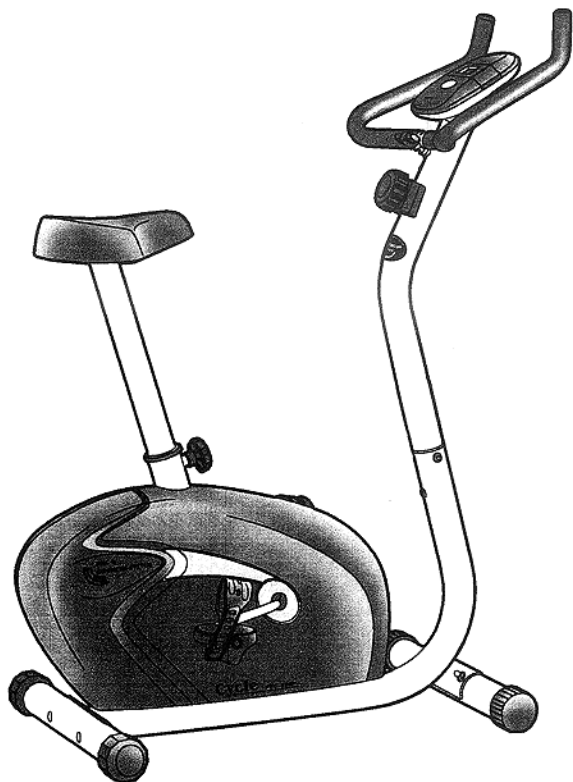


**PROTEUS<sup>®</sup>**  
DESIGN INNOVATION

**HOME**

**EXERCISE CYCLE**



**PEC-2200**  
**Owner's manual**

## **PEC-2200 HOME EXERCISE CYCLE ASSEMBLY INSTRUCTION**

**STEP 1.** ATTACH BOTH FRONT AND REAR STABILIZERS ( 02 / 03 ) TO MAIN FRAME ( 01 ), FIX WITH CARRIAGE BOLTS ( 26 ) WASHERS ( 29 ) AND DOME NUTS ( 23 ).

**STEP 2.**

**IMPORTANT  
READ ALL STEPS BEFORE ATTACHING PEDALS.**

- a. ATTACH PEDALS ( 17 / 18 ) TO PEDAL CRANKS, ( PEDALS MARKED "L" AND "R" INDICATES LEFT AND RIGHT SIDE OF BIKE. MAKE SURE NOT TO MIX IT UP ).
- b. LEFT PEDAL HAS LEFTHAND THREAD AND MUST BE TURNED COUNTERCLOCKWISE ( CCW ) TO ATTACH, RIGHT PEDAL HAS RIGHTHAND THREAD, MUST BE TURNED CLOCKWISE ( CW ) TO ATTACH.

**STEP 3.** ATTACH SADDLE ( 13 ) TO SADDLE PLATE OF SEAT POST ( 04 ).FASTEN WITH SPRING WASHERS ( 31 ) AND NYLON NUTS ( 32 ).

**STEP 4.** RELEASE KNOB ( 25 ) FROM SEAT POST SUPPORT ( ON MAIN FRAME ) SLIDE SEAT POST INTO THE SEAT POST BOOT ( 14 ) THEN ATTACH SEAT POST ( 04 ) TO SEAT POST SUPPORT ( ON MAIN FRAME ), ADJUST SADDLE TO DESIRED HEIGHT AND TIGHTEN WITH KNOB ( 25 ).

**STEP 5.** INSERT TENSION CABLE (10) INSIDE OF HANDLE BAR POST (05), PULL THE TENSION CABLE OUT OF MIDDLE HOLE OF HANDLE BAR POST. CONNECT WIRE A ( 11 ) AND WIRE B ( 12 ) THEN ATTACH HANDLEBAR POST TO MAIN FRAME ( 01 ), FIX WITH BOLTS ( 27 ) AND WASHERS (29).

ASSEMBLE TENSION CONTROL KNOB ( 09 ) AND TENSION CABLE ( 10 ), BY CONNECTING CABLE HEAD ( ON KNOB ) TO THE DRAW HOOK OF TENSION CABLE ( REFER TO DIAGRAM ).

ASSEMBLE THE TENSION CONTROL KNOB ( 09 ) ONTO HANDLEBAR POST ( 05 ). NOTE THE FIXHOOK ( ON TENSION CONTROL ) WELL INSERTED ONTO HANDLE BAR POST. THEN TIGHTEN WITH SCREW ( 29 ).

