNECTING
ARM (4) WITH BOLT (34),
WASHER (42) & NUT (46). BE
SURE TO TIGHTEN BOLT FIRMLY
THEN FIT HALF MOON CAPS (20)
ON BOTH ENDS.

REPEAT SAME PROCEDURE ON
ASSEMBLING THE CONNECTING
ARM (4) & PEDAL ARM (5).

REPEAT SAME PROCEDURE ON
THE OTHER SIDE.

STEP 5. CONNECT EXTENSION CABLE
WIRE (8) & GRIP PULSE WIRE
(10) TO THE COMPUTER (7)
THEN FIX IT ONTO HANDLEBAR
POST BY USING SCREWS (39).

NOW THE ASSEMBLY OF THE PROGRAMMABLE ELLIPTICAL IS DONE.
PLEASE NOTE WITH THE FOLLOWING INFORMATION BEFORE USE :

THE MACHINE IS REQUESTED TO USE AC ADAPTER, WHICH SHOULD BE WITH
OUTPUT 9V / 100MA. PLEASE ALSO REFER TO COMPUTER INSTRUCTION FOR THE
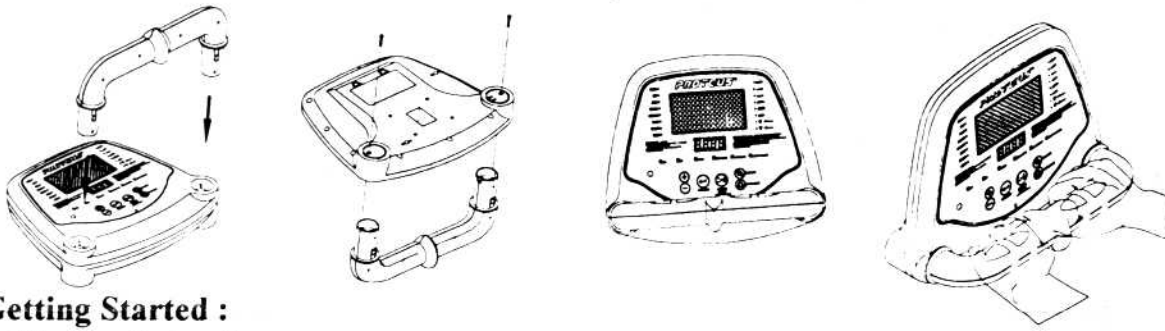PROPER SPECIFICATION INFORMATION.
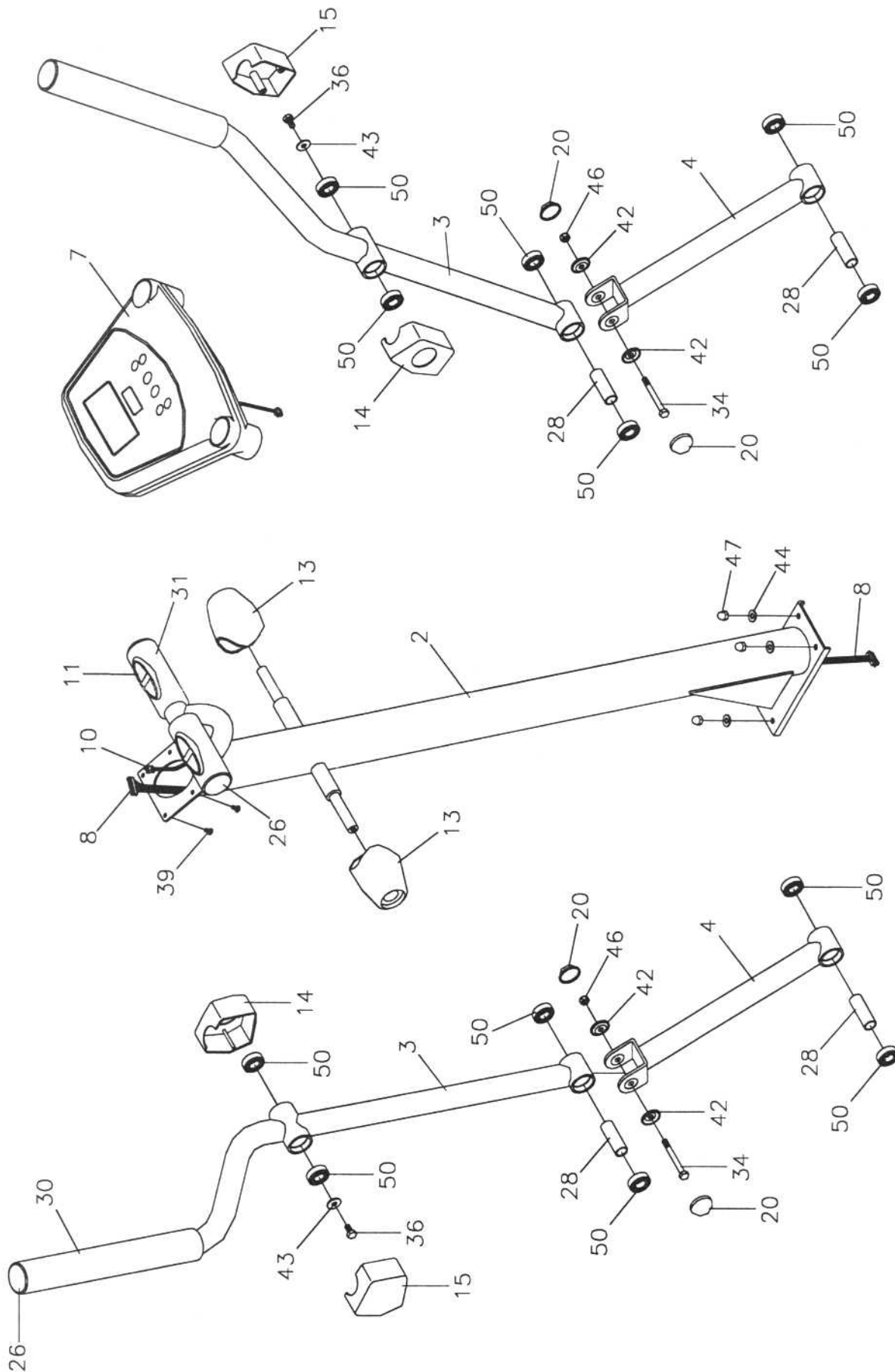
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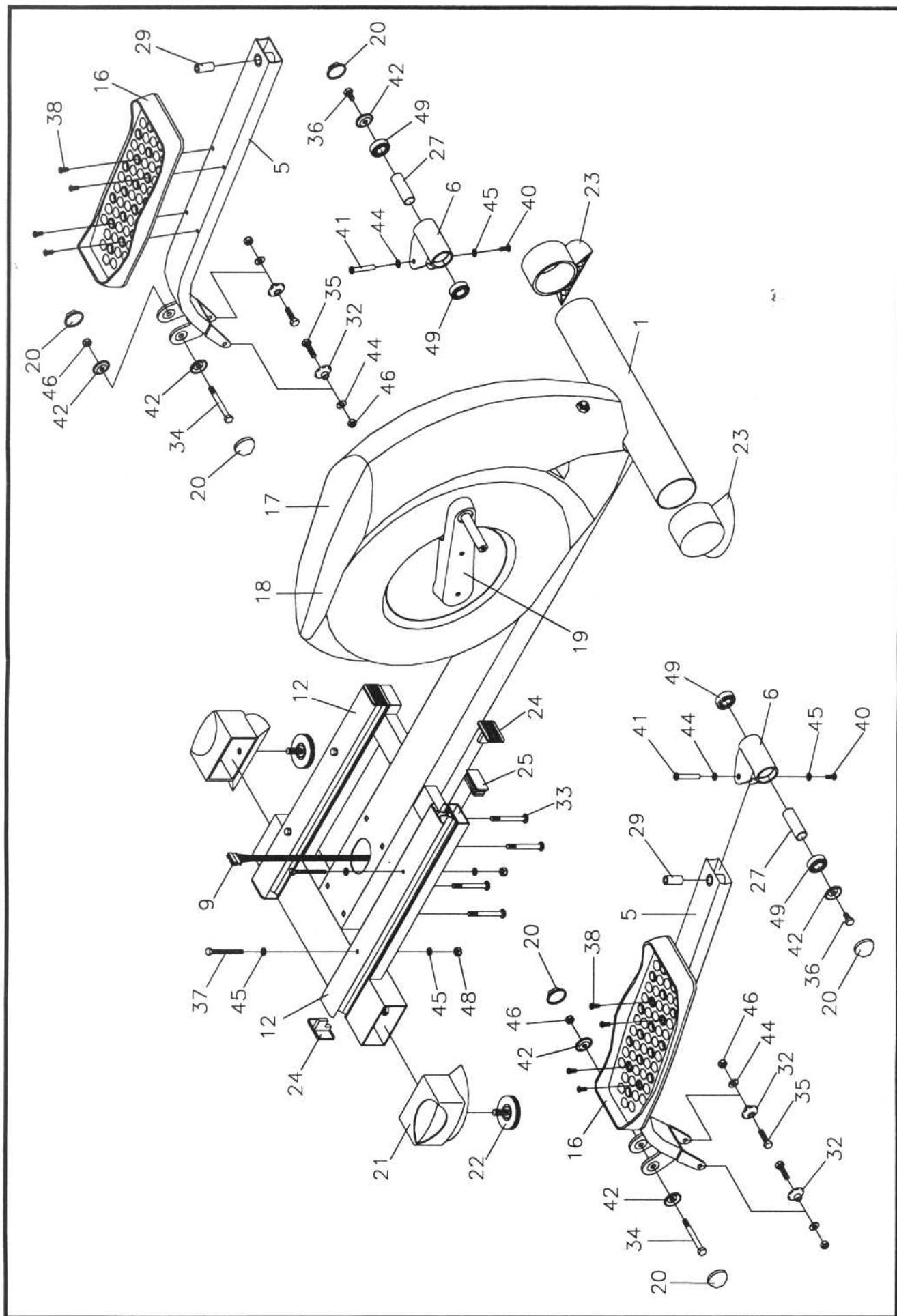
MONITOR BC-6011II WITH LED DISPLAY

