

Platinum[®] PRO

Treadmill 3.0

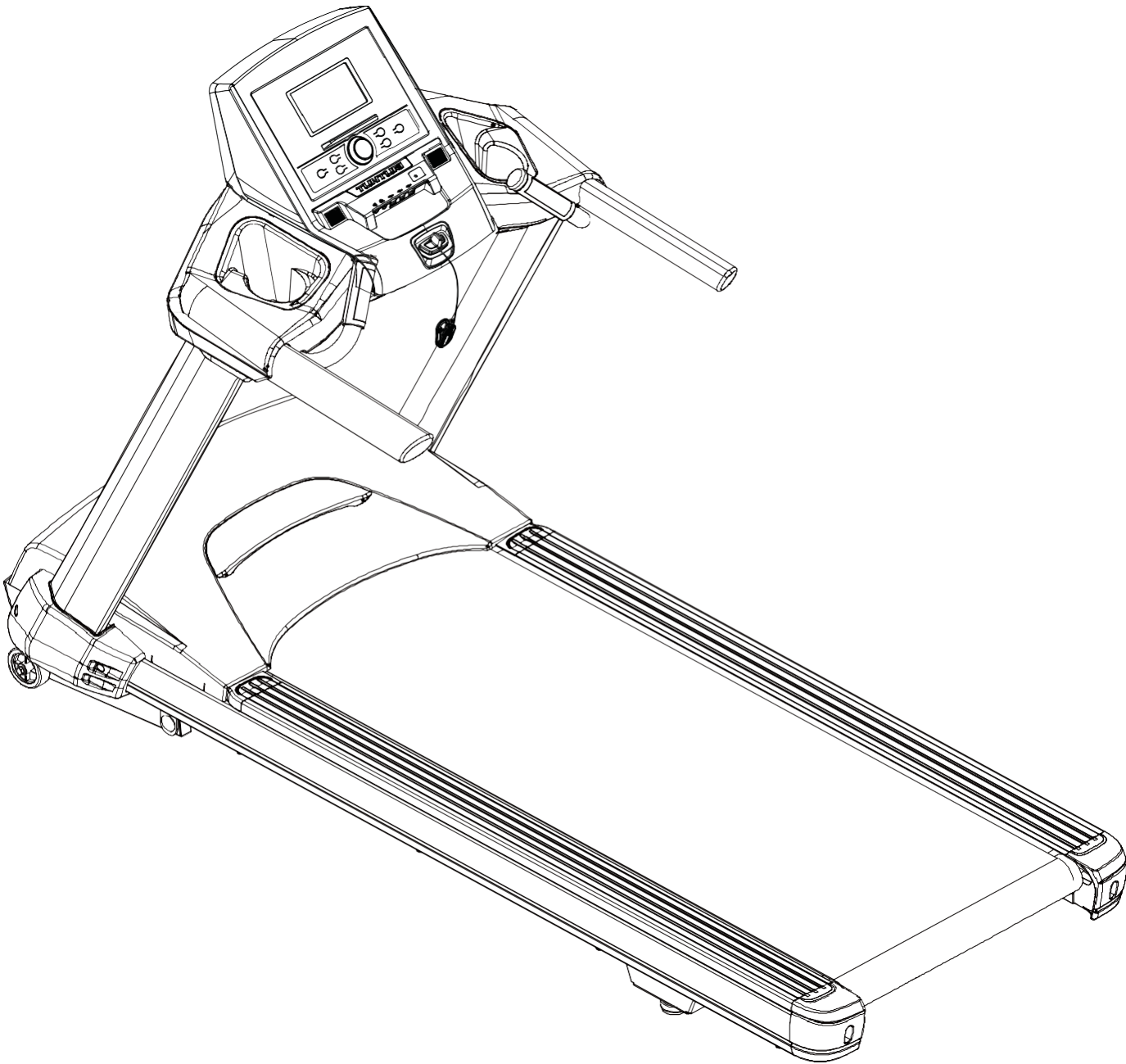
User manual



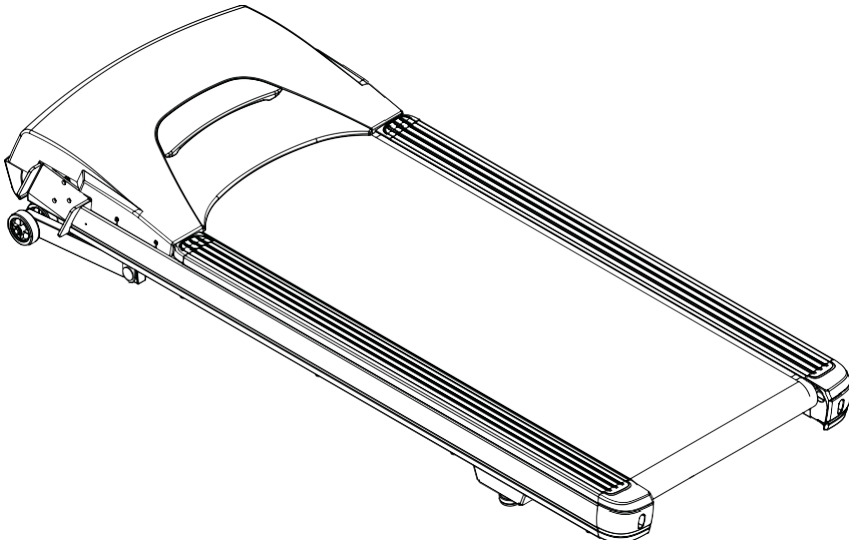
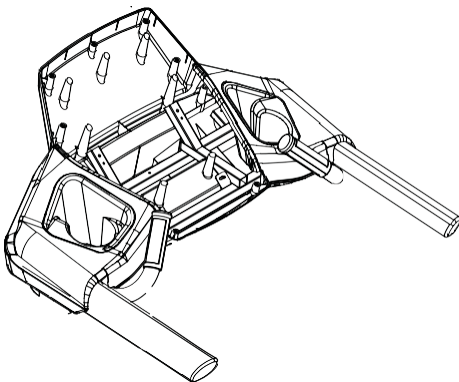
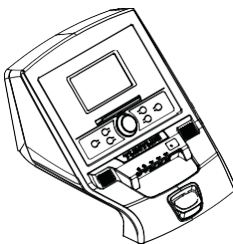

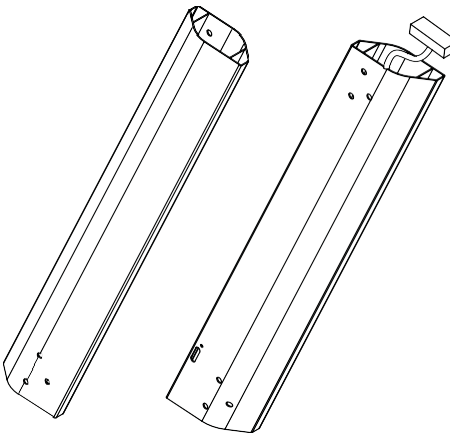
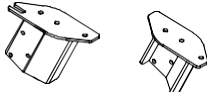



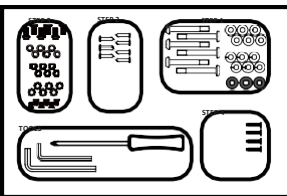
Attention,

- Please read this Owner's manual before assembling this product.

