Platinum® PRO

UPRIGHT BIKE PRO
USER MANUAL



It's easy to feel good!

www.tunturi.com

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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, 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

Safety Instructions

Read this guide through carefully before assembling, using or servicing your fitness equipment. Please keep the guide somewhere safe; it will provide you now and in the future with the information you need to use and maintain your equipment. Always follow these instructions with care.

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 exercise environment

- The equipment is not to be used outdoors.
- Place the equipment on a firm, level surface. Place the equipment on a protective base to avoid any damages to the floor beneath the equipment.
- Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.
- In training, the equipment tolerates an environment measuring +10°C to +35°C. The equipment can be stored in temperatures ranging between -15°C and +40°C. Air humidity in the training or storage environment must never exceed 90%.

Note about the equipment

- If children are allowed to use the equipment, they should be supervised and taught to use the equipment properly, keeping in mind the child's physical and mental development and their personality.
- Before you start using the equipment, make sure that it functions correctly in every way. Do not use faulty equipment.
- Press the keys with the tip of the finger; your nails may damage the key membrane.
- Never lean on the interface.
- Never remove the side covers. Do not step on the frame casing.
- 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.
- Further information on warranty terms can be found in the warranty booklet included with the product.
- Please note that the warranty does not cover damage due to shipping or negligence of adjustment or maintenance instructions described in this manual.
- The equipment must not be used by persons weighing over 150 kg.
- Do not attempt any servicing or adjustments other than those described in this guide. Everything else must be left to someone familiar with the maintenance of electromechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not use excessive pressure on console control keys. They are precision set to properly function with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

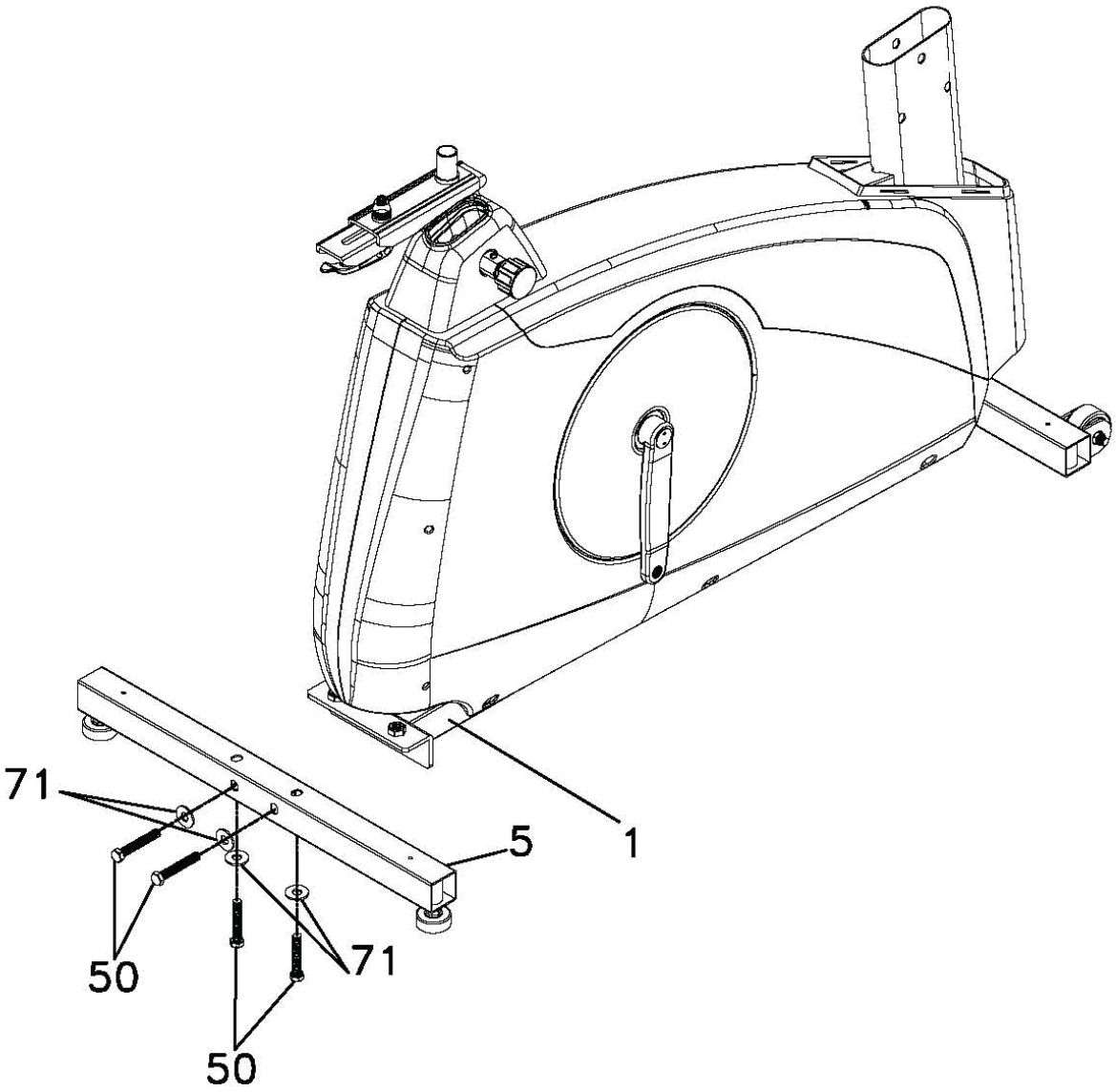
SAVE THIS INSTRUCTION MANUAL

Assembly

Step 1:

Rear support tube assembly

Install the rear support tube (5) onto the main frame (1) with four 3/8” x 2” Hex head bolts (50) and four 3/8” x 25mm Flat Washers (71).




