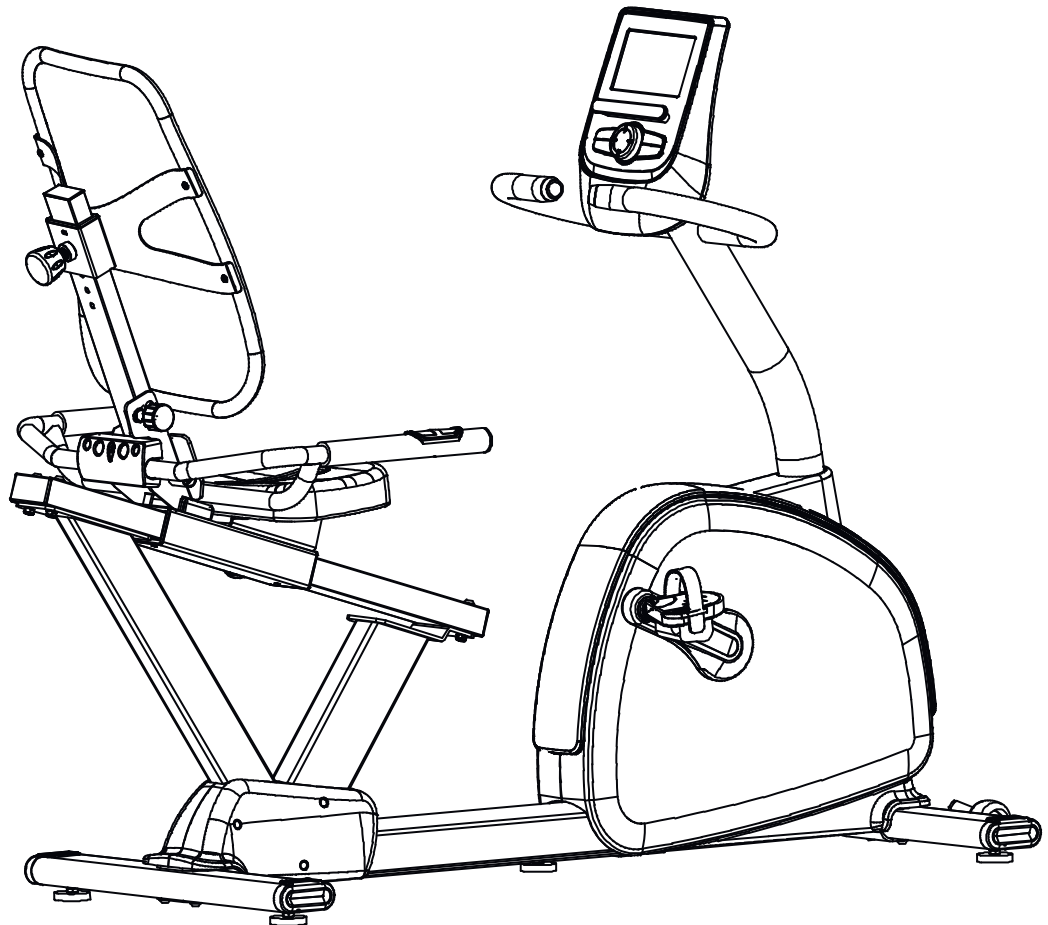# TUN___ ___ ®

E-80R Recumbent Bike

User manual
Benutzerhandbuch
Manuel de l'utilisateur
Gebruikershandleiding
Manual del usuario
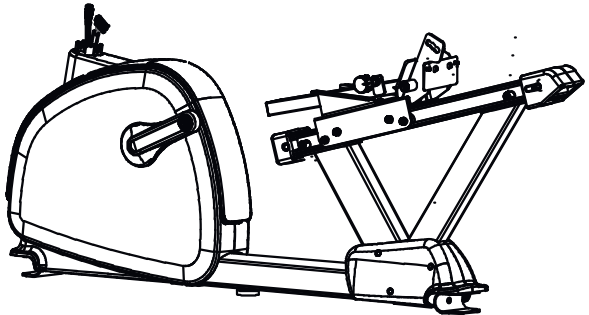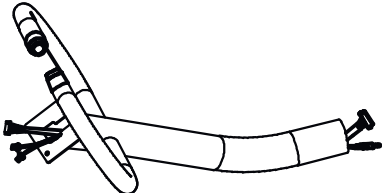**Bruksanvisning**
Kättöohje
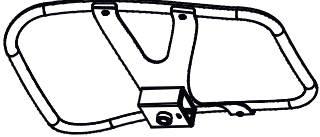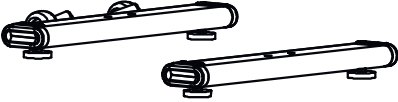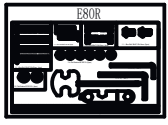
Attention, Achtung, Attention, Attentie, Atención, Giv akt, Huomio

