



**PROTEUS®**  
FITNESS INNOVATION

►► *Shaping Healthy Bodies*











**ENGINE V6 HOME MAGNETIC CYCLE OWNER'S MANUAL**



**Testing specification :**  
**EN 957-1+A1 , EN 957-5**

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

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

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## A. INTRODUCTION

This owner's manual contains assembly, operation, maintenance and safety information. In the interest of safety, please make sure that you read and understand all the information below.

## B. IMPORTANT SAFETY NOTICE

- a. Read carefully and follow owner's manual and all accompany information before using this 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 before each use.
- d. Make sure machine is stabilized on the floor. Avoid uneven surfaces.
- e. Most exercise equipment is not recommended for small children. Children should not use the machine. Please keep children away from using this machine.
- f. Exercise equipment has moving parts. Keep individuals, 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 exercise.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could caught in the moving parts.
- 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 helps prevent muscle strain.

- k. Never hold your breath while exercising. You should breathe at an affordable rate.
- 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 training. Incorrect or excessive training may result injury.

**IMPORTANT :** THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 125 KG ( 275 LB ).  
ALL TESTS FOLLOW EN957-1+A1 / -5, 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 commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, 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 damage and wear.**

**THE APPLIANCES ARE NOT FOR CHILDREN UNDER 14 YEARS OF AGES.**

**Safe distance: Front and back 100 cm**

**Left and right sides 100 cm**

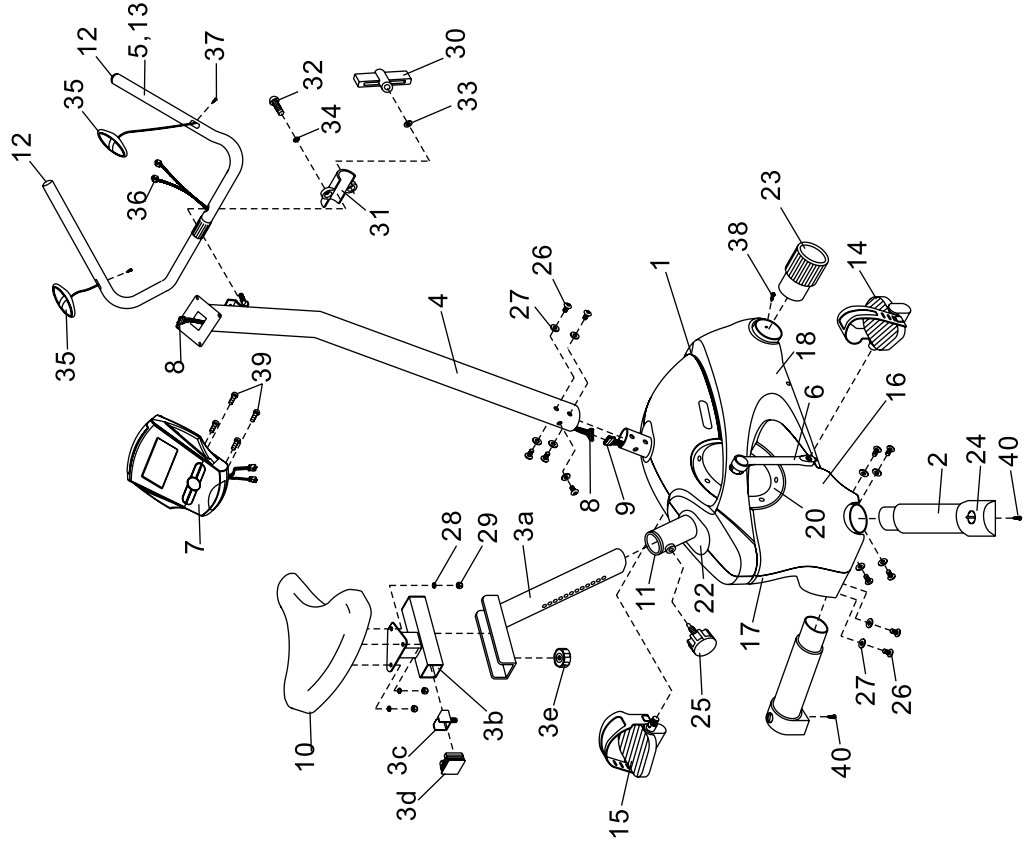
### C. Parts list

No.	Description	Q'ty
1	Main frame	1
2	Rear stabilizer	2
3a	Seat post	1
3b	Sliding tube	1
3c	U bracket with bolt	1
3d	1 1/2" x 1 1/2" plug	2
3e	Knob	1
4	Handlebar post	1
5	Handlebar	1
6	Crank assembly ( L / R )	1
7	Monitor	1
8	Extension cable	1
9	Lower cable	1
10	Saddle	1
11	D type sleeve	1
12	Handlebar end cap	2
13	Foam grip	2

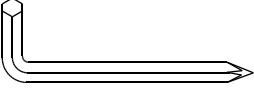
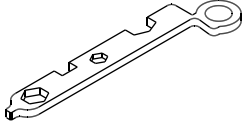
No.	Description	Q'ty
14	Pedal - R	1
15	Pedal - L	1
16	Chain cover R 1	1
17	Chain cover L 1	1
18	Chain cover R 2	1
19	Chain cover L 2	1
20	Chain cover R 3	1
21	Chain cover L 3	1
22	Interval ring	2
23	Front wheel	2
24	Foot cap w/ adjustable	2
25	Knob w/ clamp	1
26	M8 sock bolt x 15 mm	13
27	M8 washer	13
28	M8 spring washer	3
29	M8 nylon nut	3
30	T knob	1

[illegible]





**D. Tools**

A. Allen key with screwdriver	B. Spanner
	

## E. ASSEMBLY :

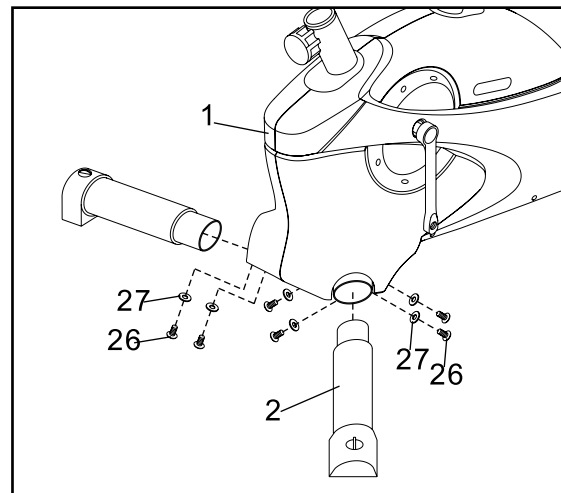
**IMPORTANT :** Read all instructions carefully. Assemble all units in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please call the customer service department of the store for help.

**NOTE: SOME PARTS MAY BE FACTORY PRE-ASSEMBLED.**

Replaced defective components immediately and keep the Equipment out of use until repair.

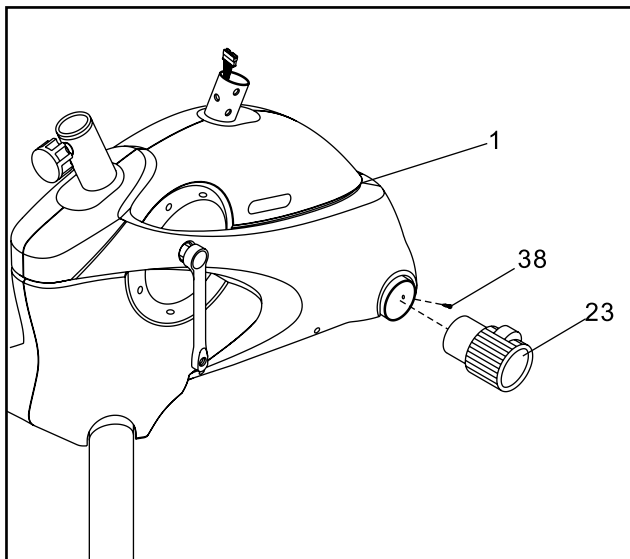
### a. Rear Stabilizer

Attach rear stabilizer (02) to the main frame (01), and fasten with socket bolts (26) and washers (27). (use tool A)



