

# F330 • E340

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- SERIAL NUMBER • SERIENNUMMER
- NUMERO DE SERIE • NÚMERO DE SERIE
- NUMERO DI SERIE • SERIENNUMMER
- SERIENNUMMER • SARJANUMERO

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**TUNTURI**<sup>®</sup>  
THE MOTOR – *it's you.*

# OWNER'S MANUAL

## F 330/E 340

### INFORMATION AND

### WARNINGS

Please read this owner's manual through carefully before assembling, using and servicing the workout cycle! 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 pedalling 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 cycle on a firm, level surface. Place the machine 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 cycle, they should be supervised and taught to use the cycle properly, keeping in mind the child's physical and mental development and their personality.
- Before you start using the cycle, make sure that it functions correctly in every way. Do not use a faulty device.
- Only one person may use the cycle at a time.
- Hold the handlebar for support when getting on or off the cycle.
- Wear appropriate clothing and shoes when exercising.
- Press the key with the tip of your finger; your nails may damage the key membrane.
- 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.
- F 330 / E 340 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](http://www.tunturi.com).

### ASSEMBLY

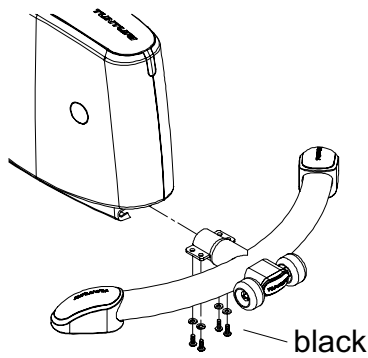
Check that the following parts are in the package:

1. Frame
2. Rear support
3. Handlebar support tube
4. Meter
5. Pedals (2)
6. Seat
7. 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
8. F330 Workout kit (fitness mat, dumbbells, exercise band, water bottle, exercise guide poster)

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. It is recommended that that installation is carried out by two people.

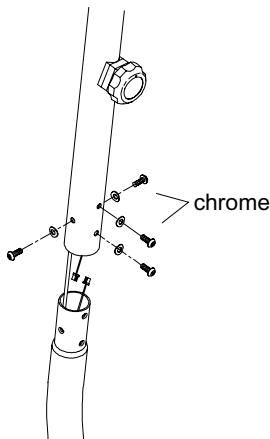
### REAR SUPPORT

Lift the equipment frame e.g. on to the top of the package and attach the rear support to the frame with the four black washers and four black Allen screws. Tighten the screws carefully crosswise. Check after one hour of use that the screws are tight.



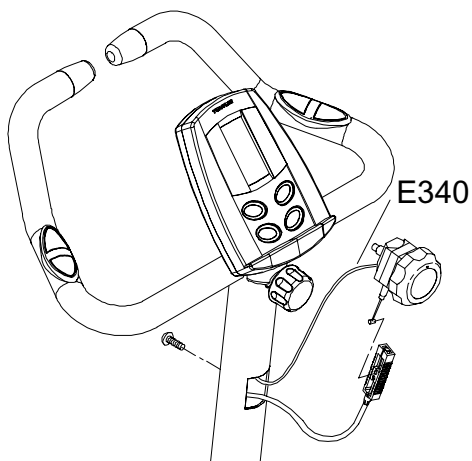
### UPRIGHT POST

Connect the upper and lower meter wires together and push the tension cable into the upright post prior to fitting the upright post to the main frame. Secure the upright post to the main frame with four chromed washers and Allen screws. Ensure that the concave side of the washer faces the handlebar support tube. First turn all the screws loosely into place and then tighten them.

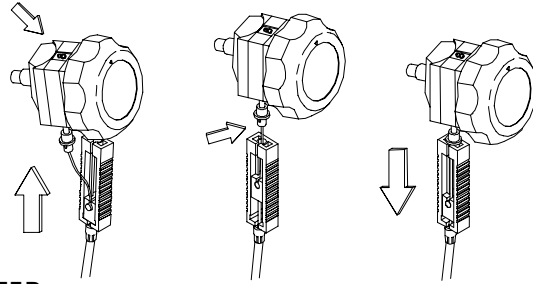


### RESISTANCE KNOB

Make sure the display window shows 8 on the knob. Remove the attachment screw and pull out the resistance knob from upright post. Pull the end of the resistance wire out from the handlebar support tube and connect the resistance wire to the lower end of the brake wire. Make sure the resistance wire is tightly inserted. Push the wire inside the handlebar support tube, place the resistance knob over the hole in the tube and attach it with the screw.

