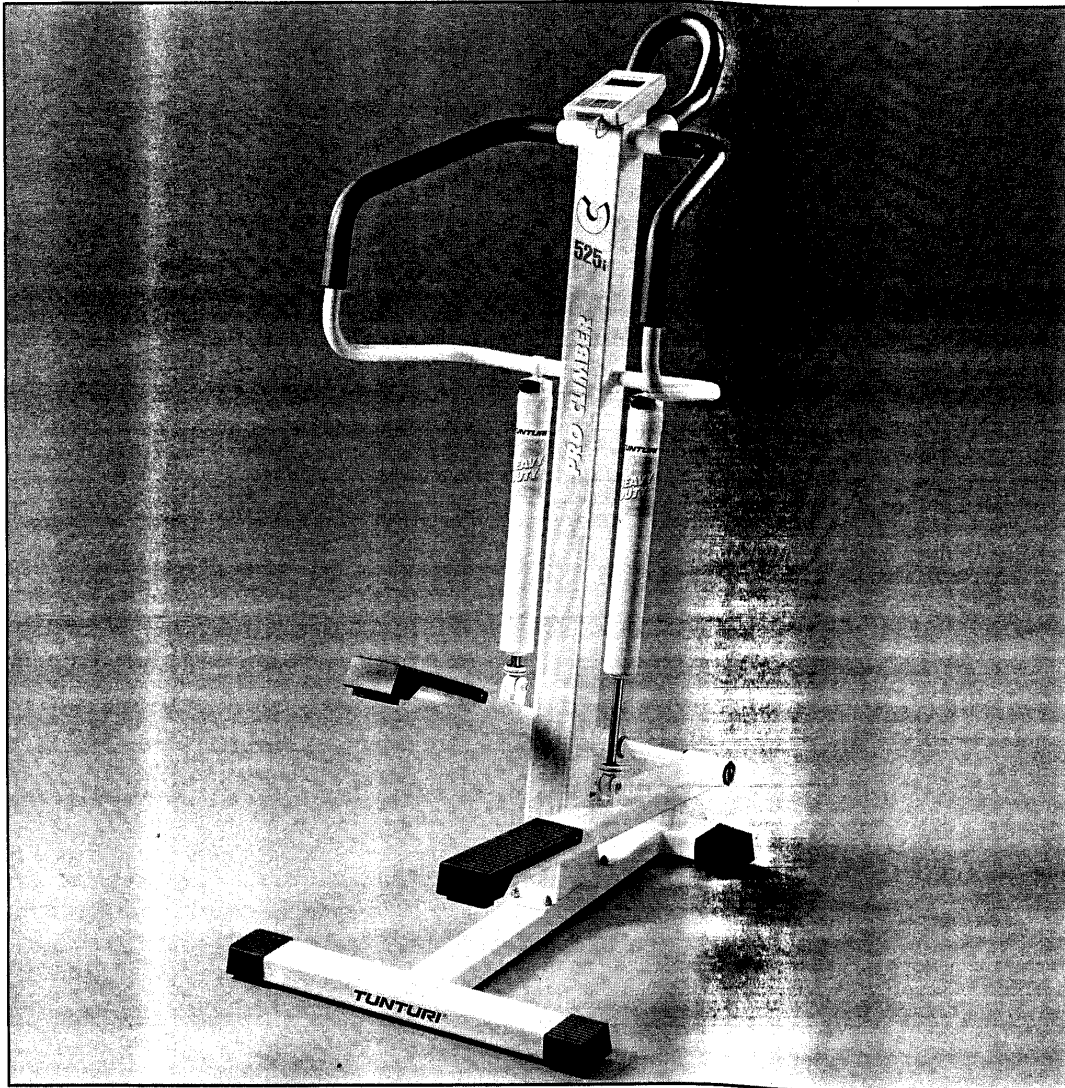


PRO CLIMBER C 525i

GB OWNER'S MANUAL
D BETRIEBSANLEITUNG
F MODE D'EMPLOI
I MANUALE D'USO
E MODO DE EMPLEO
NL GEBRUIKSAANWIJZING
S BRUKSANVISNING
FIN KÄYTTÖOHJE



