PROTEUS®
FITNESS INNOVATION

PROGRAMMABLE
MAGNETIC CYCLE
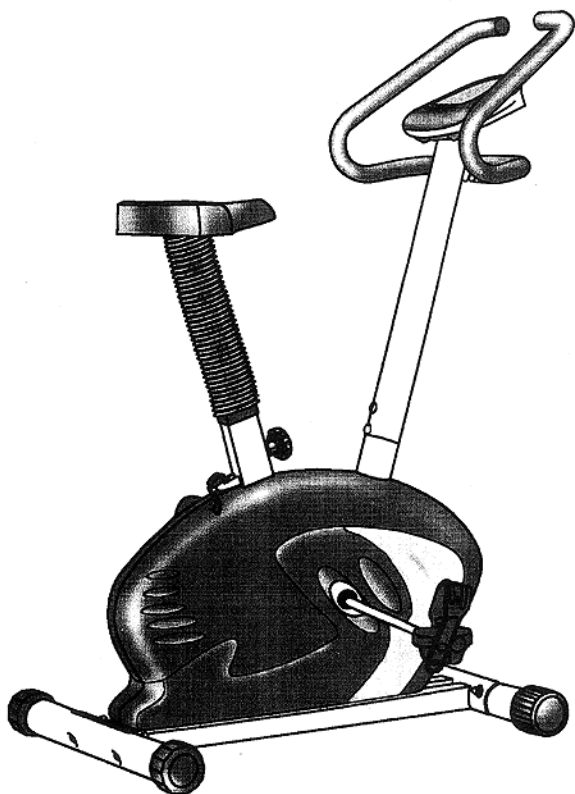
PEC - 4150EP
Owner's manual

PROGRAMMABLE MAGNETIC CYCLE ASSEMBLY INSTRUCTION

STEP 1. ATTACH FRONT STABILIZER (02) AND REAR STABILIZER (03) TO MAIN FRAME (01), FIX WITH CARRIAGE BOLTS (27), WASHERS (30) & DOME NUTS (34).

STEP 2.

IMPORTANT: READ ALL STEPS BEFORE ATTACHING PEDALS

a. ASSEMBLE PEDAL STRAPS TO PEDALS (STRAP MARKED L TO THE LEFT PEDAL, STRAP MARKED R TO THE RIGHT PEDAL).

b. ATTACH PEDALS (18/19) TO PEDAL CRANKS, (PEDALS MARKED "L" AND "R" INDICATES LEFT AND RIGHT SIDE OF BIKE. MAKE SURE NOT TO MIX IT UP).

c. 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 (13) TO SADDLE PLATE OF SEAT POST (04). FASTEN IT WITH SPRING WASHERS (32) AND NYLON NUTS (31).

