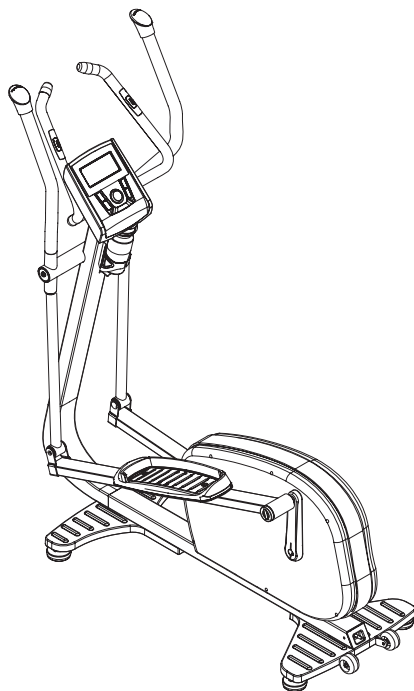


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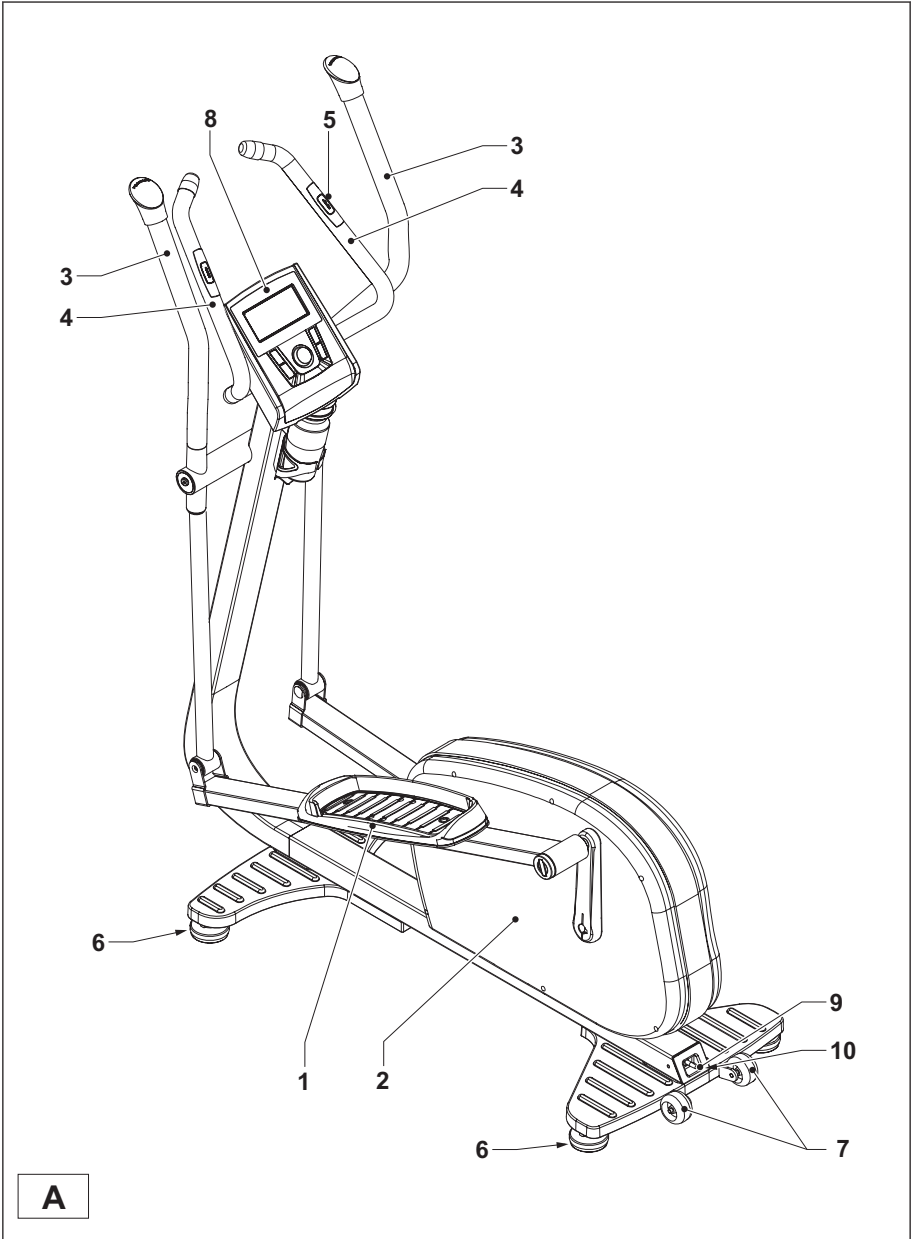
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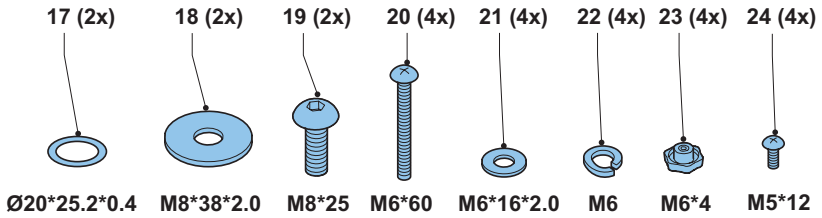
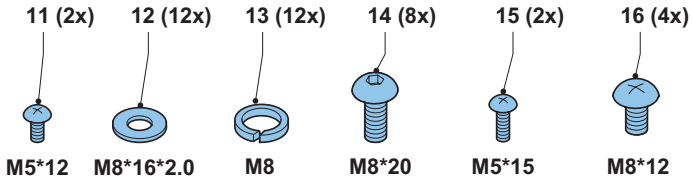
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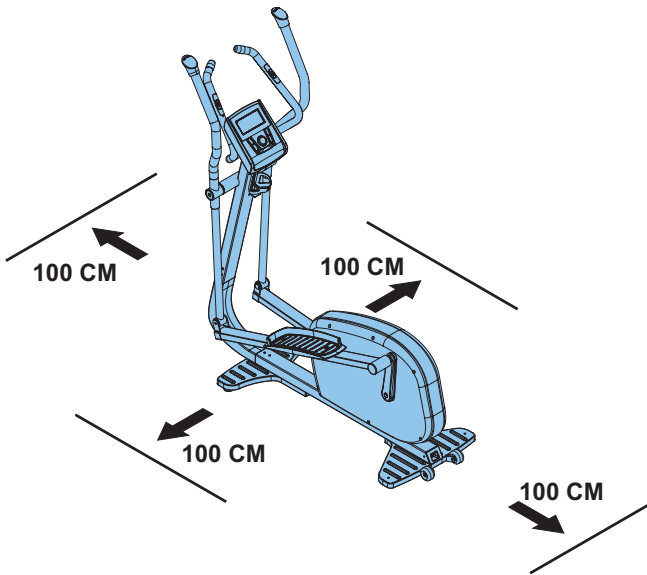
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From the **Heart** 