583.7003

 **TUNTURI®**

SAFETY INSTRUCTIONS

- * **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.
- * Always keep your hands well away from moving parts.
- * The climber is not intended for use by children.
- * Only one person may use the climber at a time.
- * Place the climber on a solid, level surface especially when in use.
- * Hold the handlebar for support when getting on or off the climber. Keep at least one hand on the handlebar when exercising.
- * Warm up slowly by stepping at a slow pace. Increase gradually until you reach desired workout pace. Before completing a workout session, slow your pace gradually to a slow step, allowing your heart rate to decrease to normal before stopping and stepping off the climber. Point your hips, knees, ankles and toes facing forward.
- * Wear proper clothing and shoes when exercising.
- * To avoid muscular pain, begin and end each workout by stretching, warming up and cooling down.
- * Do not attempt any maintenance or adjustments other than those described in this manual. Should you have any problems with your climber, discontinue use and contact your Tunturi-representative or the manufacturer.
- * Despite continuous quality control, faults or malfunctions due to individual components may arise. It is, however, unnecessary to send the whole device to be repaired as the fault can in most cases be repaired by replacing the component in question.

ASSEMBLY

The figures mentioned in the text are at the back of the manual!

The parts of the C 525 i are packed in two separate packages. Once the climber and all its parts have been unpacked from the packages, the climber is assembled as follows (left, right, front and back are determined as if you were standing on the climber):

Figure 1

Extend the right foot pedal upward at a 45° angle to the floor and place the H-frame on its right side so that it rests on the right foot pedal. Insert 4 M8-1.25 x 55 mm button head bolts up through the bottom of the H-frame. Place the vertical frame over the bolts. Add a washer to each bolt and secure each using the 13 mm open-end wrench and the M8-1.25 dome nuts provided. Lift the climber back into the upright position.

Figure 2

Attach the end of the shock absorber that contains the resistance adjustment mechanism to the left side of the vertical frame. Slide two plastic bushings inside the ring on the top of the shock absorber. Slide the end of the shock absorber and a suitable spacer over the shock mount shaft on the left side of the vertical frame. Secure with the M8-1.25 x 40 mm button head bolt and lock washer using the 5 mm hexagon key provided.

Figure 3

Slide two plastic bushings and a metal spacer inside the ring on the bottom of the shock absorber. Fasten the ring to the bracket on the left foot pedal with the M8-1.25 x 40 mm button head bolt and with the M8-1.25 lock nut. Use the 13 mm open-end wrench to hold the nut while you tighten the bolt with the 5 mm hexagon key provided. Make sure the plastic bushing is in place inside the ring. **NOTE!** Be careful not to over-tighten the bolt as this may crack the plastic bushing. Attach the right shock absorber to the right foot pedal in the same manner.

Figure 4

Slide bushing and the upper end of the left handlebar into the mount on the upper end of the vertical frame. Slide the lower end over the spacer. Secure the top of the handlebar with one M8x20 button head bolt and lock washer using the 5 mm hexagon key provided. Attach the right handlebar in the same manner.

Figure 5

Slide the remaining mount bushings into the front mounts on the vertical frame. Insert the ends of the Tribar into the mount. Secure the Tribar with two M8x20 button head bolts and lock washers using the 5 mm hexagon key provided.

Figure 6

Open the battery case cover on the back of the meter case and insert two 1.5 V

AA-batteries to the battery case following the + and - markings. Push the battery case cover back into place. Slide the meter onto its mounting bracket on top of the vertical frame. Be careful not to get the wire caught! Connect the wire plug coming out through the top of the vertical frame to the socket on the front end of the meter. Tuck the extra wire into the vertical frame.

USE

Resistance is adjusted by turning the adjustment knob located on the hydraulic cylinders. To increase the resistance turn the knob clockwise, to decrease resistance, turn anticlockwise.