STEP 4. SLIDE SEAT POST (04) TO SEAT POST BOOT (14), THEN ATTACH TO MAIN FRAME (01). ADJUST SADDLE TO DESIRED HEIGHT, TIGHTEN WITH POP PIN (26).
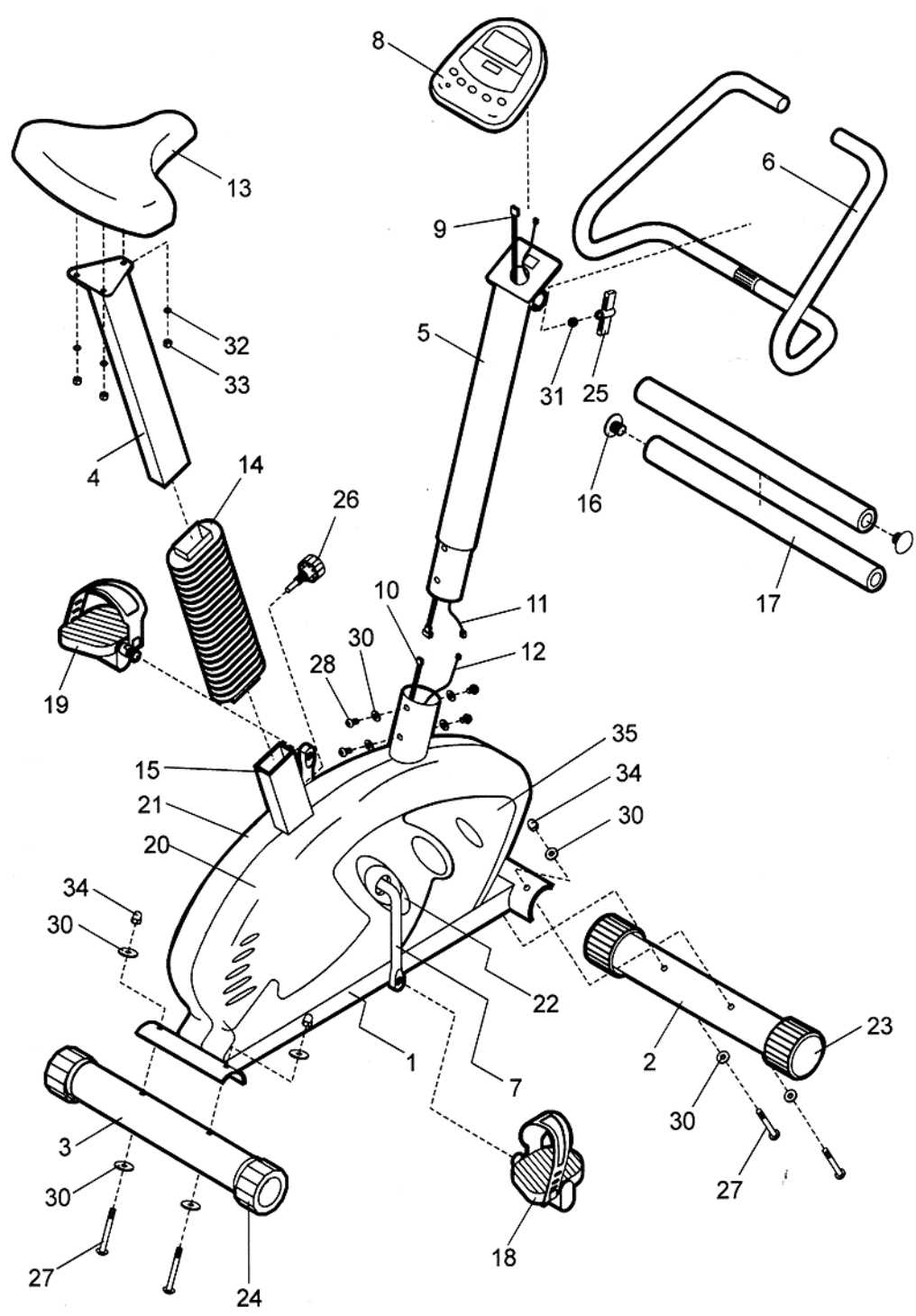
STEP 5. CONNECT WIRE A (11) AND WIRE B (12), CONNECT MONITOR CABLE (A) & MONITOR CABLE (B), THEN ATTACH HANDLEBAR POST (5) TO MAIN FRAME (01), FIX WITH WASHERS (30) AND BOLTS (28).

STEP 6. ASSEMBLE FOAM GRIP (17) & END CAP (16) ONTO ONE SIDE OF HANDLEBAR (06), THEN ASSEMBLE HANDLE BAR (06) ONTO HANDLE BAR POST (05), FIX WITH WASHER (31) AND T-KNOB (NO.25), ASSEMBLE FOAM GRIP (17) AND END CAP (16) ONTO ANOTHER SIDE OF HANDLEBAR (06).

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

STEP 7. CONNECT MONITOR CABLE (A) (09) AND WIRE (A) (11) WITH MONITOR (08), THEN ATTACH MONITOR ONTO MOUNTING PLATE OF HANDLEBAR POST (05).

NOW YOUR PEC-4150
PROGRAMMABLE MAGNETIC CYCLE HAS BEEN WELL ASSEMBLED.

