

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



→→→ ***Shaping Healthy Bodies***

**CBM-1050 DC MOTORIZED PROGRAMMABLE TREADMILL**



**Testing specification :**

**Low Voltage Directive - EN 60335-1.**

**E&E Directive - EN 50366**

**EMC Directive - EN 55014 - 1,  
EN 55014 - 2,  
EN 61000 - 3 - 2,  
EN 61000 - 3 - 3.**

**EN 957-1, EN 957-6**

***Features of product with CE & GS mark:***

- **Mechanical and electrical safety.**
- **Symbol of high quality.**
- **Reliability assurance.**

|                 |                                                          |              |
|-----------------|----------------------------------------------------------|--------------|
| INDEX . . . . . | Introduction / Safety Guideline . . . . .                | <b>01</b>    |
|                 | Maintenance . . . . .                                    | <b>02~03</b> |
|                 | Information . . . . .                                    | <b>04</b>    |
|                 | Parts List . . . . .                                     | <b>05~07</b> |
|                 | Exploded Drawing . . . . .                               | <b>08</b>    |
|                 | Accessories . . . . .                                    | <b>09</b>    |
|                 | Assembly - Base . . . . .                                | <b>10</b>    |
|                 | Upright Tube Assembly . . . . .                          | <b>11</b>    |
|                 | Assembly - Monitor . . . . .                             | <b>12</b>    |
|                 | Folding and unfolding . . . . .                          | <b>13</b>    |
|                 | Adjust The Machine . . . . .                             | <b>14</b>    |
|                 | Mat Alignment . . . . .                                  | <b>15</b>    |
|                 | Incline adjustment . . . . .                             | <b>16</b>    |
|                 | Instruction of safety key and pulse measurement. . . . . | <b>17</b>    |
|                 | Warm - Up . . . . .                                      | <b>18~19</b> |

## 1. INTRODUCTION

Thank you very much for choosing this product. To secure the safety, please read the manual and all suggestions carefully before using this product. While you read through the manual, we believe that you can enjoy the fun of exercise and have a healthy life.

## 2. SAFETY GUIDELINE

- \* Consult your physician before start any exercise.
- \* Read through users manual carefully and follow the instructions.
- \* Do not allow children play on the treadmill.
- \* Keep the power key out of reach of children.
- \* Inspect the treadmill before use and make sure the power cord is not damaged.
- \* Place the treadmill on a solid level surface with the rear and sides away from any objects.
- \* Keep hands away from moving parts.
- \* Do not place any liquid on or near the treadmill.
- \* Wear appropriate clothing and shoes for exercise.
- \* Do not wear shoes that damage the mat.
- \* Stop exercise if you feel any pain or discomfort and consult your physician immediately.
- \* Place both feet on the foot rails before starting the treadmill.
- \* Do not start the treadmill while standing on the mat.
- \* If you have any questions or concerns, contact dealer for advice.
- \* **Make sure the ground wire installed before assembling the machine.**
- \* **This is home fitness equipment, not suitable for other places.**

### 3. MAINTENANCE :

#### a. Maintenance

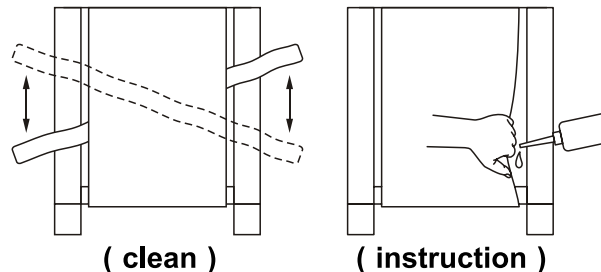
1. Clean and lubricate the running board of the treadmill every 20 hours of use or monthly, depends on which ever comes first (see TREADMILL LUBRICATION INSTRUCTIONS). Clean sides of the running mat daily prevents dirt from getting underneath the mat.
2. To prevent dust from stack up beneath motor cover and under the treadmill body (any work involving the removal of the motor cover should be carried out by a qualified technician), the surface around and beneath the treadmill should be cleaned weekly. Select floor covering that prevent gathering dust and also protects the original floor surface.
3. Ensure that fluids are not spilt on the treadmill console or running mat.
4. Contact your dealer for assistance if you need to have the treadmill serviced.

