

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



***Shaping Healthy Bodies***

**LDT-8850 DC MOTORIZED PROGRAMMABLE TREADMILL**



Testing specification :

EN 957-1, EN 957-6.

**T**he GS Mark is a voluntary 3<sup>rd</sup> party inspection and certification scheme for finished products only, according to German Equipment Safety Law - Gerätesicherheits - Gesetz.

This label ensures products strictly meet the technical safety requirements as stipulated by the GSG and the current production line is audited.

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

● Mechanical and electrical safety.      ● Symbol of high quality.      ● Reliability assurance.

**PROTEUS** assigned SGS-TUV Taiwan and Rheinland Taiwan for its range of products to apply the GS-TUV testing.

<b>INDEX . . . . .</b>	<b>Introduction / Safety Guideline . . . . .</b>	<b>01</b>
	<b>Maintenance . . . . .</b>	<b>02~03</b>
	<b>Information . . . . .</b>	<b>04</b>
	<b>Parts List . . . . .</b>	<b>05~07</b>
	<b>Exploded Drawing . . . . .</b>	<b>08</b>
	<b>Parts List . . . . .</b>	<b>09</b>
	<b>Assembly - Base . . . . .</b>	<b>10</b>
	<b>Upright Tube Assembly . . . . .</b>	<b>11</b>
	<b>Assembly - Air Pressure Shaft . . . . .</b>	<b>12</b>
	<b>Assembly - Monitor . . . . .</b>	<b>13</b>
	<b>Assembly - Cover . . . . .</b>	<b>14</b>
	<b>Folding . . . . .</b>	<b>15</b>
	<b>Adjust The Machine . . . . .</b>	<b>16</b>
	<b>Mat Alignment . . . . .</b>	<b>17</b>
	<b>Incline . . . . .</b>	<b>18</b>
	<b>Pulse . . . . .</b>	<b>19</b>
	<b>LDT-8850 Monitor . . . . .</b>	<b>20</b>
	<b>Monitor Functions . . . . .</b>	<b>21~25</b>
	<b>About Display . . . . .</b>	<b>26~29</b>
	<b>Operation Instructions . . . . .</b>	<b>30~34</b>
	<b>Program Function . . . . .</b>	<b>35~40</b>
	<b>Program Profile . . . . .</b>	<b>41~42</b>
	<b>Warm - Up . . . . .</b>	<b>43~44</b>



## 1 • INTRODUCTION

Thank you very much for choosing **PROTEUS** products. To secure the safety, pls read the manual and all suggestions carefully before using the product. While you get everything ready, believe that you could enjoy the pleasure of exercise and healthy.

## 2. SAFETY GUIDELINE

- \* Before starting any exercise program consult your Physician.
- \* Read this users manual and follow the instructions.
- \* Do not allow children to play on the treadmill.
- \* Keep the safety key out of reach of the children.
- \* Inspect the treadmill before use and ensure the power cord is not damaged.
- \* Place the treadmill on a solid level surface with the rear and side away from any objects.
- \* Keep hands away from moving parts.
- \* Do not place any liquids on or near the treadmill.
- \* Wear appropriate clothing and shoes for exercise.
- \* Do not wear shoes that will damage the mat.
- \* Stop your exercise if you feel any pain or abnormal sensations and consult your Physician immediately.
- \* Place both feet on the foot rails before starting the treadmill.
- \* Do not start the treadmill when you are standing on the mat.
- \* If you have any questions or concerns, contact dealer.
- \* Make sure the ground-wire installed, before assemble the machine.
- \* This is home fitness equipment, not suitable to other place.