SUMMARY :

This system is designed for programmable magnetic bike.   There are 3 parts to this system, the monitor (BC-6011II), motor & controller and magnetic braking system.

Getting Started :

1. Monitor Connections :
   . Plug the 10-pin connector (protruding from the tube) into the receptor on the back of the monitor.
   . Secure the monitor to the mounting plate.   Be sure that the monitor cable is not pinched.
   Refer to your assembly guide for more information on installing your monitor.
   Power Up :
   . Plug the power cable into the jack of the motor & controller.
   . Plug the power pack into a wall outlet.
   . After power up, all LED lights will light up for 0.5 seconds & CPU will reset the resistance into level 1
   And then the system go into the initial mode.   (The 8 program indication lights will be flashing.)

**Remark :

1) If the connection cables were installed incorrectly, the speed function won't action and motor won't move.
2) When stop exercising, plese remember to unplug the power pack.

Buttons and Definitions :

. START/STOP : a. Use this button to start or stop tracking your workout.
             b. Holding START/STOP for 2 seconds will reset the current program & values,
                then enter initial mode.

. SCAN   : Use this button while exercising to sequentially display each function (Time, Speed,
                Distance, Calorie & Heart Rate) for 5 seconds.   Pressing the SCAN button again while
                exercising will stop scanning through each function and will display the current function.

▲ / ▼   : a. During initial mode, use ▲ / ▼ buttons to choose your desirous profile or
                increase / decrease programmable settings (time, age & Heart Rate).   Holding ▲
                / ▼ for 1.5 seconds will change the settings faster.
             b. During exercise you can use ▲ / ▼ buttons to adjust the resistance setting.

. SELECT   : Use SELECT button while exercising to select a function to be displayed (time,
                speed, distance, calories or heart rate).
             ** While in scan mode, pressing SELECT takes the monitor out of this mode and
                advance to the next function.

.ENTER   : Use this key to confirm selection.

