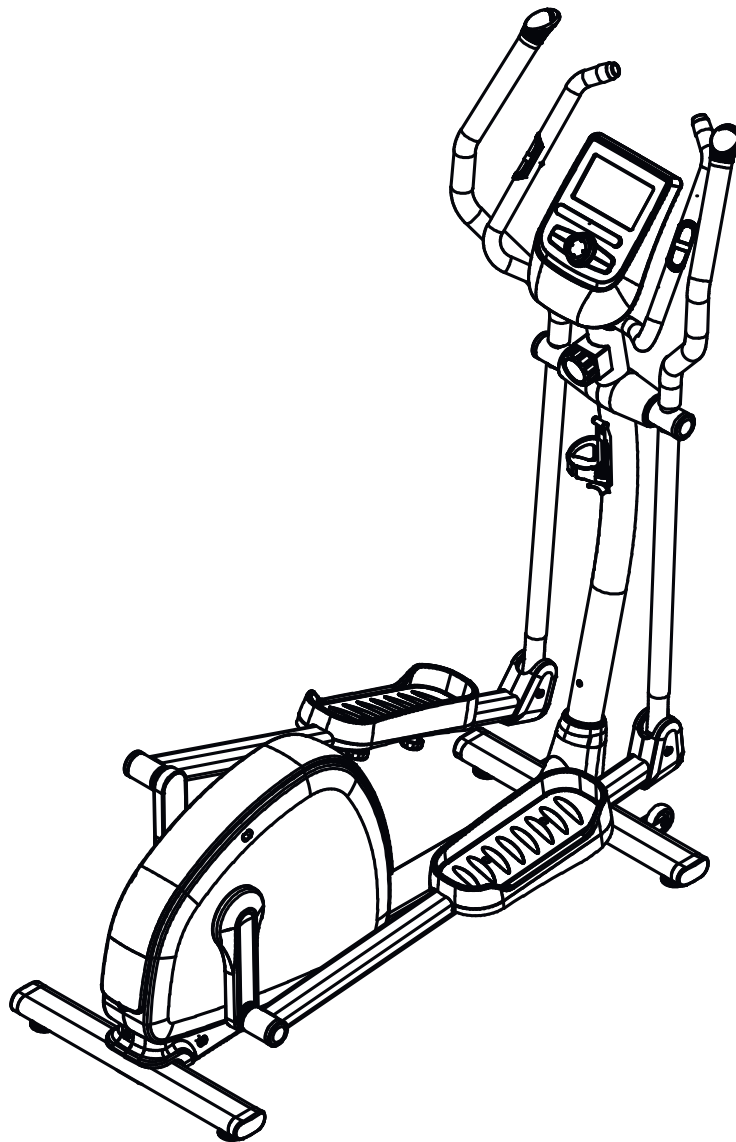


# TUNTURI®

## C50 Cross trainer

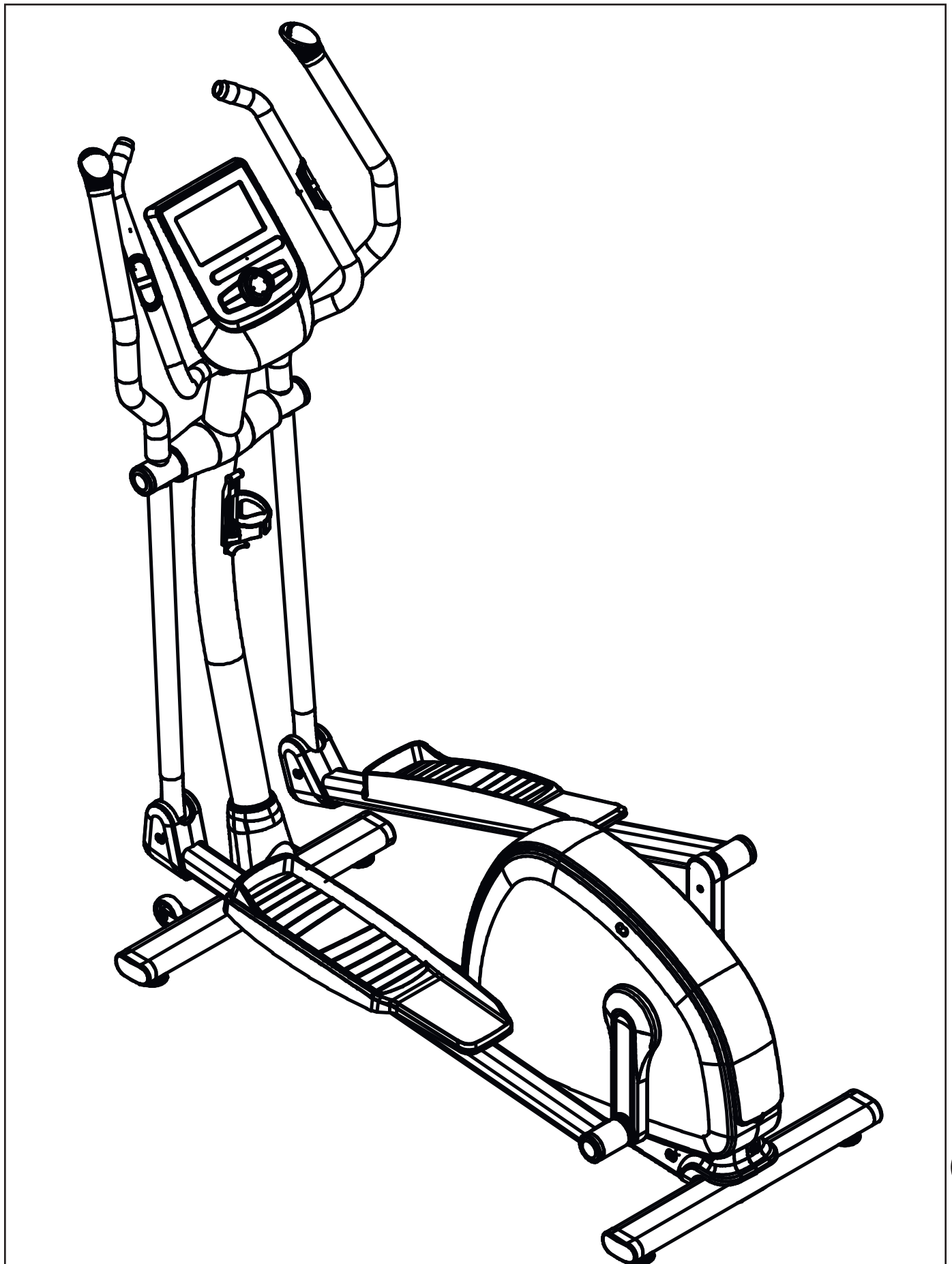
User manual  
Benutzerhandbuch  
Manuel de l'utilisateur  
Gebruikershandleiding  
Manual del usuario  
Bruksanvisning  
Käyttöohje



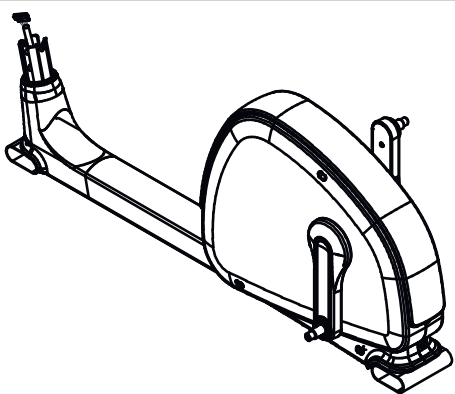
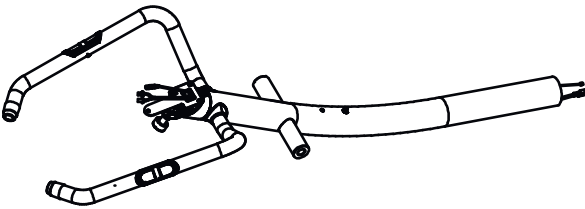
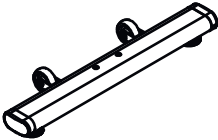
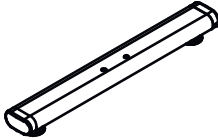
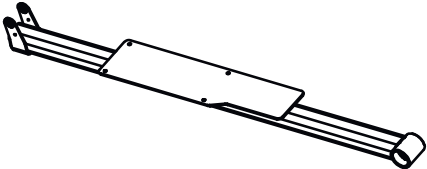
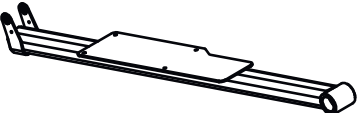
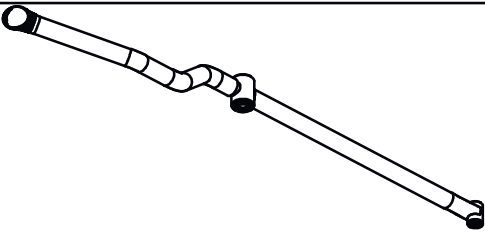
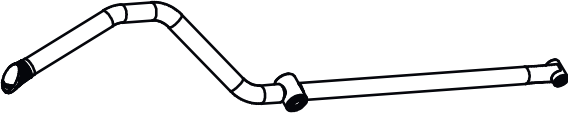
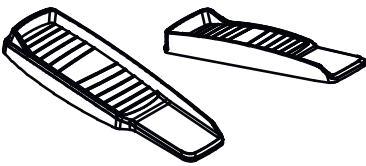
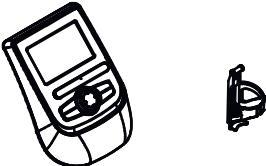


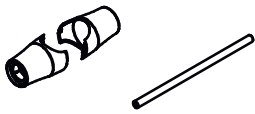


**Attention, Achtung, Attention, Attentie, Atención, Giv akt, Huomio**

- Please read this Owner's manual before assembling this product.
- Bitte lesen Sie dieses Handbuch durch, bevor Sie mit der Montage dieses Produkts beginnen.
- Veuillez lire ce manuel avant de commencer le montage de ce produit.
- Leest u deze handleiding voordat u dit apparaat installeert.
- Lea este manual antes de montar este producto
- Läs bruksanvisningen innan du monterar denna produkt
- Lue tämä käsikirja ennen kokoamista tuotetta