- Please read this Owner's manual before assembling this product.
- Bitte lesen Sie dieses Handbuch durch, bevor Sie mit er 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

ENDURANCE

B

	1
	1 / 1
	1
	1 / 1
	1 / 1
	1 / 1
	1 / 1
E80R User's Manual	1 / 1

ENDURANCE

C

110: Allen Bolt M8xP1.25x60mm (4pcs)

111: allen bolt M8*P1.25*35L (2pcs)

112: Allen Bolt M8xP1.25x16mm (4pcs)

113: Allen Bolt M8xP1.25x14mm (2pcs)

114: Flat Washer Ø8*Ø16*2t (6pcs)

115: Flat Washer Ø8*Ø19*2t (4pcs)

Allen Key 5MM(1)

Allen Key 6MM(1)

Screwdriver (1pcs)

Wrench *1PCS

D-0

100 cm

100 cm

100 cm

100 cm

ENDURANCE

D-1

101

101

110: Allen Bolt M8xP1.25x60mm (4pcs)

111: allen bolt M8*P1.25*35L (2pcs)

112: Allen Bolt M8xP1.25x16mm (4pcs)

113: Allen Bolt M8xP1.25x14mm (2pcs)

114: Flat Washer Ø8*Ø16*2t (6pcs)

115: Flat Washer Ø8*Ø19*2t (4pcs)

Allen Key 5MM (1)

Allen Key 6MM (1)

Screwdriver (1pcs)

Wrench *1PCS

ENDURANCE

D-2

8

99L

99R

60

115

110

2

67

115

110

111: allen bolt M8*P1.25*35L (2pcs)

112: Allen Bolt M8xP1.25x16mm (4pcs)

113: Allen Bolt M8xP1.25x14mm (2pcs)

110: Allen Bolt M8xP1.25x60mm (4pcs)

114: Flat Washer Ø8*Ø16*2t (6pcs)

115: Flat Washer Ø8*Ø19*2t (4pcs)

Allen Key 5MM(1)

Allen Key 6MM(1)

Screwdriver (1pcs)

Wrench *1PCS

ENDURANCE

D-3

70

38

57

38

55

57

56

100

38

41

2

41

I11: allen bolt M8*P1.25*35L (2pcs)

I12: Allen Bolt M8xP1.25x16mm (4pcs)

I13: Allen Bolt M8xP1.25x14mm (2pcs)

I14: Flat Washer Ø8*Ø16*2t (6pcs)

Allen Key 5MM(1)

Allen Key 6MM(1)

Screwdriver (1pcs)

Wrench *1PCS

ENDURANCE

D-4

108

111: allen bolt M8*P1.25*35L (2pcs)

112: Allen Bolt M8xP1.25x16mm (4pcs)

113: Allen Bolt M8xP1.25x14mm (2pcs)

114: Flat Washer Ø8*Ø16*2t (6pcs)

Allen Key 5MM(1)

Allen Key 6MM(1)

Screwdriver (1pcs)

Wrench *1PCS

ENDURANCE

D-5

111: allen bolt M8*P1.25*35L (2pcs)

112: Allen Bolt M8xP1.25x16mm (4pcs)

113: Allen Bolt M8xP1.25x14mm (2pcs)

114: Flat Washer Ø8*Ø16*2t (6pcs)

Allen Key 5MM(1)

Allen Key 6MM(1)

Screwdriver (1pcs)

Wrench *1PCS

ENDURANCE

D-6

⑨⑧

⑧⑤

①①④

①①②

I12: Allen Bolt M8xP1.25x16mm (4pcs)

114: Flat Washer Ø8*Ø16*2t (6pcs)

Allen Key 5MM(1)

Allen Key 6MM(1)

Screwdriver (1pcs)

Wrench *1PCS

ENDURANCE

D-7

ENDURANCE

D-7

| 1 |
| 57 |
| 56 |
| 55 |
| 102 |

Allen Key 5MM(1)
Allen Key 6MM(1)
Screwdriver (1pcs)
Wrench *1PCS

ENDURANCE

E

64

F-01

F-06

F-02

F-07

F-03

F-08

F-04

F-09

F-05

F-10

ENDURANCE

F-11

F-16

F-12

F-017

F-13

F-18

F-14
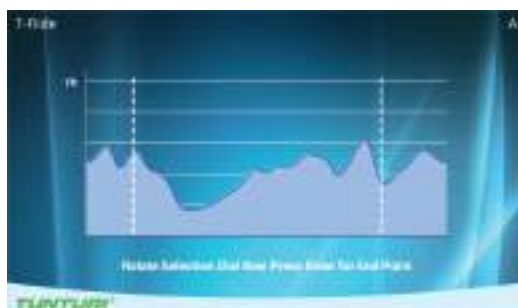
F-19

F-15

F-20
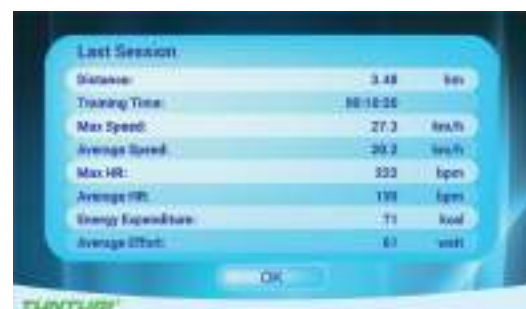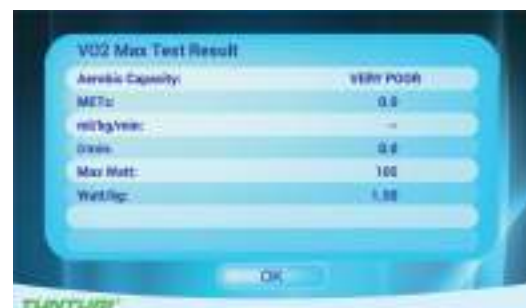
ENDURANCE

F-21

F-22

F-23

F-24

F-25

F-26

F-27

F-28

F-29

F-30

ENDURANCE

F-31

F-32

F-33

F-34

F-35

Index

Recumbent Bike

Welcomea 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

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 and professional use only (e.g. hospitals, fire stations, hotels, schools etc.). Max. usage is limited to 6 hrs a day. The equipment is not suitable for full commercial use (e.g. large gyms).
- 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.

ENDURANCE

- 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.

Description (fig. A)

Your Recumbent bike 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"

ℹ️ 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.

ℹ️ NOTE
- Save the tools provided with this product, after you completed the product assemly, for future service purposses.

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.

i *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.

i *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 - 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.

Adjusting the horizontal seat position

The horizontal seat position can be adjusted by setting the seat to the required position.
- Loosen the seat adjustment knob.
- Move the seat to the required position.
- Tighten the seat adjustment knob.

Adjusting the backrest inclination

- Loosen the backrest inclination adjustment knob.
- Move the backrest to the required position.
- Tighten the backrest inclination adjustment knob.

ENDURANCE

Adjusting the backrest height
- Loosen the backrest height adjustment knob.
- Move the backrest to the required position.
- Tighten the backrest adjustment knob.

Power supply (Fig. E)

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

ℹ *HINWEIS*
- Befestigen Sie den Transformator am Trainer bevor Sie diese in der Steckdose stecken.
- Entfernen sie immer das Netzkabel wenn der Trainer nicht benutzt wird.

Console (fig F)
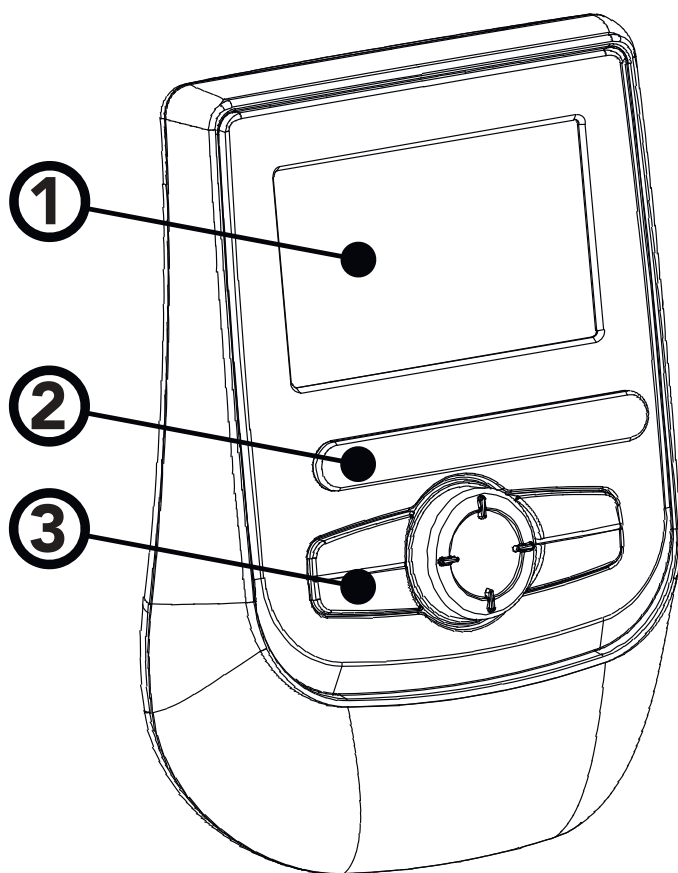
1. Display
2. Tablet/ book support
3. Buttons

⚠ *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.

