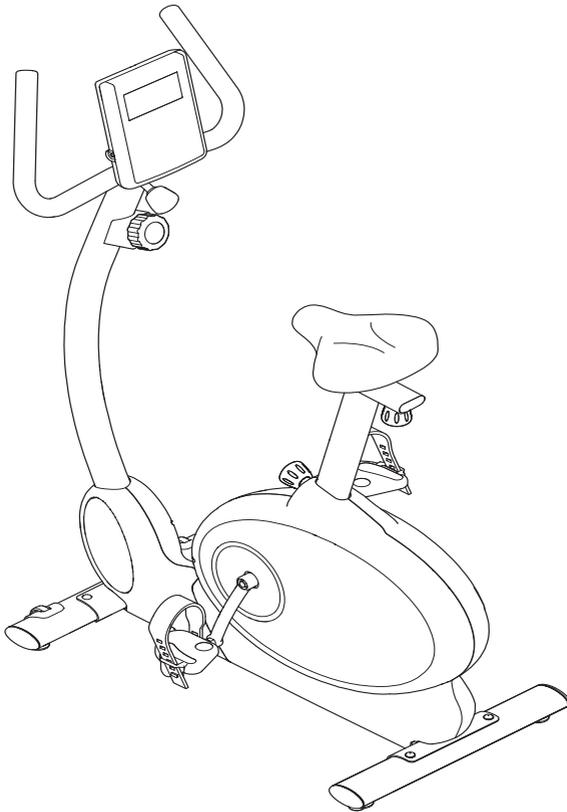


*It's easy to feel good!*

# **TUNTURI®**

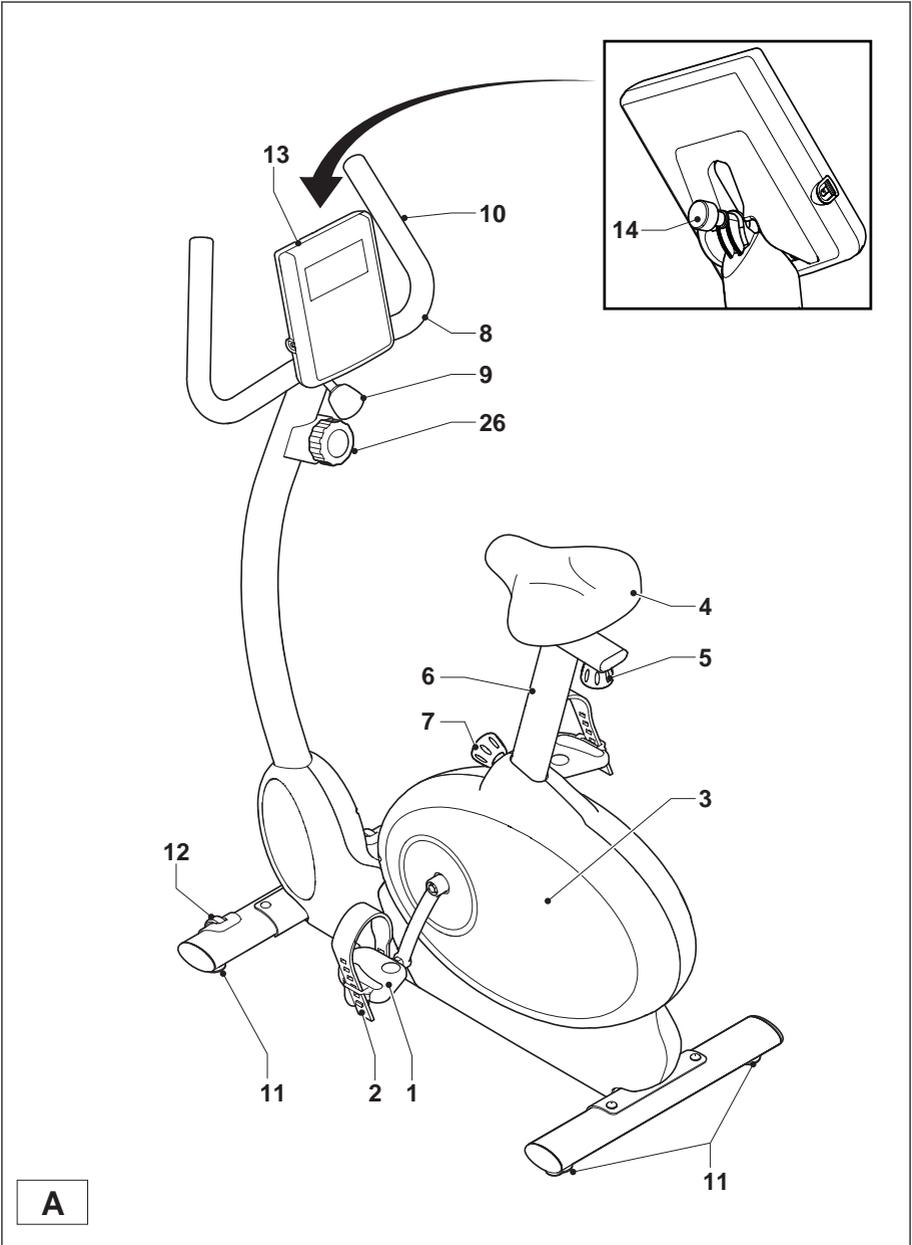
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