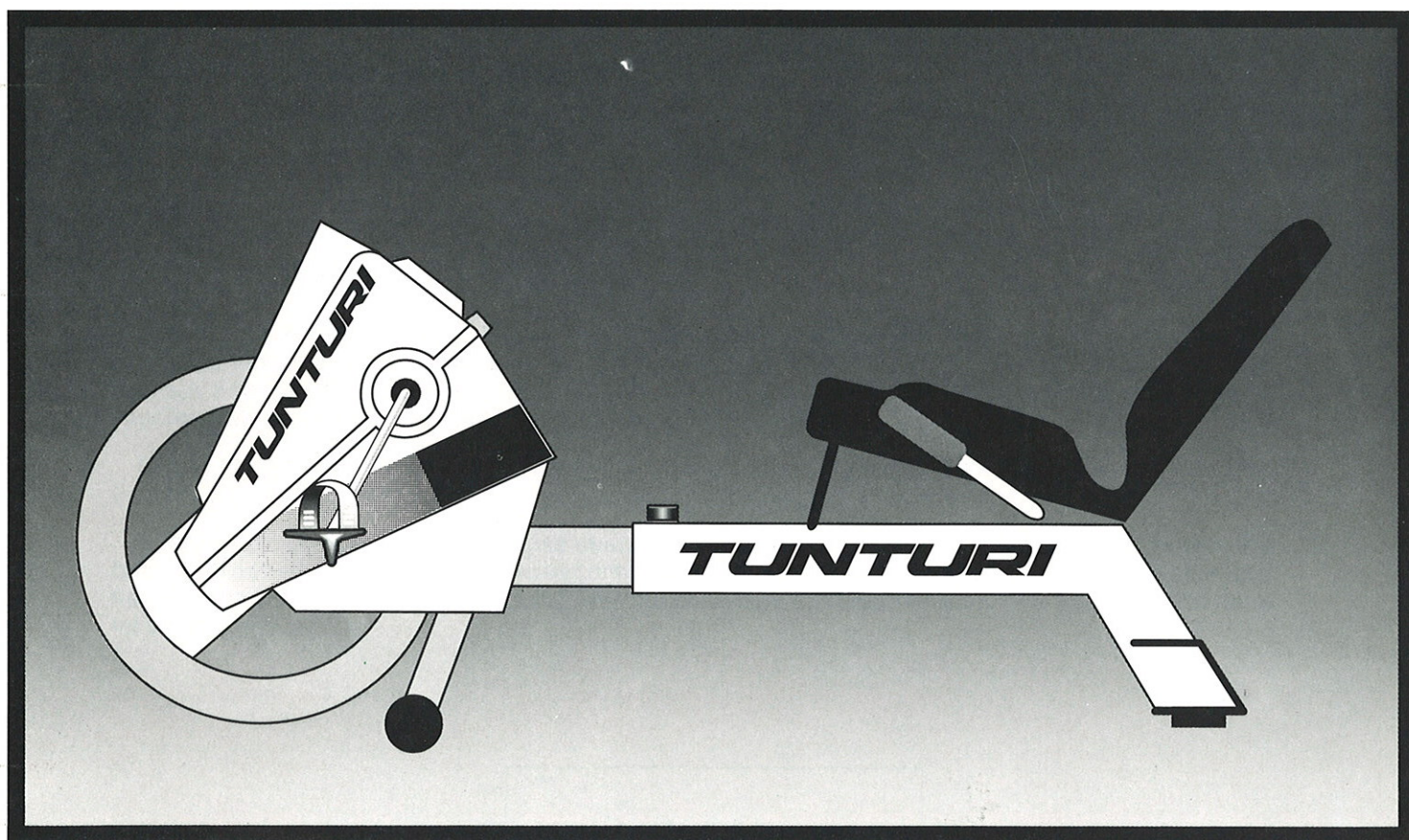


**TUNTURI**<sup>®</sup>

**OWNERS MANUAL**



**E504/E550 RECUMBENT CYCLE**

# INTRODUCTION

Congratulations!

You have selected an excellent piece of exercise equipment. The Tunturi Recumbent Cycle enables you to control the intensity of your workout by adjusting the resistance, determining the speed at which you cycle, and monitoring your pulse, time, and distance for each workout.

The Tunturi Recumbent Cycle is designed for safe operation with seat rail adjustment and a non-slip surface on each foot pedal. The recumbent design distributes your weight more evenly over your buttocks and lower back than an upright cycle. The cycle also positions your legs closer to the same level as your heart for a comfortable, efficient workout.