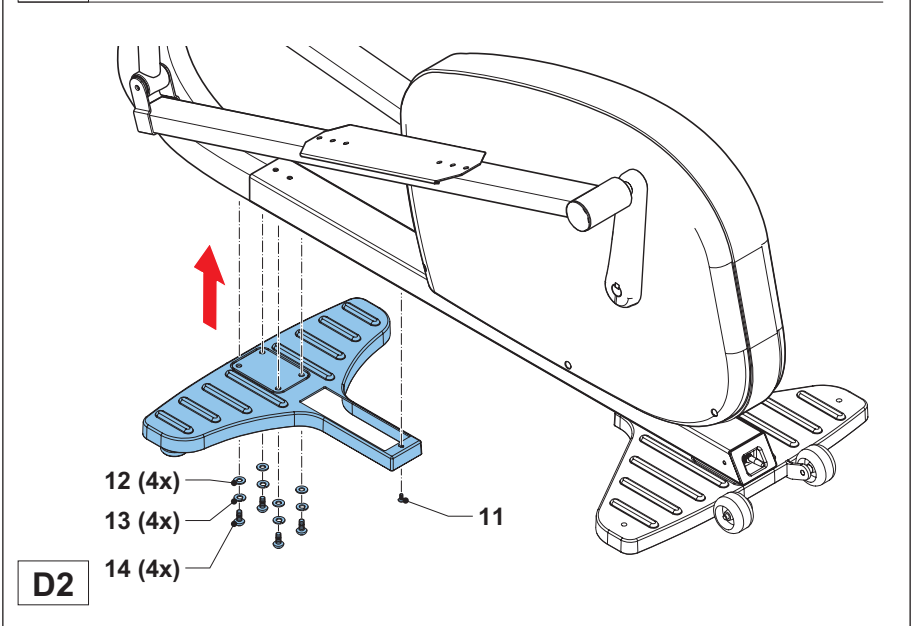
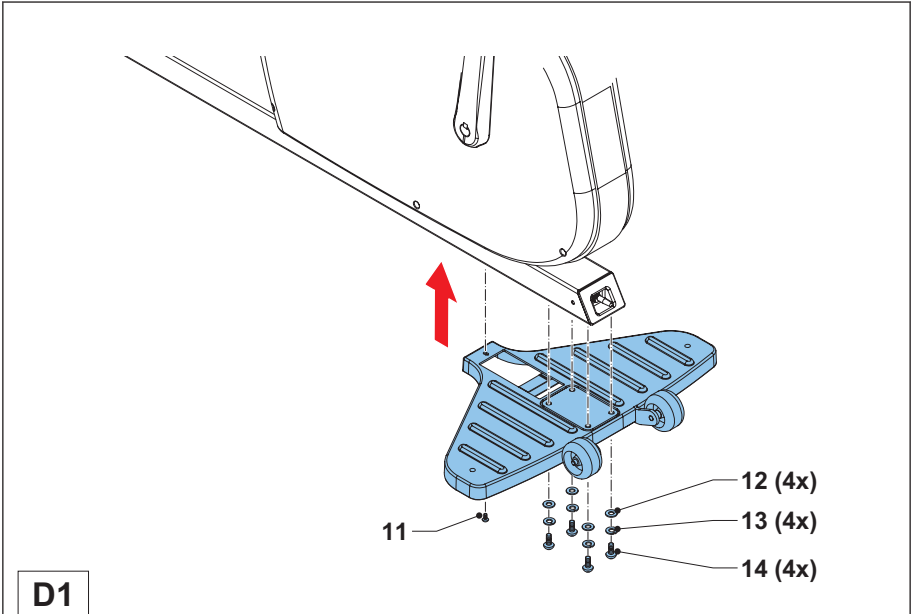


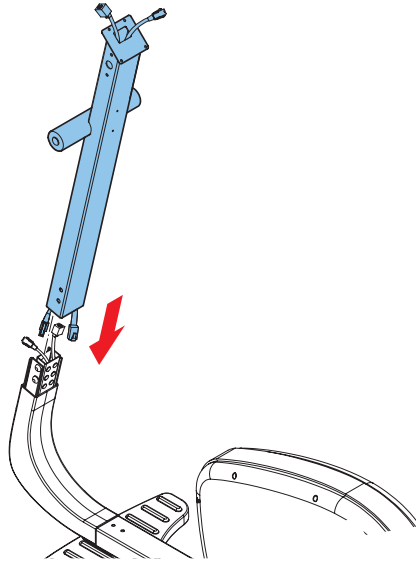
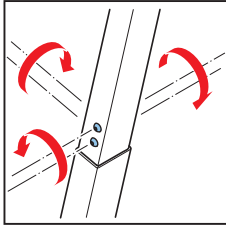
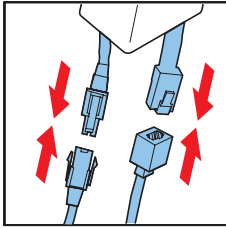


