



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

# **HOME MAGNETIC CYCLE**



**PEC-3600 / PEC-3650**  
**Owner's manual**



**Testing specification :**  
**EN 957-1, EN 957-5.**

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

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

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|------------------------|--|--------------|
| <b>INDEX . . . . .</b> | <b>Introduction / Safety Guideline . . . . .</b> | <b>01~02</b> |
|                        | <b>Information PEC-3600 / PEC-3650 . . . . .</b> | <b>03</b>    |
|                        | <b>Assembly . . . . .</b>                        | <b>04~06</b> |
|                        | <b>Exploded View . . . . .</b>                   | <b>07</b>    |
|                        | <b>Parts List . . . . .</b>                      | <b>08</b>    |



**Q U A L I T Y**

# **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 110 KG ( 242 LB ). ALL OF THE TEST STIPULATE TO THE EN 957-1 / - 5, CLASS HC.  
CLASS H: ( HOME ) DOMESTIC USE.  
CLASS B: MEDIUM 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**

**The " max indicator line " which marks on the seat tube represent that the minimum insert distance , while adjusting the seat , please do not cross this line.**

**The pedal crank training equipment of CLASS B is not suitable for therapeutic purposes.**

**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.**

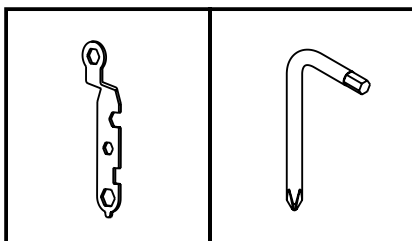
**Note :** Do not plug to power supply before machine is fully assembled. the machine is requested to use dc tranformer, which should be with output 6V/500 mA, please also refer to monitor instruction for the proper specification information.

## THE MOST SUSCEPTIBLE TO WEAR PARTS ARE

Drum magnetic wheel / Belt

## TOOLS REQUIRED FOR ASSEMBLY

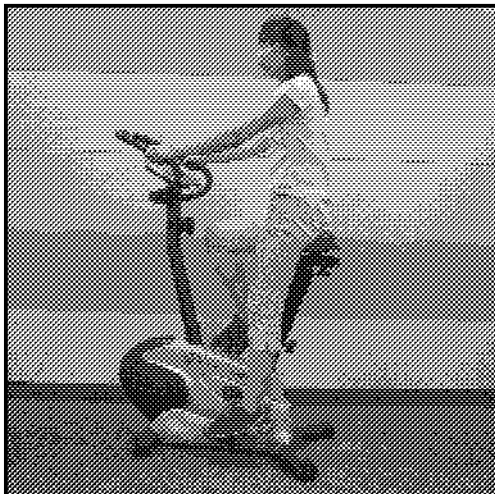
We enclose with two simple assembling tools for your assembly convenience.  
One spanner and one allen key w/ screwdriver



### C. INFORMATION PEC-3600 / PEC-3650

| PEC-3600 / PEC-3650 |   |
|---------------------|---|
| Resistance          | Drum Magnetic Control                   |
| Driving             | Industrial Poly-V Belt 410-J5           |
| Hub                 | Industrial Double Sealed Bearing 6003ZZ |
| Axle / Crank        | Three-Piece Type                        |
| Max User Weight     | 110 kg                                  |
| Machine Size        | 92.0 x 65.0 x 126.0 cm                  |
| Carton Size         | 84.0 x 25.0 x 58.0 cm                   |
| NW / GW             | 26.0 / 28.3 kg                          |