#### b. Treadmill cleaning and lubrication instruction :

1. Use a clean towel; slide it between running mat and the platform of the treadmill at the motor end, so each end of the towel hanging over sides of the machine.
2. Hold each end of the towel and gradually pull it back towards the rear of the machine. (make sure the mat does not move).
3. When you reach the rear roller, hold the mat and towel to the motor end and pull both back near the motor cover. Repeat steps 2 and 3 twice. This action cleans the mat and platform of the treadmill.
4. Take the lubricant and apply to the treadmill bed.
5. Walk on the treadmill for two minutes at about 5 km/h in order to spread the lubricant evenly.

6. Mat slippage may occurred for a short time. If it persists, adjust the running mat tension as per direction in the owner's manual ( adjust belt tension ). Do not over-tighten, as this will decrease the life of the mat and place undue pressure upon the roller bearings.

7. If you are not certain of any procedure or lack of correct tools, please contact your dealer.  
We recommend a qualified technician carry out work involving removal of the motor cover.



### c. Silicon

*Silicon spray warning*

**KEEP OUT OF REACH OF CHILDREN !**

**If swallowed or sprayed directly on face, seek medical advice immediately.**

**If spilt, clean up immediately, as slippage hazard may result.**

**Note : This product may cause danger if used otherwise than strictly in accordance with the directions for its use.**

This product is sold only subject to these conditions and upon the basis that it is used solely at the purchaser's own risk and the manufacturers and distributors hereby exclude themselves from all liability in relation to this product howsoever arising.

#### 4. INFORMATION :

| Basic spec :              |                |                 |                       |
|---------------------------|----------------|-----------------|-----------------------|
| Machine size              | 180x76x136(cm) | Electric spec   | AC 110V 60Hz/220V50Hz |
| Folded size               | 88x76x165(cm)  | Speed range     | 1.0 km/h~16 km/h      |
| Running surface           | 43x120(cm)     | Motor           | 2.0 HP 4200RPM        |
| Thickness of running belt | 1.6            | controller tpye | PCA-6030              |
| Thickness of running deck | 18             | wheel diameter  | ∅46                   |
| Machine base section      | (∅ 60x1.5)     | Elevation type  | (15 levels)           |
| Upright tube section      | (40x80x1.5)    | Elevation angle | 0° ~4. 5°             |
| Painting                  | Max. user      | weight          | 110kg                 |
| weight                    | 74. 8 kg       | Folding         | Foldable              |

## a. Parts list

| No. | Description        | Q'ty |
|-----|--------------------|------|
| 101 | Main frame         | 1    |
| 102 | Rear cover (left)  | 1    |
| 103 | Rear cover (right) | 1    |
| 105 | Air pressure shaft | 1    |
| 107 | Square tube cap    | 2    |
| 110 | Power supply post  | 1    |
| 111 | Spring washer      | 4    |
| 124 | Wheel              | 2    |
| 125 | Side rail          | 2    |
| 126 | Anti-slip mat      | 2    |
|     |                    |      |

| No. | Description     | Q'ty |
|-----|-----------------|------|
| 201 | Base assembly   | 1    |
| 208 | Rubber foot-pad | 2    |
| 211 | Wheel post      | 2    |
| 213 | Bushing         | 2    |
|     |                 |      |
|     |                 |      |

| No. | Description                | Q'ty |
|-----|----------------------------|------|
| 301 | Up right tube unit (right) | 1    |
| 302 | Up right tube unit (left)  | 1    |
| 303 | Top handle bar             | 1    |
| 304 | Top handle bar foam        | 1    |
| 307 | Foam grip                  | 2    |
| 312 | Handle bar (right)         | 1    |
| 313 | Handle bar (left)          | 1    |
| 318 | Handlebar end cap          | 2    |