Displays and Features :

The lower screen is for diaplaying the function of Time, Age, Speed, Distance, Calorie & Heart Rate.   During exercise you can press SELECT key to select a function to be viewed or you can push SCAN button to sequentially display & update the values in every 5 seconds.

NOTE :
1.The target heart rate will be shown up only when ULTIMATE & INTENSE programs are exited.
2. If you don't program any workout Time, monitor will count it up from 0:00 to 99:59 in one
   second intervals.   You may also program your monitor by using the ▲ / ▼ buttons to count
   down from a set values.
3. After the time count down to zero, monitor will beep 3 sounds and then back to initial mode.
4 The PULSE rate will be displayed after detected 4 stable pulse signals and it will be updated by

Turn Off the Monitor:

1. After 5 minutes of inactivity, the monitor will automatically stop and the display window will reset to zero.
2. If you press STAR/STOP, the monitor will enter "Pause" mode for 5 minutes.   If you do not restart, the monitor will automatically shut off after another 5 minutes.

Profiles and Time Matrix :

The large matrix window is 8 segments high and 16 segments wide.   The horizontal row of LEDS represents the steps of tension adjustments.   Each vertical column of LCDS indicate 1/16 time of your workout.   The vertical columns will blink one at a time during your workout to indicate your progress.   The overall display show the hill profiles.

Prepare for Your Workout :

Before you begin, be sure that the power pack is properly plugged into a wall outlet and the low-voltage cable is plugged into the exerciser.

1. Press any key to initialize the monitor.
2. Select "Manual" or one of the 7 hill profiles using the ▲ / ▼ buttons and press ENTER to advance to the time display.
3. Look at the blinking time display :
   . If you would like the monitor to count down from a programmed time, enter a count-down time using the ▲ / ▼ buttons and press ENTER to confirm your selection.
   . If you would like time to count up, do not enter a time; simply press ENTER to advanced to the age display.   Or press START/STOP to begin tracking your wrkout.
4. Look at the blink age display :
   . Enter your age using the ▲ / ▼ buttons followed by ENTER to confirm your selection, or
   . Press ENTER only to accept the default value of 20 years old.
5. Press START/STOP to begin tracking your workout.
6. Use the ▲ / ▼ buttons anytime during your workout to adjust the resistance setting.

Program of ULTIMATE & INTENSE :

This is a very unique program, it allows the monitor to adjust the workout resistance according to your heart rate automatically.   If you Present Heart Rate is greater than your Target Heart Rate, CPU will decrease the workout resistance automatically.   On the contrary, CPU will increase workout resistance.

** FORMULA OF ULTIMATE PROGRAM :
   Your maximum Heart Rate = 220 - Your Age.
   Target Heart Rate = 60% * Your maximum heart rate.

** FORMULA OF INTENSE PROGRAM :
   Your maximum Heart Rate = 220 - Your Age.
   Target Heart Rate = 80% * Your maximum heart rate.
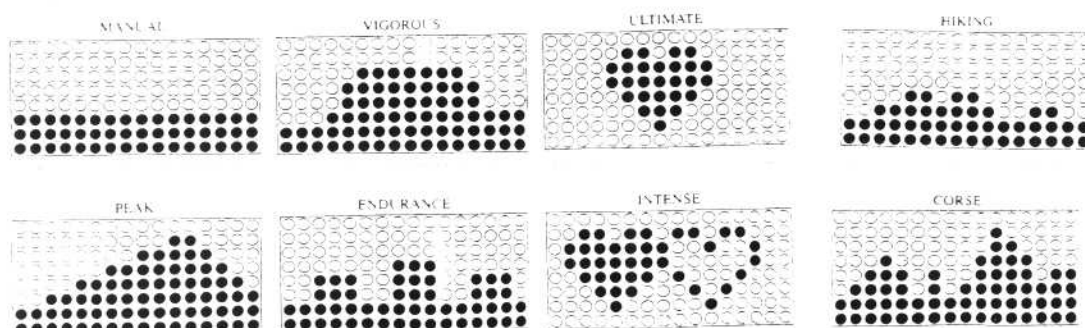
The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely