



- Once you have completed the route, the meter beeps and the training session ends.
- To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

#### OWN TRAINING

You can create and save up to 20 training programmes on the meter.

#### SAVING A PROGRAMME

- End your training session by pressing BACK/STOP.
- Select SAVE AND EXIT and confirm your selection.
- Enter a name for the training session and confirm it using the selection dial.

**! IMPORTANT!** You can only save programmes that are longer than 10 minutes or have reached the target setting (either time, distance or energy).

**! IMPORTANT!** To save a training session you will need to select a username.

#### USING SAVED PROGRAMMES

- Select OWN TRAINING.
- Select a training session from the list.
- Select the desired execution method:
  - Replay = repeat a previously saved exercise.
  - Edit = edit the duration of a previously saved exercise before you start.
  - Confirm your selection by pressing the selection dial.
- Replay = start pedalling to begin the exercise. You can adjust the effort level with the selection dial.
- Edit = select the duration of the exercise with the selection dial (set the time to 10-180 minutes). Start pedalling to begin the exercise. You can adjust the effort level with the selection dial.
- To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

#### FITNESS TEST

The meter uses a multi-step fitness test. The test begins at a low level of effort, which increases steadily in accordance with the selected test type. A multi-step test is a safe and reliable, sub maximal means of measuring a person's physical fitness level. The test continues until the test subject has achieved his or her individual target heart rate (85% of maximum heart rate).

The test requires the use of a heart rate belt: the meter monitors changes in the heart rate throughout the test, using the data to calculate an estimate of the tested person's maximum oxygen uptake capacity. The maximum oxygen uptake capacity is the best measure of a person's physical fitness level. After the test, the meter gives versatile information on your fitness level: a description and a numerical value (ml/kg/min).

#### PREPARING FOR THE TEST

- Make sure that the data associated with your username is updated – the meter uses the user data as a basis for the fitness test.
- Select FITNESS TEST.
- Using the selection dial, select the most suitable fitness category for you:
  - Inactive = no regular exercise, poor physical condition
  - Active = regular exercise, average or good physical condition
  - Athletic = active training, good or excellent physical condition
- The display shows the appropriate test type for each fitness category:
  - Step time = duration of different effort levels in the test
  - First step = initial effort level
  - Step power = effort level of steps (in Watts), the test features several steps
- Confirm your selection by pressing the selection dial.
- If necessary, you can adjust your target heart rate value using the selection dial. Confirm your settings using the selection dial.
- The display informs you that you can stop the test once you reach the target heart rate for the test. Start the test by pressing the selection dial.

#### PERFORMING THE TEST

- The display shows the selected test step type. Start pedalling to

begin the test. A red diagram that updates as you progress in the test represents your heart rate. A discontinuous line in red indicates your target heart rate.

- Once the target heart rate level has been achieved, the meter gives an audio signal and displays a message. We recommend that you end the test here, unless you are relatively fit. If you have set your target heart rate correctly (that is, if you have calculated your maximum heart rate accurately enough), continuing the test beyond this point will not increase the accuracy of the result. If you overestimate your maximum heart rate, your fitness level will be overestimated. Similarly, if you underestimate your maximum heart rate, your fitness level will be underestimated.
- To stop the test once you reach the target heart rate level, press the BACK/STOP button or stop pedalling. The meter will now switch to the test result display:
  - Aerobic fitness = an estimate of your fitness level in your regular effort zone, which gives the best indication of the state of your health related fitness.
  - MET value = a reading that shows the multiple of your maximum oxygen uptake at complete rest.
  - ml/kg/min = a reading that tells how many millilitres of oxygen per kilogram of body weight per minute your body consumes.
  - L/min = a reading that tells your oxygen uptake in litres per minute. Unlike the above values, l/min does not take account of the user's body weight.
  - Wmax = an estimate of your maximal exercise power, measured in Watts.
  - Watt/kg = the ratio of your maximal exercise power to your weight.