### D. CORRECT POSTURE FOR PEC-3600 / PEC-3650

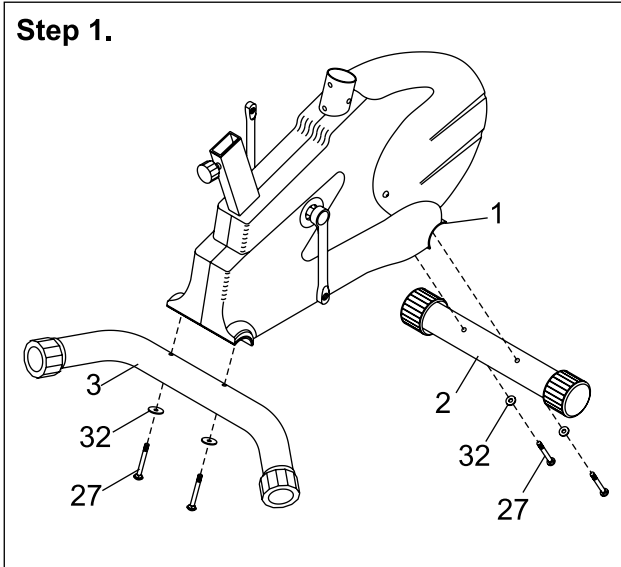


## ASSEMBLY INSTRUCTION

### ASSEMBLE HANDLEBAR, HANDLEBAR POST, MONITOR :

- If your model NO. is PEC-3600, please do Step 1 ~ 3 & Step 4-a,b,c,d & Step 5-a.
- If your model NO. is PEC-3650, please do Step 1 ~ 3 & Step 4-e & Step 5-b.

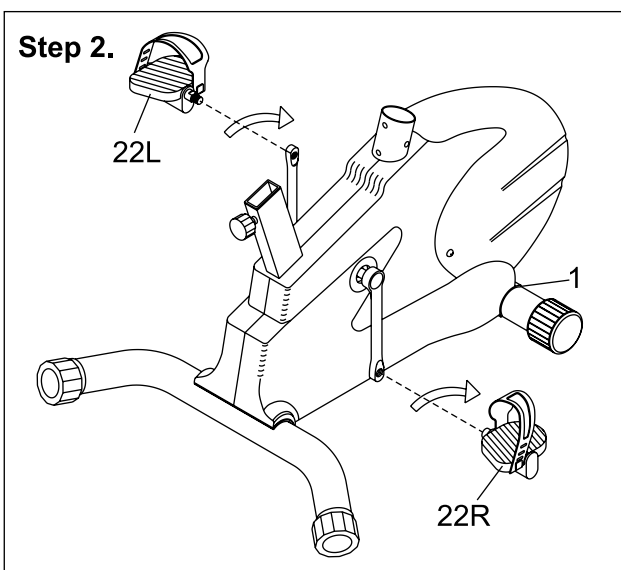
#### Step 1.



#### Step 1: Assemble stabilizers

Attach both stabilizers (02,03) to the main frame (01). Fix with bolts (27) and washers (32).

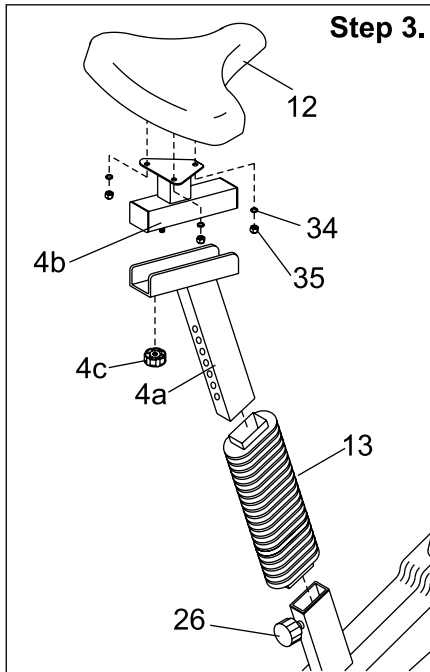
#### Step 2.



#### Step 2: Assemble pedals

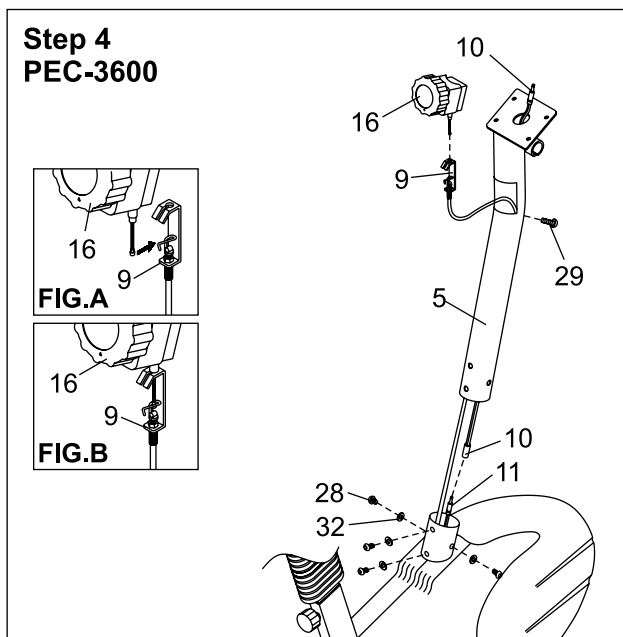
**IMPORTANT : READ STEP 2 BEFORE ATTACHING PEDALS.**

