

E4R

OWNER'S MANUAL	P. 2 - 13
BETRIEBSANLEITUNG	S. 14 - 25
MODE D'EMPLOI	P. 26 - 38
MANUALE D'USO	P. 39 - 50
MANUAL DEL USUARIO	P. 51 - 62
HANDLEIDING	P. 63 - 74
BRUKSANVISNING	S. 75 - 85
KÄYTTÖOHJE	S. 86 - 96



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

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TUNTURI[®]
THE MOTOR – *it's you.*

CONTENTS

IMPORTANT SAFETY INSTRUCTIONS

- NOTE ABOUT YOUR HEALTH
- NOTE ABOUT THE EXERCISING ENVIRONMENT
- NOTE ABOUT USING THE EQUIPMENT

WELCOME TO THE WORLD OF TUNTURI EXERCISING!

ASSEMBLY

- HANDLEBAR ASSEMBLY AND SEAT
- LOWER FRAME
- FEET
- JOINING THE FRAMES
- SEAT BACK
- METER
- PEDALS
- TRANSFORMER

METER

- KEYS

OPERATING THE METER

- QUICK START
- MANUAL
- WATT CONTROL
- TARGET HR
- PROGRAMS
- PAUSE

EXERCISE

- STARTING OUT WITH EXERCISE
- MEASURING PULSE WITH HANDGRIP SENSORS
- TELEMETRIC HEART RATE MEASUREMENT
- REMARKS ON TELEMETRIC MEASUREMENT

TRANSPORT AND STORAGE

MAINTENANCE

TECHNICAL SPECIFICATIONS

IMPORTANT SAFETY INSTRUCTIONS

Read this guide through carefully before assembling, using or servicing your fitness equipment. Please keep the guide somewhere safe; it will provide you now and in the future with the information you need to use and maintain your equipment. Always follow these instructions with care.

The equipment has been designed for home use. The Tunturi warranty applies only to faults and malfunctions in home use (24 months). Please note that the warranty does not cover damage due to shipping or negligence of adjustment or maintenance instructions described in this manual.

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

NOTE ABOUT YOUR HEALTH

- Before you start any training, consult a physician to check your state of health.
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
- To avoid muscular pain and strain, begin each workout by warming up and end it by cooling down (slow pedaling at low resistance). Don't forget to stretch at the end of the workout.

NOTE ABOUT THE EXERCISING ENVIRONMENT

- The equipment is not to be used outdoors.
- Place the equipment on a firm, level surface. Place the equipment on a protective base to avoid any damages to the floor beneath the equipment.

- Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.
- In training, the equipment tolerates an environment measuring +10°C to +35°C. The equipment can be stored in temperatures ranging between -15°C and +40°C. Air humidity in the training or storage environment must never exceed 90 %.

NOTE ABOUT USING THE EQUIPMENT

- If children are allowed to use the equipment, they should be supervised and taught to use the equipment properly, keeping in mind the child's physical and mental development and their personality.
- Before you start using the equipment, make sure that it functions correctly in every way. Do not use a faulty equipment.
- Press the keys with the tip of the finger; your nails may damage the key membrane.
- Never lean on the interface.
- Never remove the side covers. Do not step on the frame casing.
- Only one person may use the equipment at a time.
- Hold the handlebar for support when getting on or off the equipment.
- Wear appropriate clothing and shoes when exercising.
- Protect the meter from sunlight and always dry the surface of the meter if there are any drops of sweat on it.
- The equipment must not be used by persons weighing over 135 kg / 300 lbs.
- Make sure the equipment is unplugged before carrying out any assembly or maintenance procedures.
- Do not attempt any servicing or adjustments other than those described

in this guide. Everything else must be left to someone familiar with the maintenance of electromechanical equipments and authorised under the laws of the country in question to carry out maintenance and repair work.

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

DANGER:

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

SAVE THIS INSTRUCTION MANUAL

WELCOME TO THE WORLD OF

TUNTURI EXERCISING!

Your choice shows that you really want to invest in your well being and condition; it also shows you really value high quality and style. With Tunturi Fitness Equipment, you've chosen a high quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at WWW.TUNTURI.COM.

WE WISH YOU MANY ENJOYABLE TRAININGS WITH YOUR NEW TUNTURI TRAINING PARTNER!

ASSEMBLY

Open the transport package on its side. Take the parts out of the package and make sure the package includes all the following parts:

1. Front frame
2. Lower frame
3. Seat frame
4. Seat (2 pcs)
5. Handlebar
6. Meter
7. Feet (2 pcs)
8. Pedals (2 pcs)
9. Water bottle holder
10. Assembly kit (contents marked with in the spare part list): keep the assembly tools, as you may need them e.g. for adjusting the equipment.

You'll find a spare part list at the back of this guide. If necessary, please contact your dealer with the model, equipment serial no. and spare part no. of the missing part. The packaging includes a silicate bag for absorbing moisture during storage and transportation. Please dispose of the bag once you have unpacked the equipment.

The directions left, right, front and back are defined as seen from the exercising position.

We recommend two persons for the assembly of E4R.