#### MEN / MAXIMAL OXYGEN UPTAKE (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

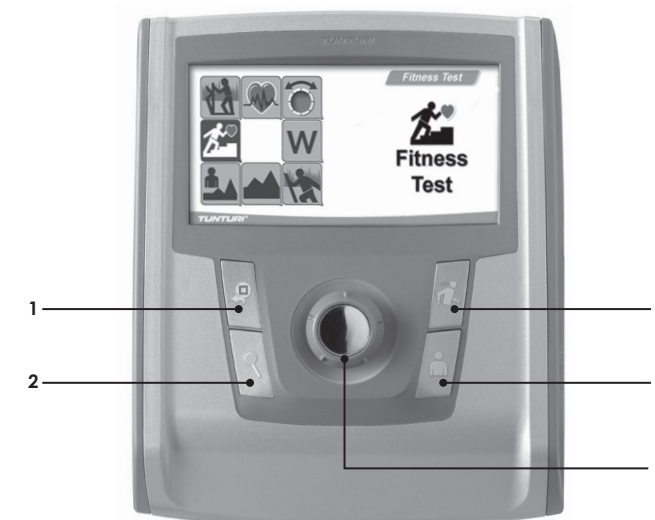
#### WOMEN / MAXIMAL OXYGEN UPTAKE (VO2MAX)

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

<b>Accell Fitness product code:</b>	10TUE60000
<b>Product:</b>	Tunturi E60
<b>Spare part product code:</b>	.235.1156
<b>Spare part product description:</b>	Console

## NEW CONSOLE TUNTURI E60



#### KEYS

- BACK/STOP.** Use the BACK/STOP button to navigate back towards the main menu. During training, you can stop or pause your training session by pressing the BACK/STOP button.
  - ZOOM.** Focusing the graphical profile display during training. Presses ZOOM to increase the size of the displayed profile image (two-, four-, eight- or sixteen fold). Pressing the key five times restores the profile image to its original size.
  - TRAINING.** Use the TRAINING button to open the TRAINING menu. The TRAINING menu includes the following training programmes: QUICK START, MANUAL, TARGET HR, WATT CONTROL, PROGRAMMES, T-RIDE™, OWN TRAINING and FITNESS TEST.
  - USER.** Press the USER button to open the USER menu. The USER menu includes the following functions: CREATE USER, SELECT/CHANGE USER, EDIT USER, DELETE USER, SETTINGS and USER LOG.
  - SELECTION DIAL.** The selection dial functions in two ways:
    - Rotating the dial. By rotating the dial clockwise, you can scroll the menus downwards or to the right, and increase values or resistance. By rotating the dial anti-clockwise, you can scroll the menus upwards or to the left, and decrease values or resistance.
    - Pressing the dial. By pressing the dial, you can accept the selection you made when rotating the dial. During training, you can accept the function displayed at the bottom centre of the display.
- DISPLAY.** During training, you can see the following training values on the left side of the display: time, distance, energy consumption, effort, RPM, heart rate and speed.

## OPERATING THE CONSOLE

- To activate the meter, connect the device to a power source, and then press any key or start pedalling. The meter will now display the TRAINING menu. If you do not press a key, or pedal for more than 5 minutes, the meter automatically switches off.
- The values in a workout that has been interrupted are saved in the memory of the user interface for 5 minutes, after which they are reset. You can restart the interrupted exercise by pedalling within 5 minutes.
- On the display, you can see advice messages. They are preceded by the letter i on a white background. You can remove the messages from the display by pressing the selection dial.

#### USER MENU

You can access the USER menu by pressing the USER button. We recommend that you choose a user code and save your personal details: these details are needed e.g. for a more accurate estimation of your energy consumption. At the same time, you can set the units to be displayed and check the total training values. If you select a username, you can save your training session and display your personal heart rate levels in different colours when training according to your heart rate. Once you have created a username or started to

use an existing username, you can see it at the bottom right corner of the display. You can also exercise without a username. If you do this, a username will not be shown on the bottom right of the display, and the default settings (40 years, 70 kg, male) will be used for your training session. You can save user data for up to 8 different users.

**! IMPORTANT!** If you wish to view your personal training sessions saved on the USER LOG, always remember to select your own username. You can also start using a username in the middle of your training session by pressing the USER button and then selecting your own username. Your training session will not be interrupted. After selecting your username, you can return to the training data by pressing the BACK/STOP button.

**! IMPORTANT!** If you want to save your training session, you must select a username.

#### SELECT/CHANGE USER

Once you have created a username for yourself, select it at the beginning of your training session by choosing SELECT/CHANGE USER and confirm it using the selection dial.