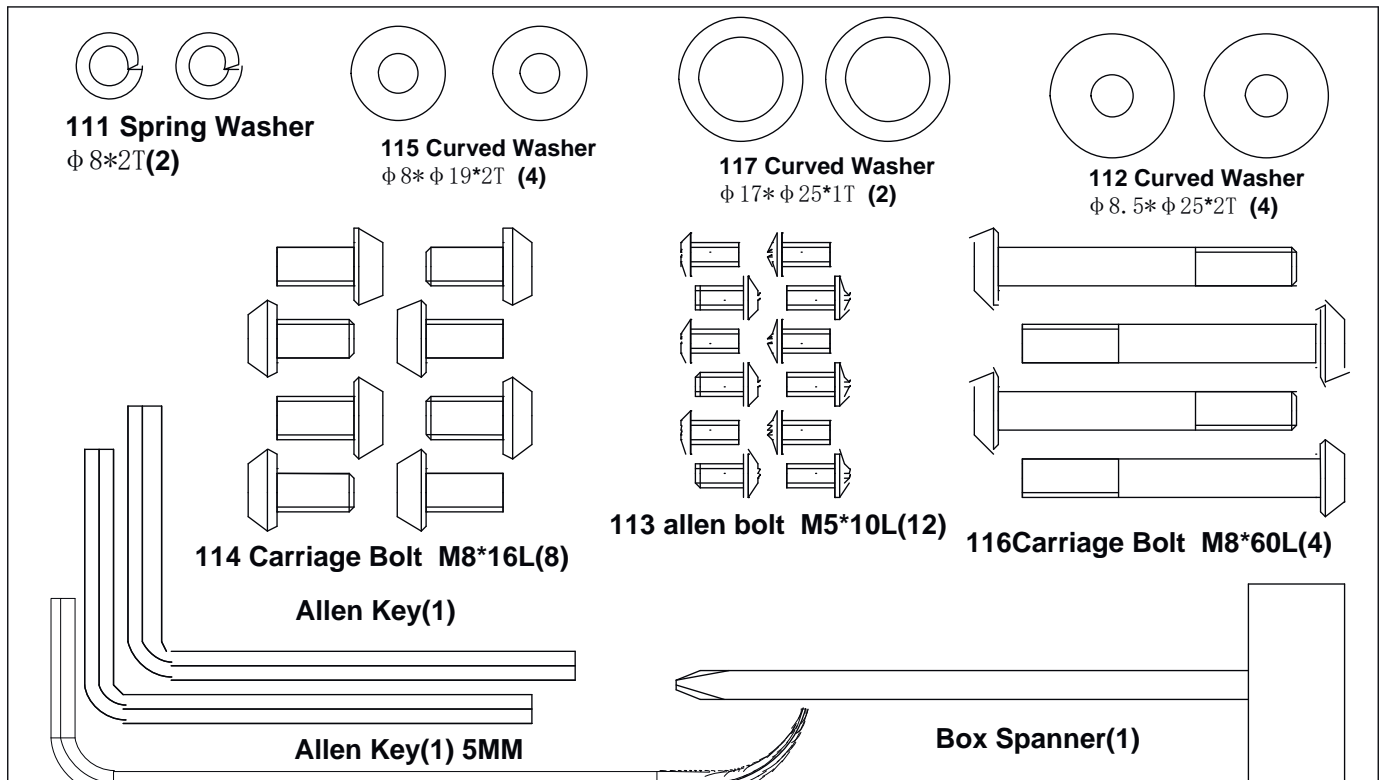
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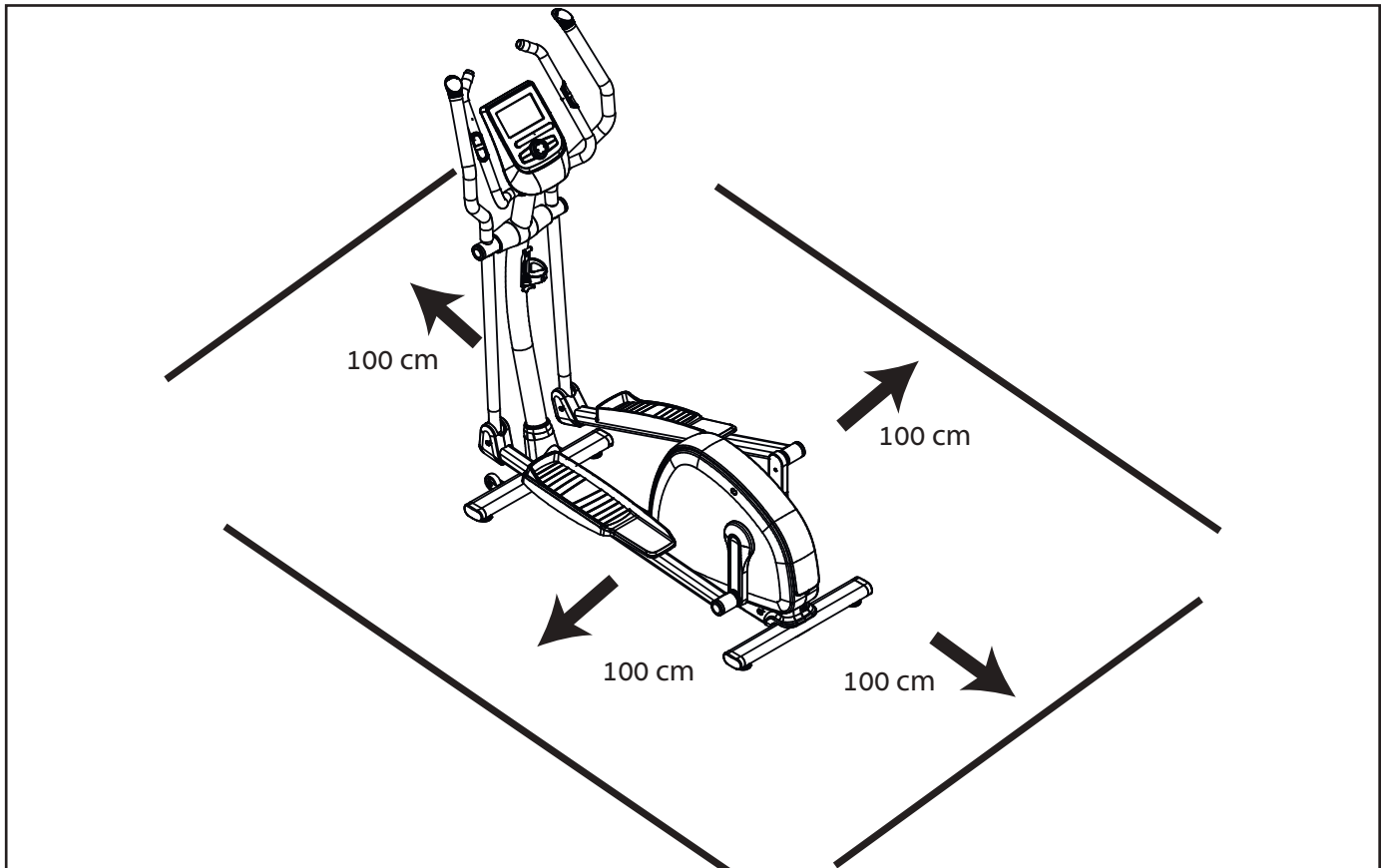
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2/2		2/2	
2/1		1	
1/1			