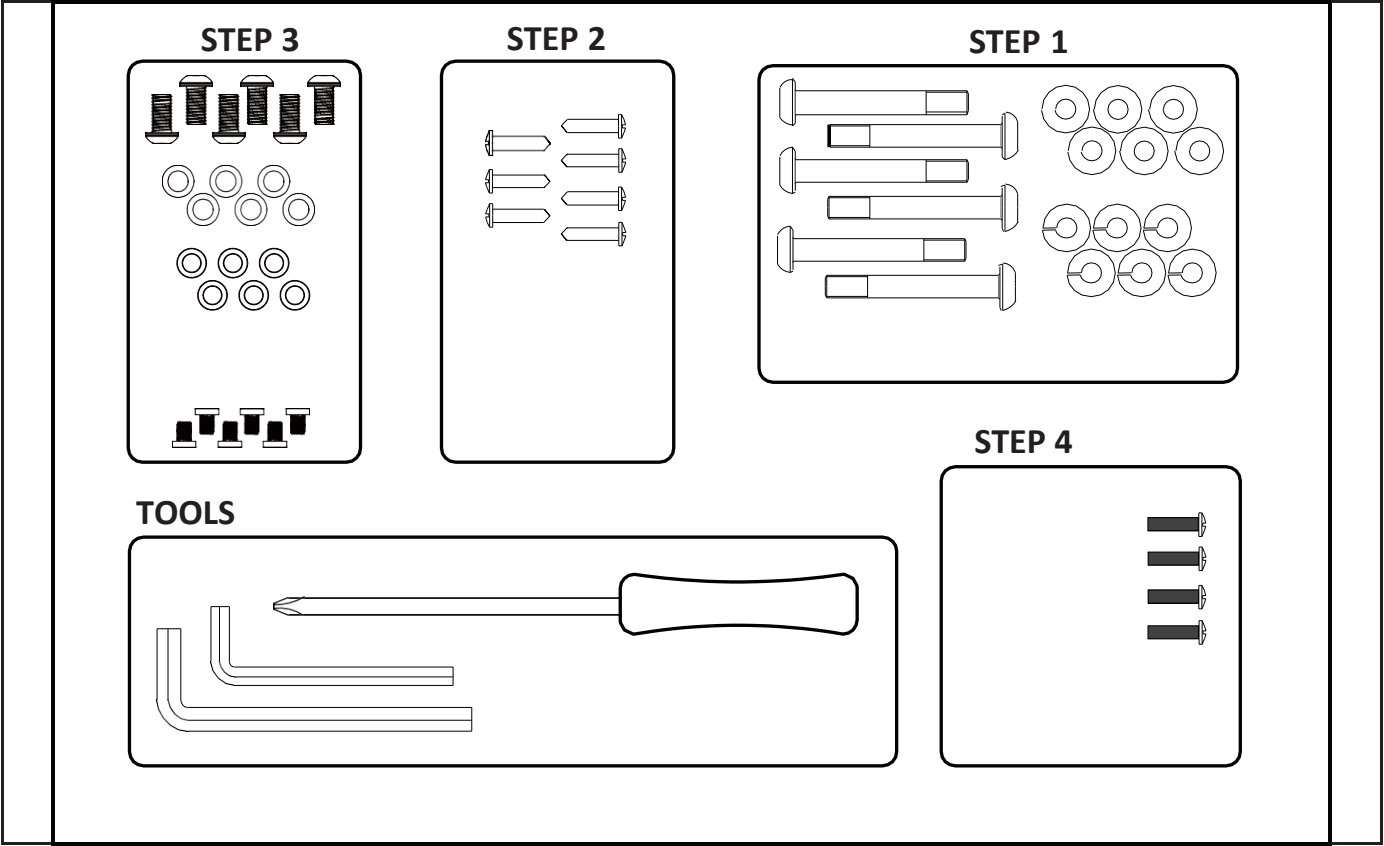
A



B

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	1	<div>User manual</div>	1

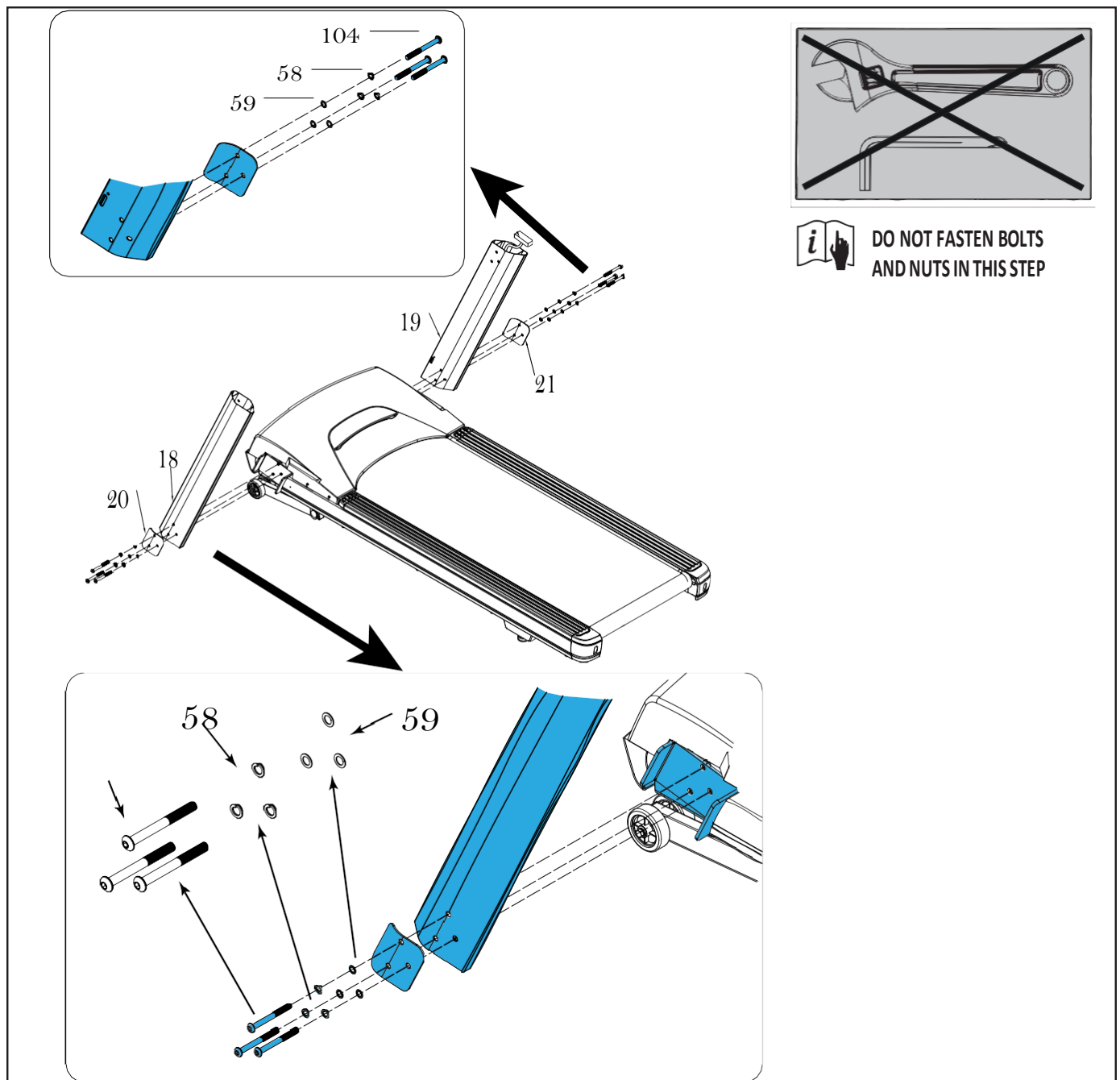
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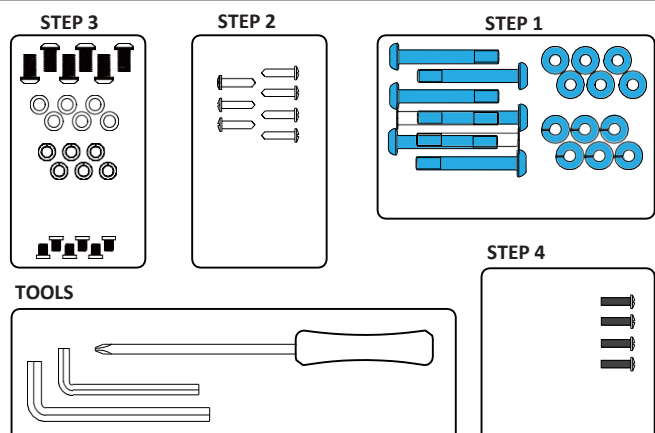
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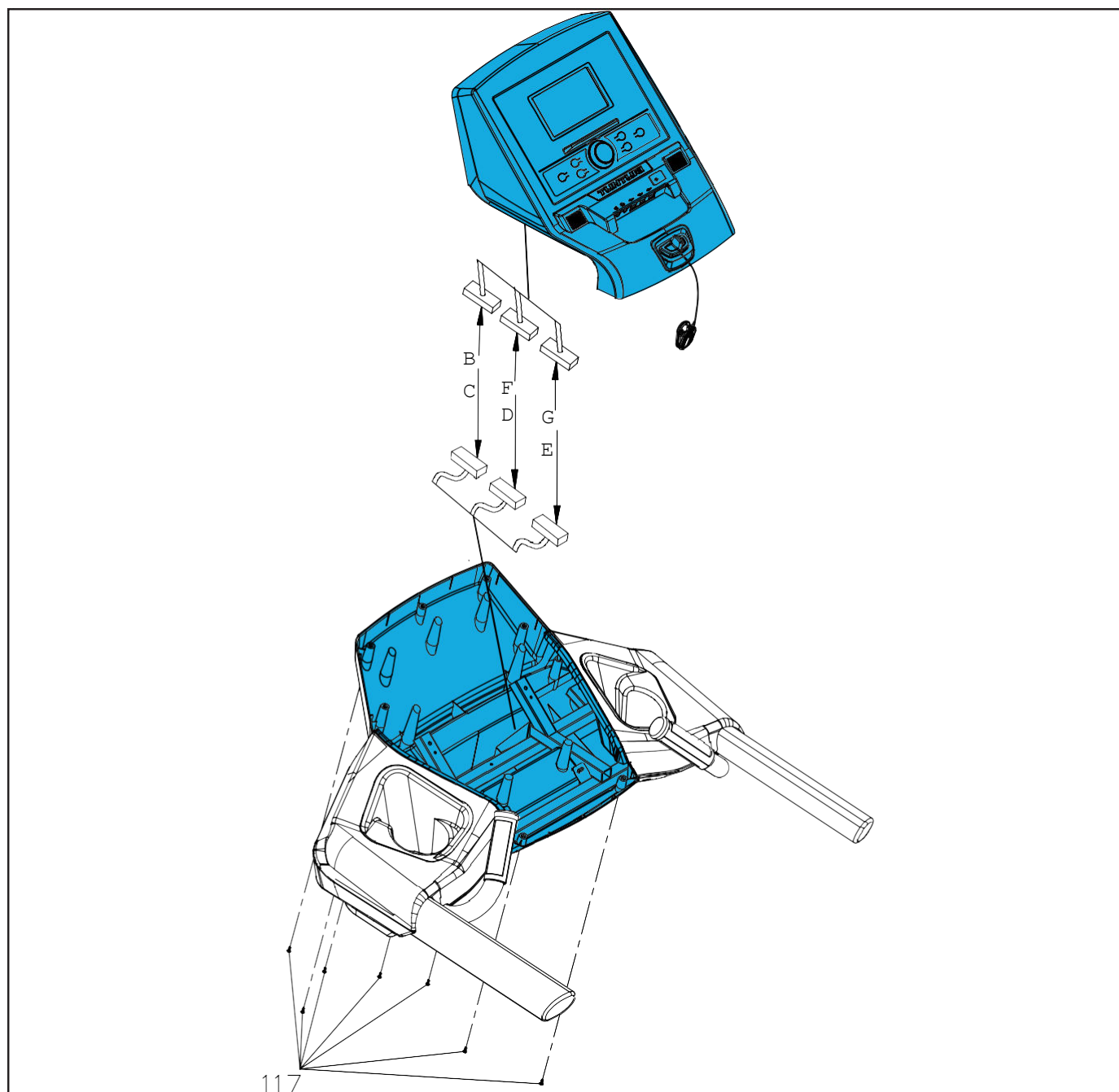
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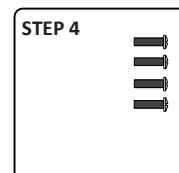
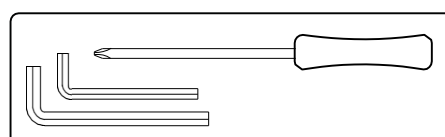
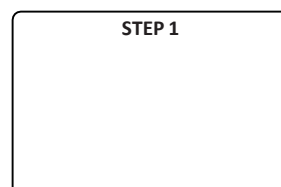
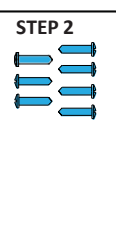
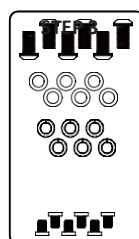
- # 58: $\varnothing 10 \times 2.0T$ Split washer 6pcs
- # 59: $\varnothing 3/8" \times 25 \times 2T$ Flat washer 6pcs
- #104: $3/8" \times 3-3/4"L$ Button head socket bolt 6pcs



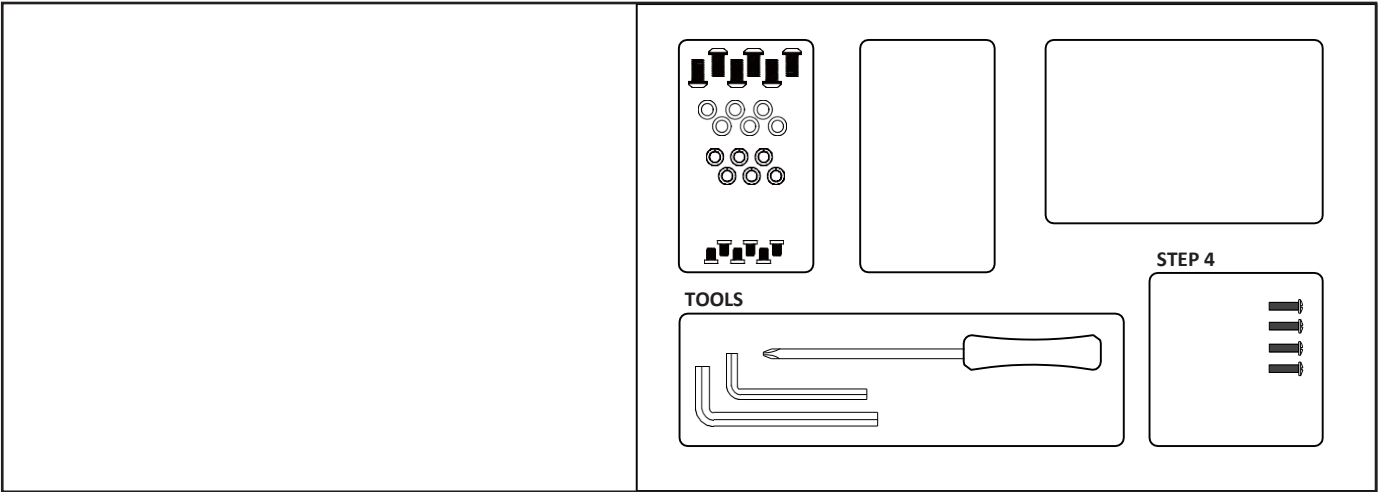
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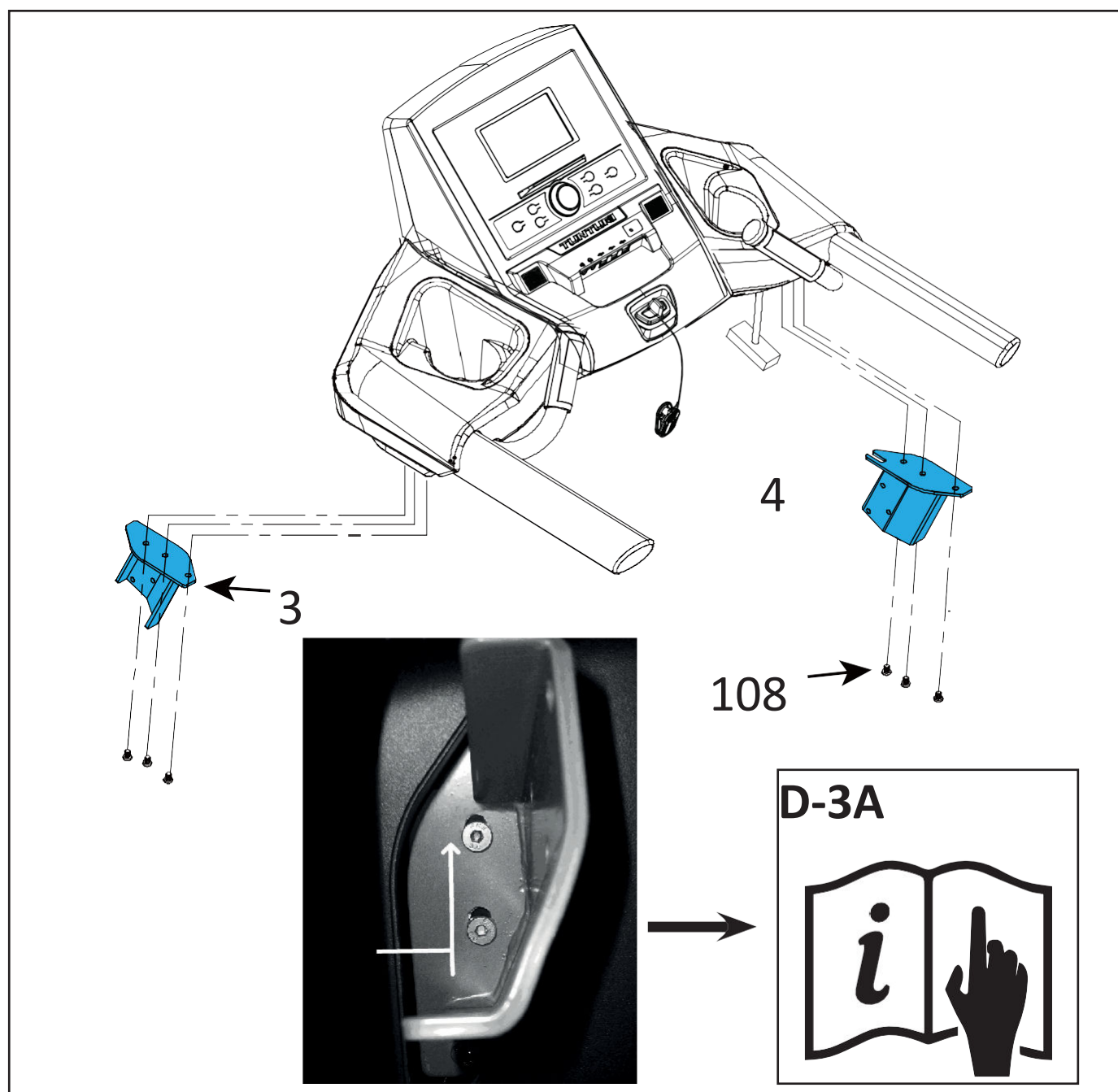
#117: Ø3,5 x 12L 7pcs
Sheet metal screw