Start with slow tempo, long step height and low resistance. Gradually increase tempo and resistance and shorten step height according to your own condition. Keep your head up and neck long in order to avoid stress on your neck, shoulders and back. Keep also your back straight. Make sure, that your feet are centered on the foot pedals and that your hips, knees, ankles and toes are facing forward. Keep your body weight centered over your lower body regardless of whether you lean forward or stand upright. By shifting your weight forward or back you can concentrate the workout toward different lower body muscles. Stop your workout by gradually decreasing tempo and resistance. Lengthen your step height until your heart rate has returned to normal. Don't forget to stretch afterwards.

To strengthen cardiovascular system maintain low resistance, but high tempo. Exercising with higher resistance and slow tempo strengthens correspondingly your back and hips.

METER

NOTE: Do not expose the meter to direct sunlight as it may damage the display of the meter. Avoid also strong shocks and exposure to water.

KEYS

ON/OFF

Switches power on/off.

The meter switches off automatically after 4 minutes if no key is pressed or no steps are taken.

START/STOP

Starts and stops functions.

When in the START mode, time, steps, energy consumption and tempo can be counted. When in the STOP mode (the word STOP appears on screen), time, steps, calories and tempo can be set.

SET

Presets values.

RESET

Pressing both SET keys simultaneously resets the displayed function to zero. All functions will automatically reset to zero after the meter has turned itself off.

SCAN

Automatic alternation of displays. The word SCAN appears on screen. Scan will automatically turn off when you press the ON/OFF key. NOTE! Make sure that SCAN is off when you are setting the different training values.

MODE

Alternates modes and displays (time, steps, calories/min, total calories and tempo). The arrow along the bottom of the display points to whichever function is currently displayed.

FUNCTIONS

TIME

Time count-up (0-99 min) or time count-down (see setting the different values).

STEPS

Step count-up (1-9999) or step count-down (see setting the different values).

CAL/MIN

Estimated energy consumption per minute (1-99.9 calories). In theory, energy consumption is affected only by stepping speed and resistance. As capacity to produce energy, or performance, varies in different people, the calorie display can only give a rough estimate of calorie consumption.

CAL

Count-up of total number of burned calories (1-9990) or count-down of preset amount of calories (see setting the different values).

TEMPO

An alarm signal sounds in time with the preset step tempo (125-9.875 / in steps of 0.125); see setting the different values. For example, if the set value for tempo is 5.000, the meter will give a sound signal at 5-second intervals.

The bar diagram display also shows the current number of steps per minute multiplied by 10 (always shown within the display regardless of which function the meter currently displays).

DISPLAY SYMBOLS

"Bell"	time set
"Sound waves"	steps set
"3 drops"	calories set
"Note"	tempo set
"Human figure"	Tempo

The symbols disappear from the display when the preset values have been reached or when the preset values are set to zero.

METERS

Time	0-99 min
Steps	1-9990
Cal/min	1-99.9
Total calories	1-9990
Tempo	125-9.875 sec
Steps/min	0-120 (bar diagram)

SETTING THE DIFFERENT VALUES

If you wish, you can preset certain training time, amount of steps, total calories and/or tempo.

1. Switch the meter on by pressing the ON/OFF key. If the meter is not already in the STOP mode, press START/STOP key. Make sure the meter is not in the SCAN mode (the word SCAN appears in the display). Press MODE until the arrow along the bottom of the display points the desired function.

2. To preset the exercise time

Set the desired training time (0-99 min) by pressing the SET keys. If you hold down the key, the values increase or decrease more rapidly. The time set symbol in the display indicates, that the time has been set. If you want to reset the preset value, press both SET keys simultaneously. Time count-down begins when you press the START/STOP key. An alarm sounds when the time reaches zero.

3. To preset the number of steps

Follow point 1. Set the desired amount of steps by pressing the SET keys (1-9999: in intervals of 10 steps). If you hold down the key, the values increase or decrease more rapidly. The step set symbol appears on screen indicating that a step goal has been set. If you want to reset the preset value, press both SET keys simultaneously. Step count-down begins when you press the START/STOP key. An alarm sounds when the preset amount of steps has been reached.

