

# E6R

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- 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.*

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## 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 and light commercial use. The Tunturi warranty applies only to faults and malfunctions in home (24 months) and light commercial use (12 months). Please note that the warranty does not cover damage due to shipping or 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 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 meter.
- 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.
- 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 authorized 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](http://WWW.TUNTURI.COM).

**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. 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.

If necessary, please contact your dealer with the model, equipment serial no. and spare part no. of the missing part. You'll find a spare part list at the back of this guide. 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.

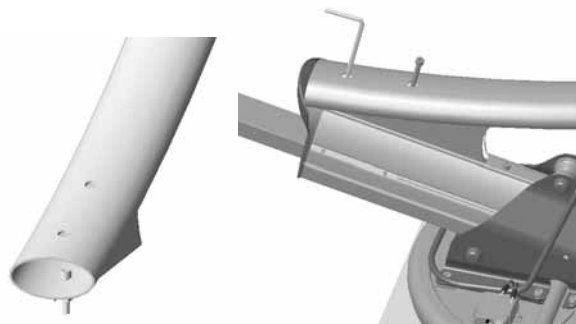
**HANDLEBAR ASSEMBLY AND SEAT**

(version without hand grip pulse) Remove the seat fastening nuts. Place the seat upside down, for example, on a chair. Place the handlebar, the spacer bar and the seat frame upside down on the bottom of the seat. Fasten the handlebar and seat to the seat frame with nuts.

**HANDLEBAR ASSEMBLY AND SEAT**

(version with hand grip pulse) Remove the seat fastening nuts. Place the seat upside down, for example, on a chair. Place the handlebar, the spacer bar and the seat frame upside down on the bottom of the seat. **NOTE !** Do not damage the hand grip pulse wires. Fasten the handlebar and seat to the seat frame with nuts. Attach the hand grip pulse wires to the transmitter box and push the extra wire length inside the handlebar. Detach the lid of the transmitter box, insert batteries (3xAAA) and close the lid.

## LOWER FRAME

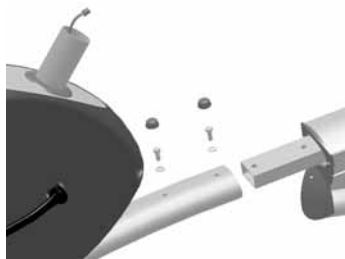


Slide the retaining plate located underneath the seat frame to the front of the bar. Fasten the lower frame to the seat frame using the shorter M8 screw (A) in the front and longer M8 screw (B) in the back. Place the shorter screw (A) into the frame hole from the end of the lower frame and the longer screw (B) through the frame. Pass the screws through the holes in the lower frame so that they match the threads in the retaining plate. Make sure the screws are tightly fastened.

## FEET

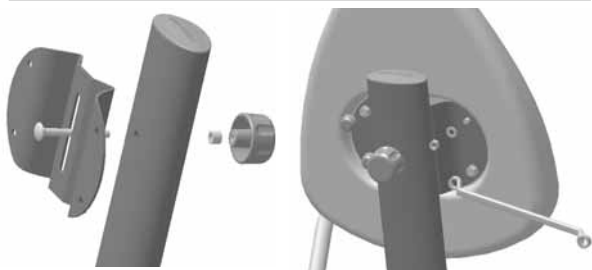
Secure the rear foot with two M10 bolts (C) and washers (D). At this point tighten the bolts only with your fingers. Lift the cycle on the floor and turn it right side up. Fasten the front foot with the transportation wheels to the front frame the same way.

## JOINING THE FRAMES



Join the front frame and seat frame by pushing one tube inside the other so that the screw holes in the tubes match together. Fasten the frames with two M8 screws (E) and washers (F). Tighten the rear and front foot screws and push the plastic caps over the screw heads.