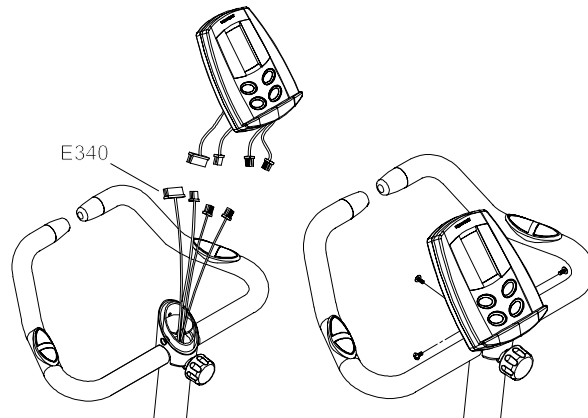


8



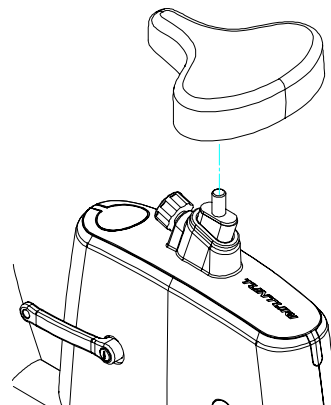
### METER

Pop open the battery cover at the back of the meter to assemble batteries. Close the cover. Remove the cable ties from the wires of the handlebar support. Connect the wires to the respective connectors on the meter and then thread the wires into the handlebar. Be careful not to damage the wires when attaching the interface. Slide the meter on the top of the handlebar support tube and attach it with three locking screws through the plastic sleeve.



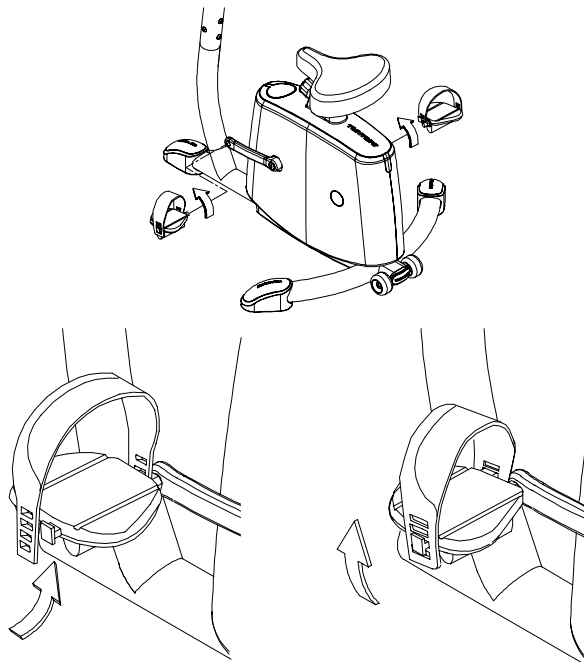
### SEAT

Attach the seat to the seat support: tighten the locking nuts in opposite directions. Please note that you can adjust both seat inclination and the distance of the seat from the handlebar. Once the distance and inclination are set how you want, tighten the locking nuts carefully.



## FOOT PEDALS

The pedals and pedal straps are marked R for right and L for left. Fasten the right pedal to the right pedal crank turning clockwise and left pedal to the left pedal crank turning anti-clockwise. Attach the pedal straps so that there are 4 grooves on the outer edge of the pedal. Choose the strap tightness, set the appropriate strap hole on the retainer from below and pull forcibly upward. Especially when the cycle is new, the fastening of the strap may seem relatively tight.



## USE

### ADJUSTING THE REAR SUPPORT

Fix the adjustment screw on the rear support prior to using the equipment; this ensures that the equipment stands solidly on its base. Position the exercise cycle to the where you intend to use it. Never forget to protect the base from possible scratching. Unlock the adjustment screw by turning the locking ring anti-clockwise, and then turn the adjustment screw clockwise; it is now in its initial position. Turn the adjustment screw anti-clockwise until the rubber pad touches the floor. Lock the adjustment screw by turning the locking ring clockwise, carefully step on the cycle and make sure that it is stable.

### CORRECT EXERCISING POSITION

The seat height should be set so that the middle part of the foot reaches the pedal with the leg almost straight and the pedal at its lowest point. To raise or lower the seat, first turn the locking knob counterclockwise, then pull the locking knob out so that the seat tube can be moved freely up and down. When the height is right, let go of the knob.

The seat locks into place. Tighten the locking knob clockwise. To adjust the horizontal seat position forward and back, loosen the locking screws under the seat. You can also adjust inclination from here.