### 3 • MAINTENANCE :

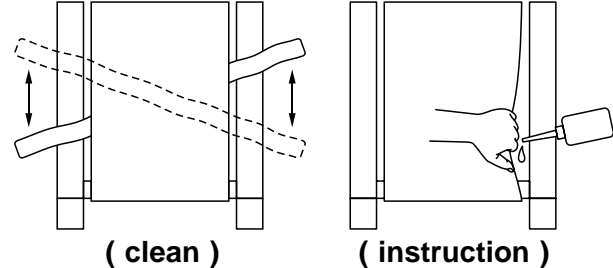
#### **a. Maintenance**

1. Clean and lubricate the bed of the treadmill every 20 hours of use or monthly, whichever comes first ( SEE TREADMILL LUBRICATION INSTRUCTIONS ). Daily cleaning to the sides of the running mat will prevent much of the dirt from getting underneath the mat.
2. Prevent the build up of dust beneath the 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. Less dust and dirt underneath the machine means that less gets into it. Select a floor covering that is not subject to the build up of dust and also protects the original floor surface.
3. Ensure that fluids are not spilt on the treadmill console or running mat.
4. Have the treadmill serviced. Call your dealer for assistance.

#### **b. Treadmill clean and lubrication instruction**

1. Using a clean towel, slide it between the running mat and the bed of the treadmill, at the motor end, so that one end of the towel hangs over each side of the machine.
2. Grasp 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, push the MAT and towel to the motor end so the towel is back near the motor cover. Repeat steps 2 and 3 twice. This action cleans the mat and deck of the treadmill.
4. Take the container of lubricant and apply to the treadmill bed.
5. Walk on the treadmill for two minutes at about 5 km/h, to spread the lubricant.

6. Mat slippage may be 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 stress upon the roller bearings.
7. If you are uncertain 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 damage or loss 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 GLDT-8850

Basic spec :			
Machine size	190 x 85 x 159cm	Electric spec	AC 110V 60Hz / 220V50Hz
Folded size	113 x 85 x 159cm	Speed range	1km/h ~ 18 km/h
Running surface	50 x 140cm	Motor	2.5HP 4000RPM
Thickness of running belt	1.8mm		
Thickness of running deck	25.4mm		
Machine base section	Square tube(40x80)	Elevation type	Elevation motor ( stepless/16 levels )
Upright tube section	Square tube(40x80)	Elevation angle	0°~5.5°
Painting	Black powder-body	Max. user weight	150kg
weight	105kg	Folding	Foldable

##### a · Company information

**Proteus Sports Lnc.**

**Address: 77-3, Nanshin Village, Linkou, Taipei Hsien, Taiwan, R.O.C.**

**Tel : + 886-2-26093940 · 26090836**

**Fax : + 886-2-26093862 · 26002921**

**http : //www.proteusfitness.com**

**e-mail : proteus@tpts4.seed.net.tw**

## LDT-8850 PARTS LIST

No.	Description	Q'ty
1	Main frame	1
2	Cushion	8
3	Square tube cap	6
4	Foot unit	2
5	Front roller set	1
6	Rear roller set	1
7	Motor	1
8	V- belt	1
9	M8 screw	4
10	M8 washer	8
11	Semicircle Hex. screw	3
12	Air Pressure shaft	2
13	Under cover for rear roller ( L )	1
14	Under cover for rear roller ( R )	1
15	Top cover for rear roller ( L )	1
16	Top cover for rear roller ( R )	1
17	Washer	52
18	Round-headed screw	6
19	Running board	1