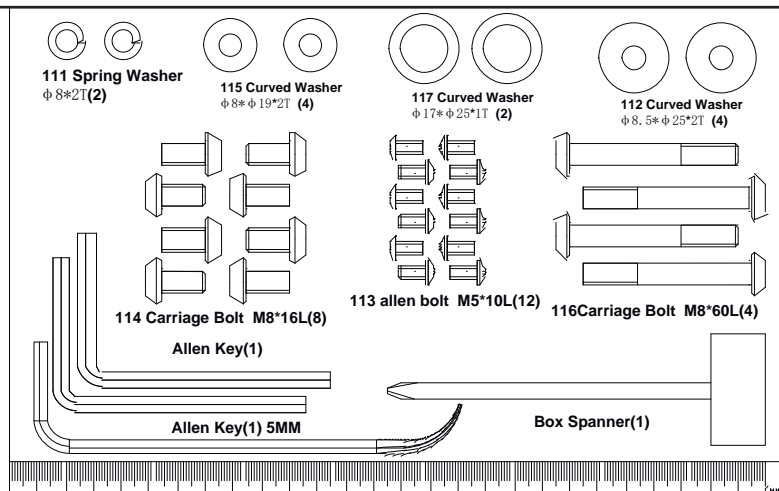
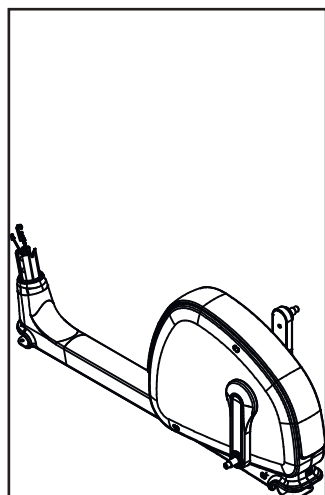
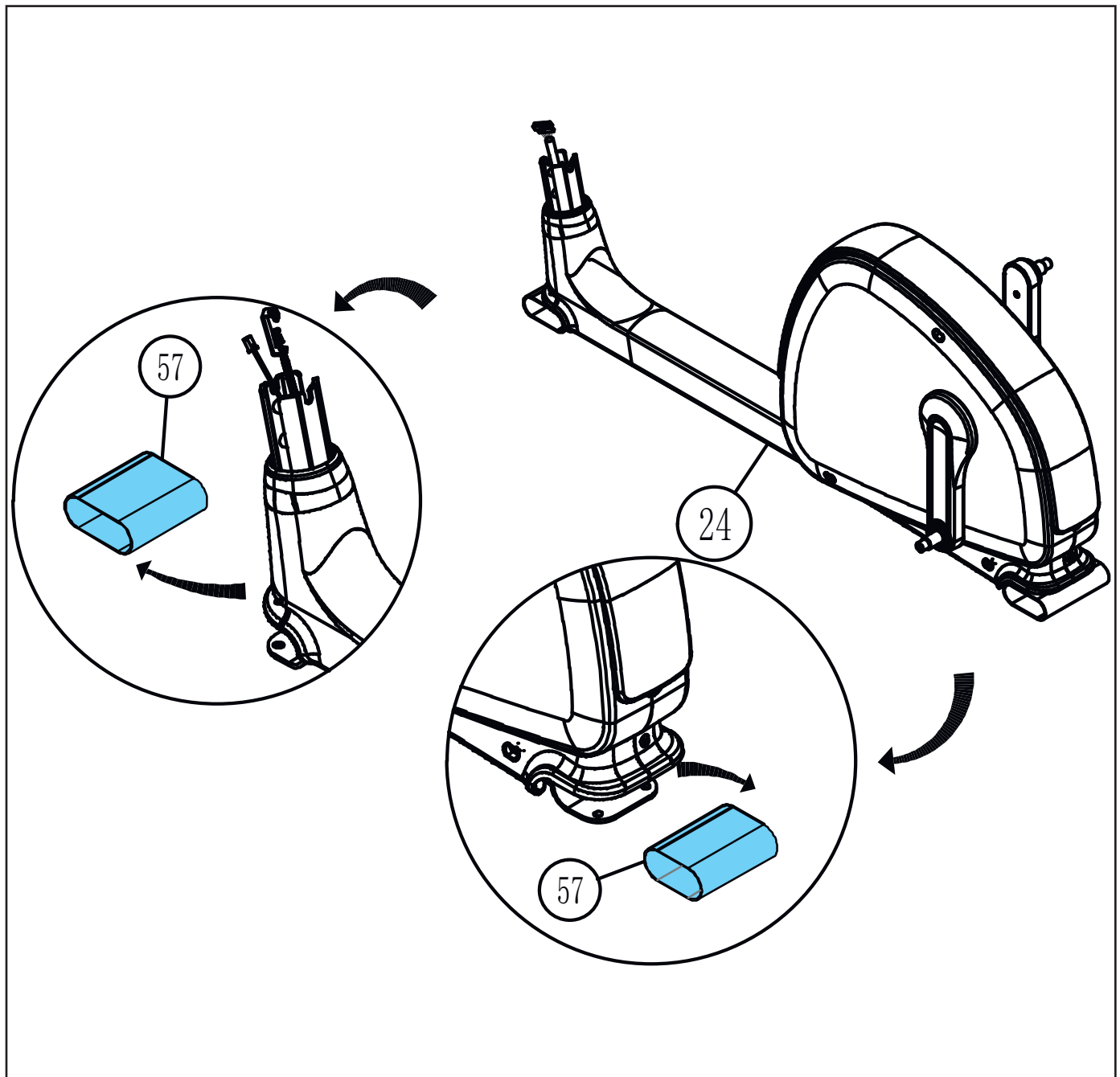
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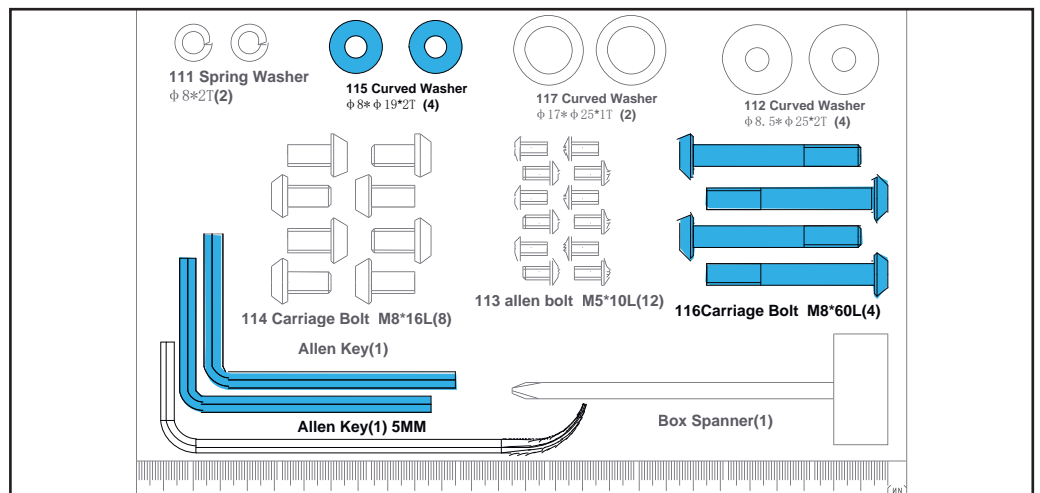
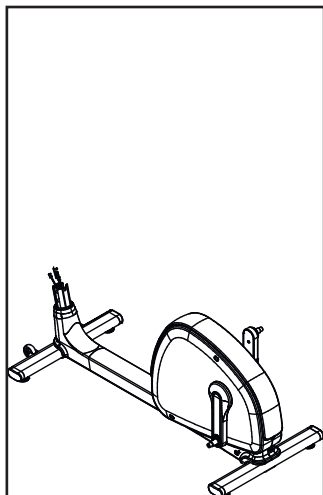
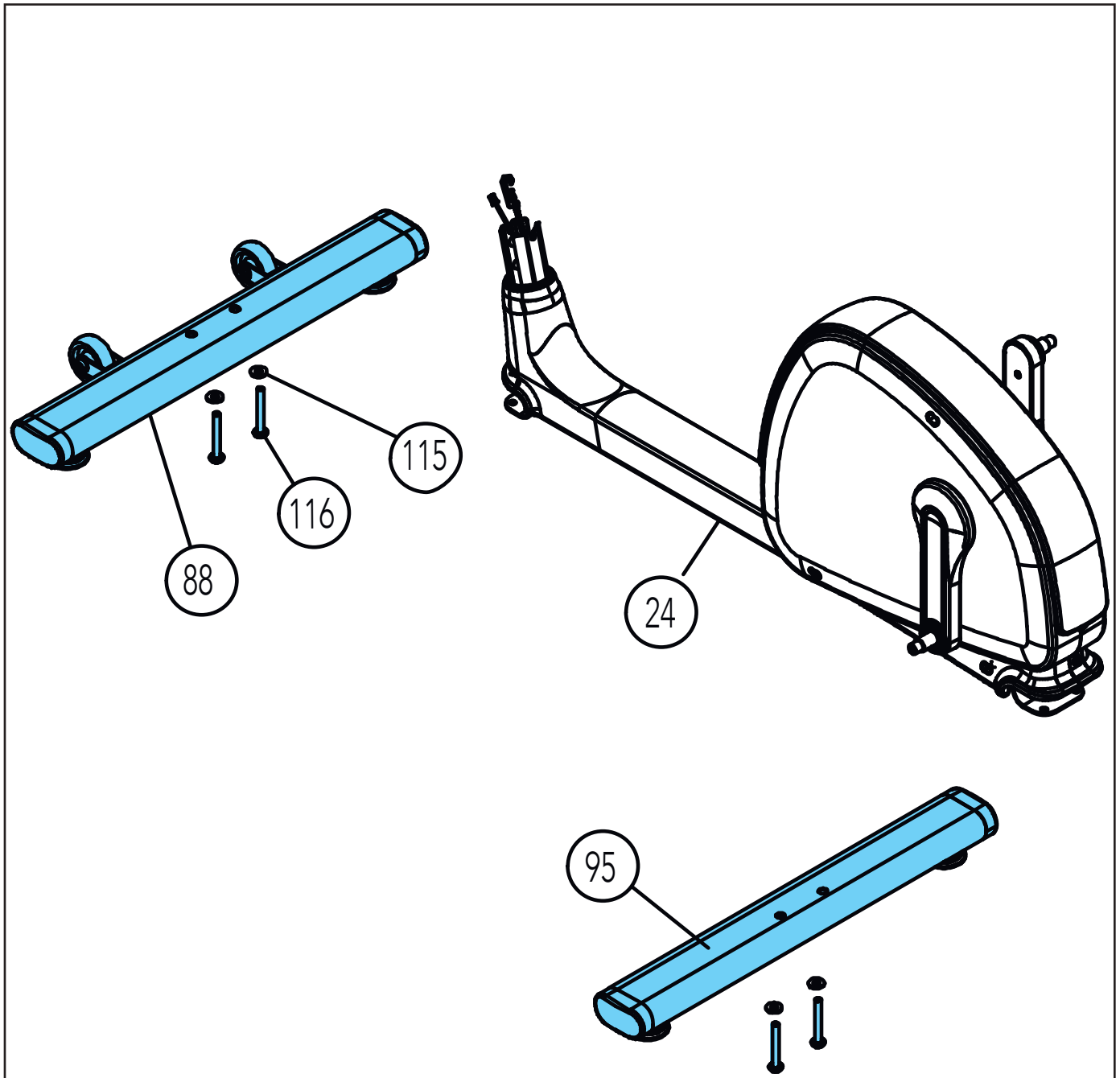
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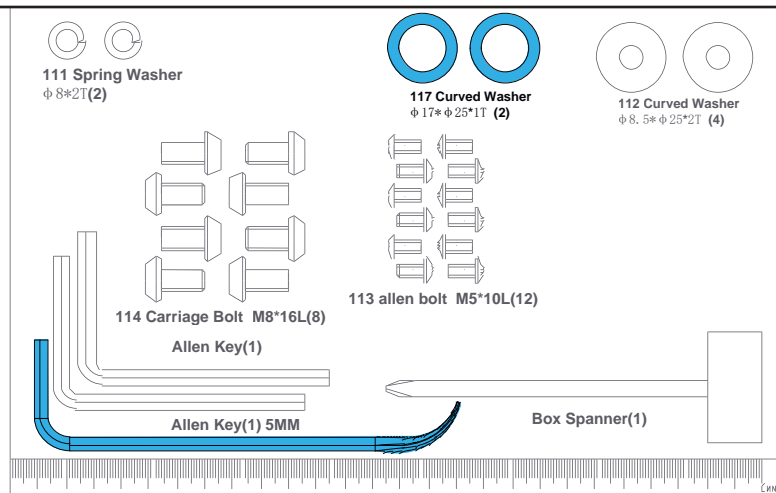
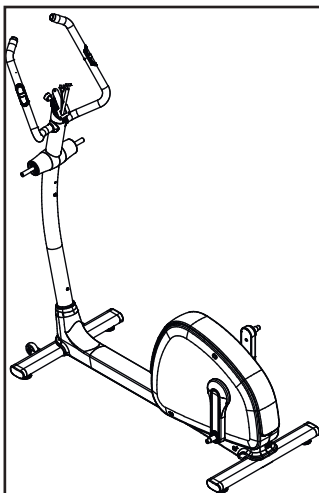
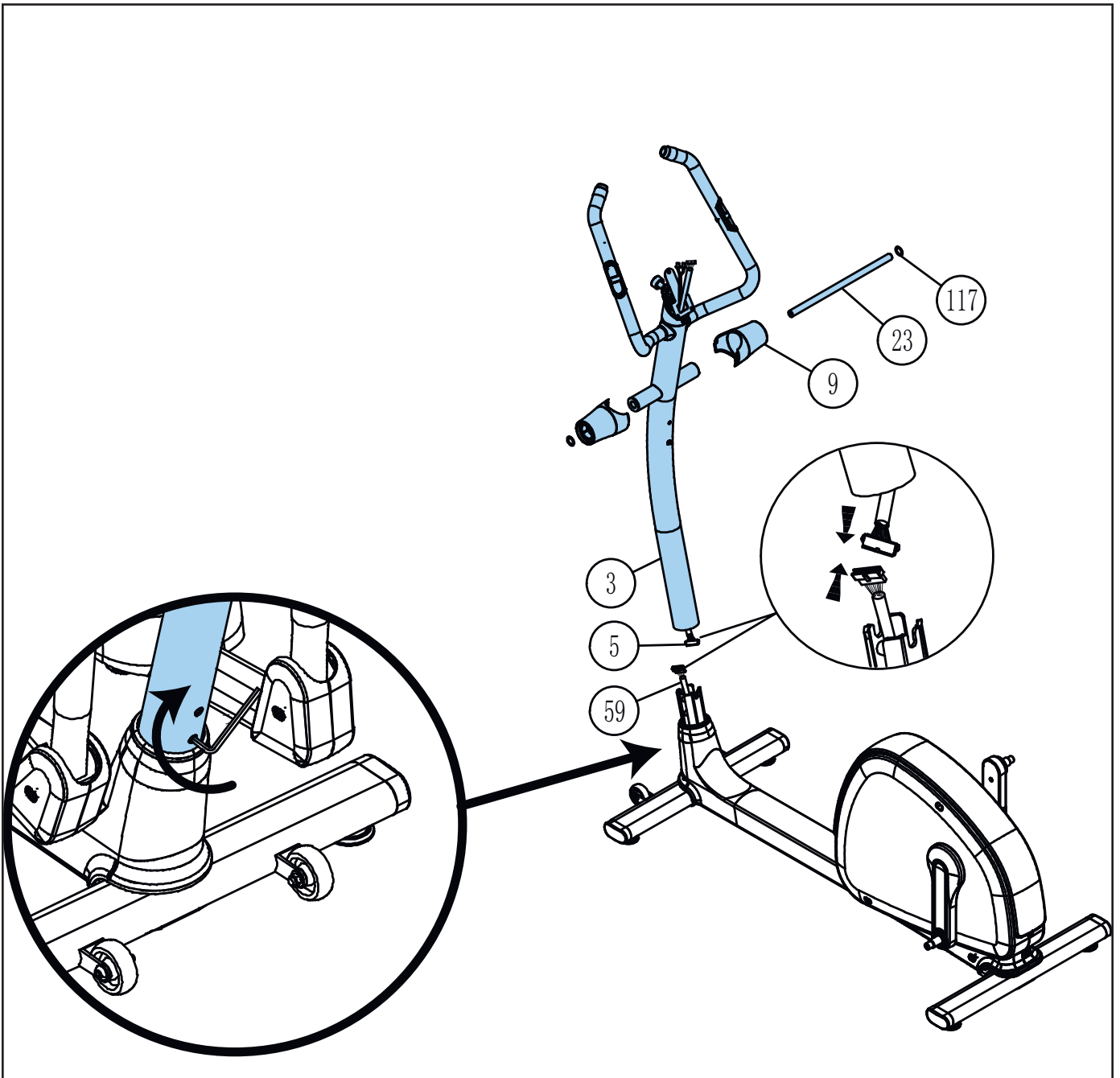
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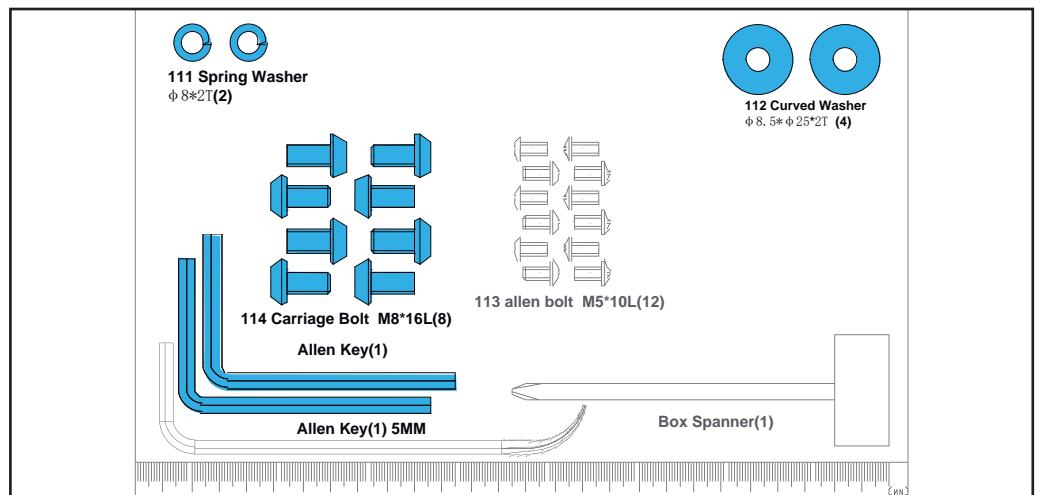
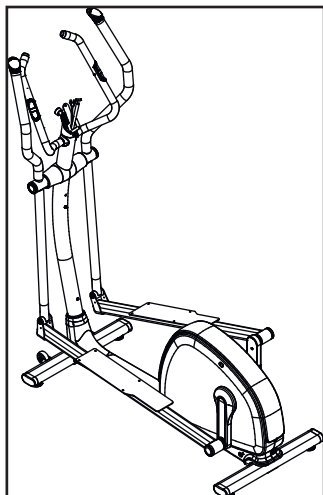
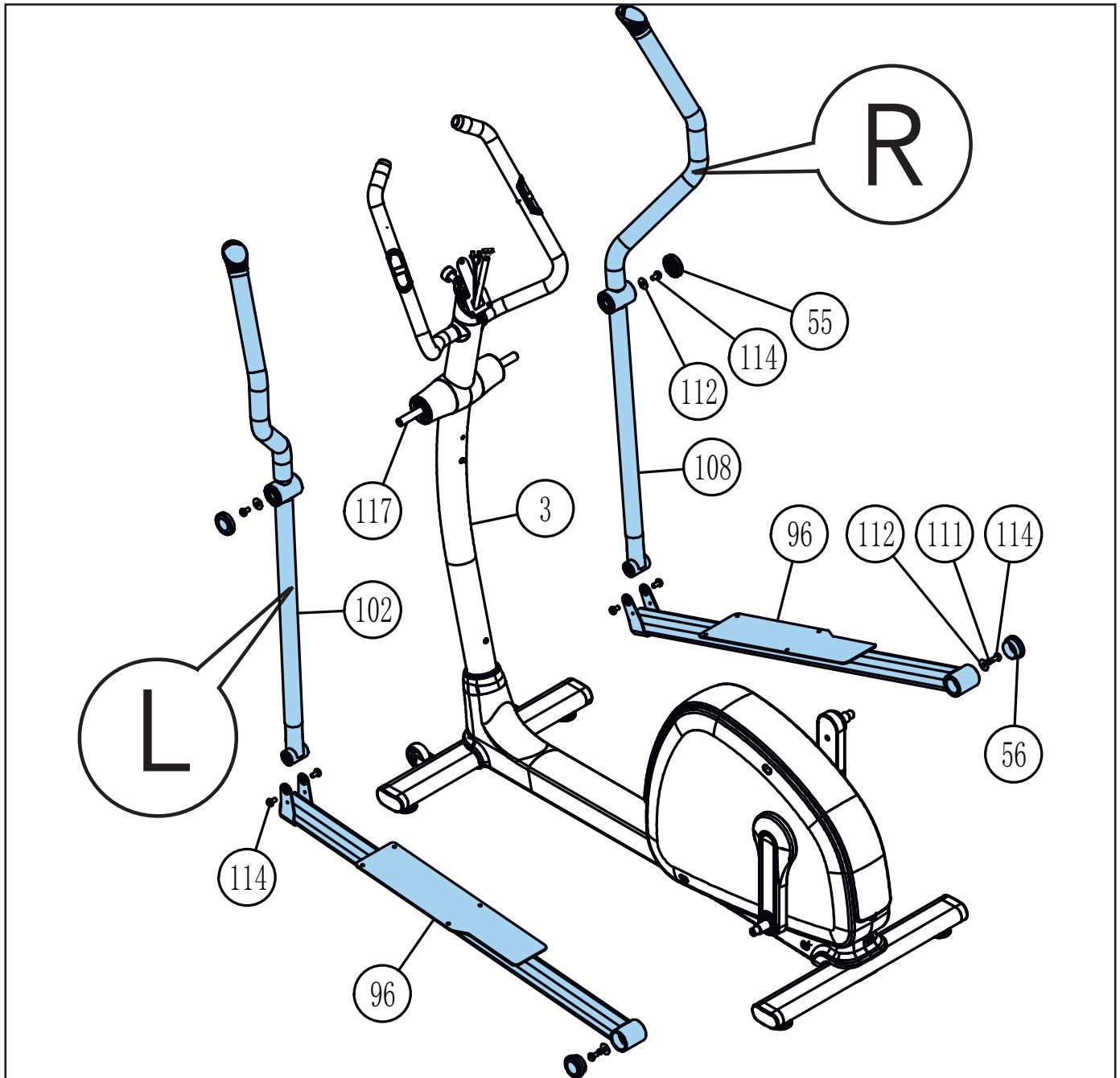
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## D-3

