

T-GENERATION ERGOMETER T4 & T6

Owner's Manual :: 2-12

GB

Mode d'emploi :: 13-23

F

Manual del usuario :: 24-34

E

Gebbruikers gids :: 35-45

NL

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TUNTURI[®]
THE MOTOR – *it's you.*

IMPORTANT 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.

- :: 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.
- :: Place the equipment on a firm, level surface.
- :: Place the equipment on a protective base.

- :: The device can be used at home and for rehabilitation.
- :: 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 guide. Everything 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.
- :: This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

DEAR TUNTURI OWNER

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 ::

The figures referred to in the text are in the back fold.

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

- :: Frame
- :: Rear support
- :: Handlebar support tube
- :: Pedals (2)
- :: Assembly hardware kit

If necessary, please contact your dealer with the model, equipment serial no. and spare part no. of the missing part. You'll find a spare part list at the back of this guide.

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. Assemble your fitness equipment as follows:

REAR SUPPORT (FIGURES 2A AND 2B)

1. Place the support under the rear part of the frame.
2. Fasten it with two hex screws and washers.
3. Lean the device on one side and fasten the rear support from beneath with two more hex screws and washers.
4. Place the decorative plugs over the two hex screws.

HANDLEBAR SUPPORT TUBE :: T4 (FIGURES 3A AND 4)

NOTE! The fastening screws are ready-mounted, so please do not loosen them.

1. Detach the wire taped to the frame tube and connect it to the wire from the handlebar support tube.
2. Lead the connected wires carefully inside the frame cover.
3. Push the handlebar support tube into place inside the frame, so that the holes for the fastening screws are at the front of the tube. Be careful not to damage the meter wire!
4. Use the enclosed Allen key to tighten both fastening screws through the holes in the tube.

NOTE! Tighten the fastening screws by turning them counter-clockwise. And not too tight!

HANDLEBAR SUPPORT TUBE :: T6 (FIGURES 3B AND 4)

NOTE! The fastening screws are ready-mounted, so please do not loosen them.

1. Expose the wire coming from the frame tube by unwrapping the orange tape that covers it, and then connect it to the wire from the handlebar support tube.
2. Thread the wire carefully inside the frame tube.
3. Push the handlebar support tube into place inside the frame tube, so that the fastening screws are on the right side of the tube. Be careful not to damage the meter wire!
4. Use the enclosed Allen key to tighten both fastening screws through the holes in the tube.
5. Finally, place the decorative plastic cover over the joint.

NOTE! Tighten the fastening screws by turning them counter-clockwise. And not too tight!

PEDALS (FIGURE 5)

The pedals are distinguished by the markings L (left) and R (right) on their shaft. Fasten the left pedal to the left pedal-crank by turning it counter-clockwise, and the right pedal to the right pedal-crank by turning it clockwise.

Fasten the pedal straps so that the Tunturi logo faces outward. 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.

T.I.E. INTERFACE

Push the T.I.E. interface module carefully into place at the top of the handlebar support tube. The loose screws hanging from the metal fastening plate on the bottom of the T.I.E. module must enter the holes at the top end of the handlebar. Make sure that the module is correctly in place and tighten the fastening screws. (Please see the illustrations in the T.I.E. manual.)

Read the T.I.E. manual carefully before you start to exercise.

POWER CORD (FIGURE 6)

Before connecting the device to a power source, make sure that local voltage matches that indicated on the type plate: the T4/T6 operates at either 230 V or 115 V (North American version). Plug the socket end of the power cord into the connector, just above the rear support in the centre of the frame, and the other end into the wall socket. Turn on the power from the switch above the connector.

NOTE!

- :: The device must be connected to a grounded wall socket. Do not use extension wires when connecting the device to the power source.
- :: Make sure the power cord does not run underneath the device.
- :: **DANGER:** Always switch off the power and unplug this appliance from the electrical outlet immediately after using.
- :: **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons:
 - 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before carrying out any maintenance or repair procedures.
 - 2) Do not operate under blanket or other combustive material. Excessive heating can occur and cause fire, electric shock, or injury to persons.