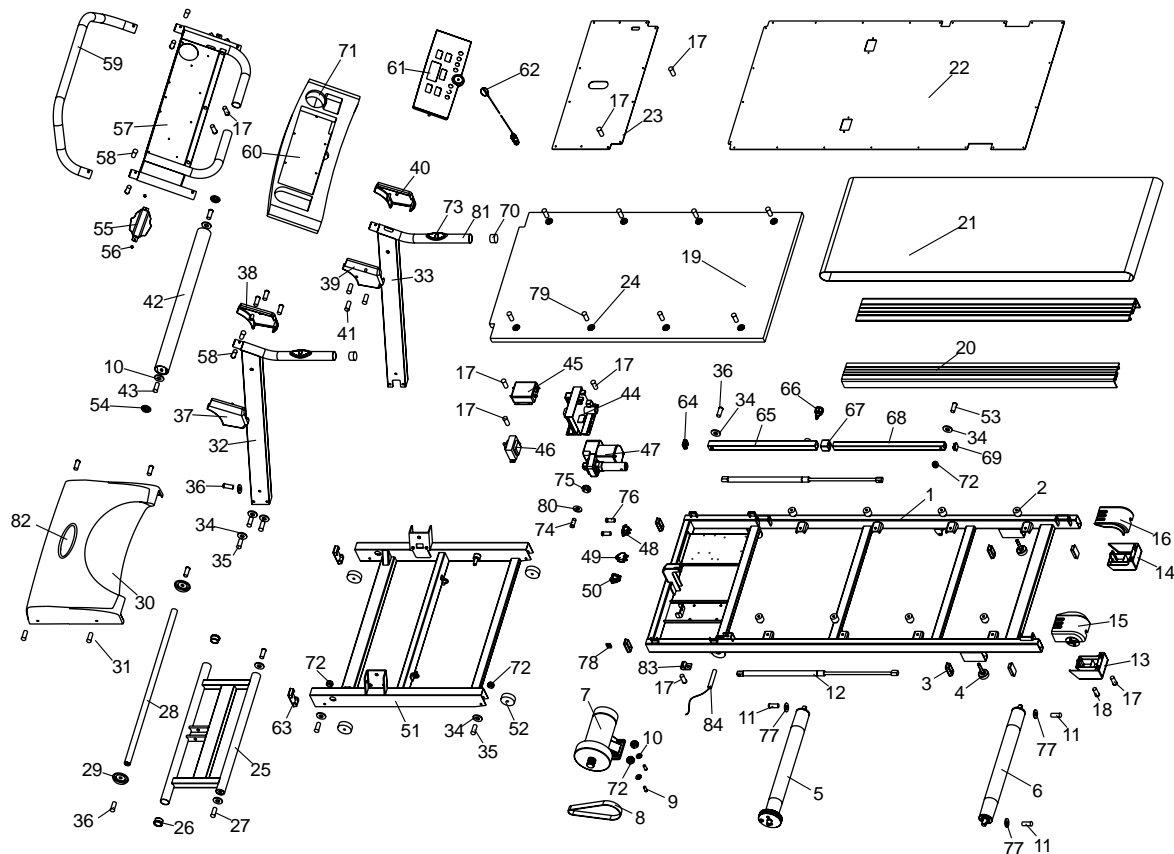
No.	Description	Q'ty
20	Side rail	2
21	Running belt	1
22	Rear complete cover	1
23	Front complete cover	1
24	Side Rail fix plate	8
25	Incline socket set	1
26	Bushing	2
27	Hex. screw	2
28	Horizontal shaft for base	1
29	Horizontal shaft for base cover	2
30	Motor cover	1
31	Round-headed screw	4
32	Up right tube unit ( left )	1
33	Up right tube unit ( right )	1
34	Washer	16
35	Semicircle Hex. screw	10
36	Semicircle Hex. screw	3
37	Handlebar cover ( outside, left )	1
38	Handlebar cover ( inside, left )	1



No.	Description	Q'ty
39	Handlebar cover ( inside, right )	1
40	Handlebar cover ( outside, right )	1
41	Big flat spider screw	6
42	Top handle bar	1
43	Hex. Screw	2
44	Control board	1
45	Wave filter	1
46	Inductor	1
47	Elevation motor	1
48	Power socket	1
49	Thermo switch	1
50	Power switch	1
51	Base assembly	1
52	Wheel	4
53	Semicircle Hex. Screw	11
54	Nut jacket	2
55	Console combined plate	2
56	Round-headed spider screw	4
57	Console assembly	1

No.	Description	Q'ty
58	Semicircle Hex. Screw	8
59	Console elbow	1
60	Monitor case	1
61	Monitor	1
62	Safety key	1
63	Front cover for base	2
64	Square tube cap	1
65	Retractable outer tube	1
66	Spring pin	1
67	Hollow cap	1
68	Retractable inner tube	1
69	Inner cap for square tube	1
70	Inner cap for round tube	4
71	Fixed socket for water cup	1
72	Nylon anti-loose nut	9
73	Hand pulse sensor	2
74	Hex. Screw	1
75	Nylon anti-loose nut	1
76	Round-headed screw	2

