



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

# **HOME MAGNETIC CYCLE**



**PEC-4850**  
**Owner's manual**



**Testing specification :**  
**EN 957-1 + A1, EN 957-5.**

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

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

|                 |   |       |
|-----------------|---|-------|
| INDEX . . . . . | Introduction / Safety Guideline . . . . . | 01~03 |
|                 | Information PEC-4850 . . . . .            | 03    |
|                 | Correct Posture . . . . .                 | 04~05 |
|                 | Assembly . . . . .                        | 06~09 |
|                 | Exploded View . . . . .                   | 10    |
|                 | Parts List . . . . .                      | 11    |



**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 secure 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 before each use.
- d. Make sure machine is stabilized 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 adjustment devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercise.
- 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 125 KG ( 275 LB ). ALL OF THE TEST STIPULATE TO THE EN 957-1+A1 / -5, CLASS HC.  
CLASS H: ( HOME ) DOMESTIC USE.  
CLASS C: MINIMUM 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 experience 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 C 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.  
Input power supply specification depends on local electricity supply,  
and a proper transformer may be needed.

DC transformer spec. :Input : 220-240V (100-120V) ~ 50HZ , Output : 6V $\overline{\text{---}}$  500 mA

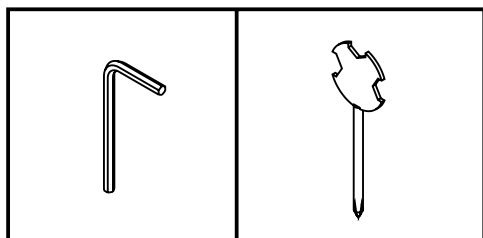


### THE MOST SUSCEPTIBLE TO WEAR PARTS ARE

Drum magnetic wheel / Belt

### TOOLS REQUIRED FOR ASSEMBLY

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



### C. Information PEC-4850

| PEC-4850        |  |
|-----------------|--|
| Resistance      | Drum Magnetic Control                      |
| Driving         | Industrial Poly-V Belt 470-J5              |
| Hub             | Industrial Double Sealed<br>Bearing 6004ZZ |
| Axle / Crank    | Three-Piece Type                           |
| Max User Weight | 125 kg                                     |
| Machine Size    | 115 x 81 x 136 cm                          |
| Carton Size     | 75 x 110 x 33 cm                           |
| NW / GW         | 43.5 / 46.9 kg                             |

### **D. Correct posture**

#### **Introduction one:**

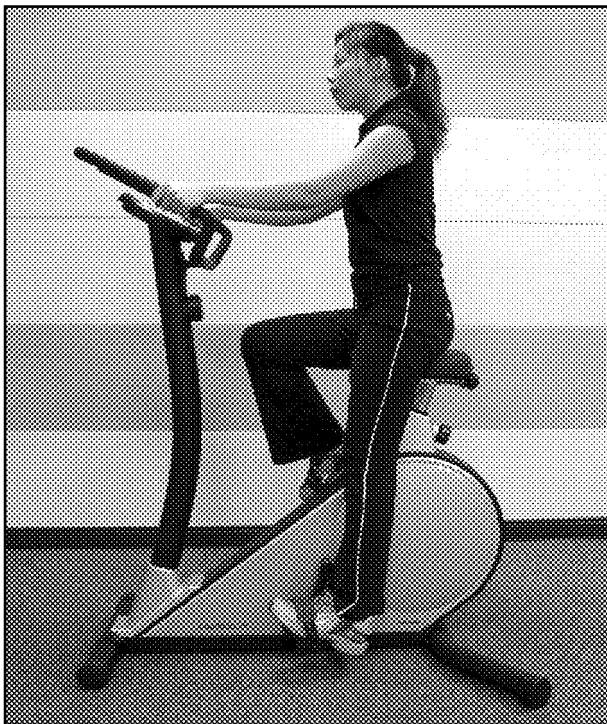
Before exercising, adjust the pedal strap first, let your feet at comfortable position. Then adjust the height of saddle, put your hands on the handlebar, sit on the saddle steadily, do your best to let your body smooth and steady . Try to pedal the machine free and easy, during pedaling, let your foot stretch out at comfortable posture, while one side of pedal reach to the very lower position, too high or too low saddle position will let you feel uncomfortable. Exercise instruction with advice with regard to correct biomechanical positioning of the user on the training equipment. ( please refer to picture - 1 )