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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	CYCLEMONITOR
9.	1	MONITOR CABLE (A)
10.	1	MONITOR CABLE (B)
11.	1	WIRE (A)
12.	1	WIRE (B)
13.	1	SADDLE
14.	1	SEAT POST BOOT
15.	1	30 * 60 SLEEVE
16.	2	HANDLEBAR END CAP
17.	2	FOAM GRIP
18.	1	PEDAL (R)
19.	1	PEDAL (L)
20.	1	CHAIN COVER (R-1)
21.	1	CHAIN COVER (L-1)
22.	2	CRANK HOLE COVER
23.	2	WHEEL
24.	2	FOOT CAP
25.	1	T-KNOB
26.	1	KNOB
27.	4	M8 SOCKET BOLT X 75mm
28.	4	M8 SOCKET BOLT X 15mm
30.	12	M8 WASHER
31.	1	M8 SMALL WASHER
32.	3	M8 SPRING WASHER
33.	3	M8 NYLON NUT
34.	4	M8 DOME NUT
35.	1	CHAIN COVER (R-2)
36.	1	CHAIN COVER (L-2)

FRONT VIEW
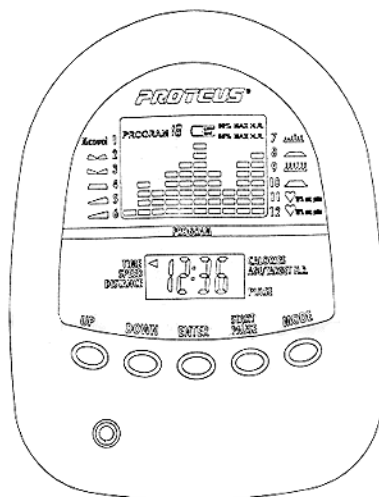
INTRODUCTION

Your bike is equipped with a programmable computer to help you track your progress and motivate you to reach your fitness goals.

This computer provides different programs designed to tailor to your fitness goals. Simply choose the program you like, setting the time limit and beginning exercising.

➤ **NOTE**

Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advise is absolutely essential.

FUNCTIONS AND OPERATIONS

TIME

Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 – 99:59 in one-second intervals. You may also program your computer to count down from a set value by using the UP and DOWN buttons. If you continue exercise once the time has reached 0:00, the computer will begin counting at the programmed time setting. For example, if your time setting was 30 minutes and the computer has reached 0:00, the computer will stop tracking time after four seconds of inactivity and will continue once you resume exercising.

SPEED

Displays your workout speed in miles/km per hour.

DISTANCE

Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles/km.

The distance will be displayed will be displayed in hundredths of a mile/km until you reach 10 miles/km. Then the distance will be displayed in tenths of a mile/km.

CALORIES

Your computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your computer is based on realistic expectations. However, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

AGE

Your computer is age-programmable from 16 to 99 years when you choose program 11 to program 12. The default age is 25 years old.

PULSE

Your computer displays your pulse rate in beats per minute during your workout. After your workout, the computer will display your average heart rate covering your entire exercise session.

KEY GUIDE

MODE

Push to selects functions of TIME, SPEED, DISTANCE, CALORIES, AGE, TARGET HEART RATE and PULSE.

ENTER

Push to set the chosen mode for exercising. (During the STOP mode, press the enter button to enter the TIME or AGE setting.)

START/ STOP

Push to STOP or START exercising. (By holding this button for 2 seconds the user can enter the initial and rest all values to 0. The monitor will turn off automatically after approx., 4.5 minutes of non-use. All values will then be reset to 0.
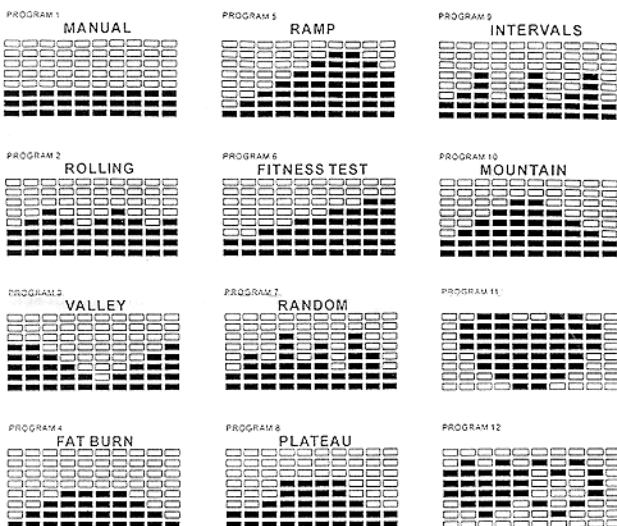
UP

Push to increase the values of the load level. TIME and AGE.

DOWN

Push to decrease the values of the load level. TIME and AGE.