## SEAT BACK



Push the fastening screw (G) through the hole in the seat frame tube and the assembly plate. Place the bushing (H) on the fastening screw and secure the plate by tightening the nut (I) on the fastening screw. Remove the fastening nuts and washers of the seat back and attach the seat back to the assembly plate with them. Finally, push the plastic caps over the nuts.

## METER



Remove the tape covering the wire coming out of the frame tube, and connect the wire with the connector inside the meter tube. 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. Loosen the two screws for the drink bottle rack and secure the rack in place with the screws.

## PEDALS



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. 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.

**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.

### CORRECT BODY POSITION

The Recumbent Ergometer E6R 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. To ensure proper positioning please follow the recommended guidelines: 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 adjust the distance lift the lever located below the seat. Place first your feet on the pedals, then release the seat and push it to the right distance. Release the lever to lock the seat. Make always sure the seat is locked.

## EXERCISING WITH TUNTURI

When you've not exercised for a long time, you should have your condition checked and consult a doctor, if you are over 40, your physical condition is poor, you suffer from a chronic illness or have health problems, or you have injuries to or problems in your muscles. 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. If you're very unfit, start with a 20 minute workout. Once your condition improves, you can train for 30-60 minutes depending on your goal.

### 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. 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:

#### 208-0,7X 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 program. If you for instance exercise conscientiously for three weeks, it's good to make the following week a little lighter.

## PULSE MEASUREMENT WITH HAND GRIP PULSE

**NOTE!** The hand grip pulse measurement functions with the transmitter box switch in ON position. If you wish to use the Polar belt for heart rate measurement, switch the hand grip pulse to OFF position. Pulse is measured by the hand grip sensors in the handlebars. Pulse is measured when the user of E6R is touching both sensors simultaneously. Pulse measurement requires that the skin is constantly touching the sensors and that the skin is slightly moist. **NOTE!** If you use a heart rate controlled exercise or if the accuracy of heart rate information is important to you, we recommend heart rate measurement with the Polar belt; unlike with the heart rate belt, the accuracy of pulse measurement may vary considerably from person to person.

## TELEMETRIC HEART RATE MEASUREMENT

This equipment has a built in pulse receiver, which is compatible with a Polar telemetric pulse transmitter. 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 equipments 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.

## METER



## 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. As the pedaling speed increases the resistance is reduced and vice versa. The set value can be changed also during the workout. The display shows the effort level and the changes in effort. You can choose the effort level to your liking with arrow keys.

**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. MEMORY**

Saves and recalls manual programs (P 1-8).

**8. 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.

**9. ARROW KEYS**

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

**10. TIME / EFFORT (W)**

This display alternates between elapsed time and effort in watts.

**11. DISTANCE/RPM**

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

**12. 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.

**13. SELECTING UNIT**

You can select the unit of weight to be displayed by the switch at the back of the meter housing. You can select either KG or LB.

**14. 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.

**15. T-WARE PROGRAM**

This equipment is compatible with the T-Ware fitness testing and monitoring PC program. You can take the T-ware program into use by installing the T-ware to your PC and by connecting the meter to the PC with the cable. The required cable is a crosswired zeromodem cable with D9F connectors at both ends.

**OPERATING THE METER**

**NOTE!** 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.

**QUICK START**

1. Switch on the meter or press ENTER after pressing the RESET key.
2. You can adjust the effort level (1-32) 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 (1-32) with the arrow keys, and the columns indicate the chosen effort level.

Programs can be saved in the memory of the meter.

## WATT CONTROL PROGRAM

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.

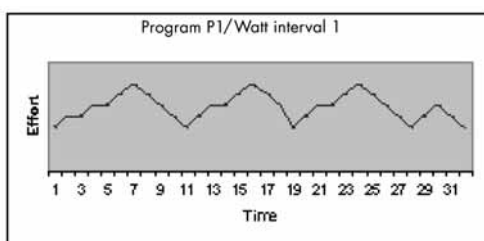
1. Select the WATT CONTROL program by pressing the WATT CONTROL key after the meter has been switched on or after pressing the RESET key.
2. The EFFORT display will start to flash. Set the desired effort value in watts (20-400 W in steps of 10 W, default 100 W) by using the arrow keys. Press ENTER.
3. 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.