#### **Introduction two:**

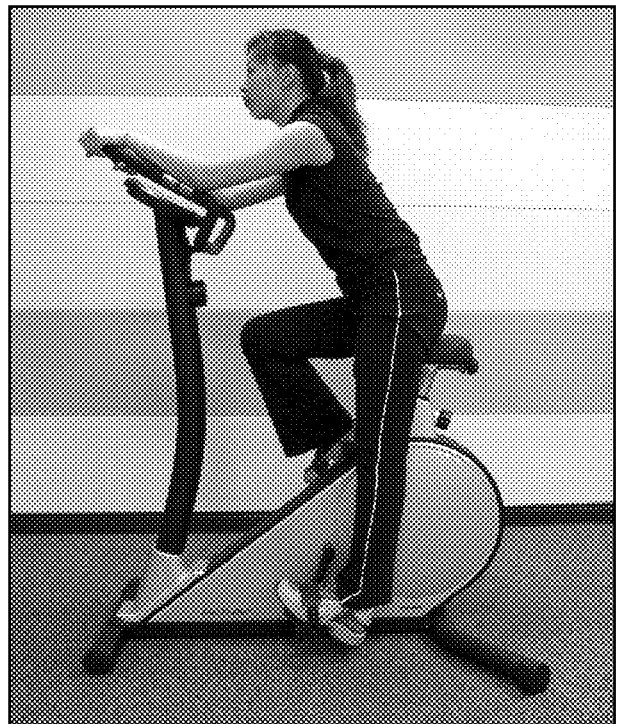
Loose and pull out the knob to adjust the height of saddle, then the saddle could be adjusted the height. While adjust to the suitable height, release the knob let go to knob groove, then fasten the knob. ( please refer to picture - 1 )

#### **Introduction three:**

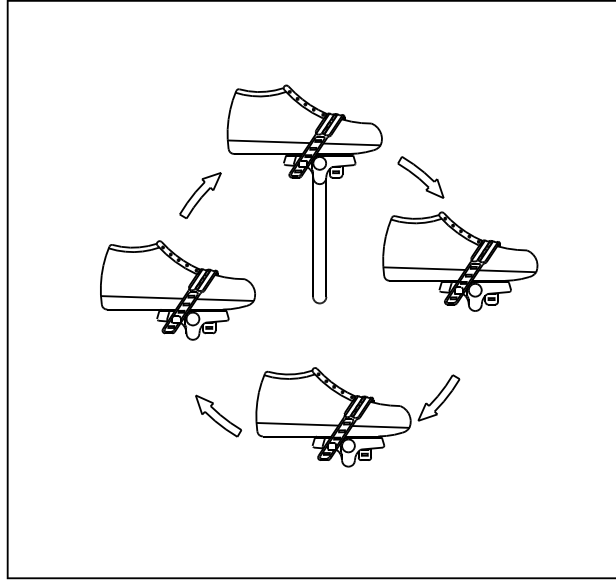
Measure pulse or use monitor target H.R. Control, need to hold on grip pulse of handlebar, ( please refer to picture - 1 ), or lie on handlebar, ( please refer to picture - 2 ), posture options, just let yourself feel comfortable and relaxation while exercise.