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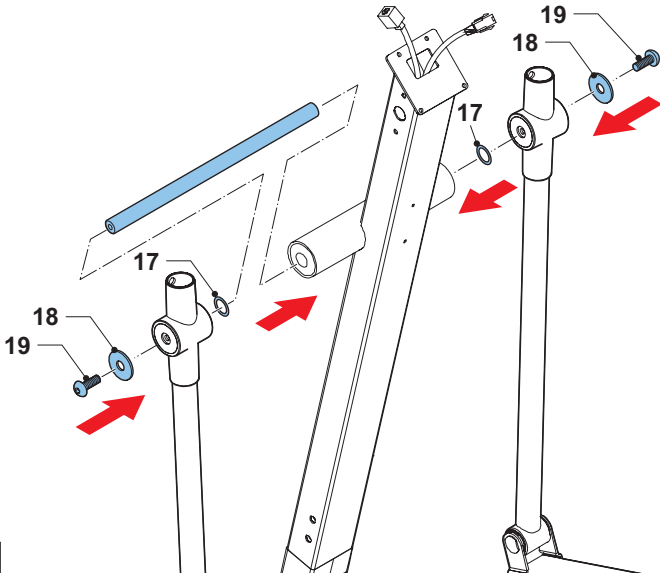


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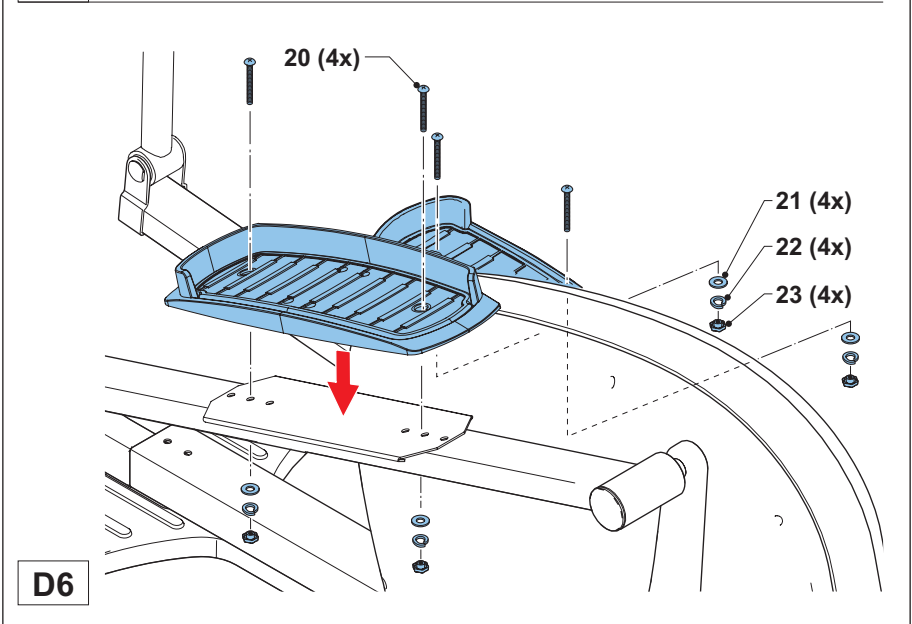
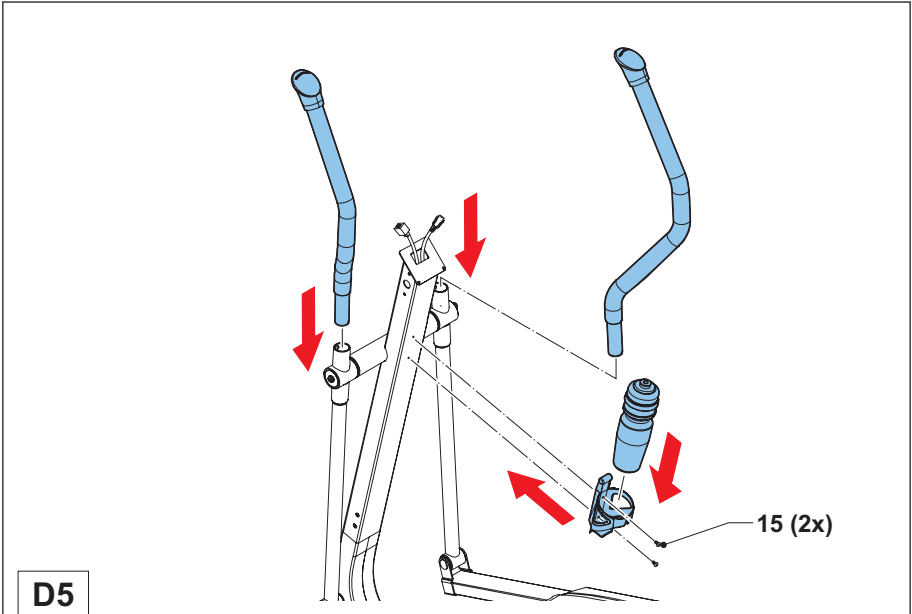


