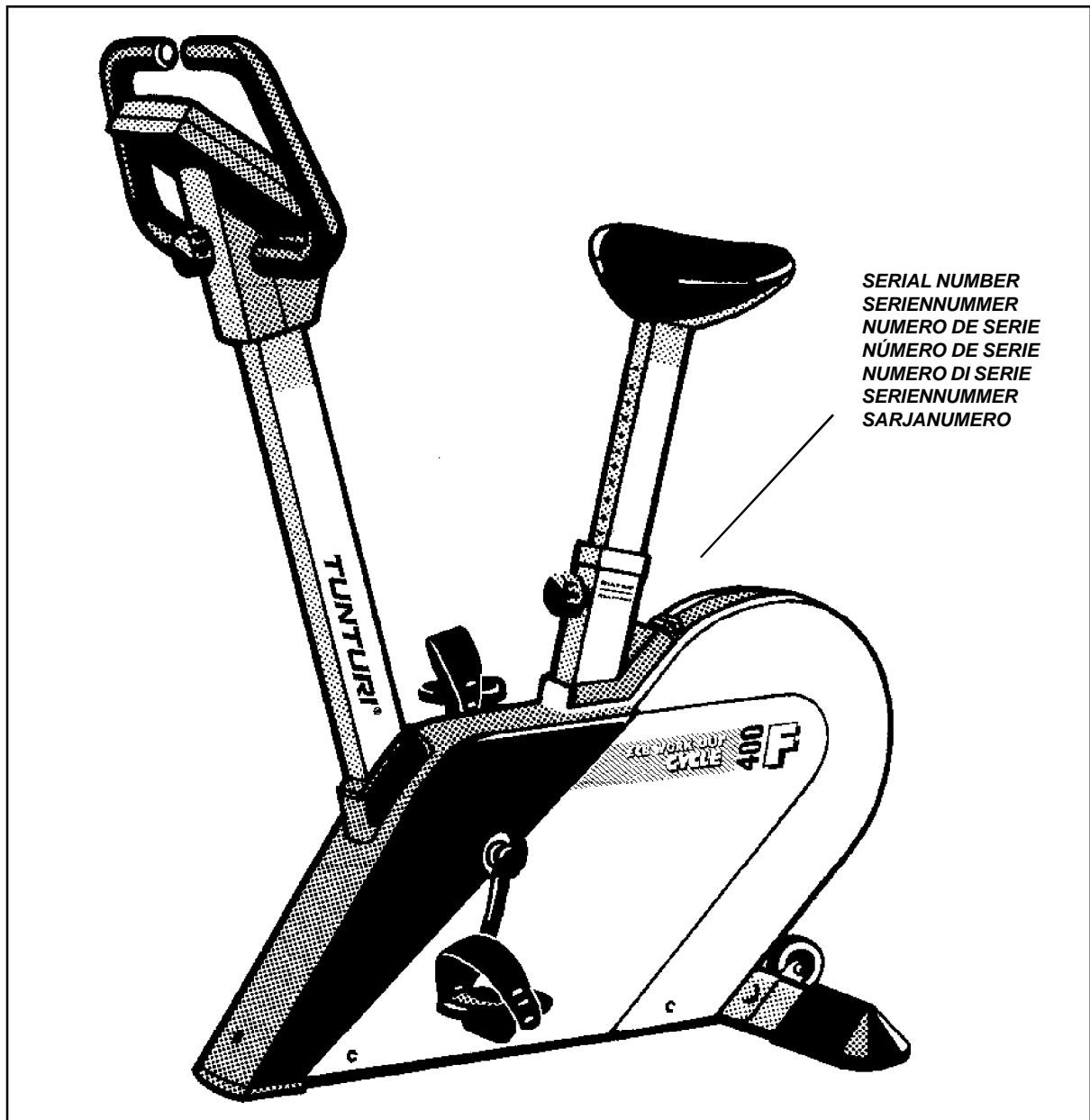


ECB WORKOUT CYCLE F 400

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

583.1005 E

INFORMATION AND WARNINGS

PLEASE READ THIS OWNER'S MANUAL THROUGH CAREFULLY BEFORE ASSEMBLING, USING AND SERVICING THE WORKOUT CYCLE! FOLLOW THE INSTRUCTIONS DESCRIBED IN THIS MANUAL CAREFULLY.