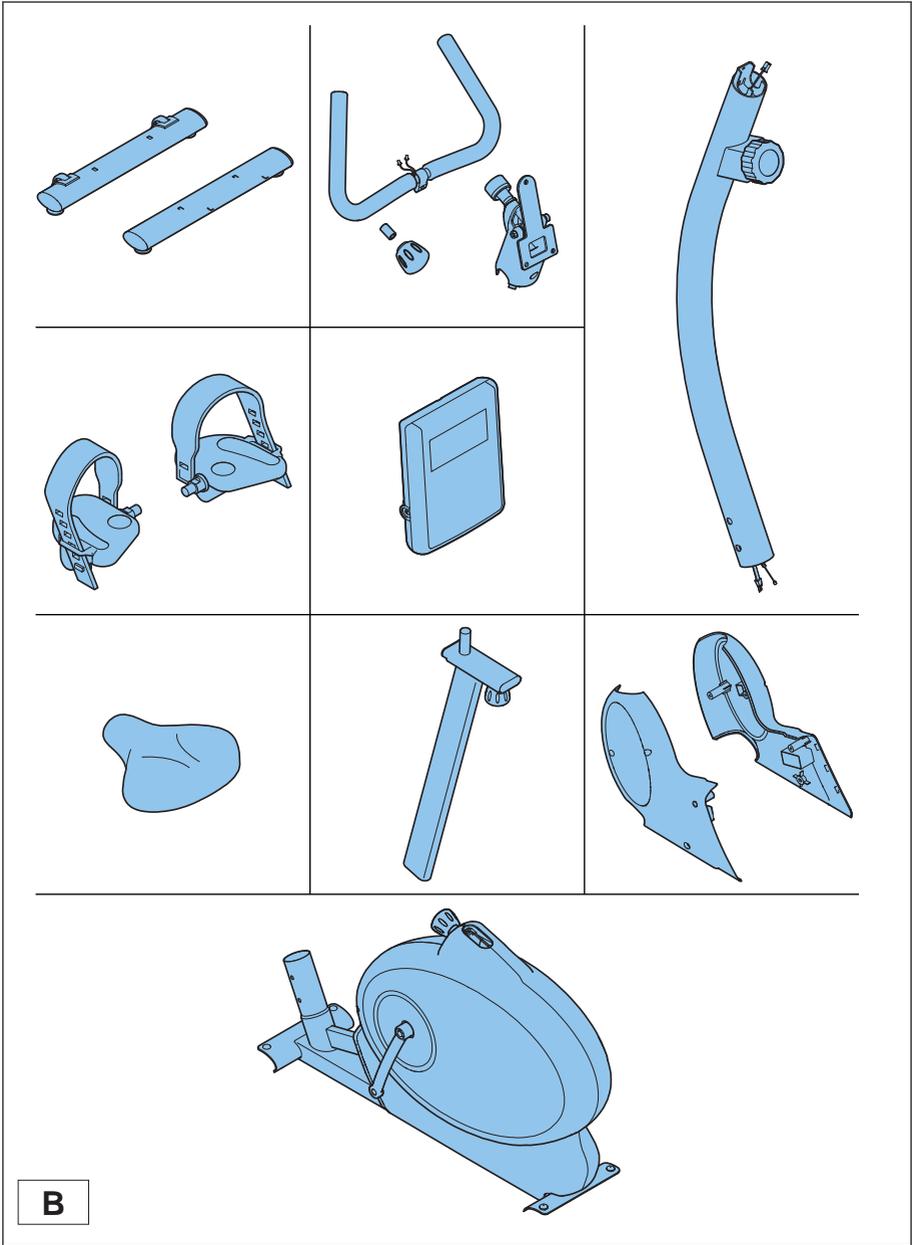
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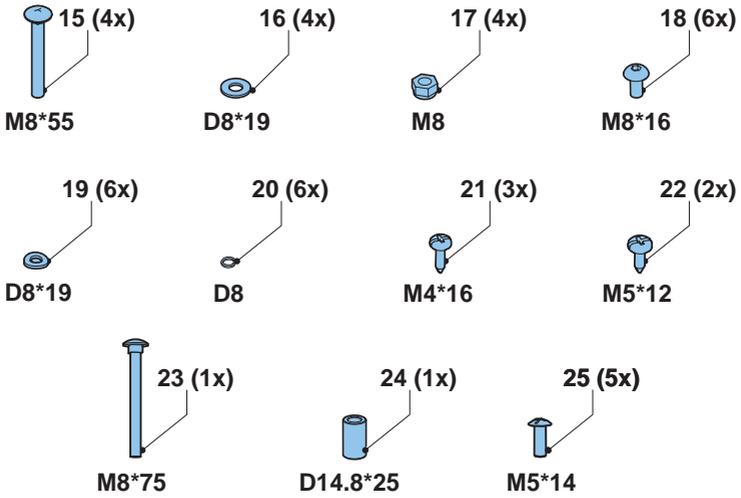