| No. | Description           | Q'ty |
|-----|-----------------------|------|
| 401 | Monitor case          | 1    |
| 405 | Monitor bottom casing | 1    |
| 409 | Safety key plate      | 1    |

| No. | Description               | Q'ty |
|-----|---------------------------|------|
| 501 | Incline socket set        | 1    |
| 513 | Inner cap for square tube | 2    |
|     |                           |      |
|     |                           |      |

| No. | Description            | Q'ty |
|-----|------------------------|------|
| 601 | Retractable outer tube | 1    |
| 602 | Retractable inner tube | 1    |
| 603 | Spring pin             | 1    |
| 604 | Square tube cap        | 1    |
| 605 | Square tube cap        | 1    |
| 606 | Hollow cap             | 1    |
|     |                        |      |
|     |                        |      |
|     |                        |      |
|     |                        |      |
|     |                        |      |

| No. | Description          | Q'ty |
|-----|----------------------|------|
| 701 | Front roller set     | 1    |
| 702 | Rear roller set      | 1    |
| 703 | Belt                 | 1    |
| 704 | Motor cover          | 1    |
| 705 | Front complete cover | 1    |
| 707 | PROTEUS plate        | 1    |

| No. | Description         | Q'ty |
|-----|---------------------|------|
| 801 | Running board       | 1    |
| 802 | Running belt        | 1    |
| 803 | Cushion 60          | 4    |
| 804 | Side Rail fix plate | 2    |
| 805 | Cushion 50          | 4    |
| 806 | Plastic wheel       | 6    |

| No. | Description               | Q'ty |
|-----|---------------------------|------|
| 901 | Hex. Screw                | 1    |
| 902 | Tapping screw             | 26   |
| 903 | Round-headed screw        | 2    |
| 904 | Semicircle Hex. Screw     | 16   |
| 905 | Nylon anti-loose nut      | 3    |
| 906 | Semicircle Hex. Screw     | 5    |
| 907 | Washer                    | 8    |
| 909 | Washer                    | 4    |
| 910 | Drywall screw             | 2    |
| 911 | Big flat spider screw     | 12   |
| 916 | Washer                    | 3    |
| 917 | Semicircle Hex. Screw     | 1    |
| 918 | Round-headed spider screw | 2    |
| 919 | Semicircle Hex. Screw     | 2    |
| 920 | Semicircle Hex. Screw     | 3    |
| 921 | Washer                    | 2    |
| 922 | Nylon anti-loose nut      | 2    |
| 923 | Round-headed spider screw | 10   |
| 927 | Hex. Bolt                 | 2    |
| 934 | Semicircle Hex. Screw     | 10   |
| 937 | Curve washer              | 8    |

| No. | Description                   | Q'ty |
|-----|-------------------------------|------|
| A01 | Motor                         | 1    |
| A02 | Monitor                       | 1    |
| A03 | POWER KEY                     | 1    |
| A04 | Control board                 | 1    |
| A05 | Elevation motor               | 1    |
| A06 | Wave filter                   | 1    |
| A07 | Inductor                      | 1    |
| A08 | Power switch                  | 1    |
| A09 | Thermo switch                 | 1    |
| A10 | Power socket                  | 1    |
| A11 | Sensor shaft                  | 1    |
| A12 | Hand pulse sensor             | 2    |
| A19 | Monitor panel print           | 1    |
| A20 | Button panel                  | 1    |
| A21 | SPEED SENSOR                  | 1    |
| A22 | SAFETY SENSOR                 | 1    |
| No. | Description                   | Q'ty |
| B01 | Control wires on console      | 1    |
| B02 | Control wires in upright tube | 1    |
| B03 | Control wires on MCB          | 1    |