THE EQUIPMENT HAS BEEN DESIGNED FOR HOME USE. THE TUNTURI WARRANTY APPLIES ONLY FOR FAULTS AND MALFUNCTIONS IN HOME USE.

PLEASE NOTICE THAT THE WARRANTY DOES NOT COVER ANY DAMAGES DUE TO NEGLIGENCE OF ADJUSTMENT OR MAINTENANCE INSTRUCTIONS DESCRIBED IN THIS MANUAL!

NOTE ABOUT YOUR HEALTH

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

NOTE ABOUT THE EXERCISING ENVIRONMENT

- * *Place the cycle on a firm, level surface.*
- * *Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.*

NOTE ABOUT USING THE EQUIPMENT

- * *Parents or others responsible for children should note that children's natural playfulness and curiosity may lead to situations and behaviour for which the cycle is not designed. If children are allowed to use the cycle, they should be supervised and taught to use the cycle properly, keeping in mind the child's physical and mental development and their personality. The exercise cycle is not a toy.*
- * *Before you start using the cycle, make sure that it functions correctly in every way. Do not use a faulty device.*
- * *In heavy or long-term use, the machine may shed dust or oil. It is therefore advised to place the machine on a protective base.*
- * *Only one person may use the cycle at a time.*
- * *Hold the handlebar for support when getting on or off the cycle.*
- * *Wear appropriate clothing and shoes when exercising.*
- * *Do not use the cycle when the protective covers are not in place.*
- * **Do not attempt any servicing or adjustment other than those described in this manual. The given service instructions must be followed carefully.**
- * *The equipment is not recommended for persons weighing over 110 kg.*

THE FIGURES REFERRED TO IN THE TEXT ARE IN THE BACK FOLD.

ASSEMBLY

Unpack the cycle and check that all the following parts are in the package:

2. Rear support
3. Handlebar support tube + meter
5. Ear sensor for pulse measurement
6. Fastening screws (2 hex screws) and washers (2) for rear support screws, batteries (2)
7. Fastening screw, washer and rectangular metal
8. Assembly tools

If you notice that a part is missing, contact the dealer and number (see the back of the manual).

The package includes a silicate bag for absorbing moisture

Assemble the cycle as follows (left, right, front and back are as seen from the exercising position):

MOUNTING THE REAR SUPPORT

Slip a flat object, such as a piece of wood, under the cycle frame to lift the rear end off the floor. Place the support under the rear part of the frame and fasten it with two hex screws and washers (**Fig. 1**). Remove the piece of wood.

MOUNTING THE HANDLEBAR SUPPORT TUBE

Lean the cycle over on one side so that it rests against a chair, for example. Remove the protective foam from the support tube and fit the handlebar support tube into place so that the resistance adjustment knob at the top of the tube points to the back (**Fig. 2**). If the handlebar support tube will not go into the hole in the grey top cover, undo the screw at the lower end of the cover so that the cover can be moved, and fit the tube in. Remember to retighten the screw after fitting the support tube. Make sure that the resistance

adjustment wire coming out of the lower end of the handlebar support tube and the meter wire run in a straight line inside the handlebar support tube. Connect the meter wire coming out of the handlebar support tube and the wire attached to the frame. Fix the handlebar support tube in place with the rectangular metal washer, smaller washer and hex screw at the bottom of the tube, making sure that the resistance adjustment wire and the meter wire pass through the notch in the metal washer without obstruction (**Fig. 3**). Tuck the rest of the wire into the handlebar support tube.

CONNECTING THE RESISTANCE ADJUSTMENT WIRE

Place the control mechanism of the resistance adjustment wire in the lug under the frame so that the lug is between the two adjustment nuts. Thread the loop at the end of the wire over the screw in the lever of the magnetic caliper. **N.B. Not under the nut (Fig. 4)**. Remove the piece of wood next to the lever. Adjust resistance to maximum by turning the resistance adjustment knob at the top of the handlebar support tube clockwise to its extreme position. This will move the magnetic caliper closer to the flywheel rim. Set the resistance adjustment wire to the correct tightness by tightening the two adjustment nuts until the lever of the magnetic caliper just touches the limiter screw on the frame (**Fig. 5**). Lift the cycle back into the upright position.

MOUNTING THE PEDALS

Fasten the right pedal to the right pedal crank turning clockwise and the left pedal to the left pedal crank turning anticlockwise. The pedals are distinguished by the markings R and L on their shafts (R = right, L = left).