ℹ *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 of buttons

BACK/ STOP
- Move back to previous window
- Stop the active training

QUICK START
- Start training without present settings. All workout information will count up.

MAIN MENU
- It will go back to main menu.
- During training, sets console in "end your workout" mode.

USER SETTING
- Press this button to enter User/Setting mode screen
- This button is of no use during workout

MODE/ ENTER
Turn functions
- Choose workout mode in main menu
- User/setting mode option selection
- Choose working item on the setting screen
- Increase or decrease the setting value
- Adjusting target value (high/low) during workout
- Shift up or down during T-Ride™ or T-Road workout

Horizontal
- Turning clockwise to choose option rightward.
- Turning counter-clockwise for leftward

Vertical
- Turning clockwise to shift up.
- Turning counter-clockwise to shift down

Press functions:
- Sport mode confirmation
- Option confirmation under User/Setting mode
- Confirmation of working item on setting screen
- Setting value confirmation
- Screen switching between BPM-NM or BPM-W during workout
- Screen switching between BPM-M or BPM-FT during T-Ride™

- Screen switching between Video - Profile during T-Road
- Switching to next tutoring mode during T-Trainer™

External connections
USB port
Usb port can be used for:
- USB charge point.
- Service purposes such as software update.

ℹ️ NOTE
- USB format should not be NTFS

Operation

Power on
- Press any key to power on the console when being in sleep mode..

After loading the application (fig. F-01) the user interface will be show main menu screen (fig. F-02).

Trainer is now ready to start your workout programming or just select quick start and begin.

Programs

Quick start

- Turn the jog wheel and select "Quick start"
- Press the jog wheel to confirm and enter the workout screen quickly.

(fig. F-03)
The X axis denote time in minutes between 0~30. It is updated once every 15 minutes during workout

- During workout, press the jog wheel button to switch the Y-axis between Nm- bpm.
- The bar chart denotes torque value Nm. Rotate the jog wheel to adjust the Nm value.
- The white dot line shows current position, which moves rightward as workout time increases. The workout screen could show 5-hour data at most.

End your workout

The workout end screen pops up when Back/stop or Main menu is pressed or when the white dot line reaches the target value. (Fig. F-04)

Continue:
Choose "Continue" to return to workout screen

Exit:
Choose "Exit" to exit to last session screen.

Save&Exit:
Choose "Save&Exit" and enter a file name at the bottom of the screen: use the jog wheel to select A~Z or 0~9, save all workout data and name the file for a new workout mode.

Last session (fig. F-05)
Display the workout data in Last session screen.
Press the jog wheel button to return to main menu.

Target heart rate

- Turn the jog wheel and select "Target HR"
- Press the jog wheel to confirm and enter the Setting screen (Fig. F-06)
- Turn the jog wheel to adjust target heart rate value. (The percentage varies with bpm value)
- Press the jog wheel to confirm and enter the Setting screen (Fig F-07)
- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen. (Fig. F-08)

The X-axis unit is shown according to the selection of Energy/Time/Distance in Set screen:
 Energy Unit: kcal
 Time Unit: min
 Distance Unit: km in metric
                         mile in Imperial

- During workout, press the jog wheel button to switch the Y-axis between W - bpm
- The bar chart denotes target heart rate value bpm. Rotate the jog wheel to adjust the target heart rate value.
- The white dot line shows current position, which moves rightward as calorie /time/distance increases.
- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down.
- The blue curve shows the actual Watt value.
- Console programming: Assist the user to achieve the target according to its target heart rate input during workout. When actual heart rate is higher than target value, the system would decrease Watt value; while increases Watt value when actual heart rate is below target value.
- A message of "No Heart Rate" is shown if the user's heart rate is not detected during workout.

ENDURANCE

To stop your workout see: "End your workout"

Manual

- Turn the jog wheel and select "Manual"
- Press the jog wheel to confirm and enter the Setting screen (Fig. F-09).
- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen. (Fig. F-03)

The X axis denote time in minutes between 0~30. It is updated once every 15 minutes during workout

- During workout, press the jog wheel button to switch the Y-axis between Nm- bpm.
- The bar chart denotes torque value Nm. Rotate the jog wheel to adjust the Nm value.
- The white dot line shows current position, which moves rightward as workout time increases. The workout screen could show 5-hour data at most.