THE GRAPHICS OF PROGRAMS

PROGRAM 1
MANUAL

PROGRAM 5
RAMP

PROGRAM 9
INTERVALS

PROGRAM 2
ROLLING

PROGRAM 6
FITNESS TEST

PROGRAM 10
MOUNTAIN

PROGRAM 3
VALLEY

PROGRAM 7
RANDOM

PROGRAM 11

PROGRAM 4
FAT BURN

PROGRAM 8
PLATEAU

PROGRAM 12

OPERATION INSTRUCTIONS

STEP 1.   Press START/STOP key for 2 seconds to clear out all previous dates.

STEP 2.   Press the UP or DOWN button to choose the desired Heart rate program (program 11 or 12).

STEP 3.   Press ENTER for TIME mode. Press UP or DOWN to input the TIME setting.

STEP 4.   Press ENTER for AGE mode. Press UP or DOWN to input the AGE setting.

STEP5.   You could begin to exercise.

HOW TO USE PROGRAM

PROGRAM 1 - 10

See program graphics on next page.

STEP 1.

Begin by pressing the START/STOP button for over 2 seconds. This will clear any other chosen function.

STEP 2.

Next press the UP or DOWN buttons to scroll to the desired exercise program. Then press ENTER. The program will be displayed on the LCD window.

STEP 3.

The TIME setting mode should now be displayed. Press the UP or DOWN buttons to set the desired workout time.

STEP 4.

Press the START button to begin exercising. (If you want to exit the Program press the ENTER button) Once you begin exercising your present workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the UP or DOWN buttons. To PULSE your exercising program press the STOP button, then to resume press the START button.

PROGRAMS 11 & 12

These unique programs allow the monitor to adjust the workout resistance according to your heart rate automatically. Grasp the pulse rate grips and hold with a firm grip. If the current heart rate is greater than the Target heart rate the computer will decrease the workout resistance automatically. If your current heart rate is less than your target heart rate it will increase your resistance.

Program   11: 60% of max, heart rate. Formula: Max, heart rate = 220- your age

Program   12: 85% of max, heart rate. Formula: Max, heart rate = 220 – your age.

GRAPHIC LCD DISPLAY DESCRIPTION AND FUNCTION (SMALL WINDOW)

TIME :   Press the MODE button until the arrow points to the TIME function. If the TIME is not set, it will count up in one-second intervals up to 99.59.

To set the desired time :

STEP 1

Press the ENTER button to enter the TIME setting function.

Press the " UP " or " DOWN " button to choose your desired workout time. Range - 5 : 00 - 99 : 00

STEP 2

Press START to begin. After workout time is completed the computer will beep for 12 seconds. To stop beeping press any key.

SPEED :   Press the MODE key until the arrow points to SPEED. This will display your current speed. The display value will be updated every 2-3 seconds.

DISTANCE :   Press the MODE key until the arrow points to the DISTANCE function.
The computer will count in 0.1KM or Miles Once the display value reaches 999, it will reset to " 0" and count from 0.1 again.

CALORIE :   Press the MODE key until the arrow points to the CALORIE funtion.
The computer will count up in 0.1 increments. After the display value reaches 999, it will reset to " 0 " and begin counting from 0.1 begin.

AGE :   During the stop mode, press the MODE key until the arrow points to the AGE function. It will default at 25 .

STEP 1

Press the ENTER button to enter the AGE function.

Press the " UP " or " DOWN " button to input your age. The digit will be flashing.

Press ENTER to go to another function or START to begin exercising.

SCAN :   User must manually scan through all function once before computer starts scan mode automatically.

PULSE :   Press the MODE button until the arrow points to the PULSE function. This will display your current heartbeat at a rate in beats per minute. The PULSE rate will be displayed after 4 stable pulse signals have been detected. Each pulse signal will be accompanid by a symbol flash.

If there is no pulse input detected for over 8 seconds, the computer will turn off the pulse circuit automatically. Press START button to re-start pulse function.

LCD contrast calibration

The contrast of the screen can be adjusted by the following steps. During the STOP mode press and hold the ENTER and "UP" buttons together for over 2 seconds. This will open the LCD contrast calibration mode. Then press the "UP" or "DOWN" buttons to adjust the contrast of the screen. Press START/ STOP button to set the desired level of contrast. There are 16 level of contrast.