Fasten the pedal straps so that the Tunturi logo faces outward. Choose the strap tightness, set the appropriate strap hole on the retainer from below and pull forcibly upward. The pedal straps are adjustable. Especially when the cycle is new, the fastening of the strap may seem relatively tight.

MOUNTING THE METER

Put two 1.5 V batteries into the battery holder at the back of the meter, noting the + and - marks on the bottom of the holder. Push the meter carefully into its place at the top of the handlebar support tube.

USE

SETTING THE SEAT HEIGHT

The seat height should be set so that the middle part of the foot reaches the pedal with the leg almost straight and the pedal at its lowest point.

To raise or lower the seat:

- A. First turn the locking knob once anticlockwise.
- B. Then pull the locking knob out so that the seat tube can be moved freely up and down.
- C. When the height is right, let go of the knob. The seat locks into place.
- D. Tighten the locking knob clockwise.

Always make sure that the locking knob is fastened properly before starting to exercise. The scale on the seat tube helps you to find the seat height you have found suits you best.

ADJUSTING THE HANDLEBARS

Loosen the grey adjustment knob at the front of the handlebar support tube and adjust the handlebar distance so that you can pedal with the arms almost straight in a comfortable position. Retighten the adjustment knob.

ADJUSTING PEDALLING RESISTANCE

To increase or decrease resistance, turn the adjustment knob at the top of the handlebar support tube clockwise to increase resistance and anticlockwise to decrease resistance. The scale above the knob (1-10) helps you find and reset a suitable resistance.

EXERCISING

Working out using an exercise cycle is excellent aerobic exercise, the principle being that the exercise should be suitably light, but of long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. The ability of the body to burn fat as a fuel is directly dependent on its oxygen-uptake capacity.

Aerobic exercise should above all be pleasant. You should perspire, but you should not get out of breath during the workout. You must, for example, be able to speak and not just pant while pedalling. **You should exercise at least three times a week, 30 minutes at a time, to reach a basic fitness level.** Maintaining this level requires a few exercise sessions each week. Once the basic condition has been reached, it is easily improved, simply by increasing the number of exercise sessions.

Exercise is always rewarding for weight loss, because it is the only way of increasing the energy spent by the body. This is why it is always worthwhile to combine regular exercise with a healthy diet. A dieter should exercise daily - at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. You should start slowly at a low pedalling speed and low resistance, because for an overweight person strenuous exercise may subject the heart and circulatory system to excessive strain. As fitness improves, resistance and pedalling speed can be increased gradually.

Exercise efficiency can be measured by monitoring the pulse. The TUNTURI F 400's pulse meter helps you monitor your pulse easily during exercise, and thus to ensure that the exercise is sufficiently effective but not over-strenuous (see MEASURING PULSE).

METER

The easy-to-use meter of the F 400 measures pulse, estimated energy consumption, time, speed and distance. All the above functions are displayed simultaneously. The meter switches on automatically when you start pedalling or press the RESET key, and switches off when you have not pedalled or pressed the RESET key for about 4 min. By pressing the RESET key when the meter is on, you can reset the readings on the meter (time, estimated energy consumption and distance) during your work out.

N.B. 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.

FUNCTIONS

PULSE

Shows pulse frequency per minute (40-240 beats/min). The heart symbol beside the pulse value flashes in time with the exerciser's heartbeat (see MEASURING PULSE).

ENERGY CONSUMPTION

Shows estimated calorie consumption in kilocalories (0-999 kcal) during workout. In theory energy consumption is calculated from pedalling resistance, speed and distance pedalled, but because different people's capacity to produce energy (efficiency) varies, the energy consumption display shows only an approximation of the real consumption. This meter calculates the energy consumption on the basis of average values.

TIME

Shows time counted upwards in minutes and seconds (0:00-99:59).

SPEED

Shows the speed you are pedalling at in km per hour (0.00-99.9 km/h).

