

C6

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- SERIAL NUMBER ● SERIENNUMMER
- NUMERO DE SERIE ● NÚMERO DE SERIE
- NUMERO DI SERIE ● SERIENUMMER
- SERIENNUMMER ● SARJANUMERO

www.tunturi.com

TUNTURI[®]
THE MOTOR – *it's you.*

INFORMATION AND WARNINGS

Please read this owner's manual through carefully before assembling, using and servicing the workout equipment! Follow the instructions described in this manual carefully. The equipment has been designed for home use. Please notice that the warranty does not cover any damages due to negligence of assembly, adjustment or maintenance instructions described in this manual!

NOTE ABOUT YOUR HEALTH

- Before you start any training, consult a physician to check your state of health.
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
- To avoid muscular pain and strain, begin each workout by warming up and end it by cooling down (slow pedaling at low resistance). Don't forget to stretch at the end of the workout.

NOTE ABOUT THE EXERCISING

ENVIRONMENT

- The device is not to be used outdoors.
- Place the device on a firm, level surface. Place the device on a protective base.
- Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.

NOTE ABOUT USING THE EQUIPMENT

- If children are allowed to use the equipment, they should be supervised and taught to use the device properly, keeping in mind the child's physical and mental development and their personality.
- Before you start using the device, make sure that it functions correctly in every way. Do not use a faulty device.
- Only one person may use the equipment at a time.
- Hold the handlebar for support when getting on or off the equipment.
- Wear appropriate clothing and shoes when exercising.
- Protect the meter from sunlight and always dry the surface of the meter if there are any drops of sweat on it.
- Do not attempt any servicing or adjustment other than those described in this manual.
- The device must not be used by persons weighing over 110 kg.
- The device is designed for household use only. The warranty of 24 months applies only for faults in household use.

WELCOME TO THE WORLD

OF TUNTURI EXERCISING!

Your choice shows that you really want to invest in your well being and condition; it also shows you really value high quality and style. With Tunturi Fitness Equipment, you've chosen a high quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at www.tunturi.com.

ASSEMBLY

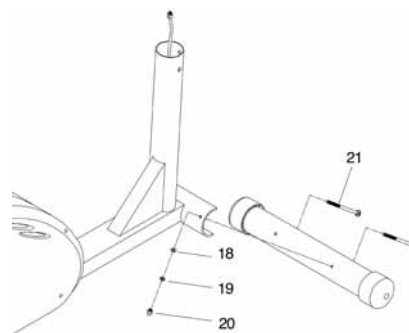
Check that the following parts are in the package:

- A** Frame
- B** Front support
- C** Rear support
- D** Front frame tube
- E** Arms (2)
- F** Footrests (2)
- G** Meter
- H** Handlebar
- I** Shaft
- J** Assembly kit (contents marked with * in the spare part list): keep the assembly tools, as you may need them e.g. for adjusting the equipment

If necessary, contact the dealer and give the model, serial number and the needed spare part number from the spare part list in the back of the manual. The package includes a silicate bag for absorbing moisture during storage and transportation. Left, right, front and back are as seen from the exercising position. Allow at least 100 cm of clearance around the equipment.

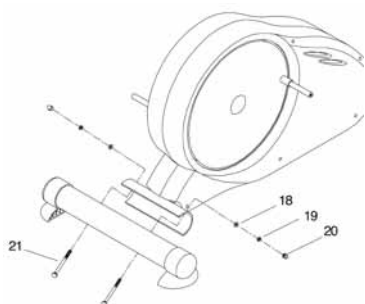
FRONT SUPPORT

Attach the front support with transportation wheels to the main frame with two bolts, washers, locking sleeves and nuts.



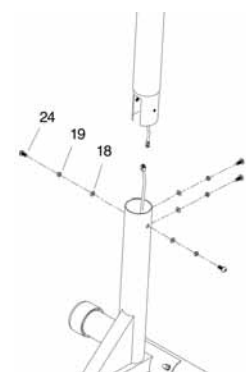
REAR SUPPORT

Push the stand feet to the rear support ends and attach the rear support to the main frame with two bolts, washers, locking sleeves and nuts.