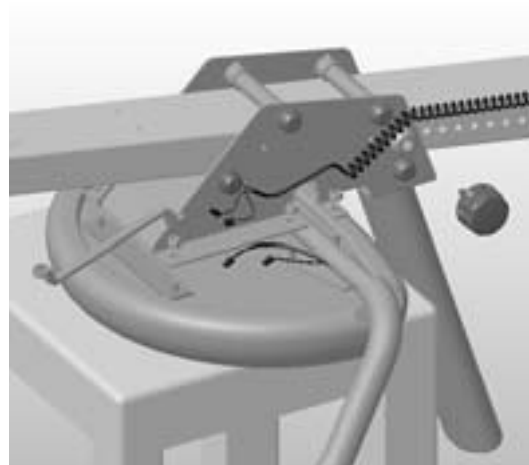
HANDLEBAR ASSEMBLY AND SEAT

(version with hand grip pulse)

1. Remove the seat fastening nuts.
2. Place the seat upside down, for example, on a chair.
3. Place the handlebar, the spacer bar and the seat frame upside down on the bottom of the seat. Do not damage the hand grip pulse wires.
4. Fasten the handlebar and seat to the seat frame with nuts.
5. Attach the hand grip pulse wires to the coiled cable and push the extra length of wire inside the handlebar.
6. Fasten the locking knob (A) of the seat.

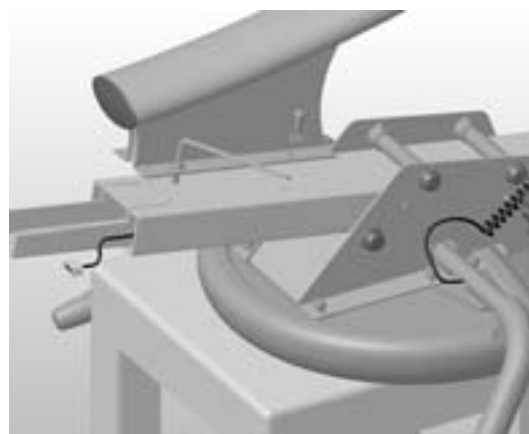
HANDLEBAR ASSEMBLY AND SEAT

(version without hand grip pulse)

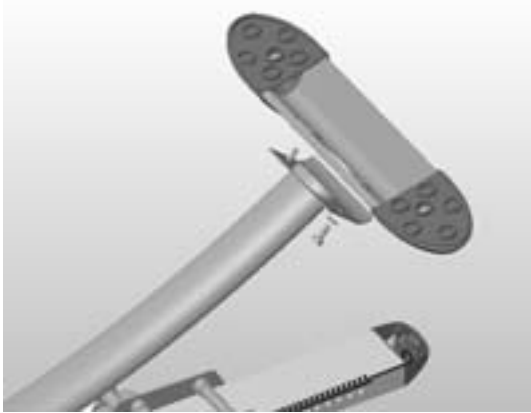


1. Remove the seat fastening nuts.
2. Place the seat upside down, for example, on a chair.
3. Place the handlebar, the spacer bar and the seat frame upside down on the bottom of the seat.
4. Fasten the handlebar and seat to the seat frame with nuts.
5. Fasten the locking knob (A) of the seat.

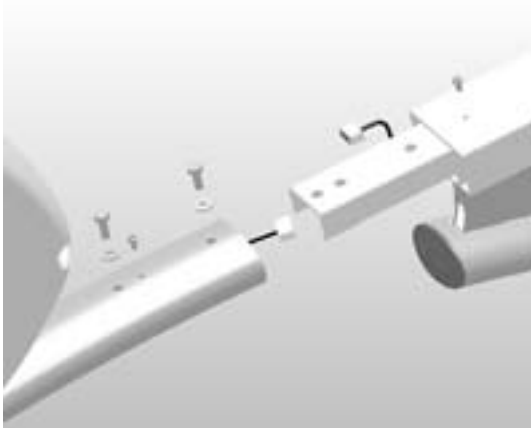
LOWER FRAME



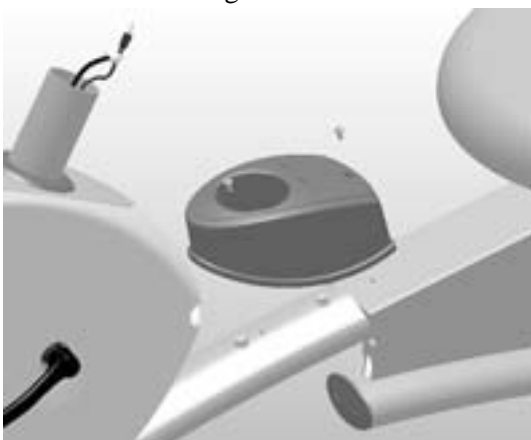
1. Fasten the lower frame to the seat frame using four M8x20 Allen screws (B) and washers (C). Make sure that the seat beam is properly aligned with the lower frame. Make sure the screws are tightly fastened.

FEET

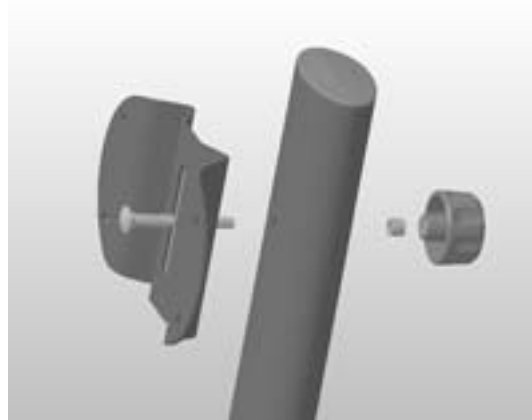
1. Secure the rear foot with two M10 bolts (D) and washers (E) to the lower frame. At this point tighten the bolts only with your fingers.
2. Lift the cycle on the floor and turn it right side up.
3. Fasten the front foot with the transportation wheels to the front frame the same way.

