

TUNTURI®

T50 Treadmill

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

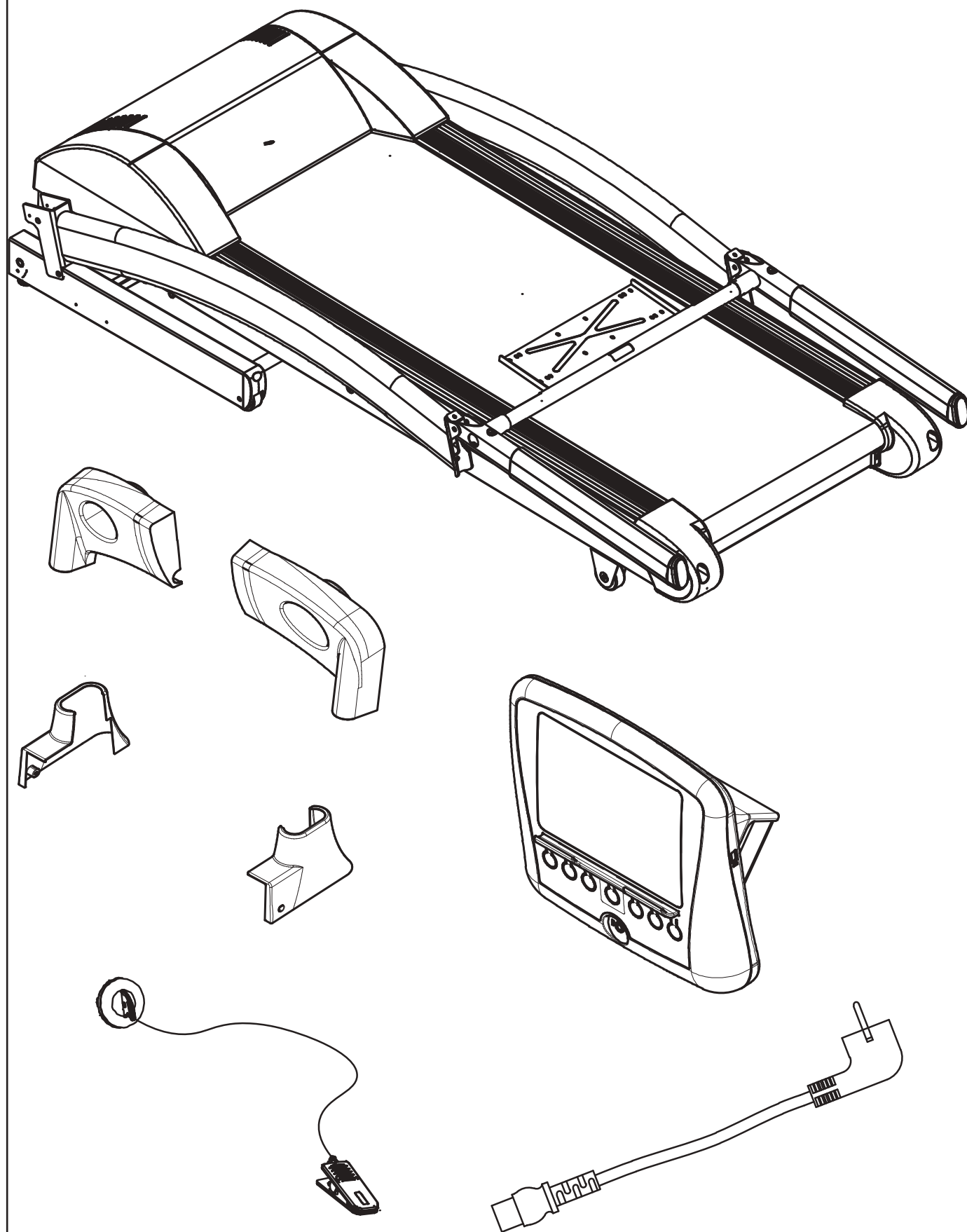


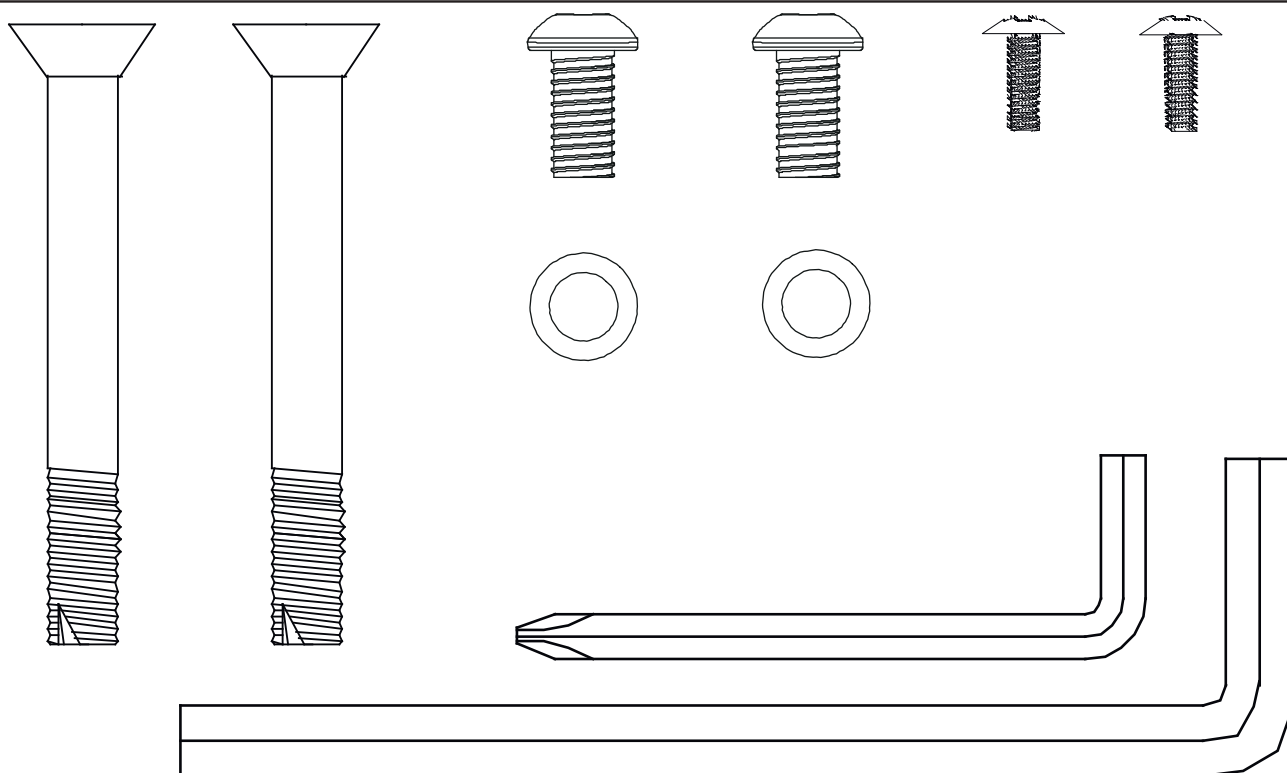
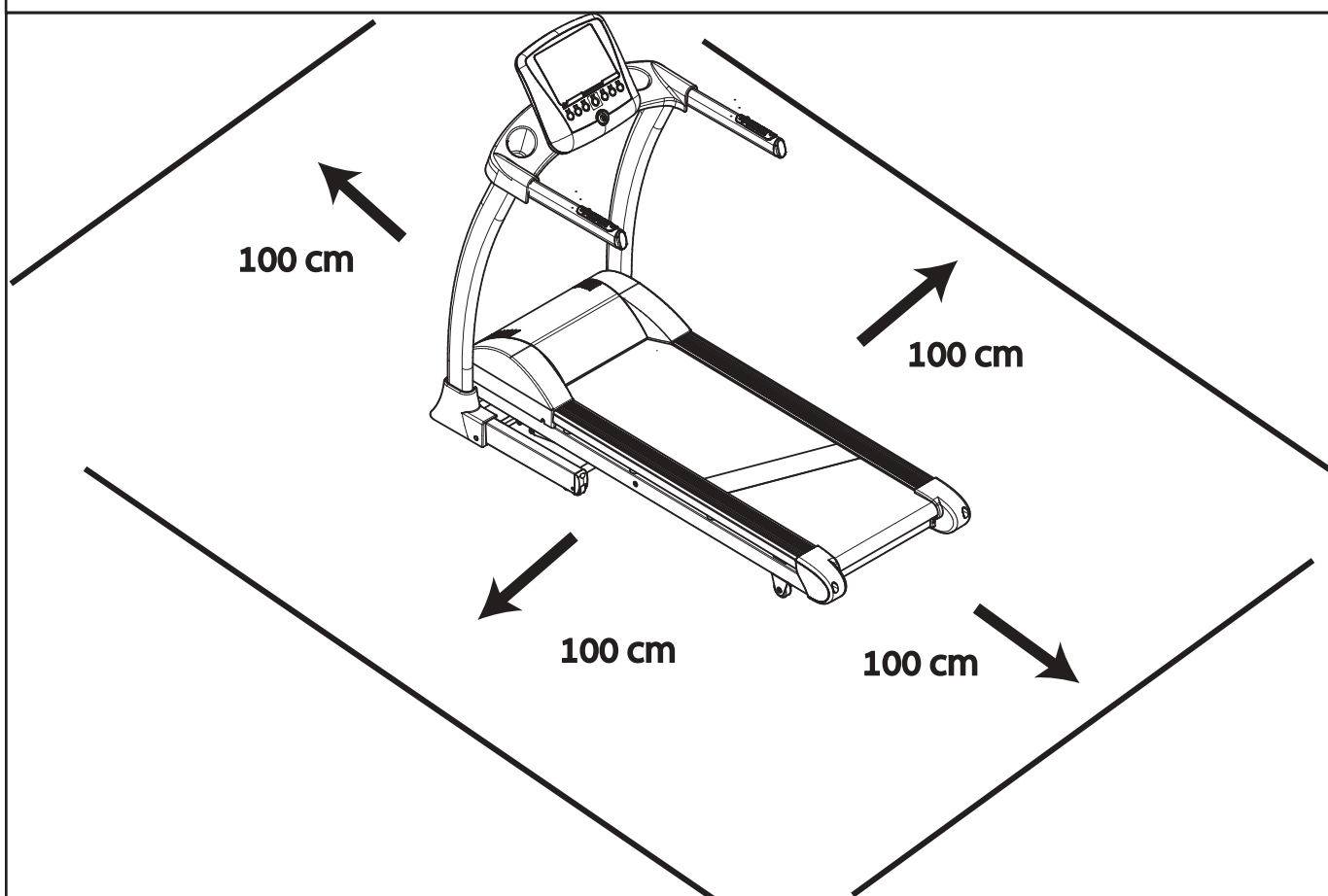
Attention, Achtung, Attention, Attentie, Atención, Giv akt, Huomio