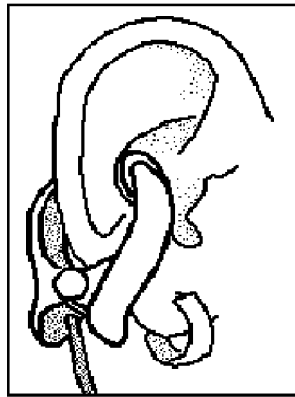
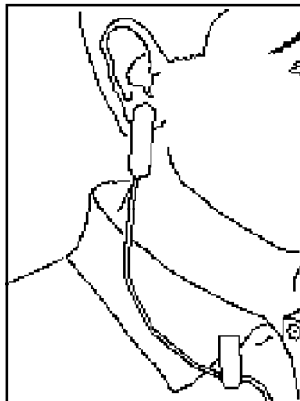
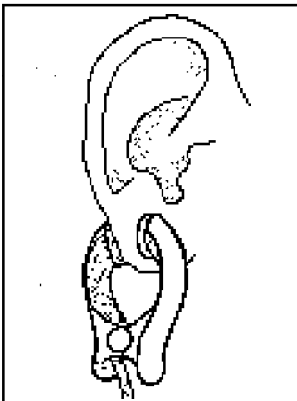
DISTANCE

Shows distance in km cumulatively (0.00-99.9 km).

MEASURING PULSE

Measure the pulse as follows:

1. Fit the ear sensor wire plug into the connecting point on the bottom of the meter.
2. Attach the ear sensor to the earlobe where pulse is to be measured.
3. Attach the sensor wire e.g. to the collar with the clip provided. This will prevent moving of the sensor and insure a more accurate reading of the pulse. Make sure also that the wire between the earlobe and the clip is not too long or short so that the sensor will stay firmly in place.



N.B. The shape of the ear sensor designed by TUNTURI makes it possible also to measure pulse on inside surface of the ear if, for example, circulation is poor in the earlobe, the earlobe is too small or cartilaginous as a result of piercing.

4. The heart symbol beside the pulse value flashes in time with the user's heartbeat.

Exercise within different pulse ranges affects the body in different ways. For example, exercise of long duration within a pulse range that is about 50-60 % of the maximum pulse helps you to lose weight, whereas exercise in a range that is about 70-80 % of the maximum develops the heart and respiratory system and overall endurance, i.e. improves your condition.

If you don't know your maximum pulse rate, you can use the following formulae as a guideline:

WOMEN: 226 - AGE, MEN: 220 - AGE

However, it is advisable to make sure by consulting your doctor.

For example, to lose weight, a 50-year-old man should exercise at a resistance and pedalling speed that raise his pulse to about 85-105 beats/min.

NOTE WHEN MEASURING YOUR PULSE

If the sensor does not immediately start measuring your pulse, or if the earlobe is cold, **rub the earlobe with the fingers to speed up circulation.** Physiological differences between different people may also cause disturbances in pulse measurement. In these cases, **try measuring on the inside surface of the ear or on the tip of your finger.**

If measuring disturbances appear while pedalling, **test the functioning of the sensor while stationary.** Strong, unintentional swaying while pedalling may also disturb measurement. If pulse values rise above 150 beats/min., earlobe measurement may be affected by the speeding up of circulation.

Sometimes a strong light source, e.g. a fluorescent tube, in the immediate vicinity of the user may cause disturbances in pulse measurement. In this case, **test the functioning of the sensor by turning the ear sensor the other way round on the earlobe.** Pulse reading can also be affected, if the battery power of the meter is too low.

Remember to clean the ear sensor. Clean the ear sensor after use, for example, with mild soapy water. Do not use solvents.

More reliable pulse measurement is achieved with a telemetric device, in which the electrodes of the transmitter fastened to the chest transmit the pulses from the heart to the meter by means of an electromagnetic field.

The F400 has a built in pulse receiver which is compatible with a POLAR telemetric pulse transmitter, sold as an optional extra. If you want to measure your pulse 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 pedalling, but not so tight that normal breathing is prevented. The heart symbol beside the pulse value flashes in time with the user's heartbeat.

N.B. IF YOU HAVE A HEART PACEMAKER, YOU MAY USE THE PULSE MEASUREMENT TRANSMITTER ONLY ON A PHYSICIAN'S APPROVAL!

If you wear the transmitter and belt over a light shirt, moisten the shirt slightly at the points where the electrodes touch the shirt.

REMARKS ON TELEMETRIC PULSE MEASUREMENT

If the electrode surfaces are not moist, the pulse 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 pulse measurement.

If there are several telemetric pulse measurement devices 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.**

To prevent any extra pulses coming from the ear sensor, unplug the ear sensor when you use the telemetric pulse meter.

MAINTENANCE

The F400 requires very little maintenance. Check, however, from time to time that all fastening screws and nuts are tight. Clean the cycle with a damp cloth. Do not use solvents.