#### CREATE USER

To create a user:

- Press the USER button. The USER menu appears.
- Select CREATE USER by rotating the selection dial. Confirm your selection by pressing the selection dial.
- Enter your name. Move from one letter to another by rotating the selection dial. Confirm the selected letter by pressing the selection dial. Once you have entered your name, select \* and press the selection dial.
- Select the units you wish to use. Metric (kg, km, kcal), or the corresponding imperial units Imperial (lbs, miles, kcal). Make your selection by rotating the selection dial, and confirm by pressing the dial. You will automatically be taken to the next setting.
- Select the target display for the set values. COUNT DOWN shows the values as they decrease from your target toward zero. COUNT UP shows the values as they increase toward your target. Confirm your selection by pressing the selection dial. You will be taken to the next setting.
- Set your gender by rotating the selection dial. Confirm your selection.
- Set your age. Confirm your selection.
- Set your height. Confirm your selection.
- Set your weight. Confirm your selection.
- Set your maximum heart rate. The meter calculates your estimated maximum heart rate using the formula  $220 - \text{age}$ . If you know your exact maximum heart rate, you can adjust the estimated maximum heart rate given by the meter.
- Set your anaerobic threshold. The equipment uses your maximum heart rate to calculate an estimate of your threshold heart rate (80% of your maximum heart rate). If you know your exact anaerobic threshold heart rate, you can adjust the estimate given by the meter.
- Set the aerobic threshold. The equipment uses your maximum heart rate to calculate an estimate of your threshold heart rate (60% of your maximum heart rate). If you know your exact aerobic threshold heart rate, you can adjust the estimate given by the meter.

**! IMPORTANT!** The meter can store up to 8 usernames at a time.

#### EDIT USER

By selecting EDIT USER you can edit your user data.

#### DELETE USER

By selecting DELETE USER you can delete users. Activate the username you want to delete and then select DELETE USER. Confirm the selection by pressing the selection dial.

#### SETTINGS

By selecting SETTINGS you can browse the meter firmware version, adjust the display contrast, see the cycle's total values and turn the button sounds on or off.

#### 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. Exit the training data by pressing BACK/STOP.





### TRAINING MENU

You can access the TRAINING menu by pressing the TRAINING button. From the TRAINING menu, you can select one of the following training sessions by pressing the selection dial:

### QUICK START

This programme allows you to start the MANUAL programme without using user settings.

1. Select QUICK START. Confirm the selection by pressing the selection dial and start your training session by pedalling.
2. You can increase or decrease the resistance (1-42 Nm) using the selection dial.
3. To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

### MANUAL

Allows you to set your effort level with the selection dial during the workout.

1. Select MANUAL.
2. Using the selection dial, choose your target value for the session: time, distance or energy consumption. Confirm your selection by pressing the selection dial.
3. Set the target value for the session using the selection dial: set time (10-180 minutes), distance (3-100 km) or energy consumption (50-2000 kcal). Confirm your selection by pressing the selection dial.
4. Start your training session by pedalling. You can increase or decrease the resistance (1-42 Nm) using the selection dial. During training, you can display resistance or heart rate using the selection dial.
5. Once the target value has been achieved, the meter gives an audio signal. You can continue with your exercise if you wish.
6. To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

### TARGET HR

This programme allows you to preset your pulse level, i.e. the resistance is regulated so that your pulse remains at the requested level. If the pulse tends to rise, resistance is reduced automatically and vice versa. The set value can be changed also during the workout. The programme requires measurement of heart rate.

1. Select your TARGET HR.
2. Set the heart rate level (80-220) for the training session using the selection dial. Confirm your selection by pressing the selection dial.
3. Using the selection dial, choose your target duration for the session measured in time, distance or energy consumption. Confirm your selection by pressing the selection dial.
4. Set the target value for the session using the selection dial: set time (10-180 minutes), distance (3-100 km) or energy consumption (50-2000 kcal). Confirm your selection by pressing the selection dial.
5. Start your training session by pedalling. Using the selection dial, you can change the heart rate level (80-220). During training, you can display resistance or heart rate using the selection dial.
6. Once the target value has been achieved, the meter gives an audio signal. You can continue with your exercise if you wish.
7. To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

### WATT CONTROL

By selecting the WATT CONTROL programme, you can set the desired effort value in Watts, i.e. pedalling effort will be independent of pedal rotations. The set effort value can also be changed during the workout.