FRONT FRAME TUBE

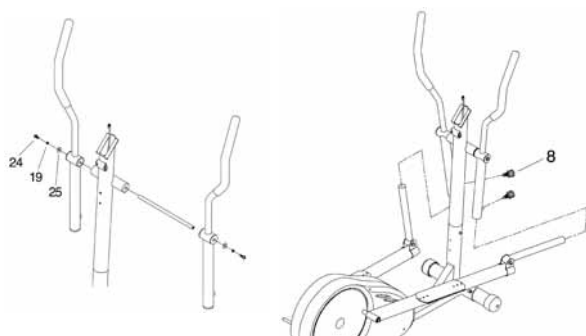
Remove the rubber band from around meter cable coming from the frame tube. Attach the meter cable to the connector coming from the front frame tube. Push the front frame tube inside the frame tube: do not damage the meter cable! Attach the front frame tube tight to the frame with the washers and attachment screws.



ARMS

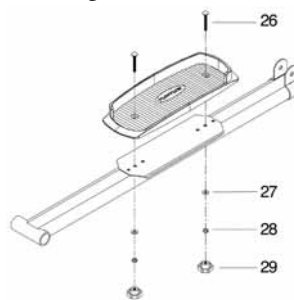
Push the metal shaft through the bracket housing of the left arm. Attach now the left arm to the front frame tube by pushing the metal shaft through the opening in the tube. Push the right arm on the shaft and lock it by tightening a large washer, a locking sleeve and a screw to the both ends of the shaft. Tighten the arms using two Allen keys. Push the left footrest support forward so that you can push the adjustment tube in the front of the foot rest support inside the arm tube. Lock the adjustment tube with the locking screw. Repeat the procedure with the right footrest support.

NOTE! The European model allows selecting adjustment (see Adjusting the footrest supports).



FOOTRESTS

Attach the footrests to the position of your choice on the pedal shafts with two screws, two washers / screw and locking nuts.



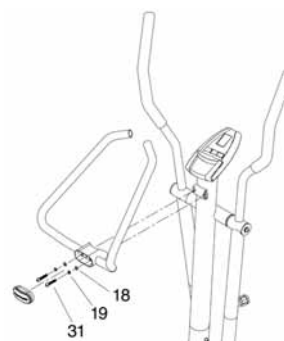
METER

Remove the two attachment screws at the back of the meter. You can select the unit of weight to be displayed by the switch at the back of the meter housing. You can select either kg or LB (default = kg). Attach the cable coming from the front frame tube to the connector of the meter and push the meter into place on top of the front frame tube. Attach the meter with the two attachment screws.



HANDLEBAR

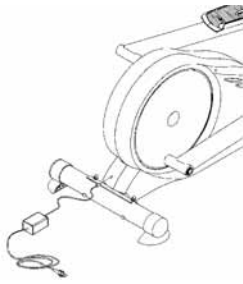
Fasten the handlebar firmly to the front frame tube with two screws and two sleeves / screw. Slide the plastic cover over the fastening screws.



POWER CORD

Plug the transformer into the connector, just above the rear support, and then the transformer cord into the wall socket.

- Always unplug the appliance from the wall socket and remove the cord from the appliance immediately after use.
- Make sure that the cord does not run underneath the appliance.



USE

ADJUSTING THE FOOTREST SUPPORTS

(EUROPEAN MODEL)

Turn the locking knob counterclockwise and pull the locking knob out so that the adjusting tube can be moved freely up and down. When the height is right, let go of the knob. The tube locks into place. Tighten the locking knob clockwise.

NOTE! Always make sure that the locking knob is fastened properly before starting to exercise. Adjust the footrest support height so that the elliptic movement does not strain your ankles.

EXERCISING

Working out using an elliptical trainer is excellent aerobic exercise, the principle being that the exercise should 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. The ability of the body to burn fat as a fuel is directly dependent on its oxygen-uptake capacity. Aerobic exercise should above all be pleasant. You should perspire, but you should not get out of breath during the workout. You must, for example, be able to speak and not just pant while pedaling. You should exercise at least three times a week, 30 minutes at a time, to reach a basic fitness level. Maintaining this level requires a few exercise sessions each week. Once the basic condition has been reached, it is easily improved simply by increasing the number of exercise sessions. Exercise is always rewarding for weight loss, because it is the only way of increasing the energy spent by the body. This is why it is always worthwhile to combine regular exercise with a healthy diet. A dieter should exercise daily, at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour.