To stop your workout see: "End your workout"

Watt constant

- Turn the jog wheel and select "Watt Constant"
- Press the jog wheel to confirm and enter the Setting screen (Fig.F-10).
- Turn the jog wheel to adjust target Watt value.
- Press the jog wheel to confirm and enter the Setting screen (2) (Fig. F-11)
- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen (Fig. F-12)

The X-axis unit is shown according to the selection of Energy/Time/Distance in Set screen.
Energy Unit: kcal
Time Unit: min
Distance Unit: km in metric
                          mile in Imperial

- During workout, press the jog wheel button to switch the Y-axis between Nm - bpm
- The bar chart denotes the Watt value. Rotate the jog wheel to adjust the Watt value
- The white dot line shows current position, which moves rightward as calorie /time/distance increases

- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down
- Console programming: Assist the user to achieve the target according to its target Watt value input during workout. When actual Watt value > target value, the system would decrease Watt value; while increases Watt value when actual Watt rate < target value.

To stop your workout see: "End your workout"

T-Ride

- Turn the jog wheel and select "T-ride"
- Press the jog wheel to confirm and enter the Setting screen (Fig F-13).
- Turn the jog wheel to select between: Top and Down - Trail - Easy Ride - Marathon - Short Loop
- Press the jog wheel to confirm and enter the Setting screen (2) (Fig. F-14)
- Set up the Startup point of Workout: rotate the jog wheel button to adjust the left white dot line, press the jog wheel button for confirmation.
- Set up the Ending point of Workout: rotate the jog wheel button to adjust the right white dot line, press the jog wheel button for confirmation then enter the Workout screen. (Fig. F-15)

The X-axis is shown as distance unit, km in metric and mile in Imperial

- During workout, press the jog wheel button to switch the Y-axis between m-bpm in metric, ft-bpm in imperial
- The white dot line shows current position, which moves rightward as distance increases
- In the right of the screen is the gear shift from 1~8, Turn the jog wheel button to switch
- The white icon + 0°in the left bottom of the screen shows the incline level and it varies with the Profile incline level change.
- The Last Session screen shows workout data. Press the jog wheel button to return to Main menu

To stop your workout see: "End your workout"

Preset Programme

- Turn the jog wheel and select "Preset Programs"
- Press the jog wheel to confirm and enter the Setting screen (Fig. F-16).
- Turn the jog wheel to select between:

- Watt control: Rolling Hills - Hill Climb - Cross Country - Stamina - Power Interval items and, Heart Rate Control: Fat burner 1 - Fat burner 2 - Cardio Strength - Cardio Climb - Cardio Interval
- Press the jog wheel to confirm and enter the Setting screen (2) (Fig. F-17)
- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen. (Fig F-18)
- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen.

ℹ️NOTE
Workout screen:
Workout screen is depending on the trainings mode you are in.
Nm manual mode
It's the same as Manual mode
Watt Constant Mode
Its' the same as Preset programs Watt Mode
Target HR Mode
It's the same as Preset programs Heart Rate Mode

To stop your workout see: "End your workout"

Own Trainings

- Turn the jog wheel and select "Own trainings"
- Press the jog wheel to confirm and enter the Setting screen (1). (Fig. F-20)

ℹ️NOTE
- When no saved trainings are found (fig. F-19) window will appear.
- Press jog wheel to go back to main menu.

Setting Screen (1) is for user's saved items and training records.
They are shown in the right and left screen.
- Turn jog wheel to select item
- Press the jog wheel button to confirm and to open selection window. (Fig. F-21)
- Turn the jog wheel and select item (Fig. F-22)

Choose "Replay"
- Press jog wheel button to confirm.
  Enter workout screen and continue the previous training

Choose "Edit"
- Press jog wheel to confirm
- Enter and edit the range setting
- Press jog wheel button to confirm and to enter workout screen

Choose "Delete"
- Turn jog wheel to select item
- Press the jog wheel button to confirm and to open selection window.
- Choose Yes to delete selected file, choose no not delete selected file. (Fig. F23)
- Press jog wheel button to confirm.

Fitness test

- Turn the jog wheel and select "Fitness test"
- Press the jog wheel to confirm and enter the Setting screen (1).

ℹ️NOTE
- User interface needs the user's data to process Fitness test, if no any user data available Fitness test cannot start up. (Fig. F-24)
- Press jog wheel to go back to main menu

- Turn jog wheel to select item
- (Inactive / Active / Athletic mode) (Fig. F-25)
- Press the jog wheel button to confirm and to open setting screen (2) (Fig F-26)
- Turn jog wheel set up user's target heart rate within Vo2 Max value.
  (The range is between 68~220bpm.)
  default: 85% of Max HR and shows user's Max HR (bpm) and weight (kg)
- Press the jog wheel button to confirm and to open information window (Fig. F-27)
- Press the jog wheel button to confirm and to open Workout screen.

Workout screen:
It's the same as Preset programs Heart Rate Mode.