If the cycle is transported long distances without packing it, the position of the brake caliper may change, for example, due to vibration. To check the position of the brake caliper in relation to the flywheel, proceed as follows:

Lean the cycle on its side so that it rests against e.g. a chair and you can see under the cycle easily. Adjust the resistance to maximum by turning the resistance adjustment knob to its extreme clockwise position. Check that the limiter screw (hex screw) of the brake caliper lever has not moved. If the brake caliper lever does not touch the limiter screw with the resistance at maximum, turn the adjustment nuts of the resistance adjustment wire until the lever touches the limiter screw. Lift the cycle back to the upright position.

If the resistance still seems too small, proceed as follows: Loosen the fastening screw of the grey top cover and the seven screws of the white side covers and remove the side covers. Adjust the resistance to maximum by turning the resistance adjustment knob to its extreme clockwise position.

Lean the cycle on its side so that it rests against e.g. a chair and you can easily reach the control mechanism of the resistance adjustment wire under the frame.

N.B. Take your watch off before the following step, as it may be damaged by the magnetic field of the brake mechanism.

Push the approximately 1 mm thick plastic calibration strip between the magnetic caliper and the flywheel. If the brake caliper magnets are clearly further than 1 mm away from the flywheel rim, first open the locking nuts of the limiter screw and move the limiter screw slightly by turning the screw while holding the nuts at the same time (**Fig. 6**). Retighten the locking nuts of the limiter screw. Turn the adjustment nuts of the resistance adjustment wire, so that the magnet caliper is just in contact with the plastic strip with the resistance at maximum.

N.B. Make sure you do not make the adjustment nuts too tight.

Remove the calibration strip, lift the cycle into the upright position and replace the side and top covers.

CHANGING BATTERIES

If the meter display fades considerably or completely, change the batteries. Pull the meter out and remove the old batteries from the holder at the back of the meter. Push the new batteries into the holder (2 x 1.5 V AA) and push the meter back into its place at the top of the handlebar support tube.

If you notice a malfunction during use, contact the dealer. Always give the serial number of your device!

In spite of continuous quality control, individual defects and malfunctions may occur due to individual components. It is in most cases unnecessary to take the whole device for repair, as it is usually sufficient to replace the defective part.

TRANSPORT AND STORAGE

Move the cycle according to the following instruction: stand behind the cycle, grip the seat with one hand and the handle-bar with the other. Lift the cycle so that it rests on the transportation wheels and move it by wheeling. Lower the cycle onto the floor while holding on to the handlebar and remaining all the time behind the cycle.