You should start slowly at a low pedaling speed and low resistance, because for an overweight person strenuous exercise may subject the heart and circulatory system to excessive strain. As fitness improves, resistance and pedaling speed can be increased gradually. Exercise efficiency can be measured by monitoring the pulse. The pulse meter helps you monitor your pulse easily during exercise, and thus to ensure that the exercise is sufficiently effective but not over-strenuous.

Start your workout with slow tempo and low resistance. Gradually increase tempo and resistance according to your own condition. Keep your head up and neck long in order to avoid stress on your neck, shoulders and back. Keep also your back straight. Make sure that your feet are centered on the foot pedals and that your hips, knees, ankles and toes are facing forward. Keep your body weight centered over your lower body regardless of whether you lean forward or stand upright. Stop your workout by gradually decreasing tempo and resistance. Don't forget to stretch afterwards. To strengthen cardiovascular system, maintain low resistance but high tempo. Exercising with higher resistance and slow tempo strengthens correspondingly your back and hips.

METER

KEYS AND DISPLAYS

1. MANUAL

Allows you to set your effort level with the arrow keys during the workout. These programs can be saved in the memory of the meter.

2. ROLLING HILLS

This program changes the effort levels during your workout. The display shows the program and the changes in effort. You can choose a profile to your liking by pushing the ROLLING HILLS key repeatedly or with arrow keys. These programs can be saved in the memory of the meter.

3. HRC INTERVAL

This program changes the heart rate level during your workout. The display shows the program and the changes in TARGET HR. You can choose a profile to your liking by pushing the HRC INTERVAL key repeatedly or with arrow keys. These programs can be saved in the memory of the meter.

4. TARGET HR

This program 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. These programs can be saved in the memory of the meter.

5. RESET

Press for 2 seconds, RESETS all values.

6. ENTER

Approves set values and user parameters, activates Quick Start-mode after pressing RESET.

7. MEMORY

Saves and recalls manual programs (P 1-8).

8. SCAN HOLD

The values displayed change at 6-second intervals. If you want to monitor any value for a longer period, press the SCAN HOLD key, and the display will be locked. When you want to view the changing values again, press the SCAN HOLD key to unlock.

9. ARROW KEYS

Used for setting values, increasing or decreasing resistance and selecting programs.

10. TIME / EFFORT (W)

This display alternates between elapsed time and effort in watts.

11. TOTAL COUNTS / COUNTS/MIN

This display alternates between total counts and counts/min (speed).

12. KCAL / HR

This display alternates between approximate energy consumption in kilocalories and heart rate. Since people's capacity to produce energy varies, the energy consumption display shows an approximation of the real consumption.

13. SELECTING UNIT

You can select the unit of weight to be displayed by the switch at the back of the meter housing. You can select either kg or LB.

14. TOTAL TRAINING COUNTER

Press both arrow keys simultaneously and the TIME window will present a total training time in hours.

OPERATING THE METER

NOTE! Protect the meter from direct sunlight, as it may damage the liquid crystal display. Do not expose the meter to water or severe impacts, as these may also damage the meter.

The meter switches on automatically when the cycle is connected to the power source. The display gives out a short beep after which all the functions are at zero. If you do not press a key, or pedal for more than 5 minutes, the meter automatically switches off.

NOTE! When the chosen workout time in Quick Start, manual, or TARGET HR mode has elapsed, the meter will maintain the effort level and continues counting the training values, so you can continue your workout without stopping if you wish.

QUICK START

1. Switch on the meter or press ENTER.. after pressing the RESET key.
2. You can adjust the effort level (1-32) with the arrow keys, and the columns of dots and the total counts display indicate the chosen effort level.
3. Begin your workout.