JOINING THE FRAMES

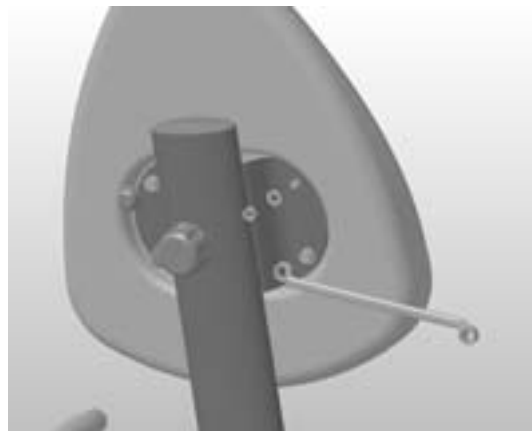
1. Remove the M5 screws in the front and seat frames.
2. Connect the handgrip pulse wires with the connectors in the front frame.
3. Join the front frame and seat frame by pushing one tube inside the other so that the screw holes in the tubes match together.



4. Fasten the frames with two M8 screws (F) and washers (C). Do not damage the hand grip pulse wires.
5. Secure the drink bottle rack in place with the M5 screws.
6. Tighten the rear and front foot screws.
7. Push the plastic caps over the nuts.

SEAT BACK

1. Push the fastening screw (G) through the hole in the seat frame tube and the assembly plate.
2. Place the bushing (H) on the fastening screw and secure the plate by tightening the nut (I) on the fastening screw.



3. Remove the fastening nuts and washers of the seat back and attach the seat back to the assembly plate with them.
4. Push the plastic caps over the nuts.

METER



1. Remove the tape covering the wire coming out of the frame tube, then connect the wire to the wire coming out of the meter tube.
2. Thread the connected wire carefully into the frame tube, and push the meter's connecting tube into place within the frame tube so that the heads of the screws point to the seat.

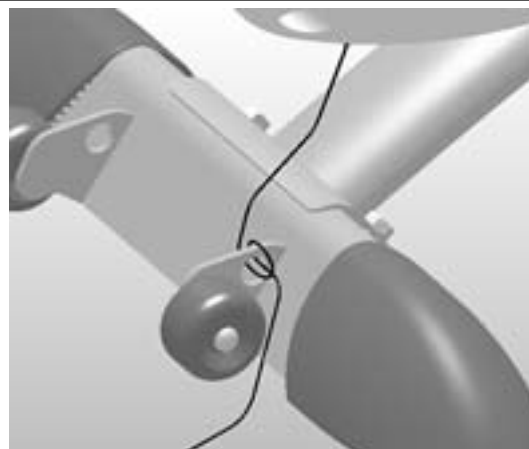
NOTE! Do not remove the fastening screws, but tighten the two fastening screws of the connecting tube by pushing the Allen key through the hole in the frame tube to the screw head and turning counter-clockwise.

PEDALS



1. The pedals are distinguished by the markings R (=right) and L (=left). Fasten the right pedal to the right pedal crank by turning clockwise and the left pedal to the left pedal crank by turning counter-clockwise.
2. Fasten the pedal straps. The straps are distinguished by the markings R (=right) and L (=left). Choose the strap tightness, set the appropriate strap hole on the retainer from below and pull forcibly upwards.

TRANSFORMER



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

NOTE! The equipment must be connected to a grounded wall socket. Do not use extension wires when connecting the equipment to the power source. Make sure the power cord does not run underneath the equipment. Thread the power cord through the front foot as shown to avoid damage to the power cable connector.

DANGER: Always switch off the power and unplug this appliance from the electrical outlet immediately after using.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before carrying out any maintenance or repair procedures.
- 2) Do not operate under blanket or other combustible material. Excessive heating can occur and cause fire, electric shock, or injury to persons.

METER



Protect the meter from direct sunlight, as it may damage the liquid crystal display. Do not expose the meter to water or severe impacts, as these may also damage the meter.

The meter switches on automatically when the cycle is connected to the power source. The display gives out a short beep after which all the functions are at zero. If you do not press a key, or pedal for more than 5 minutes, the meter automatically switches off.

KEYS AND DISPLAYS

1. MANUAL

Allows you to set your effort level with the arrow keys during the workout.

2. WATT CONTROL

This program allows you to preset your effort level (in watts), i.e. pedaling effort is independent of pedaling speed and remains exactly at the preset level.

3. PROGRAMS

This program contains ready-made training profiles. The program changes the effort / heart rate level during your workout. The display shows the profile and the changes.

4. TARGET HR

This program allows you to preset your pulse level, i.e. the resistance is regulated so that your pulse remains at the requested level. If the pulse tends to rise, resistance is reduced automatically and vice versa. The set value can be changed also during the workout.

5. RESET

Press for 2 seconds, resets all values.

6. ENTER

Approves set values and user parameters, activates Quick Start-mode after pressing RESET.

7. SCAN HOLD

The values displayed change at 6-second intervals. If you want to monitor any value for a longer period, press the **SCAN HOLD** key, and the display will be locked. When you want to view the changing values again, press the **SCAN HOLD** key to unlock.

8. ARROW KEYS

Used for setting values, increasing or decreasing resistance and selecting programs.

9. TIME / EFFORT (W)

This display alternates between elapsed time and effort in watts.

10. DISTANCE/RPM

This display alternates between distance in km and speed in revolutions per minute (RPM).

11. KCAL / HR

This display alternates between approximate energy consumption in kilocalories and heart rate. Since people's capacity to produce energy varies, the energy consumption display shows an approximation of the real consumption.

12. SELECTING UNIT

You can select the units to be displayed by the switch at the back of the meter housing. You can select either KG / KM or LB / MILES.

13. TOTAL TRAINING COUNTER

Press both arrow keys simultaneously and the TIME window will present the total training time in hours and the DISTANCE window the total training distance in kilometers.