- 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

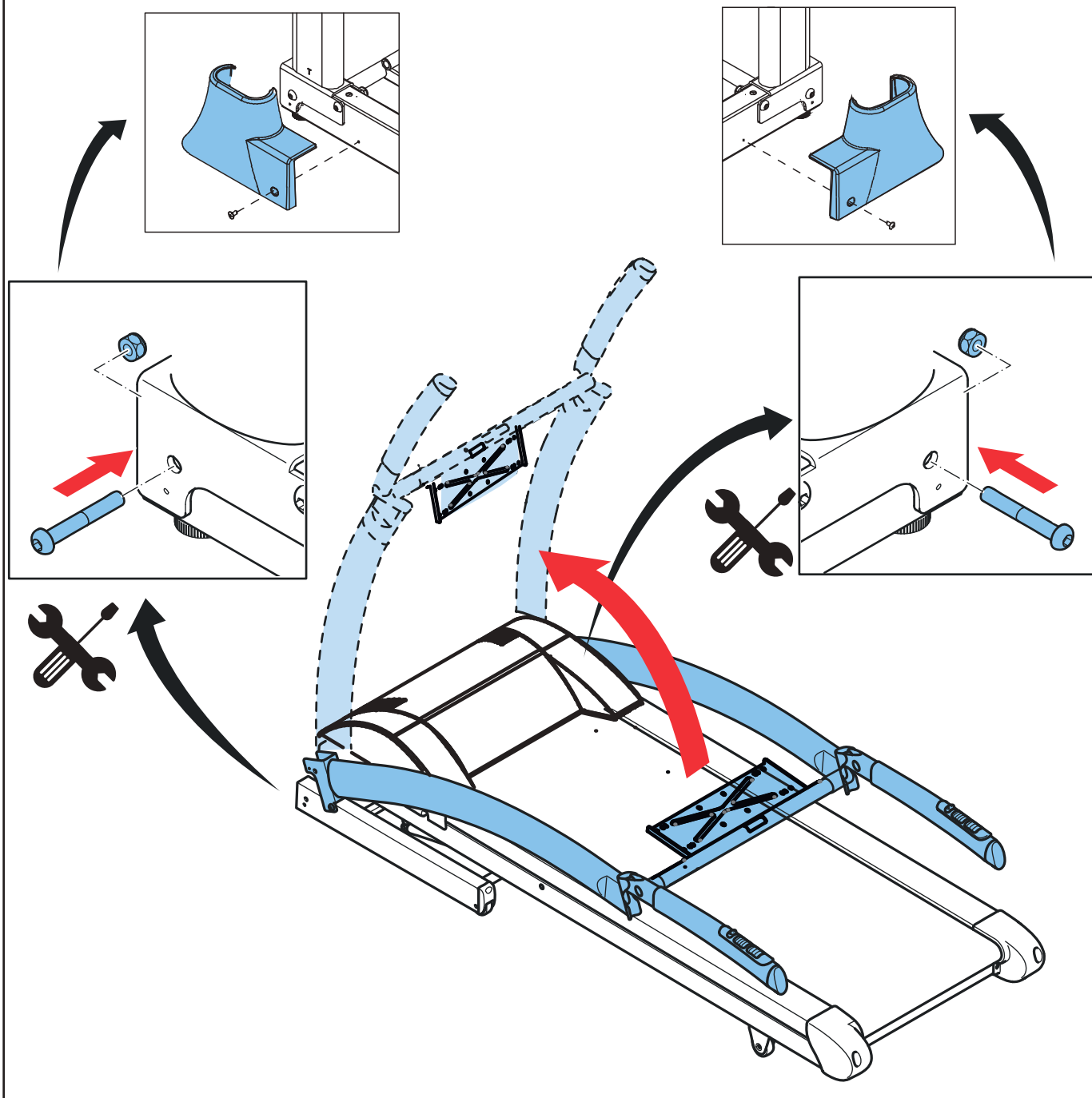
A



B

C**D-0**

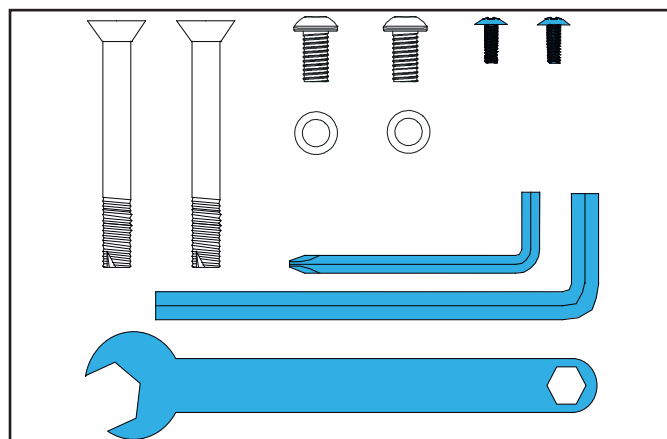
D-1



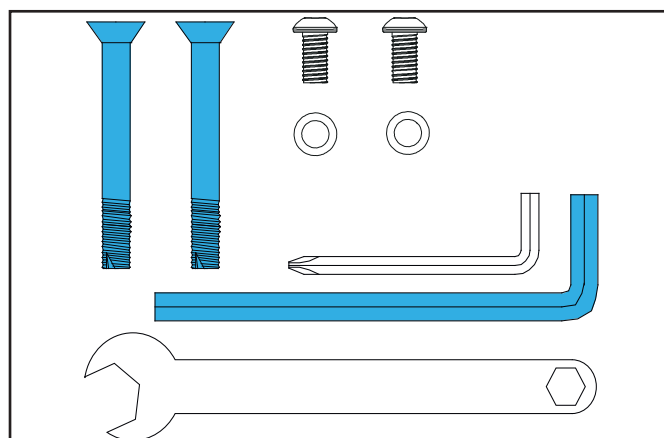
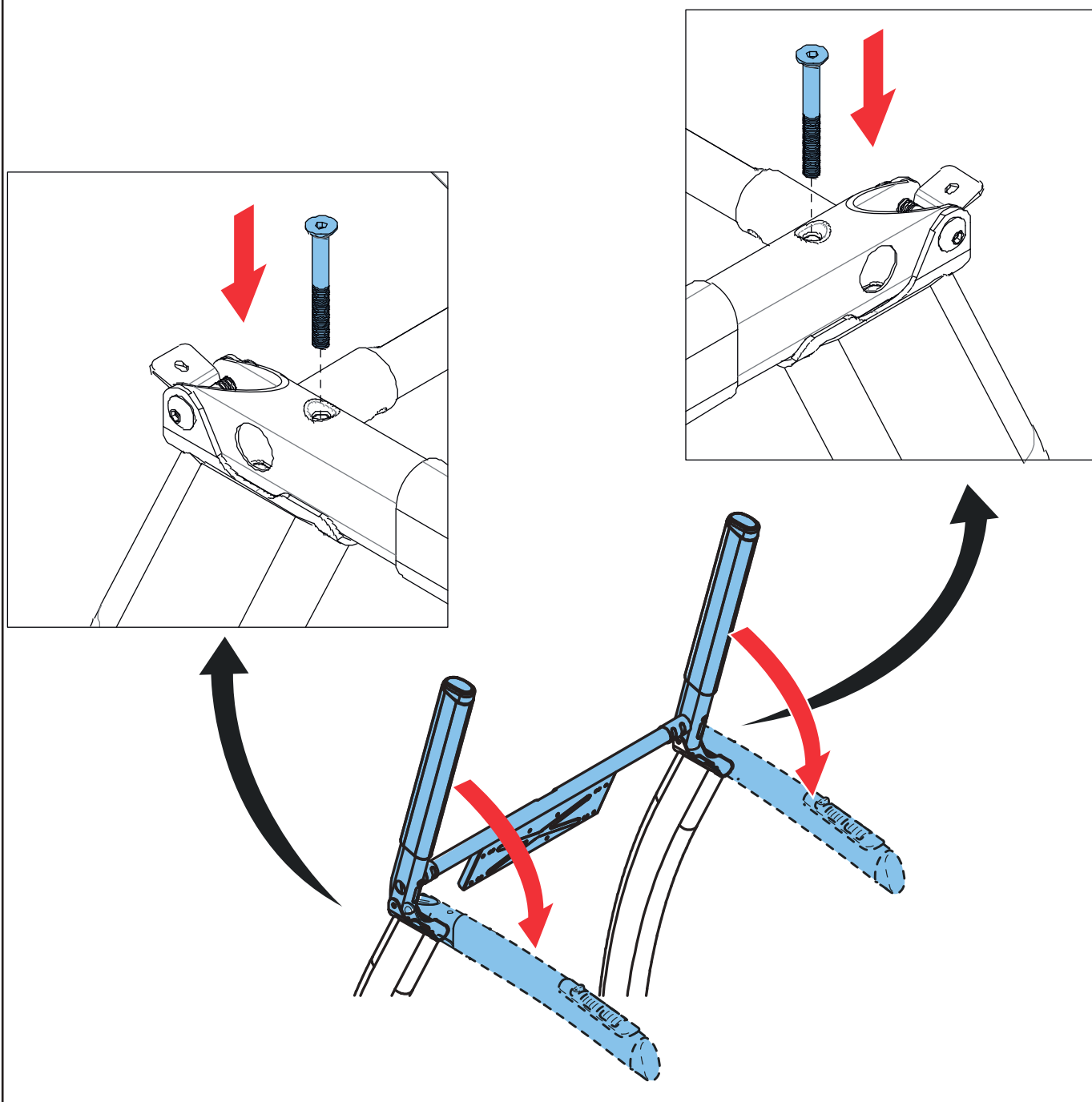
Preassembled



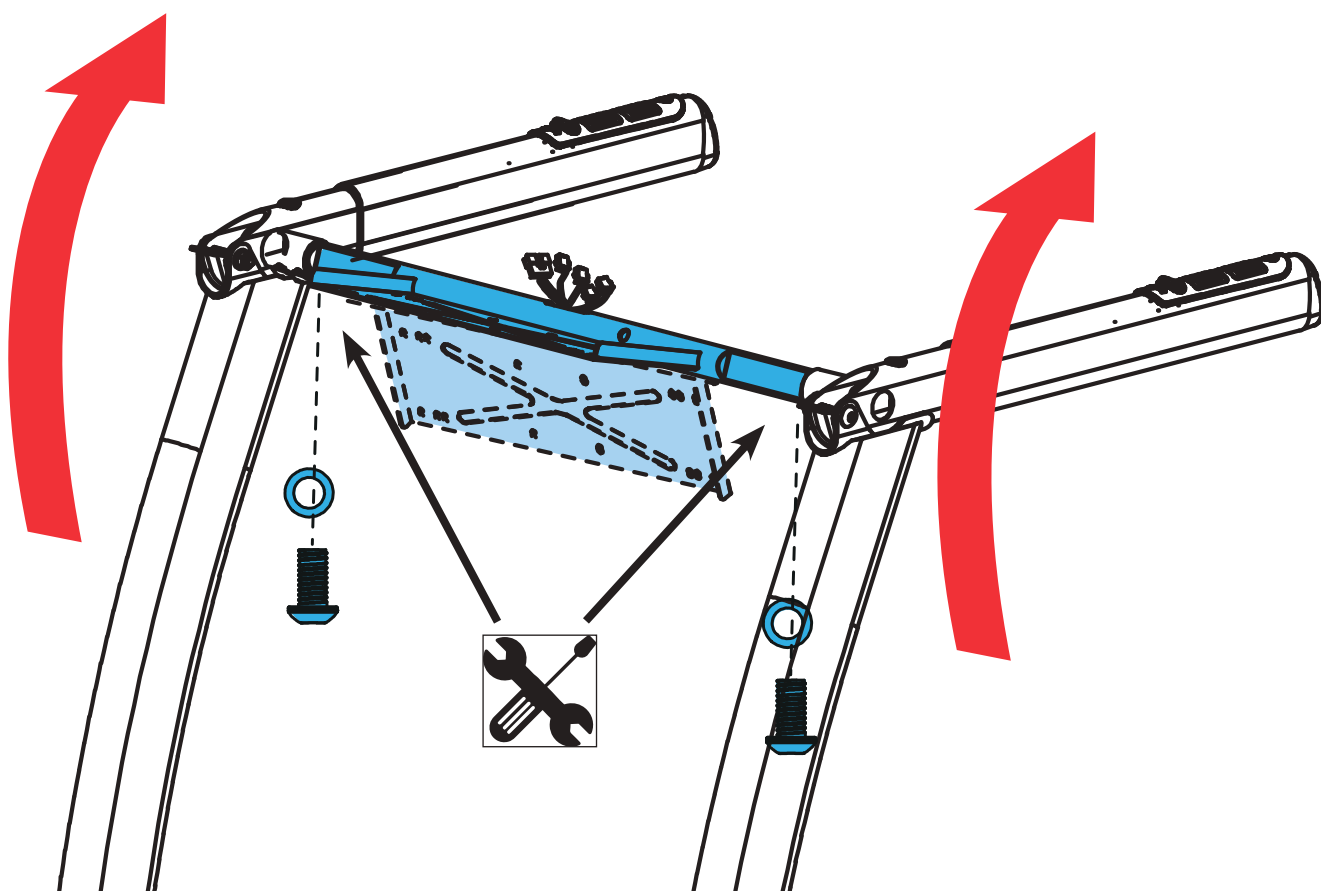
Vormontiert
 Pré assemblé
 Voorgemonteerd
 Pre ensamblado
 Förmonterad
 Esikoottu