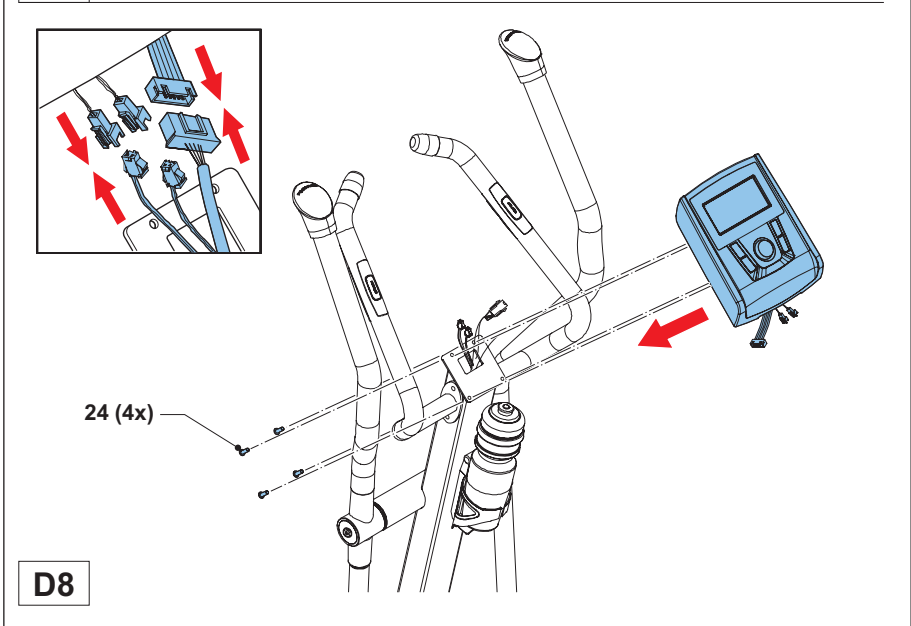
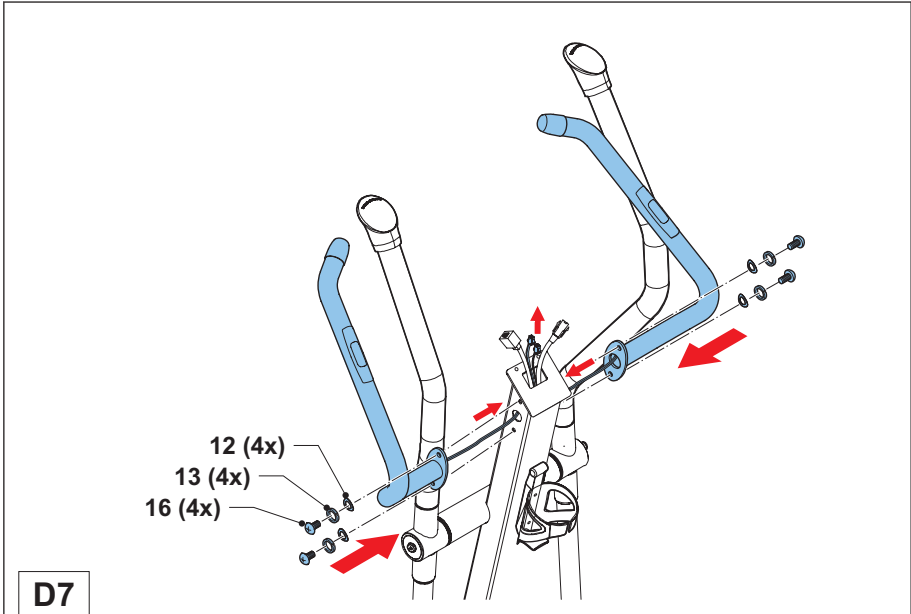


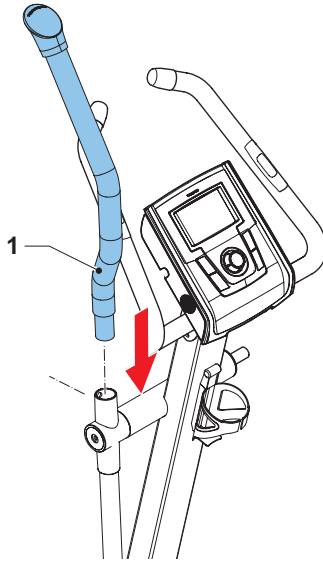
D3



D4







D9

CROSSTRAINER

Welcome to the world of Tunturi Fitness!

Thank you for purchasing this piece of Tunturi equipment. Tunturi offers a wide range of professional fitness equipment, including crosstrainers, treadmills, exercise bikes, rowers and vibration plates. The Tunturi equipment is suitable for the entire family, no matter what fitness level. For more information, please visit our website www.tunturi.com

Safety warnings



WARNING

- Read the safety warnings and the instructions. Failure to follow the safety warnings and the instructions can cause personal injury or damage to the equipment. Keep the safety warnings and the instructions for future reference.



WARNING

- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- The equipment is suitable for domestic and professional use only (e.g. hospitals, fire stations, hotels, schools etc.). Max. usage is limited to 6 hrs a day. The equipment is not suitable for full commercial use (e.g. large gyms).
 - The use of this equipment by children or persons with a physical, sensory, mental or motorial disability, or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety must give explicit instructions or supervise the use of the equipment.
 - Before starting your workout, consult a physician to check your health.
 - If you experience nausea, dizziness or other abnormal symptoms, immediately stop your workout and consult a physician.
 - To avoid muscular pain and strain, start each workout by warming up and finish each workout by cooling down. Remember to stretch at the end of the workout.
 - The equipment is suitable for indoor use only. The equipment is not suitable for outdoor use.

-
- Only use the equipment in environments with adequate ventilation. Do not use the equipment in draughty environments in order not to catch a cold.
 - Only use the equipment in environments with ambient temperatures between 10 °C and 35 °C. Only store the equipment in environments with ambient temperatures between 5 °C and 45 °C.
 - Do not use or store the equipment in humid surroundings. The air humidity must never be more than 80%.
 - Only use the equipment for its intended purpose. Do not use the equipment for other purposes than described in the manual.
 - Do not use the equipment if any part is damaged or defective. If a part is damaged or defective, contact your dealer.
 - Keep your hands, feet and other body parts away from the moving parts.
 - Keep your hair away from the moving parts.
 - Wear appropriate clothing and shoes.
 - Keep clothing, jewelry and other objects away from the moving parts.
 - Make sure that only one person uses the equipment at a time. The equipment must not be used by persons weighing more than 135 kg (300 lbs).
 - Do not open equipment without consulting your dealer.