**c. Parts box / tools**

|   | Description           | Q'ty | Part Spec.    | Part number |
|---|-----------------------|------|---------------|-------------|
| 1 | Semicircle Hex. Screw | 12   | M8*1. 25 – 20 | 904         |
| 2 | Arc washer            | 8    | 5/16*20*2     | 937         |
| 3 | Flat washer (black)   | 4    | 5/16*23*2     | 907         |
| 4 | Spanner & screwdriver | 1    | 13*17+3#      |             |
| 5 | L Wrench              | 1    | M8-30L-95L    |             |
|   |                       |      |               |             |
|   |                       |      |               |             |
|   |                       |      |               |             |
|   |                       |      |               |             |
|   |                       |      |               |             |

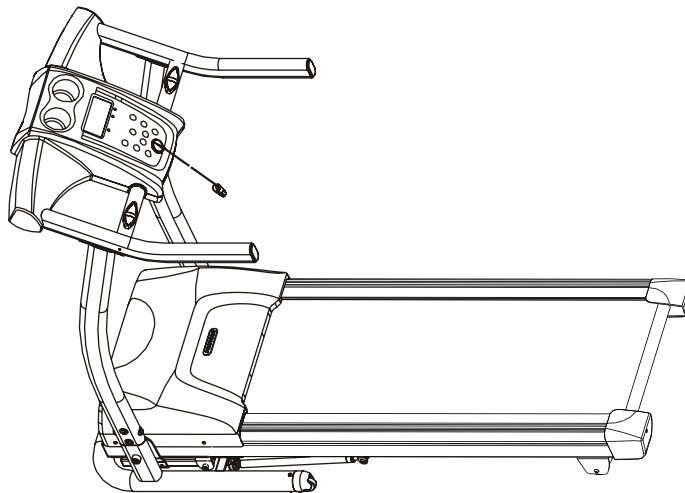
## 5. ASSEMBLY

### a. Note :

**DO NOT FULLY TIGHTEN ALL FASTENERS UNTIL ASSEMBLY IS DONE.  
DO NOT PLUG IN POWER SUPPLY UNTIL ASSEMBLY IS COMPLETED.  
DO MAKE SURE ALL FASTENERS WELL TIGHTENED BEFORE USE.**

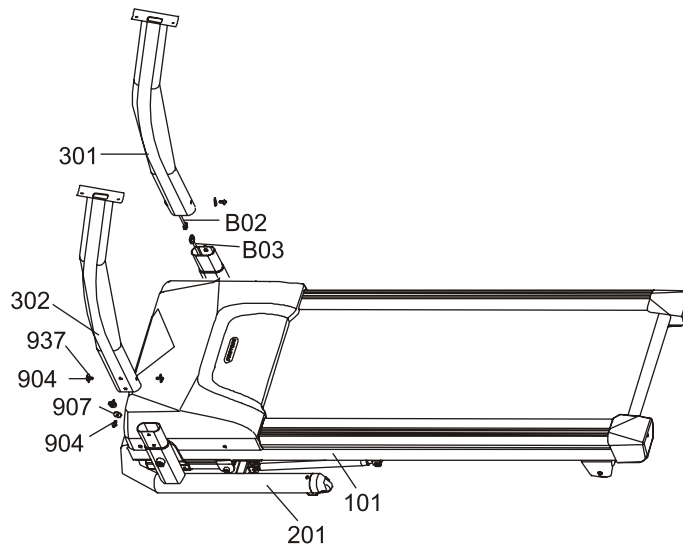
### b. Machine base

Locate the main frame ( 101 ) on level floor. This can steady the machine and stop wobble.