No.	Description	Q'ty
77	Washer	3
78	Spring washer	4
79	Semicircle Hex. screw	8
80	Plastic washer	2
81	Foam grip	2
82	PROTEUS plate	1
83	Fix base for pulse wire	1
84	Sensor shaft	1
A	Control wires in upright tube	1
B	Elevation wires in upright tube	1
C	Hand pulse sensor wires	1
D	Control wires on console	1
E	Elevation wires on console	1
F	Wires on console	1



**c • Accessories**

	Description	Unit	Q'ty	Part no.
1	Handle bar cover (R)	set	1	39 / 40
2	Handle bar cover (L)	set	1	37 / 38

**d • Parts box / tools**

	Description	Unit	Q'ty	Part no.
1	Semicircle Hex. screw	pcs	6	35
2	Semicircle Hex. Washer	pcs	8	58
3	Semicircle Hex. screw	pcs	2	36
4	Big flat screw	pcs	6	41
5	Hex. screw	pcs	2	43
6	Washer (black)	pcs	10	10
7	Nut jacket	pcs	2	54
8	T-type wrench	pcs	1	
9	Hex. wrench	pcs	2	
10	Multi-function wrench	pcs	1	

## 5 • Assembly :

### **a • Note:**

DO NOT FULLY TIGHTEN ALL FASTENERS UNTIL ASSEMBLY IS DONE.

DO NOT PLUG IN POWER SUPPLY UNTIL ASSEMBLY IS COMPLETED.

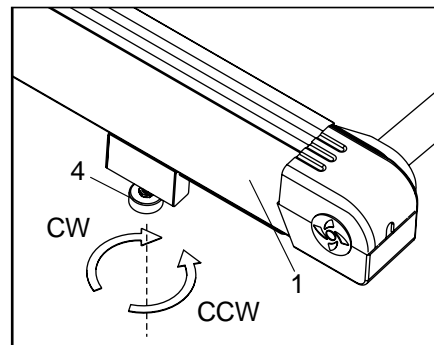
**DO MAKE SURE ALL FASTENERS WELL TIGHTENED BEFORE USE.**

### **b • Machine base**

Locate the main frame ( 1 ) on level floor, then adjust foot unit ( 4 ) to attach the floor. This could steady the machine without causing wobble.

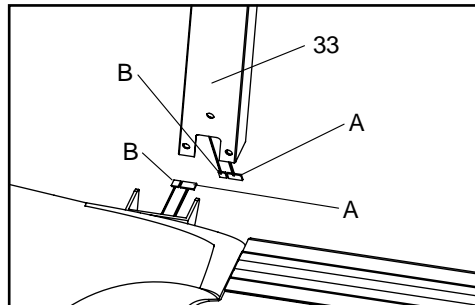
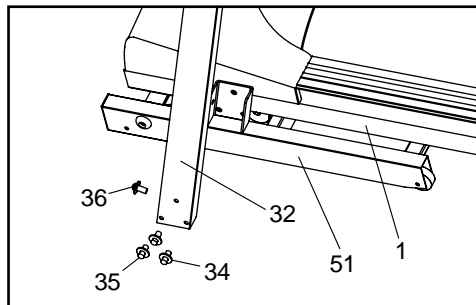
Method of adjusting foot unit :

1. Use wrench to loose upper nut, then adjust lower screw.
2. Turn right, then foot unit on the rise.
3. Turn left, then foot unit goes down.
4. Adjust till the foot touch the floor.
5. Use wrench to adjust the upper nut clockwise, to fix onto main frame.



**c • Upright tube assembly**

Put 33 upright tube unit ( right ) besides the main frame, connect the frame control wire (A) ( 5-pins ) onto upright tube control wire (A) ( 5 -pins ), then connect elevation wire (B) ( 3-pin ) onto elevation control wire (B) ( 3-pin ) on upright tube unit ( right ). Assemble upright tube unit ( 33 ) onto frame assembly ( 51 ) , pre-fix with screw ( 35 and 36 , then assemble upright tube unit ( 32 ) onto frame assembly ( 51 ), pre-fix with screw ( 35 & 36 ) but not fully tighten the machine before complete assembly. Tighten screw ( 35 and 36 ) after complete assembly.