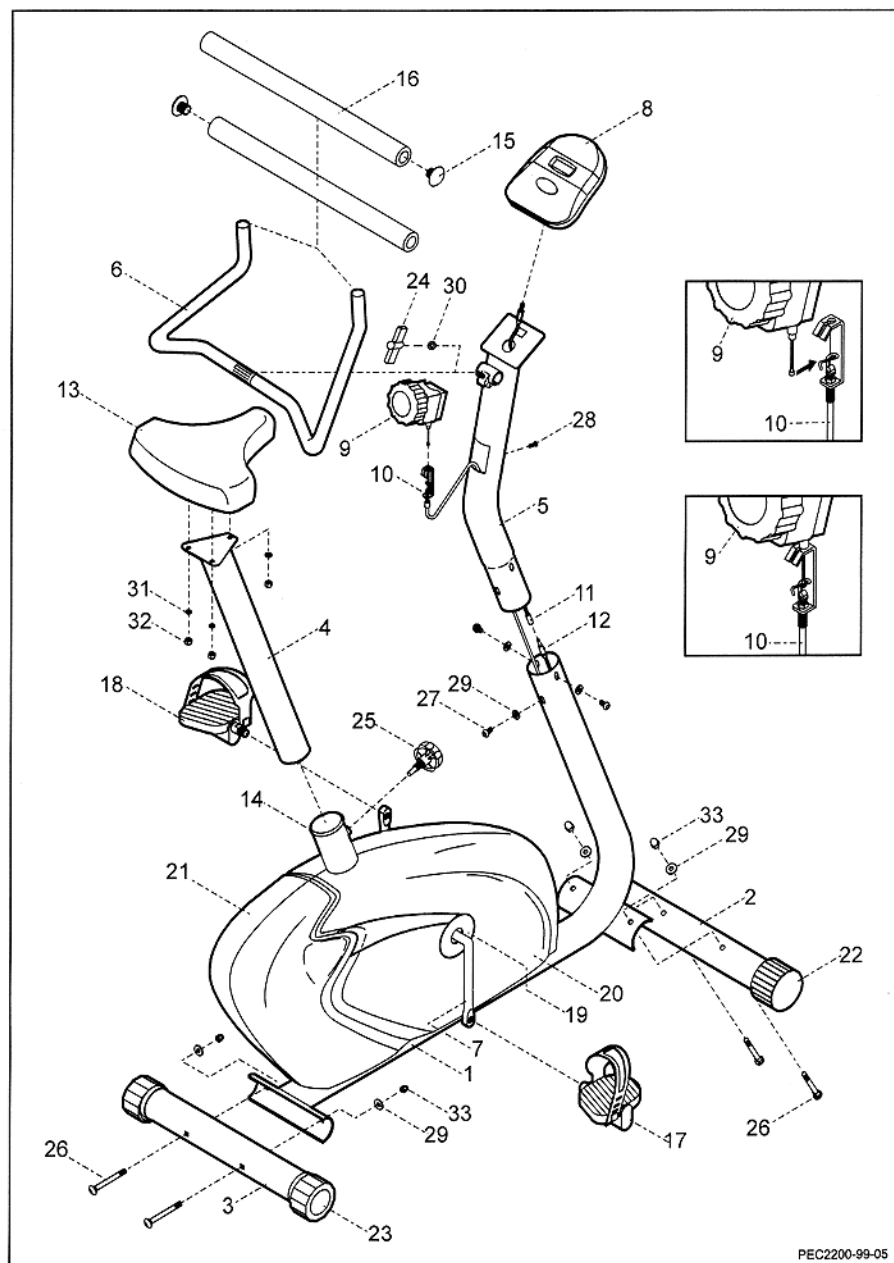
**STEP 6.** ASSEMBLE FOAM GRIP ( 16 ) AND END CAP ( 15 ) ONTO ONE SIDE OF HANDLEBAR ( 06 ), THEN ATTACH HANDLEBAR ( 06 ) TO HANDLE BAR POST ( 05 ), TIGHTEN WITH WASHER ( 30 ) AND T-KNOB ( 24 ).ASSEMBLE FOAM GRIP ( 16 ) AND END CAP ( 15 ) ONTO ANOTHER SIDE OF HANDLEBAR ( 06 ).

**NOTE : USE SOME SOAP WATER AS LUBRICANT WHILE FITTING FOAM GRIPS.**

**STEP 7.** ASSEMBLE WIRE A ( 11 ) TO MONITOR ( 08 ),THEN ATTACH MONITOR ON FIX PLATE OF HANDLEBAR POST.

**\*\*\*\* NOW YOUR PEC-2200 HAS BEEN WELL ASSEMBLED. \*\*\*\***

# EXPLODED VIEW



PEC2200-99-05

## PARTS LIST

KEY	Q'TY	DESCRIPTION
1.	1	MAIN FRAME
2.	1	FRONT STABILIZER
3.	1	REAR STABILIZER
4.	1	SEAT POST
5.	1	HANDLEBAR POST
6.	1	HANDLEBAR
7.	1	CRANK ASSEMBLY
8.	1	CYCLE MONITOR
9.	1	TENSION CONTROL
10.	1	TENSION CABLE
11.	1	WRE(A)
12.	1	WRE(B)
13.	1	SADDLE
14.	1	φ60 SLEEVE
15.	2	HANDLEBAR END CAP
16.	2	FOAM GRIP
17.	1	PEDAL (R)
18.	1	PEDAL (L)
19.	2	CRANK HOLE COVER
20.	1	CHAIN COVER(R) W/ ORNATE PLATE
21.	1	CHAIN COVER(L) W/ ORNATE PLATE
22.	2	FOOT CAP A
23.	2	FOOT CAP B
24.	1	T-KNOB
25.	1	KNOB
26.	4	M8 CARRIAGE BOLT x 70mm
27.	3	M8 SOCKET BOLT x 15mm
28.	1	M5 SCREW x 25mm
29.	7	M8 WASHER
30.	1	M8 SMALL WASHER
31.	3	M8 SPRING WASHER
32.	3	M8 NYLON NUT
33.	4	M8 DOME NUT