1. Select target Effort
2. Set the effort level (20-440 Watt) of your training session using the selection dial. Confirm your selection by pressing the selection dial.
3. Using the selection dial, choose your target duration for the session measured in time, distance or energy consumption. Confirm your selection by pressing the selection dial.
4. Set the target value for the session using the selection dial: set time (10-180 minutes), distance (3-100 km) or energy consumption (50 - 2000 kcal). Confirm your selection by pressing the selection dial.
5. Start your training session by pedalling. You can increase or decrease the resistance (20-440 Watt) using the selection dial. During

training, you can display effort or heart rate using the selection dial.

6. Once the target value has been achieved, the meter gives an audio signal. You can continue with your exercise if you wish.
7. To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

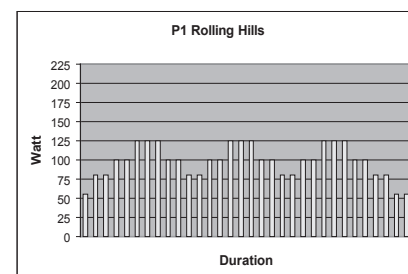
### PROGRAMMES

This programme contains ready-made training profiles. The programme changes automatically the intensity level during your workout. The display shows the profile and the changes, and the intensity can be manually adjusted.

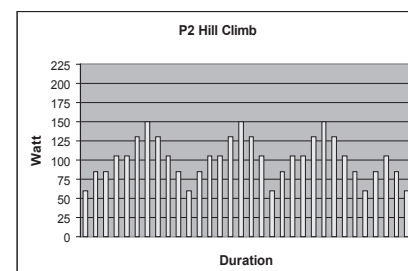
1. Select PROGRAMMES.
2. Select a programme (1-10) using the selection dial. Profiles P1-P5 are Watt control programmes and P6-P10 are target heart rate programmes requiring heart rate measurement. Confirm your selection by pressing the selection dial.
3. Using the selection dial, choose your target duration for the session measured in time or distance. Confirm your selection by pressing the selection dial.
4. Set the target value for the session using the selection dial: time (10-180 minutes) or distance (3-100 km). Confirm your selection by pressing the selection dial.
5. Start the programme by pedalling. You can increase or decrease the resistance using the selection dial. During training, you can display effort or heart rate using the selection dial. The heart rate display requires heart rate measurement.
6. Once the target value has been achieved, the meter gives an audio signal. You can continue with your exercise if you wish.
7. To stop the training session, press the BACK/STOP button. You can then stop the session by selecting EXIT, save the session to the memory by selecting SAVE AND EXIT or continue your training session by selecting CONTINUE.

### P1 – P5: WATT CONTROL PROGRAMMES

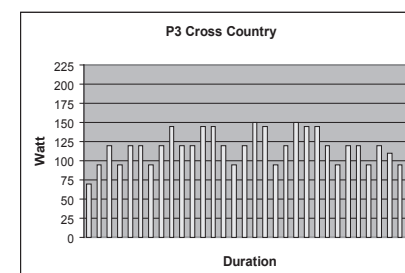
**PROFILE P1.** 3-peak effort profile for the improvement of oxygen uptake capacity. With relatively low yet long lasting peaks, this profile is suitable for beginners. With default setting, max. Watt value is 125, average Watt value is 98.



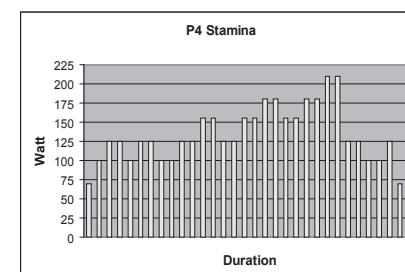
**PROFILE P2.** 3-peak effort profile for the improvement of oxygen uptake capacity. With peaks relatively short in duration, this profile is suitable for beginners. With default setting, max. Watt value is 150, average Watt value is 102.



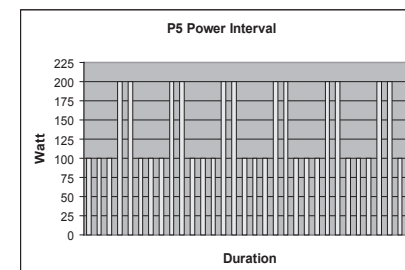
**PROFILE P3.** Multi-peak effort profile for the improvement of explosive strength. Peaks are relatively short in duration, and the level of effort varies irregularly. This profile is suitable for all fitness levels. With default setting, max. Watt value is 150, average Watt value is 117.