**BIKE 30**

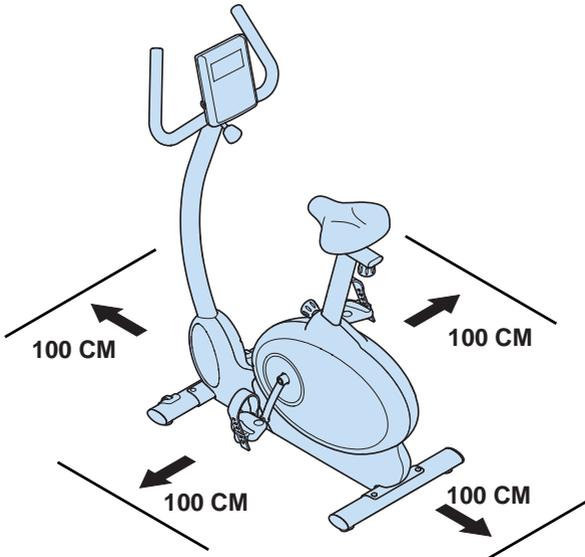




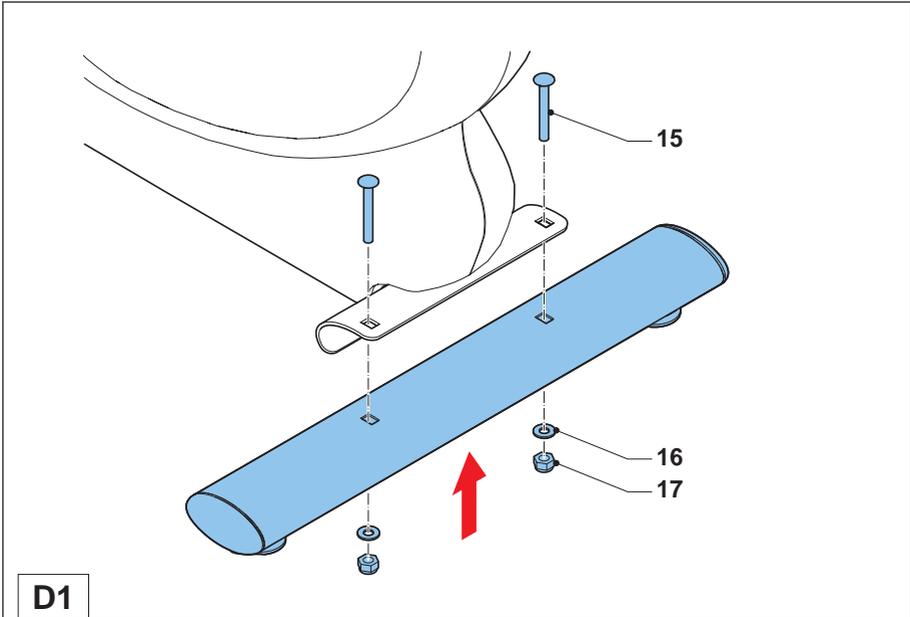




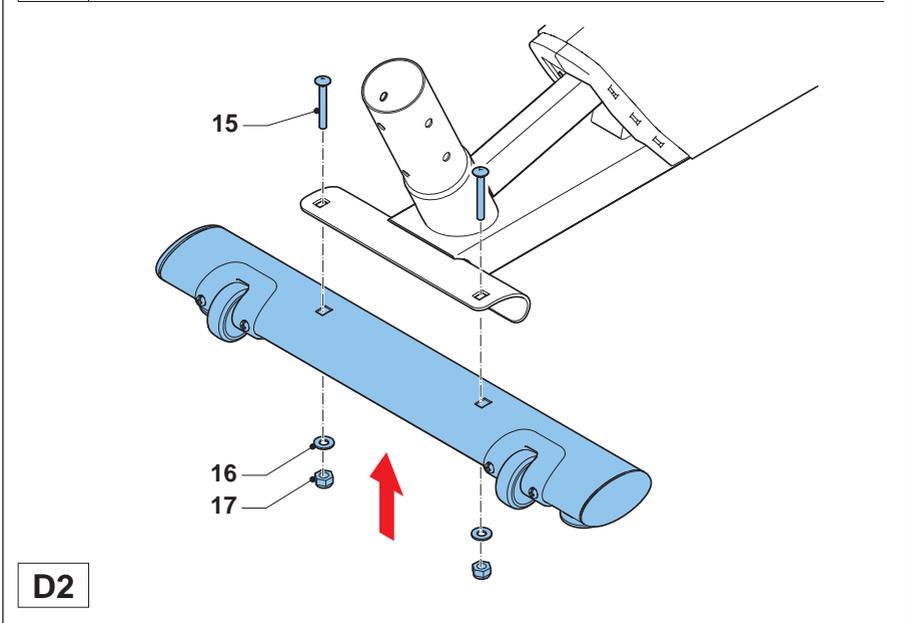
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