Programs can be saved in the memory of the meter.

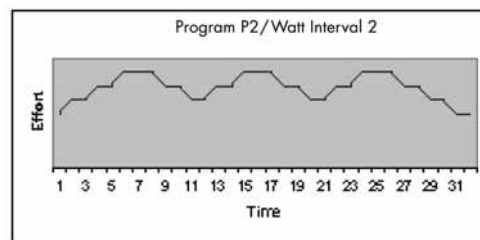
## PROGRAMS

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.

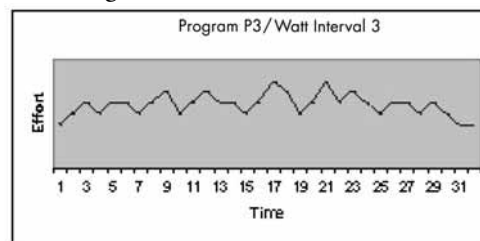
**PROFILE P1.** 3-peak effort profile for the improvement of oxygen uptake capacity. With peaks relatively short in duration, this profile is suitable for beginners. With default setting, max. watt value is 182, average watt value is 121.



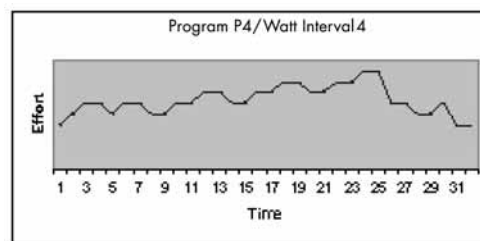
**PROFILE P2.** 3-peak effort profile for the improvement of oxygen uptake capacity. With relatively longlasting peaks, this profile is specifically suitable for the physically fit. With default setting, max. watt value is 154, average watt value is 122.



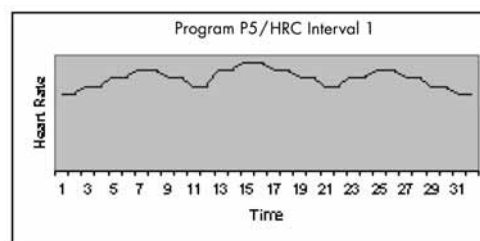
**PROFILE P3.** Multi-peak effort profile for the improvement of explosive strength. Peaks are relatively short in duration, and the level of effort varies irregularly. This profile is suitable for all fitness levels. With default setting, max. watt value is 182, average watt value is 120.



**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.

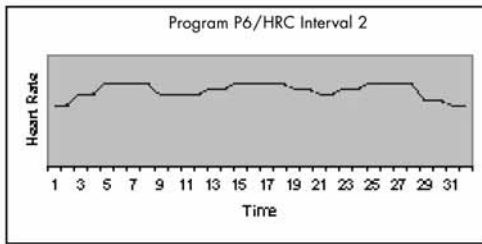


**PROFILE P5.** 3-peak heart rate profile for the improvement of oxygen uptake capacity. With relatively longlasting peaks, this profile is suitable for beginners. With default setting, max. HR value is 136, average HR is 119.

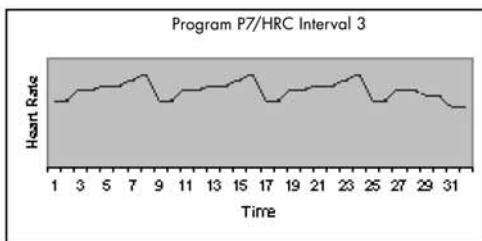




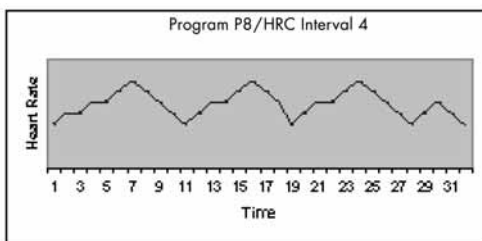
**PROFILE P6.** Uphill heart rate profile where the heart rate increases steadily until the midpoint of the profile, steadily decreasing thereafter. This profile is suitable for beginners. With default setting, max. HR value is 157, average HR is 126.