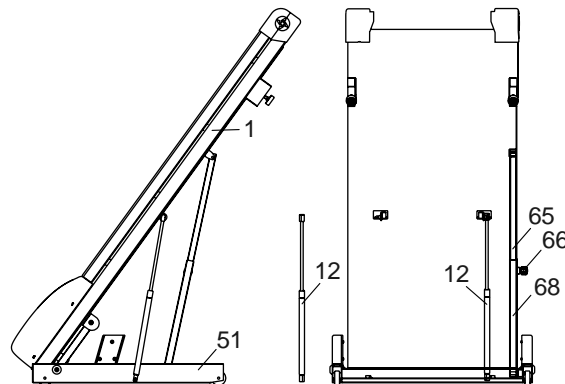


### **d • Assembly for air pressure shaft & retractable tube**

Pull the spring pin ( 66 ) out of the assembling machine, folding the machine upright, one side of air pressure shaft ( 12 ) been assembled on machine base, now, assemble the other side air pressure on main frame ( there is are pressure shafts on each side ).

While assembling the air pressure shaft, rise the frame to upright position ( there will be a click sound ), pull spring pin ( 66 ) and move up slightly, to match up the air pressure position. Then press the air pressure shaft to complete the assembly.

After complete the assembly, move the machine down to the normal ( horizontal ) position.



### **\*\*\* CAUTION \*\*\***

While the frame been moved to exceed top position, It is heavy and without any support. Pls hold it very carefully.

Strongly suggest to assemble this machine with two persons.

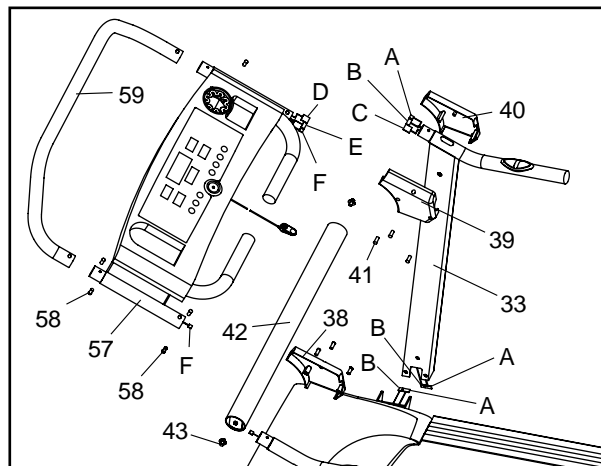
After assembled the air pressure shaft, suggest it to upright very top position, then lay the machine to horizontal position.

### **e. Monitor**

Put top handlebar ( 42 ) into upright tube unit ( 32,33 ), with screw ( 43 ) and washer ( 10 ) pre-fix onto upright tube unit ( 33 ) but not fully fastened then put the other side with screw ( 43 ) and washer ( 10 ) pre-fixed onto upright tube unit ( 32 ). ( whatever one end of screw could not be touched, push the upright tube unit ( 32,33 ) inward to make screw touch the nut ). Put the screws on, after fixing both end screws, not fully fasten while fixing.

Connect the upright tube ( right ) control wires (A) ( inside the upright tube assembly ( 5-pin ) onto console control wire (D) ( on console assembly ( 5-pin ), Connect the upright tube elevation wire (B) ( inside upright tube ( 3-pin ) onto console elevation wire (E) ( on console ( 3-pin ) ).

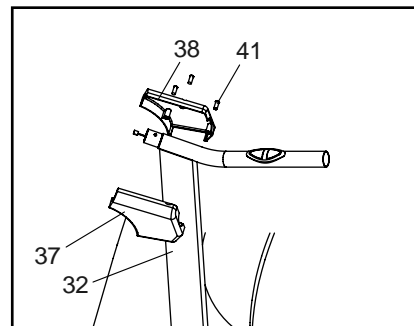
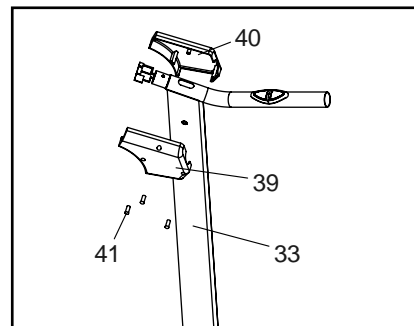
Connect hand pulse sensor wire (C) ( inside the upright tubes 32,33 ( 2-pin ) onto console wire (F) ( on console 2-pin ), With screw ( 58 ) pre-fixed console assembly ( 57 ) onto top handle bar of upright tubes ( 33,32 ) ( this is top and bottom fix ). Then insert console elbow ( 59 ) into console assembly ( 57 ), with screw ( 58 ) pre-fix, not fully tighten. Do the final adjustment and fully tighten the top handle bar screws.