MANUAL FUNCTION

1. Select the manual function by pressing the MANUAL key after the meter has been switched on or after pressing the RESET key.
2. The TIME display will start to flash. Choose the desired duration of workout by using the arrow

keys (10-90 minutes in steps of 5 minutes). Press ENTER..

3. The total counts display starts to flash. The display reads KG _. Enter your weight by using the arrow keys (default value 70 kg). Press ENTER..
4. Begin your workout.
5. You can adjust the effort level (1-32) with the arrow keys, and the columns of dots and the total counts display indicate the chosen effort level.

Programs can be saved in the memory of the meter.

ROLLING HILLS PROGRAM

1. Select the ROLLING HILLS program by pressing the ROLLING HILLS key after the meter has been switched on or after pressing the RESET key.
2. The various effort levels are indicated by dots on the display. By pressing the ROLLING HILLS key repeatedly you get the display to show different effort profiles (P1 - P4) and you can choose the one best suited for you by pressing ENTER..
3. The TIME display will start to flash. Choose the desired duration of workout by using the arrow keys (10-90 minutes in steps of 5 minutes, default 20 minutes). Press ENTER... The device uses this value to calculate the duration of the different effort levels during the program.
4. The total counts display starts to flash. The display reads KG _. Enter your weight by using the arrow keys (default value 70 kg). Press ENTER.
5. Begin your workout.
6. You can adjust the profile effort level with the arrow keys (default 100 %), and the columns of dots in the display indicate the chosen effort level.

Programs can be saved in the memory of the meter.

HRC INTERVAL PROGRAM

Exercise in different pulse ranges affects the body in different ways. For example, exercise of long duration within a pulse range that is about 50-60 % of the maximum pulse burns fat, or helps you lose weight, whereas exercise in a range that is about 70-80 % of the maximum develops the heart and respiratory system, and overall endurance, i.e. it improves your condition. If you don't know your own maximum pulse rate you can use the following formulas as a guideline:

WOMEN: 226 - AGE MEN: 220 - AGE

However, it is advisable to make sure by consulting your doctor.

The HRC INTERVAL program enables training at the varying, requested pulse level. The program requires measurement of heart rate.

1. Select the HRC INTERVAL program by pressing HRC after the meter has been switched on or after pressing RESET. The various TARGET HR levels are indicated by dots on the display. By pressing the HRC key repeatedly you get the display to show different profiles (P1 - P4) and you can choose the one best suited for you by pressing ENTER.
2. The TIME display will start to flash. Choose the desired duration of workout by using the arrow keys (10-180 minutes in steps of 5 minutes, default 20 minutes). Press ENTER. The device uses this value to calculate the duration of the different effort levels during the program.
3. The total counts display starts to flash. The display reads KG _. Enter your weight by using the arrow keys (default value 70 kg). Press ENTER.
4. Begin your workout. If the pedaling effort seems too strenuous or easy, change the PRESET pulse value (default 100 %) by using the arrow keys. The flashing dots in the display show the present TARGET HR level.

Follow your heart rate during the training and especially the heart indicator. The HR light should flash in time with your heartbeat. If the indicator begins to function in a disturbing fashion (e.g. additional beats or abnormal fluctuations), the pulse measurement is not functioning properly. Stop your workout at once and make sure that you have followed all the instructions described in this manual about heart rate measurement.

Programs can be saved in the memory of the meter.

TARGET HR PROGRAM

The TARGET HR program enables training at the requested pulse level. The program requires measurement of heart rate.

1. Select the TARGET HR program by pressing TARGET HR after the meter has been switched on or after pressing RESET.
2. The HR display will start to flash. Set the desired heart rate value (default 110 bpm) by using the arrow keys. Press ENTER. **NOTE!** The PRESET value can be changed during the training.
3. The TIME display will start to flash. Choose the desired duration of workout by using the arrow keys (10-90 minutes in steps of 5 minutes). Press ENTER.
4. The total counts display starts to flash. The display reads KG _. Enter your weight using the arrow keys (default value 70 kg). Press ENTER.
5. Begin your workout. If the set heart rate value seems too strenuous or easy, change the heart rate value by using the arrow keys. The flashing dots in the display show the present heart rate level.

Programs can be saved in the memory of the meter.