ADJUSTMENTS ::

SETTING THE SEAT HEIGHT AND CORRECT EXERCISING POSITION

The seat height should be set so that the arch of the foot reaches the pedal with the leg almost straight and the pedal at its lowest point.

To raise or lower the seat:

1. First turn the locking knob one turn counter-clockwise.
2. Then pull the locking knob outwards, so that the seat tube can be moved freely up and down.
3. Once the height is right, let go of the knob and the seat locks into place.
4. 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 counter-clockwise, and back when the ring is turned clockwise. A correctly inclined seat enhances your training comfort.

NOTE! 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.

EXERCISING WITH TUNTURI ::

When you're fit, your circulatory and respiratory organs are in good condition and your muscles are more supple. Fitness is an integral part of our quality of life and comprises physical, mental and social performance. And physical performance is a primary basis for maintaining mental and social activity. It has been proved beyond doubt that exercise offers a great many benefits:

- :: Improves your ability to concentrate and builds self-confidence.
- :: Raises your general level of activity and thus helps in maintaining social relations.
- :: Supports efficient functioning of the respiratory organs, circulatory system and heart; blood pressure stabilises, the level of benign cholesterol rises and the risk of heart disease diminishes.
- :: Means joints remain supple and muscles become stronger; back pain is often eradicated through strong back and stomach muscles.
- :: Regular exercise helps you both control your weight and lose it.

STARTING OUT WITH EXERCISE

When you've not exercised for a long time, you should have your condition checked and consult a doctor, if you are over 40, your physical condition is poor, you suffer from a chronic illness or have health problems, or you have injuries to or problems in your muscles.

The safest way to determine your fitness level is to have it checked under the supervision of a doctor or professional fitness trainer. People suffering from heart or circulatory diseases or any other risk factors should definitely have their condition checked before they start training.

How often?

For endurance exercising, it's good to exercise at least 3 times a week, but remember for your health that once a week is better than not at all. The effects of exercising will show after just a few weeks.

How long?

If you're very unfit, start with a 20 minute workout. Once your condition improves, you can train for 30-60 minutes depending on your goal.

How hard?

Set the most efficient and safest training level on the basis of your heart-rate. This is why your Tunturi equipment has an interface to measure heart- or pulse-rate. Follow the orders of a doctor or exercise professional to help set your exercise level.

EXERCISE LEVEL

The best training to improve your general fitness is properly efficient, not too heavy and not too easy. It's good to sweat while working out, but important still to be able to talk comfortably. This type of exercise is called aerobic or endurance exercise and your body produces the required energy by burning body fat with the aid of oxygen. This in turn leads to a reduction in fat tissue.

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 one of the risk groups mentioned earlier, 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. Regular exercise considerably improves beginners' respiratory and circulatory performance and you will quickly feel your improvement.

Trainer :: 60-70 % of maximum heart-rate

Perfect for improving and maintaining fitness. Even reasonable effort develops the heart and lungs effectively, training 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 long-endurance workouts.

Rest is as important as exercise in a fitness programme. If you for instance exercise conscientiously for three weeks, it's good to make the following week a little lighter.

HOW TO MOTIVATE YOURSELF TO CONTINUE?

It's easy to start exercising and even easier to stop! In order to reach the goals you have set, you'll need to keep finding the motivation to continue so you achieve your ultimate goal: life-long health and a new quality of living. So remember:

- :: Set yourself realistic targets.
- :: Progress step-by-step according to your schedule.
- :: Keep a fitness diary and write down your progress.
- :: Change your way of exercising from time to time.
- :: Use your imagination.
- :: Learn self-discipline.

You know yourself best so find the motivation from inside. Don't make exercising too big an issue and your first goal is simply to make a habit of getting exercise. Only when regular exercise feels natural should you set fresh goals.

One important aspect of your training is versatility. Varying your training exercises different muscle groups and helps maintain motivation.

TRANSPORT AND STORAGE ::

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

NOTE! Always switch the power off and unplug the power cord before you start moving the device around!

- :: 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.

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

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

MAINTENANCE ::

The T4 and T6 require 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. Sweat may cause corrosion: we recommend therefore that you protect all metal surfaces outside the plastic covers with teflon or car wax.
- :: Never remove the equipment's protective casing.
- :: The electromagnetic brake forms an extremely powerful 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 recalibrated when assembled, serviced and used according to this Exercise Guide.