D-2



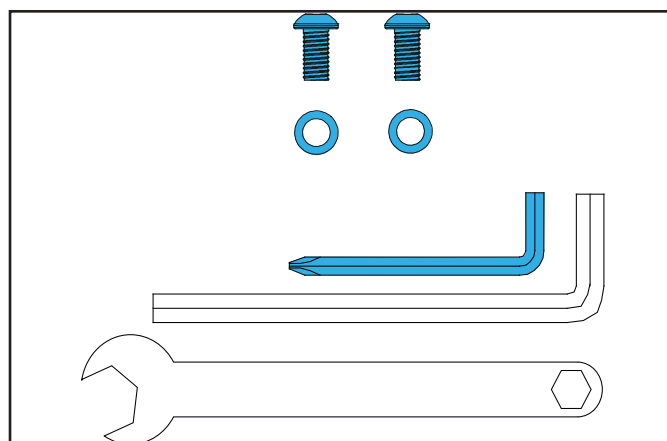
D-3



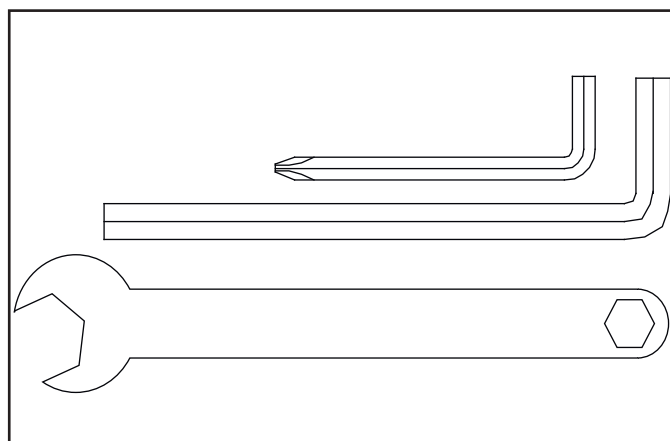
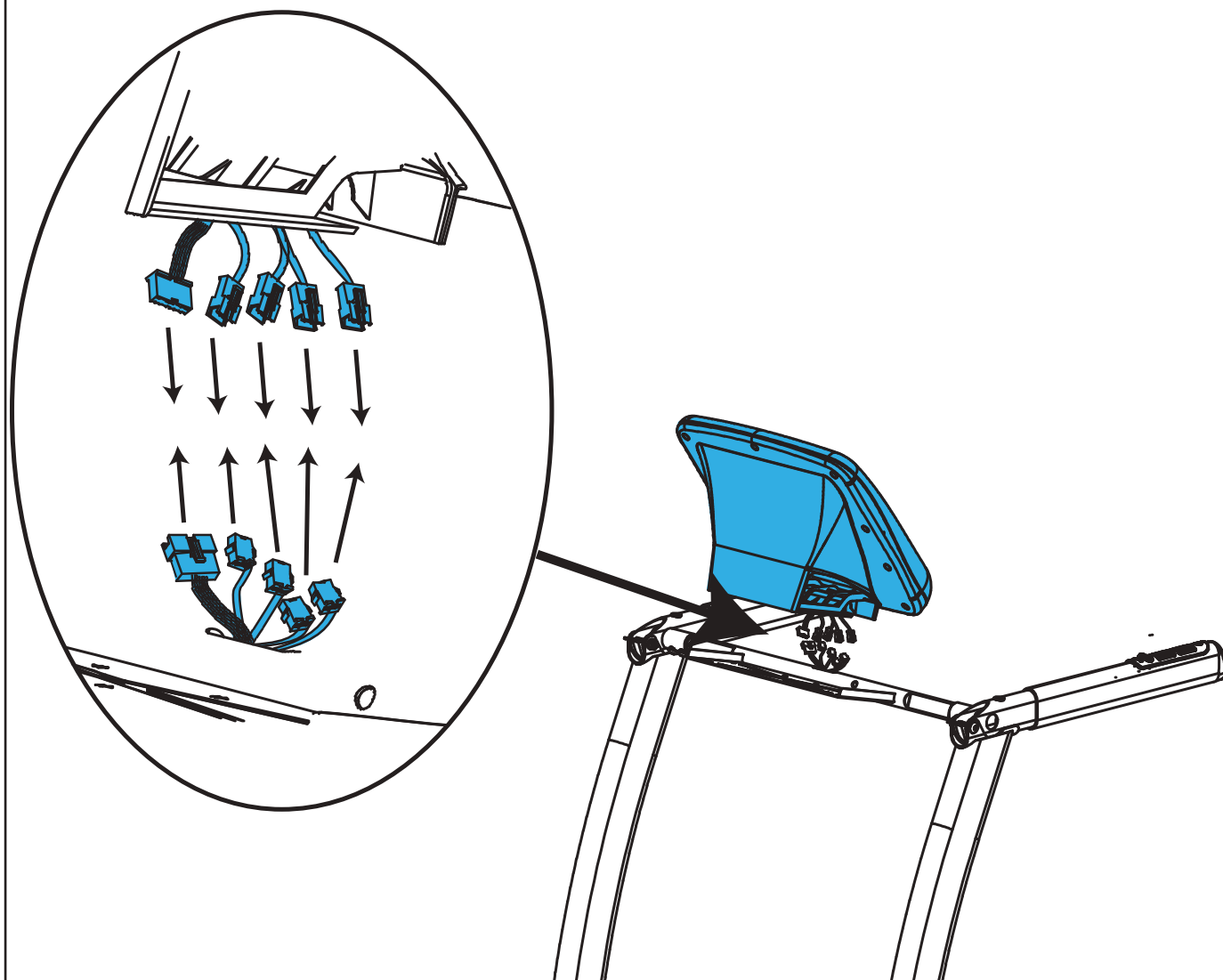
Preamsembled



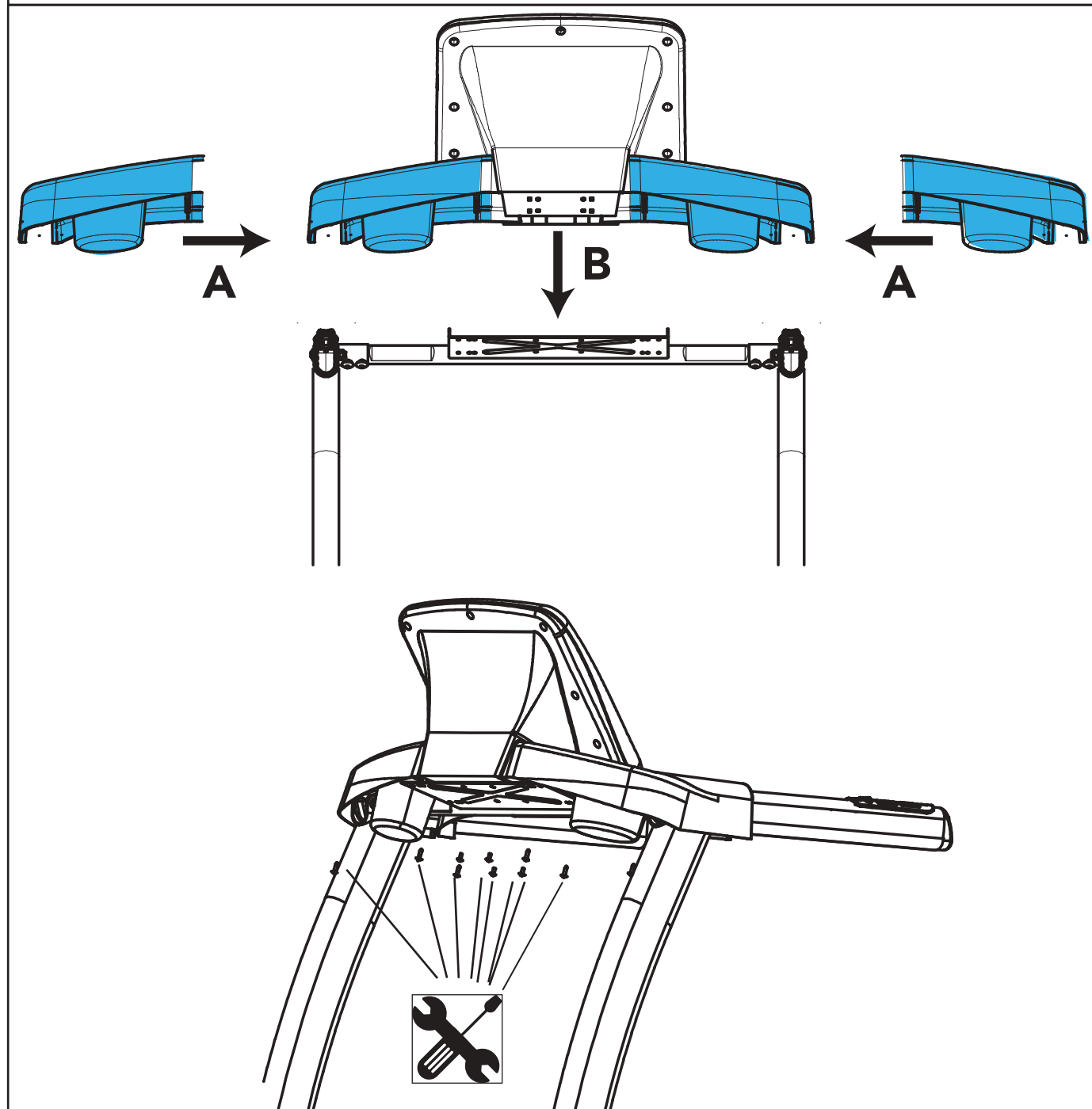
Vormontiert
 Pré assemblé
 Voorgemonteerd
 Pre ensamblado
 Förmonterad
 Esikoottu



D-4



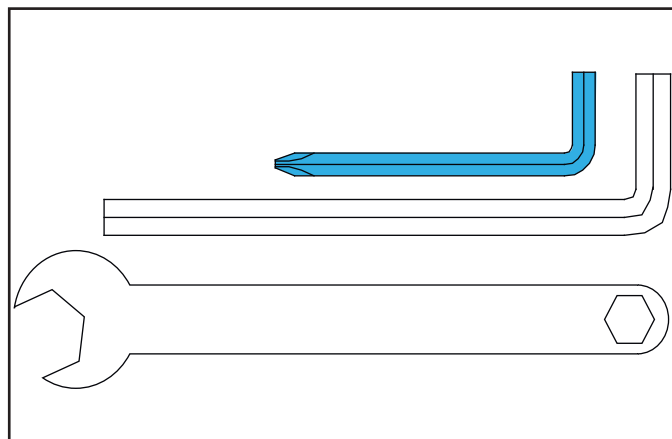
D-5



Preassembled



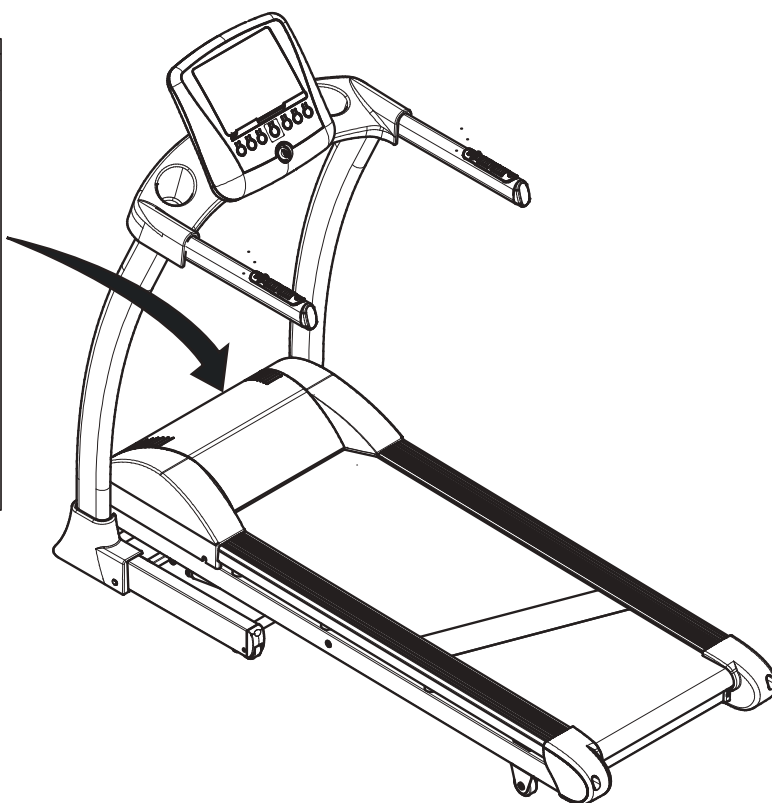
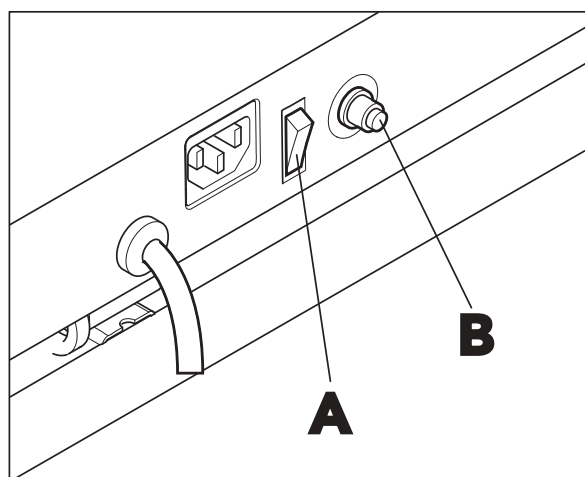
Vormontiert
 Pré assemblé
 Voorgemonteerd
 Pre ensamblado
 Förmonterad
 Esikoottu