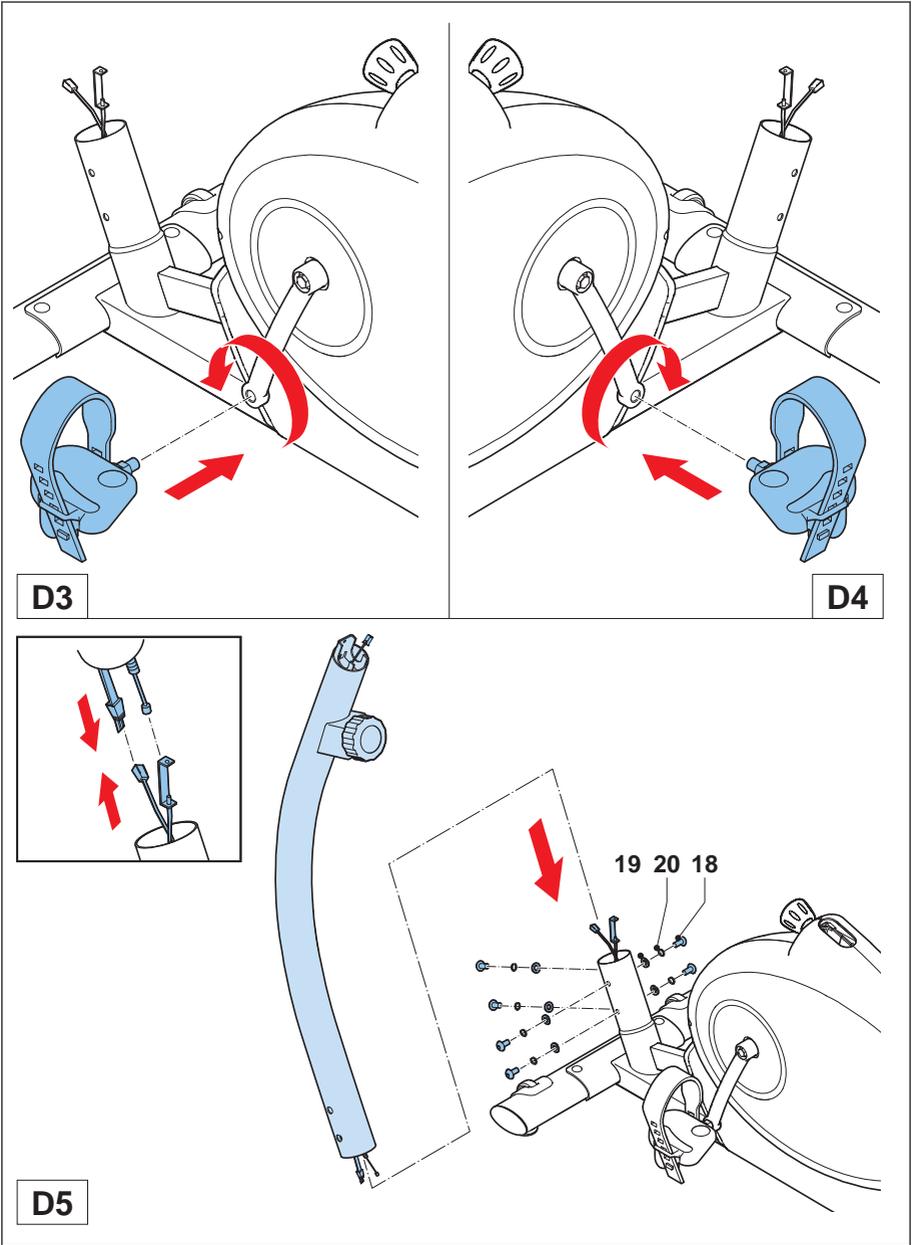
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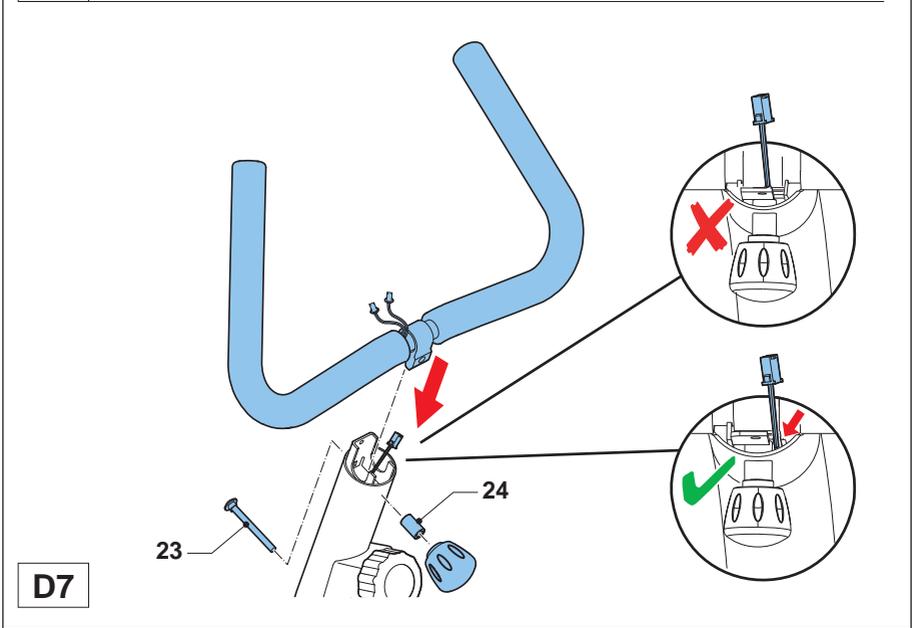
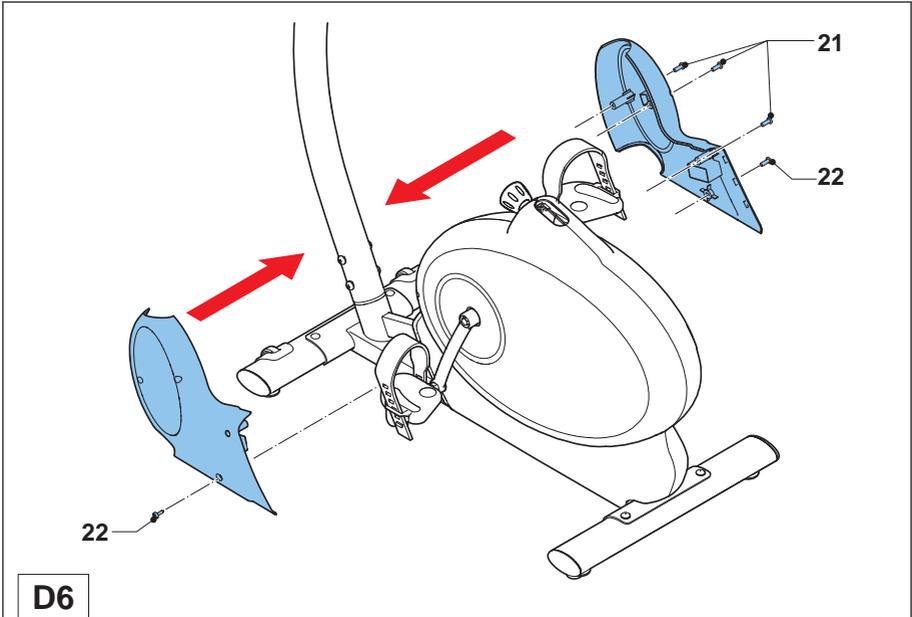