NOTE! 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.

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.

DIMENSIONS ::

	T4		T6
Length	93 cm	Length	96 cm
Width	64 cm	Width	64 cm
Height	105 cm	Height	105 cm
Weight	38 kg	Weight	39 kg

All Tunturi models as well as T.I.E. user interfaces meet 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.

The North American versions (115 V) comply with FCC requirements on electromagnetic compatibility and are accordingly marked with the FCC label. The North American versions also comply with the following safety standards: UL 1647 and CSA C 22.2 No. 68-92.

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

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

TIPS FOR ENHANCED TRAINING ENJOYMENT ::

ABOUT YOUR HEALTH

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

ABOUT THE EXERCISE ENVIRONMENT

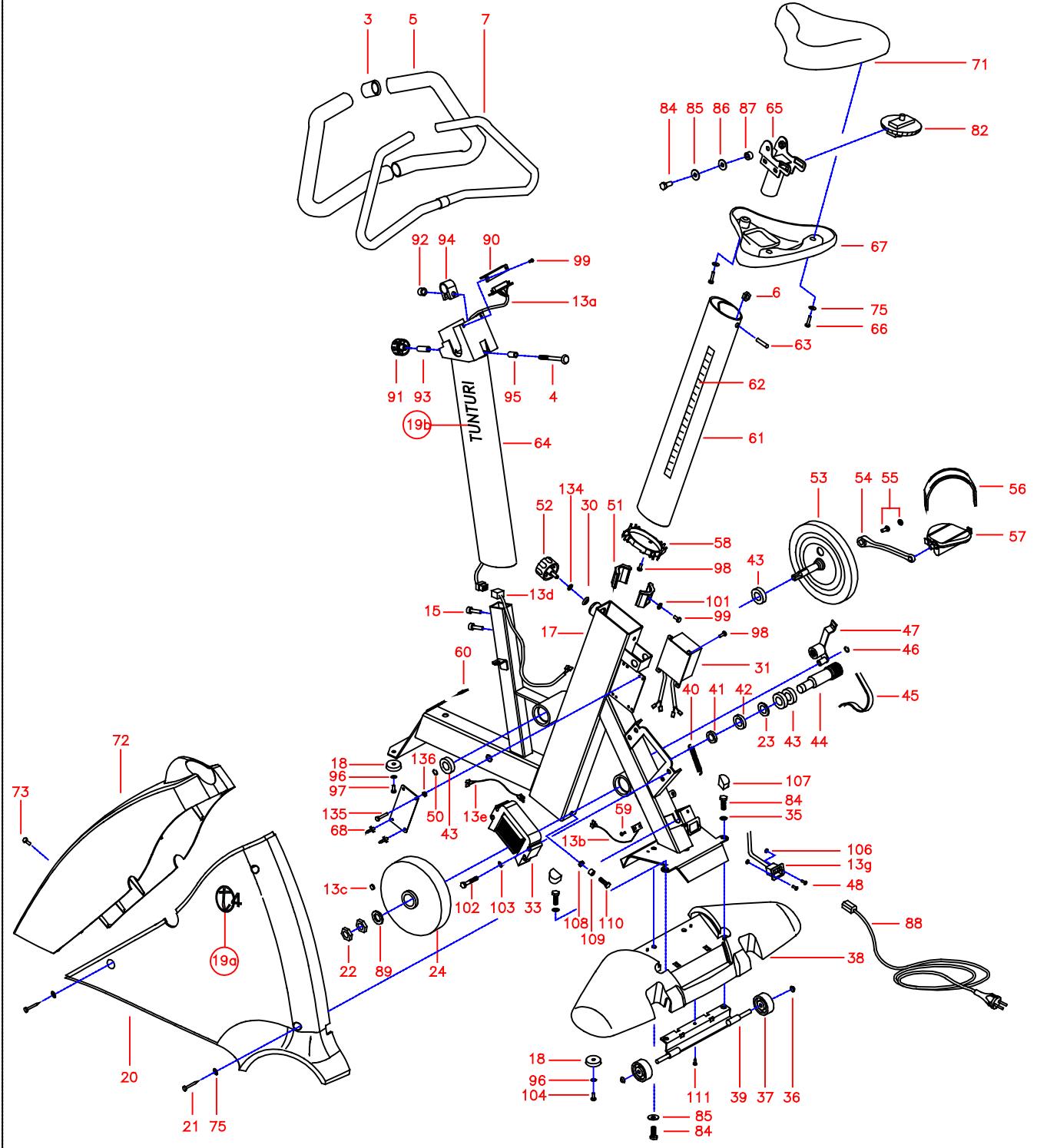
- :: Make sure the exercise environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.