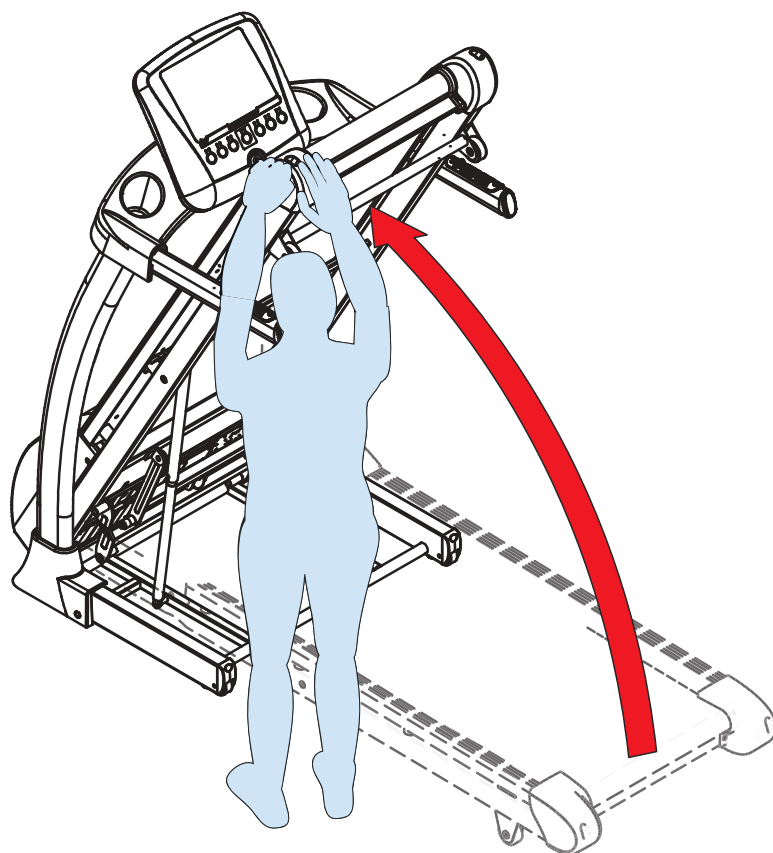
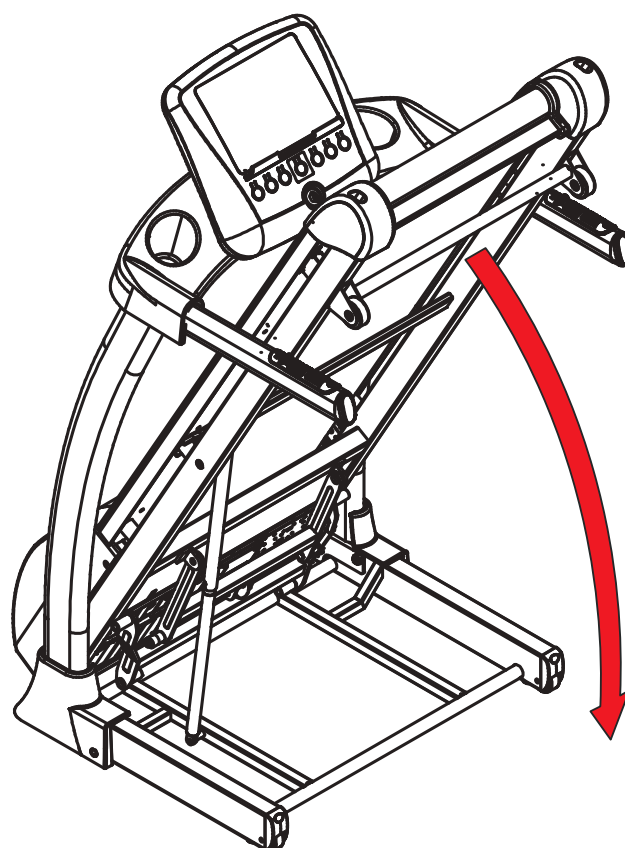
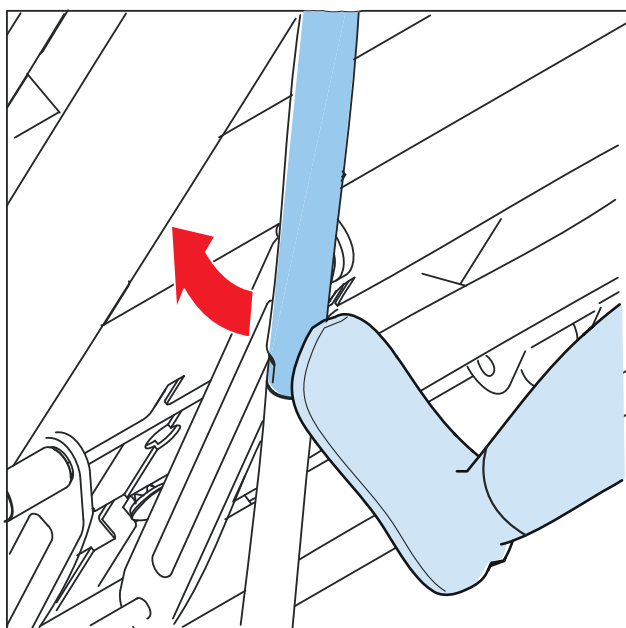


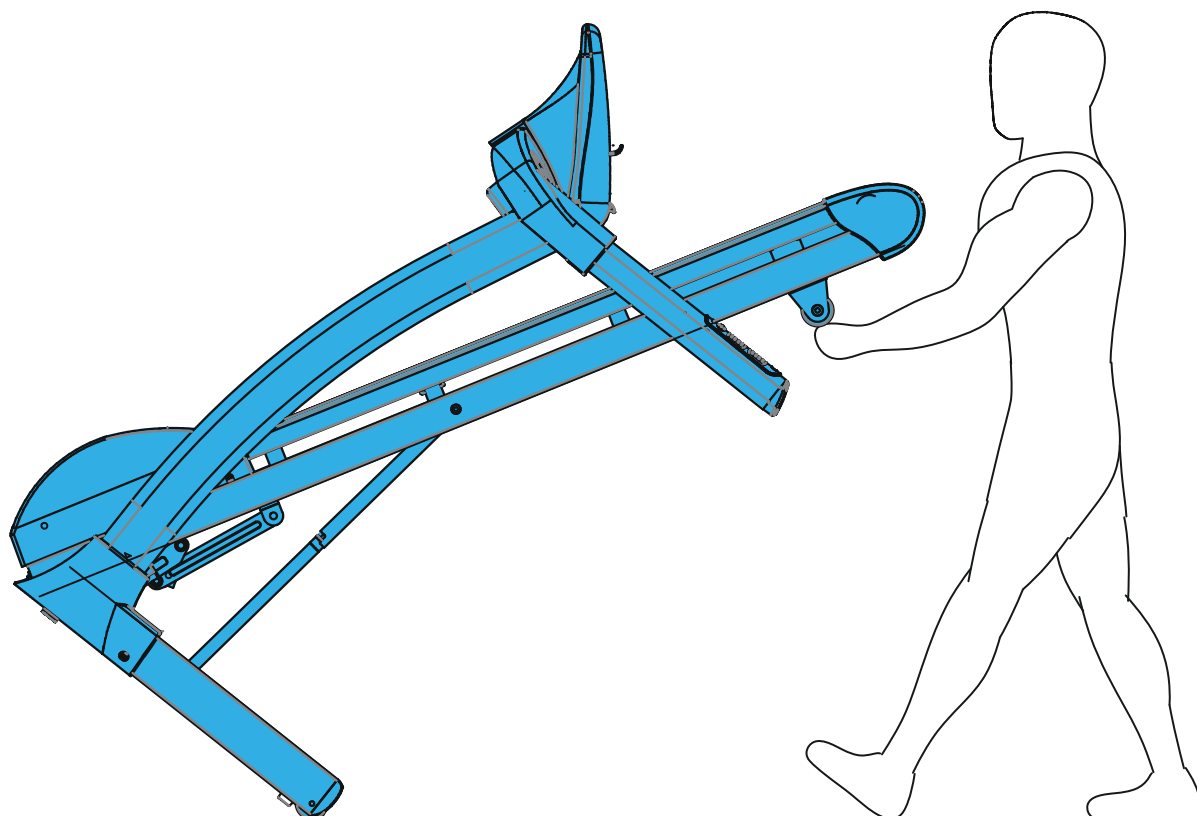
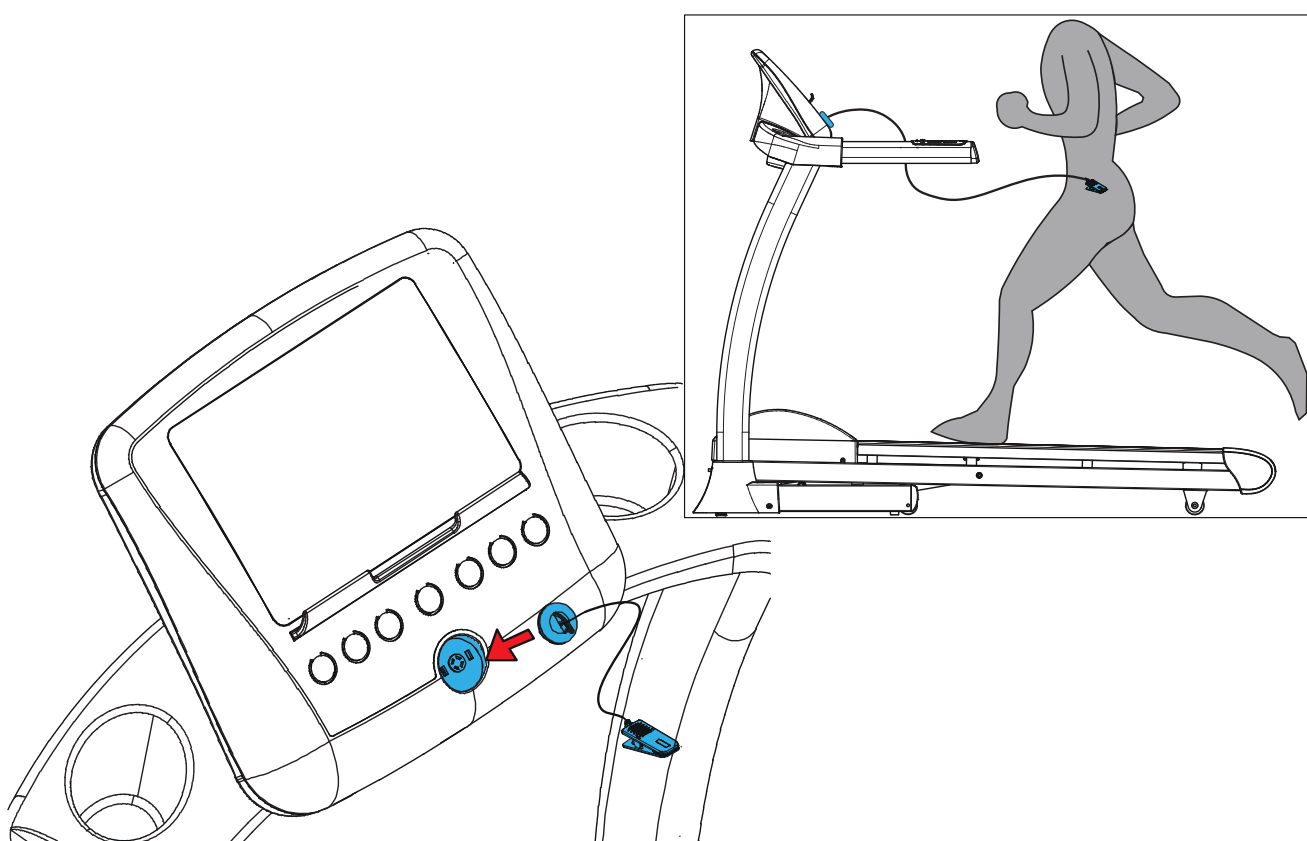
E-1