- Assemble pedal straps to pedals. (strap marked "L" to the left pedal, strap marked "R" to the right pedal ).
- Attach pedals (22L & 22R) to pedal cranks. (pedals marked "L" and "R" indicates left and right side of bike. Make sure not to mix it up.)
- Left pedal has left hand thread and must be turned counterclockwise (ccw) to attach, right pedal has right hand thread, must be turned clockwise (cw) to attach.



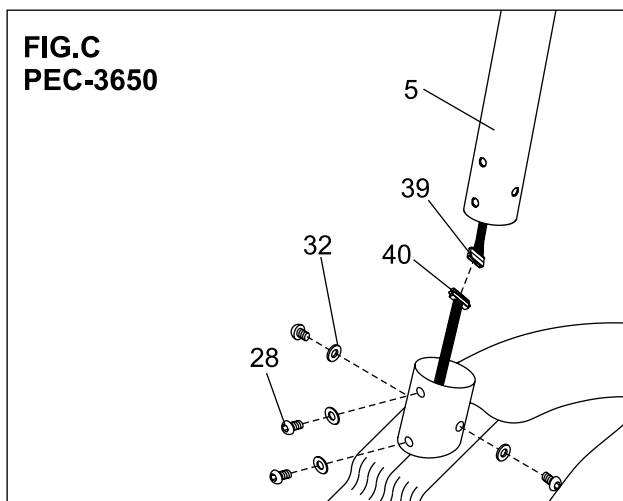
### Step 3: Attach saddle & seat post

- Attach saddle (12) to saddle plate of sliding tube (4b). Fasten it with spring washers (34) and nylon nuts (35).
- Put sliding tube (4b) onto seat post (4a) and fasten with knob (4c). Put seat post (4a) into seat post boot (13), then attach seat post (4a) to main frame (01), adjust saddle to desired height and fasten with knob (26).



### Step 4: Assemble handlebar & handlebar post

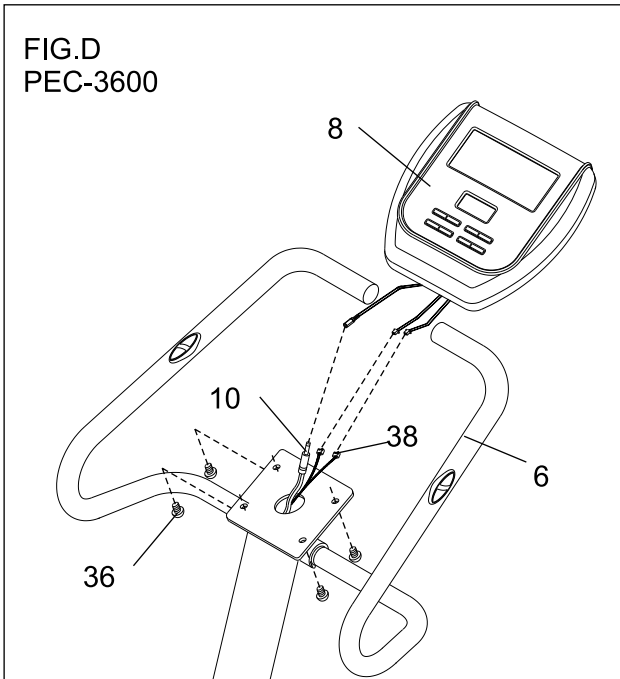
- Insert tension cable (09) into handlebar post (05), pull the tension cable (09) out from middle hole of handlebar post (05).
- Connect upper sensor wire (10) and low sensor wire (11), then attach handlebar post (05) to main frame (01), fix with washers (32) and bolts (28).
- Assemble tension control (16) and tension cable (09), by connecting cable head (on tension control) to the draw hook of tension cable (09). **(please refer to fig. A & fig. B)**
- Assemble the tension control (16) onto handlebar post (05). The draw hook (on tension control) well inserted into handlebar post (05), then tighten with screw (29).