**c. Upright tube assembly**

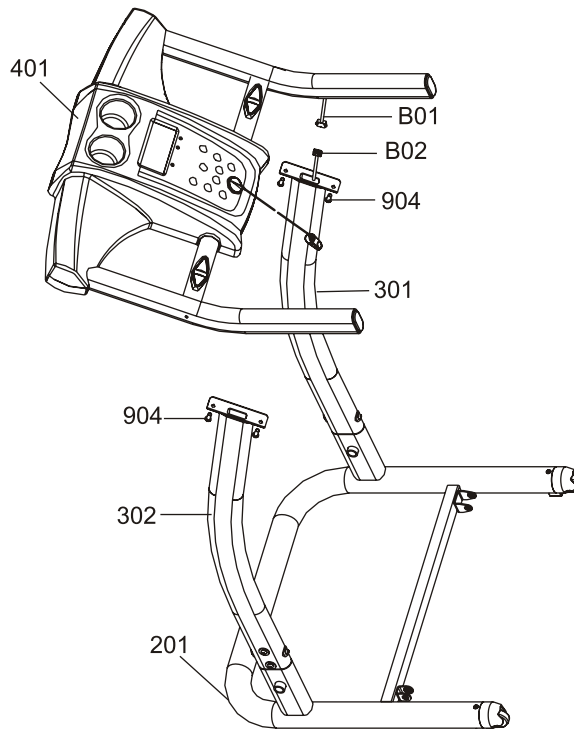
Place upright tube unit (right) (301) besides the main frame (101), connect the frame control wire (B03) to upright tube control wire (B02). Assemble Upright tube unit (301) onto base assembly (201), pre-fix with screws (904), screws must be fitted with washers (907 & 937). Then assemble upright tube unit(left) (302) onto base assembly (201), pre-fix with screws (904) and washers (907 & 937) but not fully tighten before complete assembly. Tighten the screws (904) after complete assembly.



#### d. Assemble monitor

Connect the upright tube (right) control wires (B02) (inside the upright tube assembly) onto console control wire (B01) (on console assembly).

Place monitor (401) between upright tube units (301,302), pre-fix upright tube (right) (301) with screws (904) but not fully tighten, and then repeat same action on upright tube (left) (302)(If the screw can't reach the tube, push the upright tube unit (301,302) slightly inward to fasten). After screws (904) on both sides are fixed, then fully tighten all screws.



## 6. FOLDING AND UNFOLDING :

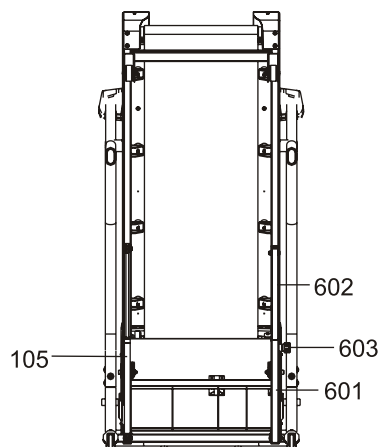
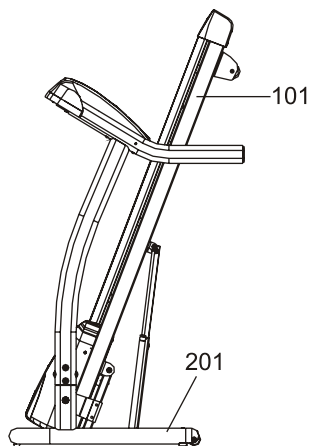
**CAUTION :** Before folding and unfolding the treadmill, the safety key should be pulled away and the spring pin lock into support shaft.

### a. Folding

Pull spring pin (603) out, hold the back end of the machine, fold the machine up till the spring pin lock into support shaft (602).

### b. Unfolding

Pull spring pin (603) out and pull main frame (101) down gently. Let go of your hands and the main frame (101) will descend slowly due to work of air pressure shaft (105). The action will be done with a "click" sound when spring pin (603) lock onto retractable tube.



