

# F200

OWNER'S MANUAL

BETRIEBSANLEITUNG

MODE D'EMPLOI

MANUALE D'USO

MANUAL DEL USUARIO

HANDLEIDING

BRUKSANVISNING

KÄYTTÖOHJE



[www.tunturi.com](http://www.tunturi.com)

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

**TUNTURI**®  
THE MOTOR – *it's you.*

## 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.
- 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

- Place the machine on a protective base.
- 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 100 kg.

## ASSEMBLY

Check that the following parts are in the package (fig. 1):

- A Frame
- B Rear support
- C Handlebar support tube
- D Meter
- E Pedals (2)
- F Handlebar
- G Seat
- H Seat tube
- I Assembly kit (contents marked with in the spare part list)

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.

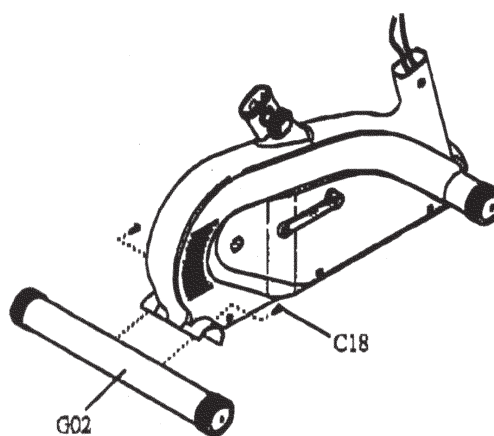
The package includes a silicate bag for absorbing moisture during storage and transportation.

Left, right, front and back are as seen from the exercising position.

Assemble the cycle as follows:

### REAR SUPPORT

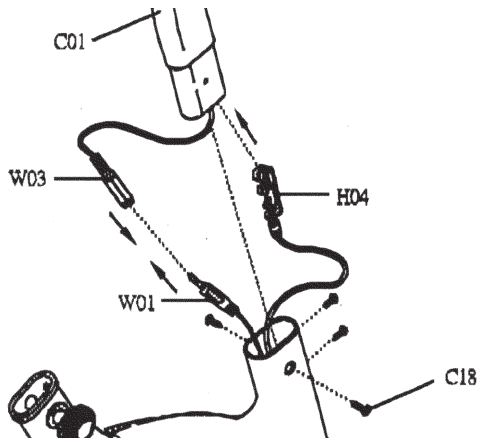
Mount the rear support to the main frame with two bolts.



### UPRIGHT POST

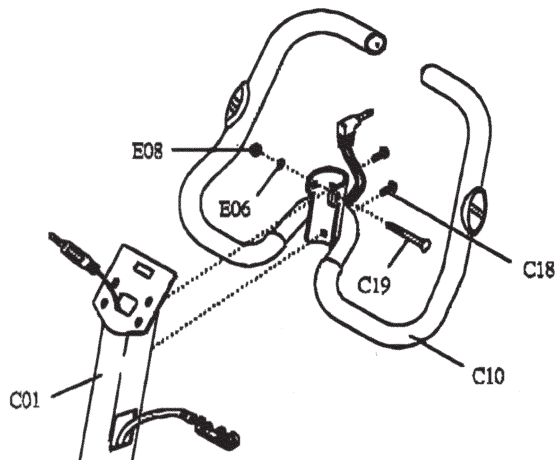
Connect the upper and lower meter wires together and push the tension cable into the upright post prior to fitting the upright post to the main frame.

Secure the upright post to the main frame with four socket bolts.



**HANDLEBAR**

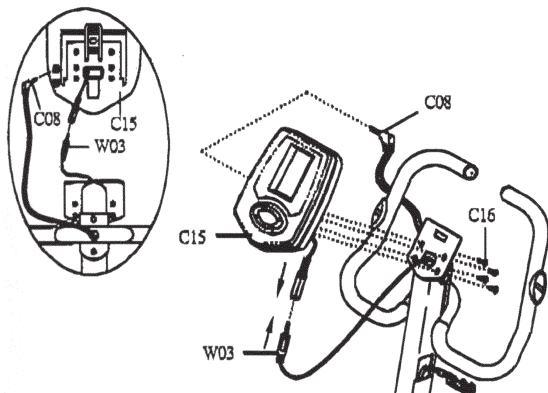
To secure the handlebar to the upright post, use two bolts and a bolt a washer and a nut.



