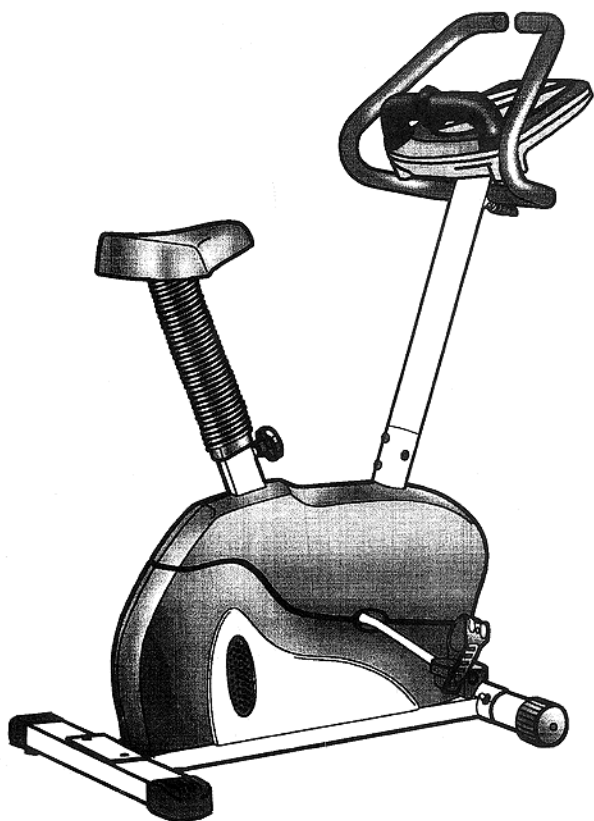# PROTEUS®

FITNESS INNOVATION

HOME MAGNETIC
PROGRAMMABLE CYCLE

PEC - 4650
Owner's manual

IMPORTANT: PLEASE READ THROUGH INSTRUCTIONS CAREFULLY BEFORE STARTING THE ASSEMBLY. DO NOT PLUG TO POWER SUPPLY BEFORE MACHINE IS FULLY ASSEMBLED.

STEP 1. FIT FRONT STABILIZER (2) TO THE FRAME (1) WITH CARRIAGE BOLTS (27) & WASHERS (29) & NUTS (33), NOTE TO PREVENT HEAD OF CARRIAGE BOLTS (27) FROM DAMAGING FLOOR, DIMPLED SQUARE HOLES ON STABILIZER (2) MUST BE FACING DOWN. ATTACH REAR STABILIZERS (3) TO REAR SIDE OF MAIN FRAME (1). FASTEN WITH BOLTS (28) WASHERS (29).

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 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 (20) TO SADDLE PLATE OF SEAT POST (04). FASTEN IT WITH SPRING WASHERS (31) AND NYLON NUTS (32).
SLIDE SEAT POST (04) TO SEAT POST BOOT (21), THEN ATTACH TO MAIN FRAME (01). ADJUST SADDLE TO DESIRED HEIGHT, TIGHTEN WITH POP PIN (26).

STEP 4. CONNECT MONITOR CABLE A (9, FROM END OF #5 HANDLEBAR POST) AND MONITOR CABLE B (10, FROM MAIN FRAME), THEN FIT HANDLEBAR POST (5) TO MAIN FRAME WITH BOLTS (28) AND WASHERS (29),

STEP 5. ASSEMBLE HANDLE BAR (06) ONTO HANDLE BAR POST (05), FIX WITH WASHERS (29) AND BOLTS (28),

STEP 7. CONNECT MONITOR CABLE A (9, TOP OF HANDLEBAR POST) TO THE MONITOR (08), THEN ATTACH MONITOR (08) TO THE MONITOR MOUNTING PLATE (AT TOP OF HANDLEBAR POST) WITH SCREWS (22)..

NOW THE ASSEMBLY OF THE PROGRAMMABLE MAGNETIC CYCLE IS DONE, PLEASE NOTE WITH THE FOLLOWING INFORMATION BEFORE USE,
THE MACHINE IS REQUESTED TO USE AC ADAPTER, WHICH SHOULD BE WITH OUTPUT 9V / 1000 MA, PLEASE ALSO REFER TO MONITOR INSTRUCTION FOR THE PROPER SPECIFICATION INFORMATION.

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
7R.	1	CRANK (R)
7L.	1	CRANK (L)
8.	1	CYCLEMONITOR
9.	1	MONITOR CABLE (A)
10.	1	MONITOR CABLE (B)
11.	1	CHAIN COVER (R-1)
12.	1	CHAIN COVER (L-1)
13.	1	CHAIN COVER (R-2)
14.	1	CHAIN COVER (L-2)
15.	1	30 * 60 SLEEVE
16.	2	HANDLEBAR END CAP
17.	2	FOAM GRIP
18.	1	PEDAL (R)
19.	1	PEDAL (L)
20.	1	SADDLE
21.	1	SEAT POST BOOT
22.	4	M5 SCREW
23.	2	WHEEL
24.	2	FOOT CAP
26.	1	KNOB W/ CLAMP
27.	2	M8 BOLT X 90mm
28.	10	M8 SOCKET BOLT X 20mm
29.	12	M8 WASHER
31.	3	M8 SPRING WASHER
32.	3	M8 NYLON NUT
33.	2	M8 DOME NUT

MONITOR BC-6011II WITH LED DISPLAY

BC-6011II-01

SUMMARY :