The screen shows
"Test Failed ! if:
- The workout time is too short
- RPM value is too low
- HR target is not reached
- HR is less than 110 bpm

"No Heart Rate detected"if:
- It doesn't detect the user's heart rate
Press Back/stop or Main menu button to leave the workout screen

ENDURANCE

"Target HR reached! Stop test or Continue"
- User has achieves the target.
- Press the jog wheel button to end the test and show workout data screen

Workout data screen (Fig. F-28)
Press jog wheel to go to VO2 Max test result screen (Fig. F-29)

- Press jog wheel to go back to main menu

To stop your workout see: "End your workout"

VO2 Max test result table.

Men/ Maximal oxygen update (VO2MAX)							
1 = very poor / 7 = Excellent							
Age	1	2	3	4	5	6	7
18-19	<33	33-38	39-44	45-51	52-57	58-63	>63
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-45	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40

Women/ Maximal oxygen update (VO2MAX)							
1 = very poor / 7 = Excellent							
Age	1	2	3	4	5	6	7
18-19	<28	28-32	33-37	38-42	43-47	48-52	>52
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

T-Road

- Turn the jog wheel and select "T-Road"
- Press the jog wheel to confirm and enter the Setting screen (Fig. F-30).

There are 3 selectable tracks available.
Knowing: Tuscany Sandy Road/ Tuscany Scenrey Road/ Tuscany Country Road.
- Turn the jog wheel and select your training track
- Press the jog wheel to confirm and enter the workout video screen.
- Press the jog wheel during workout to switch between Video (fig. F-31) and Profile (Fig. F-32)screen.

In profile screen:
- The white dot line shows current position, which moves rightward as workout time increases.
- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down

In video screen:
- In the right of the screen is the gear shift from 1~8, use the jog wheel button to switch
- The white icon + 0°in the left bottom of the screen shows the incline level and it varies with the Profile incline level change.

ENDURANCE

- Press Back/stop, Main menu or the white dot line reaches the target value can leave the workout screen

To stop your workout see: "End your workout"

User settings

Press "User/Settings" button to enter the User/Settings main menu.

- Use the jog wheel to select one of the six available items.
- Press the jog wheel button for confirmation to enter the selected item setting screen

User Log

By selecting the "User Log" you can: view the training data of the selected user.
You can view either the last training session data or a summary of all the user's sessions. (fig. F-33)

Exit the training data by pressing
BACK/STOP.

User setting

By selecting the "User Setting" you can:
- Adjust the brightness (Default=50%)
- Check the total mileages of the machine.
- Check the total used time for the machine.
- Check the default firmware and software version of Console
- Change language
- Select button beep sound on(yes) or off (NO)

User setting window. (Fig. F-35)

How to modify settings
- Turn jog wheel to select changeable item.
- Press jog wheel to open selected item in right side of the screen for edit..
- Turn jog wheel to change value of selected.
- Press jog wheel to confirm change.
- Turn jog wheel to select next item, or use Back/ Stop button to go back to setting menu.

Edit User

By selecting the Edit User you can edit: (Fig. F-34)

User name:
Turn jog wheel and select "Name"
Press jog wheel to open "Name"edit.
Turn jog wheel to select letter
Press jog wheel to confirm
Turn jog wheel to select next letter
When name is edit correctly than select "√" to confirm name and go back to Edit user Menu

Units, Display
- Turn jog wheel and select "Units"
- Press jog wheel to open "Units" edit
- Turn jog wheel to select
  Metric: show units in km/kph/Kcal
  Imperial: show units in mile/mph/kcal
- Press jog wheel to confirm and go back to Edit user Menu

Display
- Turn jog wheel and select "Display"
- Press jog wheel to open "Display" edit
- Turn jog wheel to select
  Count up: preset time/ distance will be counting up
  Count Down: preset time/ distance will be counting down.
- Press jog wheel to confirm and go back to Edit user Menu

Gender
- Turn jog wheel and select "Gender"
- Press jog wheel to open "Gender" edit
- Turn jog wheel to select Male/ Female
- Press jog wheel to confirm and go back to Edit user Menu

Age
- Turn jog wheel and select "Age"
- Press jog wheel to open "Age" edit
- Turn jog wheel to change age
- Press jog wheel to confirm and go back to Edit user Menu

Height
- Turn jog wheel and select "Height"
- Press jog wheel to open "Height" edit
- Turn jog wheel to change Height
  In cm when units in Metric
  In ft/inch when units in Imperial.
- Press jog wheel to confirm and go back to Edit user Menu

ENDURANCE

Weight
- Turn jog wheel and select "Weight"
- Press jog wheel to open "Weight" edit
- Turn jog wheel to change Weight
  In kg when units in Metric
  In lbs when units in Imperial.
- Press jog wheel to confirm and go back to Edit user Menu

Max HR
- Turn jog wheel and select "Max HR"
- Press jog wheel to open "Max HR" edit
- Turn jog wheel to change default max HR preset as:
  when selected Male : 220-age
  when selected female   : 226-age
- Press jog wheel to confirm and go back to Edit user Menu

Delete User

By selecting the "Delete User" you can:
Delete a user and all its data.
- Turn jog wheel and select the user you want to delete
- Press jog wheel to delete the selected user and go back to setting menu.