#50. 3/8"X2" Hex Head bolt - 4PCS


#71. 3/8"X25mmx2T Flat Washer - 4PCS


#100. 12/14m/m_Wrench

Step 2:

Front pright tube assembly

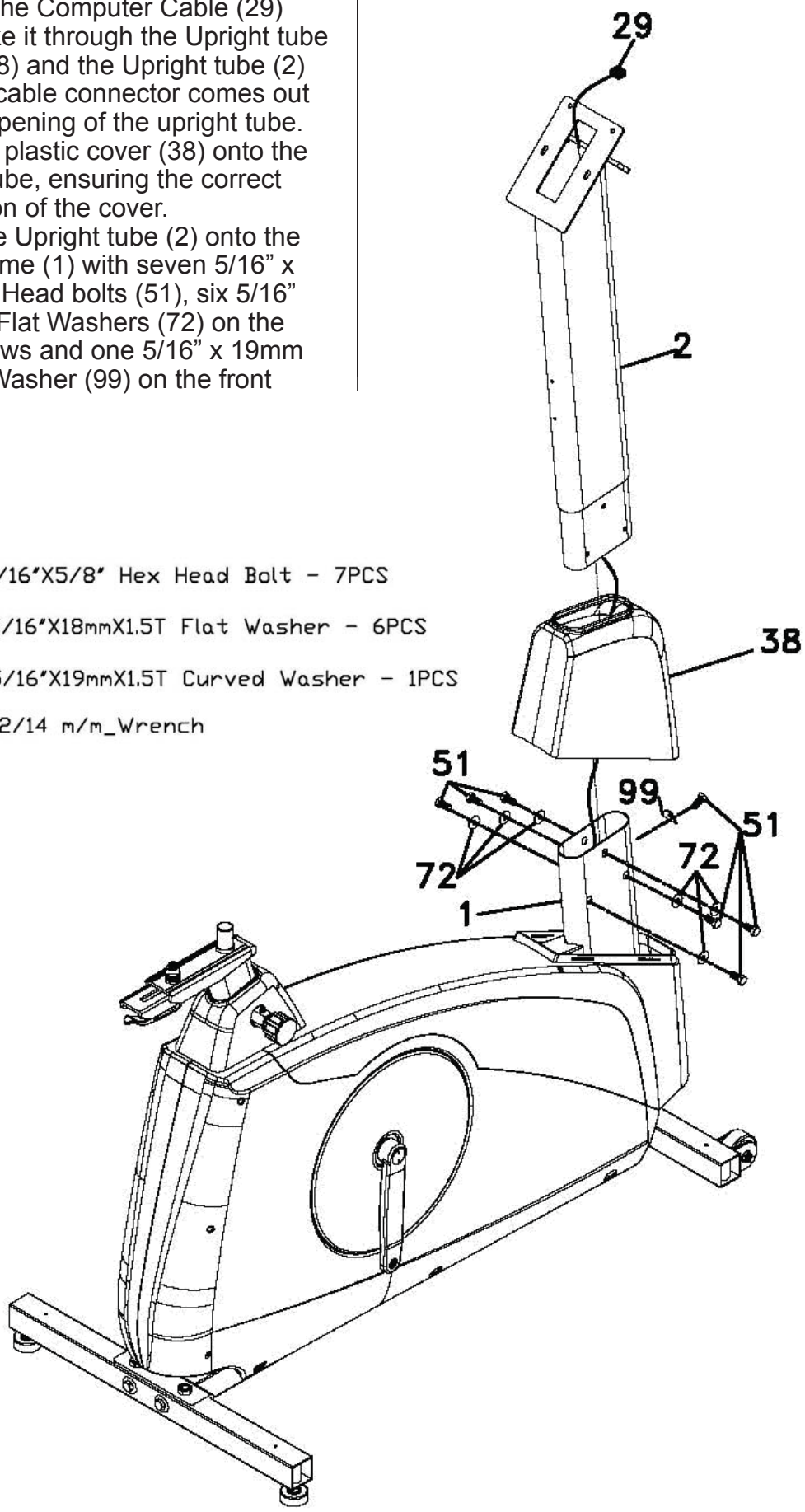
1. Unravel the Computer Cable (29) and snake it through the Upright tube Cover (38) and the Upright tube (2) until the cable connector comes out the top opening of the upright tube. Slide the plastic cover (38) onto the upright tube, ensuring the correct orientation of the cover.
2. Install the Upright tube (2) onto the Main Frame (1) with seven 5/16" x 5/8" Hex Head bolts (51), six 5/16" x 18mm Flat Washers (72) on the side screws and one 5/16" x 19mm Curved Washer (99) on the front screw.