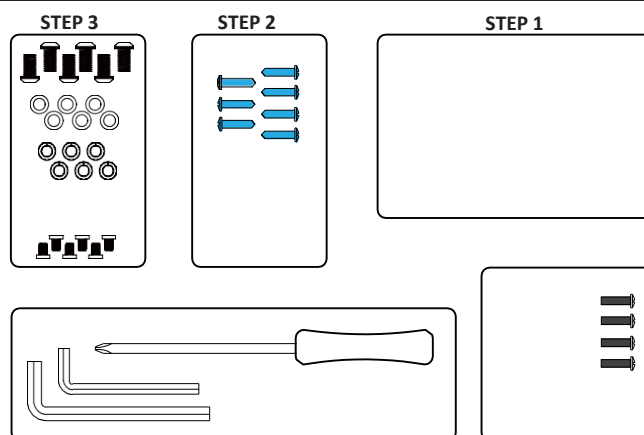
TOOLS



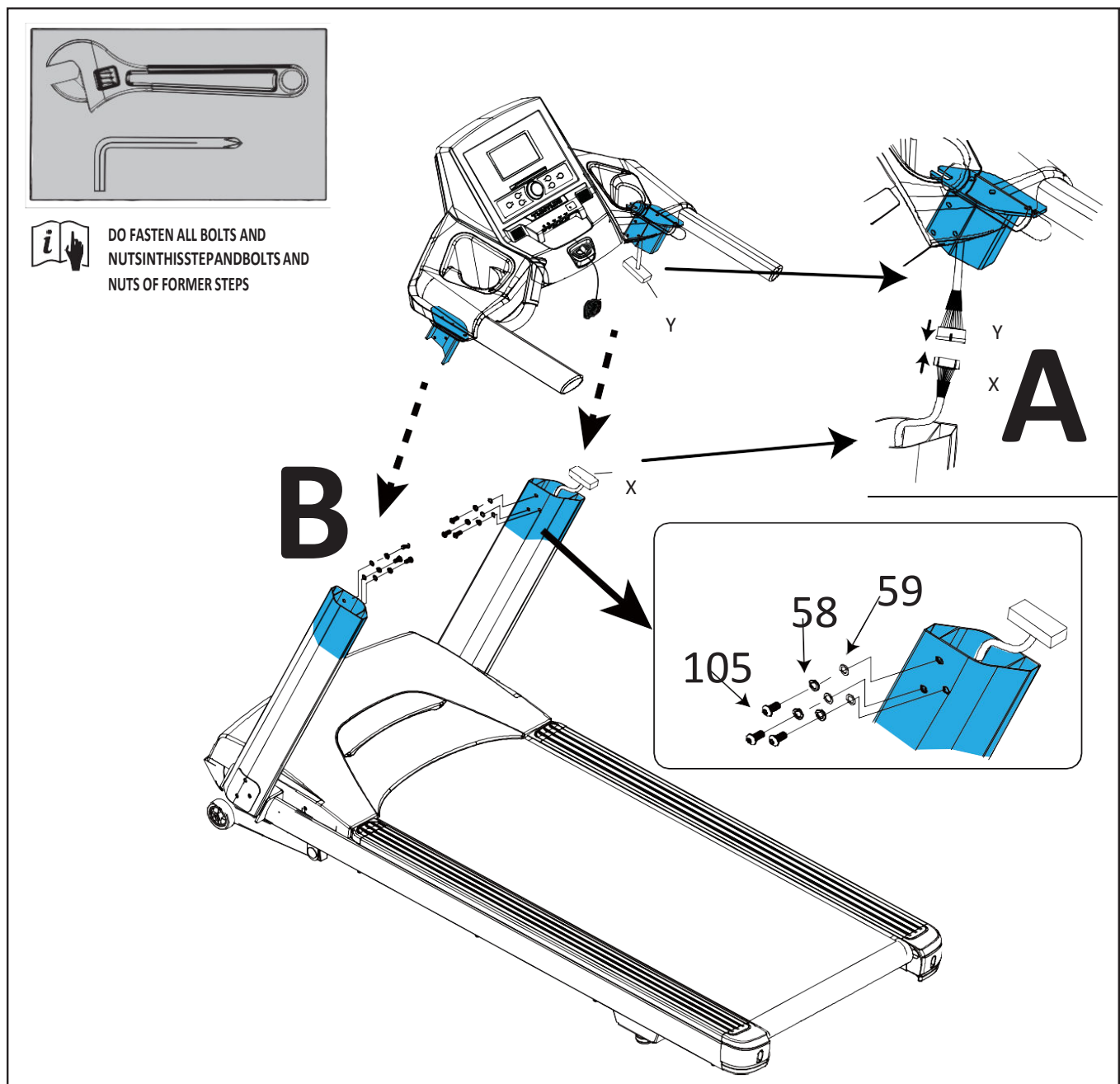
D-3A



#108: M8x12L **6pcs**
Socket head cap bolt

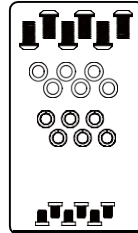


D-3B



- # 58: Ø10x2.0T** 6pcs
Split washer
- # 59: Ø3/8"x25x2T** 6pcs
Flat washer
- #105: 3/8"x3/4"L** 6pcs
Button head socket bolt

STEP 3



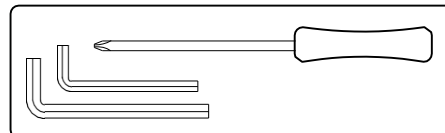
STEP 2



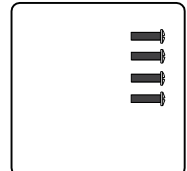
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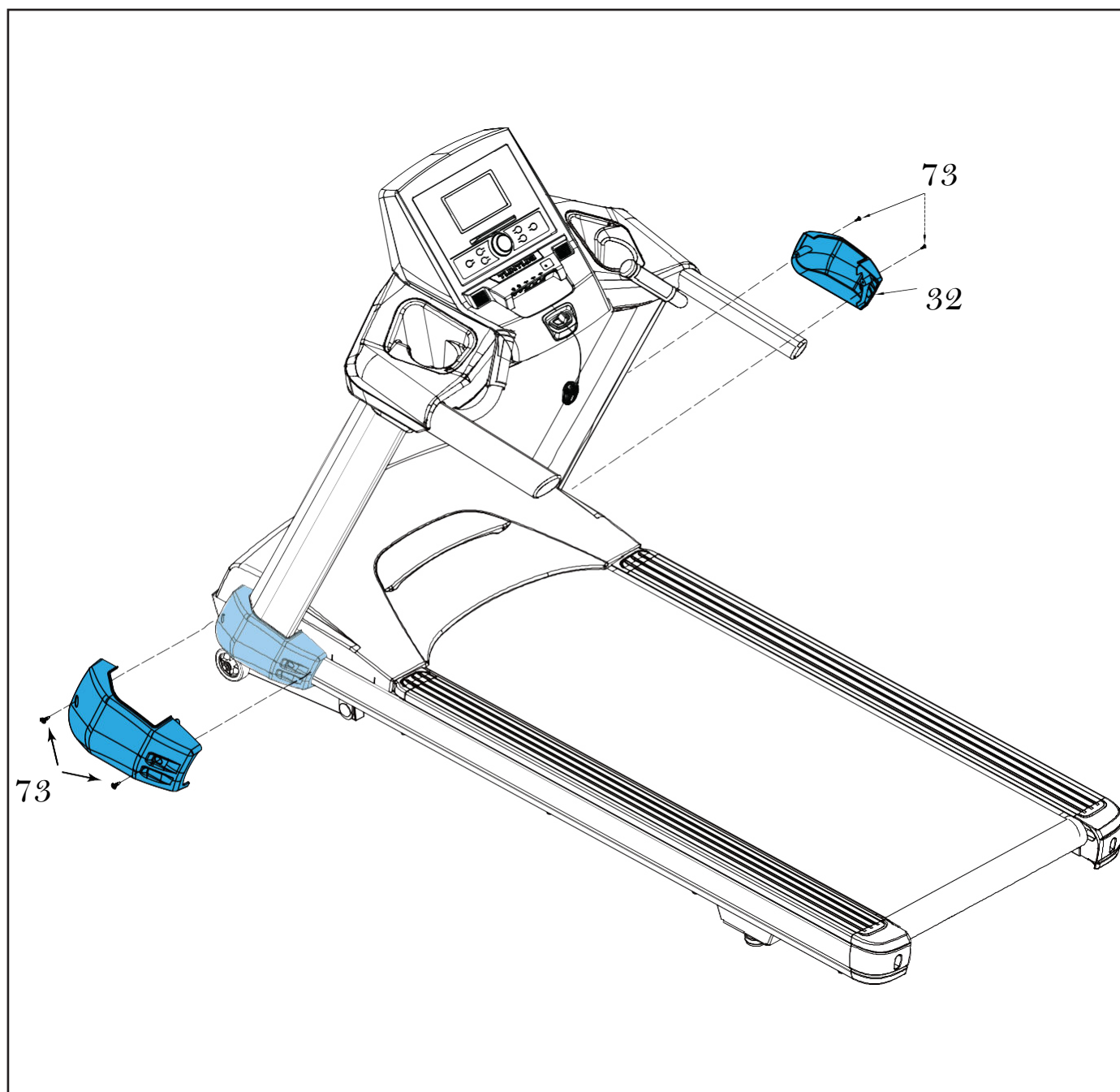
TOOLS



STEP 4



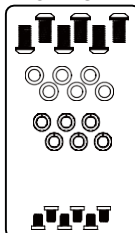
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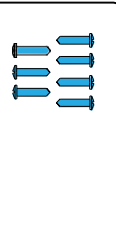
73: M5x12L
Phillips head screw

4pcs

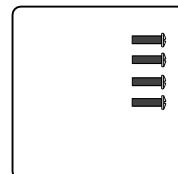
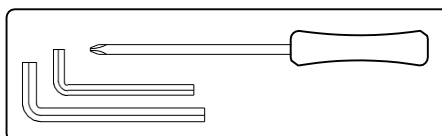
STEP 3