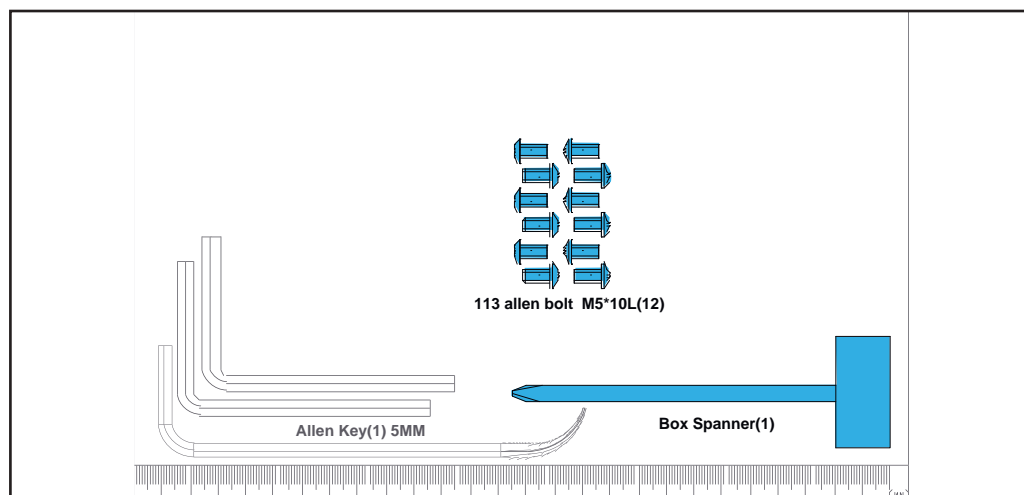
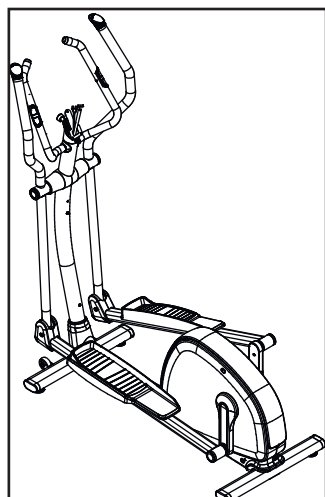
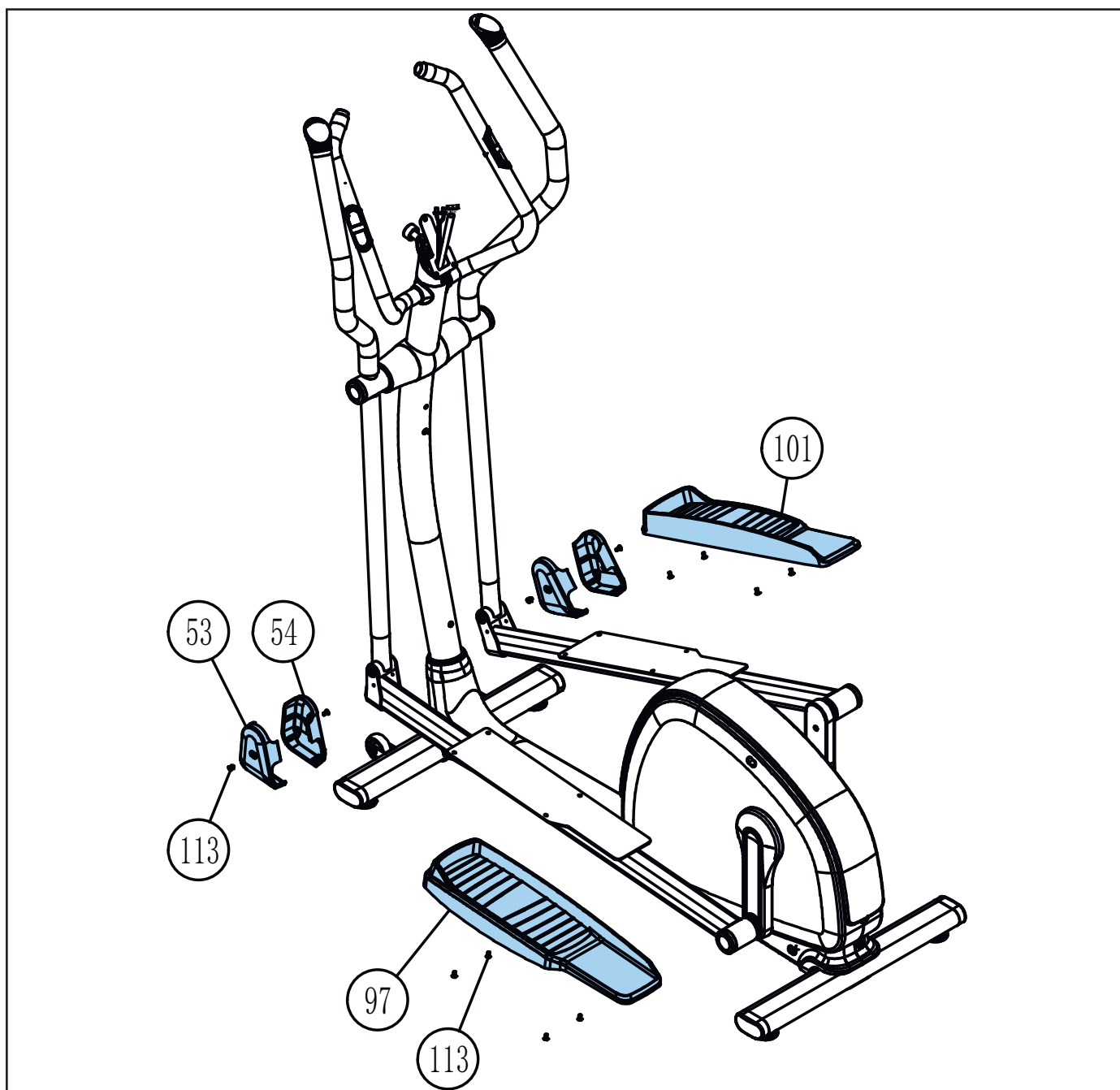