**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.

## TARGET HR PROGRAM

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 can be saved in the memory of the meter.

## MEMORY FUNCTION

The meter enables saving of 8 manually made programs to its memory.

## SAVING THE PROGRAMS

When you wish to save a program in the memory of the meter, press the **MEMORY** key after your workout session. Choose the desired memory location (P1-8) by using the arrow keys. Press **ENTER**. Your program is now saved in the memory of the meter. A total of 32 changes are saved in each program.

## RUNNING THE PROGRAMS

1. When you want to use an earlier saved program, press the **MEMORY** key after the meter has been switched on or after pressing **RESET**.
2. Choose the desired program with the **MEMORY** key or arrow keys. 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: last saved time). Press **ENTER**.
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.

**NOTE!** If you wish, you can adjust the effort level with the arrow keys during the training. If you want to save these changes in the memory, press the MEMORY key after your workout and choose the desired memory location. Press ENTER to confirm saving.

## PAUSE

The values in a workout that has been interrupted are saved 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.

## ERROR CODES

The user interface will display information about operational faults.

Err 2 Data communication problem

Remove the power cord from the power outlet, wait for 1 minute and then restart. If the error message does not disappear, please contact your Tunturi dealer.

## 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!

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 E6R 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 electromagnetic 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 electromagnetic brake!

- The electromagnetic brake is based on electromagnetic 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 / 65 in  
Height .....100 cm / 40 in  
Width .....67 cm / 27 in  
Weight .....63 kg / 140 lbs

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.