STEP 2



STEP 1



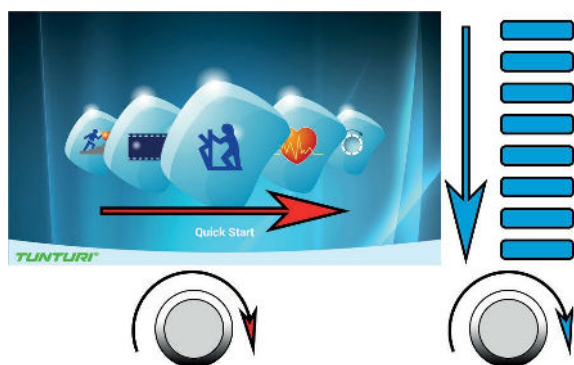
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E-02



E-3



E-07



E-4



E-08



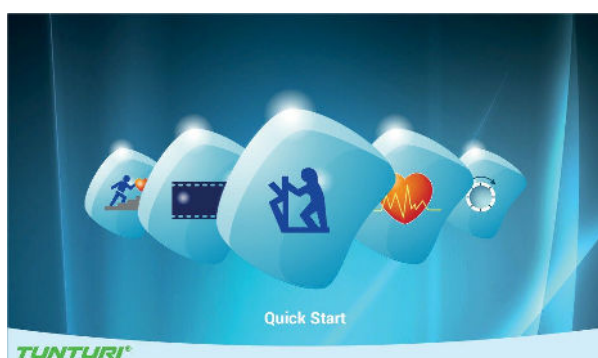
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E-09



E-6



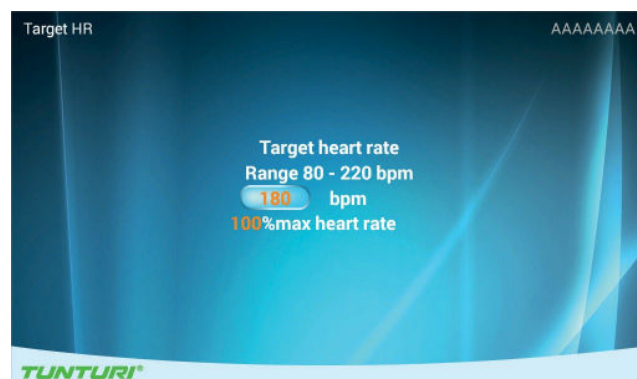
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E-11



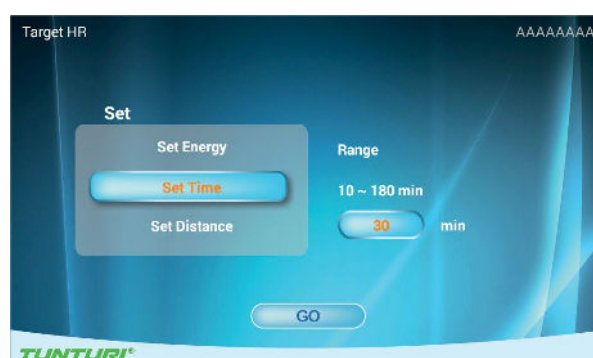
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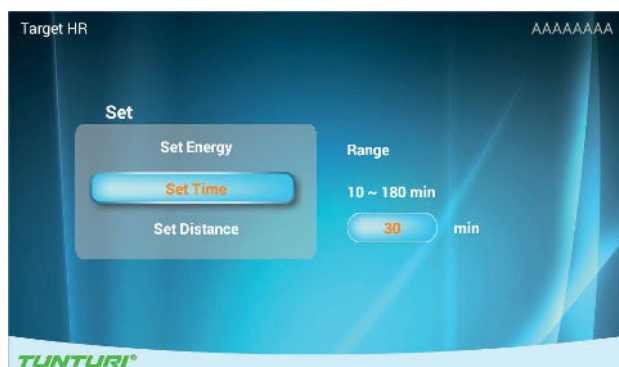
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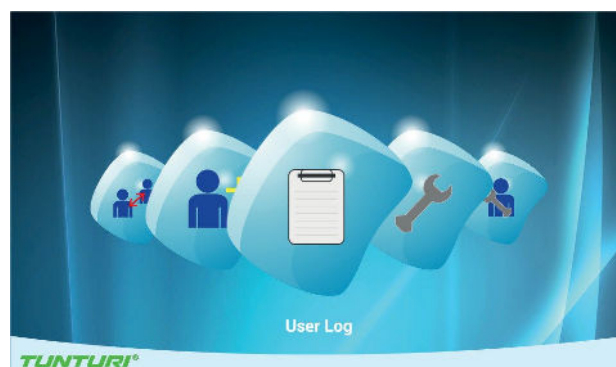
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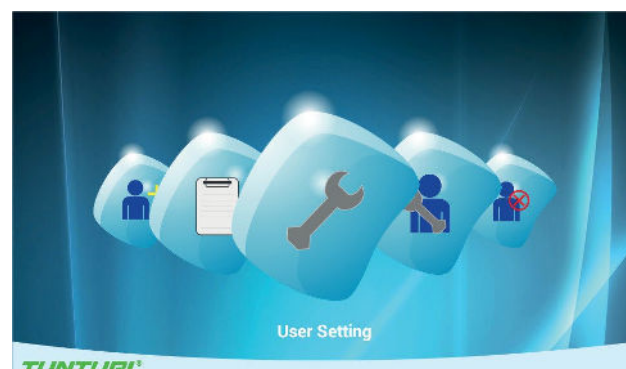
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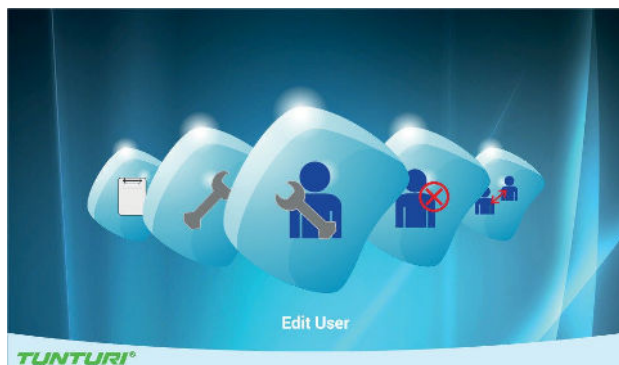
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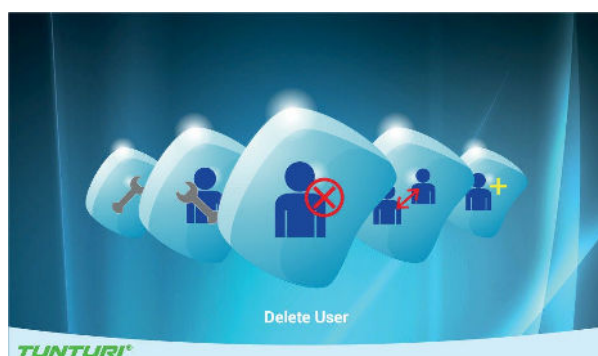
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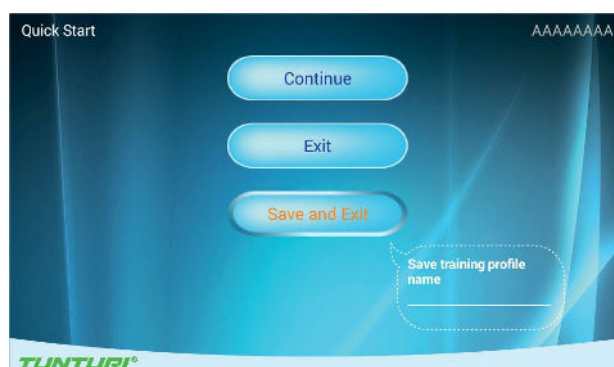
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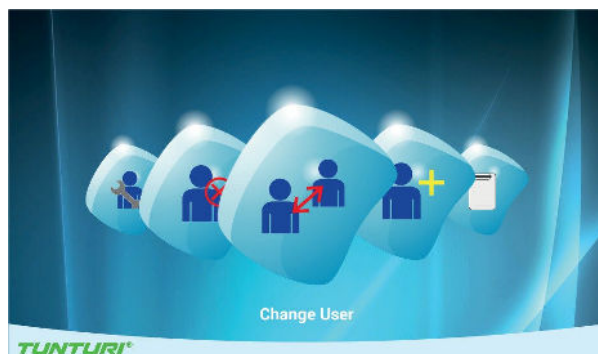
E-20



E-24



E-21



E-25

Last Session:	
Distance:	1.32 km
Training Time:	00:10:11
Max Speed:	8.0 km/h
Average Speed:	8.0 km/h
Max HR:	0 bpm
Average HR:	0 bpm
Energy Expenditure:	123 kcal

E-22



E-26

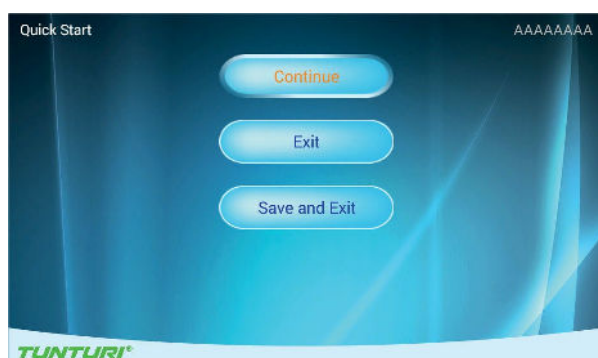


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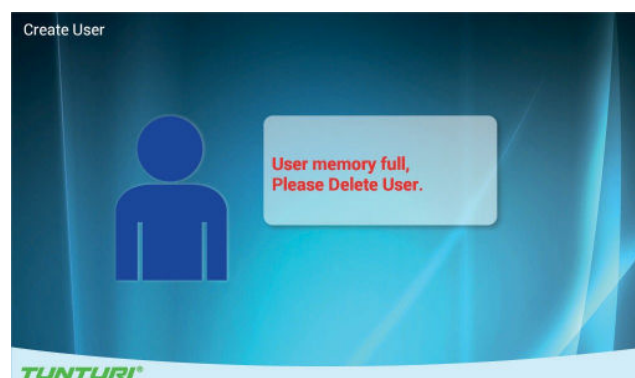


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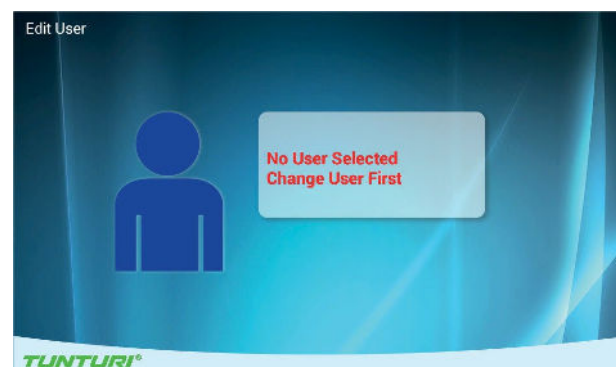
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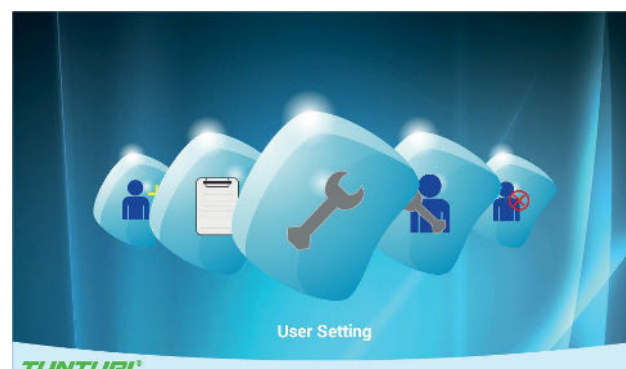
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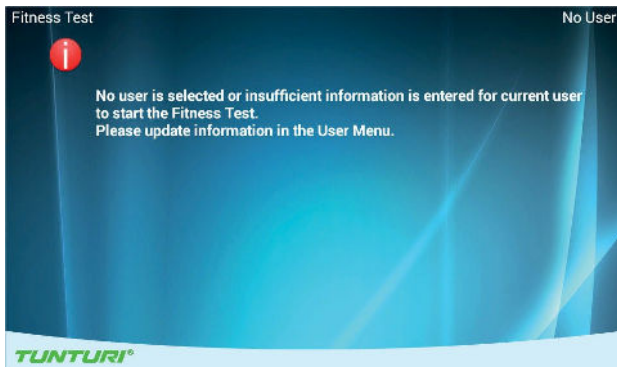
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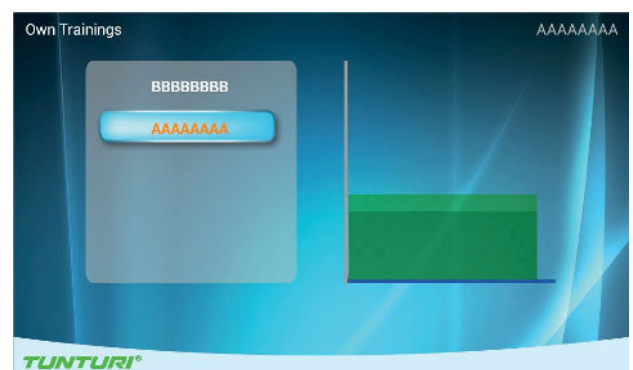
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E-36