OPERATING THE METER

QUICK START

1. Switch on the meter or press **ENTER** after pressing the **RESET** key.
2. You can adjust the effort level (1-16) with the arrow keys, and the columns indicate the chosen effort level.
3. Begin your workout.

MANUAL

1. Select the manual function by pressing the **MANUAL** key after the meter has been switched on or after pressing the **RESET** key.
2. The **TIME** display will start to flash. Choose the desired duration of workout by using the arrow keys (10-90 minutes in steps of 5 minutes). Press **ENTER**. The equipment uses this value to calculate the duration of the different effort levels during the program.
3. Enter your weight by using the arrow keys (default value 70 kg in the **DISTANCE** window). The display reads **KG**. Press **ENTER**.
4. Begin your workout.
5. You can adjust the effort level (1-16) with the arrow keys, and the columns indicate the chosen effort level.

WATT CONTROL

Exercising within a certain effort range affects the system in different ways, just as exercising within a certain pulse range does. If you exercise at too low an effort level for your condition, you will not necessarily achieve the desired result even if you exercise regularly. The **WATT CONTROL** program enables training at a certain effort level, e.g. at 100 watts.

1. Select the **WATT CONTROL** program by pressing the **WATT CONTROL** key after the meter has been switched on or after pressing the **RESET** key.
2. The **EFFORT** display will start to flash. Set the desired effort value in watts (20-400 W in steps of 5 W, default 100 W) by using the arrow keys. Press **ENTER**.
3. The **TIME** display will start to flash. Choose the desired duration of workout by using the arrow keys (10-90 minutes in steps of 5 minutes). Press **ENTER**. The equipment uses this value to calculate the duration of the different effort levels during the program.
4. Enter your weight by using the arrow keys (default value 70 kg in the **DISTANCE** window). The display reads **KG**. Press **ENTER**.
5. Begin your workout.
6. You can adjust the profile effort level with the arrow keys, and the columns in the display indicate the chosen effort level.

TARGET HR

The **TARGET HR** program enables training at the requested pulse level. The program requires measurement of heart rate.

1. Select the **TARGET HR** program by pressing **TARGET HR** after the meter has been switched on or after pressing **RESET**.
2. The **HR** display will start to flash. Set the desired heart rate value (default 110 bpm) by using the arrow keys. Press **ENTER**.

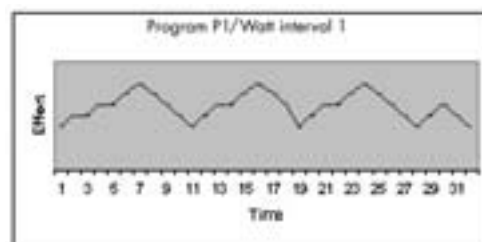
NOTE! The preset value can be changed during the training.

3. The **TIME** display will start to flash. Choose the desired duration of workout by using the arrow keys (10-90 minutes in steps of 5 minutes). Press **ENTER**. The equipment uses this value to calculate the duration of the different effort levels during the program.
4. Enter your weight by using the arrow keys (default value 70 kg in the **DISTANCE** window). The display reads **KG**. Press **ENTER**.
5. Begin your workout. If the set heart rate value seems too strenuous or easy, change the heart rate value by using the arrow keys. The display shows the present heart rate level.

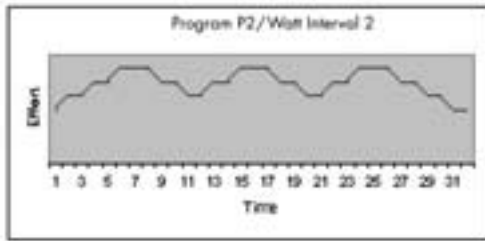
PROGRAMS

This program contains ready-made training profiles. The program changes the effort / heart rate level during your workout. The display shows the profile and the changes. The pre-programmed profiles are designed to make your training routine more varied and interesting: you can use any of the profiles as the basis for your workout, but you should adjust the effort range before or during the exercise session to suit your fitness level by using the arrow keys.

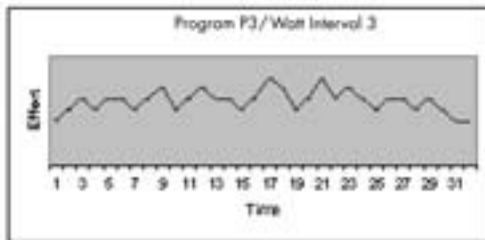
PROFILE P1. 3-peak effort profile for the improvement of oxygen uptake capacity. With peaks relatively short in duration, this profile is suitable for beginners. With default setting, max. watt value is 182, average watt value is 121.



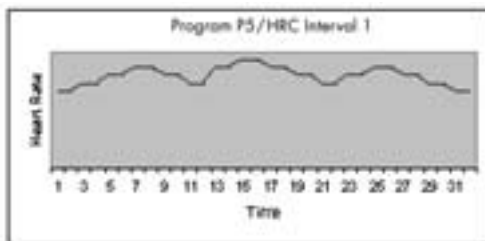
PROFILE P2. 3-peak effort profile for the improvement of oxygen uptake capacity. With relatively longlasting peaks, this profile is specifically suitable for the physically fit. With default setting, max. watt value is 154, average watt value is 122.



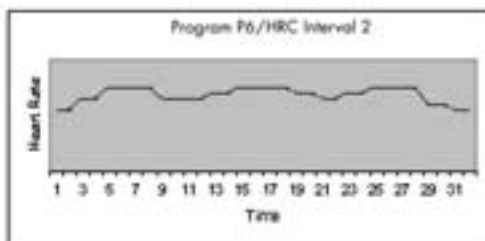
PROFILE P3. Multi-peak effort profile for the improvement of explosive strength. Peaks are relatively short in duration, and the level of effort varies irregularly. This profile is suitable for all fitness levels. With default setting, max. watt value is 182, average watt value is 120.