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.
- :: Never remove the protective casings.
- :: 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.
- :: The device must not be used by persons weighing over 120 kg.

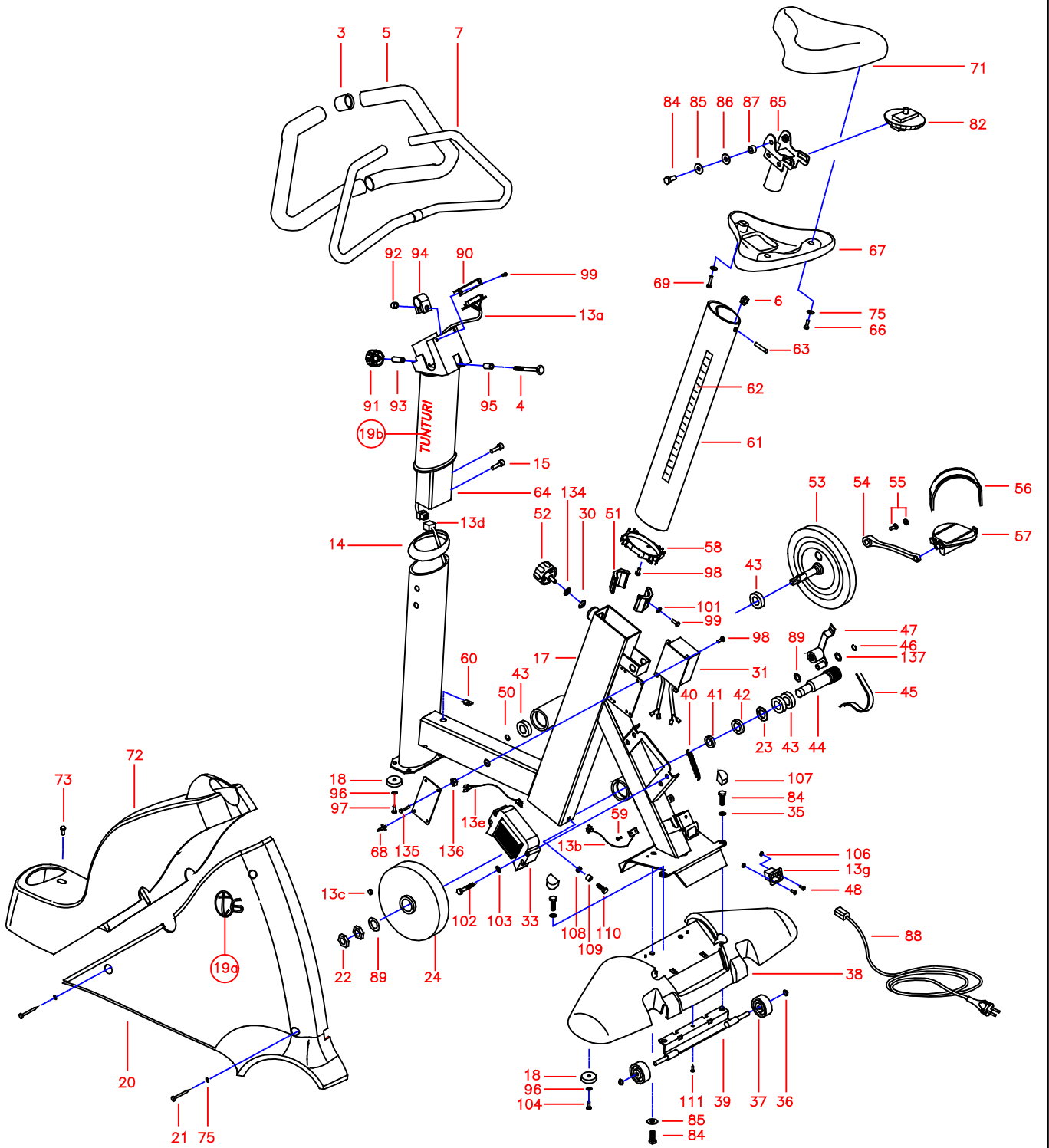
NOTE! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi Oy Ltd will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