E-40



E-37



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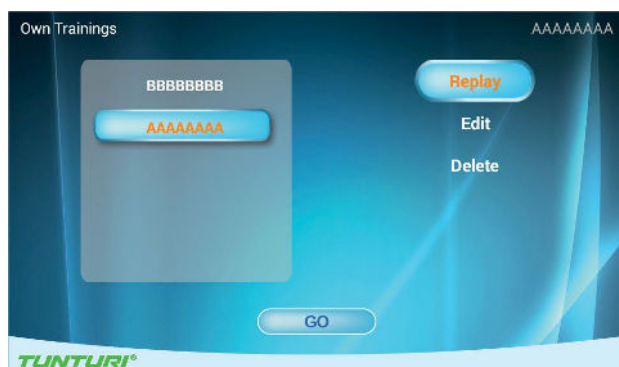
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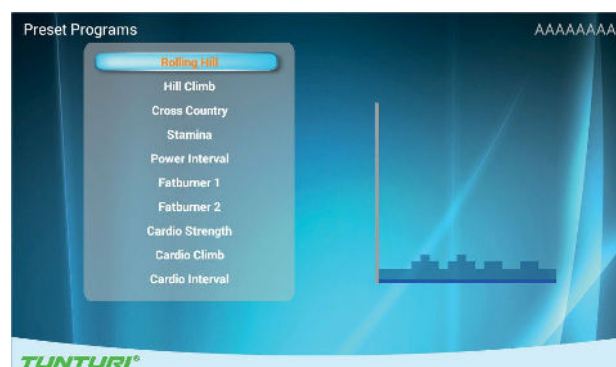
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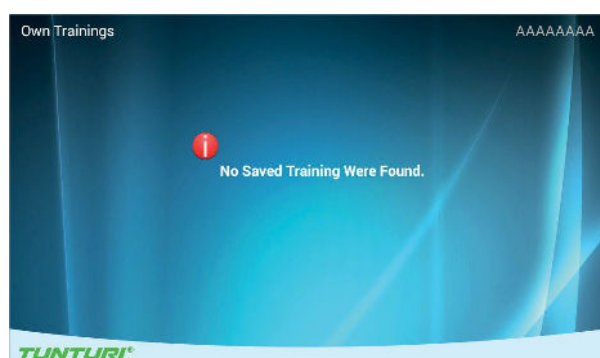
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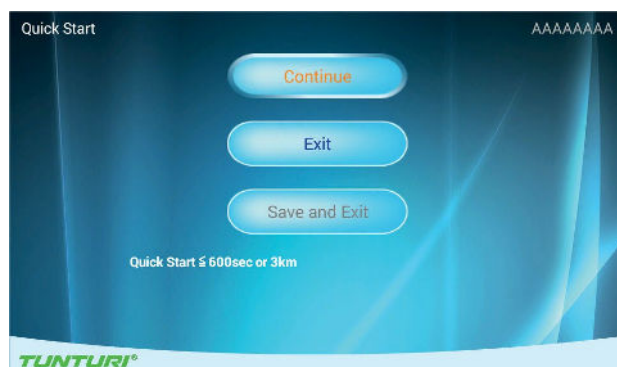
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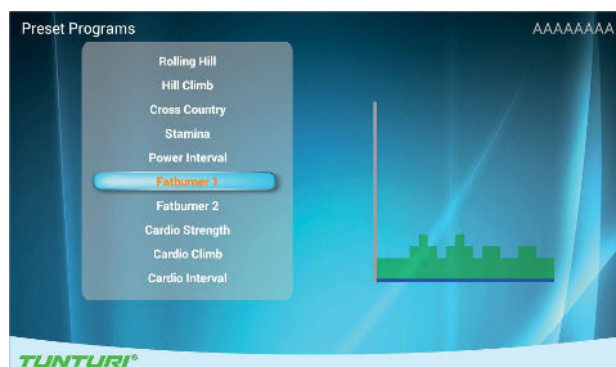
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E-45



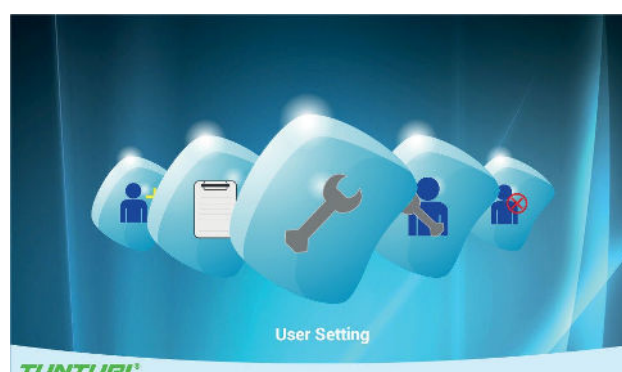
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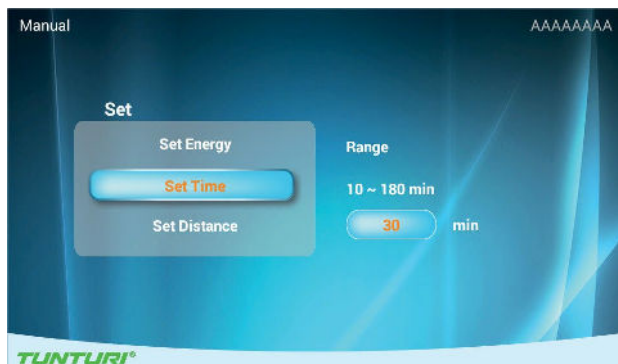
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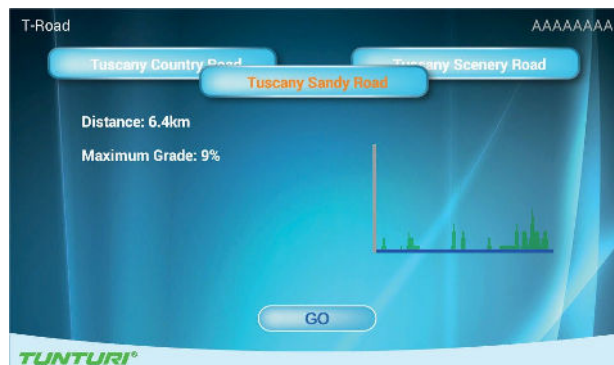
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E-51



E-55



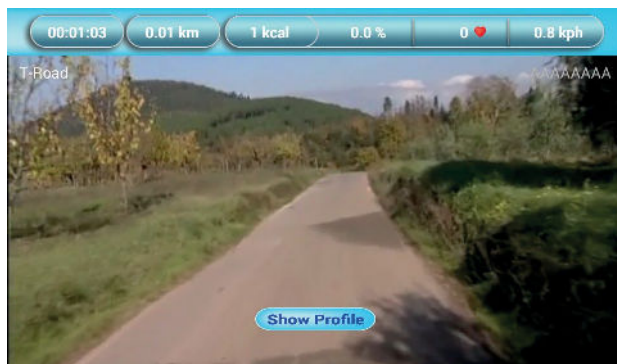
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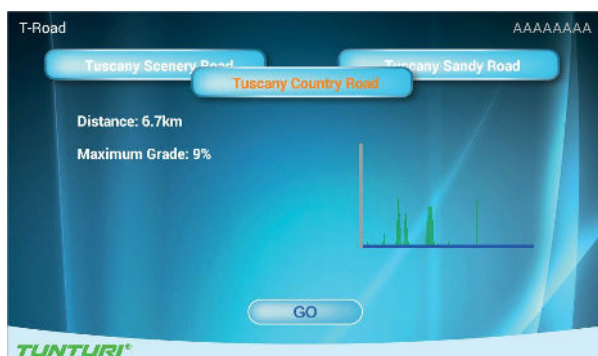
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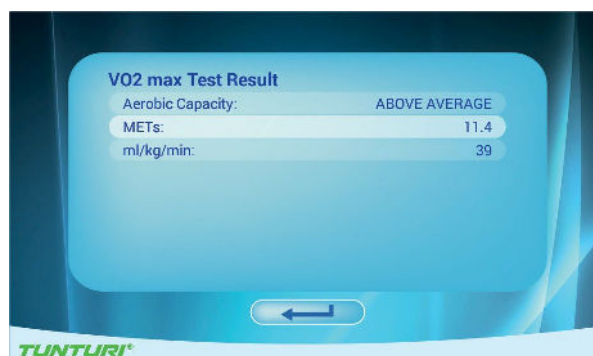
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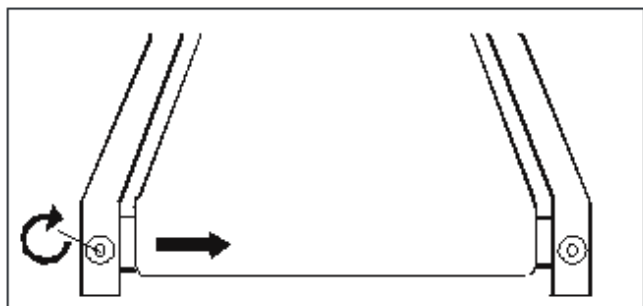
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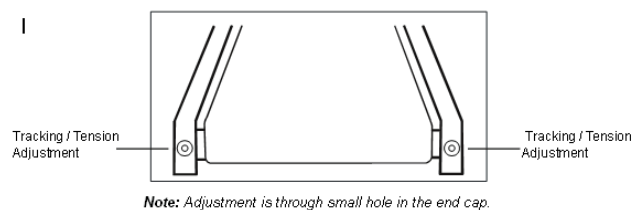
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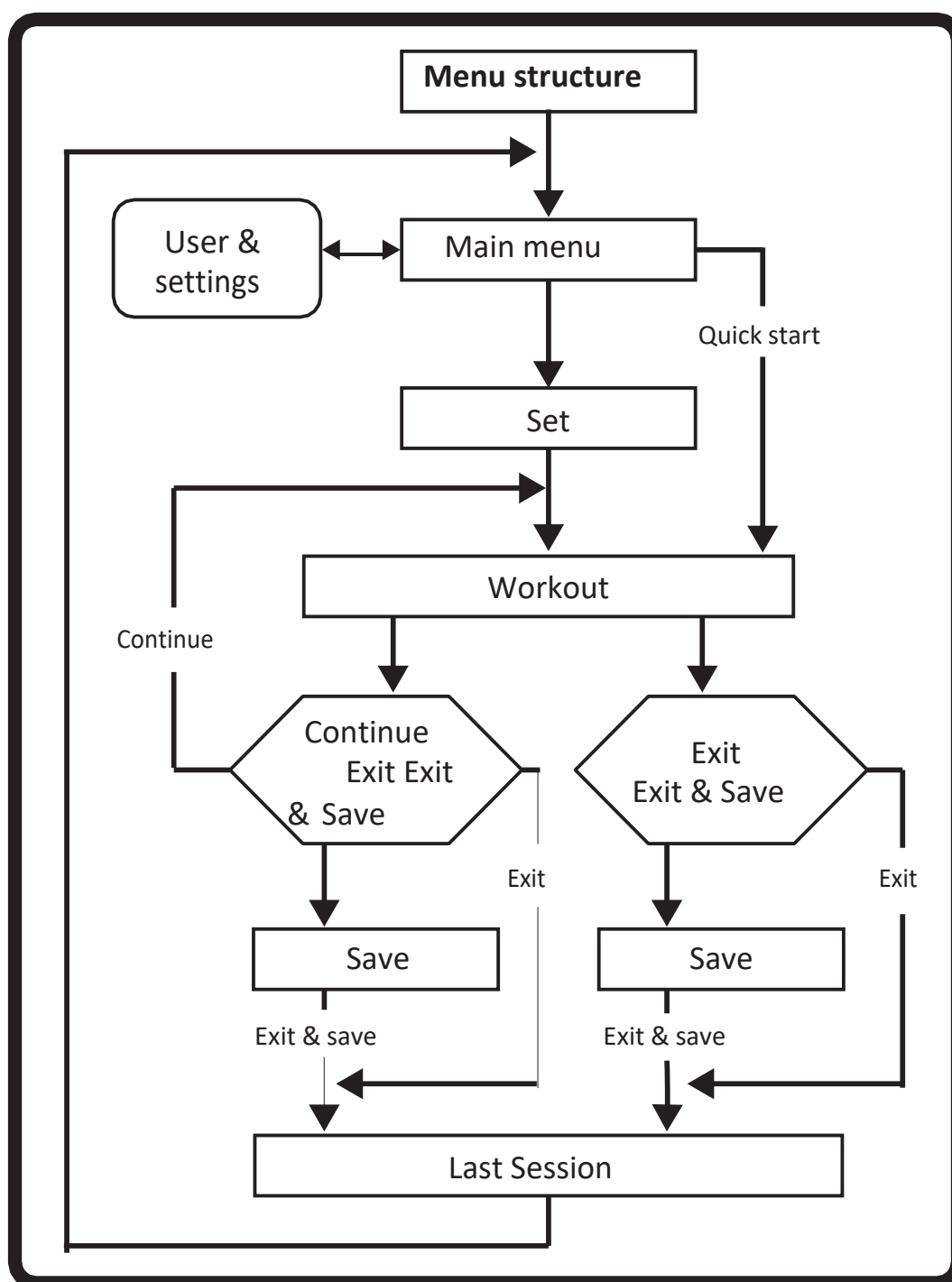
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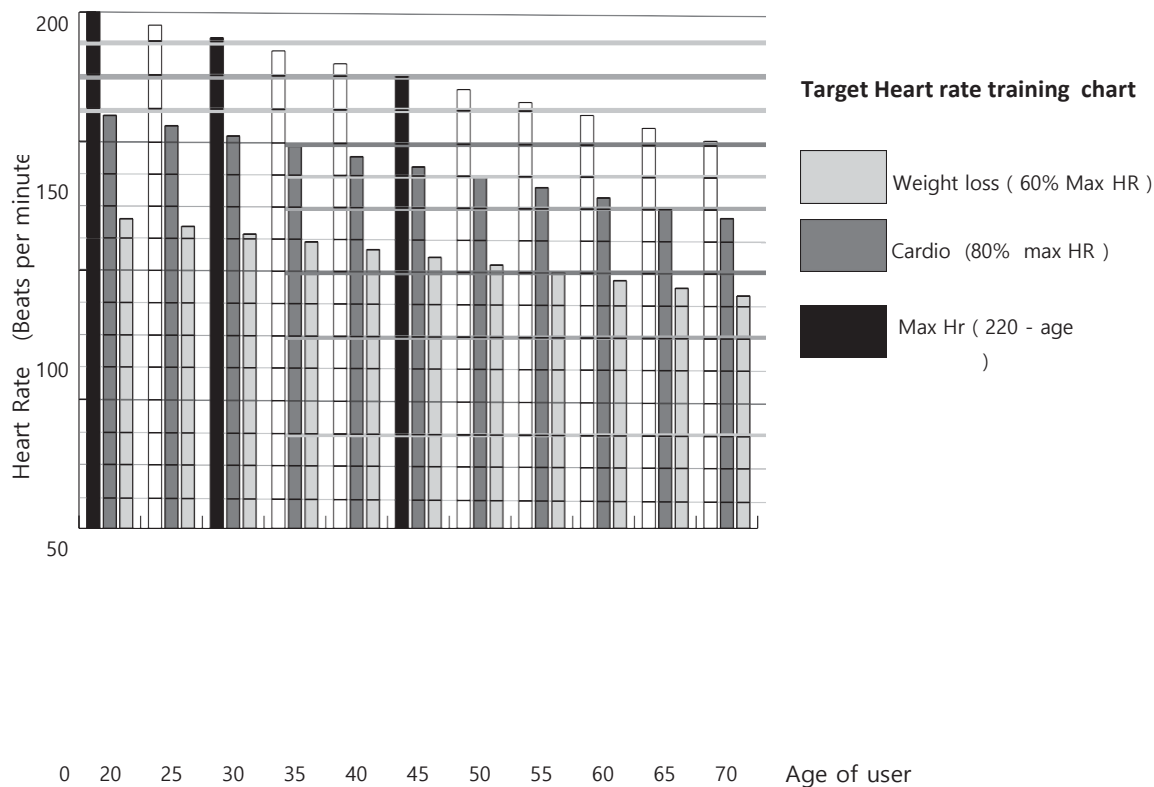
E-60