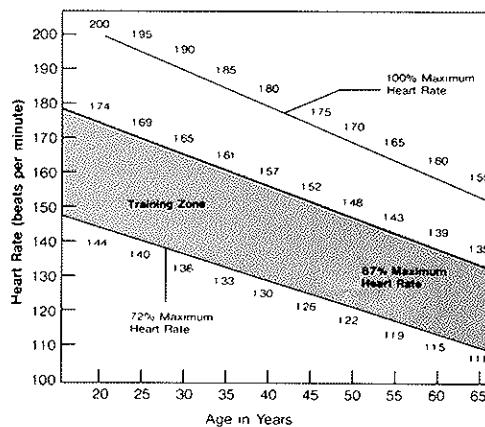
This manual describes everything you need to know to assemble, operate, and care for your Tunturi Recumbent Cycle. Before you attempt to assemble or operate the cycle, read the entire contents of this manual carefully. Being familiar with the machine, its components and capabilities will ensure you receive the maximum benefits the cycle offers.

## YOUR FITNESS PROGRAM

Cycling is an excellent form of aerobic exercise. The Tunturi Recumbent Cycle allows you to maintain a consistent fitness program at any time of the day, in any type of weather, and easily calibrate your exercise intensity and measure your level of fitness. Exercising without placing the entire weight of your body on your legs lets you quickly develop your thighs and improve the flexibility of your joints.

Before beginning any exercise program, see your physician and have a complete physical examination. Discuss an appropriate exercise program for your physical condition, weight, and age.

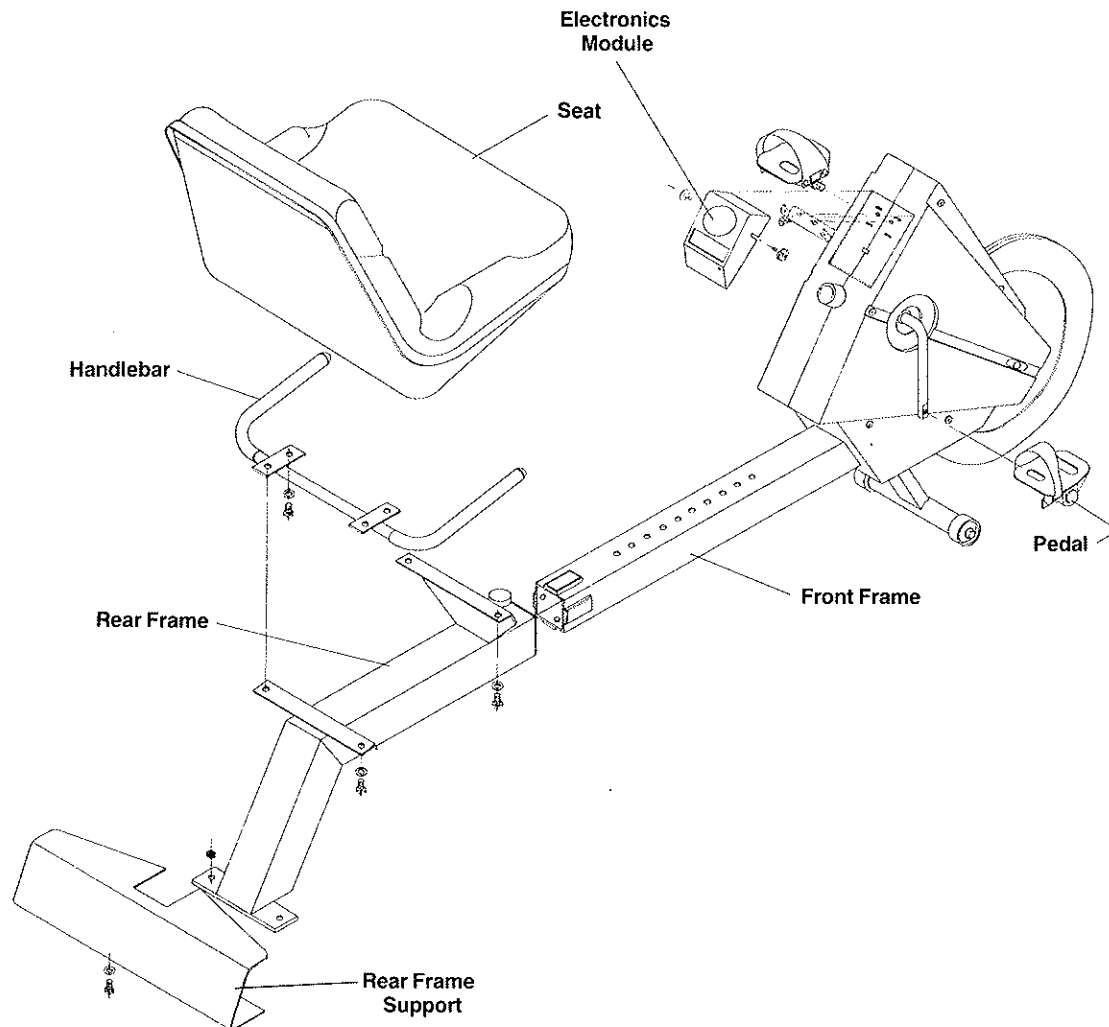
A regular program of aerobic exercise strengthens your heart and circulatory system. To receive the benefits of aerobics, you need to exercise continuously for at least 20 minutes at a pace that elevates your heart rate to 80% of its maximum output. Use the chart below to determine average training pulse rates for various age groups.



