

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



***Shaping Healthy Bodies***

**CBM-2030/2050 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.**

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## 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

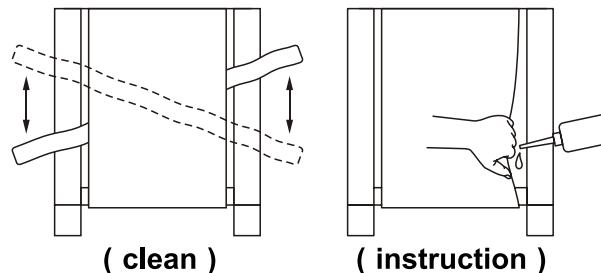
1. Clean and lubricate the running board of the treadmill every 20 hours of use or monthly, depends on which ever comes first (see TREADMILL LUBRICATION INSTRUCTIONS). Clean sides of the running mat daily prevents dirt from getting underneath the mat.
2. To prevent dust from stack up beneath motor cover 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	190x85x137(cm)
Folded size	97x85x174(cm)
Running surface	46x130(cm)
Thickness of running belt	1.6
Thickness of running deck	18
Machine base section	elliptical (40x80x2.0)
Upright tube section	elliptical (40x97x1.5)
Painting	Gunpowder gray powder coating
weight	88. 1kg
Electric spec	AC 110V 60Hz/220V50Hz
Speed range	1km/h~16 km/h
Motor	2.0 HP 4200RPM
controller tpye	PCA- 6110
wheel diameter	∅ 50
Elevation type	(15 levels)
Elevation angle	0° ~ 4. 5°
Max. user weight	130kg
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	4
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
214	Base end cap	2

No.	Description	Q'ty
301	Up right tube unit (right)	1
302	Up right tube unit (left)	1
303	Top handle bar	1
307	Foam grip	2
318	Handlebar end cap	4

No.	Description	Q'ty
401	Monitor cover	1
404	Monitor case	1
405	Monitor bottom casing	2
409	Safety key plate	1
410	Monitor transparent cover	1
411	Round plate	2

No.	Description	Q'ty
501	Incline socket set	1
513	Inner cap for square tube	3

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
708	Cap	1

No.	Description	Q'ty
E01	Pulse wire	2
E02	Pulse wire	2

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	8

No.	Description	Q'ty
901	Hex. Screw	1
902	Tapping screw	25
905	Nylon anti-loose nut	3
906	Semicircle Hex. Screw	2
907	Washer	14
909	Washer	2
910	Drywall screw	2
911	Big flat spider screw	4
915	Spring washer	4
917	Semicircle Hex. Screw	1
919	Semicircle Hex. Screw	2

No.	Description	Q'ty
920	Semicircle Hex. Screw	3
921	Washer	4
922	Nylon anti-loose nut	8
927	Hex. Bolt	2
934	Semicircle Hex. Screw	10
937	Arc washer	6
938	sems screw	29
939	Semicircle Hex. Screw	2
940	Hex. Bolt	2
941	Semicircle Hex. Screw	6
942	Drywall screw	6
943	Drywall screw	2
944	Semicircle Hex. Screw	8
945	Semicircle Hex. Screw	1
946	Semicircle Hex. Screw	4
No.	Description	Q'ty
B01	Control wires on console	1
B02	Control wires in upright tube	1
B03	Control wires on MCB	1

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	Panel print	1
A20	Panel board	1
A21	Speed sensor	1
A22	Safety sensor	1
A23	speed quick key	1
A24	Incline quick key	1



## c. Parts box / tools

	Description	Q'ty	Part SPEC.	Part no.
1	Semicircle Hex. Screw	8	M8*12.5*15	944
2	Washer	4	1/4*13*1	921
3	Big flat spider screw	4	4*16	911
4	Arc washer	6	5/16*20*2	937
5	Washer	2	5/16/23/2	907
6	sems screw	4	∅ 3*08-8	938
7	Spanner & screwdriver	1	13*17	
8	Wrench	1	M6-25L-68L	
9	Wrench	1	M5-120L-70L	
10	Semicircle Hex.Screw	6	M8*12.5*15	941