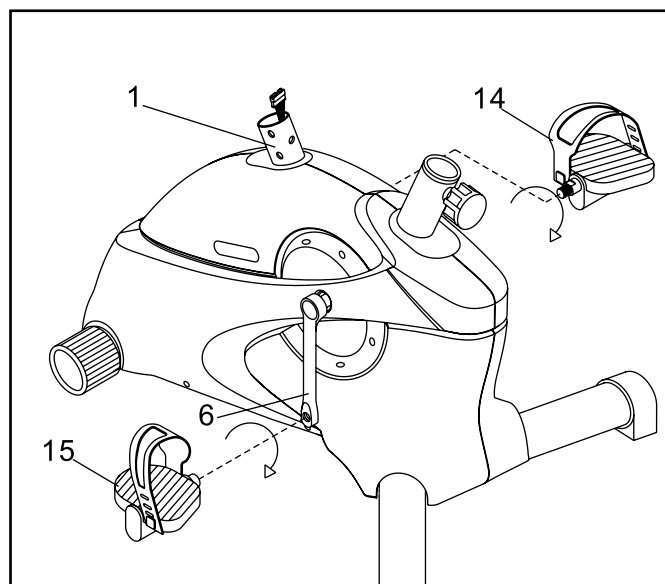
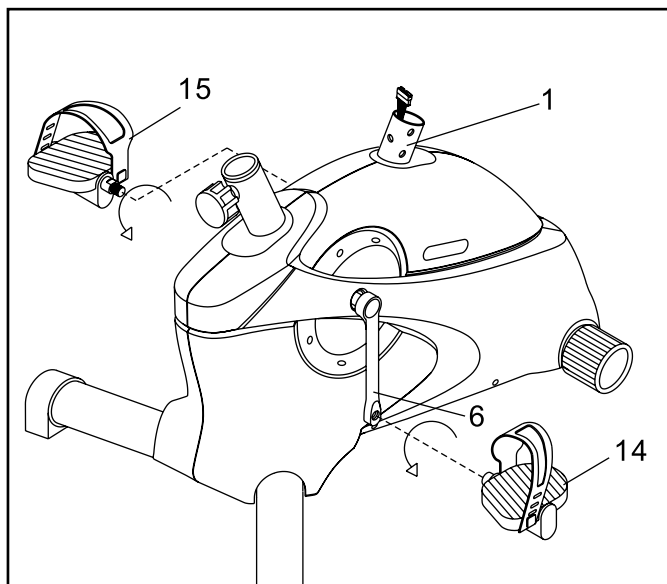
**b. Front Wheels**

Attach front wheels (23) onto front stabilizer on main frame (01); fasten with screws (38).