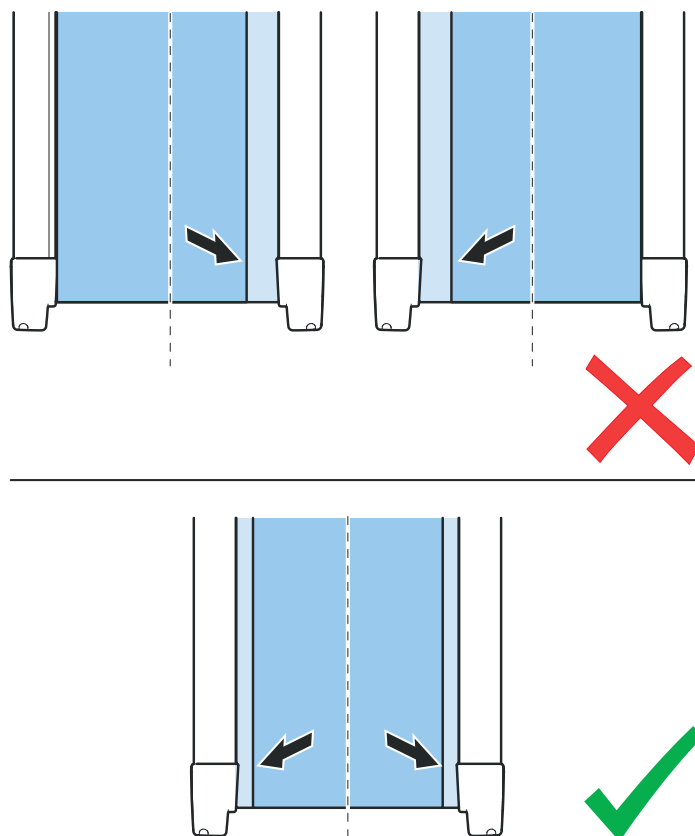
E-2



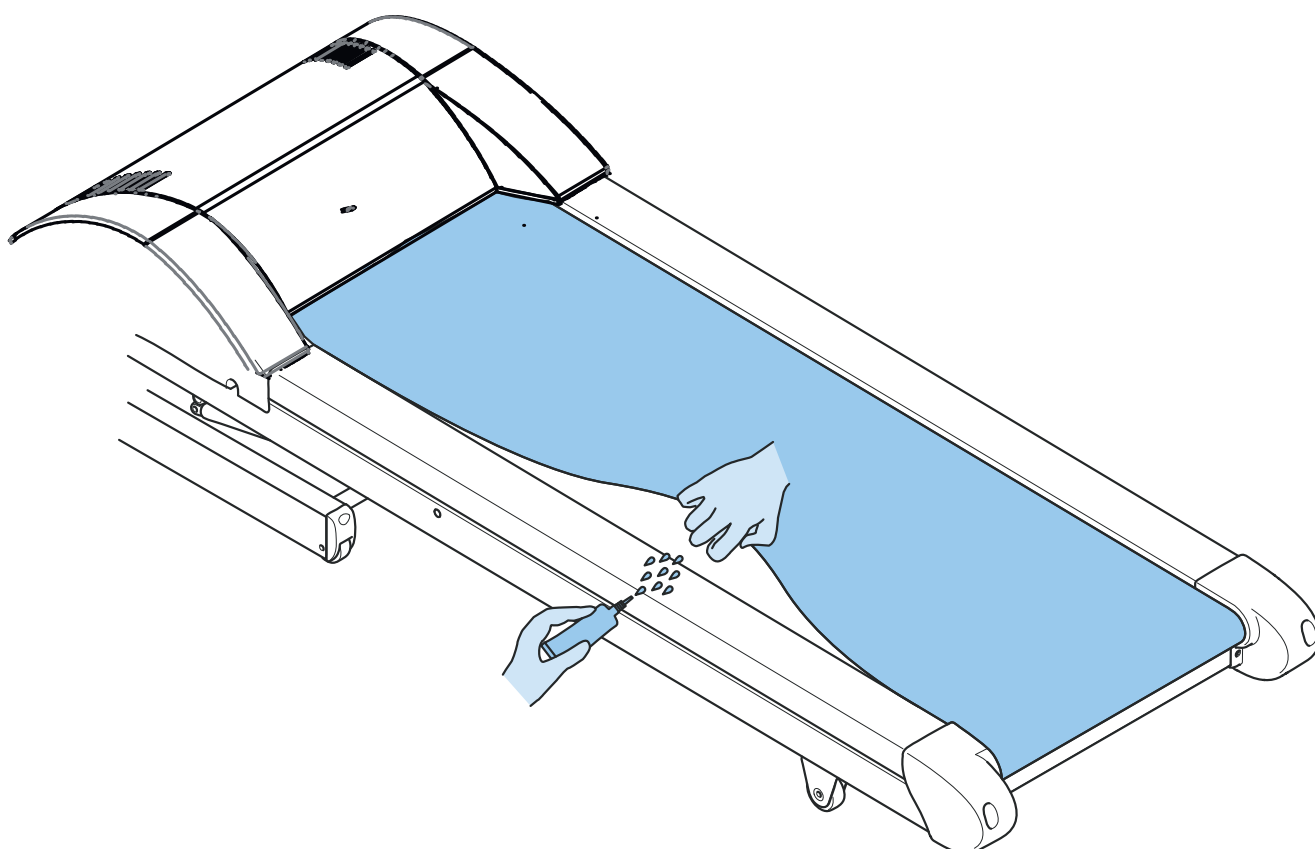
F-1**F-2**

F-3**F-4**

F-5



F-6



G

Program P0

MODE „S“ (KM/H)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
L2	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
L3	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
L2	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
L3	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Program P1

MODE „S“ (KM/H)



Default 40 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	3.2	3.2	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	3.2	3.2	1.6	1.6
L2	3.2	3.2	4.8	4.8	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	4.8	4.8	3.2	3.2
L3	4.8	4.8	5.6	5.6	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	5.6	5.6	4.8	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	3	3	3	3	3	3	3	3	3	3	2	2	1	1
L2	2	2	3	3	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3	3	2	2
L3	3	3	3.5	3.5	5	5	5	5	5	5	5	5	5	5	5	5	3.5	3.5	3	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	4	4	4	4	4	4	4	4	4	4	4	4	2	2	1	1
L2	1	1	3	3	5	5	5	5	5	5	5	5	5	5	5	5	3	3	1	1
L3	1	1	4	4	6	6	6	6	6	6	6	6	6	6	6	6	4	4	1	1

Program P2

MODE „S“ (KM/H)



Default 20 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	3.2	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	1.6	1.6
L2	3.2	3.2	4.8	4.8	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	4.8	3.2	3.2
L3	4.8	4.8	6.4	6.4	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	6.4	4.8	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	1	1
L2	2	2	3	3	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	3	2	2
L3	3	3	4	4	5	3	5	3	5	3	5	3	5	3	5	3	5	4	3	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	1	1
L2	2	2	3	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	2	2
L3	2	2	3	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3	2	2

Program P3



Default 30 min.

MODE „S“ (KM/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	3.2	3.2	4.8	4.8	5.6	3.2	5.6	3.2	5.6	3.2	5.6	7.2	4.8	7.2	4.8	7.2	5.6	4.8	4.8	3.2
L2	4.8	4.8	5.9	5.9	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	5.9	5.9	4.8	4.8
L3	5.9	5.9	8.0	8.0	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	5.9	5.9

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	2	3	3	3.5	2	3.5	2	3.5	2	3.5	4.5	3	4.5	3	4.5	3.5	3	3	2
L2	3	3	3.7	3.7	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	3.7	3.7	3	3
L3	3.7	3.7	5	5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	5	3.7	3.7

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	1	1
L2	3	3	4	4	5	3	5	3	5	3	5	3	5	3	5	3	5	4	3	3
L3	3	3	4	4	6	4	6	4	6	4	6	4	6	4	6	4	6	5	4	4

Program P4



Default 40 min.

MODE „S“ (KM/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	3.2	3.2	4.8	4.8	3.2	3.2	4.8	4.8	3.2	3.2	4.8	4.8	3.2	3.2	4.8	4.8	3.2	1.6
L2	3.2	3.2	4.8	4.8	7.2	7.2	3.2	3.2	7.2	7.2	3.2	3.2	7.2	7.2	3.2	3.2	4.8	4.8	3.2	3.2
L3	4.8	4.8	6.4	6.4	8.0	8.0	4.8	4.8	8.0	8.0	4.8	4.8	8.0	8.0	4.8	4.8	6.4	6.4	4.8	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	2	2	3	3	2	2	3	3	2	2	3	3	2	1
L2	2	2	3	3	4.5	4.5	2	2	4.5	4.5	2	2	4.5	4.5	2	2	3	3	2	2
L3	3	3	4	4	5	5	3	3	5	5	3	3	5	5	3	3	4	4	3	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	1	3	3	1	3	3	1	3	3	1	3	3	2	1
L2	2	2	3	3	4	4	2	4	4	2	4	4	2	4	4	2	4	4	3	2
L3	3	3	4	4	5	5	2	5	5	2	5	5	2	5	5	2	5	5	4	3

Program P5

MODE „S“ (KM/H)



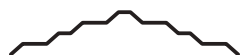
Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	2.4	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2	2.4	1.6	1.6
L2	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	7.2	8.0	8.0	7.2	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2
L3	4.8	4.8	5.6	5.9	5.9	7.2	8.0	8.0	8.8	9.6	9.6	8.8	8.0	8.0	7.2	5.9	5.9	5.6	4.8	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1.5	2	2	2.5	3	3	3.5	4	4	3.5	3	3	2.5	2	2	1.5	1	1
L2	2	2	2.5	3	3	3.5	4	4	4.5	5	5	4.5	4	4	3.5	3	3	2.5	2	2
L3	3	3	3.5	3.7	3.7	4.5	5	5	5.5	6	6	5.5	5	5	4.5	3.7	3.7	3.5	3	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	3	3	4	4	4	5	5	5	6	6	5	5	5	4	4	4	3	3	2
L2	1	2	2	2	3	3	4	4	4	5	5	4	4	4	3	3	2	2	2	1
L3	1	1	1	2	2	2	3	3	3	4	4	3	3	3	2	2	2	1	1	1

Program P6

MODE „S“ (KM/H)



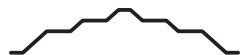
Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	3.2	4.0	4.8	4.8	4.8	5.6	6.4	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2	2.4	1.6
L2	3.2	4.0	4.8	4.8	5.6	7.2	7.2	7.2	7.5	8.0	8.0	8.0	7.5	7.2	7.2	5.6	4.8	4.8	4.0	3.2
L3	4.8	5.6	7.2	7.2	7.5	8.0	8.0	8.0	8.8	9.6	9.6	9.6	8.8	8.0	8.0	7.5	7.2	7.2	5.6	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	2	2.5	3	3	3	3.5	4	4	4	3.5	3	3	2.5	2	2	1.5	1
L2	2	2.5	3	3	3.5	4.5	4.5	4.5	4.7	5	5	5	4.7	4.5	4.5	3.5	3	3	2.5	2
L3	3	3.5	4.5	4.5	4.7	5	5	5	5.5	6	6	6	5.5	5	5	4.7	4.5	4.5	3.5	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	2	2	3	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
L2	2	2	3	4	4	4	5	5	5	6	6	5	5	5	4	4	4	3	2	2
L3	3	3	4	5	5	5	6	6	6	7	7	6	6	6	5	5	5	4	3	3

Program P7

MODE „S“ (KM/H)



Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	4.0	4.3	4.0	4.8	4.3	7.2	4.0	2.4	4.8	2.4	7.2	5.6	4.3	2.4	4.8	4.0	2.4	1.6
L2	1.6	4.0	5.6	8.0	4.0	8.0	3.5	3.2	4.8	7.2	8.0	8.0	5.6	3.2	6.4	7.2	8.0	5.6	4.8	3.2
L3	3.2	3.2	4.0	7.5	6.4	7.2	9.6	7.2	9.6	8.8	9.6	7.2	7.5	6.4	5.6	4.8	5.6	8.0	4.0	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2.5	2.7	2.5	3	2.7	4.5	2.5	1.5	3	1.5	4.5	3.5	2.7	1.5	3	2.5	1.5	1
L2	1	2.5	3.5	5	2.5	5	2.2	2	3	4.5	5	5	3.5	2	4	4.5	5	3.5	3	2
L3	2	2	2.5	4.7	4	4.5	6	4.5	6	5.5	6	4.5	4.7	4	3.5	3	3.5	5	2.5	2

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	4	2	3	4	4	2	1	3	1	4	3	2	1	3	2	1	1
L2	1	2	3	6	4	6	5	5	2	3	1	6	3	2	3	6	5	3	2	1
L3	2	4	2	6	3	6	4	4	5	2	6	3	6	2	6	2	5	4	6	1

Program P8

MODE „S“ (KM/H)



Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	4.0	4.8	5.6	6.4	7.2	8.0	8.0	8.0	7.2	6.4	5.6	4.8	4.0	3.2	2.4	1.6	1.6
L2	3.2	4.0	4.8	5.6	6.4	7.2	8.0	8.8	9.6	9.6	9.6	8.8	8.0	7.2	6.4	5.6	4.8	4.0	3.2	3.2
L3	4.8	5.6	6.4	7.2	8.0	8.8	9.6	9.6	10.4	10.4	10.4	9.6	9.6	8.8	8.0	7.2	6.4	5.6	4.8	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	2.5	3	3.5	4	4.5	5	5	5	4.5	4	3.5	3	2.5	2	1.5	1	1
L2	2	2.5	3	3.5	4	4.5	5	5.5	6	6	6	5.5	5	4.5	4	3.5	3	2.5	2	2
L3	3	3.5	4	4.5	5	5.5	6	6	6.5	6.5	6.5	6	6	5.5	5	4.5	4	3.5	3	2

