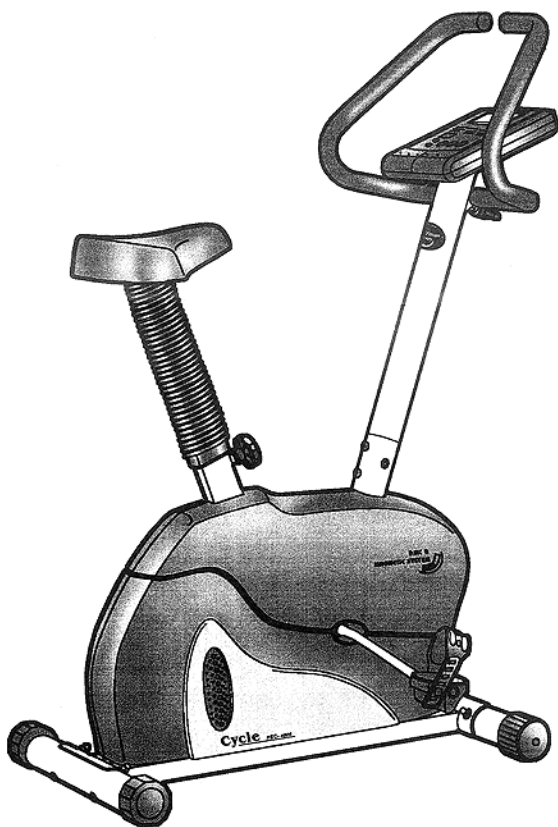


PROTEUS[®]
DESIGN INNOVATION

HOME

EXERCISE CYCLE



PEC-4500
Owner's manual

STEP 1. ATTACH BOTH FRONT AND REAR STABILIZERS (02 / 03) TO MAIN FRAME (01),
FIX WITH CARRIAGE BOLTS (27) WASHERS (29) AND DOME NUTS (33).

NOTE: TO PREVENT HEADS OF BOLTS (27) FROM DAMAGING FLOOR, SIDE WITH
DIMPLED HOLES OF STABILIZER (02 / 03) MUST BE FACING DOWN.

STEP 2.

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

- a. 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).
- b. LEFT PEDAL HAS LEFTHAND THREAD AND MUST BE TURNED CO
INTERCLOCKWISE (CCW) TO ATTACH, RIGHT PEDAL HAS RIGHTHANDTHREAD,
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 POP PIN (26) 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 POP PIN (26).

STEP 5. CONNECT WIRE A (11) AND WIRE B (12), ALSO CONNECT RIBBON CABLE A
(09) AND RIBBON CABLE B (10), ATTACH HANDLEBAR POST TO MAIN FRAME (01),
FIX WITH BOLTS (28) AND WASHERS (29).

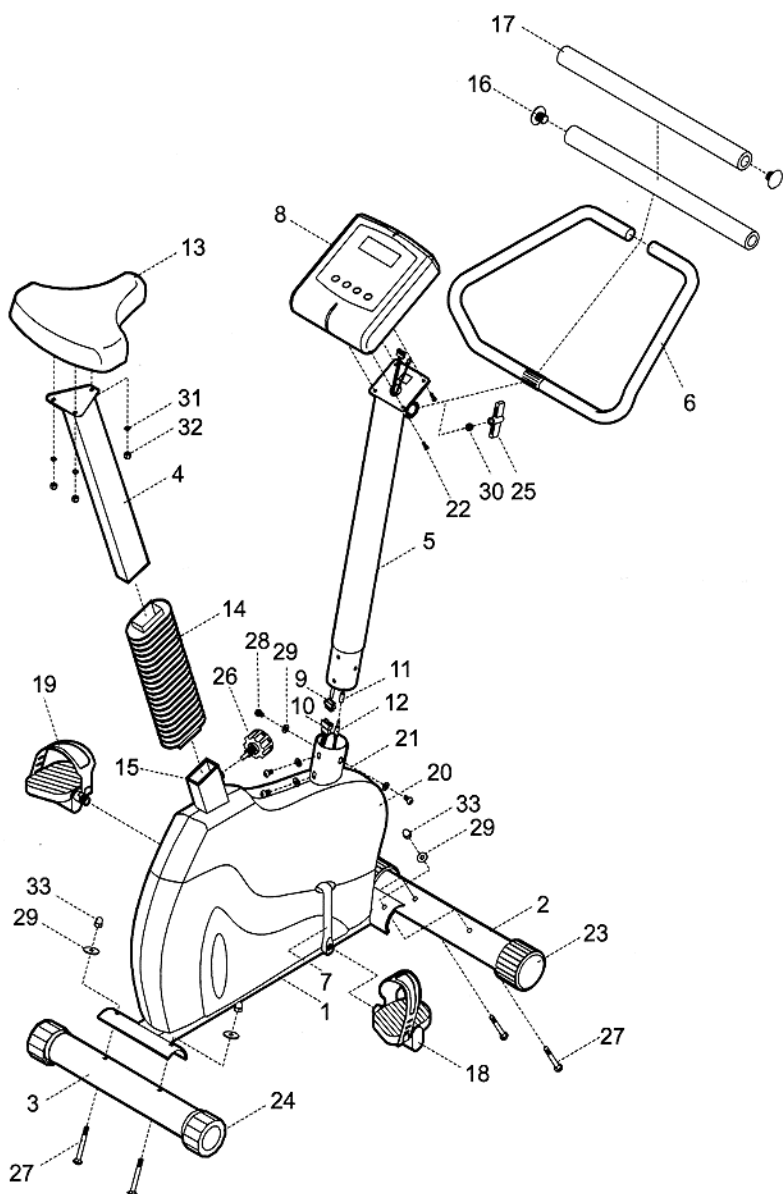
STEP 6. ASSEMBLE FOAM GRIP (17) AND END CAP (16) ONTO ONE SIDE OF HANDLEBAR
(06), THEN ATTACH HANDLEBAR (06) TO HANDLE BAR POST (05), TIGHTEN WITH
WASHER (30) AND KNOB-A (25). ASSEMBLE FOAM GRIP (17) AND END CAP (16)
ONTO ANOTHER SIDE OF HANDLEBAR (06).