**METER**

Pop open the battery cover at the back of the meter to assemble battery. Connect the meter wire to meter.

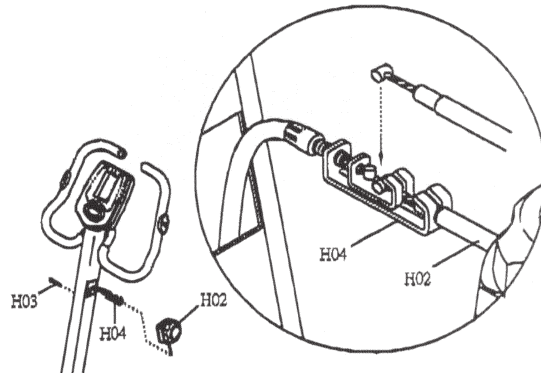
Loosen the screws at the back of the meter enough to fit them into the slot on the steel plate at the top of the upright post. Slide the screws to the bottom end of the slot before tightening screws to secure the meter.



**RESISTANCE KNOB**

Make sure the display window shows 8 on the knob. Pull out the connector box from upright post.

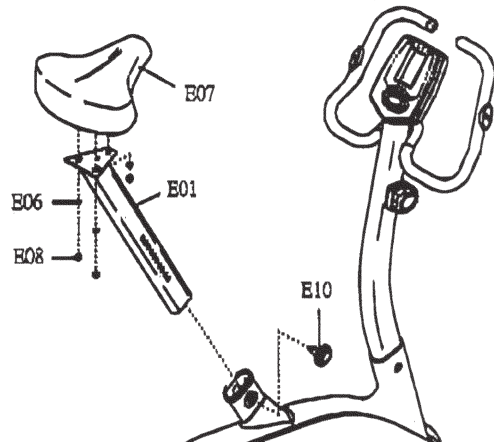
Thread A diagonally into the connector box and fit A into B from behind. Then pull C up before pushing wedge D into gap E. Make sure D is tightly inserted into E.



**SEAT AND SEAT POST**

Secure the seat to the seat post with three washers and three nylon nuts.

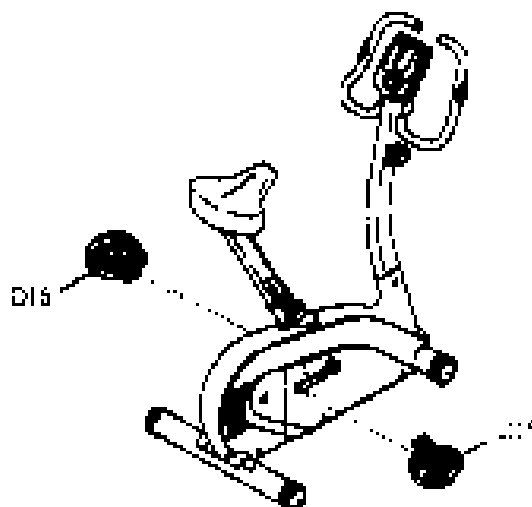
Slide the seat post into the frame and secure the the locking knob.



**FOOT PEDALS**

Fasten the right pedal to the right pedal crank turning clockwise and left pedal to the left pedal crank turning anti-clockwise.

The pedals and pedal straps are marked R for right and L for left.



**USE****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:

1. First turn the locking knob counterclockwise.
2. Then pull the locking knob out so that the seat tube can be moved freely up and down.
3. When the height is right, let go of the knob. The seat locks into place.
4. Tighten the locking knob clockwise.

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

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.

**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.

**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.

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.

**KEY GUIDE:**

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

▲ : Press to increase the preset values of **TIME**, **DISTANCE**, **CALORIES** or **PULSE**.

▼ : Press to reduce the preset values of **TIME**, **DISTANCE**, **CALORIES** or **PULSE**.

**RESET:** Reset all the displays to zero except **ACCUMULATED DISTANCE**.

**DETAILS OF OPERATION:****AUTO POWER ON / OFF:**

The monitor will be turned on automatically by pressing any key to start exercise. On the contrary, it will be turned off automatically if the monitor does not detect any signal within 256 seconds after stopping exercising.

**AUTO START/STOP:**

The moment to start practising, the monitor will display the progress of the exercise. When stopping the workout, all the displays will be frozen until the monitor turns off or begins to exercise again.

**TIME:**

If **TIME** is not preset, it will count up in one-second increment. **TIME** will be displayed by the last line of **LCD**.