MEMORY FUNCTION

The meter enables saving of 8 manually made programs to its memory. **NOTE!** The programs are saved in constant resistance mode (faster pedaling means an increase in effort).

SAVING THE PROGRAMS

When you wish to save a program in the memory of the meter, press the MEMORY key after your workout session. The display reads P1. Choose the desired memory location (P1-8) by using the arrow keys or MEMORY key repeatedly. Press ENTER. Your program is now saved in the memory of the meter. **NOTE!** A total of 32 changes can be saved in each program.

RUNNING THE PROGRAMS

1. When you want to use an earlier saved program, press the MEMORY key after the meter has been switched on or after pressing RESET.
2. Choose the desired program with the MEMORY key or arrow keys. Press ENTER.
3. The time display will start to flash. Choose the desired duration of workout by using the arrow keys (10-180 minutes in steps of 5 minutes, default: last saved time). Press ENTER.
4. The total counts display starts to flash. The display reads KG _. Enter your weight using the arrow keys. Press ENTER.
5. Begin your workout.

NOTE! If you wish, you can adjust the effort level with the arrow keys during the training. If you want to save these changes in the memory, press the MEMORY key after your workout and choose the desired memory location. Press ENTER to confirm saving.

PAUSE

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 pedaling within 5 minutes.

MEASURING HEART-RATE

This device has a built in pulse receiver which is compatible with a POLAR telemetric pulse transmitter.

TELEMETRIC HEART-RATE MEASUREMENT

If you want to measure your heart-rate this way during your workout, moisten the grooved electrodes on the transmitter belt with saliva or water. Fasten the transmitter just below the chest

with the elastic belt, firmly enough so that the electrodes remain in contact with the skin while pedaling, but not so tight that normal breathing is prevented. If you wear the transmitter and belt over a light shirt, moisten the shirt slightly at the points where the electrodes touch the shirt. The transmitter automatically transmits the heart-rate reading to the meter up to a distance of about 1 meter. The heart-rate value is displayed in the meter. Follow your heart rate during the training.

REMARKS ON TELEMETRIC

MEASUREMENT

If the electrode surfaces are not moist, the heart rate reading will not appear on the display. If the electrodes are dry, they must be moistened again. Allow the electrodes to warm up properly to ensure accurate heart-rate measurement. If there are several telemetric heart rate measurement devices next to each other, the distance between them should be at least 1.5 m. Similarly, if there is only one receiver and several transmitters in use, only one person with a transmitter should be within transmission range. The transmitter is switched to an active state only when it is being used for measurement. Sweat and other moisture can, however, keep the transmitter in an active state and waste battery energy. Therefore it is important to dry the electrodes carefully after use.

When selecting training attire, please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity which may prevent reliable heart rate measurement.

Please note that a mobile phone, television and other electrical appliances form an electro-magnetic field around them which will cause problems in heart rate measurement.

ERROR CODES

The user interface will display information about operational faults. An error code begins with the abbreviation Err.

ERR 1 Speed sensor problem

ERR 2 Data communication problem

Remove the power cord from the power outlet, wait for 1 minute and then restart. If the error message does not disappear, please contact your Tunturi dealer.

MAINTENANCE

The equipment requires very little maintenance. Check, however, from time to time that all screws and nuts are tight. Clean the equipment with a damp cloth. Do not use solvents.

NOTE! Never remove the protective covers.

NOTE! The brake forms a magnetic field which may damage the mechanism of a watch or the magnetic identification tape of a credit or cash card if they come into immediate contact with the magnets. Never attempt to detach or remove the magnet of the magnetic brake.

If you notice a malfunction during use, contact the dealer. Always give the model and serial number of your device, please state also the nature of the problem conditions of use and purchase date. In spite of continuous quality control, individual defects and malfunctions may occur in individual components. It is in most cases unnecessary to take the whole equipment for repair, as it is usually sufficient to replace the defective part.

TRANSPORT AND STORAGE

The device is easy to move by pushing along on the integrated transport wheels. Tilt the device from the front and push along the floor on the wheels at the front support.

To prevent malfunctioning of the equipment, store in a dry place with as little temperature variation as possible, protected from dust.