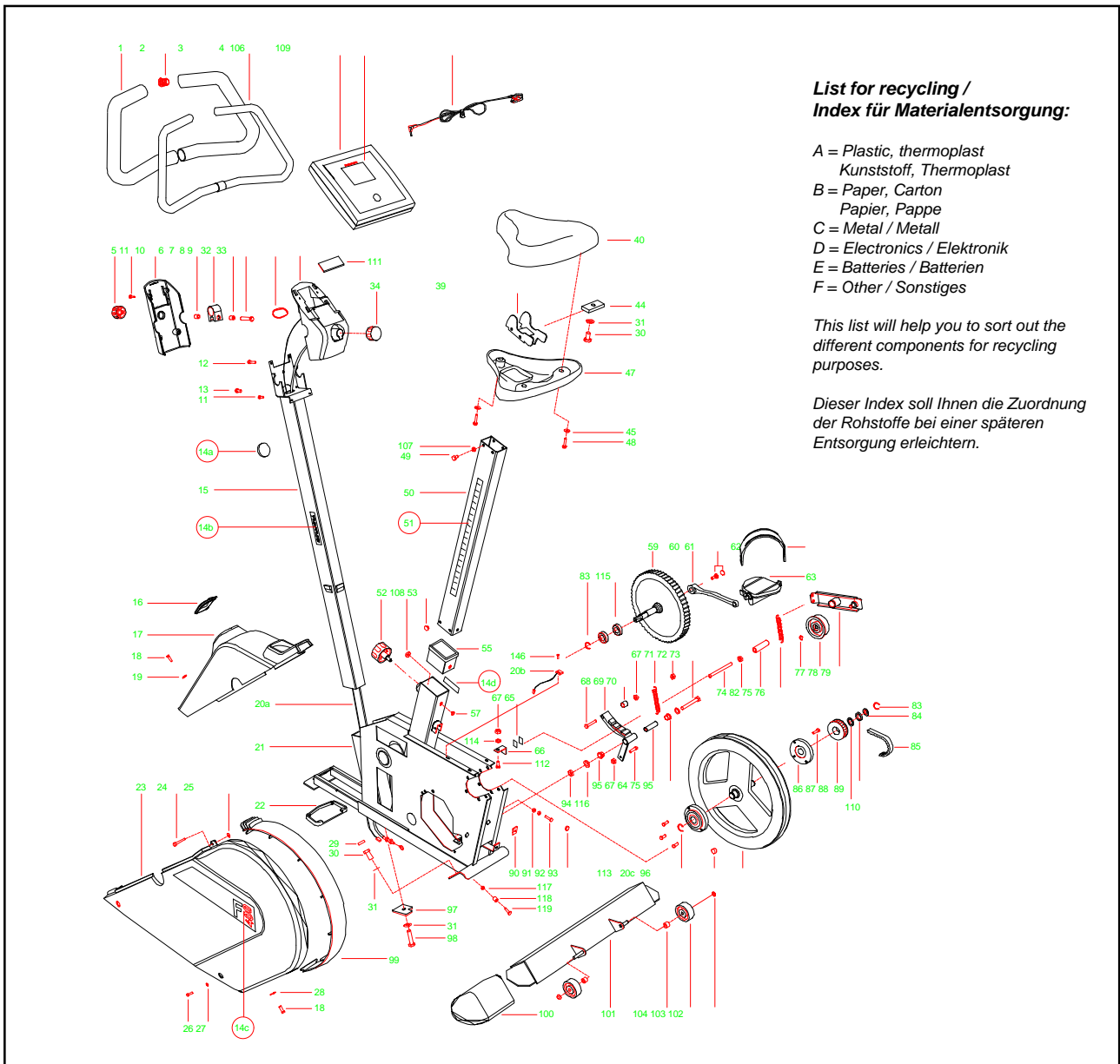
To prevent malfunctioning of the cycle, store in a dry place with as little temperature variation as possible, protected against dust.

DIMENSIONS

Length	96 cm	Height	111 cm
Width	62 cm	Weight	41 kg

All TUNTURI models are designed to meet the electromagnetic compatibility directive, EMC and are affixed with the CE conformity marking.

Due to our continuous programme of product development we reserve the right to change specifications without notice.