NOTE
- User will be deleted without further prompting

Change user

By selecting the "Change User" you can:
- Select an other pre-set user profile.
- Turn jog wheel and select the user you want to activate
- Press jog wheel to confirm the selected user and go back to setting menu.

Create user

By selecting the "Create User" you can set up a new user profile. Maximum of 8 users can be installed. See Edit user on how to create user.

Mode BT (Bluetooth)

Rotation the jog wheel button to choose BT Mode ,and press the button into BT mode.

BT Connection
The Bluetooth Module will be turned on and connect BT device automatically when being in this mode.

Press the jog wheel button or back button to leave this page ,and Bluetooth Module will be turned off.

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.

ENDURANCE

- Store the equipment in a dry place with as little temperature variation as possible.

Technical data

Parameter	Unit of measurement	Value
Length	cm inch	171 67
Width	cm inch	64 25
Height	cm inch	121 48
Weight	kg lbs	62.1 136.6
Max. user weight	kg lbs	135 300
Adapter Voltage Current	 V Ma.	 26V-DC 2.3 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

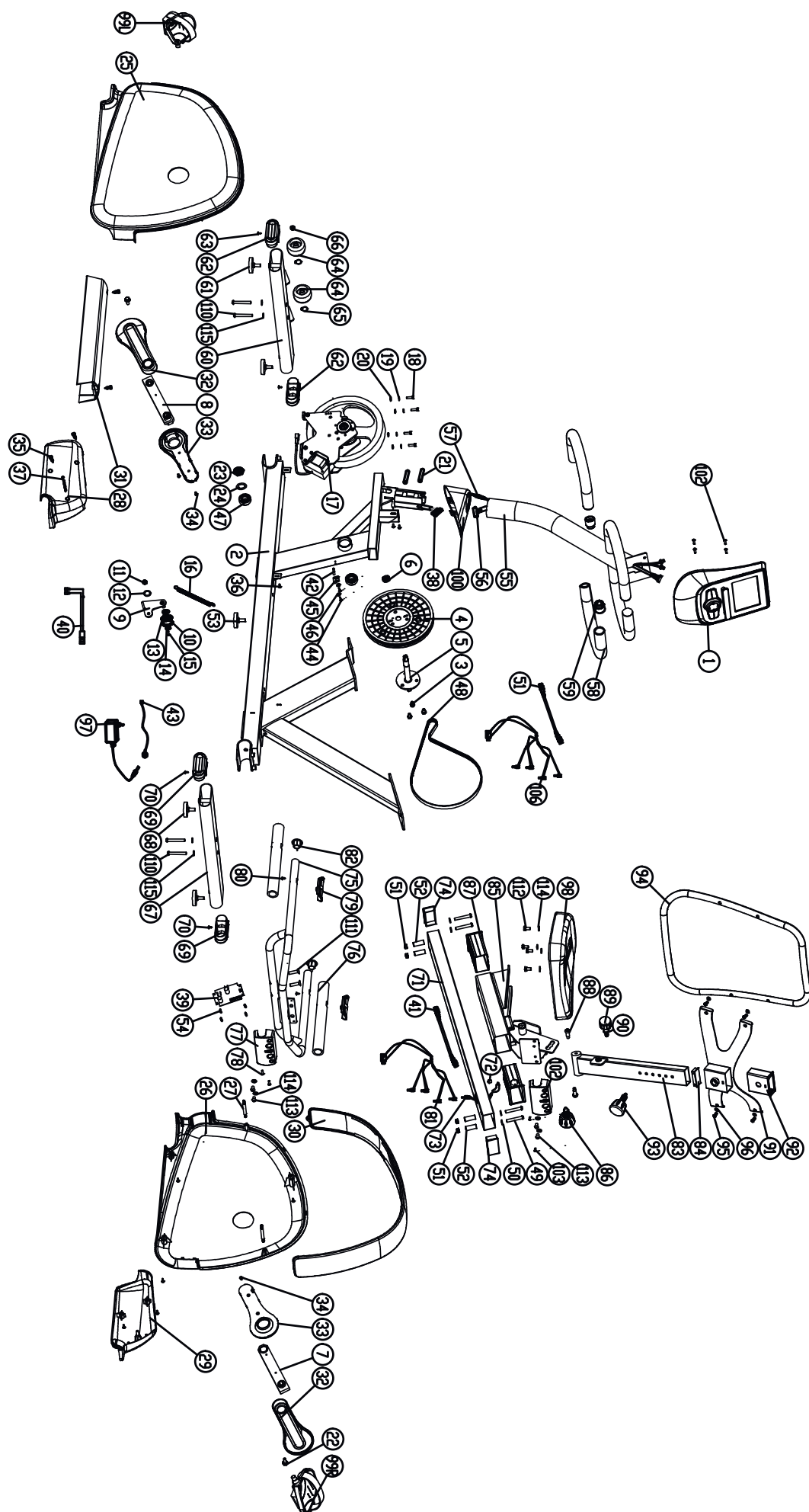Tunturi New Fitness BV
Purmerweg 1
1311 XE Almere
The Netherlands