- Connect upper monitor cable (39) and low monitor cable (40), then attach handlebar post (05) to main frame (01), fix with washers (32) and bolts (28). **(please refer to FIG. C)**

**NOTE:** The Step 4 e cable connects is only limited using for PEC-3650.

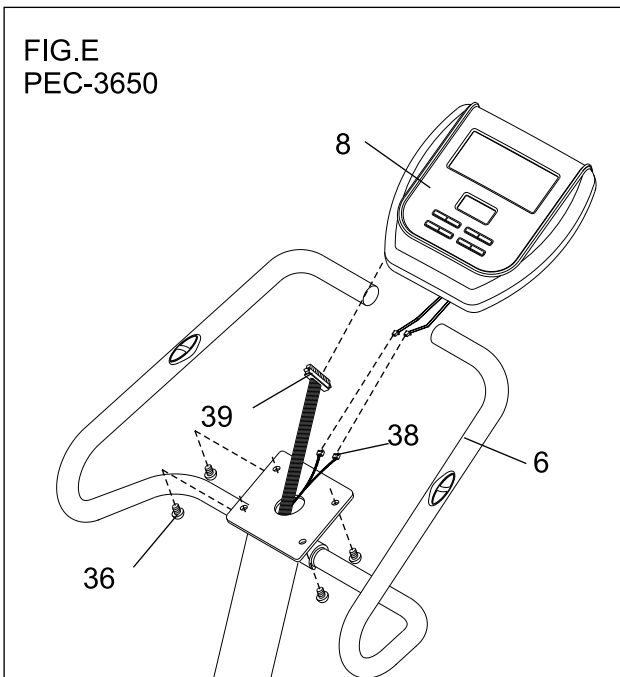
FIG.D  
PEC-3600



#### STEP 5: Assemble Monitor

- a. Connect upper sensor wire (10) and grip pulse wire (38) onto monitor (08), then attach monitor on the plate of handlebar post with screw (36).  
**(please refer to FIG. D)**