#51. 5/16"X5/8" Hex Head Bolt - 7PCS

#72. 5/16"X18mmX1.5T Flat Washer - 6PCS

#99. 5/16"X19mmX1.5T Curved Washer - 1PCS

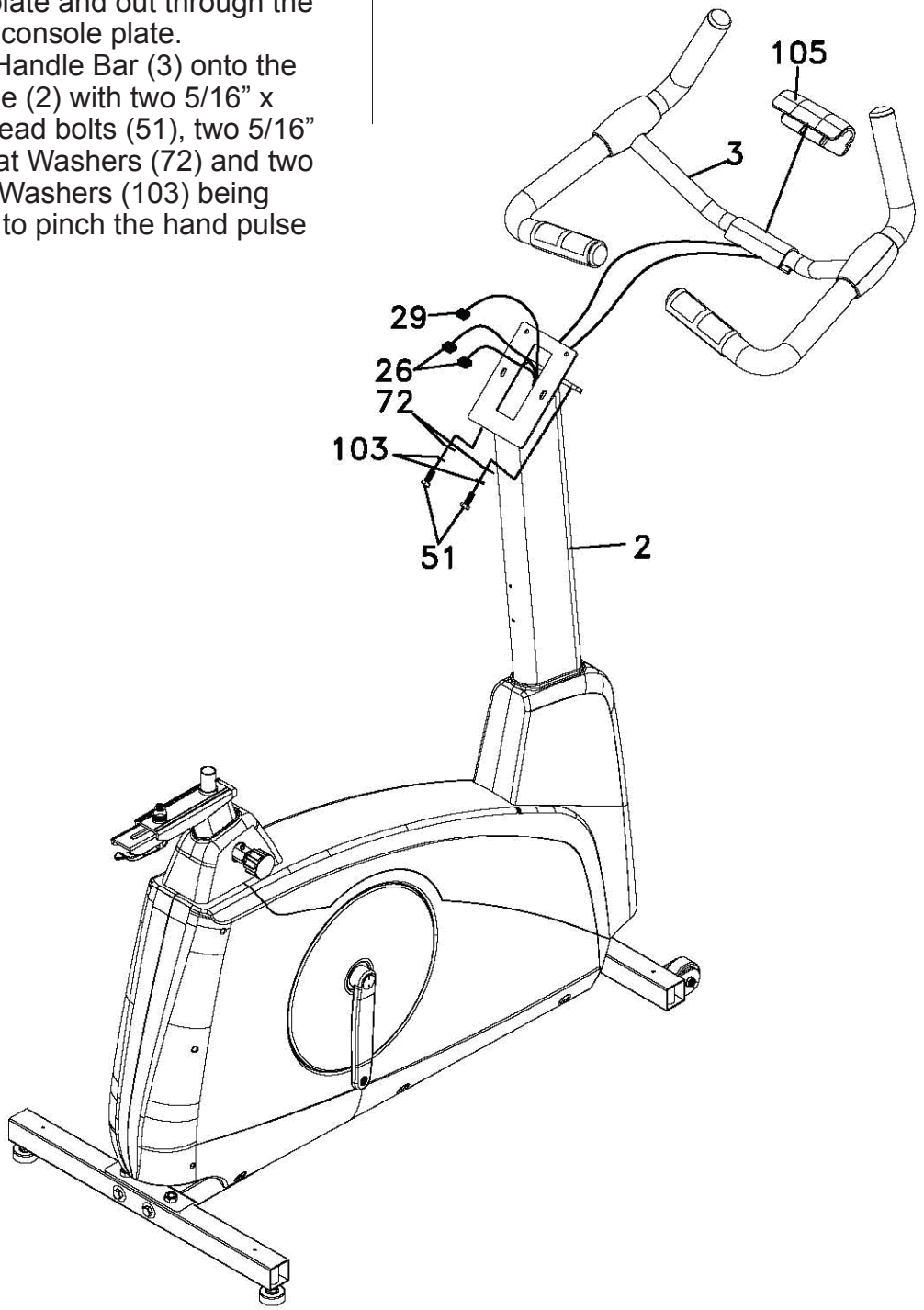
#100. 12/14 m/m_Wrench



Step 3:

Handlebar

1. Run the two hand pulse wires (26) into the hole in the handle bar mounting plate and out through the hole in the console plate.
2. Install the Handle Bar (3) onto the Upright tube (2) with two 5/16” x 5/8” Hex Head bolts (51), two 5/16” x 18mm Flat Washers (72) and two 5/16” Split Washers (103) being careful not to pinch the hand pulse wires.



#51. 5/16"X5/8" Hex Head Bolt - 2PCS

#72. 5/16"X18mmX1.5T Flat Washer - 2PCS

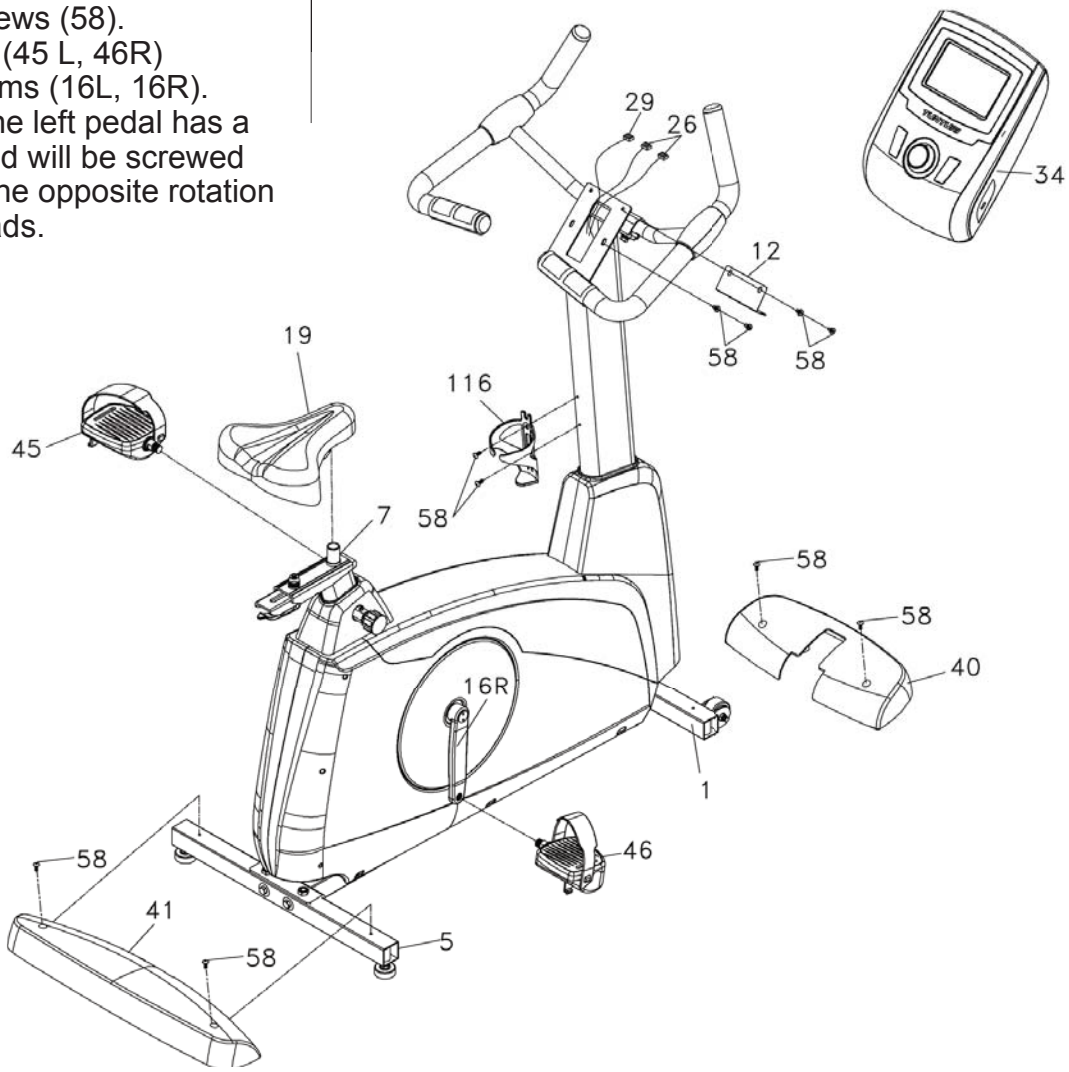
#100. 12/14m/m_Wrench

#103. 5/16"X1.5T Split Washer - 2PCS

Step 4:

Console, Seat, Pedals And Main Housing Covers Assembly

1. Insert the Computer Cable (29) and two Hand pulse cables (26) into the connectors in the back of the Console (34). Install the Console (34) onto the Upright tube at the bottom with two M5x12mm Phillips Head Screws (58).Then fasten the Console (34) with the Fixing Plate (12) onto the Upright tube on the top with two M5x12mm Phillips Head Screws (58).
2. Install the Front Foot Cover (40) and the Rear Foot Cover (41) onto the Main Frame (1) with four M5x12mm Phillips Head Screws (58).
3. Install the Pedals (45 L, 46R) onto the Crank arms (16L, 16R). Remember that the left pedal has a reverse thread and will be screwed into the crank in the opposite rotation from normal threads. There is an "L" stamped into the end of the threaded post of the left pedal and an "R" in the right. Make sure to tighten the pedals as much as you possibly can. It may be necessary to re-tighten the pedals if you feel a thumping during pedaling the bike. A noise or feeling such as a thumping or clicking is usually caused by the pedals being too loose.
4. Install the Seat slide tube (7) onto the track on top of the seat tube with the seat post facing forward. Install the seat (19) onto the seat post.
5. Install the Bottle Holder (116) onto the Upright tube with two M5x12mm Phillips Head Screws (58).



#58. M5X12mm Phillips Head Screw - 10pcs

#93. Phillips Head Screw Driver

#117. 13/15m/m_Wrench

User interface

Jogwheel and Button settings



A Back/ Stop button:
- Move back to previous window
- Stop the active training

B Main menu:
It will go back to main menu of quick start if press main menu button
During training: pause if press this button

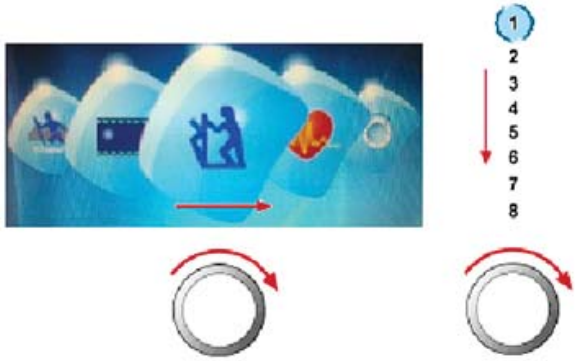
C User:
Press this button to enter User/Setting mode screen
This button is of no use during workout

D Jogwheel:

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; counterclockwise for leftward

Vertical
- Turning clockwise to shift up; counterclockwise 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™

USB Port

The user interface is equiped with 1 Usb port.
This USB port can be used for service purpose only.

Note! format should not be NTFS

Start up screen

When user interface startup it will show loading screen as shown below.



After a few seconds this scree will change into Data reading in progress screen. Shown below.



After loading the aplication the user interface will be show main menu screen.



trainer is now ready to start your workout programming of just select quick start and begin.

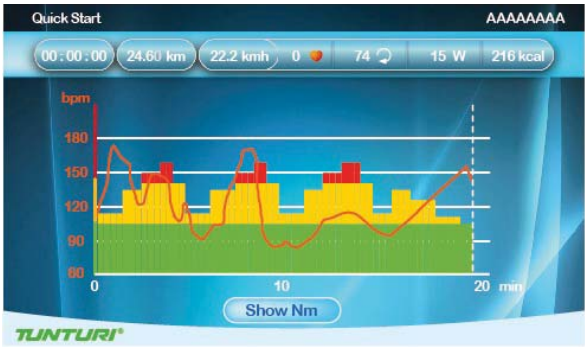
Programs



Quick start

- Turn the jogwheel and select "Quick start"
- Press the jogwheel to confirm and enter the workout screen quickly

Workout screen



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

- During workout, press the jogwheel button to switch the Y-axis between Nm↔ bpm.
- Turning jogwheel during workout will increase/ decrease the resistance level in NM
- The bar chart denotes torque value Nm. Rotate the jogwheel 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.
- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down.

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.



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 jogwheel to select A~Z or 0~9, save all workout data and name the file for a new workout mode.

Display the workout data in Last session screen.

Workout data screen



- Press the jogwheel button to return to main menu.



Target heart rate

- Turn the jogwheel and select “Target HR“
- Press the jogwheel to confirm and enter the Setting screen (1)

Setting screen (1)



- Turn the jogwheel to adjust target heart rate value.
  (the percentage varies with bpm value)
- Press the jogwheel to confirm and enter the Setting screen (2)

Setting screen (2)



- Turn jogwheel to select item
- Press the jogwheel button for confirmation and continue the range setting at the right.
- Turn jogwheel to change setting ranges
- Press the jogwheel button to confirm and enter the Workout screen.

Workout screen



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 jogwheel button to switch the Y-axis between W↔ bpm
- Turning the jogwheel will increase/ decrease the Target HR level in Bpm
- The bar chart denotes target heart rate value bpm. Rotate the jogwheel 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.

To stop your workout see:
"End your workout"



Manual

- Turn the jogwheel and select "Manual"
- press the jogwheel to confirm and enter the Setting screen (1).

Setting screen (1)



- Turn jogwheel to select item
- Press the jogwheel button for confirmation and continue the range setting at the right.
- Turn jogwheel to change setting ranges
- Press the jogwheel button to confirm and enter the Workout screen.

Workout screen



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 jogwheel button to switch the Y-axis between Nm↔ bpm

- Turning jogwheel during workout will increase/ decrease the resistance level in NM
- The bar chart denotes torque Nm value. Rotate the jogwheel to adjust the Nm 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

To stop your workout see:
"End your workout"



Watt Constant

- Turn the jogwheel and select "Watt Constant"
- press the jogwheel to confirm and enter the Setting screen (1).

Setting screen (1)



- Turn the jogwheel to adjust target Watt value.
- Press the jogwheel to confirm and enter the Setting screen (2)

Setting screen (2)



- Turn jogwheel to select item
- Press the jogwheel button for confirmation and continue the range setting at the right.
- Turn jogwheel to change setting ranges
- Press the jogwheel button to confirm and enter the Workout screen

Workout screen



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 jogwheel button to switch the Y-axis between Nm↔ bpm
- Turning jogwheel during workout will increase/ decrease the resistace level in Watt.
- The bar chart denotes the Watt value. Rotate the jogwheel 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

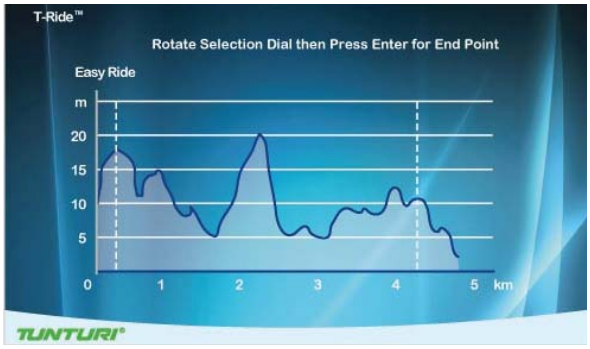
- Turn the jogwheel and select "T-ride"
- press the jogwheel to confirm and enter the Setting screen (1).