4. To preset the total calories

Follow point 1. Set the desired amount of total calories by pressing the SET keys (1.00-999.9 in intervals of 1 calorie). If you hold down the key, the values increase or decrease more rapidly. The calories set symbol appears on screen indicating that the calorie goal has been set. If you want to reset the preset value, press both SET keys simultaneously. Calorie count-down begins when you press the START/STOP key. An alarm sounds when the preset amount of calories has been reached.

5. To preset the tempo

Follow point 1. Set the desired step tempo (in intervals of .125 seconds) by pressing the SET keys. If you hold down the key, the values increase or decrease more rapidly. The tempo set symbol on screen indicates, that the tempo has been set. If you want to reset the preset value, press both SET keys simultaneously. Start exercising by pressing START/STOP key. A signal sounds in time with the selected tempo to help you maintain your desired speed. E.g. if you enter 1.000 as the tempo value, a signal sounds at 1-second intervals.

CHANGING THE BATTERIES

If the meter display becomes very weak or there is no display at all, change the batteries. Use alkaline batteries. Remove the meter from its mount on top of the vertical frame. Open the battery case cover on the back of the meter case and remove the old batteries. Insert new batteries (two 1.5 V AA-batteries) to the battery case following the + and - markings. Push the battery case cover back into place. Slide the meter onto its mounting bracket on top of the vertical frame.

SERVICE

TUNTURI Climber C 525i requires little service. Check, however, from time to time that all screws and nuts are tight. Clean the climber from dirt and dust with a damp cloth or towel. Do not use solvents or other powerful detergents! If you are having any problems with the climber while exercising, contact your local Tunturi representative or the manufacturer.

STORAGE

To avoid malfunctions, store the climber in a dry place with as even a temperature as possible and protected from dust.

TECHNICAL DATA

Length	96 cm (39")
Height	140 cm (56.5")
Width	65 cm (25.5")
Weight	36 kg (71 lbs)
Galvanized steel frame	
Storage temperature	-5°C-+40°C (25°-100°F)
Meter batteries	2 x 1.5 V AA batteries

RESET

Pressing both SET keys simultaneously resets the displayed function to zero. All functions will automatically reset to zero after the meter has turned itself off.

SCAN

Automatic alternation of displays. The word SCAN appears on screen. Scan will automatically turn off when you press the ON/OFF key. NOTE! Make sure that SCAN is off when you are setting the different training values.

MODE

Alternates modes and displays (time, steps, calories/min, total calories and tempo). The arrow along the bottom of the display points to whichever function is currently displayed.

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5. To preset the tempo

Follow point 1. Set the desired step tempo (in intervals of .125 seconds) by pressing the SET keys. If you hold down the key, the values increase or decrease more rapidly. The tempo set symbol on screen indicates, that the tempo has been set. If you want to reset the preset value, press both SET keys simultaneously. Start exercising by pressing START/STOP key. A signal sounds in time with the selected tempo to help you maintain your desired speed. E.g. if you enter 1.000 as the tempo value, a signal sounds at 1-second intervals.