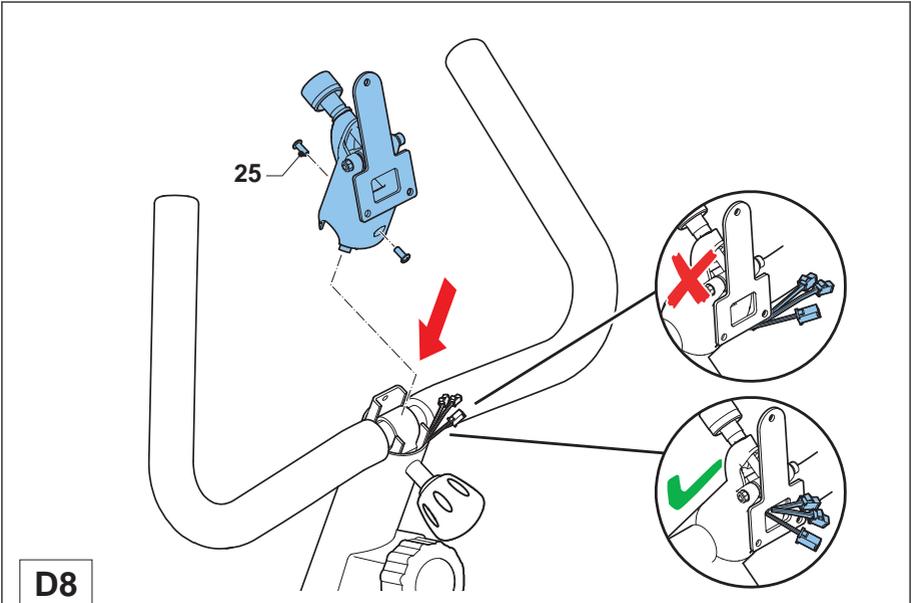
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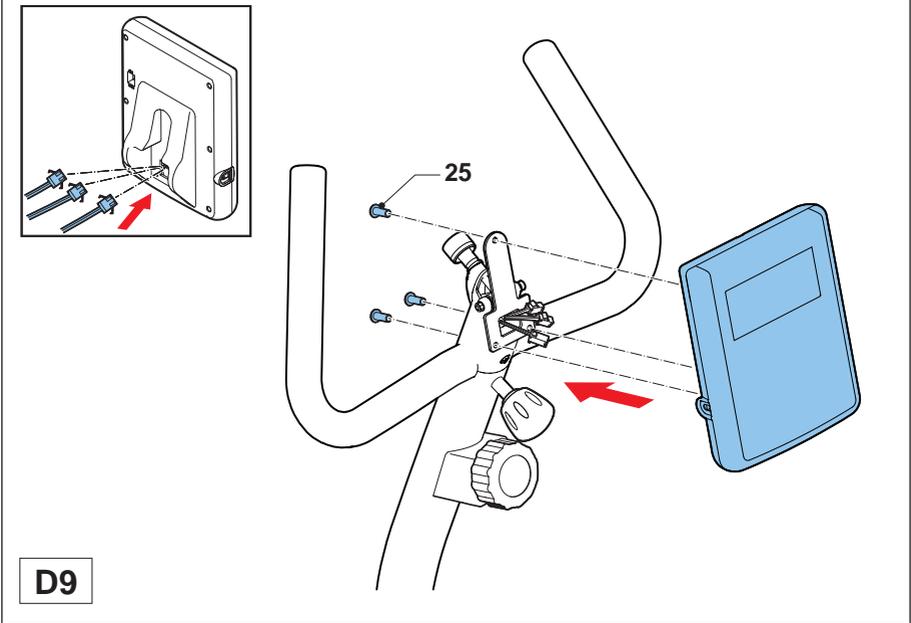
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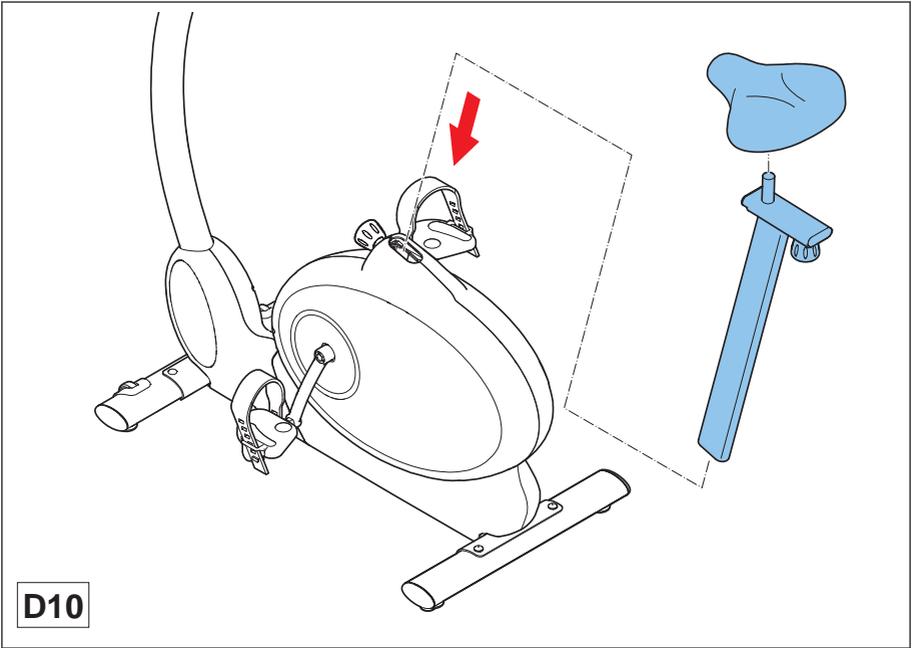




D8



D9



## UPRIGHT BIKE

Welcome to the world of Tunturi Fitness!