**NOTE!** Always make sure that the locking screws under the seat are properly fastened before starting to exercise.

**NOTE!** Always make sure that the locking knob is fastened properly before starting to exercise.

## ADJUSTING THE HANDLEBAR

Loosen the grey adjustment knob at the handlebar support tube and adjust the handlebar distance so that you can pedal with the arms almost straight in comfortable position. The design of the handlebar allows you to exercise either in an upright position or with the upper body leaning forward. Remember, however, always to keep your back straight. Retighten the adjustment knob.

## ADJUSTING PEDALLING RESISTANCE

To increase or decrease resistance, turn the adjustment knob at the top of the handlebar support tube clockwise (+ direction) to increase resistance and counterclockwise (- direction) to decrease resistance. The scale above the knob (1-8) helps you find and reset a suitable resistance.

## EXERCISING

Working out using an exercise cycle 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 pedalling. 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 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. 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.

F 330 comes with exercise gear that makes your training options really versatile. The enclosed guidebook provides tips for exercising with the equipment.

## METER

**NOTE!** Protect the meter from direct sunlight, as it may damage the liquid crystal display. Protect the meter from water and avoid severe impacts, as these may also damage the meter. Never lean on the meter!

The meter switches on automatically when you start pedalling or press any key on the meter, and switches off when you have not pedalled or pressed a key for about 4 minutes. The readings accumulated during your workout will be automatically reset when the meter is switched off. You can also reset the readings by pressing the RESET key.

### METER KEYS

**SET:** Select the function to be preset.

**RESET:** Reset all the displays to zero.

**+** : Press to increase the preset values of TIME, KM / MILES (DISTANCE), KCAL or PULSE.

**-** : Press to reduce the preset values of TIME, KM / MILES (DISTANCE), KCAL or PULSE.

## DISPLAYS

### SPEED

Displays the current speed in MPH, km/h, or RPM (0-99)

### KCAL

Displays an estimate of kilocalories consumed (0-999.9). This is an approximate calculation.

### PULSE

Displays the pulse value during exercise (40-220 bpm). The heart symbol beside the reading flashes in time with the user's heartbeat. The pulse value will start flashing when the pulse limits are exceeded.

**NOTE!** Pulse is measured by sensors in the

handlebars. Pulse is measured when the user of F 330 / E 340 is touching both sensors simultaneously. Reliable pulse measurement requires that the skin is constantly touching the sensors and that the skin is slightly moist. Too dry or too moist skin weakens the reliability of hand pulse measurement.

**NOTE!** The E 340 meter has a heart rate receiver compatible with Polar equipment, so you can also use Polar uncoded heart rate belts for heart rate measurement.

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.

### KM / MILES (DISTANCE)

Displays the distance traveled in miles or in kilometers (0-99.9).

### TIME

Displays the elapsed time of the exercise session (00:00-99:59). If TIME is not preset, it will count up in one-second increment.

### WATT (E 340 METER)

Shows the effort in watts (0-995). Exercising at the correct level is important, as is exercising at the correct pulse level. If you exercise at too low an effort level for your fitness level, you will not necessarily achieve the desired results even if you exercise regularly. With this function you can easily monitor your effort level during workout.

## SELECTING SPEED AND

### UNIT OF DISTANCE

You can select the unit to be displayed on the meter by the switch on the bottom of the battery casing. Open the lid of the battery casing at the back of the meter housing. There are two switches on the bottom of the battery casing - one for selecting either kilometers or miles as the unit of distance, and the other for selecting either pedalling revolutions per minute or km/h or mph. Change the position of the switch and push the lid of the battery casing back into place. Press RESET to confirm.

**HOW THE PRESET TIME, DISTANCE,****CALORIE AND PULSE:**

Press SET key until the window which is going to be preset is flashing. Press + or - until desired number is displayed.

Press SET key until you return to the main to the main display and start the exercise. The monitor will begin to count down.

The preset value will start flashing to indicate the completion of workout.

With the F 330 / E 340 meter you can set both an upper and lower pulse limit, which helps you to keep within the desired pulse range during your workout. The pulse value will start flashing when the pulse limits are exceeded.

**MEASUREMENT OF RECOVERY PULSE**

Measure your recovery pulse rate at the end of the workout. In order to improve the reliability of recovery pulse measurement, always try to standardize the measurement situation as accurately as possible; start measuring at the same heart rate level as precisely as possible. Press + and - keys simultaneously until the display moves to the recovery pulse measuring mode. The measurement takes two minutes, during which the elapsed time and the heart rate are displayed. Try not to move during the measurement. At the end of the period the recovery ratio percentage are displayed. The smaller the reading the fitter you are. Note that results are dependent on the starting pulse level, they are individual and not directly comparable with those of others. Return to the main display by pressing the RESET key.