Setting screen (1)



- Turn the jogwheel to select between: Top and Down - Trail - Easy Ride - Marathon - Short Loop
- Press the jogwheel to confirm and enter the Setting screen (2)

Setting screen (2)



- Set up the Startup point of Workout: rotate the jogwheel button to adjust the left white dot line, press the jogwheel button for confirmation.
- Set up the Ending point of Workout: rotate the jogwheel button to adjust the right white dot line, press the jogwheel button for confirmation then enter the Workout screen.

Workout screen



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

- During workout, press the jogwheel 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
- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down
- In the right of the screen is the gear shift from 1~8, use the jogwheel button to switch. (tension level related)
- The white icon + 0°in the left buttom 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 jogwheel button to return to Main menu

To stop your workout see:
"End your workout"



Preset Programs

- Turn the jogwheel and select “Preset Programs”
- press the jogwheel to confirm and enter the Setting screen (1).

Setting screen (1)



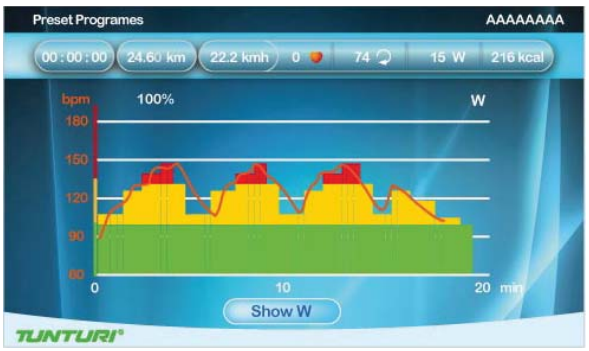
- Turn the jogwheel to select between: **Watt control**: Rolling Hills - Hill Climb - Cross Country - Stamina - Power Interval items and, **Heart Rate Control:** Fatburner1 - Fatburner2 - Cardio Strength - Cardio Climb - Cardio Interval
- Press the jogwheel to confirm and enter the Setting screen (2)
-

Setting screen (2)



- Turn jogwheel to select item
- Press the jogwheel button for confirmation and continue the range setting at the right.
- Turn jogwheel to change setting ranges
- Press the jogwheel button to confirm and enter the Workout screen

Workout screen (Watt Control)

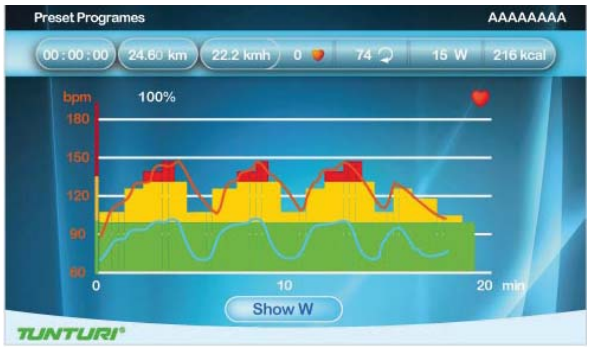


The X-axis unit is shown according to the selection of Time/Distance in Set screen:

Time Unit:	min
Distance Unit:	km in metric mile in Imperial

- During workout, press the jogwheel button to switch the Y-axis between W↔ bpm
- Turn jogwheel to T-scale the program profile in %.
- The bar chart denotes the default target Watt value of the Profile. Rotate the jogwheel to adjust the percentage of Profile Watt value in the right of the white dot line
- The white dot line shows current position, which moves rightward as 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 is the same as Watt Constant mode

Workout (Heart Rate Control)



The X-axis unit is shown according to the selection of Time/Distance in Set screen:

Time Unit: min
Distance Unit: km in metric
mile in Imperial

- During workout, press the jogwheel button to switch the Y-axis between W↔ bpm
- Turn jogwheel to T-scale the program profile in %.
- The bar chart denotes the default target Watt value of the Profile. Rotate the jogwheel to adjust the percentage of Profile Watt value in the right of the white dot line
- The white dot line shows current position, which moves rightward as 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 is the same as Target HR mode
-

To stop your workout see:
"End your workout"



Own Trainings

- Turn the jogwheel and select "Preset Programs"
- press the jogwheel to confirm and enter the Setting screen (1).

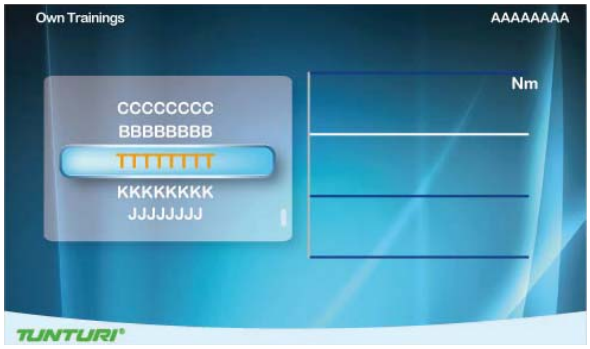
NOTE

When no saved trainings are found below window will appear.



- Press jogwheel to go back to main menu

Setting screen (1)



Setting Screen (1) is for user's saved itemsand training records.
They are shown in the right and left screen.

- Turn jogwheel to select item
- Press the jogwheel button to confirm and to open selection window.

Selection window



- Turn the jogwheel and select item

Choose “Replay”

- Press jogwheel button to confirm. Enter workout screen and continue the previous training

Choose “Edit”

- Press jogwheel to confirm
- Enter and edit the range setting
- Press jogwheel button to confirm and to enter workout screen

Choose “Delete”

- Turn jogwheel to select item
- Press the jogwheel button to confirm and to open selection window.
- Choose Yes to delete selected file, choose no not delete selected file.
- Press joghweel button to confirm.

Workout screen:
Workout screen is depending on the trianings 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



Fitness test

- Turn the jogwheel and select “Fitness test”
- press the jogwheel to confirm and enter the Setting screen (1).

NOTE

User interface needs the user’s data to process Fitness test, if not any user data availeble Fitness test cannot start up. Below message will pop up.