Thank you for purchasing this piece of Tunturi equipment. Tunturi offers a wide range of home fitness equipment, including crosstrainers, treadmills, exercise bikes and rowers. The Tunturi equipment is suitable for the entire family, no matter what fitness level. For more information, please visit our website [www.tunturi.com](http://www.tunturi.com)

## Safety warnings



### WARNING

- Read the safety warnings and the instructions. Failure to follow the safety warnings and the instructions can cause personal injury or damage to the equipment. Keep the safety warnings and the instructions for future reference.

- The equipment is suitable for domestic use only. The equipment is not suitable for commercial use.
- The use of this equipment by children or persons with a physical, sensory, mental or motorial disability, or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety must give explicit instructions or supervise the use of the equipment.
- Before starting your workout, consult a physician to check your health.
- If you experience nausea, dizziness or other abnormal symptoms, immediately stop your workout and consult a physician.
- To avoid muscular pain and strain, start each workout by warming up and finish each workout by cooling down. Remember to stretch at the end of the workout.
- The equipment is suitable for indoor use only. The equipment is not suitable for outdoor use.
- Only use the equipment in environments with adequate ventilation. Do not use the equipment in draughty environments in order not to catch a cold.
- Only use the equipment in environments with ambient temperatures between 10 °C and 35 °C. Only store the equipment in environments with ambient temperatures between 5 °C and 45 °C.

- Do not use or store the equipment in humid surroundings. The air humidity must never be more than 80%.
- Only use the equipment for its intended purpose. Do not use the equipment for other purposes than described in the manual.
- Do not use the equipment if any part is damaged or defective. If a part is damaged or defective, contact your dealer.
- Keep your hands, feet and other body parts away from the moving parts.
- Keep your hair away from the moving parts.
- Wear appropriate clothing and shoes.
- Keep clothing, jewelry and other objects away from the moving parts.
- Make sure that only one person uses the equipment at a time. The equipment must not be used by persons weighing more than 135 kg (300 lbs).
- Do not open equipment without consulting your dealer.

## Package contents (fig. B & C)

- The package contains the parts as shown in fig. B.
- The package contains the fasteners as shown in fig. C. Refer to the section “Description”.



### **NOTE**

- If a part is missing, contact your dealer.

## Description (fig. A)

Your upright bike is a piece of stationary fitness equipment used to simulate cycling without causing excessive pressure to the joints.

1	Pedal	9	Handlebar adjustment knob
2	Pedal strap	10	Hand pulse sensor
3	Main housing	11	Support foot
4	Seat	12	Transport wheel
5	Seat adjustment knob	13	Console
6	Seat tube	14	Console adjustment knob
7	Seat tube adjustment knob	26	Resistance adjustment knob
8	Handlebar		

### Fasteners (fig. C)

15	Carriage bolt (M8*55)	21	Screw (M4*16)
16	Washer (D8*19)	22	Screw (M5*12)
17	Locknut (M8)	23	Carriage bolt (M8*75)
18	Allen bolt (M8*16)	24	Bushing (D14.8*25)
19	Curved washer (D8*19)	25	Screw (M5*14)
20	Spring washer (D8)		

### Assembly (fig. D)



#### WARNING

- Assemble the equipment in the given order.
- Carry and move the equipment with at least two persons.



#### CAUTION

- Place the equipment on a firm, level surface.
- Place the equipment on a protective base to prevent damage to the floor surface.
- Allow at least 100 cm of clearance around the equipment.

- Refer to the illustrations for the correct assembly of the equipment.

## Workouts

The workout must 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. You should perspire, but you should not get out of breath during the workout.

To reach and maintain a basic fitness level, exercise at least three times a week, 30 minutes at a time. Increase the number of exercise sessions to improve your fitness level. It is worthwhile to combine regular exercise with a healthy diet. A person committed to dieting should exercise daily, at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. Start your workout at low speed and low resistance to prevent the cardiovascular system from being subjected to excessive strain. As the fitness level improves, speed and resistance can be increased gradually. The efficiency of your exercise can be measured by monitoring your heart rate and your pulse rate.

### Pulse rate measurement (hand pulse sensors)

The pulse rate is measured by sensors in the handlebars when the user is touching both sensors at the same time. Accurate pulse measurement requires that the skin is slightly moist and constantly touching the hand pulse sensors. If the skin is too dry or too moist, the pulse rate measurement will become less accurate.



#### **NOTE**

- Do not use the hand pulse sensors in combination with a heart rate chest belt.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.

### Heart rate measurement (heart rate chest belt)

The most accurate heart rate measurement is achieved with a heart rate chest belt. The heart rate is measured by a heart rate receiver in combination with a heart rate transmitter belt. Accurate heart measurement requires that the electrodes on the transmitter belt are slight moist and constantly touching the skin. If the electrodes are too dry or too moist, the heart rate measurement will become less accurate.

**WARNING**

- If you have a pacemaker, consult a physician before using a heart rate chest belt.

**CAUTION**

- If there are several heart rate measurement devices next to each other, make sure that the distance between them is at least 1.5 metres.
- If there is only one heart rate receiver and several heart rate transmitters, make sure that only one person with a transmitter is within transmission range.