**TOTAL EXERCISE VALUES**

Information about the total exercise distance and time is stored in the meter's memory. To view the details, keep the SET and RESET keys simultaneously pressed down for 2 seconds. Please note that the RESET key resets all the other values displayed. Press RESET to exit.

**MAINTENANCE**

The equipment requires very little maintenance. Check, however, from time to time that all screws and nuts are tight. Clean the cycle 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 fork 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 cycle for repair, as it is usually sufficient to replace the defective part.

**CHANGING BATTERIES**

If the meter display shows low battery symbol or fades considerably, change the batteries. Detach the lid of the battery casing at the back of the meter and remove the old batteries. Place the new batteries in the holder (4 x 1.5 V AA) and push the battery casing lid back into place.

**TRANSPORT AND STORAGE**

The cycle is easy to move by pushing along on the integrated transport wheels. Tilt the cycle from the front and push along the floor on the wheels at the front support. To prevent malfunctioning of the cycle, store in a dry place with as little temperature variation as possible, protected from dust.

**DIMENSIONS**

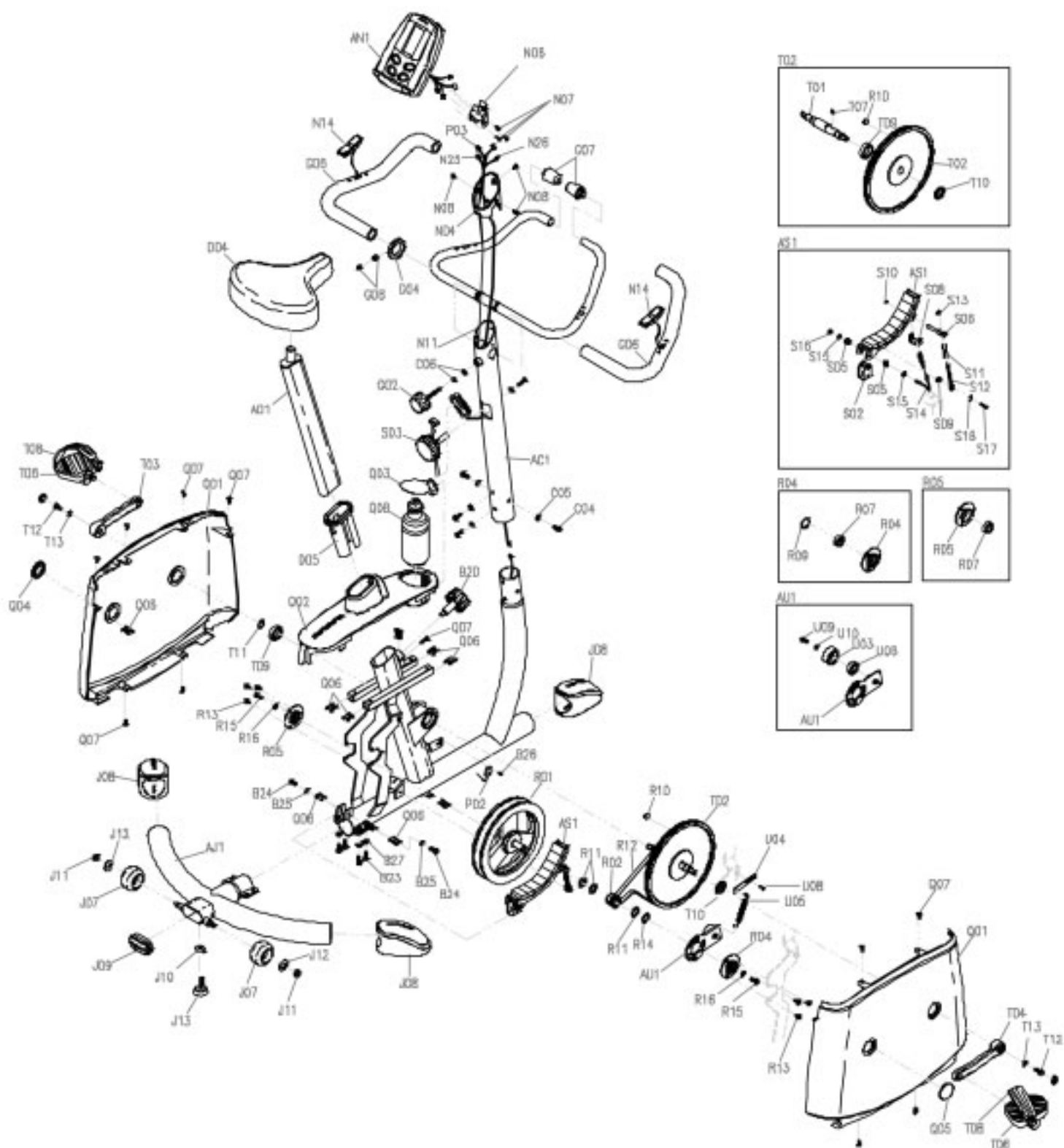
Length.....	87 cm / 34"
Width .....	61 cm / 24"
Height.....	127 cm / 50"
Weight .....	31 kg / 69 lbs