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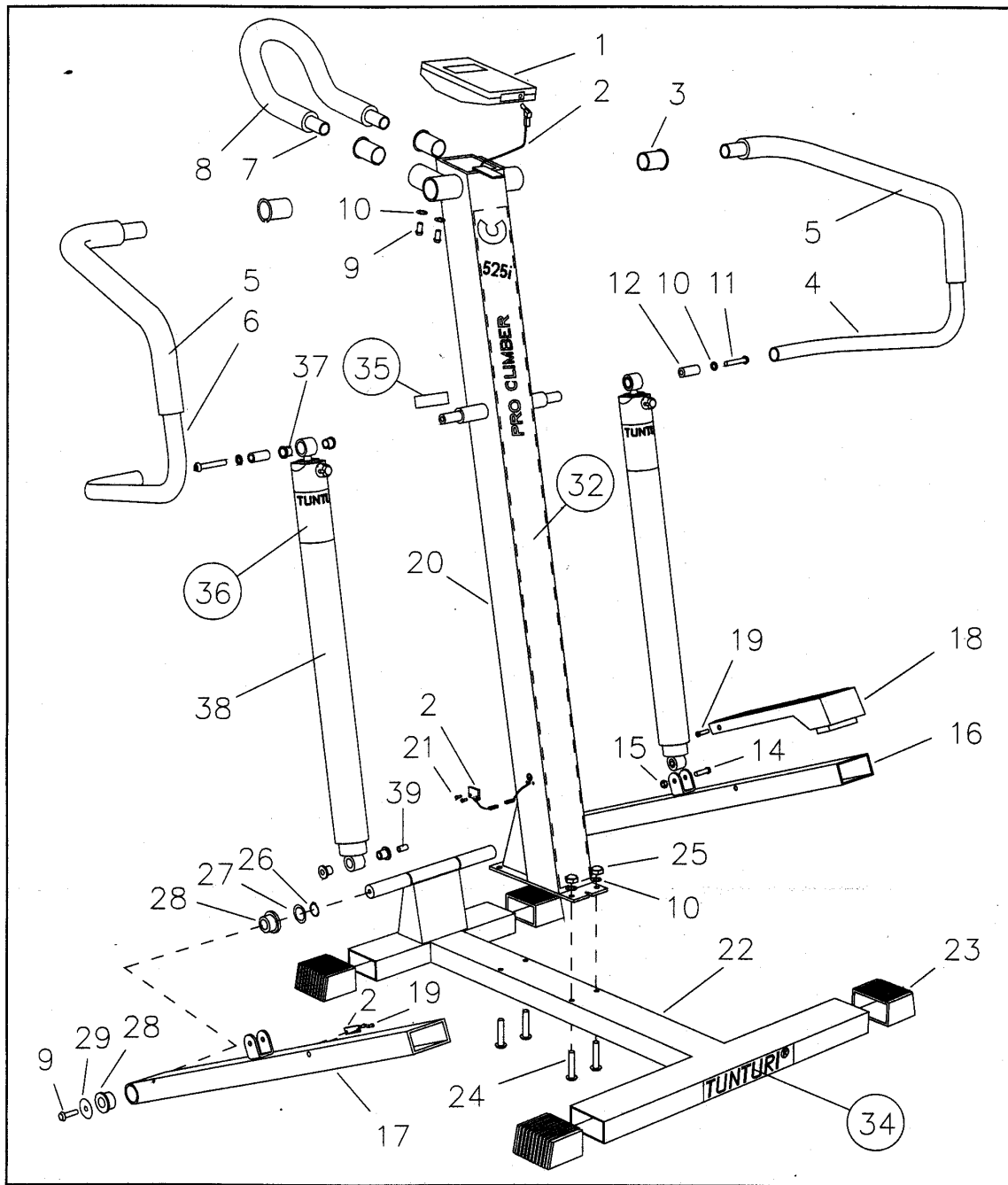
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Storage temperature	-5°C/+40°C (25°-100°F)
Meter batteries	2 x 1.5 V AA batteries



Ref. no Part no.

1	233 7006	14	653 7015	26	673 7001
2	403 7004	15	61 0810	27	653 7016
3	533 7011	16	103 7013 (incl. 18,19,28)	28	533 7012
4	203 7011 (incl. 5)	17	103 7014 (incl. 18,19,28)	29	653 7012
5	213 7002	18	173 7001	37	533 7028
6	203 7012 (incl. 5)	19	652 1701	38	163 7004
7	203 7013 (incl. 8)	20	103 7015	39	523 7006
8	213 7003	21	653 7014	*	423 7028 (decals set; incl. 32,34,35,36)
9	60 08 020 39	22	103 7016	-	556 03100 Allen key
10	63 08127 B	23	533 7002	-	553 202
11	60 08 040 39	24	60 08 055 40		Open end wrench
12	523 7003	25	61 0825		

