

E 3

Owner's Manual :: 2-14



Mode d'emploi :: 15-27



Manual del usuario :: 28-40



Gebruikers gids :: 41-53



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THE MOTOR – *it's you.*

IMPORTANT SAFETY INSTRUCTIONS

This manual is an essential part of your equipment: read it through carefully before assembling, using or servicing your equipment. Please keep the manual 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.

- :: 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.
- :: The device is not to be used outdoors. E3 tolerates an environment measuring + 10° C to + 35°C. Air humidity must never exceed 90 %.
- :: Place the equipment on a firm, level and protected surface.
- :: The device can be used at home.
- :: Make sure the equipment is unplugged before carrying out any assembly or maintenance procedures.
- :: Before you start using the equipment, make sure it functions correctly in every way. Do not use faulty equipment.
- :: Do not attempt any servicing or adjustments other than those described in this manual. All other servicing else must be left to someone familiar with the maintenance of electro-mechanical devices and authorised under the laws of the country in question to carry out maintenance and repair work. Always follow these maintenance instructions.
- :: 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 magnetic field.
- :: Press the keys with the tip of the finger; your nails may damage the key membrane.
- :: The device must not be used by persons weighing over 135 kg.

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. In Tunturi Fitness Equipment, you've chosen a high-quality, safe and motivational training partner. Whatever your training goal, we are certain this is the equipment to get you there.

ASSEMBLY ::

Start by unpacking the equipment and check that you have the following parts **(FIGURE 1)**:

1. Frame
2. Rear support
3. Plastic covers for front support (2)
4. Handlebar / interface
5. Ear sensor
6. Transformer
7. Assembly hardware kit (contents are marked with an * in the spare part list)

In case of problems contact your Tunturi dealer.

The packaging includes a silicate bag for absorbing moisture during storage and transportation. Please dispose of the bag once you have unpacked the equipment.

The directions left, right, front and back are defined as seen from the exercising position. The figures referred to in the text are in the back fold.

Assemble your fitness equipment as follows:

SUPPORTS (FIGURES 2 AND 3)

- :: Place the rear support under the frame and fasten it with two hex screws and washers.
- :: Tilt the cycle back so that it rests on the rear support and seat. Push the plastic covers into place at the ends of the front support. Turn the cycle back to upright position.

HANDLEBAR (FIGURES 4 AND 5)

- :: Expose the wire coming from the frame tube by unwrapping the tape that covers it, and then connect it to the counterpart in the handlebar support tube.
- :: Thread the wire carefully inside the frame tube and push the handlebar support tube into place inside the frame tube, so that the fastening screws are on the front of the tube.
- :: **NOTE!** Use the enclosed Allen key to tighten both fastening screws through the holes in the tube. Tighten the fastening screws by turning them **counter-clockwise**.
- :: Remove the protecting film from the display.

POWER CORD (FIGURE 6)

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.

ADJUSTMENTS ::

SETTING THE SEAT HEIGHT AND CORRECT EXERCISING POSITION

The seat height should be set so that the heel of the foot reaches the pedal with the leg straight and the pedal at its lowest point. To raise or lower the seat:

- :: First turn the locking knob one turn counter-clockwise.
- :: Then pull the locking knob outwards, so that the seat tube can be moved freely up and down.
- :: Once the height is right, let go of the knob and the seat locks into place.
- :: Turn the locking knob clockwise to tighten.

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

The scale on the seat tube helps you remember the seat height that suits you best. The seat can be inclined forward or backward by turning the green adjustment ring below the saddle. The seat inclines forward when the ring is turned clockwise, and back when the ring is turned counter-clockwise. Do not try to adjust seat inclination when you're sitting on the seat - the ring won't turn.

HANDLEBAR SET-UP

Loosen the grey knob in front of the handlebar and adjust the handlebar position until your training position feels comfortable. Tighten the grey knob carefully.