**NOTE**

- Do not use a heart rate chest belt in combination with the hand pulse sensors.
- Always wear the heart rate chest belt under your clothes directly in contact with your skin. Do not wear the heart rate chest belt above your clothes. If you wear the heart rate chest belt above your clothes, there will be no signal.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.
- The transmitter transmits the heart rate to the console up to a distance of 1 metre. If the electrodes are not moist, the heart rate will not appear on the display.
- Some fibers in clothes (e.g. polyester, polyamide) create static electricity which can prevent accurate heart rate measurement.
- Mobile phones, televisions and other electrical appliances create an electromagnetic field which can prevent accurate heart rate measurement.

## Maximum heart rate (during training)

The maximum heart rate is the highest heart rate a person can safely achieve through exercise stress. The following formula is used to calculate the average maximum heart rate:  $220 - \text{AGE}$ . The maximum heart rate varies from person to person.



### WARNING

- Make sure that you do not exceed your maximum heart rate during your workout. If you belong to a risk group, consult a physician.

Category	Heart rate zone	Explanation
Beginner	50-60% of maximum heart rate	Suitable for beginners, weight-watchers, convalescents and persons who have not exercised for a long time. Exercise at least three times a week, 30 minutes at a time.
Advanced	60-70% of maximum heart rate	Suitable for persons who want to improve and maintain fitness. Exercise at least three times a week, 30 minutes at a time.
Expert	70-80% of maximum heart rate	Suitable for the fittest of persons who are used to long-endurance workouts.

## Use

### Adjusting the support feet

The equipment is equipped with 4 support feet. If the equipment is not stable, the support feet can be adjusted.

1. Turn the support feet as required to put the equipment in a stable position.
2. Tighten the locknuts to lock the support feet.

## Adjusting the horizontal seat position

The horizontal seat position can be adjusted by setting the seat to the required position.

1. Loosen the seat adjustment knob.
2. Move the seat to the required position.
3. Tighten the seat adjustment knob.

## Adjusting the vertical seat position

The vertical seat position can be adjusted by setting the seat tube to the required position. With the leg almost straight, the arch of the foot must touch the pedal at its lowermost point.

1. Loosen the seat tube adjustment knob.
2. Move the seat tube to the required position.
3. Tighten the seat tube adjustment knob.

## Adjusting the handlebar

The handlebar can be adjusted according to the height and the exercise position of the user.

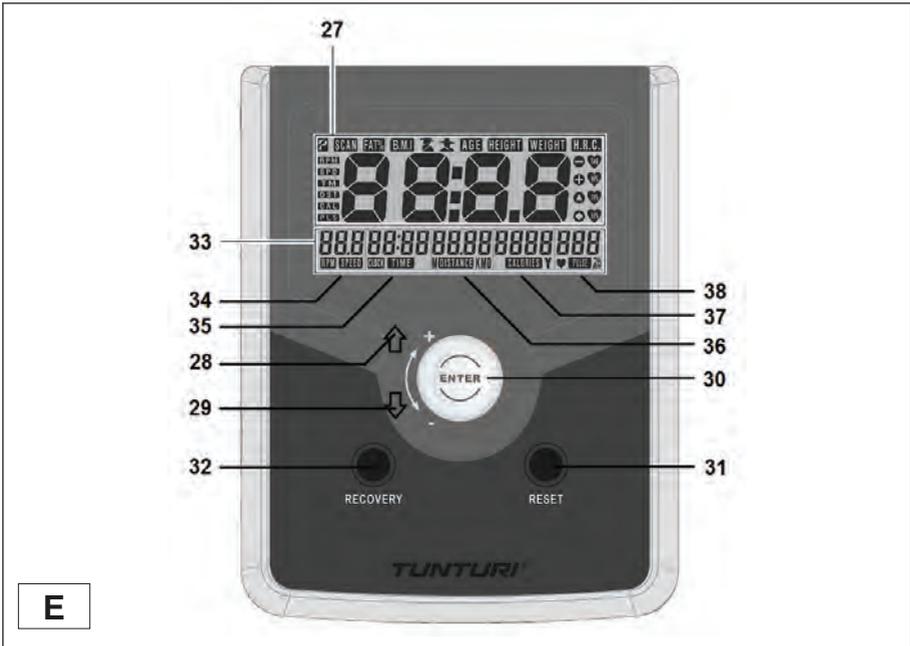
1. Loosen the handlebar adjustment knob.
2. Move the handlebar to the required position.
3. Tighten the handlebar adjustment knob.

## Adjusting the console

The console can be adjusted according to the height and the exercise position of the user.

1. Loosen the console adjustment knob.
2. Move the console to the required position.
3. Tighten the console adjustment knob.

Console (fig. E)



E

- |    |                                  |    |                      |
|----|----------------------------------|----|----------------------|
| 27 | Display                          | 33 | Menu                 |
| 28 | UP turn dial clockwise           | 34 | Menu item: SPEED/RPM |
| 29 | DOWN turn dial counter-clockwise | 35 | Menu item: TIME      |
| 30 | ENTER press dial                 | 36 | Menu item: DISTANCE  |
| 31 | RESET button                     | 37 | Menu item: CALORIES  |
| 32 | RECOVERY button                  | 38 | Menu item: PULSE     |



### CAUTION

- Keep the console away from direct sunlight.
- Dry the surface of the console when it is covered with drops of sweat.
- Do not lean on the console.
- Only touch the display with the tip of your finger. Make sure that your nails or sharp objects do not touch the display.



### NOTE

- The console switches to standby mode when the equipment is not used for 4 minutes. If the console is in standby mode, the display shows the room temperature.