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	4	4	5	5	5	4	4	3	3	2	2	1	1	1
L2	2	2	3	3	4	4	5	5	6	6	6	5	5	4	4	3	3	2	2	2
L3	1	3	4	4	5	5	6	6	7	7	7	6	6	5	5	4	4	3	3	2

Program P9

MODE „S“ (KM/H)



Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	2.4	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2	2.4	1.6
L2	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	7.2	8.0	8.0	8.0	7.2	6.4	6.4	5.6	4.8	4.8	4.0	3.2
L3	3.2	4.8	5.6	6.4	6.4	7.2	8.0	8.0	8.8	9.6	9.6	9.6	8.8	8.0	8.0	7.2	6.4	6.4	5.6	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1.5	2	2	2.5	3	3	3.5	4	4	4	3.5	3	3	2.5	2	2	1.5	1
L2	2	2	2.5	3	3	3.5	4	4	4.5	5	5	5	4.5	4	4	3.5	3	3	2.5	2
L3	2	3	3.5	4	4	4.5	5	5	5.5	6	6	6	5.5	5	5	4.5	4	4	3.5	2

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
L2	2	2	2	3	3	3	4	4	4	5	5	5	4	4	4	3	3	3	2	2
L3	3	3	3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	3	3

Program P10

MODE „S“ (KM/H)



Default 40 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
L1	1.6	2.4	3.2	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.2	2.4	1.6	
L2	2.4	2.4	3.2	4.0	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	4.0	3.2	2.4	2.4
L3	3.2	3.2	4.8	6.4	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	6.4	4.8	3.2	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
L1	1	1.5	2	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2	1.5	1	
L2	1.5	1.5	2	2.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2.5	2	1.5	1.5
L3	2	2	3	4	5	5	5	5	5	5	5	5	5	5	5	5	4	3	2	2	

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	1	1
L2	1	1	2	3	4	4	4	4	4	4	4	4	4	4	4	4	3	2	1	1
L3	2	2	3	4	5	5	5	5	5	5	5	5	5	5	4	3	2	2	1	1

Program P11

MODE „S“ (KM/H)



Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	4.8	6.4	4.0	4.8	6.4	4.0	4.8	6.4	4.0	4.8	6.4	4.0	4.8	6.4	5.6	3.2	1.6
L2	3.2	4.0	4.8	5.6	8.0	5.6	6.4	8.0	5.6	6.4	8.0	5.6	6.4	8.0	5.6	6.4	8.0	5.6	4.8	3.2
L3	3.2	4.8	6.4	8.0	9.6	6.4	8.0	9.6	6.4	8.0	9.6	6.4	8.0	9.6	6.4	8.0	9.6	8.0	6.4	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	3	4	2.5	3	4	2.5	3	4	2.5	3	4	2.5	3	4	3.5	2	1
L2	2	2.5	3	3.5	5	3.5	4	5	3.5	4	5	3.5	4	5	3.5	4	5	3.5	3	2
L3	2	3	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	5	4	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	3	4	2	3	4	2	3	4	2	3	4	2	3	4	3	2	1
L2	2	2	3	4	5	3	4	5	3	4	5	3	4	5	3	4	5	4	3	2
L3	2	3	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	5	4	3

Program P12

MODE „S“ (KM/H)



Default 20 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	3.2	1.6
L2	3.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	3.2	3.2
L3	3.2	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	4.8	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	2	1
L2	2	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	2	2
L3	2	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	3	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	1
L2	2	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	2	2
L3	2	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	3	2

Program P13

MODE „S“ (KM/H)



Default 40 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	3.2	4.0	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.0	3.2
L2	4.8	5.6	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	5.6	4.8
L3	3.2	5.6	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	5.6	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	2.5	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2.5	2
L2	3	3.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3.5	3
L3	2	3.5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3.5	2

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	1
L2	2	2	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2
L3	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2

Program P14

MODE „S“ (KM/H)



Default 40 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	1.6	1.6
L2	3.2	3.2	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	3.2	3.2
L3	3.2	4.8	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	4.8	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	1	1
L2	2	2	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2	2
L3	2	3	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3	2

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1
L2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2
L3	2	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	2

Program P15

MODE „S“ (KM/H)



Default 20 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	4.0	2.4
L2	3.2	4.0	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	5.6	4.0
L3	4.8	7.2	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	5.6	4.0	2.4

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2.5	1.5
L2	2	2.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3.5	2.5
L3	3	4.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	3.5	2.5	1.5

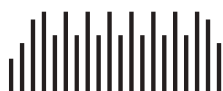
MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	1	1
L2	2	2	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	2	2
L3	3	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	4	3

Program P16

MODE „S“ (KM/H)



Default 20 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	3.2	5.6	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	5.6	3.2
L2	3.2	4.8	7.2	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	7.2	4.8
L3	3.2	4.8	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	5.6	3.2

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3.5	3	2.5	3	2.5	3	2.5	3	2.5	3	2.5	3	2.5	3	2.5	3	3.5	2
L2	2	3	4.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	4.5	3
L3	2	3	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	3.5	2

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	3	2
L2	2	3	4	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	4	3
L3	2	3	5	6	4	6	4	6	4	6	4	6	4	6	4	6	4	6	5	3

Program P17

MODE „S“ (KM/H)



Default 30 min.

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	2.4	2.4	2.4	2.4	3.2	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	5.6	5.6	4.8	3.2	1.6
L2	3.2	3.2	5.6	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.8	8.8	8.8	6.4	4.8	3.2
L3	4.8	4.8	6.4	6.4	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.8	8.8	8.8	9.6	9.6	9.6	8.0	6.4	4.8

MODE „S“ (ML/H)

Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1.5	1.5	1.5	1.5	2	2	2	2.5	2.5	2.5	3	3	3	3.5	3.5	3	2	1
L2	2	2	3.5	3.5	3.5	4	4	4	4.5	4.5	4.5	5	5	5	5.5	5.5	5.5	4	3	2
L3	3	3	4	4	4	4.5	4.5	4.5	5	5	5	5.5	5.5	5.5	6	6	6	5	4	3

MODE „I“ (%)



Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	5	3	2
L2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	6	4	3
L3	2	2	3	3	4	4	4	5	5	5	6	6	6	7	7	7	6	5	4	3

Index

Treadmill	23
Safety warnings	23
Electrical safety	24
Description (fig. A)	24
Package contents (fig. B & C)	24
Assembly (fig. D)	24
Workouts	25
Exercise Instructions	25
Heart rate	25
Use	26
Console (fig. E-1)	27
Buttons ..	27
Explanation of display items (Fig. H)	27
Programs	28
Quick start	28
Manual mode	28
End your workout	28
Service mode:	30
Warranty	31
Cleaning and maintenance	31
Lubrication (fig. F-4)	31
Troubleshooting	32
Transport and storage	33
Additional information	33
Technical data	33
Declaration of the manufacturer	34
Disclaimer	34

Treadmill

Welcome to the world of Tunturi!
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

Important Safety Instructions

This Owner's Manual is an essential part of your training equipment: reading all instructions in this manual before you start using this appliance. The following precautions must always be followed:

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.



WARNING

- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- 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 135 kg (300 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.



CAUTION

- If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.



CAUTION

- NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power mains cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

Grounding Instructions

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



WARNING

- Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

Description (fig. A)

Your treadmill is a piece of stationary fitness equipment used to simulate walking or running 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.

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.

Exercise Instructions

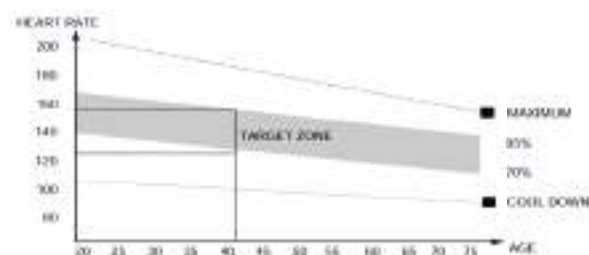
Using your fitness trainer will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

The warming up phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP

The exercise phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

The cool down phase

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle toning

To tone muscle while on your fitness trainer you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

Weight loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Heart 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 heart rate 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

Master power switch (fig. E-2A)

The equipment is equipped with a master power switch to shut down the equipment completely.

To start the equipment:

- Insert the mains plug into the equipment.
- Insert the mains plug into the wall socket.
- Set the master power switch to the on position.

To stop the equipment:

- Set the mains power switch to the off position.
- Remove the mains plug from the wall socket.
- Remove the mains plug from the equipment.

Safety key (Fig F-4)

The equipment is equipped with a safety key that must be properly inserted into the console to start the equipment. If you remove the safety key from the console, the equipment will stop immediately.

- Insert the safety key into the slot in the console.
- Make sure that the clip of the safety key is properly attached to your clothing.

Make sure that the clip is not removed from your clothing before the safety key is removed from the console.

Circuit breaker (Fig. E-2B)

The equipment is equipped with a circuit breaker that interrupts the circuit when the electricity load is above the maximum capacity. When this occurs, the circuit breaker must be pressed.

**WARNING**

- Before pressing the circuit breaker, remove the mains plug from the equipment.

If the equipment shuts down, proceed as follows to restart the equipment:

- Remove the mains plug from the equipment.
- Press the circuit breaker to restart the equipment.
- Insert the mains plug into the equipment.

**NOTE**

- Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current

rating and the treadmill is the only appliance on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control.

Unfolding and folding the equipment (fig. F1-F2)

The equipment can be unfolded for use (fig. F1) and folded for transport and storage (fig. F2).

Refer to the illustrations for the correct way of unfolding and folding the equipment.



CAUTION

- Before folding the equipment, make sure that the incline is 0%. If the incline is not 0%, folding will damage the mechanism.

Console (fig. E-1)



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.



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

Buttons

Stop/ Reset button:

- Stop the active training.
- Reset console when press and hold for 2 seconds in "stop mode"

Dial/ Quick start

- Press Dial at any time when being in Idle mode to start your workout, with or without pre-set settings.
- Turn to adjust parameter in programming mode.
- Turn to adjust speed in workout mode.
- Press dial to wake-up console when being in Standby mode.

Speed + (Hare)

- Increases the speed (0,8~18 Kph).
- Pressing once increases the speed 0,1 kph.
- Pressing and holding for two seconds will increase the speed faster.
- Scroll programs and change values in programming mode.

Speed - (Turtle)

- Decreases the speed (0,8~18 Kph).
- Pressing once decreases the speed 0,1 kph.
- Pressing and holding for two seconds will decrease the speed faster.
- Scroll programs and change values in programming mode.

Incline +

- Increases the incline (0%~12% $\pm$ 1%).
- Scroll programs and change values in programming mode.

Incline -:

- Decreases the incline (0%~12% $\pm$ 1%).
- Scroll programs and change values in programming mode.

MODE/ ENTER

- Select program mode
- Confirm setting to enter next step in programming mode.
- During workout mode, change parameter for Time/ Distance window.

Bluetooth

- Switch on the bluetooth function to pair a smart device with the console.
- Switch off the bluetooth function when being in on mode.

Explanation of display items (Fig. H)

Dot Matrix

- Shows the program course during workout.
- Dot matrix shows program profile in program selecting mode.
- Shows programming parameter in programming mode.

Speed

- Shows the actual treadmill speed in workout mode.
- Shows target speed in programming mode.

Incline/ Prog

- Shows the actual treadmill incline in workout mode.
- Shows target incline in programming mode.
- Shows program selection when being in program mode.

Distance/ Time

- Shows the ran distance workout mode.
- Shows the target distance when being in programming mode.
- Shows the ran time in workout mode.
- Shows the target time when being in programming mode.

**NOTE**

- Display scans every 5 seconds.
- Use "MODE/ ENTER" button to freeze display, or start scan again when in freeze mode.

Pulse/ Calories

- Shows the pulse rate in workout mode, or "P" when no pulse is measured.
- Shows the target pulse when being in programming mode.
- Shows the consumed calories in workout mode.

**NOTE**

- Display scans every 5 seconds.
- Use "MODE/ ENTER" button to freeze display, or start scan again when in freeze mode.

Indicators**Heart**

The Heartrate icon flashes when your pulse is being received.

Bluetooth icon

The bluetooth icon Flashes when pairing with a mobile device.

Silicon spray-can icon

The Silicone icon will turn on in the display every 100 hours of use and is a reminder that it is time to check the running belts lubrication.