**PICTURE - 1**



**PICTURE - 2**

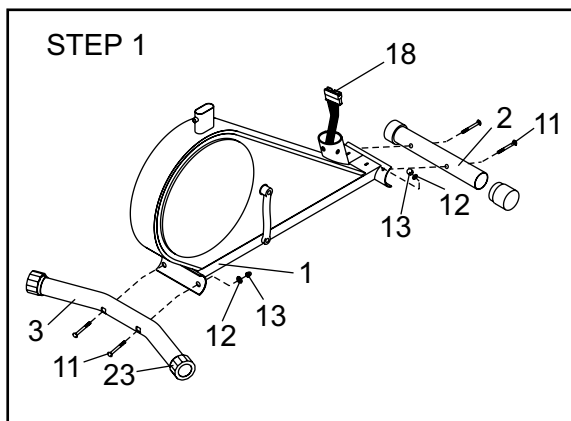


**FIG. - 1**

**Introduction four:**

While exercising, the active direction should be head forward, it is no tension in the contrary direction. Besides, no matter you wear the shoes or not, you should put your foot on the pedal and use the belt to tie up before your exercise . ( please refer to fig. - 1 )

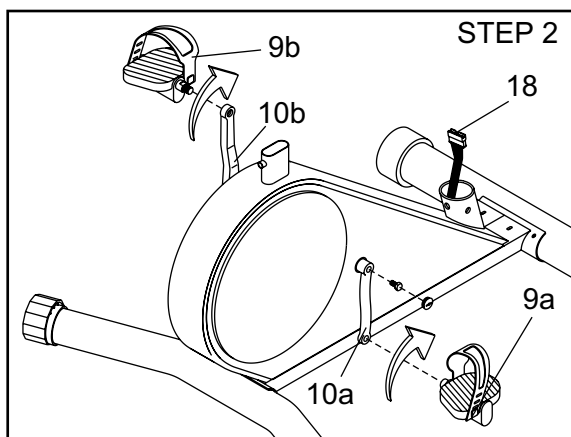




## Step 1 : Assemble stabilizers

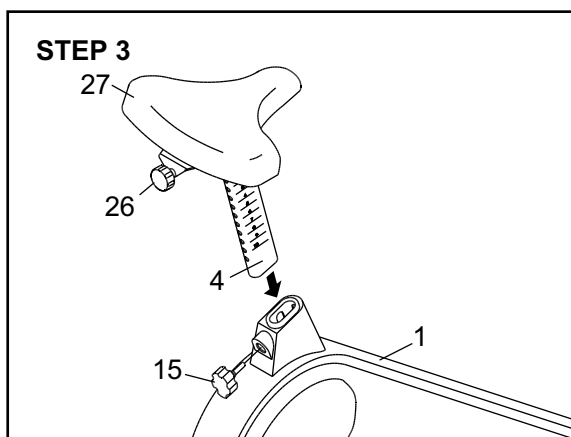
Attach both front and rear Stabilizers ( 02, 03 ) to main frame ( 01 ), with carriage bolts ( 11 ), washers ( 12 ) and dome nut ( 13 ). Then fully tighten them with spanner.

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



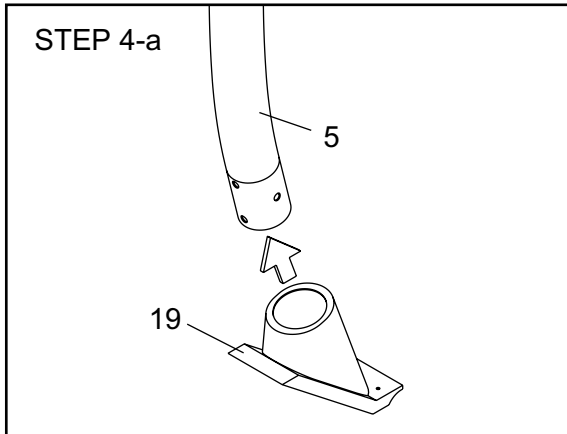
## Step 2 : Assemble pedals

- Attach right pedal ( 9a ) to right crank ( 10a ), then fully tighten clockwise with spanner.
- Attach left pedal ( 9b ) to left crank ( 10b ), then fully tighten counter-clockwise with spanner.