All Tunturi models are designed to meet the electromagnetic compatibility directive, EMC and are affixed with the CE conformity 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.**

	103 0011	Main frame	1	T12	653 0073	Screw (incl. caps)	2
AC1		203 0012		(T05	533 9010	Crank cover	2)
		Handle bar tube	1	T06	363 1001	Pedal, pair (incl.T08)	1
N14	403 0041	Pulse grip unit (incl. C08)	2	T08	363 1002	Pedal strap, pair	1
G04	503 0017	Fixing sleeve	1	Q01	173 0017	Side cover, F330	
G08	M3x3 DIN 914	Screw	2	-	173 0018	Side cover, E340	2
G06	213 0003	Handle grip, pair (incl. G07)	2	Q02	73 0019	Upper cover, F330	1
G07	533	End cap for handle bar	2	-	173 0020	Upper cover, E340	1
G02	653 0077	Locking knob	2	Q03	173 0021	Adornment cover, F330	1
C06	M10 DIN 125	Washer	2	Q03	173 0022	Adornment cover, E340	1
AN1	233 0030	Meter, F330	1	Q04	533 0033	Cap, F330	2
-	233 0032	Meter, E340	1	Q05	533 0034	Cap, E340	2
P01	403 0040	Meter wire 350 mm	1	Q06	M4 DIN 955	C-Clip	11
P04	403 0039	Sensor wire	1	Q07	KB 40x12 WN1442	Screw	11
B26	M3x10 DIN7504N	Screw	2	Q08	453 9002	Bottle	1
N06	503 0017	Meter bracket	1	•	453 0004		1
N07	M5x10 DIN 7985	Screw	3	•	453 0005		1
N04	173 0023	Cover	1	•	453 0006		1
N08	M5x12 DIN 7985	Screw	3	•	553 0016	Assembly kit (incl. *)	1
S03	373 0013	Resistance knob, F330	1	•	553 101	Screw - shaped	1
S03	373 0014	Resistance knob, E340	1	•	553 100 88	Multi purp. wrench	1
-	M5x20 DIN 7985	Screw	1	•	556 031	Allen key 5 mm	1
C05	M8 DIN 137B	Washer	4	-	583 0011		
C04	M8x15 ISO 7380	Screw	4		Owner's manual		1
AD1	153 0010	Seat tube	1				
D05	533 0028	Seat post sleeve	1				
D04	153 0011	Seat	1				
B20	533 0027	Locking knob	1				
AJ1	103 0012	Rear support tube	1				
B23	M8x25 DIN 932	Screw	4				
J08	533 0029	End cap	3				
J09	533 0030	End cap	3				
J10	653 0080	Pad	1				
J13	553 0031	Lever pad	1				
J07	533 0032	Transportation wheel	2				
J12	M10 DIN 125	Washer	2				
J11	M8 DIN 985	Nylon nut	2				
T02	263 0003	Belt wheel					
		(incl.T09,T10,R10)	1				
T01	343 0008	Shaft	1				
T07		Round pin	1				
T09	523 9002	Ball bearing 6004 ZZ	2				
T10	M20x1 DIN 936	Nut	1				
T11	20 DIN 471	C-clip (S-20)	1				
R10	403 1046	Magnet	1				
R12	443 0008	Belt	1				
R01	303 0007	Flywheel	1				
R02	263 0004	Drive pulley	1				
R11	653 0079	Washer	4				
AU1	513 0006	Tension wheel set	1				
U05	643 0005	Spring	1				
R04	523 0015	Bearing house, set	1				
R05	523 0016	Bearing house, set	1				
R13	M5x15 DIN 7500	Screw	6				
AS1	373 0012	Magnet bow ECB, set	1				
B25	M6 DIN 125	Washer	2				
B24	M6x10 ISO 7380	Screw	2				
T04	353 9002	Crank (R)	1				
T03	353 9003	Crank (L)	1				





***TUNTURI***<sup>®</sup>  
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