PEDALS

Select strap tightness, set the appropriate strap hole on the retainer from below and pull forcibly upward. Especially when the equipment is new, the strap fastening may seem relatively tight.

EXERCISING WITH TUNTURI ::

No matter what your goal, you'll get the best results by training at the right level of effort, and the best measure is your own heart-rate. First find your maximum heart-rate, i.e. where the rate doesn't increase with added effort. If you don't know your maximum heart-rate, please use the following formula as a guide:

Women: 226 - age **Men: 220 - age**

These are average values and the maximum varies from person to person. The maximum heart-rate diminishes on average by one point per year. If you belong to a risk group, ask a doctor to measure your maximum heart rate for you.

We have defined three different heart-rate zones to help you with targeted training.

Beginner: 50-60 % of maximum heart rate

Also suitable for weight-watchers, convalescents and those who haven't exercised for a long time. Three sessions a week of at least a half-hour each is recommended.

Trainer: 60-70 % of maximum heart rate

Perfect for improving and maintaining fitness. You should train for a minimum of 30 minutes at least three times a week. To improve your condition still further, increase either frequency or effort, but not both at the same time!

Active trainer: 70-80 % of maximum heart rate

Exercise at this level suits only the fittest and presupposes a long history of exercising.

PULSE MEASUREMENT ::

1. Push the ear sensor connector into the interface connector.
2. Attach the ear sensor to your earlobe.
3. Attach the sensor wire to your shirt with the clip provided. This prevents the sensor and wire from moving, which may interfere with measuring.

If there are problems in pulse measurement:

- :: The display shows - - instead of the heart rate.
- :: Check how the sensor works while not pedalling.
- :: Try measuring on the inside surface of the ear or on the tip of your finger.
- :: Rub the earlobe with your fingers to quicken circulation.
- :: If pulse values rise above 150 beats/min., earlobe measurement may be affected by the faster circulation.
- :: Sometimes a strong light source in the immediate vicinity of the user may cause disturbances. Turn the ear sensor the other way around on your earlobe.



Keep the ear sensor clean. Clean the ear sensor after use with a damp cloth and dry carefully.

You can buy a heart-rate belt for telemetric measurement from your Tunturi dealer as an accessory. Due to its reliability we recommend the heart-rate belt.

USER INTERFACE ::



MODE

MODE includes constant resistance, constant effort and constant heart-rate workouts. The user interface automatically starts from the constant resistance workout.

TEST

Press TEST to measure recovery pulse rate, which indicates your level of fitness.

RESET

Press the Reset key for more than one second to display the cumulative values. Pressing Reset always resets the value on the display.

SETTING KEYS -/+

Use the setting keys (-/+) to adjust resistance, effort and heart-rate for the workout.

MAIN DISPLAY ::

When you turn the user interface on, the display shows the following exercise parameters:

- 1. Efficiency (W)**
:: Figure indicates exercise efficiency in Watts, which depends on pedalling speed and resistance adjustment.
- 2. Energy consumption (kcal/kJ)**
:: Displays cumulative energy consumption (0-999); default setting is kcal.
- 3. Speed (rpm / km/h / mph)**
:: Default setting is rpm (pedal revolutions / minute).
- 4. Pulse**
:: Heart rate transmitter belt or an ear sensor is required.
:: If the user interface does not receive a heart-rate signal, - - is displayed instead of the heart rate.

NOTE! Always disconnect the ear sensor from the user interface if using a heart rate transmitter belt; the ear sensor will interfere with the heart rate transmitter.

- 5. Time**
:: Displays the exercise time elapsed between 0:00 - 59:59 minutes in 1 second increments and between 1:00 - 10:00 hours in 1 minute increments.
:: Time display stops if speed falls to zero.
- 6. Distance (km / miles)**
:: Default display setting is km.
:: Displays the distance travelled during the workout in km (or miles) to two decimal points up to 9.99 km (or miles) and with one decimal point up to 99.9.