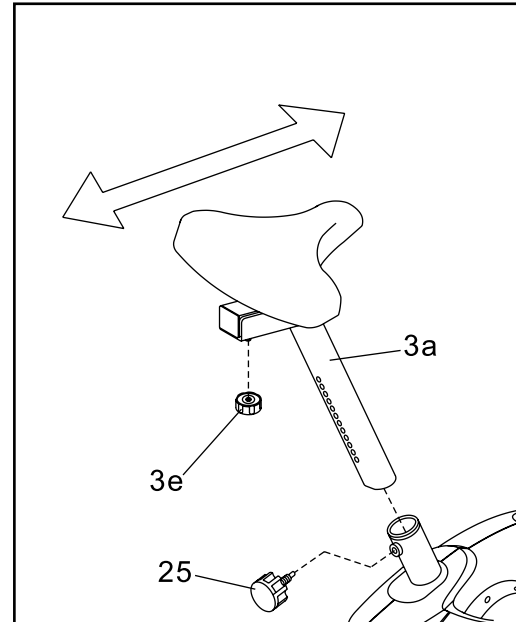
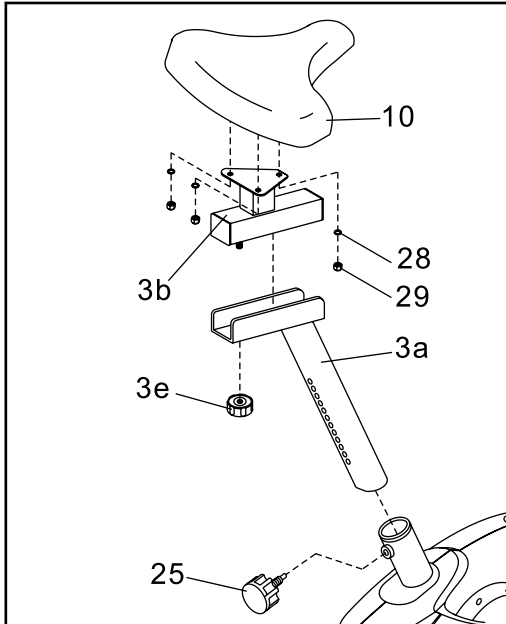
### c. Pedals

1. Attach pedal (14/15) to pedal cranks (06)(pedals marked "R" and "L" indicates right and left side Of bike. Make sure not to mix up.)
2. Left pedal has left-hand thread and must be turned counter-clockwise (CCW) to attach. Right pedal has right-hand thread, must be turned clockwise (CW) to attach. (use tool B)



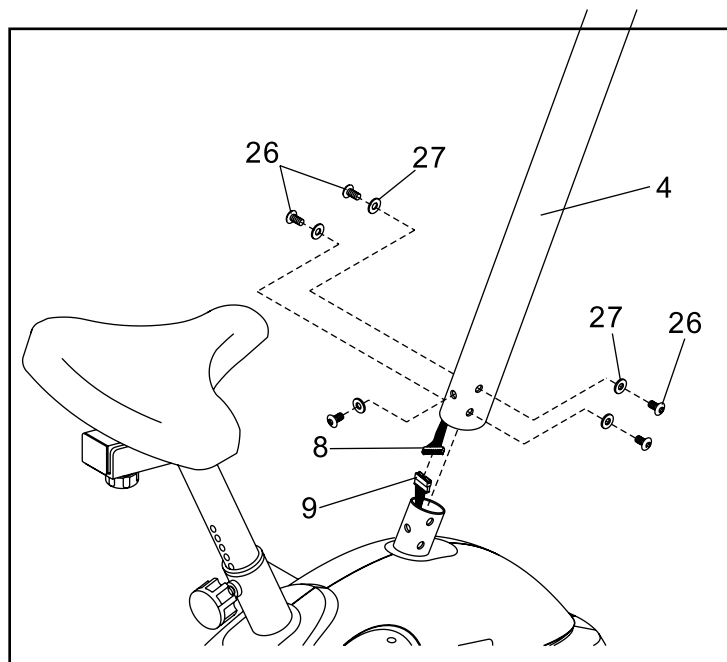
#### d. Seat Post

1. Attach saddle (10) to sliding tube (03b), Fasten with spring washers (28) and nylon nuts (29). (use tool B)
2. Then place the bolt on sliding tube (03b) into groove on seat post (03a), move the tube (03b) either forward or backward to the end and hold it still, fasten knob (03e) with bolt.
3. Insert seat post (03a) into main frame (01); fasten with knob w/clamp (25).



**e. Handlebar Post**

1. Connect extension cable (08) with lower cable (09).
2. Attach handlebar post (04) to main frame (01); fasten with sock bolts (26) and screws (27).  
(use tool A)



#### f. Handlebar

1. Assemble handlebar (05) onto handlebar post (04) with U brace (31) as a cover, finger fastening with washer (34) and socket screw (32), then fasten washer (33) and T-knob (30) as adjuster.
2. Insert pulse cable (36) into side hole on handlebar post (04) and then pulled through the hole on monitor plate.