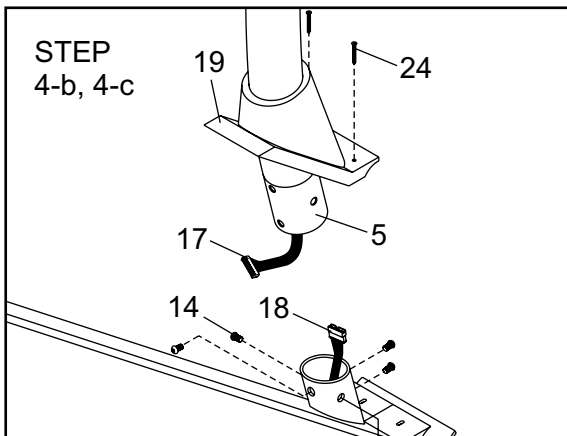
## Step 3 : Assemble seat post

- Attach seat post ( 04 ) to main frame ( 01 ).
- Adjust seat post ( 04 ) to desired height and fasten with knob ( 15 ).
- To release the knob to adjust the saddle ( 27 ) back and forth at you desired position. Then fasten the knob



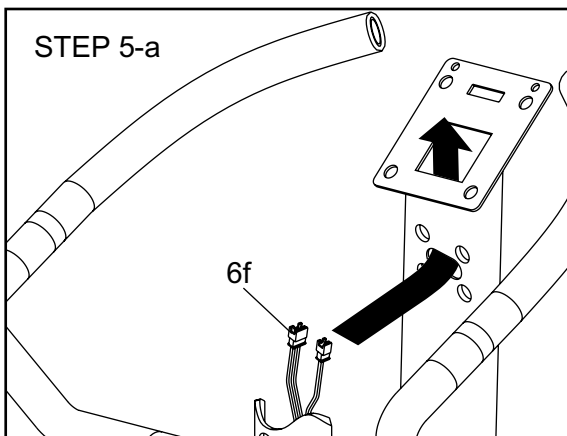
#### Step 4 : Assemble handlebar post

- a. Slide handlebar post ( 05 ) into front protective casing ( 19 ).



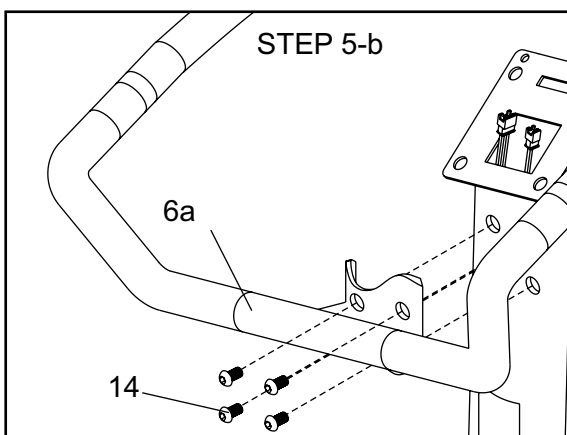
- b. Connect extension monitor cable ( 17 ) to lower monitor cable ( 18 ).

- c. Slide handlebar post ( 05 ) into main frame ( 01 ), then fasten with socket bolts ( 14 ). And fully tighten them with allen key.

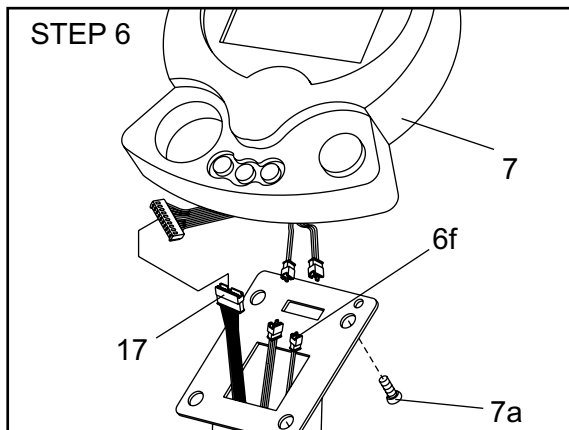


#### Step 5 : Assemble handlebar

- a. Insert the pulse wire ( 6f ) into the handlebar post ( 05 ) and let it through the top of monitor mounting plate.