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



Item	Part No	Description	Unit	Item	Part No	Description	Unit
3	533 7039	Plug	2	63	M8x60 DIN 916 Screw 14h Tinfo 28/99	1	
4	M8x120 DIN 603	Screw 8.8 Tinfo 15/99	1	64	203 1023	Handlebar	1
5	213 1002	Handle grip, pair (incl. 3)	1	65	153 1013	Seat base (incl.63)Tinfo28/99)	1
6	M8 DIN 985	Nut, nylon	1	66	KB40x12WN-1441	PT-Screw	2
7	203 1024	Handlebar, (incl. 5, 94)	1	67	153 1004	Lower cover	1
13	403 1051	Cable, set (incl. 13a, 13d, 13e)	1	68	503 1020	Retainer	3
13b	403 1054	Sensor	1	69	KB 40x20 WN1411 Screw	1	
13c	403 1026	Magnet	1	71	153 1009	Seat	1
13g	403 4060	Mains switch/-socket	1	-	153 1016	Seat, compl. (65-67, 75, 82, 84-87)	1
15	M8x25 DIN 7984	Screw	2	72	173 1031	Front cover	1
17	103 1021	Frame	1	73	M5x20 DIN 7985	Screw	1
18	533 507 82	Stand plug	4	75	M4 DIN 9021	Washer	6
19	423 1075	Label, set (incl. 19a -19b)	1	82	653 1008	Adjusting wheel	1
20	173 1028	Side cover, LH	1	*84	M8x20 DIN 912	Screw Zn (* 4 pcs)	6
-	173 1029	Side cover, RH	1	*85	M8 DIN 9021	Washer (* 2 pcs)	4
21	KB40x40WN-1442	PT-Screw	3	86	683 1001	Rubber washer	2
22	653 1017	Nut	2	87	72 8012 602	Sleeve	2
23	17x24x15 DIN 988	Washer	1	88	403 4024	Mains cable, EUR	1
24	303 1016	Flywheel	1	-	403 4015	Mains cable, USA	1
30	533 1039	Sleeve (incl. 134)Tinfo 16/99	1	89	12x18x05 DIN 988 Washer	2	
31	403 1047	Transformer, EUR	1	90	503 1022	Plate	1
-	403 1055	Transformer, USA	1	91	533 1019	Adjuster knob	1
32	403 1048	Control card	1	92	523 1015	Sleeve	1
33	403 1050	El. magnet	1	93	72 0814 330 1	Sleeve	1
*35	M8 DIN 125	Washer	2	94	513 204 82	Tightener	1
36	673 500 88	Snap locking	2	95	72 0814 260 1	Sleeve	1
37	533 1048	Wheel	2	96	653 236 83	Washer	4
38	103 1020	Rear support	1	97	M5x14 DIN 7500-C	Screw	2
-	103 1023	Rear s. (incl.18, 36, 37, 39,96,104)	1	98	M4x8 DIN 7500-C	Screw	6
39	103 1022	Wheel base	1	99	M5x8 DIN 7500-C	Screw	3
40	643 104 89	Spring	1	101	M5 DIN 125	Washer Zn	1
41	523 504 84	Bearing	1	102	M6x50 DIN 931	Screw	4
42	523 1010	Bearing	1	103	M6 DIN 125	Washer Zn	4
43	523 409 85	Bearing	4	104	KB50x14WN-1442	PT-Screw	2
44	343 1010	Axle	1	106	M3 DIN 934	Nut	2
45	443 1008	Transmission belt	1	*107	533 1040	Plug, pair	1
46	10 DIN 471	Retaining	1	108	M6 DIN 985	Nut, nylon	1
47	513 1003	Belt tightener frame	1	109	72 0612 100 1	Sleeve	1
48	M3x10 DIN966 A4	Screw	2	110	M6x20 DIN 933	Screw Zn	1
50	17 DIN 471	Retaining	1	111	2,9x10 DIN 7981	Screw	1
51	693 1003	Slide piece	2	134	17x24x1 DIN 988	Washer Tinfo 16/99	1
52	653 1022	Locking knob	1	135	M4x25 DIN 7500C Screw	1	
53	263 1007	Wheel	1	136	M5 DIN 934 Nut	1	
54	353 1004 1	Crank, left T-info 10/00	1	137	M10 DIN 125 Washer	1	
-	353 1005 1	Crank, right	1	*	553 1004	Assembly kit (incl. *)	1
55	653 0073	Screw-plug T-info 13/00	1	*	553 100 88	Multi purp. wrench	1
56	363 1002	Pedal band, pair	1	*	556 0001	Allen key 6 mm	1
57	363 1001	Pedal, pair (incl. part 56)	1	*	556 031 00	Allen key 5 mm	1
58	693 1002	Slide piece	1	*	553 0013	Screw - Shaped	1
59	M3,5x13DIN7504-N	Screw	2	-	583 1013	Owner's manual, GB, F,E,NL	1
60	653 1003	Clip nut	1	-	583 1014	Owner's manual, D, I, FIN, S	1
61	153 1014	Seat tube	1	-	583 0006	Warranty booklet	1
62	423 1053	Label	1				
						Discontinued item number: 13f, 105	