**f • Cover**

Put right handle bar cover ( 39,40 ) onto upright tube assembly ( right ,33 ), tighten firmly with screw ( 41 ).  
Put left handle bar cover ( 37, 38 ) onto upright tube ( left, 32 ), tighten firmly with screw ( 41 ).

**g • Final adjustment**

Press monitor to upright tube unit ( left and right ) to close together with outside handle bar cover.  
Then fasten all the screws firmly.

## 6 • Folding and unfolding :

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

### 1 • Folding

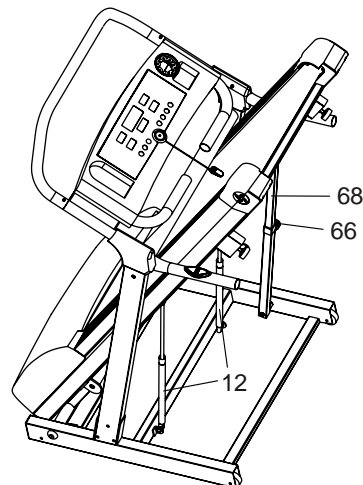
Pull spring pin ( 66 ) out, hold the end machine, folding the machine up till the spring pin lock into support shaft. ( there is click sound ).

**\*\*\* CAUTION \*\*\***

The elevation motor should be at horizontal position while folding.

### 2 • Unfolding

Pull spring pin ( 66 ) out, hold the end side of machine, move main frame down till the spring pin lock into support shaft ( 68 ).

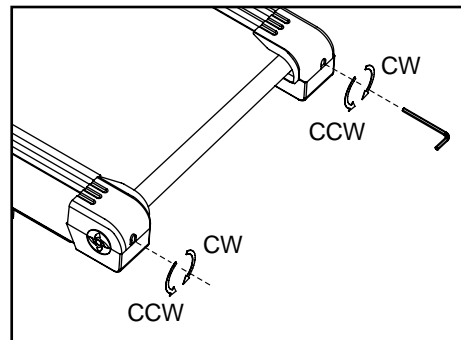


## 7 • Adjust the machine

### 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. 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. Pls 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 slipping, tension motor drive belt might need to be adjusted. Pls contact distributor for help.

Again, pls 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 AT 4 - 6 km/h, IF THE TREADMILL MAT HAS MOVED TO THE 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 AT 4 - 6 km/h, IF THE TREADMILL MAT HAS MOVED TO THE 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**

To increase incline: press incline switch  to incline level.



To decrease incline: press incline switch  to decline level.

**Note : Incline device used over 5 minutes continuously, need off for 20 minutes, to avoid incline device damaged due to overheat.**

### **d • Instruction of Safety key and pulse**

The machine works only the safety key ( 62 ) attached to the monitor ( 61 ).

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 running and testing pulse at the same time. Otherwise, the pulse response will not be accurate due to hands moved. Before exercising, stand on the side rail to hold the pulse sensor for five seconds "  " will show on the screen, the monitor will show the heart beat/min. Hold the pulse sensor for five seconds after exercise, stand on the side rail for five seconds, "  " will show on the screen, the monitor will show the heart beat/min.

**\*\*\* 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.**

**PROTEUS had done the best efforts to let customers understanding all the operations and functions before printing this manual. In the mean time, due to our R&D department keeps improving the quality, PROTEUS reserves the right to revise specification, equipment, and maintenance information.**

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

**Although we have tried our best to make this manual perfect, but it might not good enough. For those we are not responsible for it.**