FUNCTIONS ::

ADJUSTING RESISTANCE

Resistance in constant resistance workouts is adjusted with the - / + keys. The text SET and setting value are displayed when you adjust resistance. The meter returns to the main display 2 seconds after setting the value.

RESET

Press RESET to reset the values on the display. Cumulative training values are displayed by pressing RESET for more than one second. They remain on the display for as long as the key is pressed.

PAUSE

When the user interface has not been used for three minutes (no heart rate registered, no keys pressed, no pedalling), it automatically switches itself to energy-saver state. The interface is returned to its active state by pressing any key, starting to pedal or sending heart-rate signals to the unit. The values in a workout that has been interrupted are saved in the memory of the user interface for 10 minutes, after which they are reset. The values on the display are always reset when the RESET key is pressed.

UNITS OF MEASUREMENT

Press keys - and + simultaneously to set units of measurement.

- :: Default units are rpm, km and kcal.
- :: To change the units press the - or + key until the desired units are displayed.
- :: To measure speed you can set either revolutions per minute, (rpm), kilometres per hour (km/h) or miles per hour (mph). Energy consumption measurement can be set for kilocalories (kcal) or kilojoules (kJ).
- :: In addition to rpm you can also select either kilometres (km) or miles as distance measures. If km/h is selected as the unit to measure speed, km will automatically be the unit for distance. The same applies to the units mph and miles.

- :: The user interface automatically returns to the main display 5 seconds after the - or + key was last pressed.
- :: Press the Reset key to exit the setting function without saving the adjustment. This resets the readings on the main display.

MODE

MODE includes constant resistance, constant effort and constant heart-rate workouts. In all workouts, one parameter is set as a constant, after which your exercise equipment automatically maintains the level. Constant heart-rate exercise requires your using the heart-rate measurement system.

1. Press MODE key to select the workout.
 - :: Resistance = constant resistance exercise at the same resistance level throughout. Faster pedalling means an increase in effort.
 - :: Watt = constant effort exercise; the interface adjusts resistance automatically so the training effort set, e.g. 100 W, remains the same independent of pedalling rate.
 - :: Pulse = constant heart-rate exercise; the interface adjusts effort automatically and keeps your heart-rate at the desired level, e.g. 120 beats per minute, independent of pedalling rate.
2. Set the target level with the - /+ keys. You can adjust the target level with the - / + keys during the workout whereupon the text SET and the setting value (Nm, W, heart rate) are displayed. The meter returns to the main display 2 seconds after setting the target value.

TEST

Measure your recovery pulse rate at the end of the workout. Press TEST to measure recovery pulse.

- :: The measurement of recovery pulse takes two minutes, during which time the current heart rate is displayed. During measuring the text "Recovery" flashes on the display.
- :: At the end of the measurement period the recovery ratio percentage is displayed. The smaller the reading the fitter you are. Note that results are individual and not directly comparable with those of others.

NOTE! If there is a problem in pulse measurement, the display will show - - instead of the heart rate, and measurement of recovery pulse will automatically restart when the user interface once again receives a heart-rate signal.

- :: Press TEST to move from recovery pulse measurement to the main display or wait one minute for automatic return after completion of measurement. Pressing the RESET key resets the values on the display.

TRANSPORT AND STORAGE ::

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

- :: Stand behind the device.
- :: Grip the seat with one hand and the handlebar with the other, and set your foot on the rear support.
- :: Tilt the device so that it rests on its transport wheels.
- :: Wheel the device to move it on these transport wheels.
- :: Lower the device while holding on to the handlebar and remain behind the device all the time.

If the device is not used for a period of time, the transmission belt may become temporarily distorted. This can lead to slightly uneven pedalling. However, after a few minutes of use the effect disappears as the belt returns to its original form.