Electrical safety (only for equipment with electric power)

- Before use, always check that the mains voltage is the same as the voltage on the rating plate of the equipment.
- Do not use an extension cable.
- Keep the mains cable away from heat, oil and sharp edges.
- Do not alter or modify the mains cable or the mains plug.
- Do not use the equipment if the mains cable or the mains plug is damaged or defective. If the mains cable or the mains plug is damaged or defective, contact your dealer.
- Always fully unwind the mains cable.
- Do not run the mains cable underneath the equipment. Do not run the mains cable underneath a carpet. Do not place any objects on the mains cable.
- Make sure that the mains cable does not hang over the edge of a table. Make sure that the mains cable cannot be caught accidentally or tripped over.
- Do not leave the equipment unattended when the mains plug is inserted into the wall socket.
- Do not pull the mains cable to remove the mains plug from the wall socket.

- Remove the mains plug from the wall socket when the equipment is not in use, before assembly or disassembly and before cleaning and maintenance.

Package contents (fig. B & C)

- The package contains the parts as shown in fig. B.
- The package contains the fasteners as shown in fig. C. Refer to the section "Description".



NOTE

- If a part is missing, contact your dealer.

Description (fig. A)

Your crosstrainer is a piece of stationary fitness equipment used to simulate walking or running without causing excessive pressure to the joints.

1	Pedal	6	Support foot
2	Main housing	7	Transport wheel
3	Swivel handlebar	8	Console
4	Fixed handlebar	9	Transformer socket
5	Hand pulse sensor	10	Serialnumber label

Fasteners (fig. C)

11	Screw (M5*12)	18	Ring (M8)
12	Ring (M8)	19	Screw (M8*25)
13	Ring (M8)	20	Screw (M6*60)
14	Screw (M8*20)	21	Ring (M6)
15	Screw (M5*15)	22	Ring (M6)
16	Screw (M8*12)	23	Knob (M6*4)
17	Ring (∅ 20)	24	Screw (M5*12)

Assembly (fig. D)



WARNING

- Assemble the equipment in the given order.
- Carry and move the equipment with at least two persons.



CAUTION

- Place the equipment on a firm, level surface.
- Place the equipment on a protective base to prevent damage to the floor surface.
- Allow at least 100 cm of clearance around the equipment.

- Refer to the illustrations for the correct assembly of the equipment.

Workouts

The workout must be suitably light, but of long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. You should perspire, but you should not get out of breath during the workout.

To reach and maintain a basic fitness level, exercise at least three times a week, 30 minutes at a time. Increase the number of exercise sessions to improve your fitness level. It is worthwhile to combine regular exercise with a healthy diet. A person committed to dieting should exercise daily, at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. Start your workout at low speed and low resistance to prevent the cardiovascular system from being subjected to excessive strain. As the fitness level improves, speed and resistance can be increased gradually. The efficiency of your exercise can be measured by monitoring your heart rate and your pulse rate.

Pulse rate measurement (hand pulse sensors)

The pulse rate is measured by sensors in the handlebars when the user is touching both sensors at the same time.

**WARNING**

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

Most accurate pulse measurement is achieved when the skin is slightly moist and constantly touching the hand pulse sensors. If the skin is too dry or too moist, the pulse rate measurement might become less accurate.

**NOTE**

- Do not use the hand pulse sensors in combination with a heart rate chest belt.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.

Heart rate measurement (heart rate chest belt)

The most accurate heart rate measurement is achieved with a heart rate chest belt. The heart rate is measured by a heart rate receiver in combination with a heart rate transmitter belt. Accurate heart measurement requires that the electrodes on the transmitter belt are slight moist and constantly touching the skin. If the electrodes are too dry or too moist, the heart rate measurement might become less accurate.

WARNING

- If you have a pacemaker, consult a physician before using a heart rate chest belt.

CAUTION

- If there are several heart rate measurement devices next to each other, make sure that the distance between them is at least 2 meter.
- If there is only one heart rate receiver and several heart rate transmitters, make sure that only one person with a transmitter is within transmission range.

**NOTE**

- Do not use a heart rate chest belt in combination with the hand pulse sensors.
- Always wear the heart rate chest belt under your clothes directly in contact with your skin. Do not wear the heart rate chest belt above your clothes. If you wear the heart rate chest belt above your clothes, there will be no signal.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.
- The transmitter transmits the heart rate to the console up to a distance of 1,5 meter. If the electrodes are not moist, the heart rate will not appear on the display.
- Some fibers in clothes (e.g. polyester, polyamide) create static electricity which can prevent accurate heart rate measurement.
- Mobile phones, televisions and other electrical appliances create an electromagnetic field which can prevent accurate heart rate measurement.

Maximum heart rate (during training)

The maximum heart rate is the highest heart rate a person can safely achieve through exercise stress. The following formula is used to calculate the average maximum heart rate: $220 - AGE$. The maximum heart rate varies from person to person.

**WARNING**

- Make sure that you do not exceed your maximum heart rate during your workout. If you belong to a risk group, consult a physician.

Category	Heart rate zone	Explanation
Beginner	50-60% of maximum heart rate	Suitable for beginners, weight-watchers, convalescents and persons who have not exercised for a long time. Exercise at least three times a week, 30 minutes at a time.
Advanced	60-70% of maximum heart rate	Suitable for persons who want to improve and maintain fitness. Exercise at least three times a week, 30 minutes at a time.
Expert	70-80% of maximum heart rate	Suitable for the fittest of persons who are used to long-endurance workouts.

Use

Adjusting the support feet

The equipment is equipped with 4 support feet. If the equipment is not stable, the support feet can be adjusted.