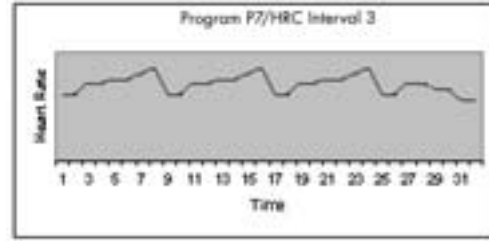
PROFILE P4. Uphill effort profile for the improvement of endurance fitness. Peaks are relatively longlasting, increasing in intensity until the closing phase of the profile. This profile is specifically suitable for the physically fit. With default setting, max. watt value is 210, average watt value is 133.



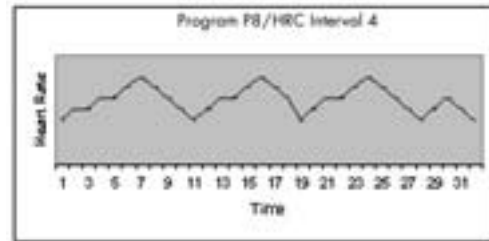
PROFILE P5. 3-peak heart rate profile for the improvement of oxygen uptake capacity. With relatively longlasting peaks, this profile is suitable for beginners. With default setting, max. HR value is 136, average HR is 119.



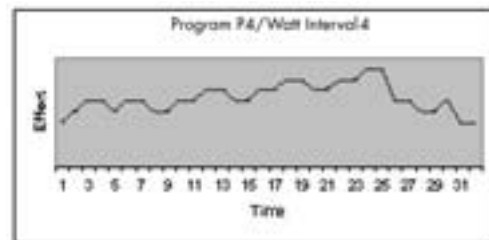
PROFILE P6. Uphill heart rate profile where the heart rate increases steadily until the midpoint of the profile, steadily decreasing thereafter. This profile is suitable for beginners. With default setting, max. HR value is 157, average HR is 126.



PROFILE P7. 3-peak heart rate profile for the improvement of endurance fitness. Peaks are relatively longlasting, but the heart rate level remains fairly constant throughout. This profile is suitable for all fitness levels. With default setting, max. HR value is 155, average HR is 131.



PROFILE P8. 3-peak heart rate profile for the improvement of oxygen uptake capacity. Peaks are relatively longlasting, with each followed by a steady recovery period. This profile is specifically suitable for the physically fit. With default setting, max. HR value is 170, average HR is 137.



1. Press **PROGRAMS** after the meter has been switched on or after pressing **RESET**.
2. Select desired the program (P1-P8) with the arrow keys or with the **PROGRAMS** key. Press **ENTER**.
3. The **TIME** display will start to flash. Choose the desired duration of workout by using the arrow keys (10-180 minutes in steps of 5 minutes, default 20 minutes). Press **ENTER**. The equipment uses this value to calculate the duration of the different effort levels during the program.

4. Enter your weight by using the arrow keys (default value 70 kg in the **DISTANCE** window). The display reads KG. Press **ENTER**.

5. Begin your workout. If the set effort / heart rate value seems too strenuous or easy, change the value by using the arrow keys. The display shows the present effort / heart rate level.

PAUSE

The values in a workout that has been interrupted are saved automatically in the memory of the user interface for 5 minutes, after which they are reset. You can restart the interrupted exercise by pedaling within 5 minutes.

EXERCISE

Good health is an integral part of our quality of life and comprises physical, mental and social performance. And physical performance is a primary basis for maintaining mental and social activity. It has been proved beyond doubt that exercise offers many benefits. In order to reach the goals you have set, you'll need to keep finding the motivation to continue so you achieve your ultimate goal: life-long health and a new quality of living.

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

You know yourself best so find the motivation from inside. Don't make exercising too big an issue and your first goal is simply to make a habit of getting exercise. Only when regular exercise feels natural should you set fresh goals. One important aspect of your training is versatility. Varying your training exercises different muscle groups and helps maintain motivation.

STARTING OUT WITH EXERCISE

If you have not exercised for a long time and your physical condition is poor, or if you have health problems, you should have your condition checked. If you have a history of cardiovascular disease or belong to any other risk group, we strongly recommend that you have your basic fitness level tested before taking up any training.

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

HOW LONG? If you're very unfit, start with a 15-20 minute workout. Once your condition improves, you can train for 30-60 minutes depending on your goal.

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

The best training to improve your general fitness is properly efficient, not too heavy and not too easy. It's good to sweat while working out, but important still to be able to talk comfortably. This type of exercise is called aerobic or endurance exercise and your body produces the required energy by burning body fat with the aid of oxygen. This in turn leads to a reduction in fat tissue. Aerobic exercise is based upon improving the body's oxygen uptake, which in turn improves ones endurance and general fitness - in other words, it promotes good health!

No matter what your goal, you'll get the best results by training at the right level of effort, and the best measure is your own heart rate. First find your maximum heart rate i.e. where the rate doesn't increase with added effort. If you don't know your maximum heart rate, please use the following formula as a guide:

$$208 - 0,7 \times \text{AGE}$$

This is an average value and the maximum varies from person to person. The maximum heart rate diminishes on average by one point per year. If you belong to one of the risk groups mentioned earlier, ask a doctor to measure your maximum heart rate for you.

We have defined three different heart rate zones to help you with targeted training.