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

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. Sweat may cause corrosion: we recommend therefore that you protect all metal surfaces outside the plastic covers with teflon or car wax. Do not use solvents.
- :: The magnetic brake is based on magnetic resistance; resistance level is measured electronically and shown as a watt-reading on the display. Due to the measurement system, your Tunturi ergometer need not be recalibrated when assembled, serviced and used according to this owner's manual.

NOTE! Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it is unnecessary to take the whole device in for repair, as it is 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. The location of the serial number sticker is shown on the inside cover. Please also state the nature of the problem, conditions of use and purchase date.

If the display malfunctions proceed as follows:

1. Loosen the 6 fastening screws in the top of the user interface (**FIGURE 7**).
2. Carefully lift the top and turn it so that the wire joint is exposed. Detach the joint by pressing the lever towards the wire and pull the wire connector out (**FIGURE 8**).
3. If the bottom of the user interface is damaged, remove it by unscrewing the 2 fastening screws at the bottom (**FIGURE 9**). Defective parts should be sent to your Tunturi dealer.
4. Ensure that the meter wire is securely locked in place when replacing the top of the interface by gently pulling on the joint.

If you require spare parts for your equipment, please contact your dealer with the model, equipment serial no. and spare part number of the required part. There is a spare part list at the back of this manual.

TECHNICAL DATA ::

Length	96 cm	Height	124 cm
Width	69 cm	Weight	35 kg

All Tunturi models and user interfaces meet the requirements of the EU 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.

All Tunturi ergometers meet CEN precision and safety standards (Class A, EN-957, parts 1 and 5).



TIPS ::

ABOUT YOUR HEALTH

- :: To avoid muscular pain and strain, begin and end each workout by stretching.

ABOUT THE EXERCISE ENVIRONMENT

- :: Make sure the exercise environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.

ABOUT USING THE EQUIPMENT

- :: If children are allowed to use the fitness equipment, they should be supervised and taught to use it properly, keeping in mind the child's physical and mental development and their personality.
- :: Only one person may use the cycle at a time.
- :: Protect the user interface from excess sunlight. Do not let the interface come into contact with water.
- :: Hold the handlebar for support when getting on or off the cycle.
- :: Wear appropriate clothing and shoes while exercising.
- :: Keep hands clear of any moving parts.

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, Tunturi reserves the right to change specifications without notice.

We wish you many enjoyable workouts with your new Tunturi training partner!

CONSEILS ET AVERTISSEMENTS

Ce manuel est une pièce essentielle de votre appareil : lisez attentivement ce mode d'emploi avant d'assembler, d'utiliser ou d'effectuer l'entretien de votre appareil. Veuillez conserver ce guide, il contient les renseignements dont vous aurez besoin, maintenant et plus tard, pour bien utiliser et entretenir votre appareil. Suivez toujours les instructions très rigoureusement.

- :: Avant de commencer un entraînement, quel qu'il soit, consultez votre médecin.
- :: En cas de nausées, vertiges ou autres symptômes anormaux, interrompez la séance immédiatement et consultez un médecin.
- :: L'appareil ne doit pas être utilisé à l'extérieur. L'appareil supporte des températures de + 10° C à + 35°C. L'hygrométrie ne doit jamais excéder 90 %.
- :: Installez l'appareil sur une surface plane et ferme, et sur un tapis protecteur.
- :: L'appareil peut être utilisé à la maison.
- :: Assurez-vous (sauf instruction contraire) que l'appareil est bien débranché avant d'entamer tous travaux d'assemblage ou de maintenance.
- :: N'utilisez jamais un appareil défectueux ou incomplet.
- :: N'essayez pas d'effectuer d'autres mesures d'entretien ou réglage que celles décrites dans ce mode d'emploi. Toutes les autres opérations doivent être laissées aux soins des personnes compétentes dans l'entretien des dispositifs électromagnétiques et autorisées, au regard des lois du pays concerné (ou équivalent) à accomplir des travaux d'entretien et réparations. Les instructions d'entretien de ce mode d'emploi doivent être scrupuleusement suivies.
- :: Le champ magnétique généré par les aimants de l'arc de frein peut endommager par ex. les montres ou les cartes bancaires, si elles entrent en contact direct avec le champ en question.
- :: Appuyez sur les touches avec l'intérieur des bouts de vos doigts ; les ongles peuvent endommager le film les protégeant.
- :: L'appareil ne doit pas être utilisé par des personnes dont le poids excède 135 kg.