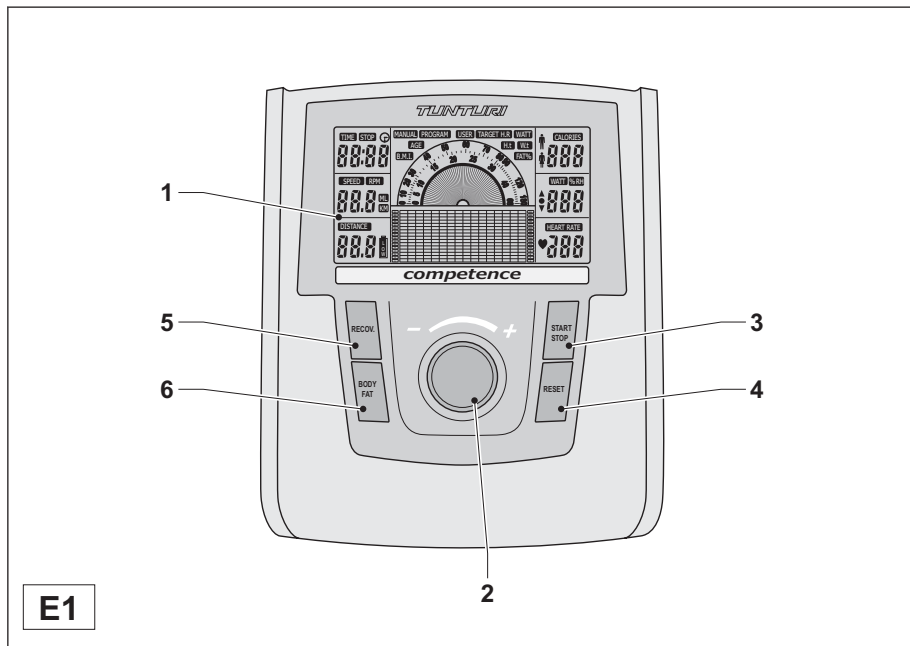
1. Turn the support feet as required to put the equipment in a stable position.
2. Tighten the locknuts to lock the support feet.



NOTE

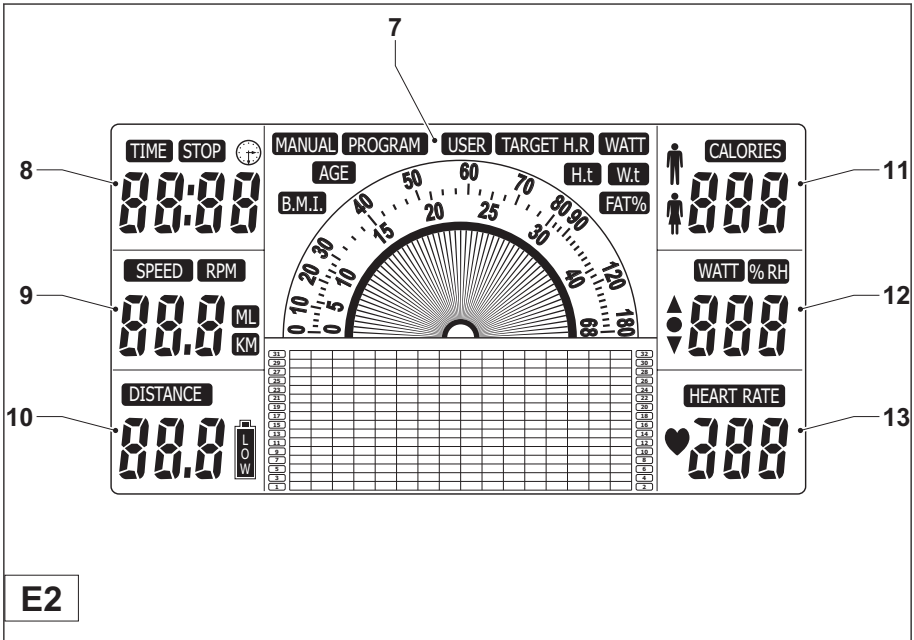
The machine is the most stable when all support feet are turned fully in. Therefore start to level the machine by turning all support feet fully in, before turning out the required support feet to stable the machine.

Console (fig. E)



E1

- | | | | |
|---|-------------------|---|-----------------|
| 1 | Display | 4 | RESET button |
| 2 | SELECTION dial | 5 | RECOVERY button |
| 3 | START/STOP button | 6 | BODYFAT button |



- | | | | |
|----|----------------------|----|-----------------------|
| 7 | Menu | 11 | Menu item: CALORIES |
| 8 | Menu item: TIME | 12 | Menu item: WATT/%RH |
| 9 | Menu item: SPEED/RPM | 13 | Menu item: HEART RATE |
| 10 | Menu item: DISTANCE | | |

**CAUTION**

- Keep the console away from direct sunlight.
- Dry the surface of the console when it is covered with drops of sweat.
- Do not lean on the console.

**NOTE**

- The console switches to standby mode when the equipment is not used for 90 seconds.

Explanation of buttons

Button	Explanation
START/STOP	Press the button to start the training. Press the button again to pause the training (max. 4 minutes). Press the button again to continue the training. Press and hold the button to stop the training.
RECOVERY	Press the button to calculate your recovery heart rate after a workout.
BODYFAT	Press the button to calculate your body mass index (BMI) and your body fat percentage.
RESET	Press the button to return to the menu. Press and hold the button to reset the meter.

Explanation of menu items

Menu item	Explanation
TIME	Select the menu item to set and show the duration (mm:ss) for the workout.
SPEED/RPM	Select the menu item to set and show the speed (km/h or mph) or the RPM (rev/min) for the workout.
DISTANCE	Select the menu item to set and show the distance (km or ml) for the workout.
CALORIES	Select the menu item to set and show the energy consumption (kcal) for the workout.
WATT/%RH	Select the menu item to set and show the resistance (W) for the workout.
HEART RATE	Select the menu item to set and show the heart rate limit (bpm) for the workout.