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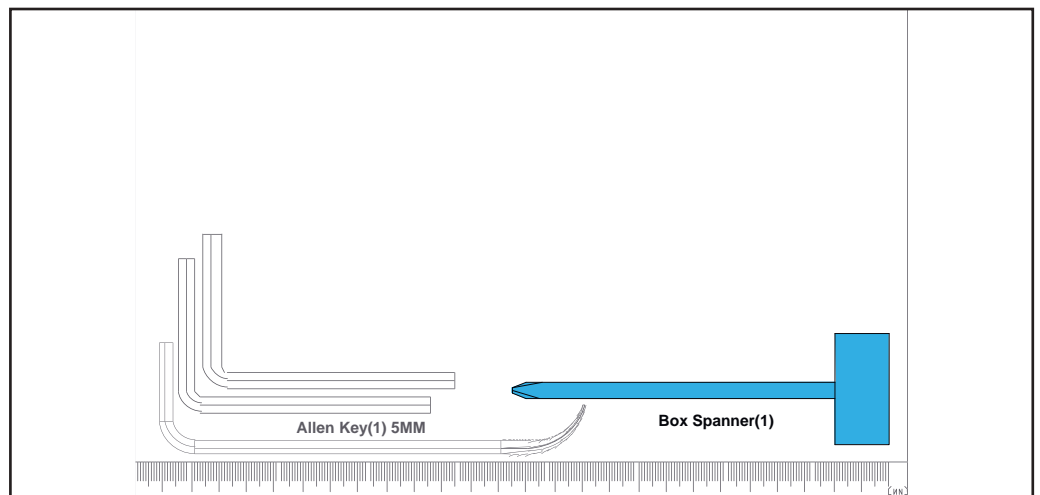
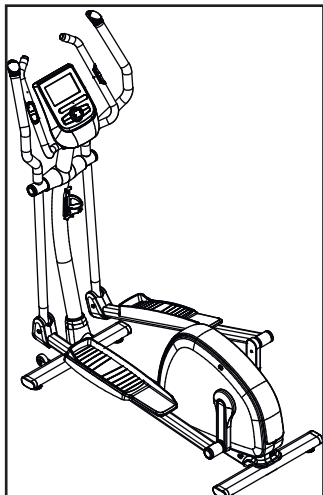
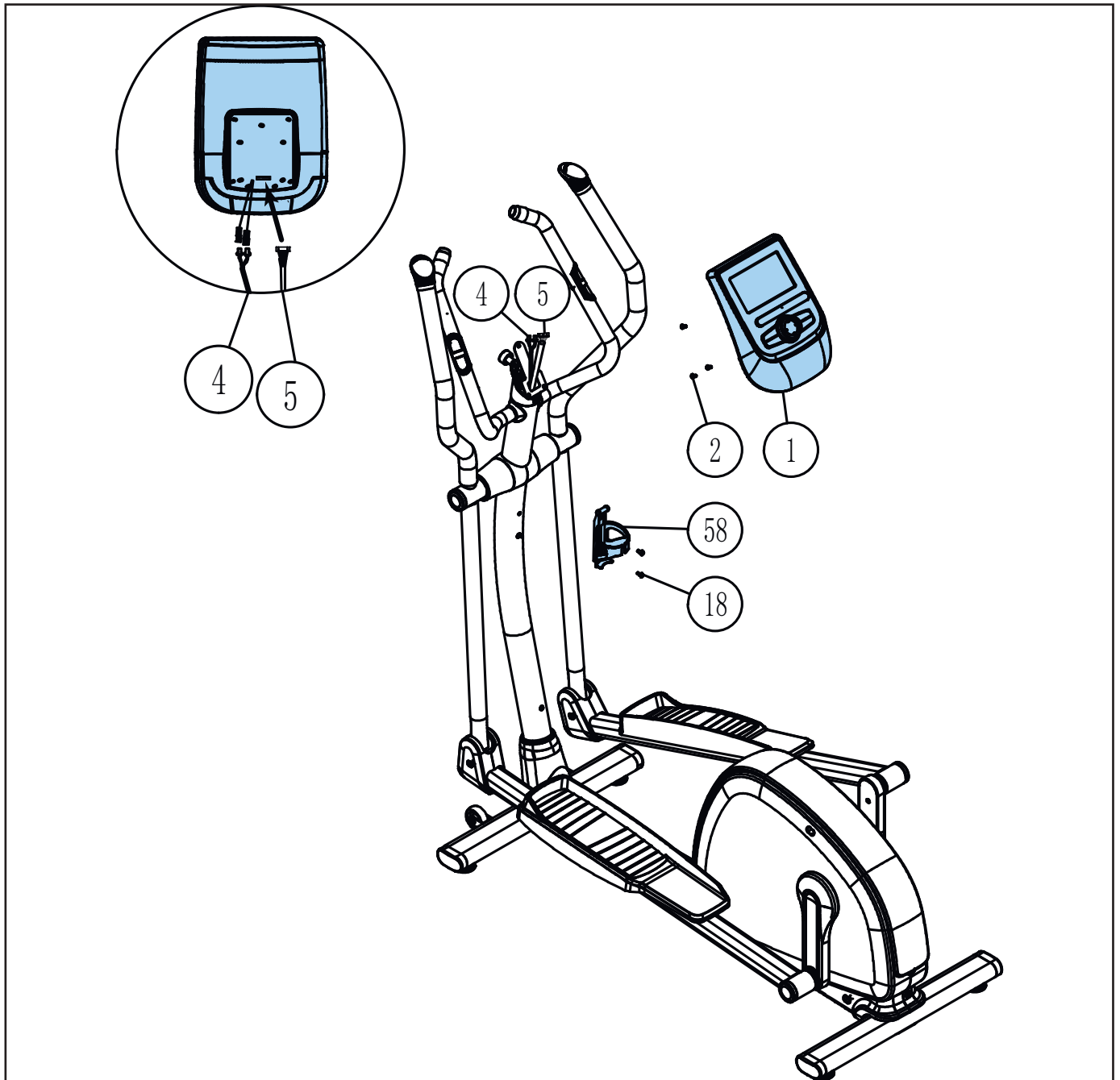




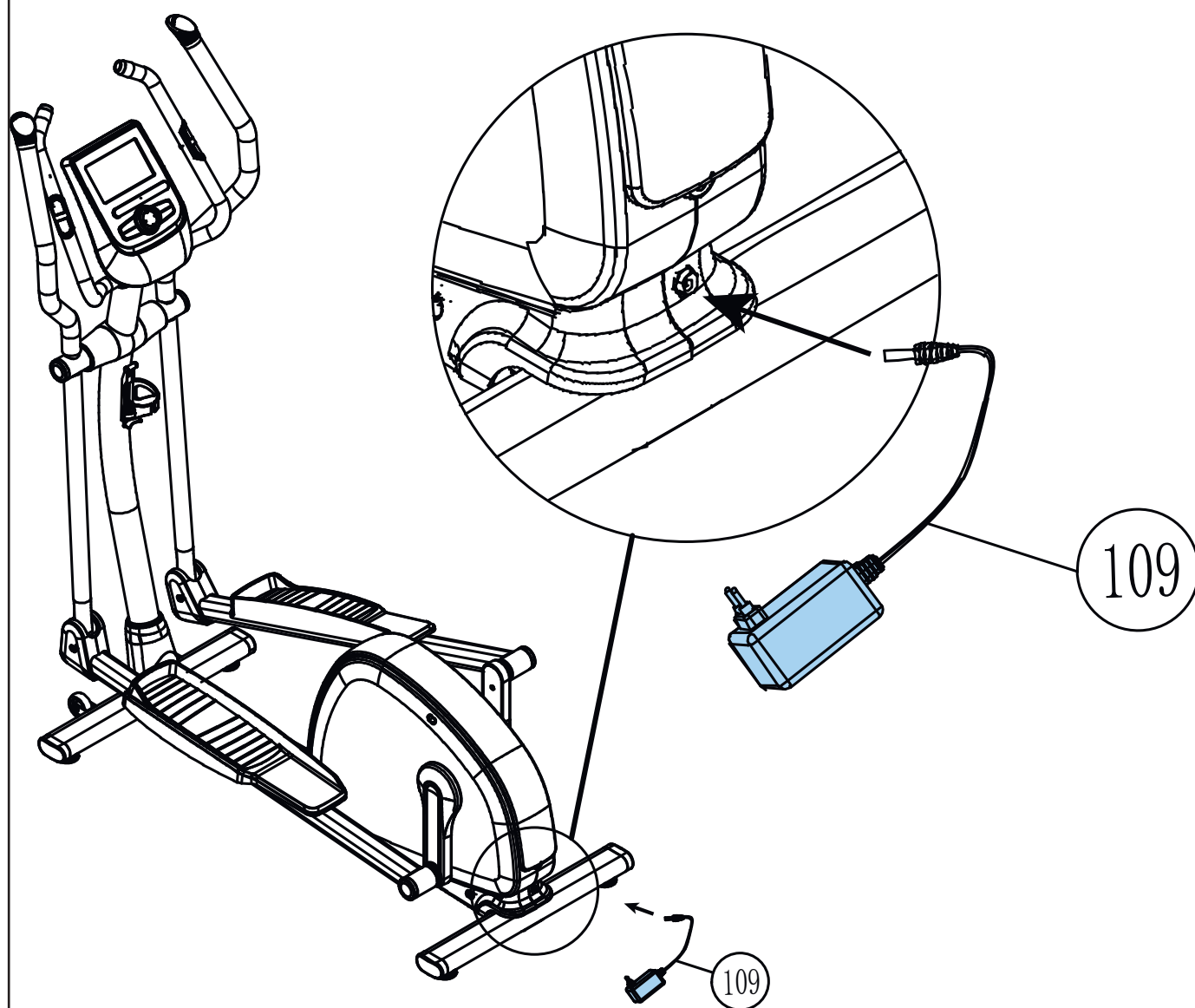
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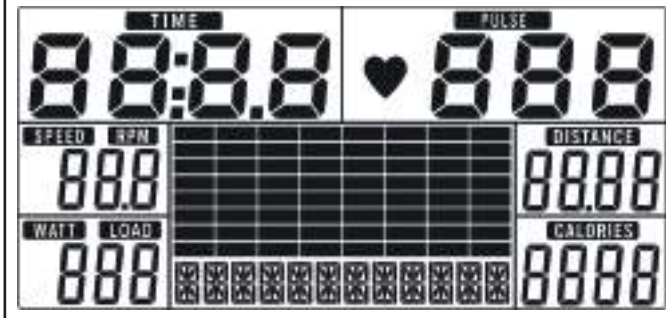
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## E



F-01



F-06



F-02



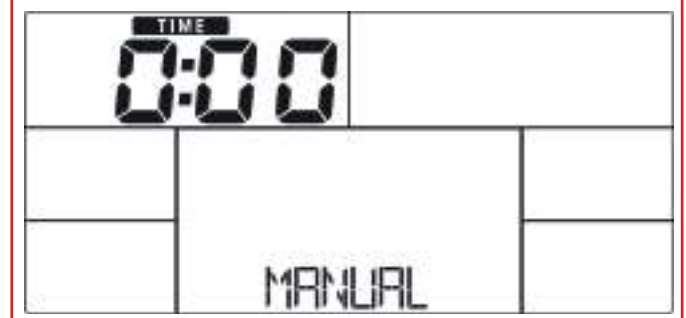
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F-03



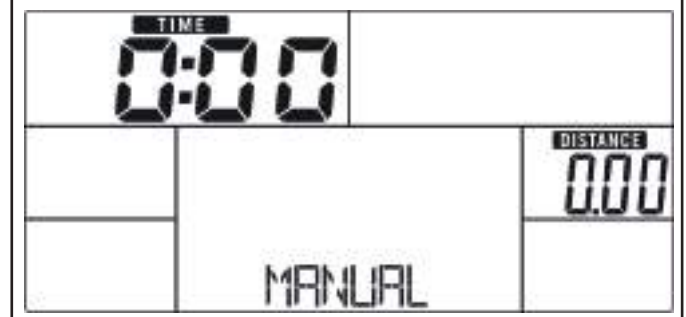
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F-04



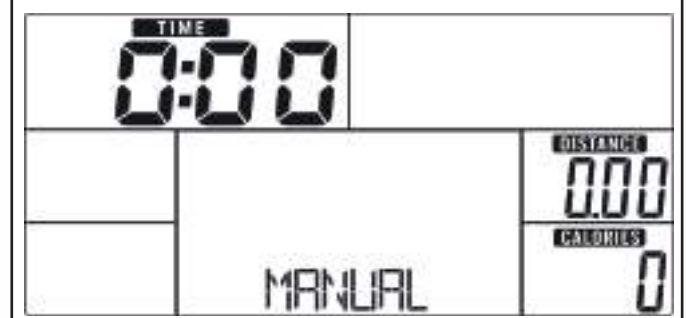
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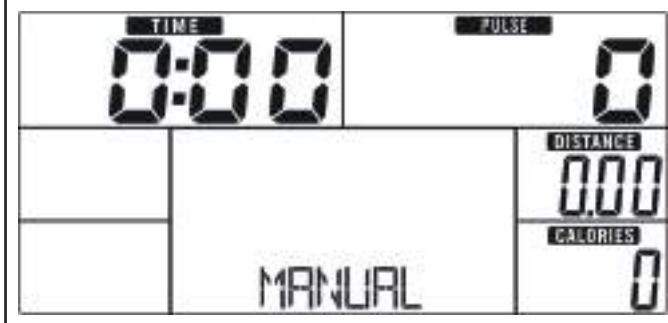
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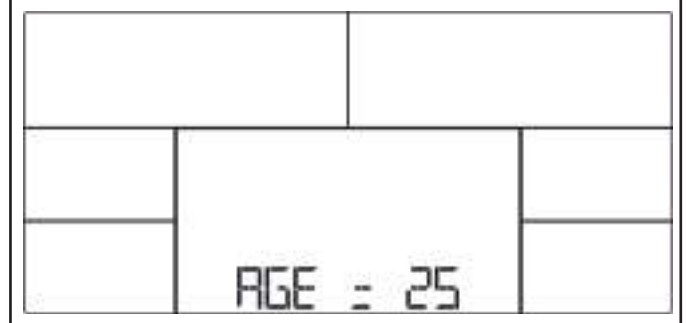
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F-11