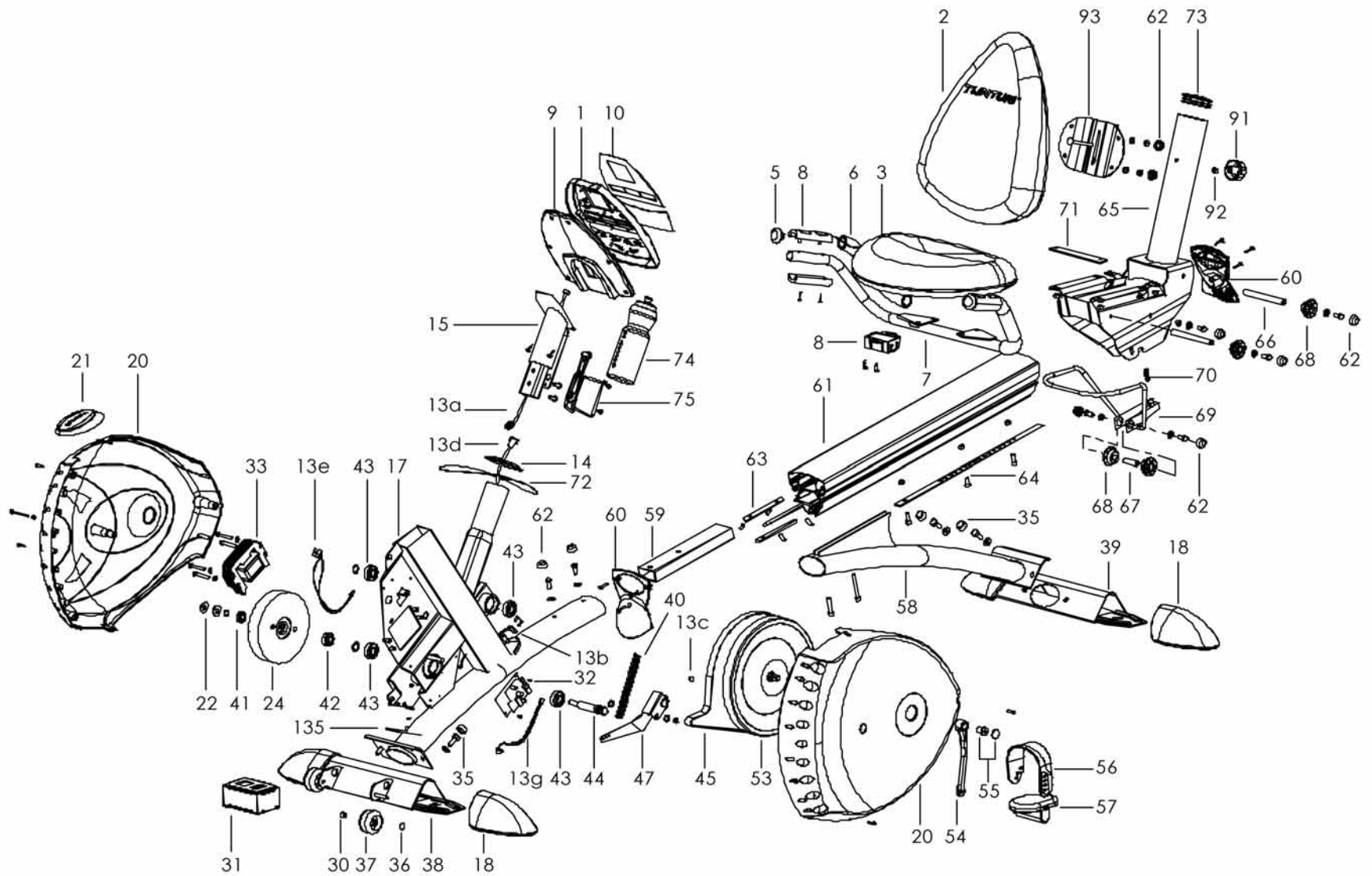
The North American versions (115 V) comply with FCC requirements on electromagnetic compatibility and are accordingly marked with the FCC label. The North American versions also comply with the following safety standards: UL 1647 and CSA C 22.2 No. 68-92.