Before use

1. Turn the SELECTION dial to select a menu item.
2. Press the SELECTION dial to confirm.
3. Turn the SELECTION dial to change the value for the selected menu item.
4. Press the SELECTION dial to confirm.

During use

The menu constantly shows the values for the menu items. The different values flash on the display one after another every 6 seconds.

1. Press the SELECTION dial to stop automatic scanning of the values for the different menu items.
2. Press the SELECTION dial as many times as required to show information for a specific menu item.

Selecting a user

If you use the equipment for the first time or after you reset the meter, the user menu is shown on the display. Personal training data - time, distance, energy consumption and heart rate limit - are memorized and recalled when the user is selected. Modified personal training data are memorized automatically.

1. Turn the SELECTION dial to select a user. Press the SELECTION dial to confirm.
2. Turn the SELECTION dial to set your sex. Press the SELECTION dial to confirm.
3. Turn the SELECTION dial to set your age. Press the SELECTION dial to confirm.
4. Turn the SELECTION dial to set your height. Press the SELECTION dial to confirm.
5. Turn the SELECTION dial to set your weight. Press the SELECTION dial to confirm.



NOTE

- If you set target values, an alarm will sound and the training stops automatically when a specific target value reaches zero. You can restart the training by touching the START/STOP button.

Program menu

A program menu is shown on the display after selection of a user.

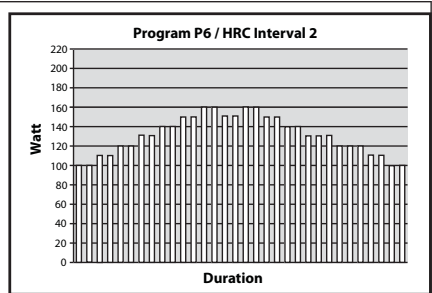
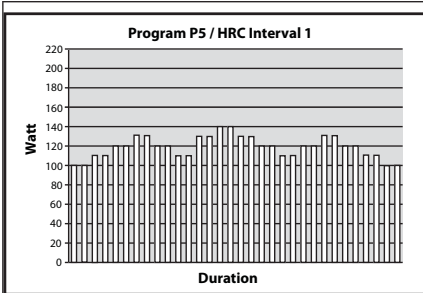
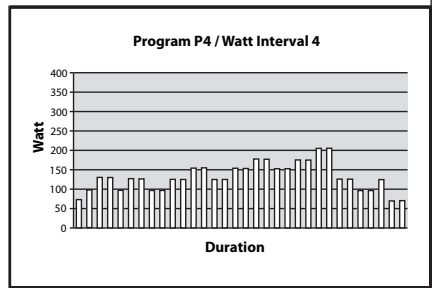
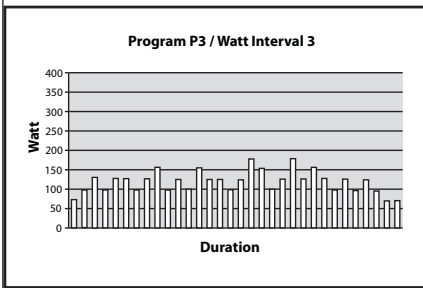
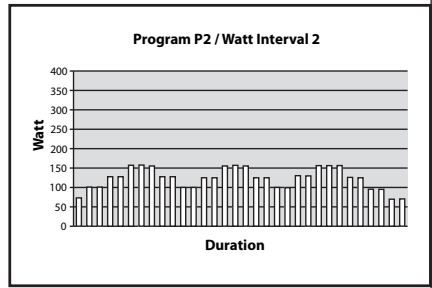
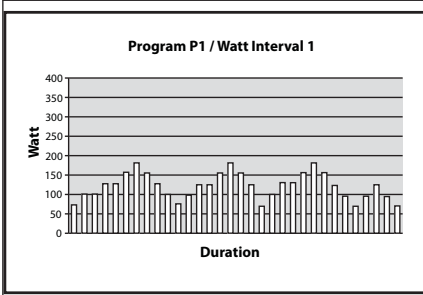
- Turn the SELECTION dial to select one of the programs. Press the SELECTION dial to confirm.

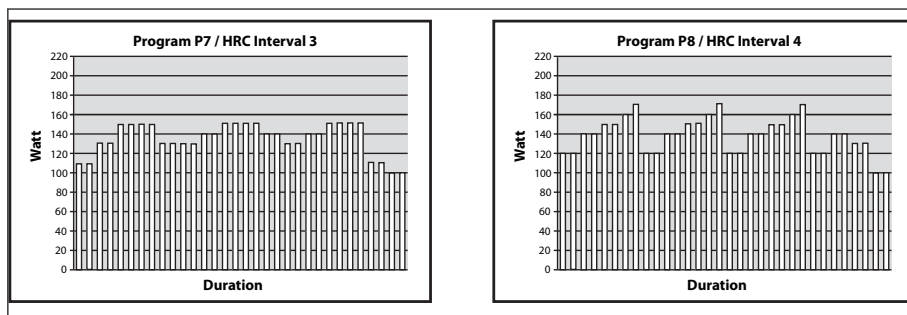
MANUAL

1. Turn the SELECTION dial to set the time. Press the SELECTION dial to confirm.
2. Turn the SELECTION dial to set the distance. Press the SELECTION dial to confirm.
3. Turn the SELECTION dial to set the energy consumption. Press the SELECTION dial to confirm.
4. Turn the SELECTION dial to set the heart rate limit. Press the SELECTION dial to confirm.
5. Press the START/STOP button to start the workout. If you have set target values, the values start to count down.
6. Manually change the resistance (1-32 Nm) during the workout: Turn the SELECTION dial to set the resistance. Press the SELECTION dial to confirm.