**PROFILE P4.** Uphill effort profile for the improvement of endurance fitness. Peaks are relatively long-lasting, increasing in intensity until the closing phase of the profile. This profile is specifically suitable for the physically fit. With default setting, max. Watt value is 210, average Watt value is 133.

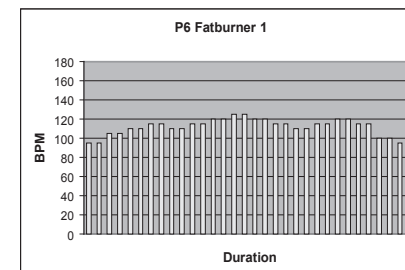


**PROFILE P5.** Interval effort profile with regular changes and a clear difference between peaks and the basic level of effort. The default values are preset to an average effort of 138 Watt and a maximum effort of 200 Watt. Please note that this profile allows you to separately adjust the peaks and the basic level of effort.

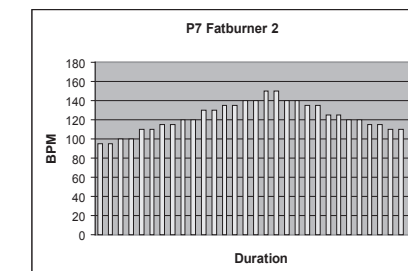


### P6 – P10: HEART RATE CONTROL PROGRAMMES

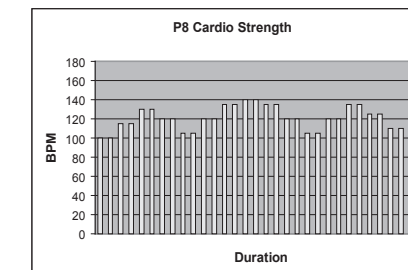
**PROFILE P6.** 3-peak heart rate profile for the improvement of oxygen uptake capacity. With relatively long-lasting peaks, this profile is suitable for beginners. With default setting, max. HR value is 125, average HR is 112.



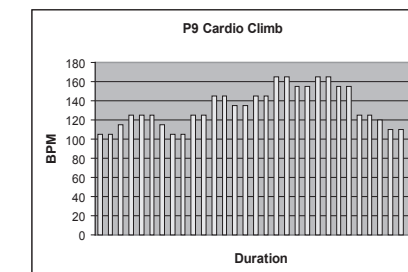
**PROFILE P7.** Uphill heart rate profile where the heart rate increases steadily until the midpoint of the profile, steadily decreasing thereafter. This profile is suitable for beginners. With default setting, max. HR value is 150, average HR is 121.



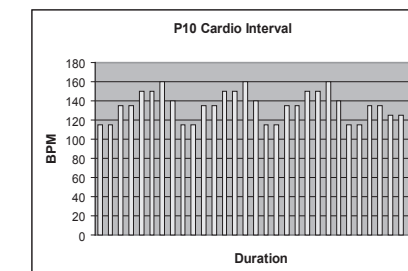
**PROFILE P8.** 3-peak heart rate profile for the improvement of endurance fitness. Peaks are relatively long lasting, but the heart rate level remains fairly constant throughout. This profile is suitable for all fitness levels. With default setting, max. HR value is 140, average HR is 120.



**PROFILE P9.** Uphill heart rate profile for the improvement of endurance fitness. Peaks are relatively long-lasting, increasing in intensity until the closing phase of the profile. This profile is specifically suitable for the physically fit. With default setting, max. HR value is 170, average HR is 131.



**PROFILE P10.** 3-peak heart rate profile for the improvement of oxygen uptake capacity. Peaks are relatively long-lasting, with each followed by a steady recovery period. This profile is specifically suitable for the physically fit. With default setting, max. HR value is 160, average HR is 133.



### T-RIDE™

T-RIDE™ TRAINING simulates riding a bike on a natural terrain. During training, you can change gears using the selection dial and watch the altitude profile.

1. Select T-RIDE™.
2. Select the terrain and confirm your selection.
3. Set the starting point for the session using the selection dial.
4. Set the ending point for the session using the selection dial.
5. Start your training session by pedalling. You can change gears (1-6) using the selection dial. During training, you can display altitude profile or heart rate using the selection dial. The heart rate display requires heart rate measurement.