The icon will be in the display for 5 minutes only and then it will turn off automatically.

To turn the icon off, before the 5 minutes, you can press "SPEED DOWN" & "QUICK START" button simultaneous until the icon turns off.

See "Lubrication" on how to check, and lubricate the running belt if needed.

Programs

Quick start

- Press "QUICK START" button to start your workout without any pre-set settings.
- Treadmill will start at minimum speed of 0,8 Kmh, and maintains the current set incline setting.
- Adjust SNELHEID / HELLING manually at any time to change your workout, and stop/ pause at anytime.

Manual mode

- Press MODE/ ENTER button to open programming mode.
- Press "SPEED/ INCLINE" buttons to select P0 program, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set your desired training time
Default training time is set on 20:00 minutes.
Range 10:00~99:00 min.

**NOTE**

- When set 00:00 minutes, the training will not stop, unless stopped manually.
- Press "SPEED/ INCLINE" buttons to set your body weight in Kilograms.
Default weight is set on the latest stored weight.
Range : 23~180 kg.
- Press "QUICK START" button to start your workout.

End your workout

- Pause your workout at any time by press "STOP/ RESET" button once.
Display will show "P" when being in pause mode.
- Press "QUICK START" button to resume training when being in "PAUSE" mode.
- Press and hold "STOP/ RESET" button to stop workout and reset console.

Preset Programs (P1~P17) (Fig G)

The equipment has 17 pre-set programs with different profiles.

- Press MODE/ ENTER button to open programming mode.
- Press "SPEED/ INCLINE" buttons to select P1~P17 program, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set the program in "I" or "S" mode, press "MODE/ ENTER" button to confirm.
 - "I" mode is incline controlled.
 - "S" mode is speed controlled.
- Press "SPEED/ INCLINE" buttons to select the intensity level L1/ L2/ L3, press "MODE/ ENTER" button to confirm.
 - L1 Beginner mode less intensive.
 - L2 Trainer mode Medium intensive.
 - L3 Expert mode Maximum intensive.
- Press "SPEED/ INCLINE" buttons to set your desired training time

Default training time is set on 20:00 minutes.
Range 10:00~99:00 min.

- Use "SPEED/ INCLINE" buttons to set your body weight in Kilograms.
Default weight is set on the latest stored weight.
Range : 23~180 kg.
- Press "QUICK START" button to start your workout.

User programs (U-01-U-02)

The equipment has 2 user programs.

Each user program can be adjusted to personal requirements.

Each user program has a maximum of 20 steps.

The speed and the incline can be set for each step.

Each steps takes 1/20 of the total amount of time.

- Press the "SPEED/ INCLINE" buttons to select a program. Press the "MODE/ ENTER" button to confirm.
- Press the "SPEED/ INCLINE" buttons to set the time. Press the ENTER button to confirm. The main display shows "SE01".



NOTE

- When set 00:00 minutes, the training will not stop, unless stopped manually.
- Press the "SPEED" buttons to set the speed. Press the "INCLINE" buttons to set the incline. Press the "ENTER" button to confirm.
The main display shows "SE02"
- Repeat the above action to configure the other steps.
- Press the QUICK START button to start the program.

Heart rate control program H1

The H1 program is a heart rate program, keeping your heart-rate at a constant heart rate level. The training intensity will be adapted to your heart measured heart-rate.

For example: when your measured heart-rate is below the target heart-rate, the training intensity will be automatically higher until you reach goal.

- Press MODE/ ENTER button to open programming mode.
- Press "SPEED/ INCLINE" buttons to select HR1 program, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set the program in "I" or "S" mode, press "MODE/ ENTER" button to confirm.
 - "I" mode is incline controlled.
 - "S" mode is speed controlled.
- Press "SPEED/ INCLINE" buttons to modify the shown default training time. (Range 10:00~99:00 min.)



NOTE

- When set 00:00 minutes, the training will not stop, unless stopped manually.

- Use "SPEED/ INCLINE" buttons to set your body weight in Kilograms.
Default weight is set on the latest stored weight.
Range : 23~180 kg.
- Use "SPEED/ INCLINE" buttons to set your target heart (TH) rate in BPM.
Setting range is 50~180 BMP.
- Press the QUICK START button to start the program.



NOTE

- A heart-rate measurement is required in the Heart rate mode, as the treadmill will adjust the training intensity to let you reach your desired goal, based on your pulse rate.

Heart rate control program H2

The H2 program is a heart rate interval program, , keeping your heart-rate in between the set maximum (HI) heart-rate and the minimum (LO) heart-rate.

- Press MODE/ ENTER button to open programming mode.
- Press "SPEED/ INCLINE" buttons to select HR2 program, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set the program in "I" or "S" mode, press "MODE/ ENTER" button to confirm.
 - "I" mode is incline controlled.
 - "S" mode is speed controlled.
- Press "SPEED/ INCLINE" buttons to modify the shown default training time. (Range 10:00~99:00 min.)



NOTE

- When set 00:00 minutes, the training will not stop, unless stopped manually.
- Use "SPEED/ INCLINE" buttons to set your body weight in Kilograms.
Default weight is set on the latest stored weight.
Range : 23~180 kg.
- Use "SPEED/ INCLINE" buttons to set your Max target heart (HI) rate in BPM.
Setting range is 130~180 BMP.
Use "SPEED/ INCLINE" buttons to set your Low target heart (LO) rate in BPM.
Setting range is 50~120 BMP.
- Press the QUICK START button to start the program.



NOTE

- A heart-rate measurement is required in the Heart rate mode, as the treadmill will adjust the training intensity to let you reach your desired goal, based on your pulse rate.

Body Fat

The Body Fat program is program to indicate your fiscal state, based on your body parameters and heart rate.

- Press MODE/ ENTER button to open programming mode.
- Press "SPEED/ INCLINE" buttons to select BF program, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set gender, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set height, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set weight, press "MODE/ ENTER" button to confirm.
- Press "SPEED/ INCLINE" buttons to set age, press "MODE/ ENTER" button to confirm.
- Gender, height, weight and age values are shown in display and are fixed, no press "dial button" to start measuring process, and hold hand-grip pulse sensor plates.



CAUTION

- Holding the contact hand-grip heart rate measurement pads is required for this function.
- Display Dot matrix screen will fill line by line from bottom up, to show the progress.
- Test result will be shown in display.
- Press "RESET" button to leave Body Fat program.

Result calculation:

For example we use:

Body length : 1,80 mtr
Body weight : 80 kg
Age : 40 years

- BMI = Body Mass Index:
Body weight (kg) / body length (M²)
Example : 80/ (1,80x1,80) = 24,69
- BMR = Basal Metabolic Rate
 - Men: 13.7 x weight (kg) + 5.0 x height (cm) – 6.8 x age (years) + 66
 - Women: 9.6 x weight (kg) + 1.8 x height (cm) – 4.7 x age (years) + 655
- BODY TYPE: (Body Fat ratio; 9 types)
 - 1 : under 9% (underweight)
 - 2 : 10~14%
 - 3 : 15~19%
 - 4 : 20~24%
 - 5 : 25~29% (standard)
 - 6 : 30~34%
 - 7 : 35~39%
 - 8 : 40~44%
 - 9 : 45~50% (overweight)
- BF = Body Fat (in ratio %)
Error code "ER" will show if no heart rate was detected during the BF measurement process.

Service mode:

Some treadmill functions can be set to the customers requirements.

Enter the service mode

Press SPEED UP button while holding the MODE/ ENTER button pressed.



NOTE

- When not able to get into the service mode, remove safety key, and put back in place again to reboot console software and try again.

When being in Service mode you can use the SPEED/ INCLINE buttons to adjust adjustable settings, and press MODE/ ENTER button to confirm setting and move to next stage in service mode.

#	Menu name	Description	Default
1	EN	Shows console software version.	
2	Y	Year of software release	
3	D	Day/ month of software release.	
4	T	Time, shows time of software release	
5	T	Shows Tunturi model (T50)	
6	R	Front roller diamter in mm. (±10 300~800) DONT CHANGE !	600
7	Units	Si = Metric system showing Kilometers and Kilograms. En = Imperial system showing Miles and Lbs.	Si
8	Distance	Shows total console distance.	
9	Time	Shows total console workout time in hours.	
10	Pt	Pause time in seconds. (Adjust in 90-180-300) before console resets.	90

11	Bz	Console buzzer mode (ON- OFF)	On
12	Init	Resume speed, when restart after pause mode. (can adjust 0 - 1)	1

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.

Cleaning and maintenance



WARNING

- Before cleaning and maintenance, remove the mains plug from the wall socket.
- Do not use solvents to clean the equipment.
- Do not block the ventilation openings. Keep the ventilation openings clear from dust, dirt and other obstructions.
- Clean the equipment with a soft, absorbent cloth after each use.
- Clean the visible parts of the equipment with a vacuum cleaner with a small suction nozzle
- Regularly check that all screws and nuts are tight.

Belt and Running Deck

Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the running deck is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and running deck life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

Lubrication (fig. F-4)

The running belt must be checked for lubrication once per 2 months, based on the average use of 60 minutes per day.

**WARNING**

- Before lubrication, remove the mains plug from the wall socket.

**CAUTION**

- Only lubricate the running belt if necessary. If you apply too much lubricant, the running belt will slip easily due to lack of friction.
- Stand steadily on the running belt.
- Take hold of the front handlebar and push the running belt with your feet so that it slides back and forth. The running belt must move smoothly and evenly without making sound.
- If the running belt does not move smoothly and evenly or if the running belt does not move at all, touch the underside of the running belt with your fingertips to check the lubrication:
 - If you feel lubrication or your fingertips are shiny, there is sufficient lubrication on the running belt.
 - If you do not feel lubrication or your fingertips are dusty or rough, apply lubricant (15-20 ml) in the middle of the running deck under the running belt and let the equipment operate at 5km/h for at least 5 minutes.
 - After lubrication, do not fold the equipment before having done a workout for 20 minutes with a speed of at least 5 km/h. The lubricant will be spread evenly over the running belt.

Belt Dust

This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize build-up.

General Cleaning

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Twice a year, you should remove the black motor hood and vacuum out dirt that may accumulate.

UNPLUG POWER CORD BEFORE THIS TASK.

Belt adjustments

Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps.

- Tighten the rear roller bolts (clockwise) only enough to prevent slippage at the front roller. Turn both running belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.
- If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

- Do Not Over-tighten
Over tightening will cause belt damage and premature bearing failure.

Running belt tracking adjustment

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the running belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the running belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

Exception: During rehabilitation where the user is using one leg much stronger than the other, it might happen that the running belt drifts to one side. In these cases you should not adjust unless the running belt does not centre itself during normal condition usage.

To set running belt tracking (fig. F-5)

A 10 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 3 to 5 kph.

Remember, a small adjustment can make a dramatic difference!

Turn the bolt clockwise to move the belt to the right. Counterclockwise to move to the left. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 rotation turns until the belt stabilizes in the center of the running deck.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

**NOTE**

- Damage to the running belt because of incorrect running-belt adjustments is not covered by the products warranty.

Troubleshooting

Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary

to take the whole device in for repair, as it's usually sufficient to replace the defective part.

If the equipment does not function properly during use, contact your Tunturi dealer immediately. Always give the model and serial number of your equipment. Please state also the nature of the problem, conditions of use and purchase date.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

Error codes

If the display shows an error code (marked with "E"/ "DC" + number), restart the equipment and check whether the display still shows the error code. If the display still shows the error code, immediately contact the dealer.

Transport and storage



WARNING

- Before cleaning and maintenance, remove the mains plug from the wall socket.
- Carry and move the equipment with at least two persons.
- Make sure that there are no other persons or objects under the equipment.
- When folding the equipment, make sure that you hear the equipment lock into position to prevent the equipment from dropping back down.



CAUTION

- Before folding the equipment, make sure that the incline is 0%. If the incline is not 0%, folding will damage the mechanism.
- Move the equipment as shown (fig. F3). 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 the upright position (fig. F1). Store the equipment in a dry place with as little temperature variation as possible.

Additional information

Packaging disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of life disposal

We at Tunturi hope you enjoy many years of enjoyable use from your fitness trainer. However, a time will come when your fitness trainer will come to the end of its useful life. Under 'European WEEE Legislation you are responsible for the appropriate disposal of your fitness trainer to a recognised public collection facility.