- Press jogwheel to go back to main menu

Setting screen (1)



- Turn jogwheel to select item (Inactive / Active / Athlethic mode)
- Press the jogwheel button to confirm and to open setting screen (2)

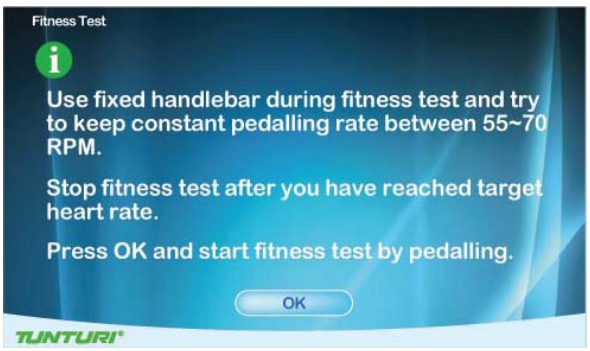
Setting screen (2)



- Turn jogwheel 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 jogwheel button to confirm and to open information window

Information window



- Press the jogwheel button to confirm and to open Workout screen.

Workout screen



- The X-axis unit is min
- The Y-axis unit is bpm
- The bar chart denotes the Watt value of the Profile.
- The white dot line shows current position, which moves rightward as time increases, the workout time is 5-hour at most then the workout screen leaves
- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down
- The horizontal red dot line shows the user's target hear rate value

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 110bpm

"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

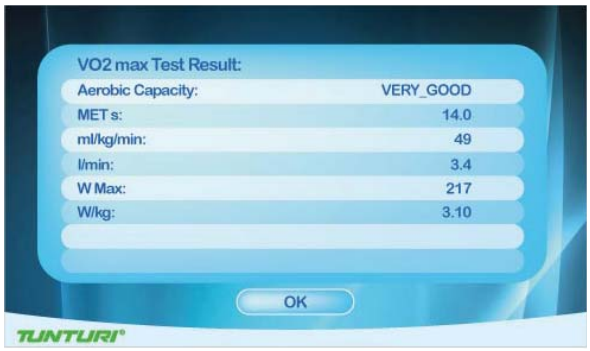
"Target HR reached! Stop test or Continue"
- User has achieves the target.
- press the jogwheel button to end the test and show workout data screen

Workout data screen



- Press jogwheel to go to VO2 Max test result screen

VO2 Max test result screen



- Press jogwheel to go back to main menu

To stop your workout see:
"End your workout"

VO2 Max test result table.

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



T-Road

- Turn the jogwheel and select “T-Trainer”
- press the jogwheel to confirm and enter the Setting screen (1).

Setting screen (1)

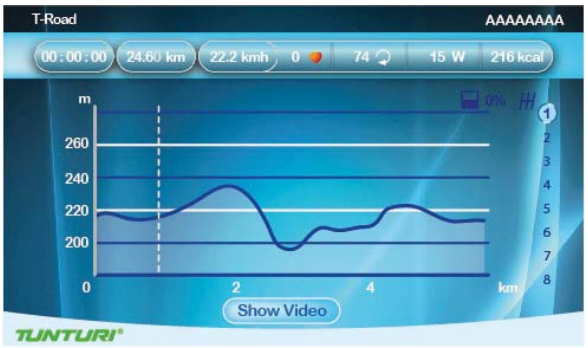


There are 3 selectable tracks availeble. Knowing: Tuscany Sandy Road/ Tuscany Scenrey Road/ Tuscany Country Road.

- Turn the jogwheel and select your training track
- press the jogwheel to confirm and enter the workout video screen.



Press the jogwheel during workout to switch between Video and Profile screen



- The X-axis is shown as distance unit, km in metric and mile in Imperial
- The Y-axis unit is m in metric and ft in Imperial
- Press the Jogwheel during workout to switch between Video ↔ Profile 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 jogwheel button to switch. (tension level

related)
- The white icon + 0°in the left buttom of the screen shows the incline level and it varies with the Profile incline level change.

- 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 jogwheel to select one of the six availeble items.
- Press the jogwheel 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.



Exit the training data by pressing BACK/STOP.



User Setting

By selecting the "User Setting" you can:
- Adjust the brightness (Defalut=50%)
- Check the total mileages of the machine.
- Check the total used time fo 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.



How to modify settings
- Turn jogwheel to select changable item.
- Press jogwheel to open selected item in right side of the screen for edit..
- Turn jogweel to change valeu of selected.
- Press joghweel to confirrm change.
- Turn jogwheel 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:

User name:
- Turn jogwheel and select “Name”
- Press jogwheel to open “Name”edit.
- Turn jogwheel to select letter
- Press jogwheel to confirm
- Turn jogwheel to select next letter
- When name is edit correctly than select “√” to confirm name and go back to Edit user Menu

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

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

Gender
- Turn jogwheel and select “Gender”
- Press jogwheel to open “Gender” edit
- Turn jogwheel to select Male/ Female
- Press jogwheel to confirm and go back to Edit user Menu

Age
- Turn jogwheel and select “Age”
- Press jogwheel to open “Age” edit
- Turn jogwheel to change age
- Press jogwheel to confirm and go back to Edit user Menu

Heigth
- Turn jogwheel and select “Heigth”
- Press jogwheel to open “Heigth” edit
- Turn jogwheel to change Heigth
  In cm when units in Metric
  In ft/inch when units in Imperial.
- Press jogwheel to confirm and go back to Edit user Menu

Weight
- Turn jogwheel and select “Weight”
- Press jogwheel to open “Weight” edit
- Turn jogwheel to change Weight
  In kg when units in Metric
  In lb when units in Imperial.
- Press jogwheel to confirm and go back to Edit user Menu

Max HR
- Turn jogwheel and select “Max HR”
- Press jogwheel to open “Max HR” edit
- Turn jogwheel to change default max HR preset as:
  when selected Male : 220-age
  when selected female : 226-age
- Press jogwheel 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 jogwheel and select the user you want to delete
- Press jogwheel to delete the selected user and go back to setting menu.

User will be deleted without futher prompting



Change User

By selecting the "Change User" you can: Select an other pre set user profile.

- Turn jogwheel and select the user you want to activate
- Press jogwheel to confirm the selected user and go back to setting menu.
- Selected user is shown in upper right corner of window.