F-16



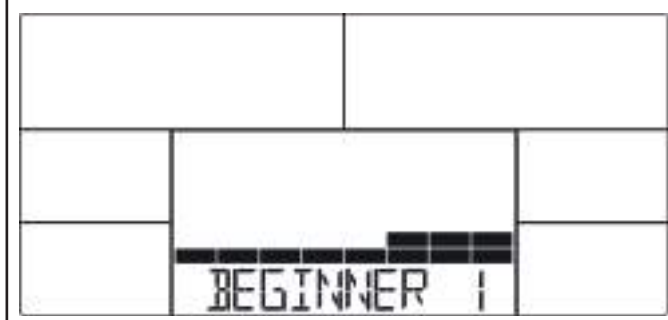
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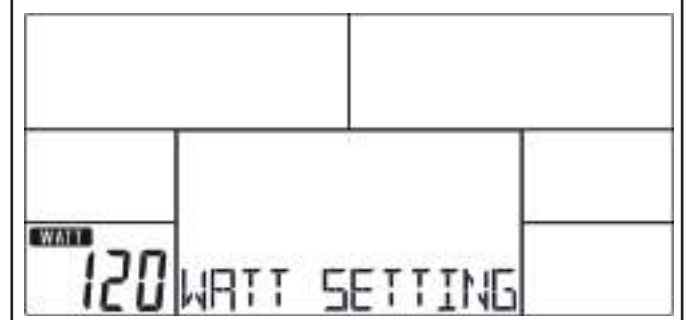
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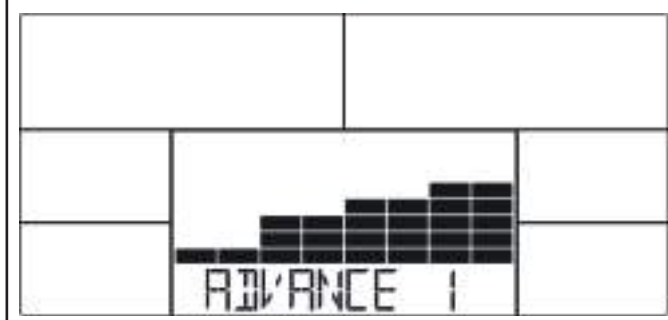
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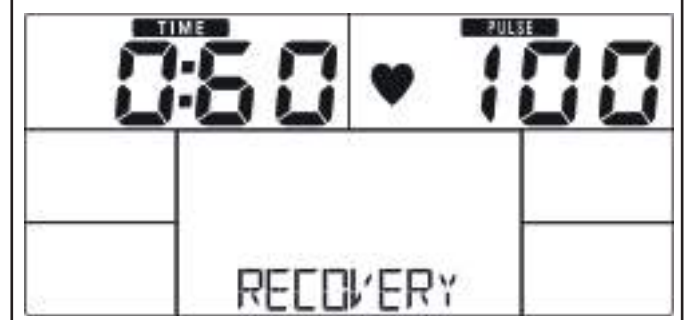
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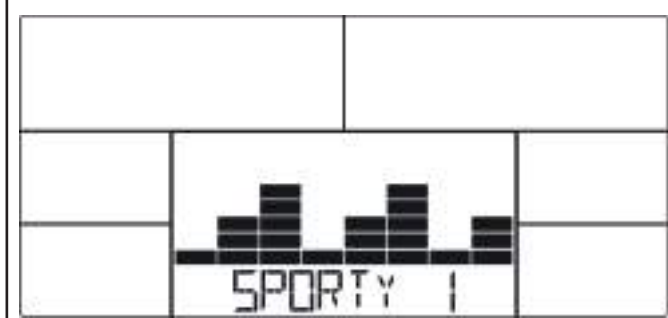
F-14



F-19



F-15



F-20



F-21

	SEX = MALE		

F-25

			E-4
	BODY FAT		

F-22

	BODY FAT		

F-23

	FAT		14.9

F-24

	BMI		19.5

F-25

	BODY FAT		

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## Crosstrainer

Welcome to the world of Tunturi New Fitness!  
Thank you for purchasing this piece of Tunturi equipment. Tunturi offers a wide range of home fitness equipment, including crosstrainers, treadmills, exercise bikes and rowers. The Tunturi equipment is suitable for the entire family, no matter what fitness level. For more information, please visit our website [www.tunturi.com](http://www.tunturi.com)

## Safety warnings



### WARNING

*Read the safety warnings and the instructions. Failure to follow the safety warnings and the instructions can cause personal injury or damage to the equipment. Keep the safety warnings and the instructions for future reference.*

- The equipment is suitable for domestic use only. The equipment is not suitable for commercial use.
- Max. usage is limited to 5 hrs a day.
- The use of this equipment by children or persons with a physical, sensory, mental or motorial disability, or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety must give explicit instructions or supervise the use of the equipment.
- Before starting your workout, consult a physician to check your health.
- If you experience nausea, dizziness or other abnormal symptoms, immediately stop your workout and consult a physician.
- To avoid muscular pain and strain, start each workout by warming up and finish each workout by cooling down. Remember to stretch at the end of the workout.
- The equipment is suitable for indoor use only. The equipment is not suitable for outdoor use.
- Only use the equipment in environments with adequate ventilation. Do not use the equipment in draughty environments in order not to catch a cold.
- Only use the equipment in environments with ambient temperatures between 10 °C and 35 °C. Only store the equipment in environments with ambient temperatures between 5 °C and 45 °C.
- Do not use or store the equipment in humid surroundings. The air humidity must never be more than 80%.
- Only use the equipment for its intended purpose. Do not use the equipment for other purposes than described in the manual.
- Do not use the equipment if any part is damaged or defective. If a part is damaged or defective, contact your dealer.
- Keep your hands, feet and other body parts away from the moving parts.
- Keep your hair away from the moving parts.
- Wear appropriate clothing and shoes.
- Keep clothing, jewelry and other objects away from the moving parts.
- Make sure that only one person uses the equipment at a time. The equipment must not be used by persons weighing more than 120 kg (265 lbs).
- Do not open equipment without consulting your dealer.



## Electrical safety

(Only for equipment with electric power)

- Before use, always check that the mains voltage is the same as the voltage on the rating plate of the equipment.
- Do not use an extension cable.
- Keep the mains cable away from heat, oil and sharp edges.
- Do not alter or modify the mains cable or the mains plug.
- Do not use the equipment if the mains cable or the mains plug is damaged or defective. If the mains cable or the mains plug is damaged or defective, contact your dealer.
- Always fully unwind the mains cable.
- Do not run the mains cable underneath the equipment. Do not run the mains cable underneath a carpet. Do not place any objects on the mains cable.
- Make sure that the mains cable does not hang over the edge of a table.
- Make sure that the mains cable cannot be caught accidentally or tripped over.
- Do not leave the equipment unattended when the mains plug is inserted into the wall socket.
- Do not pull the mains cable to remove the mains plug from the wall socket.
- Remove the mains plug from the wall socket when the equipment is not in use, before assembly or disassembly and before cleaning and maintenance.

## Description (fig. A)

Your Crosstrainer is a piece of stationary fitness equipment used to simulate cycling without causing excessive pressure to the joints.

## Package contents (fig. B & C)

- The package contains the parts as shown in fig. B.
- The package contains the fasteners as shown in fig. C. Refer to the section "Description"



### NOTE

If a part is missing, contact your dealer.

## Assembly (fig. D)



### WARNING

- Assemble the equipment in the given order.
- Carry and move the equipment with at least two persons.



### CAUTION

- Place the equipment on a firm, level surface.
- Place the equipment on a protective base to prevent damage to the floor surface.
- Allow at least 100 cm of clearance around the equipment.
- Refer to the illustrations for the correct assembly of the equipment.



### NOTE

- Save the tools provided with this product, after you completed the product assembly, for future service purposes.

## Workouts

The workout must be suitably light, but of long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. You should perspire, but you should not get out of breath during the workout.

To reach and maintain a basic fitness level, exercise at least three times a week, 30 minutes at a time. Increase the number of exercise sessions to improve your fitness level. It is worthwhile to combine regular exercise with a healthy diet. A person committed to dieting should exercise daily, at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. Start your workout at low speed and low resistance to prevent the cardiovascular system from being subjected to excessive strain.

As the fitness level improves, speed and resistance can be increased gradually. The efficiency of your exercise can be measured by monitoring your heart rate and your pulse rate.

### Pulse rate measurement (hand pulse sensors)

The pulse rate is measured by sensors in the handlebars when the user is touching both sensors at the same time. Accurate pulse measurement requires that the skin is slightly moist and constantly touching the hand pulse sensors.



If the skin is too dry or too moist, the pulse rate measurement will become less accurate.



#### NOTE

- Do not use the hand pulse sensors in combination with a heart rate chest belt.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.

### Heart rate measurement (heart rate chest belt)

The most accurate heart rate measurement is achieved with a heart rate chest belt. The heart rate is measured by a heart rate receiver in combination with a heart rate transmitter belt. Accurate heart measurement requires that the electrodes on the transmitter belt are slight moist and constantly touching the skin. If the electrodes are too dry or too moist, the heart rate measurement will become less accurate.



#### WARNING

*If you have a pacemaker, consult a physician before using a heartrate chest belt.*



#### CAUTION

- If there are several heart rate measurement devices next to each other, make sure that the distance between them is at least 1.5 metres.
- If there is only one heart rate receiver and several heart rate transmitters, make sure that only one person with a transmitter is within transmission range.



#### NOTE

- Do not use a heart rate chest belt in combination with the handpulse sensors.
- Always wear the heart rate chest belt under your clothes directly in contact with your skin. Do not wear the heart rate chest belt above your clothes. If you wear the heart rate chest belt above your clothes, there will be no signal.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.
- The transmitter transmits the heart rate to the console up to a distance of 1 metre. If the electrodes are not moist, the heart rate will not appear on the display.
- Some fibers in clothes (e.g. polyester, polyamide) create static electricity which can prevent accurate heart rate measurement.
- Mobile phones, televisions and other electrical appliances create an electromagnetic field which can prevent accurate heart rate measurement.

### Maximum heart rate (during training)

The maximum heart rate is the highest heart rate a person can safely achieve through exercise stress. The following formula is used to calculate the average maximum heart rate:  $220 - \text{AGE}$ . The maximum heart rate varies from person to person.



#### WARNING

- Make sure that you do not exceed your maximum heart rate during your workout. If you belong to a risk group, consult a physician.

### Beginner 50-60% of maximum heart rate

Suitable for beginners, weight-watchers, convalescents and persons who have not exercised for a long time. Exercise at least three times a week, 30 minutes at a time.

### Advanced 60-70% of maximum heart rate

Suitable for persons who want to improve and maintain fitness. Exercise at least three times a week, 30 minutes at a time.

### Expert 70-80% of maximum heart rate

Suitable for the fittest of persons who are used to long-endurance workouts.

## Use

### Adjusting the support feet

The equipment is equipped with 4 support feet. If the equipment is not stable, the support feet can be adjusted.

- Turn the support feet as required to put the equipment in a stable position.
- Tighten the locknuts to lock the support feet.