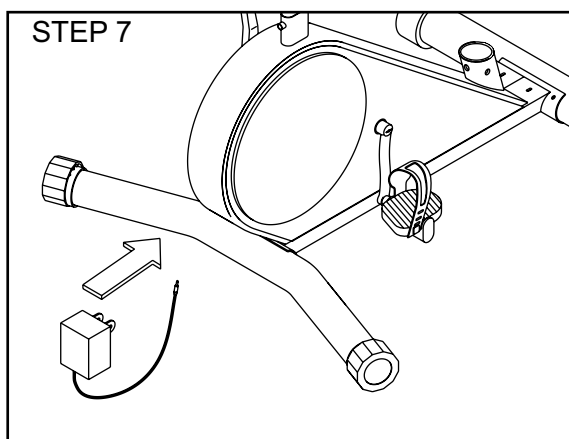


- b. Use socket bolts ( 14 ) to fasten handlebar assembly ( 06 ) onto handlebar post ( 05 ). Then fully tighten them with allen key.



**Step 6 : Assemble cycle monitor**

- a. Connect pulse wires ( 6f ) To cycle monitor ( 07 ).
- b. Connect extension monitor cable ( 17 ) to cycle monitor ( 07 ).
- c. Use screw ( 7a ) to fasten cycle monitor ( 07 ) onto handlebar post ( 05 ). Then fully tighten them with screwdriver.



**Step 7 : Install power source.**

Connect DC transformer to Socket.

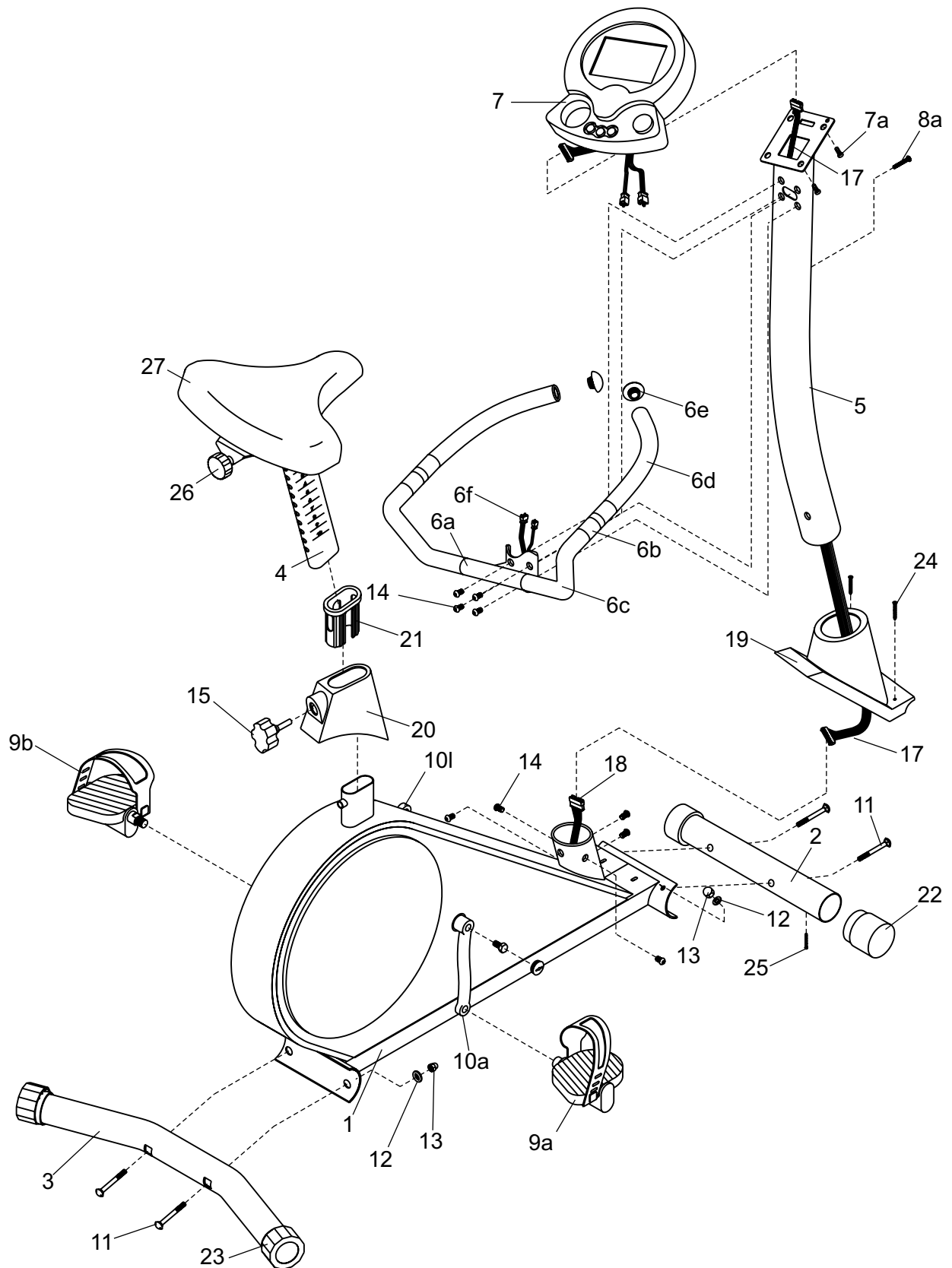
The monitor can be power on with battery size um - 2 x 4pcs or be DC transformer.