PROGRAMS

The program contains 8 preset training profiles. Profiles P1-P4 are watt control programs. Profiles P5-P8 are heart rate control programmes requiring heart rate measurement.





1. Turn the SELECTION dial to select the required preset program. Press the SELECTION dial to confirm.
2. Set the time, the distance, the energy consumption and the heart rate limit as described in the section “Manual program”.
3. Press the START/STOP button to start the workout. If you have set target values, the values start to count down.
4. Manually change the resistance during the workout: Turn the SELECTION dial to set the resistance. Press the SELECTION dial to confirm.

USER

The last used program profile is shown on the display.

1. Press the START/STOP button to start the workout with your memorized personal training data.
2. Set the time, the distance, the energy consumption and the heart rate limit as described in the section “Manual program”.
3. Press the START/STOP button to start the workout. If you have set target values, the values start to count down.
4. Manually change the resistance during the workout: Turn the SELECTION dial to set the resistance. Press the SELECTION dial to confirm.

To modify a program:

1. Turn the SELECTION dial to select a bar in the program profile. Press the SELECTION dial to confirm. The bar starts to flash.
2. Turn the SELECTION dial to change the value. Press the SELECTION dial to confirm.
3. Repeat the above steps for other bars in the program profile.
4. Press and hold the SELECTION dial for 2 seconds to complete the modification of the program.

TARGET HR

1. Turn the SELECTION dial to select one of the workout intensities: (55%, 75%, 90% or TARGET). Press the SELECTION dial to confirm.
2. If you select TARGET, set the target heart rate. Press the SELECTION dial to confirm.
3. Press the START/STOP button to start the workout. If you have set target values, the values start to count down.
4. The resistance is adjusted automatically, so that your heart rate target will be reached and maintained.

CONSTANT WATT

1. Turn the SELECTION dial to set the target resistance. Press the SELECTION dial to confirm.
2. Set the time, the distance, the energy consumption and the heart rate limit as described in the section "Manual program".
3. Press the START/STOP button to start the workout. If you have set target values, the values start to count down.
4. The resistance is adjusted depending on your speed, so that your target resistance will be reached and maintained.
5. Manually change the target resistance during the workout: Turn the SELECTION dial to set the resistance. Press the SELECTION dial to confirm.

Recovery

The recovery heart rate can be calculated after a workout. The recovery heart rate can only be calculated if the heart rate measurement is activated and the heart rate is shown on the display. The recovery heart rate can range from F1 to F6. F1 is the best recovery heart rate.

1. Press the RECOVERY button. After 60 seconds, the display shows the recovery heart rate.
2. Press the RECOVERY button again to go back to the main menu.

Body fat

1. Press the BODY FAT button.
2. Hold both hands on the handgrips for 8 seconds. Make sure that your hands are constantly touching the hand pulse sensors. The display shows the body mass index (BMI) and the body fat percentage.

3. Press the BODY FAT button again to go back to the main menu.

The B.M.I. (Body Mass Index) indicates whether your body weight is appropriate for your height. The BMI is calculated by: $\text{weight (kg)} / \text{height}^2 \text{ (m)}$

Weight indication	BMI
Low	<20
Low/medium	20-24
Medium	24-26.5
Medium/high	>26.5

BODY FAT % (average european population) table:

Bodyfat indication	Male %	Female %
Low	<13	<23
Low/medium	13-26	23-36
Medium	26-30	36-40
Medium/high	>30	>40

Metric system ~ Imperial system

For speed and distance, metric units or imperial units can be used as default units of measurement.

1. Locate the KM/ML switch on the rear of the console.
2. Move the KM/ML switch to "KM" to use the metric system as the default system of measurement.
3. Move the KM/ML switch to "ML" to use the imperial system as the default system of measurement.
4. Wait until the display switches off and put the equipment in motion to apply the changes.

Celsius (°C) ~ Fahrenheit (°F)

For temperature, Celsius (°C) or Fahrenheit (°F) can be used as default units of measurement.

1. Locate the C/F switch on the rear of the console.
2. Move the C/F switch to “C” to use Celsius (°C) as the default system of measurement.
3. Move the C/F switch to “F” to use Fahrenheit (°F) as the default system of measurement.

Cleaning and maintenance

Defects and malfunctions

Despite continuous quality control, defects and malfunctions caused by individual parts can occur in the equipment. In most cases, it will be sufficient to replace the defective part.

1. If the equipment does not function properly, immediately contact the dealer.
2. Provide the model number and the serial number of the equipment to the dealer. State the nature of the problem, conditions of use and purchase date.

Transport and storage



WARNING

- Carry and move the equipment with at least two persons.

1. Move the equipment carefully over uneven surfaces. Always carry the equipment by the handle bars and rear rail.
2. Store the equipment in a dry place with as little temperature variation as possible.

Technical data

Parameter	Unit of measurement	Value
Flywheel/Rotating mass		7kg/35kg
Power Output		350W/60RPM
Length	cm inch	166 66
Width	cm inch	69 27
Height	cm inch	164 65
Weight	kg lbs	65 143
Max. user weight	kg lbs	135 300
Adapter		24V/2A

Warranty

The product has a warranty from the date of delivery (to be documented by invoice or delivery note). Further information on warranty terms can be obtained from your local dealer. The warranty terms may vary from one country to another. Damages caused by normal wear, overloading or improper handling are excluded from the warranty. Damages caused by material or manufacturing faults are covered by the warranty and will be repaired or replaced at no cost.

Declaration of the manufacturer

Tunturi Fitness BV declares that the product is in conformity with the following standards and directives: EN 957 (HB), 73/23/EEC, 89/336/EEC. The product therefore carries the CE label.

10-2012

Tunturi Fitness BV
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The Netherlands

Disclaimer

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

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