BEGINNER: 50-60 % OF MAXIMUM HEART RATE

Also suitable for weight-watchers, convalescents and those who haven't exercised for a long time. Three sessions a week of at least a half-hour each is recommended. Regular exercise considerably improves beginners' respiratory and circulatory

performance and you will quickly feel your improvement.

TRAINER: 60-70 % OF MAXIMUM HEART RATE

Perfect for improving and maintaining fitness. Even reasonable effort develops the heart and lungs effectively, training for a minimum of 30 minutes at least three times a week. To improve your condition still further, increase either frequency or effort, but not both at the same time!

ACTIVE TRAINER:

70-80 % OF MAXIMUM HEART RATE

Exercise at this level suits only the fittest and presupposes long-endurance workouts.

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

EXERCISING WITH A RECUMBENT

ERGOMETER

If you want to improve your aerobic health-related fitness, you can exercise at a lower resistance level, with a pedalling rate set at approximately 60-80 rpm. This ensures that your heart rate remains suitably low, thus allowing for a longer training session. If you're very unfit, you should start with a 15-20 minute workout. Once your condition improves, you can train for 30-60 minutes, depending on your goals. Since aerobic health-related fitness is best developed through longer workout sessions, you should set the effort level accordingly. In interval training, the resistance and heart rate levels vary throughout to provide an efficient workout. You should, however, be careful not to exercise at too high an effort level so as to avoid straining your joints and knees. Enhance your workout with the ergometer's accurate feedback on effort level and calorie consumption, and carefully read the instructions on how to use the meter so that you can make wide use of the ergometer's functions: this will add variety to your training and help you to remain motivated. You can use a high resistance to build up your strength and muscle mass, but don't forget that recumbent ergometers are specifically designed for aerobic exercise.

Exercise is always rewarding for weight loss, because it is the only way of increasing the energy spent by the body. This is why it is always worthwhile to combine regular exercise

with a healthy diet. A dieter should exercise daily - at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour.

Always hold the handlebars while pedalling to keep your upper body steady. This will also allow you to work your leg muscles more effectively, especially when using a high level of effort. Start at a slow pedalling speed with a low resistance, and gradually increase your speed and resistance to a comfortable level according to your condition. End each workout by gradually reducing the speed and resistance. Don't forget to stretch at the end of the workout. After training, always wipe clean your recumbent cycle and the meter in particular.

The Recumbent Ergometer E4R is designed to comfortably distribute your weight evenly over your buttocks and lumbar region of your lower back. Your legs are also positioned closer to the level of your heart, allowing a less strenuous and more efficient cardiovascular workout.

Before beginning your workout, make sure that the seat is correctly positioned. The distance between the seat and the pedals should be adjusted so that your knee remains slightly bent when your leg is extended to the furthest pedaling point forward. To ensure proper positioning please follow the recommended guidelines:

1. Turn the locking knob counterclockwise.
2. Pull the locking knob out so that the seat can be moved freely.
3. When the distance is right, let go of the knob. The seat locks into place.
4. Tighten the locking knob clockwise.

MEASURING PULSE

WITH HANDGRIP SENSORS

Pulse is measured by sensors in the handlebars. Pulse is measured when the user of E4R is touching both sensors simultaneously. Reliable pulse measurement requires that the skin is constantly touching the sensors and that the skin is slightly moist. Too dry or too moist skin weakens the reliability of hand pulse measurement.

The E4R meter has a heart rate receiver compatible with Polar equipment, so you can also use Polar uncoded heart rate transmitter belts for heart rate measurement. The transmitter belt may be purchased as an accessory.

TELEMETRIC HEART RATE MEASUREMENT

The most reliable way of measuring the heart rate is telemetric measurement using a transmitter belt.

If you want to measure your heart rate this way during your workout, moisten the grooved electrodes on the transmitter belt with saliva or water. Fasten the transmitter just below the chest with the elastic belt, firmly enough so that the electrodes remain in contact with the skin while pedaling, but not so tight that normal breathing is prevented. If you wear the transmitter and belt over a light shirt, moisten the shirt slightly at the points where the electrodes touch the shirt. The transmitter automatically transmits the heart rate reading to the meter up to a distance of about 1 meter. The heart rate value is displayed in the meter. Follow your heart rate during the training.

REMARKS ON TELEMETRIC MEASUREMENT

If the electrode surfaces are not moist, the heart rate reading will not appear on the display. If the electrodes are dry, they must be moistened again. Allow the electrodes to warm up properly to ensure accurate heart rate measurement. If there are several telemetric heart rate measurement equipment next to each other, the distance between them should be at least 1.5 m. Similarly, if there is only one receiver and several transmitters in use, only one person with a transmitter should be within transmission range. The transmitter is switched to an active state only when it is being used for measurement. Sweat and other moisture can, however, keep the transmitter in an active state and waste battery energy. Therefore it is important to dry the electrodes carefully after use.

When selecting training attire, please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity, which may prevent reliable heart rate measurement.

Please note that a mobile phone, television and other electrical appliances form an electro-magnetic field around them, which will cause problems in heart rate measurement.

TRANSPORT AND STORAGE

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

NOTE! Always switch the power off and unplug the power cord before you start moving the equipment around! Transport the equipment with extreme caution over uneven surfaces, for example over a step. The equipment must never be transported upstairs using the wheels over the steps, instead it must be carried. Place the equipment on a firm, level surface, and on a protective base to avoid any damages to the floor beneath the equipment. Notice that certain floor materials may require protection when transporting the equipment.

Move the recumbent cycle according to the following instruction: stand behind the cycle and take it by the seat frame with one hand and by the handlebar with the other hand. Lift the E4R so that it rests on the transport wheels and move it by wheeling. Lower the cycle on the floor while holding on to it and remaining all the time behind the equipment.