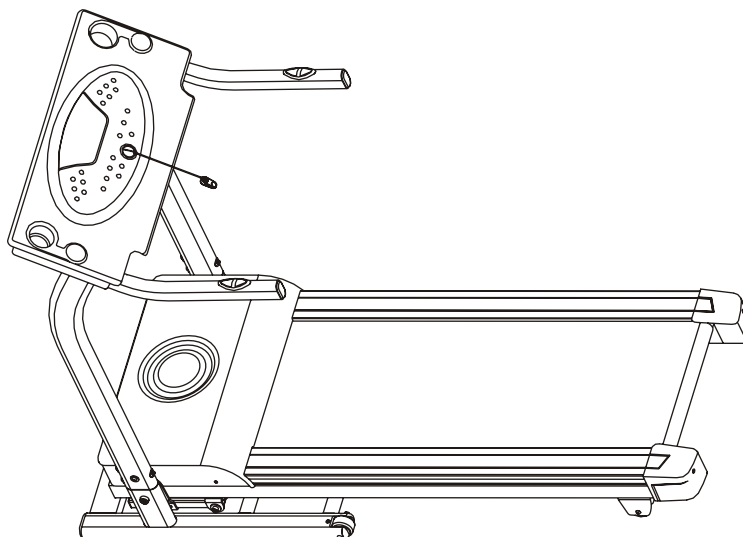
## 5. ASSEMBLY

### 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.**

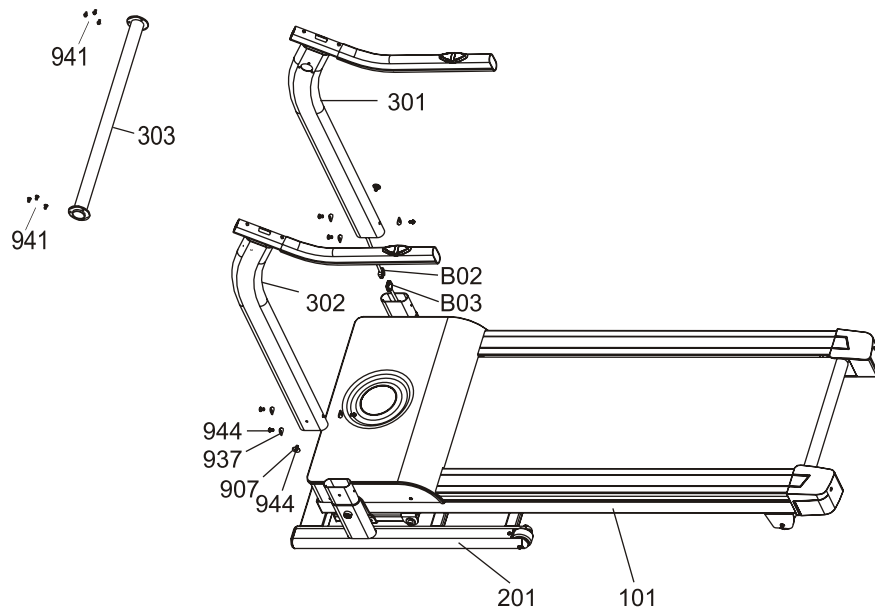
### b. Machine base

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



**c. Upright tube assembly**

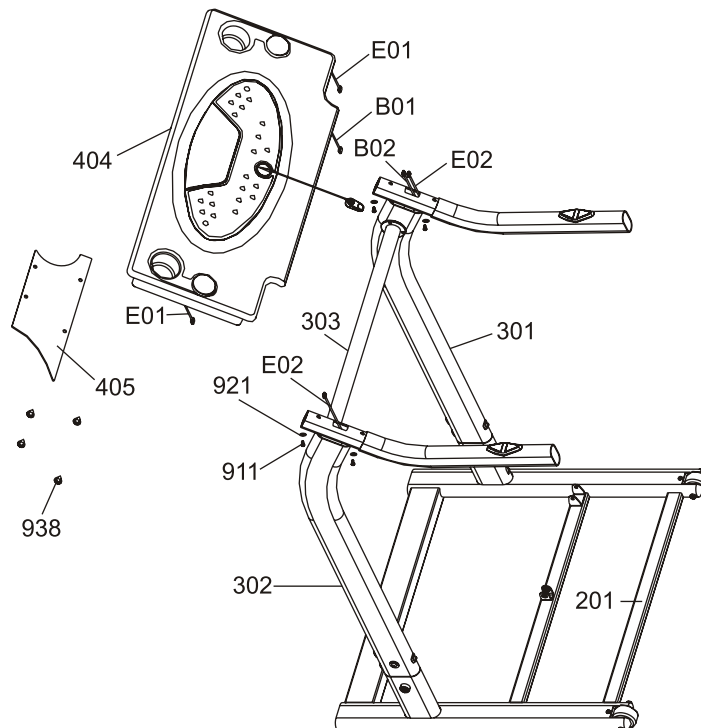
Place upright tube unit (right) (301) besides the main frame (101), connect the frame control wire (B03) to upright tube control wire (B02). Assemble Upright tube unit (301) onto base assembly (201), pre-fix with screws (944), screws must be fitted with washers (907 & 937). Then assemble upright tube unit(left) (302) onto base assembly (201), pre-fix with screws (944) and washers (907 & 937) but not fully tighten before complete assembly. Tighten the screws (944) after complete assembly. Attach top handle bar (303) to up right tube units(right/left)(301/302)with screw(941).



#### d. Assemble monitor

Connect the upright tube (right) control wires (B02) (inside the upright tube assembly) onto console control wire (B01) (on console assembly). Then connect pulse wires (E02) (inside upright tubes) to another pulse wires (E01) (on console assembly).

Place monitor case (404) between upright tube units (301,302), pre-fix upright tube (right) (301) with screws (911) and washer (921) 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 (911) on both sides are fixed, then fully tighten all screws.