T6



Item	Part No	Description	Unit	Item	Part No	Description	Unit
3	533 7039	Plug	2	62	423 1053	Label	1
4	M8x120 DIN603	Screw 8.8 Tinfo 15/99	1	63	M8x60 DIN 916	Screw 14h Tinfo 28/99	1
5	213 1002	Handle grip, pair (incl. 3)	1	64	203 1022	Handlebar	1
6	M8 DIN 985	Nut, nylon	1	65	153 1013	Seat base (incl.63) Tinfo28/991	
7	203 1024	Handlebar, (incl. 3, 94)	1	66	KB 40x12WN-1411	PT-Screw	2
13	403 1052	Cable, set (incl. 13a, 13d , 13c)	1	67	153 1004	Lower cover	1
13b	403 1054	Sensor	1	68	503 1020	Retainer	4
13c	403 1026	Magnet	1	69	KB 40x20WN-1411	PT-Screw	1
13g	403 4060	Mains socket / -switch	1	71	153 1009	Seat	1
14	173 1024	Bezel	1	-	153 1016	Seat, compl.(65-67,75,82,84-87)	1
15	M8x25 DIN 7984	Screw	2	72	173 1030	Front cover	1
17	103 1019	Frame	1	73	M5x20 DIN 7985	Screw	1
18	533 507 82	Stand plug	4	75	M4 DIN 9021	Washer	6
19	423 1076	Label, set (incl. 19a -19b)	1	82	653 1008	Adjusting wheel	1
20	173 1028	Side cover, LH	1	*84	M8x20 DIN 912 Zn	Screw (* 4 pcs)	6
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36	673 500 88	Snap locking	2	95	72 0814 260 1	Sleeve	1
37	533 1048	Wheel	2	96	653 236 83	Washer	4
38	103 1020	Rear support	1	97	M8x20 DIN 7991	Screw	2
-	103 1023	Rear s. (18, 36, 37, 39, 96, 104)	1	98	M4x8 DIN 7500-C	Screw	6
39	103 1022	Wheel base	1	99	M5x8 DIN 7500-C	Screw	3
40	643 104 89	Spring	1	101	M5 DIN 125	Washer	1
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59	M3,5x13DIN7504-N	Screw	2	-	583 1013	Owner´s manual, GB, F,E,NL	1
60	653 1003	Clip nut	1	-	583 1014	Owner´s manual, D, I, FIN, S	1
61	153 1014	Seat tube	1	-	583 0006	Warranty booklet	1
						Discontinued item number: 13f, 105	