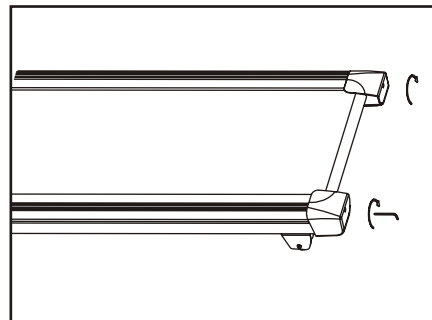
## 7. TUNE-UP THE TREADMILL

### a. Adjust belt tension

#### FACTORS THAT AFFECT MAT ALIGNMENT :

1. The treadmill must be on a level surface.
2. While user running with an uneven stride, the mat should return to center after exercise.
3. Maintain the correct mat tension.

**NOTE :** In principle, the belt was adjusted by the belt adjusting screw in the back of the machine, if need to adjust the roller, do not adjust the roller by yourself. Please ask distributor for help.



#### CORRECT BELT TENSION :

Pay attention to the belt tension in order to make sure the machine working smoothly, and to avoid short life of parts if there is any slipping belt, the belt needs to be adjusted.

**To increase belt tension :** adjust the left / right adjusting screw clockwise with one turn each.

**To decrease belt tension :** adjust the left / right adjusting screw counterclockwise with one turn each.

**Warning :** Do not adjust the belt too tight. Otherwise, the belt will be damaged.

If the above procedure could not improve the belt tension, tension motor drive belt might need to be adjusted. Please contact your distributor for help.

Again, please do not adjust the belt too tight. Otherwise, not only the belt will be damaged but also the roller bearing will be damaged due to tension pressure.

**b. Mat alignment**

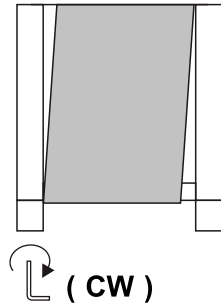
**NOTE : THE ALIGNMENT OF THE TREADMILL MAT MUST BE CORRECTLY ADJUSTED TO ENSURE SMOOTH OPERATION AND TO PREVENT DAMAGE.**

The treadmill mat must run close to the central position of the treadmill.

If the gaps between the mat and the side panel are different, the mat must be aligned.

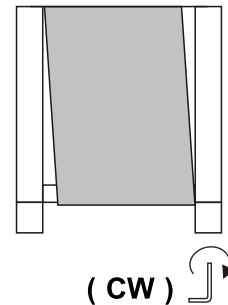
SET THE SPEED OF THE MACHINE TO 4 - 6 km/h, IF THE TREADMILL MAT MOVED TO LEFT HAND SIDE :

1. Turn the left mat adjustment bolt clockwise 1/2 a turn.
2. If more adjustment is necessary, turn the right hand adjustment bolt counter- clockwise 1/2 a turn.
3. If more adjustment is required, repeat steps 1 and 2. Any final adjustments should be made with 1/4 of a turn.



SET THE SPEED OF THE MACHINE TO 4 - 6 km/h, IF THE TREADMILL MAT MOVED TO RIGHT HAND SIDE :

1. Turn the right mat adjustment bolt clockwise 1/2 a turn.
2. If more adjustment is necessary, turn the left hand adjustment bolt counter-clockwise 1/2 a turn.
3. If more adjustment is required, repeat steps 1 and 2. Any final adjustments should be made with 1/4 of a turn.



### c. Incline adjustment

To increase incline : press incline up button to incline level.

To decrease incline : press incline down button to decline level.



**Note :** The incline device needs to be off for 20 minutes after 5 minutes continuous use. This is to prevent incline device motor from overheat. If the temperature inside incline motor is too high, the power supply of incline motor will be cut off. After the temperature drops to normal level, then it can be use again.

### d. Silicon lubricant

**Silicon lubricant warning --- KEEP OUT OF REACH OF CHILDREN !**

**If swallowed or applied directly on face, seek medical advice immediately.**

**If spilt, clean up immediately, as slippage hazard may result.**

1. Apply 2 cc of silicon lubricant on each lubrication point (the lubrication point situated under the running mat, which is 10 cm from sides of the mat and 30 cm from the near end of motor cover). Apply on both left and right sides of the mat.
2. Adjust treadmill speed to 5 km/h, walk on the machine for 5 minutes to evenly spread the lubricant.