E-61



E-62



E-63

MEN / OXEYGEN UPTAKE VO ₂ MAX							
1= VERY POOR 7= EXCELLENT							
AGE	1	2	3	4	5	6	7
18-19	<33	33-38	39-44	45-51	52-57	58-63	>63
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-45	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40

WOMEN / OXEYGEN UPTAKE VO ₂ MAX							
1= VERY POOR 7= EXCELLENT							
AGE	1	2	3	4	5	6	7
18-19	<28	28-32	33-37	38-42	43-47	48-52	>52
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41

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<i>50-54</i>	<i><19</i>	<i>19-22</i>	<i>23-25</i>	<i>26-29</i>	<i>30-32</i>	<i>33-36</i>	<i>>36</i>
<i>55-59</i>	<i><18</i>	<i>18-20</i>	<i>21-23</i>	<i>24-27</i>	<i>28-30</i>	<i>31-33</i>	<i>>33</i>
<i>60-65</i>	<i><16</i>	<i>16-18</i>	<i>19-21</i>	<i>22-24</i>	<i>25-27</i>	<i>28-30</i>	<i>>30</i>

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Treadmill

Welcome to the world of Tunturi!

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

Important Safety Instructions

This Owner's Manual is an essential part of your training equipment: reading all instructions in this manual before you start using this appliance. The following precautions must always be followed:

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 165 kg (363 lbs).
- Do not open equipment without consulting your dealer.

Electrical safety

(Only for equipment with electric power)

- Before use, always check that the mains voltage is the same as the voltage on the rating plate of the equipment.
- Do not use an extension cable.
- Keep the mains cable away from heat, oil and sharp edges.
- Do not alter or modify the mains cable or the mains plug.
- Do not use the equipment if the mains cable or the mains plug is damaged or defective. If the mains cable or the mains plug is damaged or defective, contact your dealer.
- Always fully unwind the mains cable.
- Do not run the mains cable underneath the equipment. Do not run the mains cable underneath a carpet. Do not place any objects on the mains cable.
- Make sure that the mains cable does not hang over the edge of a table.
- Make sure that the mains cable cannot be caught accidentally or tripped over.
- Do not leave the equipment unattended when the mains plug is inserted into the wall socket.
- Do not pull the mains cable to remove the

mains plug from the wall socket.

- Remove the mains plug from the wall socket when the equipment is not in use, before assembly or disassembly and before cleaning and maintenance.



CAUTION

- If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

**CAUTION**

- NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power mains cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

Grounding Instructions

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock.

This product is equipped with a cord having an equipment-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.

**WARNING**

- 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.

Description (FIG. A)

Your treadmill is a piece of stationary fitness equipment used to simulate walking or running without causing excessive pressure to the joints.

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.

Assembly (FIG. D)

**WARNING**

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

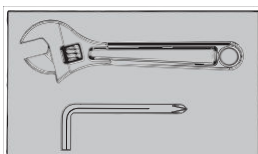
**CAUTION**

- 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.

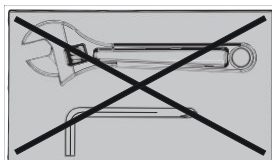
**Assembly note (FIG. D-3A)**

- Position mounting brackets (3 & 4) all the way to the back of the console, then tighten the screws.

Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.



Do not tighten all Nuts and Bolts in this step.

**NOTE**

- Save the tools provided with this product, after you completed the product assembly, for future service purposes.

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,

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.

Exercise Instructions

Using your fitness trainer will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

The warming up phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP

The exercise phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

The cool down phase

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train

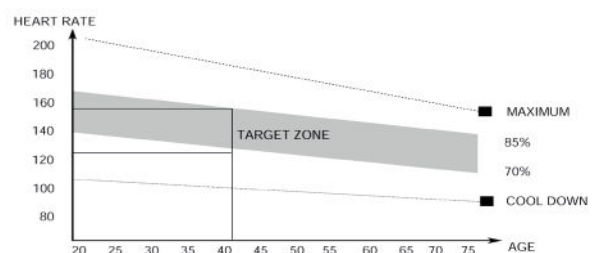
longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle toning

To tone muscle while on your fitness trainer you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you

cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end

of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.



Weight loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Heart 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 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.

N

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- 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.

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

Master power switch (FIG. E-2)

The equipment is equipped with a master power switch to shut down the equipment completely.

To start the equipment:

- Insert the mains plug into the equipment.
- Insert the mains plug into the wall socket.
- Set the master power switch to the on position.

To stop the equipment:

- Set the mains power switch to the off position.
- Remove the mains plug from the wall socket.
- Remove the mains plug from the equipment.

Safety key (FIG. E-1)

The equipment is equipped with a safety key that must be properly inserted into the console to start the equipment. If you remove the safety key from the console, the equipment will stop immediately.

- Insert the safety key into the slot in the console.
- Make sure that the clip of the safety key is properly attached to your clothing.

Make sure that the clip is not removed from your clothing before the safety key is removed from the console.

Circuit breaker (FIG. E-2)

The equipment is equipped with a circuit breaker that interrupts the circuit when the electricity load is above the maximum capacity. When this occurs, the circuit breaker must be pressed.

**WARNING**

- Before pressing the circuit breaker, remove the mains plug from the equipment.

If the equipment shuts down, proceed as follows to restart the equipment:

- Remove the mains plug from the equipment.
- Press the circuit breaker to restart the equipment.
- Insert the mains plug into the equipment.

Console (FIG. F)**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.

**NOTE**

- The console switches to standby mode when the equipment is not used for 4 minutes.

Jog wheel and Buttons**Back, Stop button:**

- Move back to previous window
- Stop the active training

User/Settings:

- Press this button to enter User/Setting mode screen
- This button is of no use during workout

Speed +

Increases the speed(0.8 to 20Kph). Pressing once increases the speed 0.1 kph.
Pressing and holding for two seconds will increase the speed faster.

Speed -:

Decreases the speed(0.8 to 20Kph). Pressing once decreases the speed 0.1 kph.
Pressing and holding for two seconds will decrease the speed faster.

Incline +

Increases the incline (0% to 12% \pm 1%).
This button is also used to scroll the programs. This button is also used to scroll the programs.

Incline -:

Decreases the incline(0% to 12% \pm 1%).
This button is also used to scroll the programs. This button is also used to scroll the programs.

Jog wheel: (FIG. E-03)**Turn functions:**

- Choose workout mode in main menu
- User/setting mode option selection
- Choose working item on the setting screen
- Increase or decrease the setting value
- Adjusting target value (high/low) during workout

Horizontal

Turning clockwise to choose option rightward;
counterclockwise for leftward.

Vertical

Turning clockwise to shift up; counterclockwise to shift down.

Press functions:

- Sport mode confirmation
- Option confirmation under User/Setting mode
- Confirmation of working item on setting screen
- Setting value confirmation
- Screen switching between bpm / incline Profile
- Screen switching between Video / Profile during T-Road

Safety Key (FIG. E-1)

A safety key is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the running belt.

Pulling this safety key will stop running belt movement.

To Use:

- Place the magnet into position on the console control head. Your treadmill will not start and operate without this.
- Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations.
The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

Start up screen

When user interface startup it will show loading screen as shown below. (Fig. E-04)

After a few seconds this screen will change into Data reading in progress screen. Shown below. (Fig. E-05)

After loading the application the user interface will be show main menu screen. (Fig. E-06)

Trainer is now ready to start your workout programming of just select quick start and begin.