## 6. FOLDING AND UNFOLDING :

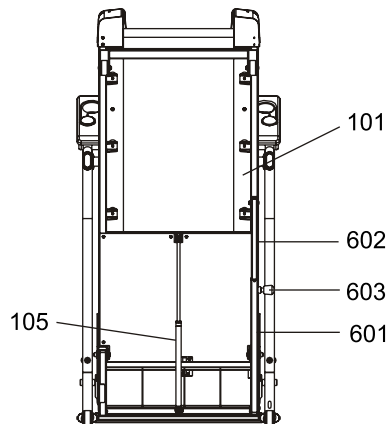
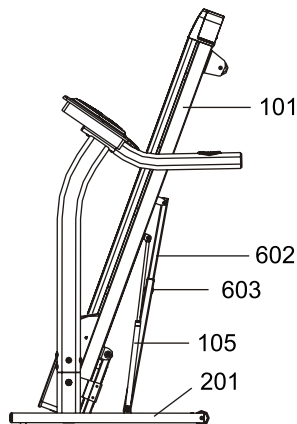
**CAUTION :** Before folding and unfolding the treadmill, the safety key should be pulled away and the spring pin lock into support shaft.

### 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.



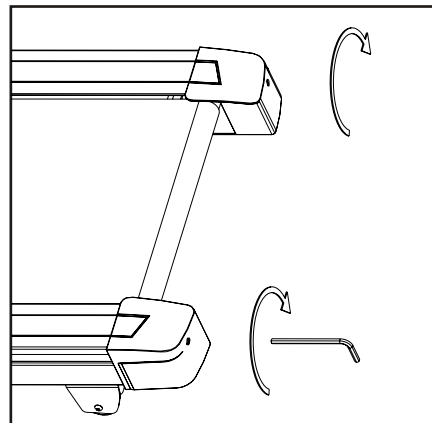
## 7. TUNE-UP THE TREADMILL

### 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**

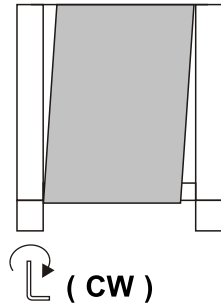
**NOTE : THE ALIGNMENT OF THE TREADMILL MAT MUST BE CORRECTLY ADJUSTED TO ENSURE SMOOTH OPERATION AND TO PREVENT DAMAGE.**

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.

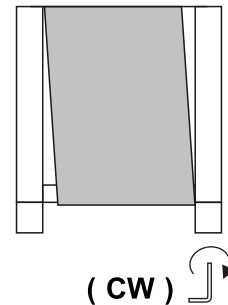
SET THE SPEED OF THE MACHINE TO 4 - 6 km/h, IF THE TREADMILL MAT MOVED TO LEFT HAND SIDE :

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.

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**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**

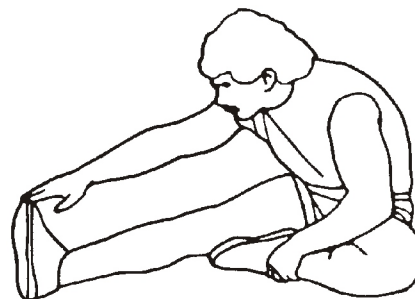
Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

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**

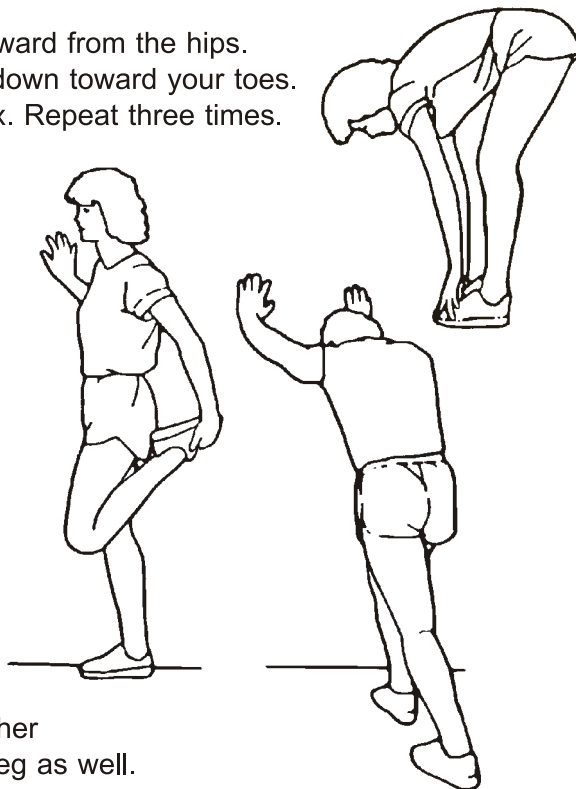
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.

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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**Without our authorization, any contents of this manual are not allowed to be copied, saved or transferred.**

**We reserve rights to revise specification, equipment, and maintenance informations for our R& D team keeps improving our product quality.**

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



<http://www.proteusfitness.com>