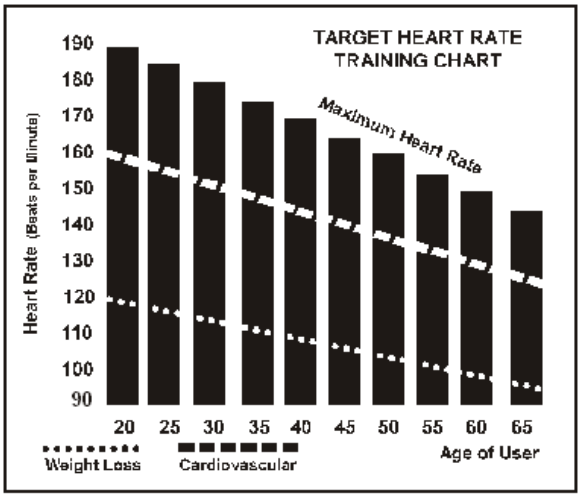
Create User

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.

Heart Rate Training

A word about Heart Rate:
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising
comfortably. A great deal of this success has been
promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by
maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 70% is for strengthening the cardio vascular system. This 60% to 70% is the zone to stay in for maximum benefit.



For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .7 = 126 beats per minute (70% of maximum)

So for a 40 year old the training zone would be 108 to 126 beats per minute.

How to wear your wireless chest strap transmitter:

- Attach the transmitter to the elastic strap using the locking parts.
- Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
- Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting

the round end and, using the locking parts, secure the transmitter and strap around your chest.
- Position the transmitter immediately below the pectoral muscles.
- Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
- Your workout must be within range - distance between transmitter/receiver - to achieve a strong steady signal. The length of range may vary some what but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

NOTE!

The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). If your chest strap has a replaceable battery the replacement battery is Panasonic CR2032.

Caution!
Do not use this trainer for Target Heart Rate unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

1. Areas to look at for interference, which may cause erratic heart rate:
2. Microwave ovens, TVs, small appliances, etc.Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. If you continue to experience problems contact your dealer.

Exercising

Working out with this device 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 upteke, 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 be above all pleasant. You should work up a light sweat but you should not get out of breath during the workout.

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.

You should start slowly at a low pedalling 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 pedalling speed can be increased gradually.

Maintenance

The equipment requires very little maintenance. Check, however, from time-to-time that all screws and nuts are tight.

- After exercising, clean the equipment with a soft, absorbent cloth. Do not use solvents.
- Never remove the equipment's protective casing.

The electromagnetic brake forms a magnetic field that may damage the mechanism of a watch, or the magnetic identification strip on a credit or cash card, should they come into immediate contact with the magnets. Never attempt to detach or remove the electromagnetic brake!
The electromagnetic brake is based on electromagnetic resistance; resistance level is electronically measured and shown as watt reading on the display. Due to the measurement system, your Tunturi ergometer need not be re-calibrated when assembled, serviced and used according to this Owner's Manual.

Troubleshooting

Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part. If the equipment does not function properly during use, contact your Tunturi dealer immediately. Always give the model and serial number of your equipment. Please state also the nature of the problem, conditions of use and purchase date.

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

Moving and storage

Please follow these instructions when carrying and moving the equipment about, because lifting it incorrectly may strain your back or risk other accidents:

For transportation or moving of the device, two grown-ups are needed. Remain standing in front of the device on each side and take a sturdy grip at the handles. Lift the rear of the device so as to lift the front of the device on the wheels. Move the device and carefully put it down to its new place. To prevent the equipment malfunctioning, store in a dry place with as little temperature variation as possible and protected from dust.

NOTE

Transport the equipment with caution over uneven surfaces, for example over a step. The equipment should never be

transported upstairs using the wheels over the steps, instead it must be carried. We recommend that you use a protective base when transporting the equipment.

Specifications

User Interface

Graphic window in training mode:

Y-axis: Watt, bpm, Nm
X-axis: km, min, kcal

Factory defaults:
Some values should be in default setting when shown (not zero) for first time in session.

Time: .....30:00 min
Distance:.....10.0 km
Energy: ..... 200 kcal
HR: ..... 75 % of Max HR of user
Effort: .....100 W
Units: .....Metric
Target display: ..... Count Up
Speed: ..... kph
Gender..... Male
Age: .....40 years
Height: ..... 175 cm
Weight: ..... 75 kg
Max HR..... 180 bpm

Range:
Energy range ..... 50~2000 kcal (±50)
Time range ..... 10~180 minutes (±10)
Distance range ..... 3~100 kms (± 1)
Target HR Range .....80~220 bpm (± 1)
Target effort Range ... 20W ~ 350W (± 1)
Age ..... 10~99 years (± 1)
Height
Metric Units ..... 110~210 cm (±1)
Imperial units ..... 3'7"~6'10" ft/inch(± 1)
Weight
Metric Units .....30~220 kg (± 1)
Imperial units .....66~330 lb(± 1)
Max HR.....- 80~220 bpm (± 1)

Equipment

Length.....108cm
Width .....55 cm
Height .....136 cm
Weight .....52 kg

This product meets the requirements of the EU's EMC Directives on electromagnetic compatibility (89/336/EEC) and electrical equipment designed for use within certain voltage limits (73/23/EEC). This product therefore carries the CE label.

This product meets EN precision and safety standards (Class SA, EN-957, parts 1 and 9).