**List for recycling /
Index für Materialentsorgung:**

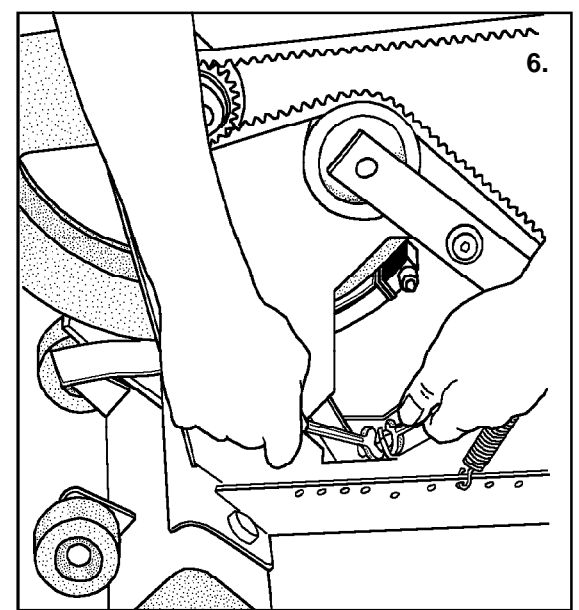
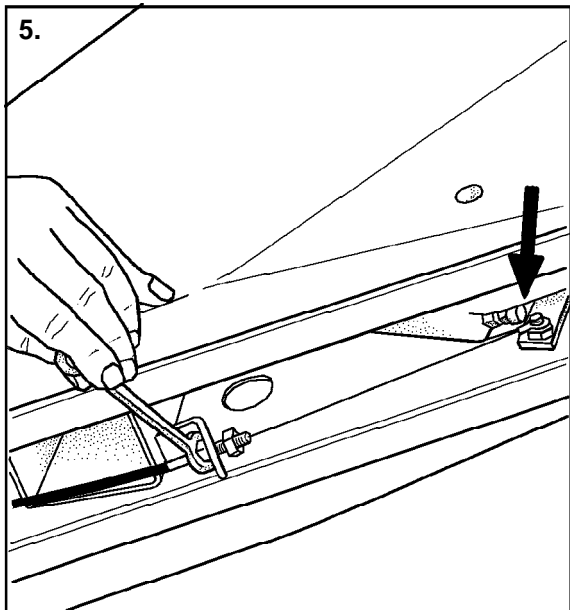
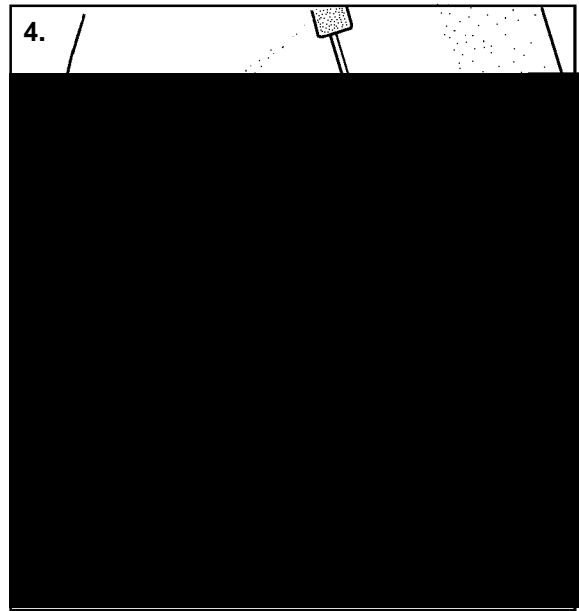
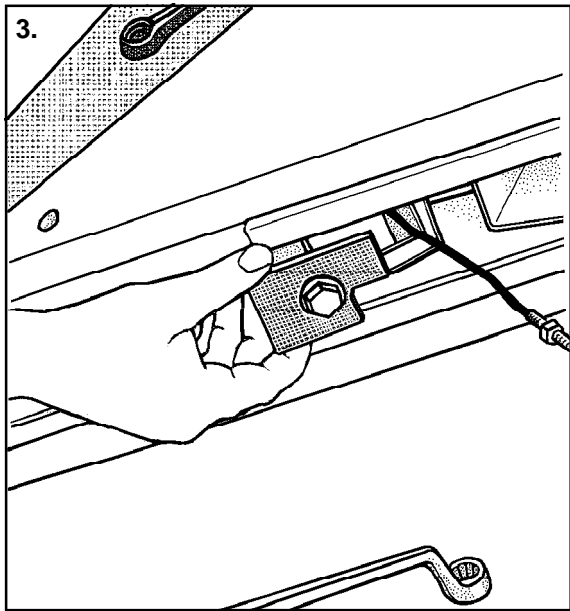
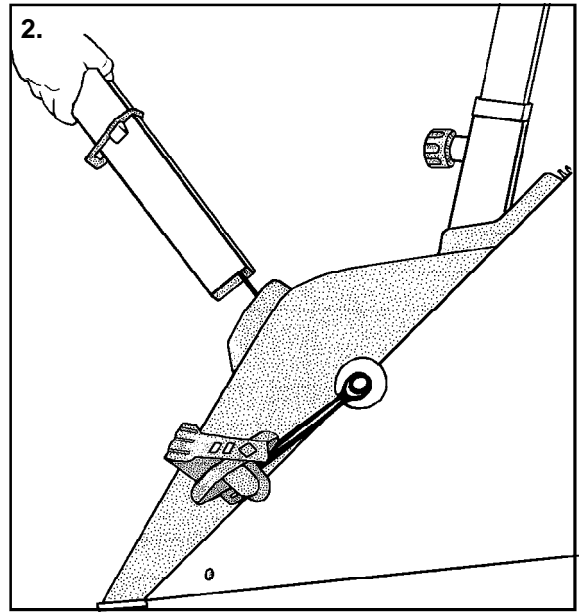
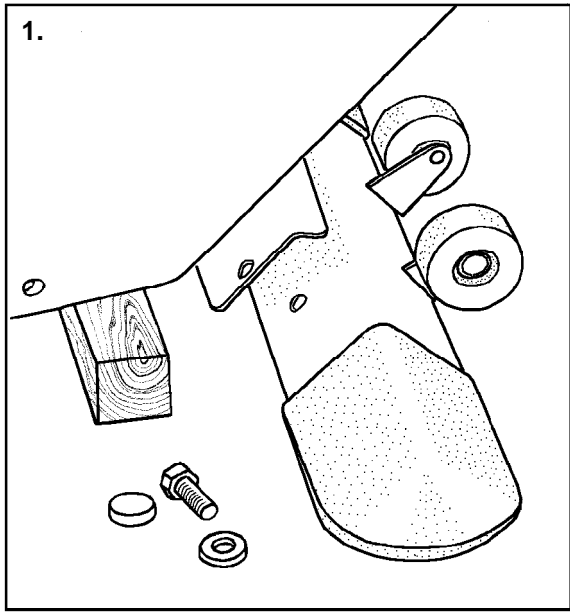
- A = Plastic, thermoplast
Kunststoff, Thermoplast
- B = Paper, Carton
Papier, Pappe
- C = Metal / Metall
- D = Electronics / Elektronik
- E = Batteries / Batterien
- F = Other / Sonstiges