### Power supply (Fig. E)

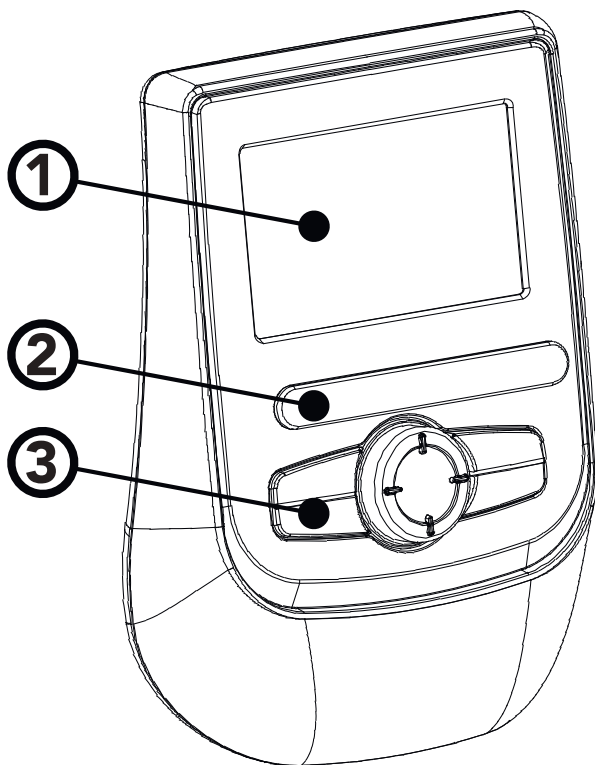
The trainer is powered by an external power supply. Refer to the illustration to locate the trainer power



#### NOTE

- Connect the power supply with the trainer before connecting it to the wall outlet.
- Always remove power cord when machine is not in use.

## Console (fig F)



1. Display
2. Tablet/ book support
3. Buttons



### CAUTION

- Keep the console away from direct sunlight.
- Dry the surface of the console when it is covered with drops of sweat.
- Do not lean on the console.
- Only touch the display with the tip of your finger. Make sure that your nails or sharp objects do not touch the display.



### NOTE

- The console switches to standby mode when the equipment is not used for 4 minutes. If the console is in standby mode, the display shows the room temperature

## Explanation Display functions

### Time

- Without setting the target value, time will count up.
- When setting the target value, time will count down from your target time to 0 and alarm will sound or flash.
- Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP
- Range 0:00~99:59

### Speed

- Displays current training speed.  
Maximum speed is 99.9 KM/H or ML/H.
- Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"

### RPM

- Displays the Rotation Per Minute.  
Display range 0~15~999
- Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"

### WATTS

- Display current workout watts. Range 0 ~ 999

### Distance

- Without setting the target value, distance will count up.
- When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash.
- Range 0.00~99.99

### Calories

- Without setting the target value, calorie will count up.
- When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash.
- Range 0~9999.



### NOTE

- This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment

### Pulse

- Current pulse will display after 6 seconds when detected by the console.
- Without any pulse signal for 6 seconds, console will display "P".
- Pulse alarm will sound when current pulse is over the target pulse.
- Range 0-30~230 BPM

## Explanation of buttons

### Up (Dail)

- Increase resistance level
- Setting selection.

### Down (Dail)

- Decrease resistance level
- Setting selection.

### Mode/ Enter

- Confirm setting or selection.

## Reset

- In setting mode, press RESET key once to reset the current function figures.
- Press RESET key and hold for 2 seconds to reset all function figures

## Start/ Stop

- Start or Stop workout

## Body Fat

- Test body fat% and BMI in stop mode.

## Recovery

- Test heart rate recovery status.

## Operation

---

### Power on

- Plug in power supply to power on computer.
- Press any key to power on the console when being in sleep mode..
- Start pedalling to power on the console when being in sleep mode.

*LCD will display all segments (fig. - F-01)*

### Power off

Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode automatically. ( Active training data will be lost )

### Workout selection

Use Dial UP/ DOWN to select:

- Manual ( fig. - F-02)
- Beginner ( fig. - F-03)
- Advande ( fig. - F-04)
- Sporty ( fig. - F-05)
- Cardio ( fig. - F-06)

## Programs

---

### Quick start

- Press START/ STOP key to start your workout without any pre-set setting.
- Use Dial UP/ DOWN to adjust resistant level during workout.

### End your workout

- Press START/ STOP in workout mode to stop/ pause your workout.  
To resume your workout press START/ STOP button in pause mode.
- Press and hold RESET key for over 2 seconds to reset console. ( Active training data will be lost )

## Manual mode

- Use Dial UP/ DOWN key to select workout program, choose MANUAL mode and press mode key to enter next setting entry for manual mode program.
- Use Dial UP/ DOWN key to pre-set training time ( fig. - F-07), and press M to confirm the setting.
- After confirm you can set also:  
distance ( fig. - F-08), Calories ( fig. - 09), and Pulse. (fig. - 10)



### NOTE

When setting more than one goal, the training will end at first achieved goal.

Leave a goal blank and it will not be seen as a pre-set limit.

- Press START/ STOP key to start workout
- Use Dial UP/ DOWN key to adjust resistance level.  
Load level is shown in LEVEL window ( fig. - F-11)

### Beginner mode

- Use Dial UP/ DOWN key to select workout program, choose BEGINNER mode and press mode key to enter next setting entry for BEGINNER mode program.
- Use Dial UP/ DOWN key to select BEGINNER program 1~4 ( fig. - 12) and press MODE/ ENTER to confirm.
- Use Dial UP/ DOWN key to set time, press MODE/ ENTER to confirm.

- Press START/ STOP key to start workout
- Use Dial UP/ DOWN key to adjust resistance level.  
Load level is shown in LEVEL window ( fig. - 11)

### Advance mode

- Use Dial UP/ DOWN key to select workout program, choose ADVANCE mode and press mode key to enter next setting entry for ADVANCE mode program.
- Use Dial UP/ DOWN key to select ADVANCE program 1~4 ( fig. - 13) and press MODE/ ENTER to confirm.
- Use Dial UP/ DOWN key to set time, press MODE/ ENTER to confirm.

- Press START/ STOP key to start workout
- Use Dial UP/ DOWN key to adjust resistance level.  
Load level is shown in LEVEL window ( fig. - 11)

### Sporty mode

- Use Dial UP/ DOWN key to select workout program, choose SPORTY mode and press mode key to enter next setting entry for SPORTY mode program.
- Use Dial UP/ DOWN key to select SPORTY program 1~4 ( fig. - 14) and press MODE/ ENTER to confirm.

- Use Dial UP/ DOWN key to set time, press MODE/ ENTER to confirm.
- Press START/ STOP key to start workout
- Use Dial UP/ DOWN key to adjust resistance level. Load level is shown in LEVEL window ( fig. - 11)

### Cardio mode.

- Use Dial UP/ DOWN key to select workout program, choose CARDIO mode and press mode key to enter next setting entry for CARDIO mode program.
- Use Dial UP/ DOWN key to set age ( fig. - 15)
- Use Dial UP/ DOWN key to select 55% ( fig. - 16), 75%, 90% or TAG (Target H.R. \_ Default 100)
- Use Dial UP/ DOWN key to set time, press MODE/ ENTER to confirm.
- Press START/ STOP key to start workout
- Use RESET, to go back to main menu.

### Watt Mode.

- Use Dial UP/ DOWN key to select workout program, choose WATT and press MODE / ENTER key to enter next setting entry for WATT mode program.
- Use Dial UP/ DOWN to set WATT target. (default: 120Watt, Fig. F-18)
- Use Dial UP/ DOWN key to set TIME.
- Press START/ STOP key to start workout. Use Dial UP/ DOW) to adjust target Watt level.
- Press START/STOP key to pause workout.
- Use RESET to go back to main menu.

### Recovery

- The RECOVERY key will only be valid if pulse is detected.
- TIME will show „0:60“ (seconds) and counts down to 0.
- Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.
- Press RECOVERY key again to return to the beginning.

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

### Body Fat

- Press the BODY FAT key to start body fat measurement.
- During measuring, users have to hold both hands on the hand grips. LCD display "- " "- " "- " "- " "- " "- " "- " for 8 seconds until computer finish measuring.
- LCD will display BMI and FAT %.

### Body fat mode error codes

- \*E-1  
There is no heart rate signal input detected.
- \*E-4  
Occurs when FAT% and BMI result is below 5 or exceeds 50.

### Trouble shooting:

- When the display of LCD is dim, it means the batteries need to be changed.
- If there is no signal when you pedal, please check if the cable is well connected.



#### NOTE

- When stop training for 4 minutes, the main screen will be off.
- If the computer displays abnormally, please re-install the transformer and try again.

### APP

- This console can connect APP on the smart device by Bluetooth or Tunelinc.
- Once console is connect to smart device via Bluetooth or Tunelinc, the console will power off.



#### NOTE

*Tunturi only provides the option to connect your fitness console throughout a blue tooth connection. Therefore Tunturi cannot be held responsible for damage, or malfunctioning of products other than Tunturi products.*

## Cleaning and maintenance

The equipment does not require special maintenance. The equipment does not require recalibration when it is assembled, used and serviced according to the instructions.



#### WARNING

- Do not use solvents to clean the equipment.
- Clean the equipment with a soft, absorbent cloth after each use.
- Regularly check that all screws and nuts are tight.
- If necessary, lubricate the joints.

## Defects and malfunctions

Despite continuous quality control, defects and malfunctions caused by individual parts can occur in the equipment. In most cases, it will be sufficient to replace the defective part.

- If the equipment does not function properly, immediately contact the dealer.
- Provide the model number and the serial number of the equipment to the dealer. State the nature of the problem, conditions of use and purchase date.

## Transport and storage



### **WARNING**

- Carry and move the equipment with at least two persons.
- Remain standing in front of the equipment on each side and take a sturdy grip at the handlebars. Tilt the front of the equipment so as to lift the rear of the equipment on the wheels. Move the equipment and carefully put the equipment down. Place the equipment on a protective base to prevent damage to the floor surface.
- Move the equipment carefully over uneven surfaces. Do not move the equipment upstairs using the wheels, but carry the equipment by the handlebars.
- Store the equipment in a dry place with as little temperature variation as possible.

## Technical data

Parameter	Unit of measurement	Value
Length	cm inch	144 56.7
Width	cm inch	67 26.4
Height	cm inch	164 64.6
Weight	kg lbs	58.3 128.2
Max. user weight	kg lbs	120 265
Adapter Voltage Current	V Ma.	9V-DC 1.0 A

## Warranty

### Tunturi purchaser's warranty

#### Warranty terms

The consumer is entitled to the applicable legal rights stated in the national legislation concerning the commerce of consumer goods. This warranty does not restrict these rights. The Purchaser's Warranty is only valid if the item is used in an environment approved by Tunturi New Fitness BV for that particular equipment. The product-specific approved environment is stated in the Owner's Manual provided with your equipment.

#### Warranty conditions

The warranty conditions commence from the date of purchase. Warranty conditions may vary per country, so please consult your local dealer for the warranty conditions.

#### Warranty coverage

Under no circumstances shall Tunturi New Fitness BV or the Tunturi Distributor be liable by virtue of this warranty or otherwise for any special, indirect, secondary or consequential damages of any nature arising out of any use or inability to use this equipment.

## Warranty limitations

This warranty covers manufacturing defects in the fitness equipment as originally packed by Tunturi New Fitness BV. The warranty shall apply only under conditions of normal, recommended use of the product as described in the Owner's Manual and providing that Tunturi New Fitness BV's instructions for installation, maintenance and use have been complied with. Neither Tunturi New Fitness BV's nor the Tunturi Distributors' obligations apply to defects due to reasons beyond their control. The warranty applies only to the original purchaser and is valid only in countries where Tunturi New Fitness BV has an authorised importer. The warranty does not extend to fitness equipment or components that have been modified without the consent of Tunturi New Fitness BV. Defects resulting from normal wear, misuse, abuse, corrosion, or damage incurred during loading or transportation are not covered.

The warranty does not cover sounds or noises emitted during use where these do not substantially impede the use of the equipment and where they are not caused by a fault in the equipment. The warranty does not cover defects arising from the failure to carry periodic maintenance as outlined within the Owner's Manual for the product. Furthermore, the warranty does not cover defects arising from usage and storage within an unsuitable environment as described within the Owner's Manual which should be indoors, dry, dust and grit free and within a temperature range of +15°C to +35°C. The warranty does not cover maintenance activities, such as cleaning, lubricating, and normal part adjustments, nor installation

procedures that customers can accomplish themselves, such as changing uncomplicated meters, pedals and other similar parts not requiring any dismantling/reassembling of the fitness equipment. Warranty repairs carried out by other than authorised Tunturi representatives are not covered.