**HOW THE PRESET TIME;****DISTANCE, CALORIE & PULSE:**

1. Press **SELECT** key until the window which is going to be preset is flashing.
2. Press ▲ or ▼ until desired number is displayed.
3. When start to exercise, the monitor will begin to count down.

4. It will beep for 12 seconds to indicate the completion of workout which is preset. Press any key to stop beeping.

### REMARKS

1. It is suggested to preset only one item. If more than one item is set, the first to reach the preset value will sound the alarm.
2. For PULSE window, the monitor will not beep after reaching the preset value. The display will be flashing continuously while actual heartbeat detected is over the preset value.
3. When pressing SELECT key, the setting will start from TIME, DISTANCE, CALORIES & PULSE. To skip from the setting, please do not press SELECT again and wait until the display stops flashing after programming functions desired. Then, the monitor will come back to normal and ready to be operated.

### ACCUMULATED DISTANCE:

Press and hold RESET key, the TIME window will present ACCUMULATED DISTANCE that is resulted from total distance users have been exercising. After releasing the key, all the displays will reset to zero.

### SPEED:

Current speed will be shown by the top line of LCD when exercising.

### DISTANCE:

The distance of each workout will be displayed by the 4th line of the LCD.

### CALORIE:

The calories burned will be displayed by the 2nd line of LCD.

### PULSE: (Perfect pulse system)

To display your current heart rate on the lower right LCD in beats per minute (BPM). Place the palms of your hands on the both of the contact pads and the monitor will show up your current beat rate in beat per minute (BPM) on the LCD display. (Please see the drawing below.)

### NOTE:

1. If pulse value is not preset, the monitor will show the default value at 90BPM.
2. If no Pulse Signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customers can press the up & down keys to restart Pulse function.

## 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 fades considerably or completely, 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 (2 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.