DC transformer spec. : Output DC 6V/500mA.

**Tension adjustment operating by the motor.  
Please refers to the operating instruction of monitor.**

**Now your PEC-4850 has been fully assambled.  
Thank you for choosing proteus product !**

# EXPLODED VIEW



## PARTS LIST

| No. | English                           | Q'ty |
|-----|-----------------------------------|------|
| 1   | Main frame                        | 1    |
| 2   | Front stabilizer                  | 1    |
| 3   | Rear stabilizer                   | 1    |
| 4   | Seat post                         | 1    |
| 5   | Handlebar post                    | 1    |
| 6   | Handlebar assembly                | 1    |
| 6a  | Handlebar                         | 1    |
| 6b  | Grip pulse                        | 2    |
| 6c  | Foam grip-a                       | 2    |
| 6d  | Foam grip-b                       | 2    |
| 6e  | Handlebar end cap                 | 2    |
| 6f  | Pulse wire                        | 2    |
| 7   | Cycle monitor                     | 1    |
| 7a  | M5 screw x 10mm                   | 4    |
| 8   | Tension control                   | 1    |
| 8a  | M5 screw x 40 mm                  | 1    |
| 9a  | Pedal ( R )                       | 1    |
| 9b  | Pedal ( L )                       | 1    |
| 10a | Crank ( R )                       | 1    |
| 10b | Crank ( L )                       | 1    |
| 11  | 3/8" (9.5mm) carriage bolt x 70mm | 4    |
| 12  | 3/8" (9.5mm) washer               | 4    |
| 13  | 3/8" (9.5mm) dome nut             | 4    |
| 14  | M8 socket bolt x 16mm             | 9    |
| 15  | Knob w/ clamp                     | 1    |
| 16  | Tension cable                     | 1    |
| 17  | Extension monitor cable           | 1    |
| 18  | Lower monitor cable               | 1    |
| 19  | Front protective casing           | 1    |
| 20  | Rear protective casing            | 1    |
| 21  | Sleeve                            | 1    |
| 22  | Wheel                             | 2    |
| 23  | Foot cap                          | 2    |
| 24  | 3/16" (4.8mm) screw x 38mm        | 2    |
| 25  | M4 screw x 15mm                   | 2    |
| 26  | Knob                              | 1    |
| 27  | Saddle                            | 1    |
| 28  | Power transformer                 | 1    |