1	173 1055	(incl. 8, el.)	A/D	-	353 1004	LH	
2	403 0022		D	55	653 0073		C
-	403 0019			56	363 1002	pair	A
3	533 7039		A	57	363 1001	pair (incl. 56)	A/C
4	M8x80 DIN 603		C	58	693 1007		A
5	213 1004	(incl. 3)	A/C	60	693 1006		A
6	M8 DIN 985		C	61	153 1022	(incl. 62)	C
7	203 1024	(incl. 5, 94)	C	62	423 1053		A
8	233 1043		A	63	M8x50 DIN 916		C
9	173 1056		A	64	203 1033		C
11	M5x14 DIN 7985		C	65	153 1013		C
13	403 1069	(incl. 13a, 13d, 13e)	D	66	KB40x12 WN-1412		C
13c	403 1026		A	67	153 1004		A
13k	403 1071		D	68	M4x6 DIN 7985		C
15	M8x20 DIN 7380		C	71	153 1009		A
16	M4 DIN 125		C	72	433 1016		C
17	103 1034		C	75	M4 DIN 9021		C
18	533 1050		A	82	653 1008		A
19	423 1101	(incl. 19a, 19b)	A	84	M8x20 DIN 912		C
20	173 1052	LH & R	A	85	M8 DIN 9021		C
21	KA40x20 WN-1441		C	86	683 1001		A
22	653 1017		C	87	72 8012 602		C
23	17x24x15 DIN 988		C	89	12x18x0, 5 DIN988		C
24	303 1016 E4		C	91	533 1019		C
30*	M10 DIN 125		C	92	523 1019		C
31	403 0022 EUR		D	94	513 1008		C
-	403 0025 USA			95	523 1018		C
-	403 0027 UK			98	M4x8 DIN 7985		C
-	403 0028 SUI			102	M6x50 DIN 931		C
-	403 0029 ISR			103	M6 DIN 125		C
-	403 0030 AUS			117	173 1054		A
32	403 1066 compl.		D	135	433 1017		C
33	403 1050		C	136	M5 DIN 934		C
34*	M10x25 ISO 7380		C	*	553 1009	Assembly kit (incl. *)	
35	12x18x1 DIN 988		C	*	556 031 00	Allen key 5mm	C
36	673 500		C	*	556 032	Allen key 6mm	C
37	533 1048		A/C	-	583 1027	Owner's manual	B
38	103 1035		C	-	583 0006	Warranty booklet	B
-	103 1037	compl. (incl. 18, 36-38)					
40	643 104		C				
41	523 504 84		C				
42	523 1010		C				
43	523 409		C				
44	343 1010		C				
45	443 1008		A				
46	10 DIN 471A		C				
47	513 1006		C				
50	17 DIN 471A		C				
51	M8 DIN 7349		C				
52	653 1022		A/C				
53	263 1007		C				
54	353 1005	RH	C				

**List for recycling/Liste pour le recyclage/
Lista para reciclado/Informatie t.b.v. recycling**

- A :: Plastic, Thermoplast/Plastique, thermoplastique/
Plástico, termoplástico/Plastic, thermoplast
- B :: Paper, carton/Papier, carton/
Papel, cartón/Papier, karton
- C :: Metal/Métal/Metal/Metaal
- D :: Electronics/Électronique/
Componentes electrónicos/Electronica