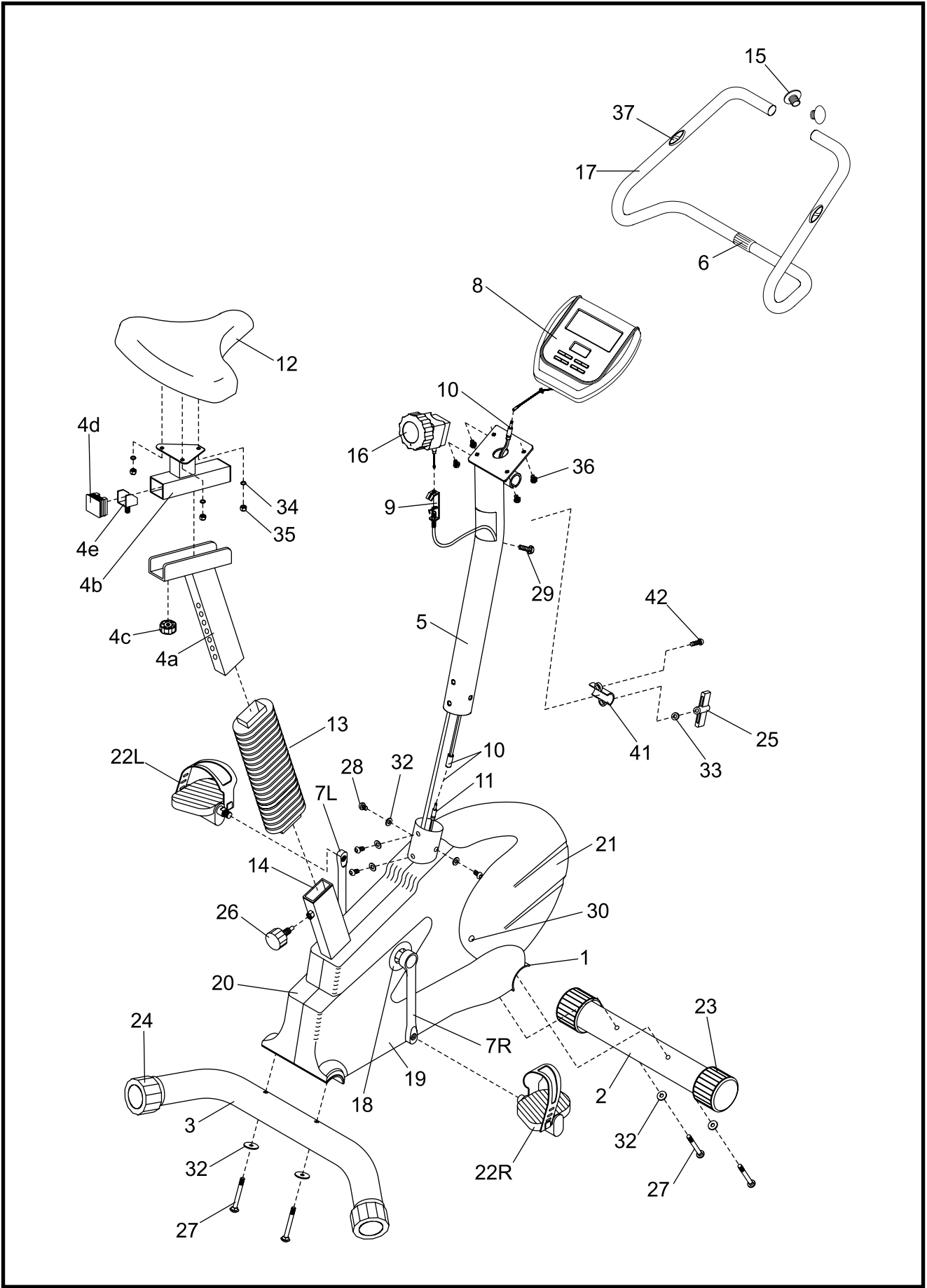
FIG.E  
PEC-3650



- b. Connect upper monitor cable (39) and grip pulse wire (38) onto monitor (08), then attach monitor on the plate of handlebar post with screw (36).  
**(please refer to FIG. E)**

**NOW YOUR PEC-3600/3650 HAS BEEN WELL ASSEMBLED.**

**EXPLODED VIEW**



## PARTS LIST

| Key    | Description            | Q'ty |
|--------|------------------------|------|
| 1      | Main frame             | 1    |
| 2      | Front stand tube       | 1    |
| 3      | Rear stand tube        | 1    |
| 4a     | Seat post              | 1    |
| 4b     | Sliding tube           | 1    |
| 4c     | Knob                   | 1    |
| 4d     | End cap 38 x 38        | 2    |
| 5      | Handlebar post         | 1    |
| 6      | Handlebar              | 1    |
| 7 R/L  | Crank assembly R/L     | 1/1  |
| 8      | Cycle monitor          | 1    |
| 9      | Tension cable          | 1    |
| 10     | Upper sensor wire      | 1    |
| 11     | Low sensor wire        | 1    |
| 12     | Saddle                 | 1    |
| 13     | Seat post boot         | 1    |
| 14     | Sleeve 30 x 60         | 1    |
| 15     | Handlebar end cap      | 2    |
| 16     | Tension control        | 1    |
| 17     | Foam grip              | 4    |
| 18     | Crank hole cover       | 1    |
| 19     | Chain cover R          | 1    |
| 20     | Chain cover L          | 1    |
| 21     | Chain cover F          | 1    |
| 22 R/L | Pedal R/L              | 1/1  |
| 23     | Wheel                  | 2    |
| 24     | Foot cap               | 2    |
| 25     | T-knob                 | 1    |
| 26     | Knob                   | 1    |
| 27     | Socket bolt M8 x 70mm  | 4    |
| 28     | Socket bolt M8 x 15mm  | 4    |
| 29     | Screw M5 x 25mm        | 1    |
| 30     | Screw M5 x 15mm        | 2    |
| 31     | Screw M4               | 2    |
| 32     | Washer M8              | 8    |
| 33     | Small washer M8        | 1    |
| 34     | Spring washer M8       | 3    |
| 35     | Nylon nut M8           | 3    |
| 36     | Screw M5 x 10mm        | 4    |
| 37     | Grip sensor            | 2    |
| 38     | Grip pulse wire        | 2    |
| 39     | Upper monitor cable    | 1    |
| 40     | Low monitor cable      | 1    |
| 41     | Half moon bracket      | 1    |
| 42     | Socket screw M7 x 20mm | 1    |