Disclaimer

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

No.	Description	Qty
1	Console	1
2	Main frame	1
3	Screw M8xP1.25x12Lx5t	3
4	Pulley	1
5	Axle	1
6	Bushing	1
7	Right crank	1
8	Left crank	1
9	Idler	1
10	Idler wheeel	1
11	Nut M8	1
12	Flat washer Ø8.5xØ25x1t	1
13	Curve washer Ø10.5xØ15x0.3t	1
14	Flat washer Ø6xØ12x1t	1
15	Screw M6xP1.0x12L	1
16	Spring ODØ16xØ2.0x20T	1
17	EMS Flywheel Compl.	1
18	Screw M6xP1.0x16L	4
19	Spring washer Ø6*1.5T	4
20	Flat washer Ø6xØ13x1t	4
21	Screw M10x50L	2
22	Screw M8xP1.0x20L	2
23	Nut M17	1
24	Flat washer Ø17.5xØ25x1t	1
25	Left chain cover	1
26	Right chain cover	1
27	Shaft of chain cover	2
28	Rear cover (L)	1
29	Rear cover (R)	1
30	Top cover	1

No.	Description	Qty
31	Cover of bottom tube	1
32	Cap of crank(outter)	2
33	Cap of crank(inner)	2
34	Screw M5x12L	4
35	Screw M5x16	9
36	Screw M4x10L	3
37	Screw M4x50L	1
38	Cable (lower)	1
39	Control board	1
40	Connection wire (flywheel & control board)	1
41	Connection wire	1
42	Sensor wire	1
43	DC wire	1
44	Screw M4xP1.5*16L	2
45	Sensor base	1
46	Flat washer Ø5xØ10x1t	2
47	Bearing 6203 (RS)	2
48	Drive belt	1
49	Screw M8xP1.25x55L	4
50	Flat washer Ø8xØ16x2t	4
51	Nut M8	4
52	Bushing	4
53	Adjusting cushion	1
54	Isolated column	4
55	Handlebar post	1
56	Cable (Upper)	1
57	Connection wire	1
58	Foam grip	2
59	End cap	2

60	Front stabilizer	1		90	Bushing	1
61	Adjusting cushion	2		91	Backrest support tube	1
62	End cap of stabilizer	2		92	Sleeve for backrest	1
63	Screw 3/16" x 1/2"	2		93	Locking knob	1
64	Roller	2		94	Mesh seat back	1
65	C clip	1		95	Screw M5xP0.8x16L	4
66	Acron nut	2		96	Flat washer Ø6xØ13x1t	4
67	Rear stabilizer	1		97	Switching power adapter	1
68	Adjusting cushion	2		98	Seat	1
69	End cap of stabilizer	2		99	Pedal, pair	1
70	Screw 3/16" x 1/2"	2		100	Handlebar post cover	1
71	Seat rail	1		101	Fixed tube of bracket	2
72	Cap of wire	1		102	Screw M5*10L	4
73	Connection wire	1		110	Screw M8xP1.25x60L	4
74	End cap	2		111	Screw M8*P1.25*35L	2
75	Seat handle bar	1		112	Screw M8*P1.25*16L	4
76	Foam grip	2		113	Screw M8xP1.25x14L	2
77	Cover of seat handle bar	1		114	Flat washer Ø8xØ16x2t	6
78	Screw M5xP0.8x10L	2		115	Flat washer Ø8xØ19x2t	4
79	Hand pulse sensor	2				
80	Screw M4x20L	2				
81	Hand pulse sensor wire	1				
82	End cap	2				
83	Backrest support tube	1				
84	End cap	1				
85	Seat bracket	1				
86	Seat rail knob	1				
87	Seat bracket sleeve	2				
88	Screw M10*36L	2				
89	Backrest adjust knob	1				

ENDURANCE

ENDURANCE