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

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

**NOTE!** 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!

**We wish you many enjoyable trainings with your new Tunturi training partner!**



1	233 1055	User interface (incl. 10)	1	45	443 9003	Transmission belt	1
2	153 9003	Seat back	1	47	513 9002	Belt tightener frame	1
-	M8 DIN 125	Washer	4	-	12x18x1 DIN 988	Washer	2
-	M8 DIN 934	Nut	4	-	10 DIN 471A	Retaining	1
3	153 9001	Seat	1	53	263 1007	Pulley	1
-	M8 DIN 985	Nut nylon	2	-	17 DIN 471A	Retaining	1
4	403 0042	Receiver	1	54	353 1005 1	Crank, RH	1
5	533 7039	Plug, no for telem. handle bar		-	353 1004 1	Crank, LH	1
2				55	653 0073	Screw-plug	2
-	533 7024	Plug, for telem. handle bar	2	56	363 1002	Pedal band, pair	1
6	213 1004	Handle grip (telem.h.p. 1 pc)	2	57	363 1001	Pedal, pair (incl. 56)	1
7	203 9004	Handle bar (incl. 5, 6)	1	58	103 9007	Rail support	1
-	203 9002	Handle bar (incl. 5, 6, 8)	1	* -	M8x40 DIN 912	Screw	1
-	M8 DIN 985	Nut nylon	4	* -	M8x65 DIN 912	Screw	1
8	403 9006	Telemetric hand pulse	1	59	103 9009	Inner tube	1
-	4,2x16 DIN 7504-K	PT-Screw	2	* -	M8 DIN 125	Washer	2
9	173 9012	User interface lower cover	1	* -	M8x20 DIN 933	Screw	2
10	423 9010	Membrane	1	60	173 9005	Rear plug	1
13	403 9011	Cable set (incl. 13a,13d,13e,13g)	1	-	M4x25 DIN 7500C	Screw	3
13c	403 1026	RPM-magnet	1	60	173 9006	Front plug	1
14	683 1011	Bezel	1	-	M4x25 DIN 7500C	Screw	3
15	103 9013	Tube	1	61	103 9011	Seat rail	1
-	M8x20 DIN 7380	Screw	2	*62	533 0020	M8 plug (* 6 pcs)	14
16	533 4047	Plug	1	63	503 9009	Fastener plate	2
17	103 9005	Frame	1	-	M8x20 DIN 913	Screw	4
18	533 1050	Stand plug	4	64	503 9008	Adjusting plate	1
19	423 9006	Label set (incl.19a, 19b)	2	-	M8x20 DIN 912	Screw	2
20	173 1053	Side cover, LH and RH.	2	-	M8x20 DIN 7991	Screw	1
-	KB 40x20 WN-1411	PT-Screw	4	-	M8 DIN 934	Nut	3
21	533 9012	Plug	1	65	153 9004	Seat frame	1
22	653 1017	Nut	2	-	M8 DIN 934	Nut	2
-	12x18x05 DIN 988	Washer	1	-	652 133	Washer	2
24	303 9003 E5R	Flywheel	1	-	M8x16 DIN 933	Screw	2
-	17x24x1,5 DIN 988	Washer	1	66	343 9004	Axle, upper	2
30	72 0813 100 1	Sleeve	2	67	343 9005	Axle, lower	1
31	403 1087EU	Transformer 24VDC, EUR	1	68	533 9013	Roller	6
-	403 1087GB	Transformer 24VDC, GB	1	-	652 133	Washer	6
-	403 1087USA	Transformer 24VDC, USA	1	-	M8x20 DIN 933	Screw	6
-	403 1087JPN	Transformer 24VDC, JPN	1	69	213 9003	Locking lever	1
-	403 1087AUS	Transformer 24VDC, AUS	1	70	643 9003	Spring	1
32	403 1083	Control card, compl.	1	71	433 9003	Spacer	1
-	M4x12 DIN 7005C	Screw	2	72	433 1018	Front cover	1
33	403 1082	El. magnet	1	73	533 9011	Plug	1
-	M6x50 DIN 931	Screw	4	74	453 9002	Bottle	1
-	M6 DIN 125	Washer	4	75	592 9002	Rack	1
*35	533 1046	M10 plug	4	*91	533 1019	Locking knob	1*
36	673 500 88	Snap locking	2	-	M8x80 DIN 603	Screw	1
37	533 1048	Wheel	2	*92	7208131001	Sleeve	1
38	103 1038	Front support	1	93	503 9007	Fastener plate	1
-	103 1039	compl. (incl. 18, 30, 36, 37)	1	135	33 1017	Plate	1
* -	M10 DIN 125	Washer	2	-	M5 DIN 934	Nut	1
* -	M10x25 DIN 933	Screw	2	*	553 9003	Assembly kit (incl. *)	1
39	103 9006	Rear support	1	*	553 0002	Box spanner	1
* -	M10 DIN 125	Washer	2	*	556 0003	Screw driver	1
* -	M10x25 DIN 933	Screw	2	*	556 031 00	Allen key 5mm	1
40	643 104 89	Spring	1	*	556 0001	Allen key 6mm	1
41	523 504 84	Bearing, flywheel	1	-	583 9005	Owner's manual	1
42	523 1010	Bearing, flywheel	1	-	583 0006	Warranty booklet	1
43	523 409 85	Bearing	2				
44	343 1010	Flywheel axle	1				



**TUNTURI®**  
THE MOTOR – *it's you.*

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