This system is designed for programmable magnetic bike.   There are 3 parts to this system, the monitor (BC-6011II), motor & controller and magnetic braking system.
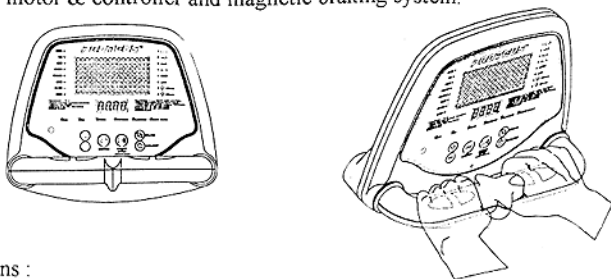
Getting Started :

1. Monitor Connections :
. Plug the 10-pin connector (protruding from the tube) into the receptor on the back of the monitor.
. Secure the monitor to the mounting plate.   Be sure that the monitor cable is not pinched.
   Refer to your assembly guide for more information on installing your monitor.
. Power Up :
. Plug the power cable into the jack of the motor & controller.
. Plug the power pack into a wall outlet.
. After power up, all LED lights will light up for 0.5 seconds & CPU will reset the resistance into level 1
   And then the system go into the initial mode.   (The 8 program indication lights will be flashing.)
**Remark :
1) If the connection cables were installed incorrectly, the speed function won't action and motor won't move.
2) When stop exercising, plese remember to unplug the power pack.

Buttons and Definitions :

. START/STOP : a. Use this button to start or stop tracking your workout.
                b. Holding START/STOP for 2 seconds will reset the current program & values,
                   then enter initial mode.
. SCAN   : Use this button while exercising to sequentially display each function (Time, Speed,
                Distance, Calorie & Heart Rate) for 5 seconds.   Pressing the SCAN button again while
                exercising will stop scanning through each function and will display the current function.
▲ / ▼   : a. During initial mode, use ▲ / ▼ buttons to choose your desirous profile or
                increase / decrease programmable settings (time, age & Heart Rate).   Holding ▲
                / ▼ for 1.5 seconds will change the settings faster.
                b. During exercise you can use ▲ / ▼ buttons to adjust the resistance setting.
. SELECT   : Use SELECT button while exercising to select a function to be displayed (time,
                speed, distance, calories or heart rate).
              ** While in scan mode, pressing SELECT takes the monitor out of this mode and
                 advance to the next function.
.ENTER   : Use this key to confirm selection.

Displays and Features :

The lower screen is for diaplaying the function of Time, Age, Speed, Distance, Calorie & Heart Rate.   During exercise you can press SELECT key to select a function to be viewed or you can push SCAN button to sequentially display & update the values in every 5 seconds.

NOTE :
1.The target heart rate will be shown up only when ULTIMATE & INTENSE programs are exited.
2. If you don't program any workout Time, monitor will count it up from 0:00 to 99:59 in one second intervals.   You may also program your monitor by using the ▲ / ▼ buttons to count down from a set values.
3. After the time count down to zero, monitor will beep 3 sounds and then back to initial mode.
4. The PULSE rate will be displayed after detected 4 stable pulse signals and it will be updated by

Turn Off the Monitor:

1. After 5 minutes of inactivity, the monitor will automatically stop and the display window will reset to zero.
2. If you press STAR/STOP, the monitor will enter "Pause" mode for 5 minutes.   If you do not restart, the monitor will automatically shut off after another 5 minutes.

Profiles and Time Matrix :

The large matrix window is 8 segments high and 16 segments wide.   The horizontal row of LEDS represents the steps of tension adjustments.   Each vertical column of LCDS indicate 1/16 time of your workout.   The vertical columns will blink one at a time during your workout to indicate your progress.   The overall display show the hill profiles.

Prepare for Your Workout :

Before you begin, be sure that the power pack is properly plugged into a wall outlet and the low-voltage cable is plugged into the exerciser.

1. Press any key to initialize the monitor.
2. Select "Manual" or one of the 7 hill profiles using the ▲ / ▼ buttons and press ENTER to advance to the time display.
3. Look at the blinking time display :
   . If you would like the monitor to count down from a programmed time, enter a count-down time using the ▲ / ▼ buttons and press ENTER to confirm your selection.
   . If you would like time to count up, do not enter a time; simply press ENTER to advanced to the age display.   Or press START/STOP to begin tracking your wrkout.
4. Look at the blink age display :
   . Enter your age using the ▲ / ▼ buttons followed by ENTER to confirm your selection, or
   . Press ENTER only to accept the default value of 20 years old.
5. Look at the blinking target heart rate display :
   (This will be shown up when in ULTIMATE & INTENSE programs.)
   . Enter your target heart rate using the ▲ / ▼ buttons followed by ENTER to confirm your selection, or
   . Press ENTER only to accept the default value of 80 BPM.
6. Press START/STOP to begin tracking your workout.
7. Use the ▲ / ▼ buttons anytime during your workout to adjust the resistance setting.

Program of ULTIMATE & INTENSE :

This is a very unique program, it allows the monitor to adjust the workout resistance according to your heart rate automatically.   If you Present Heart Rate is greater than your Target Heart Rate, CPU will decrease the workout resistance automatically.   On the contrary, CPU will increase workout resistance.

* FORMULA OF ULTIMATE PROGRAM :
   Your maximum Heart Rate = 220 - Your Age.
   Target Heart Rate = 60% * Your maximum heart rate.

* FORMULA OF INTENSE PROGRAM :
   Your maximum Heart Rate = 220 - Your Age.
   Target Heart Rate = 80% * Your maximum heart rate.

MANUAL   VIGOROUS   ULTIMATE   HIKING

PEAK   ENDURANCE   INTENSE   CORSE