Technical data

Parameter	Unit of measurement	Value
Mains voltage	VAC	230
Mains frequency	Hz	50
Motor	HP	3.5
Speed	Km/h	0,8~18
Speed	Mph	0,5~12,3
Incline	%	0%~12%
Length (folded)	Cm	179 (99)
Length (folded)	Inch	70.4 (39)
Width	Cm	84
Width	Inch	33.1
Height (folded)	Cm	137 (161)
Height (folded)	Inch	53.9 (64.4)
Weight	Kg	90.5
Weight	Lbs	199.5
Max. user weight	Kg	135
Max. user weight	Lbs	300

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

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Disclaimer

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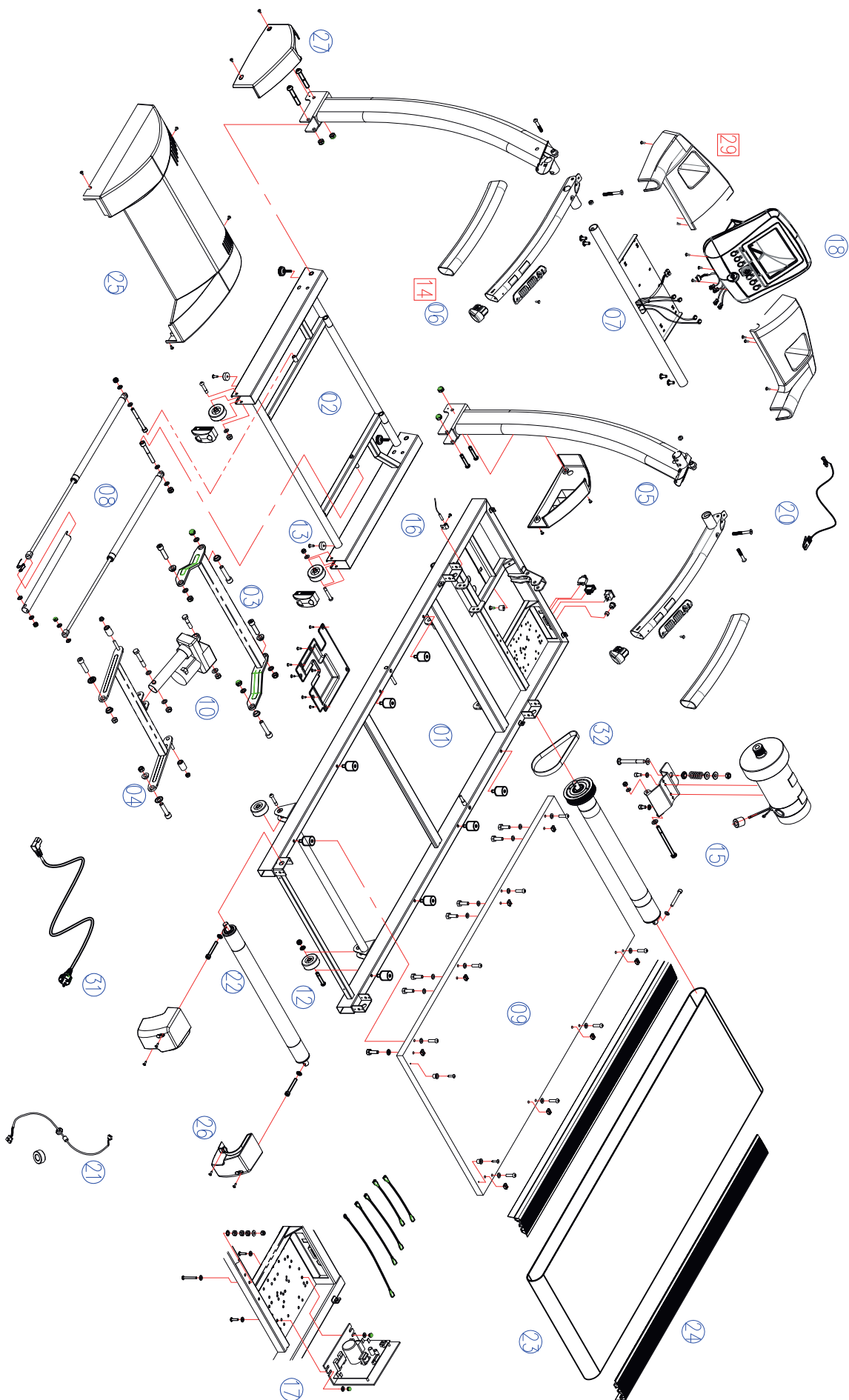
The product and the manual are subject to change.
Specifications can be changed without further notice.

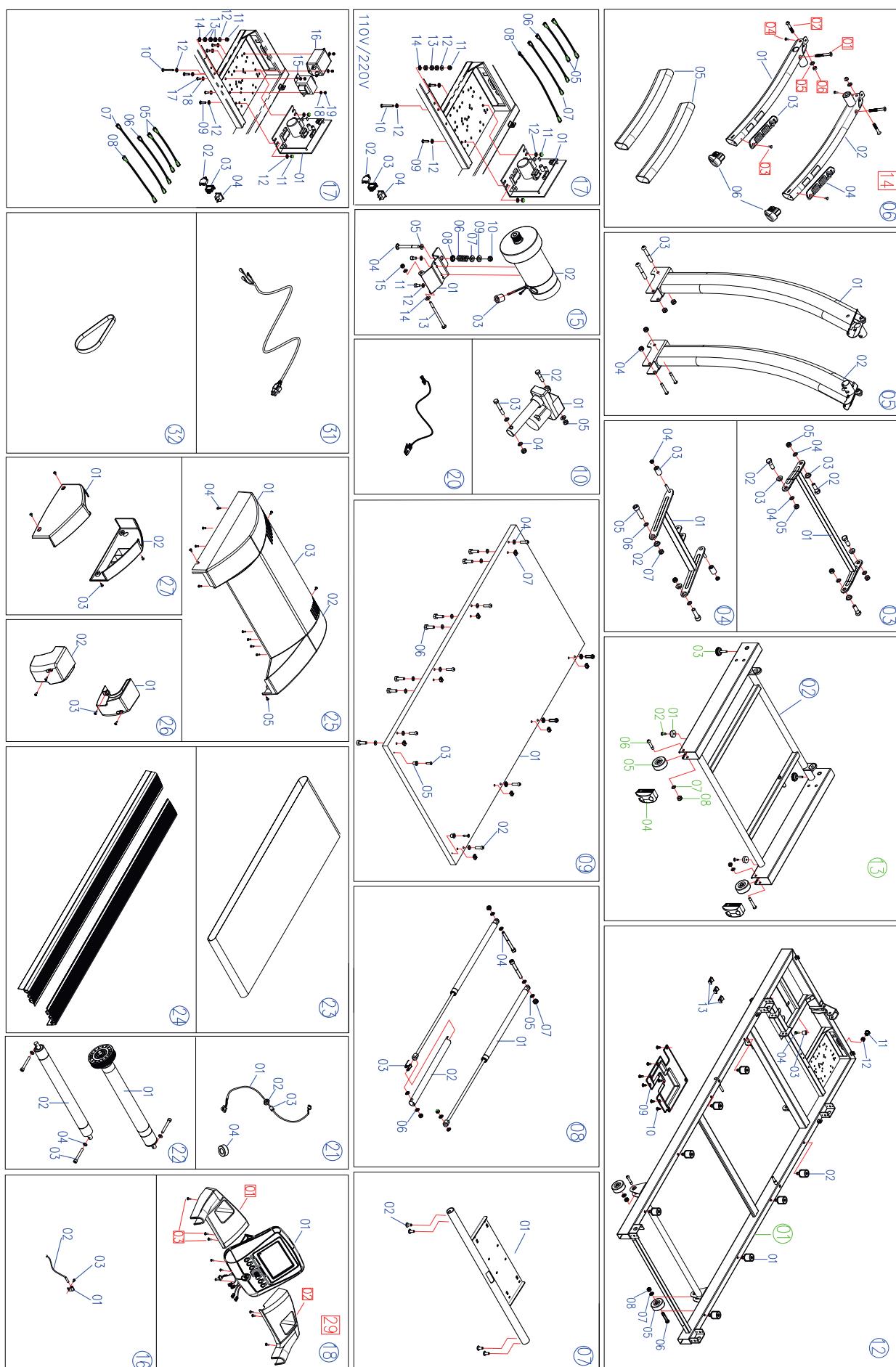
Buble	Description	Qty
(01)	Main Frame	1
(02)	Frame Base	1
(03)	Incline Bracket Set	1
	1 Incline Bracket	1
	2 Hexagonal socket screw	4
	3 Sleeve	4
	4 Washer	4
	5 Nylon Nut	4
(04)	Incline base set	1
	1 Incline Base	1
	2 Sleeve	2
	3 Pulley	2
	4 Nut	2
	5 Hexagonal socket screw	2
	6 Washer	2
	7 Nylon Nut	2
(05)	Supporting post set	1
	1 Supporting post-L	1
	2 Supporting post-R	1
	3 Socket Screw	4
	4 Nylon Nut	4
(06)	Handrail set	1
	1 Handrail-Left	1
	2 Handrail-Right	1
	3 Incline Set	1
	4 Speed Set	1
	5 Foam	2
	6 Handrail end cap	2
(07)	Console bracket set	1
	1 Console bracket	1
	3 Wave washer	4
	2 Screw	4
(08)	Folding Shock Set	1
	1 Folding Shock	2
	2 Folding fixed tube	1
	3 Twin Spring	1
	4 Hexagonal socket screw	2
	5 Washer	6
	6 Wave washer	2
	7 Nut	4
(09)		1
	1 Running deck	1
	2 Socket Screw	8
	3 Washer	16
	4 Screw	8

Buble	Description	Qty
	5 Nut	8
(10)	Incline motor set	1
	1 Incline Motor-220V	1
	2 Hexagonal cap screw	1
	3 Hexagonal Cap Screw	1
	4 Washer	3
	5 Nylon Nut	2
(12)	Main frame attachment set	1
	1 Rubber Cushion	4
	2 Rubber cushion	4
	3 Space Pad	1
	4 Screw	1
	5 Wheel	2
	6 Screw	2
	7 Washer	2
	8 Nut	2
	9 Incline Lower Cover	1
	10 Socket	7
	11 Power Cord Buckle	1
	12 Wire clipper	1
	13 Separate cover	3
(13)	Base Frame Attachment Set	1
	1 Space Pad	2
	2 Screw	2
	3 Desk base foot, adjustable	2
	4 End Cap	2
	5 Wheel	2
	6 Screw	2
	7 Washer	2
	8 Nut	2
(14)	Side Handrail Attachement Set	1
	1 Socket Screw	2
	2 Screw	2
	3 Screw	2
	4 Screw	2
	5 Washer	2
	6 Nut	2
(15)	Motor Set	1
	1 Motor Bracket	1
	2 Motor-220V	1
	3 Core	1
	4 Carriage Screw	1
	5 Rubber Washer	1
	6 Tension spring	1
	7 Washer	1

Buble	Description	Qty
	8 Washer	1
	9 Washer	1
	10 Nylon Nut	1
	11 Hexagonal socket screw	2
	12 Spring Washer	2
	13 Screw	1
	14 Washer	2
	15 Nylon Nut	1
(16)	Sensor Set	1
	1 Speed sensor bracket	1
	2 Sensor	1
	3 Socket	1
(17)	MCB set	1
	1 MCB-220V	1
	2 Overload Switch	1
	3 Switch-AC Power	1
	4 Power socket	1
	5 Black Cable	3
	6 White Cable	1
	7 White Cable	1
	8 Cable-Yellow-Green	1
	9 Screw	2
	10 Flat Head Corss Screw	1
	11 Nylon Nut	3
	12 Flat Washer	6
	13 Nut	3
	14 Washer	1
	15 Choke	1
	16 filter	1
	17 Screw	4
	18 Washer	8
	19 Nylon Nut	4
(18)	Console Set	1
	1 Console Set	1
(19)	Overlay set	1
	1 Overlay	1
	2 Keypad overlay	1
(20)	Safety key	1
	1 Conducting Foil	1
(21)	Cable set	1
	1 Cable-5P	1
	2 Power Cord Buckle	1
	3 Wire clipper	1
	4 Core	1
(22)	Roller Set	1

Buble	Description	Qty
	1 Front Roller Set	1
	2 Rear Roller Set	1
	3 Hexagonal socket screw	3
	4 Washer	3
(23)	Running Belt	1
(24)	Side rail set	2
(25)	Motor cover set	1
	1 Motor cover (LH)	1
	2 Motor cover (RH)	1
	3 Motor cover (centre)	1
	4 Screw	8
	5 Screw	4
(26)		1
	1 End Cap-Left	1
	2 End Cap-Right	1
	3 Screw	4
	4 Adhensive tape	2
(27)	Side Cover Set	1
	1 Side Cover-Left	1
	2 Side Cover-Right	1
	3 Screw	4
(29)	Bottle holder set	1
	1 Bottle holder-Left	1
	2 Bottle holder-Right	1
	3 Screw	6
(31)	AC Power Cord	1
(32)	Drive belt	1







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