DIMENSIONS

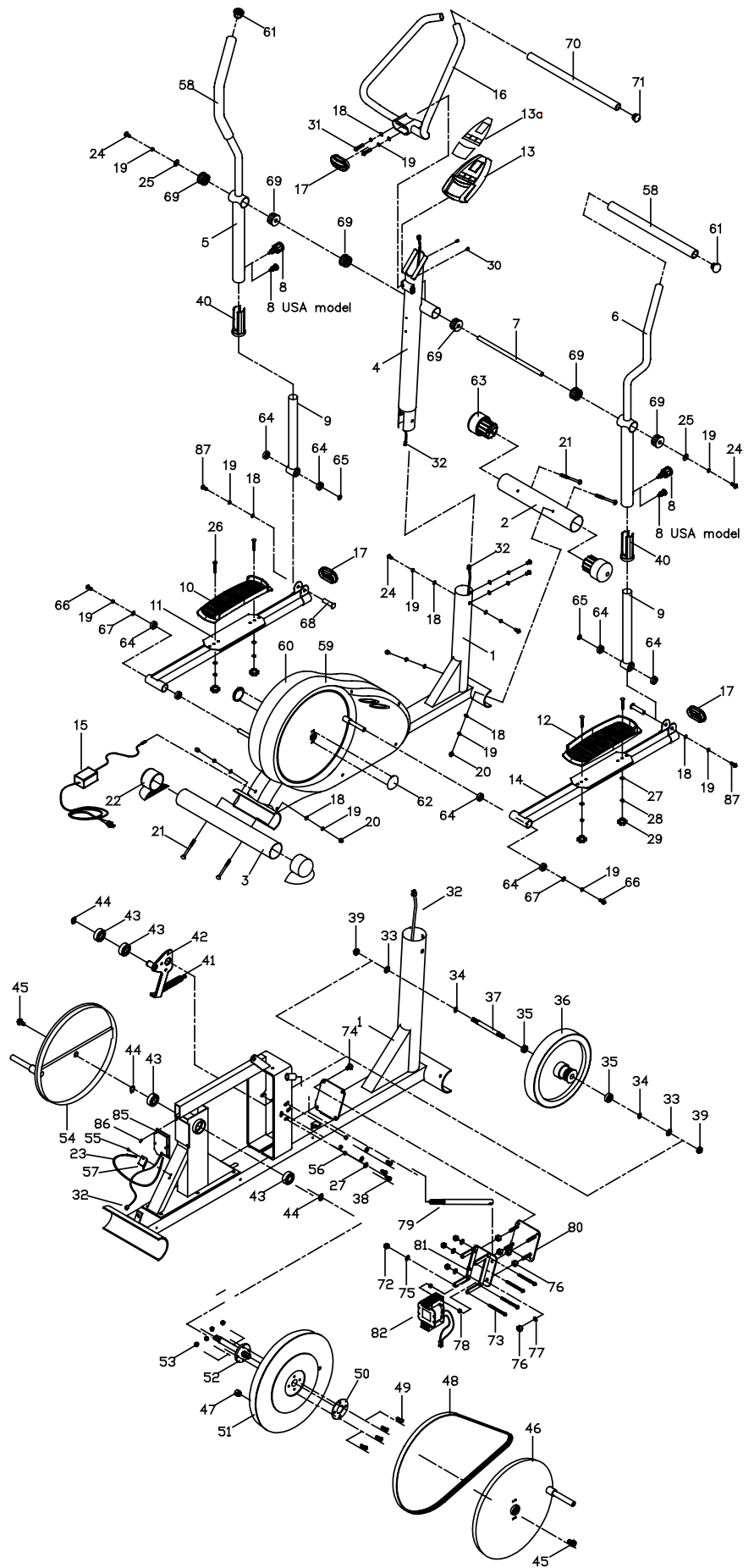
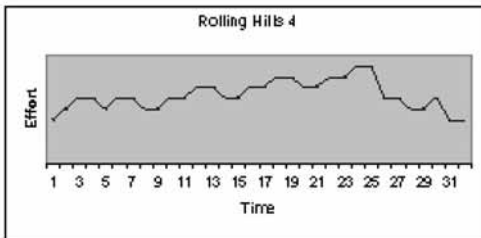
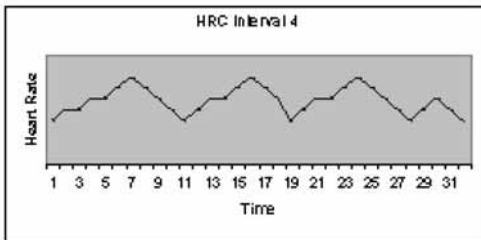
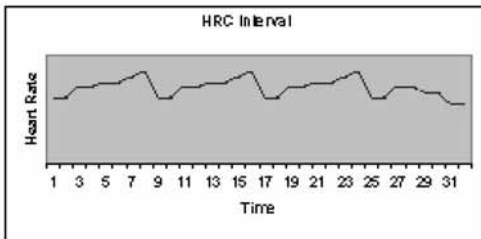
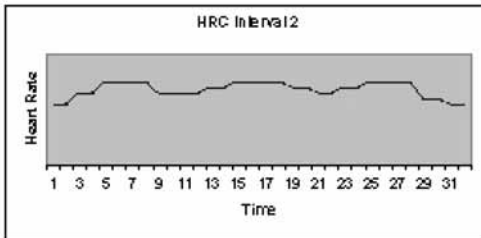