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

MAINTENANCE

The equipment requires very little maintenance. Check, however, from time-to-time that all screws and nuts are tight.

- After exercising, clean the equipment with a soft, absorbent cloth. Do not use solvents. Sweat may cause corrosion: we recommend therefore that you protect all metal surfaces outside the plastic covers with teflon or car wax.
- Never remove the equipment's protective casing.
- The magnetic brake forms a magnetic field that may damage the mechanism of a watch, or the magnetic identification strip on a credit or cash card, should they come into immediate contact with the magnets. Never attempt to detach or remove the magnetic brake!
- The magnetic brake is based on magnetic resistance; resistance level is electronically measured and shown as watt reading on the display. Due to the measurement system, your Tunturi ergometer need not be re-calibrated when assembled, serviced and used according to this Owner's Manual.
- If the equipment is not used for a period of time, the transmission belt may become temporarily distorted. This can lead to a sensation of slightly uneven pedaling. However,

after a few minutes of use the effect disappears as the belt returns to its original form.

NOTE! If the equipment does not function properly during use, contact your Tunturi dealer immediately. Always give the model and serial number of your equipment. Please state also the nature of the problem, conditions of use and purchase date. Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole equipment in for repair, as it's usually sufficient to replace the defective part.

TECHNICAL SPECIFICATIONS

Length	165 cm
Height	100 cm
Width	67 cm
Weight	63 kg

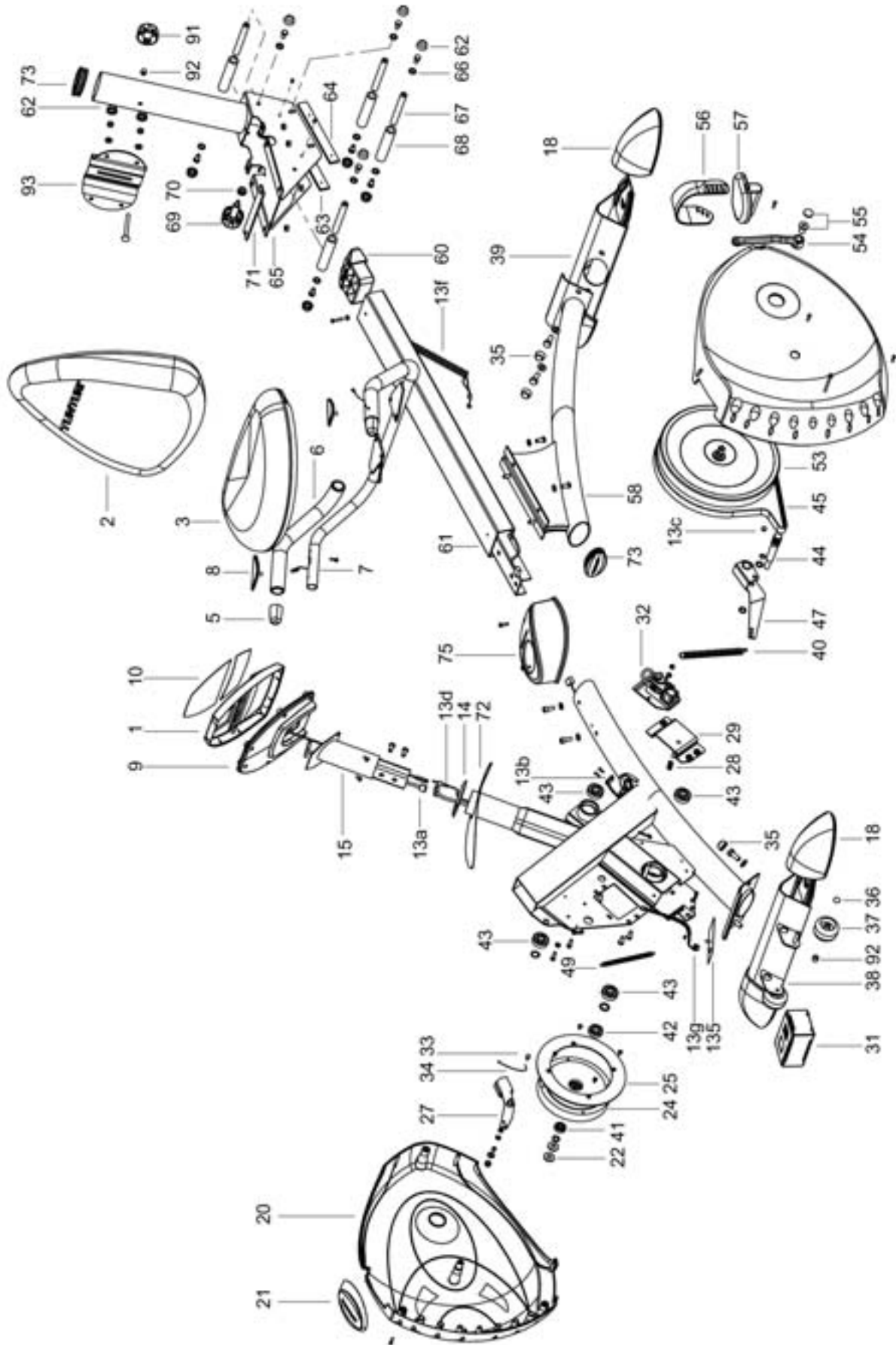
All Tunturi models meet the requirements of the EU's EMC Directives on electromagnetic compatibility (89/336/EEC) and electrical equipment designed for use within certain voltage limits (73/23/EEC). This product therefore carries the CE label.