General workout screen

(FIG. E-26)

The X axis denote time in minutes between 0~30. It is updated once every 15 minutes during workout

- During workout, press the jog wheel button to switch the Y-axis between Incline/ bpm.
- The bar chart denotes the incline value/ Speed value.
- The white dot line shows current position, which moves rightward as workout time increases. The workout screen could show 5-

hour data at most.

- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down.

Programs

Quick start

(FIG. E-06)

- Turn the jog wheel and select "Quick start"
- Press the jog wheel to confirm and enter the workout screen quickly

End your workout

The workout end screen pops up when Back/stop or Main menu is pressed or when the white dot line reaches the target value.

Workout end screen (FIG. E-28)

Continue:

Choose "Continue" to return to workout screen

Exit:

Choose "Exit" to exit to last session screen.

Save&Exit: (FIG. E-24)

Choose "Save&Exit" and enter a file name at the bottom of the screen: use the jog wheel to select A~Z or 0~9, save all workout data and name the file for a new workout mode.

NOTE

- To save training data it is required to have 10 minutes or 3 km of training profile data

NOTE

- It is not possible to store training data when being in Fitness test or T-Road mode.

Display the workout data in Last session screen.

Workout data screen (FIG. E-25)

Press the jog wheel button to return to main menu.


Target heart rate

(FIG. E-07)

- Turn the jog wheel and select "Target HR"
- Press the jog wheel to confirm and enter the Setting screen (1)




Setting screen (1) (FIG. E-15)

- Turn the jog wheel to adjust target heart rate value. (The percentage varies with bpm value)
-  Press the jog wheel to confirm and enter the Setting screen (2)

goes up and down

To stop your workout

"End your workout" ( 26)



Setting screen (2) (FIG. E-16)

- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen.

Workout screen (FIG. E-29)

- A message of "No Heart Rate" is shown if the user's heart rate is not detected during workout.

To stop your workout

 *"End your workout"*
( 26)

Manual

(FIG. E-08)

- Turn the jog wheel and select "Manual"
- Press the jog wheel to confirm and enter the Setting screen (1).

Setting screen (1) (FIG. E-13)

- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen.

Workout screen (FIG. E-23)

- During workout, press the jog wheel button to switch the Y-axis between Nm incline/ bpm
- The white dot line shows current position, which moves rightward as calorie /time/distance increases.
- The orange curve shows the user's actual heart rate and varies as the heart rate frequency

Preset Programs

(FIG. E-09)

- Turn the jog wheel and select "Preset Programs"
- Press the jog wheel to confirm and enter the Setting screen (1).

Setting screen (1) (FIG. E-47)

- Turn the jog wheel to select program
- Press the jog wheel to confirm and enter the Setting screen (2)



Setting screen (2) (FIG. E-14)

- Turn jog wheel to select item
- Press the jog wheel button for confirmation and continue the range setting at the right.
- Turn jog wheel to change setting ranges
- Press the jog wheel button to confirm and enter the Workout screen

Workout screen (Incline Control) (FIG. E-48)

Workout (Heart Rate Control) (FIG. E-27)

To stop your workout

 "End your workout"
( 26)

Own Trainings

(FIG. E-10)

- Turn the jog wheel and select "Preset Programs"
- Press the jog wheel to confirm and enter the Setting screen (1).



NOTE

When no saved trainings are found below window will appear. (FIG. E-44)

- Press jog wheel to go back to main menu

Setting screen (1) (FIG. E-40)

Setting Screen (1) is for user's saved items and training records.

They are shown in the right and left screen.

- Turn jog wheel to select item
- Press the jog wheel button to confirm and to open selection window.

Selection window (FIG. E-43)

- Turn the jog wheel and select item

Choose “Replay”

- Press jog wheel button to confirm.
Enter workout screen and continue the previous training

Choose “Edit”

- Press jog wheel to confirm
- Enter and edit the range setting
- Press jog wheel button to confirm and to enter workout screen

Choose “Delete”

- Turn jog wheel to select item
- Press the jog wheel button to confirm and to open selection window.
- Choose Yes to delete selected file, choose no not delete selected file.
- Press jog wheel button to confirm.

Workout screen:

Workout screen is depending on the trainings mode you are in.

Target HR Mode

It's the same as Preset programs Heart Rate Mode

Fitness test

(FIG. E-11)

- Turn the jog wheel and select “Fitness test”
- Press the jog wheel to confirm and enter the Setting screen (1).

**NOTE**

User interface needs the user's data to process Fitness test, if no any user data available Fitness test cannot start up.

Following message will pop up. (FIG. E-35)

- Press jog wheel to go back to main menu

Information window

The information shows:

“Fitness test is Cooper test user walks / runs as far as possible in 12 minutes”.

- Press the jog wheel button to confirm and to open Workout screen.

Workout screen (FIG. E-36)**The screen shows****“Test Failed ! if:**

- The workout time is too short

"No Heart Rate detected"if:

- It doesn't detect the user's heart rate

Press Back/stop or Main menu button to leave the workout screen


Workout data screen (FIG. E-25)

- Press jog wheel to go to VO2 Max test result screen

VO2 Max test result screen (FIG. E-58)

- Press jog wheel to go back to main menu

To stop your workout

"End your workout"
( 26)

In profile screen:

- The white dot line shows current position, which moves rightward as workout time increases.
- The orange curve shows the user's actual heart rate, which varies as the heart rate frequency goes up and down

**VO2 Max test result table. (FIG. E-63)****T-Road**

(FIG. E-12)

- Turn the jog wheel and select "T-Trainer"
- Press the jog wheel to confirm and enter the Setting screen (1).

Setting screen (1) (FIG. E-54)

There are 3 selectable tracks available.

Knowing: Tuscany Sandy Road/ Tuscany Scenrey Road/ Tuscany Country Road.

- Turn the jog wheel and select your training track
- Press the jog wheel to confirm and enter the workout video screen. (FIG. E-53)



Press the jog wheel during workout to switch between Video and Profile screen (FIG. E-52)

- The X-axis is shown as distance unit, km in metric and mile in Imperial
- The Y-axis unit is m in metric and ft in Imperial
- Press the Jog wheel during workout to switch between Video / Profile screen

In video screen:

- The white icon + 0° in the left bottom of the screen shows the incline level and it varies with the Profile incline level change.
- Press Back/stop, Main menu or the white dot line reaches the target value can leave the workout screen

To stop your workout

 *"End your workout"*
( 26)

User settings

Press "User/Settings" button to enter the User/Settings main menu.

- Use the jog wheel to select one of the six available items.
- Press the jog wheel button for confirmation to enter the selected item setting screen

User Log

(FIG. E-17)

By selecting the "User Log" you can: view the training data of the selected user.

You can view either the last training session data or a summary of all the user's sessions. (FIG. E-25)

Exit the training data by pressing BACK/STOP.

User Setting

(FIG. E-18)

By selecting the "User Setting" you can:

- Adjust the brightness (Default=50%)
- Check the total mileages of the machine.
- Check the total used time for the machine.
- Check the default firmware and software version of Console
- Change language
- Select button beep sound on(yes) or off (NO)

User setting window. (FIG. E-57)

How to modify settings

- Turn jog wheel to select changeable item.
- Press jog wheel to open selected item in right side of the screen for edit..
- Turn jog wheel to change value of selected.
- Press jog wheel to confirm change.
- Turn jog wheel to select next item, or use Back/ Stop button to go back to setting menu.

Edit User

By selecting the Edit User you can:

(FIG. E-19) Edit: (Fig. E-34))

User name:

- Turn jog wheel and select "Name"
- Press jog wheel to open "Name"edit.
- Turn jog wheel to select letter
- Press jog wheel to confirm
- Turn jog wheel to select next letter
- When name is edit correctly than select "✓" to confirm name and go back to Edit user Menu

Units, Display

- Turn jog wheel and select "Units"
- Press jog wheel to open "Units" edit
- Turn jog wheel to select
Metric: show units in
km/kph/Kcal Imperial: show
units in mile/mpH/kcal
- Press jog wheel to confirm and go back to Edit user Menu

Display

- Turn jog wheel and select "Display"
- Press jog wheel to open "Display" edit
- Turn jog wheel to select
Count up: preset time/ distance will be counting up
Count Down: preset time/

distance will be counting down.

- Press jog wheel to confirm and go back to Edit user Menu

Gender

- Turn jog wheel and select "Gender"
- Press jog wheel to open "Gender" edit
- Turn jog wheel to select Male/ Female
- Press jog wheel to confirm and go back to Edit user Menu

Age

- Turn jog wheel and select "Age"
- Press jog wheel to open "Age" edit
- Turn jog wheel to change age
- Press jog wheel to confirm and go back to Edit user Menu

Height

- Turn jog wheel and select "Height"
- Press jog wheel to open "Height" edit
- Turn jog wheel to change
Height In cm when units in
Metric
In ft/inch when units in
Imperial.
- Press jog wheel to confirm and go back to Edit user Menu

Weight

- Turn jog wheel and select "Weight"
- Press jog wheel to open "Weight" edit

- Turn jog wheel to change Weight In kg when units in Metric
In lbs when units in Imperial.
- Press jog wheel to confirm and go back to Edit user Menu

Max HR

- Turn jog wheel and select "Max HR"
- Press jog wheel to open "Max HR" edit
- Turn jog wheel to change default max HR preset as: when selected Male : 220-age
when selected female : 226-age
- Press jog wheel to confirm and go back to Edit user Menu

Max Speed

- Turn jog wheel and select "Max Speed"
- Press jog wheel to open "Max Speed" edit
- Turn jog wheel to change Max speed
- Press jog wheel to confirm and go back to Edit user Menu



NOTE

The set max speed will be used as the maximum treadmill speed, in manual aswell as in program profile modes.

Delete User

(FIG. E-20)

By selecting the "Delete User" you can:

Delete a user and all its data.

- Turn jog wheel and select the user you want to delete
- Press jog wheel to delete the selected user and go back to setting menu.

User will be deleted without further prompting

Change User

(FIG. E-21))

By selecting the "Change User" you can:

Select an other preset user profile.

- Turn jog wheel and select the user you want to activate
- Press jog wheel to confirm the selected user and go back to setting menu.

Create User

(FIG. E-22)

By selecting the "Create User" you can set up a new user profile. Maximum of 8 users can be installed.

See Edit user on how to create user. (FIG.

E-31)

Warranty

Warranty terms

The consumer is entitled to the applicable legal rights stated in the national legislation concerning the commerce of consumer goods. This warranty does not restrict these rights. The Purchaser's Warranty is only valid if the item is used in an environment approved by Tunturi New Fitness BV for that particular equipment. The product-specific approved environment is stated in the Owner's Manual provided with your equipment.

Warranty conditions

The warranty conditions commence from the date of purchase. Warranty conditions may vary per country, so please consult your local dealer for the warranty conditions.

Warranty coverage

Under no circumstances shall Tunturi New Fitness BV or the Tunturi Distributor be liable by virtue of this warranty or otherwise for any special, indirect, secondary or consequential damages of any nature arising out of any use or inability to use this equipment.

Warranty limitations

This warranty covers manufacturing defects in the fitness equipment as originally packed by Tunturi New Fitness BV. The warranty shall apply only under conditions of normal, recommended use of the product as described in the Owner's Manual and providing that Tunturi New Fitness BV's instructions for installation, maintenance and use have been complied with. Neither

Tunturi New Fitness BV's nor the Tunturi Distributors' obligations apply to defects due to reasons beyond their control. The warranty applies only to the original purchaser and is valid only in countries where Tunturi New Fitness BV has an authorised importer. The warranty does not extend to fitness equipment or components that have been modified without the consent of Tunturi New Fitness BV. Defects resulting from normal wear, misuse, abuse, corrosion, or damage incurred during loading or transportation are not covered.

The warranty does not cover sounds or noises emitted during use where these do not substantially impede the use of the equipment and where they are not caused by a fault in the equipment.

The warranty does not cover defects arising from the failure to carry periodic maintenance as outlined within the Owner's Manual for the product.

Furthermore, the warranty does not cover defects arising from usage and storage within an unsuitable environment as described within the Owner's Manual which should be indoors, dry, dust and grit free and within a temperature range of +15°C to +35°C. The warranty does not cover maintenance activities, such as cleaning, lubricating, and normal part adjustments, nor installation

procedures that customers can accomplish themselves, such as changing uncomplicated meters, pedals and other similar parts not requiring any dismantling/ reassembling of the fitness equipment. Warranty repairs carried out by other than authorised Tunturi representatives are not covered. Failure to follow the instructions given in the Owner's Manual will invalidate the product's warranty.