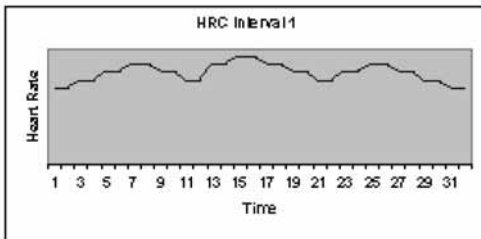
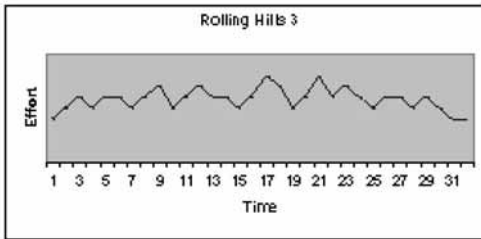
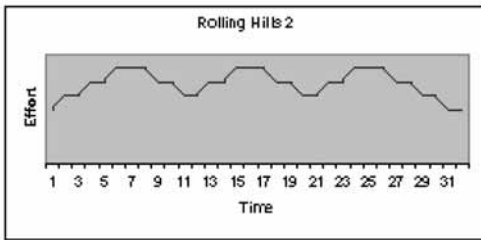
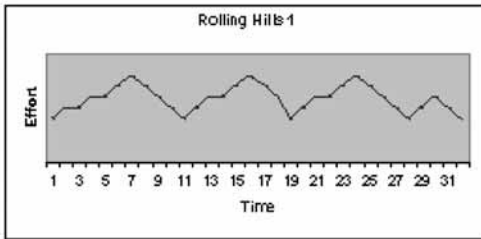
Length.....	130cm
Width	61 cm
Height.....	156 cm
Weight	73 kg