This list will help you to sort out the different components for recycling purposes.

Dieser Index soll Ihnen die Zuordnung der Rohstoffe bei einer späteren Entsorgung erleichtern.

Ref.no Part no

1	213 1001 (incl. 2)	A	27	653 133 84	A	64	60 05 020 21	C	96	303 1014 (inc. 86, 113)	C
2	533 240 87	A	28	652 852 81	C	65	503 1004	F	97*	503 1009	C
3	203 1012 (incl. 1, 7)	C	29*	533 209 89	A	66	503 1010	C	98*	60 10 045 03	C
4	233 1017	A/D	30*	60 10 025 03	C	67	61 0501	C	99	433 1008	A
	(incl. 106, 109)		31*	62 1022 25	C	68	60 05 060 02	C	100	533 1007	A
5	533 1019	A	32	443 1006	A	69	373 1011 (incl. 64, 67, 68, 70, 72, 75, 95)	C/F	101	103 1012	C
6	72 0816 210	C	33	173 1012		70	72 0608 205 1	C	102	673 500 88	C
7	513 204 82	C		(incl. 32,111)	A	71	643 104 89	C/F	103	533 1029	A/C
8	72 1015 90	C	34	533 1018	A	72	61 0510	C	104	72 0813 100 1	C
9	60 08 075 40	C	39	153 1010	C	73	60 08 075 02	C	106	423 1048	F
10	173 1014	A	40	153 1009	A	74	60 08 090 03	C	107	62 06 127	C
11	653 7020	C	44	653 1011	C	75	343 1006	C	108	533 156 85	C
12	60 48 016 57	C	45	62 0412 10	C	76	643 8001	C	109	233 0022	D
13	653 5003	C	47	153 1004	A	77	673 604 90	C	110	653 2002	C
14	423 1044	F	48	653 1018	C	78	533 1021	A/C	111	433 1009	A
	(incl. 14a - 14d)		49	60 06 016 03	C	79	513 1004 (incl. 77,78)	C	112	60 05 010 03	C
15	203 1008	C	50	153 1007	C	80	61 0803	C	113	673 601 90	C
16	533 1017	A	51	423 1053	F	81	673 2001	C	114	62 0511 10	C
17	173 1008	A	52	533 0008	A/C	82	653 2004	C	115	523 409 85	C
18	60 05 020 32	C	53	533 5002	A	83	643 8001	C	116	652 133 74	C
19	62 0612 16	C	54	62 0817 10	C	84	443 1002	A	117	61 0610	C
20	403 1030	D	55	533 1035	A	85	523 8001	A/C	118	72 0612 100 1	C
	(incl. 20a - 20c)		57	533 1036	A	86	60 06 016 37	C	119	60 06 020 03	C
20c	407 1017	C	59	353 1010	A/C	87	263 1005	A/C	*	553 1001	
21	103 1014	C		(incl. 60, 61)		88	653 2003	A		Hardware kit (incl. *)	
22	533 1006	A	60	353 1004 1	L C	89	653 1003	C			
23	173 1007	L A	-	353 1005 1	R C	90	61 0601	C	-	553 0007 Multi purp. wrench	C
-	173 1006	R A	61	653 0002	A/C	91	60 06 030 37	C	-	553 100 88 Multi purp. wrench	C
24	653 264 87	C	62	363 1002	A	92	683 101 85	A	-	583 1005 Owner's manual	B
25	651 206 80	C	63	363 1001	A/C	93	61 0810	C			
26	60 42 016 59	C		(incl. part 62)		94	533 1022	A			



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