## Explanation of buttons

Button	Explanation
ENTER / ROTARY DIAL	Press the dial to confirm your selection.
RECOVERY	Press the button to calculate your recovery heart rate after a workout.
RESET	Press the button to return to the menu. Press and hold the button to reset the meter.

## Explanation of menu items

Menu item	Explanation
SPEED/RPM	Select the menu item to set and show the speed (km/h or mph) or the RPM (rev/min) for the workout.
TIME	Select the menu item to set and show the duration (mm:ss) for the workout.
DISTANCE	Select the menu item to set and show the distance (km or ml) for the workout.
CALORIES	Select the menu item to set and show the energy consumption (kcal) for the workout.
PULSE	Select the menu item to set and show the heart rate limit (bpm) for the workout.

## Before use

1. Turn the dial UP or DOWN to select a menu item.
2. Press the ENTER button to confirm.
3. Turn the dial UP or DOWN to change the value for the selected menu item.
4. Press the ENTER button to confirm.

## During use

The menu constantly shows the values for the menu items. The different values flash on the display one after another every 6 seconds.

1. Press the ENTER button to stop automatic scanning of the values for the different menu items.
2. Press the ENTER button as many times as required to show information for a specific menu item.
3. Turn the resistance adjustment knob to change the resistance.



### NOTE

- If you set target values, an alarm will sound and the training stops automatically when a specific target value reaches zero.

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## Manual Program (MAN)

1. Turn the dial UP or DOWN to set the time. Press the dial for ENTER to confirm.
2. Turn the dial UP or DOWN to set the distance. Press the dial for ENTER to confirm.
3. Turn the dial UP or DOWN to set the energy consumption. Press the dial for ENTER to confirm.
4. Turn the dial UP or DOWN to set the heart rate limit. Press the dial for ENTER to confirm.
5. Set the equipment in motion to start the workout. If you have set target values, the values start to count down.

## Recovery

The recovery heart rate can be calculated after a workout. The recovery heart rate can only be calculated if the heart rate measurement is activated and the heart rate is shown on the display. The recovery heart rate can range from F1 to F6. F1 is the best recovery heart rate.

1. Press the RECOVERY button. After 60 seconds, the display shows the recovery heart rate.
2. Press the RECOVERY button again to go back to the main menu.

## Metric system ~ Imperial system

For speed and distance, metric units or imperial units can be used as default units of measurement.

1. Locate the KM/ML switch on the rear of the console.
2. Move the KM/ML switch to "KM" to use the metric system as the default system of measurement.
3. Move the KM/ML switch to "ML" to use the imperial system as the default system of measurement.
4. Remove the batteries from the rear of the console. Refer to the section "Replacing the batteries".
5. Insert the batteries into the console to apply the changes.

## Celsius (°C) ~ Fahrenheit (°F)

For temperature, Celsius (°C) or Fahrenheit (°F) can be used as default units of measurement.

1. Locate the C/F switch on the rear of the console.
2. Move the C/F switch to “C” to use Celsius (°C) as the default system of measurement.
3. Move the C/F switch to “F” to use Fahrenheit (°F) as the default system of measurement.
4. Remove the batteries from the rear of the console. Refer to the section “Replacing the batteries”.
5. Insert the batteries into the console to apply the changes.

## Cleaning and maintenance

The equipment does not require special maintenance. The equipment does not require recalibration when it is assembled, used and serviced according to the instructions.



### WARNING

- Do not use solvents to clean the equipment.

- Clean the equipment with a soft, absorbent cloth after each use.
- Regularly check that all screws and nuts are tight.
- If necessary, lubricate the joints.

## Replacing the batteries

The console is equipped with 2 AA batteries at the rear of the console.

1. Remove the cover.
2. Remove the old batteries.
3. Insert the new batteries. Make sure that batteries match the (+) and (-) polarity markings.
4. Mount the cover.

## Defects and malfunctions

Despite continuous quality control, defects and malfunctions caused by individual parts can occur in the equipment. In most cases, it will be sufficient to replace the defective part.

1. If the equipment does not function properly, immediately contact the dealer.

2. Provide the model number and the serial number of the equipment to the dealer. State the nature of the problem, conditions of use and purchase date.

## Transport and storage



### WARNING

- Carry and move the equipment with at least two persons.

1. Remain standing in front of the equipment on each side and take a sturdy grip at the handlebars. Tilt the front of the equipment so as to lift the rear of the equipment on the wheels. Move the equipment and carefully put the equipment down. Place the equipment on a protective base to prevent damage to the floor surface.
2. Move the equipment carefully over uneven surfaces. Do not move the equipment upstairs using the wheels, but carry the equipment by the handlebars.
3. Store the equipment in a dry place with as little temperature variation as possible.

## Technical data

Parameter	Unit of measurement	Value
Length	cm	106
	inch	42
Width	cm	56.5
	inch	22
Height	cm	143
	inch	57
Weight	kg	38
	lbs	84
Max. user weight	kg	135
	lbs	300
Battery size		AA

## Warranty

The product has a warranty from the date of delivery (to be documented by invoice or delivery note). Further information on warranty terms can be obtained from your local dealer. The warranty terms may vary from one country to another. Damages caused by normal wear, overloading or improper handling are excluded from the warranty. Damages caused by material or manufacturing faults are covered by the warranty and will be repaired or replaced at no cost.

## Declaration of the manufacturer

Tunturi Fitness BV declares that the product is in conformity with the following standards and directives: EN 957 (HB), 89/336/EEC. The product therefore carries the CE label.

12-2013

Tunturi Fitness BV  
Purmerweg 1  
1311 XE Almere  
The Netherlands

## Disclaimer

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The product and the manual are subject to change. Specifications can be changed without further notice.





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