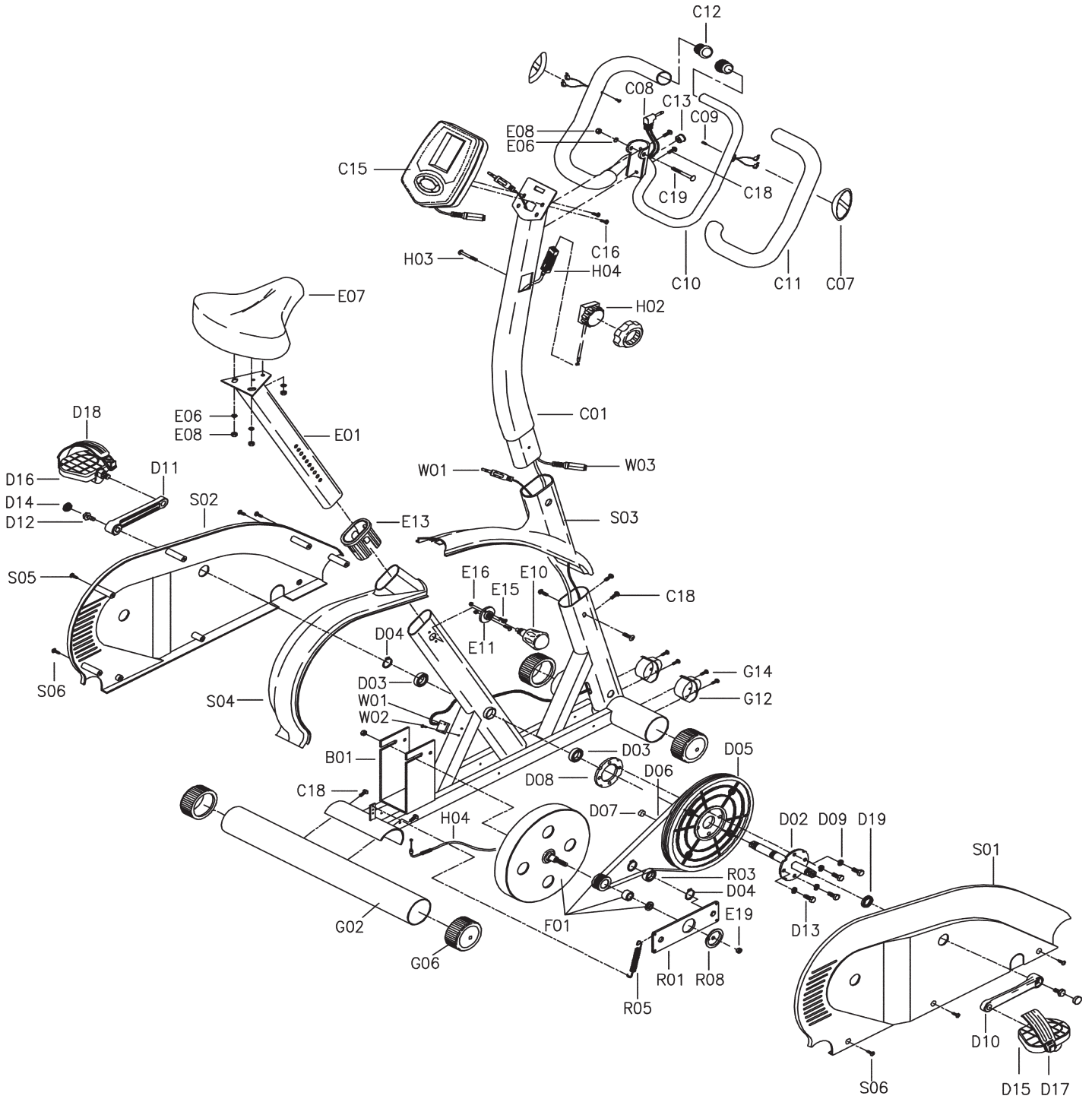
## DIMENSIONS

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.



B01		Main frame	1
C01		Upright post	1
C07		Hand Pulse Sensor	2
C08		Hand Pulse wire	1
C09	M4x18 DIN 7985	Screw	2
C10		Handle Bar	1
C11		Handle Sponge	2
C12		End cap for handle bar	2
C13	- 1/2"	Cap	1
C15	EU	Meter	1
C15	GB/US	Meter	1
C16	M5x8 DIN 7985	Screw	4
*C18	M8x15 DIN 912	Socket bolt	8
*C19	M8x60 DIN 603	Bolt	1
D02		Shaft	1
D03		Ball bearing 6004 ZZ	2
D04		C-clip (S-20)	3
D05		Fly wheel	1
D06		Belt	1
D07		Magnet	1
D08		Beltwheel bracket	1
D09	M8 DIN 127	Spring Washer	4
D10		Crank (R)	1
D11		Crank (L)	1
D12	M8x20mm	Hexagonal nut	2
D13	M8x20 DIN 933	Hexagonal bolt	4
D14		Crank cover	2
D15		Pedal (R)	1
D16		Pedal (L)	1
D17		Pedal strap (R)	1
D18		Pedal strap (L)	1
D19		Nut	1
E01		Seat post	1
*E06	M8 DIN 125	Washer	4
E07		Seat	1
*E08	M8 DIN 985	Nylon nut	4
E10		Locking knob	1
E11		Locking nut	1
E13		Seat post sleeve	1
E15	M4x10 DIN 7985	Screw	2
E16	M4 DIN 934	Nut	2
E19	- 3/8"	Nut	2
F01		Magn. resistance system	1
G02		Rear support tube	1
G06	- 3"	End cap	4
G12		Transportation wheel	2
G14		Rivet	4
H02		Tension knob	1
H03	- M5x20 mm	Screw	1
1	H04	Tension cable	1
R01		Dancing plate	1

**SPARE PART LIST****ERSATZTEILLISTE****LISTE DES PIÈCES DÉTACHÉES****JUEGO DE HERREMIENTAS****UTENSILI****GEREEDSCHAP SET****MONTERINGSSATS****VARAOSALUETTELO**

R03		Ball bearing 6204 ZZ	1
R05		Spring	1
R08		Dancing plate fixture	1
S01		Right cover	1
S02		Left cover	1
S03		Front cover	1
S04		Rear cover	1
S05	M4x12DIN7500C	Self tapping screw	5
S06	M4x16DIN7500C	Self tapping screw	6
W01		Sensor wire 600mm	1
W02	M3x8 DIN7504N	Screw	2
W03		Meter wire 1000mm	1
*	553 0015	Assembly kit (incl. *)	1
*	553 101	Screw - shaped	1
*	553 100 88	Multi purp. wrench	1
*	556 031	Allen key 5 mm	1
-	583 0010	Owner's manual	1



**TUNTURI®**  
THE MOTOR – *it's you.*

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