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

STEP 7. ASSEMBLE WIRE A (11) AND RIBBON CABLE A (09) TO MONITOR (08), THEN
ATTACH MONITOR ON FIX PLATE OF HANDLEBAR POST, FASTEN WITH SCREWS
(22)

****** NOW YOUR PEC-4500 HAS BEEN WELL ASSEMBLED. ******

EXPLODED VIEW



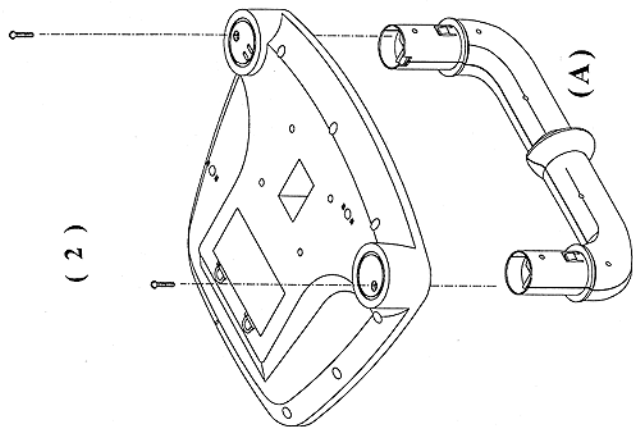
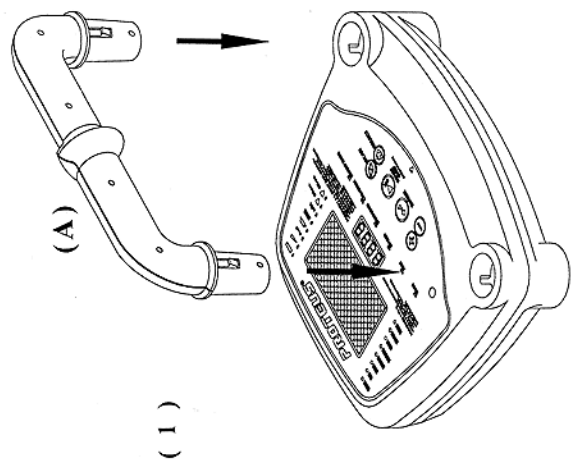
PEC4500-99-06

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	RIBBON CABLE(A)
10.	1	RIBBON CABLE(B)
11.	1	WIRE(A)
12.	1	WIRE(B)
13.	1	SADDLE
14.	1	SEAT POST BOOT
15.	1	30 x 60 SLEEVE
16.	2	HANDLEBAR END CAP
17.	2	FOAM GRIP
18.	1	PEDAL (R)
19.	1	PEDAL (L)
20.	1	CHAIN COVER(R) W / ORNATE PLATE
21.	1	CHAIN COVER(L) W / ORNATE PLATE
22.	4	M5 SCREW x 10mm
23.	2	FOOT CAP A
24.	2	FOOT CAP B
25.	1	T-KNOB
26.	1	POP PIN
27.	4	M8 BOLT x 70mm
28.	4	M8 SOCKET BOLT x 15mm
29.	8	M8 WASHER
30.	1	M8 SMALL WASHER
31.	3	M8 SPRING WASHER
32.	3	M8 NYLON NUT
33.	4	M8 DOME NUT

(1). Plug the tube(A) into the monitor.

(2). Use screwdriver and twist screws into the monitor.



- (1). Plug the tube(A) into the monitor.
(2). Use screwdriver and twist screws
into the monitor.