All Tunturi models are designed to meet the electromagnetic compatibility directive, EMC and are affixed with the CE conformity marking. User safety of Tunturi products is tested, and are affixed with the TÜV-marking.

NOTE! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi Oy Ltd will void the user's authority to operate the equipment!

Due to our continuous policy of product development we reserve the right to change specifications without notice.

1	103 7035	Base frame	1	40	533 7045	Plastic insert	2
2	103 7038	Front foot	1	41	643 7001	Charge spring	1
3	103 7039	Rear foot	1	42	513 7001	Bracket (incl. 43, 44)	1
4	203 7020	Upright tube, (incl. 69)	1	43	523 409 85	Bearing	4
5	203 7022	Handle bar, LH, EUR	1	44	17 DIN 417	Clip C17 <ID 15.7mm>	3
-	203 7033	Handle bar, LH, USA (incl. 40, 58, 61, 69)	1	45	M8x16 DIN 933	Screw	2
6	203 7021	Handle bar, RH, EUR	1	46	433 7005	Turning pedal, right	1
-	203 7032	Handle bar, RH, USA (incl. 40, 58, 61, 69)	1	47	403 1026	Magnet	1
7	343 7019	Axle support	1	48	443 7004	Belt	1
*8	653 7023	Spring knob, EUR	2	49	M6x18 DIN 933	Screw	4
*-	653 7032	Screw, USA	2	50	503 7011	Safe bracket	1
9	203 7024	Swivel tube, EUR (incl. 64)	2	51	263 7007	Pulley (incl. 47)	1
-	203 7038	Swivel tube, USA (incl. 64)	2	52	343 7020	Axle for pulley	1
10	363 7005	Pedal, pair (incl. 12)	1	53	M6 DIN 985	Nylock nut	4
11	103 7037	Pedal tube, left (incl. 64)	1	54	433 7006	Turning pedal, left	1
13	233 7013	Computer (incl. 13a, 13b)	1	55	M3x8 DIN 7504M	Screw	1
13a	423 7056	Membrane	1	56	523 7014	Spacer sleeve	3
13b	173 7015	Meter lower cover	1	57	503 7017	Sensor bracket	1
M3x8 DIN 7504M		Screw	6	58	213 7011	Handle grip, pair	1
14	103 7036	Pedal tube, right (incl. 64)	1	59	173 7014	Side cover, right	1
15	403 7018 EU	Mains cable/transformer	1	60	173 7013	Side cover, left	1
-	403 7018 GB	Mains cable/transformer	1	61	533 7047	Handlebar end cap	2
-	403 7018 USA	Mains cable/transformer	1	62	533 7041	Turning plate cover	2
-	403 7018 JPN	Mains cable/transformer	1	63	533 7042	Front foot cover	2
-	403 7018 AUS	Mains cable/transformer	1	64	523 9006	Bearing	8
16	203 7023	Fix handlebar (incl. 70,71)	1	65	653 7025	Washer	2
17	533 7048	End cap	3	66	M8x20 ISO 7380	Screw	2
*18	M8 DIN 125	Washer	12	67	M8 DIN 125	Washer	2
*19	M8 DIN 127	Spring washer	16	68	343 7018	Pedal tube shaft	2
*20	M8 DIN 1587	Cap nut	4	69	533 7044	Plug axle support	6
*21	M8x90 DIN 603	Screw	4	70	213 7010	Fix handlebar grip, pair	1
22	533 7051	Rear foot cover	2	71	533 7049	Fix handlebar end cap	2
23	403 7024	Sensor wire	1	72	M5 DIN 985	Nylock nut	4
*24	M8x15 ISO 7380	Screw	6	73	M5x70 DIN 932	Screw	4
*25	M8 DIN 440	Washer M8 OD 28mm	2	74	M8x12 ISO 7380	Screw	4
*26	M6x45 DIN 603	Screw	4	75	M5 DIN 125	Washer	4
*27	M6 DIN 125	Washer	4	76	M12 DIN 934	Nut 1/2"	8
*28	M6 DIN 127	Spring washer	4	77	M14 DIN 127	Spring washer 1/2"	4
*29	653 7028	Knob dawl	4	78	533 7050	Plastic Sleeve	8
30	M5x10 DIN 7985	Screw	2	79	513 7002	Support bar	1
*31	653 7031	Screw	2	80	503 7013	Coil back bracket	1
32	403 7022	Wire set	1	81	503 7014	Coil bracket	1
33	M10 DIN 125	Washer	2	82	403 7023	Electricmagnet	1
34	12 DIN 471	Clip C12 <ID 11.1mm>	2	86	M3x8 DIN 7981	Screw	2
35	523 504 84	Bearing	2	87	M8x25 ISO7380	Screw	2
36	303 7003	Flywheel (incl. 33-35, 37, 39)	1	-	423 0067	TUNTURI-logo	2
37	343 7021	Flywheel axle	1	-	553 7005	Assembly kit (incl *)	1
38	M6x12 DIN 933	Screw	3	-	583 7009	Owner's manual	1
39	653 7026	3/8" Wh nut	2				





TUNTURI[®]
THE MOTOR – *it's you.*

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