**Note :** This product may cause danger if used otherwise than strictly in accordance with the directions for its use.

This product is sold only subject to these conditions and upon the basis that it is used solely at the purchaser's own risk and the manufacturers and distributors hereby exclude themselves from all liability in relation to this product howsoever arising.

**e. Instruction of safety key and pulse measurement**

The machine works only the safety key (A03) attached to the monitor (A02). For safety purpose, pull out the safety key while not using the machine. While using pulse equipment and hold the pulse sensor, stay calm and quiet. Do not run and measure pulse at the same time. Otherwise, the figure will not be accurate due to hands moved. Before exercising, stand on the side rail and hold the pulse sensor for five seconds. The icon " ♥ " shows on the screen, the monitor will show the heart beat/min in real time. Hold the pulse sensor for five seconds. After exercise, stand on the side rail for five seconds " ♥ " shows on the screen, the monitor will show the heart beat/min in real time.

**\*\*\* While using hand pulse, the hands should be without too much moisture, so dry your hands before doing exercise. Otherwise, it will affect the accuracy of heart rate. Also, while using pulse, user should leave running belt and stand at safe area. Attention : Please do warm-up exercise (refer to later chapter) before using treadmill in order to prevent injury.**

## **WARM - UP GUIDELINES**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.

## **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch-never bounce.

### **HAM STRING STRETCH**

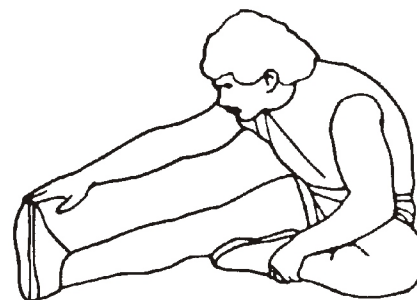
Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches : Hamstrings, lower Back and Groin

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches : Quadriceps, Hip Muscles



**TOE TOUCHES**

Standing with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches : Hamstrings, Back of Knees, Back

**QUADRICEPS STRETCH**

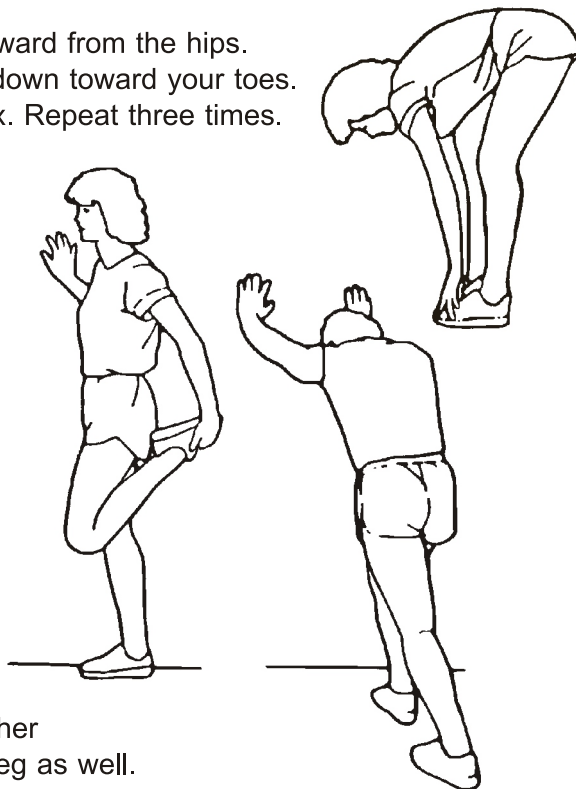
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.

Stretches : Quadriceps, Hip Muscles.

**CALF / ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the. Achilles tendons, slightly bend back leg as well.

Stretches : Calves, Achilles Tendons, and Ankles.



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**Before printing this manual, we have done the best efforts to make this manual more comprehensible for all users.**



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