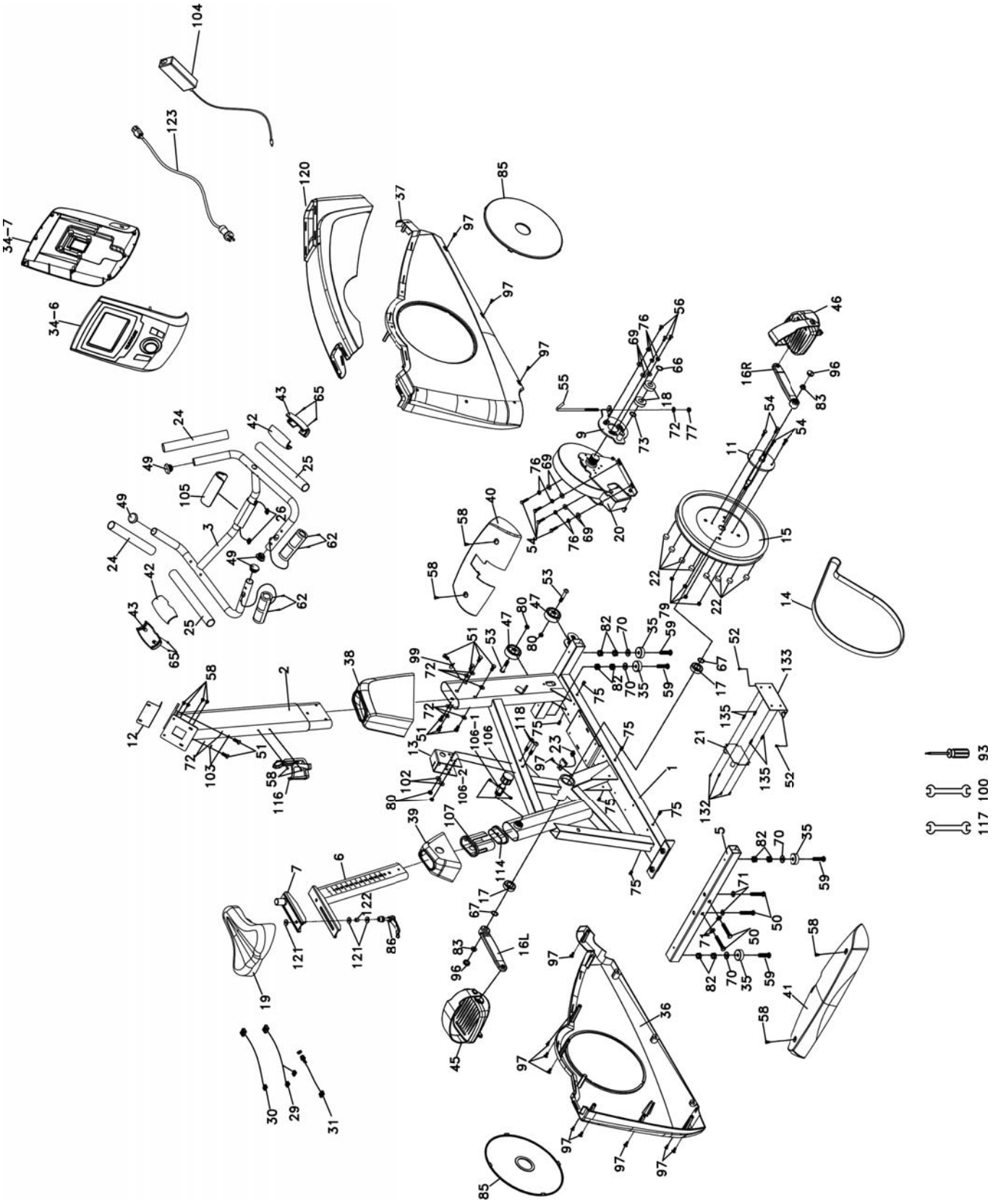
Due to our continuous policy of product development, Tunturi reserves the right to change specifications without notice.

Spare parts list

Buble	Description	Qty
1	Main frame	1
2	Console mast	1
3	Handle bar	1
5	Rear stabilizer	1
6	Seat slider	1
7	Sliding seat mount	1
9	Idler wheel Assy.	1
11	Crank axle	1
12	Fixing cover plate	1
13	Chain cover bracket	1
14	Drive belt	1
15	Drive pulley (Ø330)	1
16L	Crank arm (LH)	1
16R	Crank arm (RH)	1
17	Bearing (6004)	2
18	Bearing (6203)	2
19	Seat	1
20	Induction brake	1
21	Power control board	1
22	Magnet (speed pick-up)	8
23	Sensor w/cable (350mm)	1
24	Handgrip foam	2
25	Handgrip foam	2
26	Handpulse W/Cable Assy.	2
29	Computer cable (1900mm)	1
30	Wire brake coil harness	1
31	DC wire (250mm)	1
34	Console Assy.	1
34~6	Console top cover	1
34~7	Console bottom cover	1
35	Ø35 × 10m/m_Rubber foot	4
36	Chain cover (LH)	1
37	Chain cover (RH)	1
38	Console mast cover	1
39	Seat post cover	1
40	Front stabilizer cover	1
41	Rear stabilizer cover	1
42	Handgrip side cap (upper)	2
43	Handgrip side cap (lower)	2
45	Pedal (LH)	1
46	Pedal (RH)	1
47	Transportation wheel (Ø54)	2
49	Button head plug	4
50	Hex head bolt (3/8"×2")	4
51	Hex head bolt (5/16"×58")	9
52	Tapping screw (5×19)	2
53	Button head socket bolt	2
54	Hex head bolt (14"×3/4")	8
55	J bolt (M8×170)	1
56	Phillips head screw (M6×15)	3
58	Phillips head screw (M5×12)	10
59	Flat head socket bolt (3/8"×2")	4
62	Tapping screw (Ø3×20)	4
65	Tapping screw (Ø3×10)	4
66	C Ring (Ø17)	1
67	C Ring (Ø20)	2
69	Flat washer (1/4"×13×1T)	7
70	Flat washer (3/8"×19×1.5T)	4
71	Flat washer (3/8"×25×2T)	4
72	Flat washer (5/16"×18×1.5T)	9
73	Flat washer (Ø17×23.5×1T)	1
75	Hex blind nut (M5)	6
76	Split washer (Ø14")	7
77	Nyloc nut (M8×7T)	1
79	Nyloc nut (14"×8T)	4
80	Nyloc nut (516"×6T)	4
82	Nut (38"×7T)	8
83	M10 × 1.25m/m_nut	2
85	Round disk	2
86	Quick release lever	1
93	Phillips head screw driver	1
96	Crank arm end cap	2
97	Phillips head screw (M5×12)	13
99	Curved washer	1
100	Wrench (12/14)	1
102	Flat washer (5/16×16×1.0T)	2
103	Split washer (5/16"×1.5T)	2
104	Power adaptor	1
105	Handle bar cover	1
106	Seat height Adjustment knob	1
106~1	Knob nut (22×M16×M22×37)	1
106~2	Phillips head screw (M4×5L)	2
107	Slider sleeve	1

114	Slide spacer	1
116	Drink bottle holder	1
117	Wrench (13/15)	1
118	Hex head bolt (5/16”×2-14”)	2
120	Connecting cap	1
121	Flat washer (5/16”×20×3.0T)	3
122	Sleeve	1
123	Power cord	1
132	Phillips head screw (M3×10)	4
133	Attaching plate	1
135	Isolation column	4

Exploded view



Notes

Notes



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