Failure to follow the instructions given in the Owner's Manual will invalidate the product's warranty.

## Declaration of the manufacturer

Tunturi New Fitness BV declares that the product is in conformity with the following standards and directives: EN 957 (HB), 89/336/EEC. The product therefore carries the CE label.

01-2017

Tunturi New Fitness BV  
Purmerweg 1  
1311 XE Almere  
The Netherlands

## Disclaimer

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The product and the manual are subject to change.  
Specifications can be changed without further notice.



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### Deutsch

Diese deutsche Bedienungsanleitung ist eine Übersetzung des englischen Textes. Es können keine Rechte auf diese Übersetzung abgeleitet werden.

## Crosstrainer

Willkommen in der Welt von Tunturi!

Danke, dass Sie dieses Gerät von Tunturi erworben haben. Tunturi bietet eine breite Palette an Heim-Fitnessgeräten wie beispielsweise Crosstrainer, Laufbänder, Trainingsfahrräder und Rudergeräte an. Die Tunturi Geräte sind für die ganze Familie geeignet - ganz egal, wie fit man ist. Weitere Informationen finden Sie auf unserer Website unter [www.tunturi.com](http://www.tunturi.com)

## Warnhinweise zur Sicherheit



### WARNUNG

*Lesen Sie die Warnhinweise zur Sicherheit und die Anweisungen. Werden die Warnhinweise zur Sicherheit und die Anweisungen nicht befolgt, kann dies zu Personenverletzungen und Schäden am Gerät führen. Bewahren Sie die Warnhinweise zur Sicherheit und die Anweisungen zur künftigen Bezugnahme auf.*



### WARNUNG

*Herzfrequenz-Überwachungssysteme können ungenau sein. Eine Überanstrengung kann zu schweren Schädigungen oder zum Tod führen. Wenn Sie sich schwach oder ohnmächtig fühlen, stellen Sie die Übungen unverzüglich ein.*

- Das Gerät ist nur für den Hausgebrauch geeignet. Das Gerät ist nicht für den gewerblichen Gebrauch geeignet.
- Die maximale Verwendung ist auf 5 Stunden pro Tag beschränkt
- Wenn dieses Gerät von Kindern oder Personen mit körperlicher, sensorischer, geistiger oder motorischer Behinderung verwendet wird, oder wenn nicht genügend Erfahrung und Kenntnisse vorhanden sind, kann dies zu Gefahrensituationen führen. Personen, die für deren Sicherheit verantwortlich sind, müssen klare Anweisungen geben oder den Gebrauch des Geräts beaufsichtigen.
- Bevor Sie Ihr Training starten, nehmen Sie Kontakt mit einem Arzt auf, um Ihre Gesundheit kontrollieren zu lassen.
- Falls Sie Übelkeit, ein Schwindelgefühl oder andere anormale Symptome verspüren, hören Sie unverzüglich mit Ihrem Training auf und wenden Sie sich an einen Arzt.
- Um einen Muskelkater zu vermeiden, starten Sie jedes Training mit Aufwärmen und beenden Sie es mit Abkühlen. Denken Sie daran, sich am Ende des Trainings zu dehnen.
- Das Gerät ist nur für den Gebrauch in geschlossenen Räumen geeignet. Das Gerät ist nicht für den Gebrauch im Freien geeignet.
- Verwenden Sie das Gerät nur in Umgebungen mit ausreichender Belüftung. Verwenden Sie das Gerät nicht in zugiger Umgebung, damit Sie sich nicht erkälten.
- Verwenden Sie das Gerät nur in Umgebungen mit Umgebungstemperaturen zwischen 10 °C und 35 °C. Lagern Sie das Gerät nur in Umgebungen mit einer Umgebungstemperatur zwischen 5 °C und 45 °C.

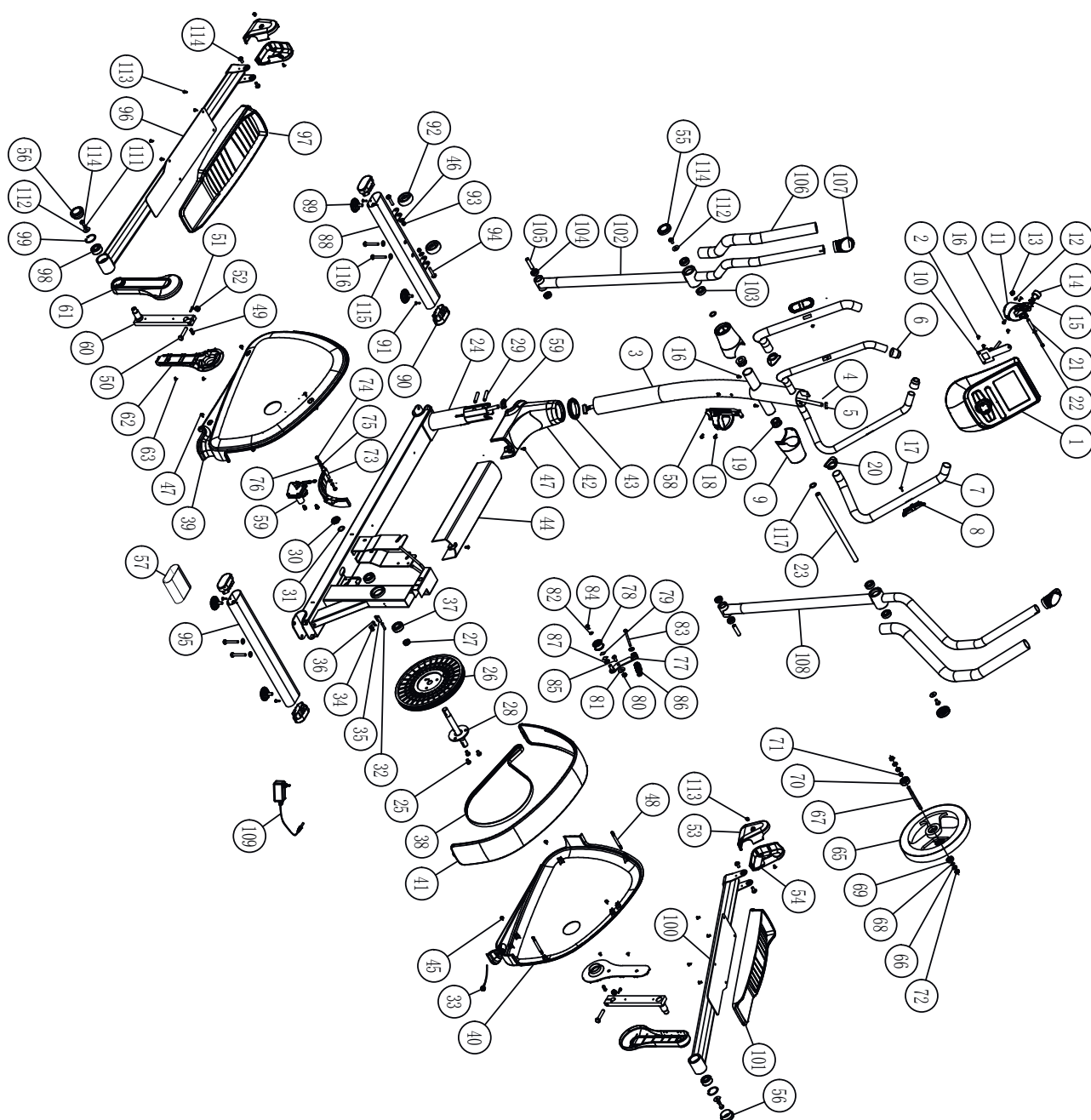
No.	Description	QTY
1	Console	1
2	Cross head screw M5*10	3
3	Handlebar post	1
4	Hand pulse sensor wire	1
5	Cable wire, upper	1
6	End cap	2
7	Foam grip	2
8	Hand pulse sensor	2
9	Front post cover	2
10	Console bracket	1
11	Console bracket seat	1
12	Flat washer Ø6xØ13x1t	2
13	Nylon nut M6	1
14	Console locking knob	1
15	Fixed washer	1
16	Screw M5x14L	2
17	Screw M3.5x20L	2
18	Screw M5xP0.8x20L	2
19	Handlebar axle bushing	2
20	Handlebar cap	2
21	Bushing Ø6.0*Ø9.8*50L	2
22	Screw M6x60L	1
23	Handlebar fixed axle	1
24	Main frame	1
25	Hex. screw M8xP1.25x12Lx5t	3
26	Driving pulley	1
27	Bushing Ø20.5xØ25x7.5mm	1
28	Axle	1
29	Locking screw	2
30	Nylon nut M20	1
31	Flat washer Ø20.3xØ30x1t	1
32	Sensor wire	1
33	DC wire	1
34	Screw M4xP1.5*16L	2
35	Sensor holder	1
36	Flat washer Ø5xØ10x1t	2

37	Bearing 6004RS	2
38	Driving belt	1
39	Side cover ( L )	1
40	Side cover ( R )	1
41	Top cover	1
42	Handlebar post cover	1
43	Ring for handlebar post	1
44	Cover of bottom tube	1
45	Screw M4x16	3
46	Flat washer Ø10xØ18x1t	2
47	Screw M5x16	3
48	Shaft of chain cover	2
49	Pin	2
50	Hex. screw M10xP1.5x50L	2
51	Hex. screw M5*P0.8*16L	2
52	Nylon nut M10	2
53	Pedal arm front cover, left	2
54	Pedal arm front cover, right	2
55	Cap for handlebar R/L	2
56	Cap for Pedal arm R/L	2
57	fixed tube of semi-bracket	2
58	Bottle holder	1
59	Servomotor set	1
60	Disc crank	2
61	Crank cap (outer)	2
62	Crank cap (Inner)	2
63	Screw M5x6L	4
64	Flywheel assy set (65~72)	1
65	Flywheel	1
66	Nut 3/8"	3
67	Axle for flywheel	1
68	Flat washer Ø10xØ14x1t	1
69	Bearing 6000RS	1
70	Bearing 6300RS	1
71	Plastic sleeve	1
72	Pattern nut	2



73	Magnetic brake set	1
74	Hex. screw M6xP1.0*16L	2
75	Flat washer Ø6xØ13x1t	2
76	Spring washer Ø6	2
77	Belt tightener	1
78	Wheel for belt tightener	1
79	Curved washer Ø10.5xØ15x0.3t	2
80	Nylon nut M8	1
81	Flat washer Ø8.5xØ25x2t	1
82	Flat washer Ø6xØ13x1t	2
83	Hex. screw M6xP1.0x80L	1
84	Hex. screw M6xP1.0x12L	1
85	Hex. screw M6xP1.0x18L	1
86	Spring	1
87	Flat washer Ø10xØ14x1t	1
88	Front foot	1
89	Adjusting cushion	4
90	End cap	4
91	Screw 3/16"x1/2"	4
92	Transportation wheel	2
93	Nylon nut M8	2
94	Allen bolt M8xP1.25x40L	2
95	Rear foot	1
96	Pedal arm left	1
97	Pedal, left	2
98	Bearing	2
99	Rubber band Ø40	2
100	Pedal arm, right	1
101	Pedal, right	1
102	Movable handlebar, left	1
103	Bearing 6003RS	4
104	Bearing 6001RS	4
105	Lower handlebar axle	2
106	Foam grip for moving handlebar	2
107	End cap for moving handlebar	2
108	Movable handlebar, right	1

109	Switching power 9V,500mA	1
111	Spring washer Ø8.1*Ø12.9*2.4T	2
112	Flat washer Ø8.5xØ25x2t	4
113	Screw M5xP0.8x10L	12
114	Screw M8xP1.25x16L	8
115	Flat washer Ø8xØ19x2t	4
116	Screw M8xP1.25x60L	4
117	Flat washer Ø17.5xØ25x1t	2





**Tunturi New Fitness BV**

Purmerweg 1    NL - 1311 XE Almere  
P.O. Box 60001    NL - 1320 AA Almere  
The Netherlands

[www.tunturi-fitness.com](http://www.tunturi-fitness.com)