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

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

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

1	233 1053	User interface (incl 10)	1	-	103 1039 compl. (incl. 18, 36, 37, 92)	1
2	153 9003	Seat back	1	* -	M10 DIN 125 Washer	2
-	M8 DIN 125	Washer	4	* -	M10x25 DIN 933 Screw	2
-	M8 DIN 934	Nut	4	39	103 9006 Rear support	1
3	153 9001	Seat	1	* -	M10 DIN 125 Washer	2
-	M8 DIN 125	Washer	2	* -	M10x25 DIN 933 Screw	2
-	M8 DIN 985	Nut nylon	2	40	643 104 89 Spring	1
5	533 7039	Plug	2	41	523 504 84 Bearing, flywheel	1
6	213 1007	Handle grip	1	42	523 1010 Bearing, flywheel	1
7	203 9005	Handle bar (incl. 5, 6, 8)	1	43	523 409 85 Bearing	4
-	203 9004	Handlebar (incl 5, 6)	1	44	343 1010 Flywheel axle	1
-	M8 DIN 125	Washer	4	45	443 9003 Transmission belt	1
-	M8 DIN 985	Nut nylon	4	47	513 9002 Belt tightener frame	1
8	403 9012	Hand pulse unit (only hgp)	1	-	12x18x1 DIN 988 Washer	2
-	4,2x16 DIN 7504-K	PT-Screw	2	-	10 DIN 471A Retaining	1
-	403 0043	Pulsetransmitter belt (no hgp)	1	49	643 1007 Spring	1
9	173 1065	User interface lower cover	1	53	263 1007 Pulley	1
10	423 1110	Membrane	1	-	17 DIN 471A Retaining	1
13	403 9013	Cable set (incl. 13a,13d,13f,13g)	1	54	353 1005 1 Crank, RH	1
-	403 9018	Cable set (incl. 13a,13g)	1	-	353 1004 1 Crank, LH	1
13b	403 1088	Sensor	1	55	653 0073 Screw-plug	2
-	3,5x13 DIN 7504-K	Screw	2	56	363 1002 Pedal band, pair	1
13c	403 1026	RPM-magnet	1	57	363 1001 Pedal, pair (incl. 56)	1
14	683 1011	Bezel	1	58	103 9018 Rail support	1
15	103 9015	Tube	1	* -	M8 DIN 125 Washer	4
-	M8x20 DIN 7380	Screw	2	* -	M8x20 ISO 7380 Screw	4
17	103 9005	Frame	1	60	533 9018 Rear plug	1
18	533 1050	Stand plug	4	-	50x30 WN1412 PT-Screw	1
19	423 9005	Label set (incl.19a, 19b)	2	-	M6 DIN 934 Washer	1
20	173 1064	Side cover, LH and RH.	2	61	103 9016 Seat rail	1
-	KB 40x20 WN-1411	PT-Screw	4	* -	M8 DIN 125 Washer	2
-	M5x60 DIN 7985	Screw	1	* -	M8x20 DIN 933 Screw	2
-	M5 DIN 934	Nut	1	*62	533 0020 M8 plug (* 4 pcs)	12
21	533 9012	Plug	1	63	533 9019 Slide washer right	1
22	653 1017	Nut	2	-	M4x8 DIN 7985 Screw	2
-	12x18x05 DIN 988	Washer	1	64	533 9020 Slide washer left	1
24	303 9004	Flywheel	1	-	M4x8 DIN 7985 Screw	2
-	17x24x1,5 DIN 988	Washer	1	65	153 9005 Seat frame	1
25	433 1013	Aluminium circle	1	66	652 133 Washer	8
-	M5x10 DIN 7991	Screw	4	-	M8x16 DIN 933 Screw	8
27	373 1026	Brake lever	1	67	343 9006 Seat frame axle	4
-	M8 DIN 125	Washer	1	68	533 9017 Seat frame roller	4
-	M8 DIN 985	Nut nylock	1	69	533 0008 Locking knob	1
28	643 1008	Spring	1	70	533 156 Sleeve	1
29	103 1048	Brake lever frame	1	71	433 9003 Spacer	1
-	653 1026	Screw	3	72	433 1018 Front cover	1
31	403 7020	EU Transformer 24VDC, EUR	1	73	533 9011 Seat frame plug 2	
-	403 7020	GB Transformer 24VDC, GB	1	75	593 9003 Bottle holder	1
-	403 7020	USA Transformer 24VDC, USA	1	-	M5x10 DIN 7985 Screw	2
-	403 7020	JPN Transformer 24VDC, JPN	1	*91	533 1019 Locking knob	1
-	403 7020	AUS Transformer 24VDC, AUS	1	* -	M8x80 DIN 603 Screw	1
32	403 9016	Servo motor	1	*92	7208131001 Sleeve (* 1 pc)	3
-	M6x20 DIN 912	Screw	2	93	503 9007 Fastener plate	1
-	M6 DIN 125	Washer	4	135	433 1017 Cover plate	1
-	M6 DIN 985	Nut nylock	2	-	M5 DIN 934 Nut	1
33	220065	Nipple	1	*	553 9004 Assembly kit (incl. *)	1
-	M6 DIN 125	Washer	1	*	553 0002 Box spanner	1
34	223 1013	Metal wire	1	*	556 0003 Screw driver	1
*	35 533 1046	M10 plug	4	*	556 031 00 Allen key 5mm	1
36	673 500 88	Snap locking	2	*	553 100 88 Multihole wrench	1
37	533 1048	Wheel	2	-	583 9004 Owner's manual	1
38	103 1038	Front support	1	-	583 0006 Warranty booklet	1





TUNTURI®
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