Cleaning and maintenance



WARNING

- Before cleaning and maintenance, remove the mains plug from the wall socket.
- Do not use solvents to clean the equipment.
- Do not block the ventilation openings. Keep the ventilation openings clear from dust, dirt and other obstructions.
- Clean the equipment with a soft, absorbent cloth after each use.
- Clean the visible parts of the equipment with a vacuum cleaner with a small suction nozzle
- Regularly check that all screws and nuts are tight.

Belt and Running Deck

Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the running deck is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt

and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and running deck life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.



WARNING

- The Running belt is pre-waxed. Any form lubrication will harm the performance and durability of the running belt.

Belt Dust

This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize build-up.

General Cleaning

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Twice a year, you should remove the black motor hood and vacuum out dirt that may accumulate.

UNPLUG POWER CORD BEFORE THIS TASK.

Belt adjustments (FIG. E-60)

Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps.

- Tighten the rear roller bolts (clockwise) only enough to prevent slippage at the front roller. Turn both running belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.
- If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.
- Do Not Over-tighten
Over tightening will cause belt damage and premature bearing failure.

Running belt tracking adjustment

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the running belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it.

After a few minutes of use, the running belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

Exception: During rehabilitation where the user is using one leg much stronger than the other, it might happen that the running belt drifts to one side. In these cases you should not adjust unless the running belt does not centre itself during normal condition usage.

To set running belt tracking (FIG. E-59)

A 10 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 3 to 5 kph.

Remember, a small adjustment can make a dramatic difference!

Turn the bolt clockwise to move the belt to the right. Counterclockwise to move to the left. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 rotation turns until the belt stabilizes in the center of the running deck.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics.

Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance item as the belt is used. Proper belt tracking is an important responsibility common with all treadmills.



NOTE

- Damage to the running belt because of incorrect running-belt adjustments is not covered by the products warranty.

Troubleshooting

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.

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.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

Transport and storage



WARNING

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

- Move the equipment carefully over uneven surfaces. Do not move the equipment upstairs using the wheels, but carry the equipment by the handlebars.
- Store the equipment in a dry place with as little temperature variation as possible.

Technical data

Parameter	Unit of measurement	Value
Mains voltage	VAC	230
Mains frequency	Hz	50 ~ 60
Motor	HP	3.0
Speed	Km/h	0.8 - 20.0
Speed	Mph	0.5 - 12.5
Incline	%	0 - 15
Length	Cm	213
Length	Inch	83.7
Width	Cm	89
Width	Inch	35.1
Height	Cm	144
Height	Inch	56.7
Weight	Kg	90.5
Weight	Lbs	199.3
Max. user weight	Kg	150
Max. user weight	Lbs	330

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The product and the manual are subject to change.

Specifications can be changed without further notice.

Declaration of the manufacturer

Tunturi New 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.

01-2017

Tunturi New Fitness BV Purmerweg

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1311 XE Almere

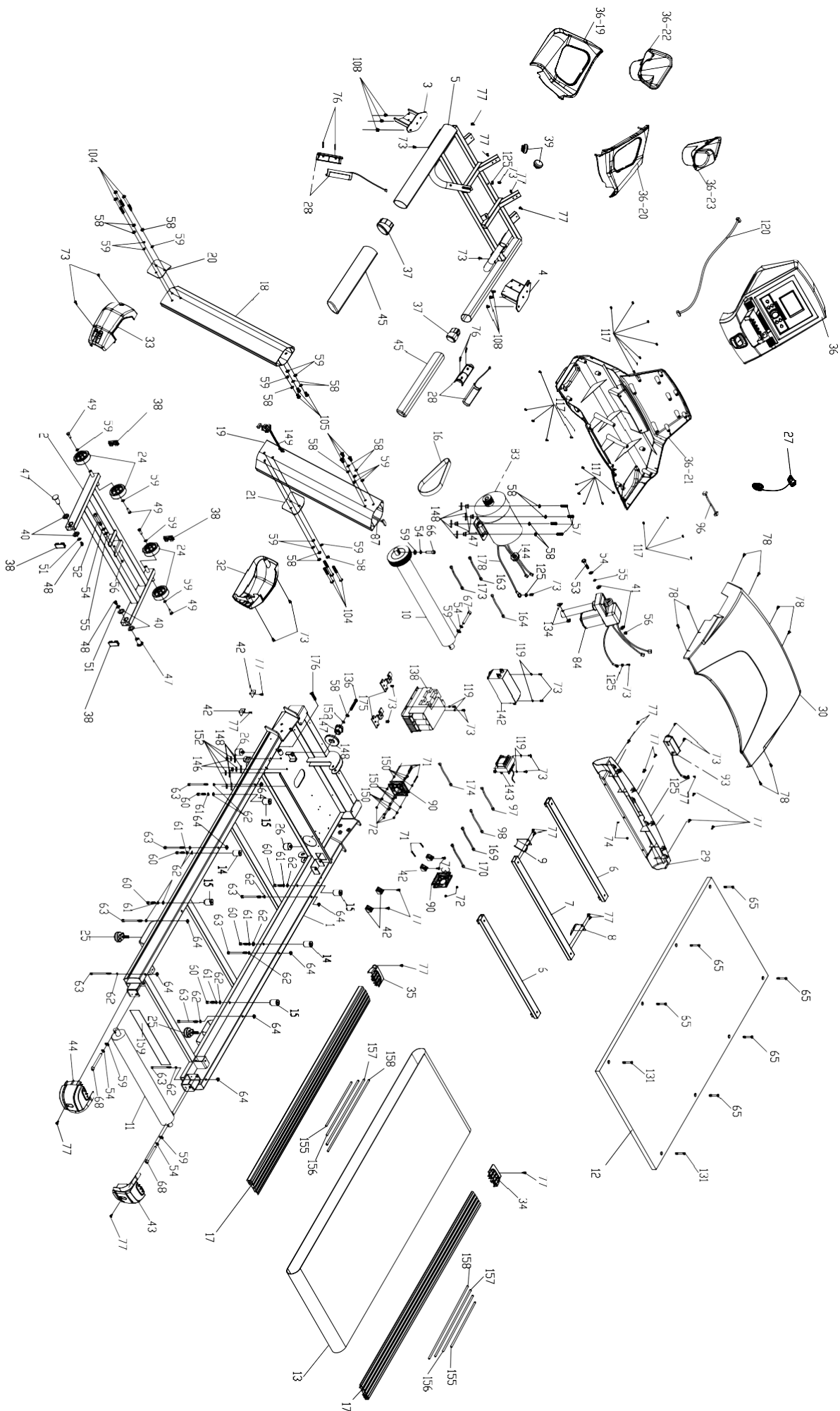
The Netherlands

Disclaimer

No	Description	Specs	Qty
1	Main Frame		1
2	Incline Bracket		1
3	Console Mast Locking Assembly (L)		1
4	Console Mast Locking Assembly (R)		1
5	Console Support		1
6	Running Deck Stabilizer Assembly(A)		2
7	Running Deck Stabilizer Assembly(B)		1
8	Belt Guide(R)		1
9	Belt Guide(L)		1
10	Front Roller W/Pulley		1
11	Rear Roller		1
12	Running Deck		1
13	Running Belt		1
14	Cushion A		2
15	Cushion B		4
16	Drive Belt		1
17	Aluminum Foot Rail	1380mm	2
18	Aluminum Upright (L)		1
19	Aluminum Upright (R)		1
20	Upright Fixing Plate(L)		1
21	Upright Fixing Plate(R)		1
24	Transportation Wheel		4
25	Foot Pad		2
26	Incline Rubber Foot		2
27	Safety Key		1
28	Handpulse W/Cable Assembly	900mm	1
28-1	Handpulse W/Cable Assembly	900mm	1
29	Front Motor Cover		1
30	Motor Top Cover		1
32	Motor Base Cap (R)		1
33	Motor Base Cap (L)		1
34	Foot Rail Cap (R)		1
35	Foot Rail Cap (L)		1
36	Console Assembly		1
36-19	Console Top Cover		1
36-20	Console Top Cover		1
36-21	Console Bottom Cover		1
36-22	Console Assembly (L)		1
36-23	Console Assembly (R)		1
37	Oval Eve Tube Endcap		2
38	Square End Cap	25mm×50mm	4

No	Description	Specs	Qty
39	Handpulse End Cap		2
40	Stable Wheel Spacer		4
41	Nylon Washer	Ø10×Ø25×0.8T	2
42	Motor Cover Anchor(D)		6
43	Rear Roller End Cap. Right		1
44	Rear Roller End Cap. Left		1
45	Handgrip Foam		2
47	Carriage Bolt	Ø18×Ø19×41L	2
48	Hex Head Bolt	M8×12mm	2
49	Hex Head Bolt	3/8"×1"	4
51	Flat Washer	Ø3/8"×20×3.0T	2
52	Hex Head Bolt	M10×65mm	1
53	Hex Head Bolt	M10×50mm	1
54	Split Washer	Ø10×1.5T	6
55	Flat Washer	Ø3/8"×Ø19×1.5T	2
56	Nyloc Nut	M10×P1.5×8T	2
57	Socket Head Cap Bolt	3/8"×16×1-1/2"	4
58	Split Washer	Ø10×2T	17
59	Flat Washer	Ø3/8"×Ø25×2.0T	20
60	Socket Head Cap Bolt	M8×P1.25×40mm	6
61	Split Washer	Ø8×1.5T	6
62	Flat Washer	Ø5/16"×16×1.0T	14
63	Socket Head Cap Bolt	M8×P1.25×110mm	8
64	Square Nut	M8×P1.25×6.5T	8
65	Flat Head Countersink Bolt	M8×P1.25×55L	6
66	Socket Head Cap Bolt	M10×40mm	1
67	Socket Head Cap Bolt	M10×80mm	1
68	Socket Head Cap Bolt	M10×100mm	2
71	Phillips Head Screw	M3×45mm	6
72	Nyloc Nut	M3×5T	6
73	Phillips Head Screw	M5×12mm	25
74	Nyloc Nut	M5×5T	2
76	Tapping Screw	M3×20mm	4
77	Tapping Screw	5×20mm	24
78	Tapping Screw	M5×12mm	12
83	AC Motor		1
84	Incline Motor		1
87	Computer Cable (Lower)	1700mm	1
90	Fan		2
93	AC Electronic Module		1

No	Description	Specs	Qty
96	Power Cord		1
97	Connecting Wire (White)	450mm	1
98	450m/m Connecting Wire (Black)		1
104	Button Head Socket Bolt	3/8"×3-3/4"	6
105	Button Head Socket Bolt	3/8"×3/4"	6
108	Socket Head Cap Bolt	M8×12mm	6
113	Phillips Head Screw Driver		1
114	Allen Wrench	8mmL	1
117	Tapping Screw	3.5×12mm	23
119	Split Washer	Ø5×1.5T	8
120	Computer Cable(Middle)	600mm	1
125	Star Washer	M5	4
131	Flat Head Countersink Bolt	M8×35mm	2
134	Nylon Washer	Ø10×Ø24×3T	2
136	Hex Head Bolt	3/8"×2-1/2"	1
137	Allen Wrench	6mm	1
138	Inverter		1
142	Filter		1
143	Choke		1
144	Ferrite Core	Ø35×21×13L	1
146	Nyloc Nut	3/8"×7T	2
147	Bushing	Ø10×Ø14×14L	5
148	Nylon Washer	Ø13×Ø35×5T	9
149	Billow Tube		1
150	Isolation Pad		12
152	Flat Washer	Ø3/8"×35×2.0T	5
155	Non-Slip Rubber	(400L×14L×1T)	2
156	Non-Slip Rubber	(435L×14L×1T)	2
157	Non-Slip Rubber	(465L×14L×1T)	2
158	Non-Slip Rubber	(500L×14L×1T)	2
159	Frame Base Cover		1
163	Motor Fan Connecting Cable	200mm (Black)	1
164	Motor Fan Connecting Cable	200mm (White)	1
169	Connecting Wire	650mm (White)	1
170	Connecting Wire	160mm (Black)	1
173	Motor Fan Connecting Cable	300mm (White)	1
174	Motor Fan Connecting Cable	300mm (Black)	1
175	Inverter Plate		2
176	Socket Head Cap Bolt	3/8"×UNC16×2"	1
178	Ground Wire	300mm	1





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