# IMPORTANT SAFETY INFORMATION

The Tunturi Recumbent Cycle is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate the cycle. In particular, note the following safety procedures.

- Never operate or repair the cycle near children or pets.
- Always wear proper clothing and shoes when exercising on the cycle.
- Gentle stretching is recommended for the lower body and back to help prevent stiffness or soreness.
- Consult a physician for a complete examination before beginning any exercise program.
- If you experience dizziness, nausea, chest pains, or other abnormal symptoms, stop your workout at once. Consult a physician before continuing.
- At the beginning of your workout, allow your body to warm up gradually. Remember to cool down after your workout and let your pulse rate return to normal.
- Do not get on or off the cycle while the flywheel is moving, unless it is an emergency.
- Do not attempt any maintenance or adjustments that are not described in this manual. If you have problems with the cycle, consult an authorized service representative.
- Do not operate the cycle unless all access covers are in place.
- Only one person at a time should use the cycle.
- Place the cycle on a solid, level surface when in use.



# RECUMBENT CYCLE SETUP AND ASSEMBLY

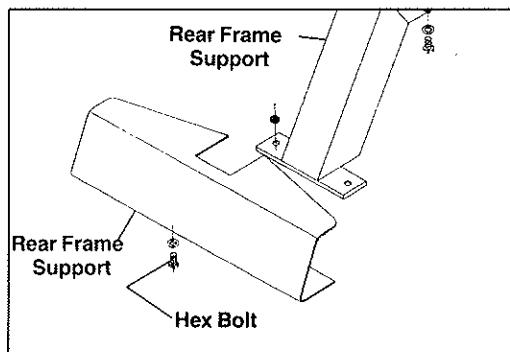
The Tunturi Recumbent Cycle is shipped with all the parts and tools required for assembly.

## UNPACKING

Cut the straps and open the boxes. (The seat is packaged in a separate box.) Take the parts of the cycle out of the boxes and set them on the floor. Refer to the parts diagram on page 2 to identify the parts.

Make sure the following items were included:

- Seat
- Front frame
- Rear frame
- Rear frame support
- Two (2) pedals
- Electronics module
- Handlebar
- Fasteners:
  - Eight (8)  $\frac{5}{16}$ " x  $\frac{3}{4}$ " hex head bolts
  - Two (2)  $\frac{5}{16}$ "-18 nuts
  - Two (2) M4 x 10 round head bolts
- Two (2) 13mm x 15mm open-end wrench



## ASSEMBLY

In all instructions, front, back, right, and left are determined as if you were sitting on the cycle.

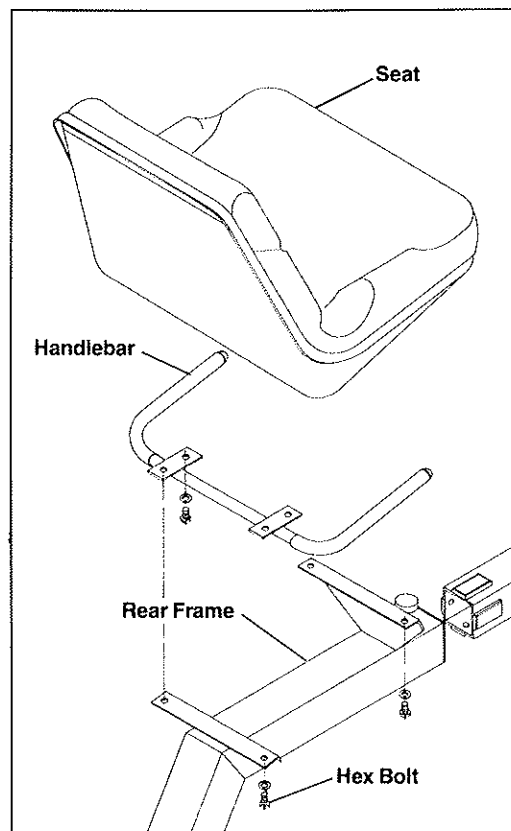
1. Use the 13mm open-end wrench to secure the rear frame support to the rear frame with two (2)  $\frac{5}{16}$ " x  $\frac{3}{4}$ " hex head bolts and two (2)  $\frac{5}{16}$ " x 18 nuts provided. (Refer to illustration #1.)

2. Attach the handlebars to the seat.

Turn over the seat. Insert two (2)  $\frac{5}{16}$ " x  $\frac{3}{4}$ " hex head bolts through front holes in the handlebars and into the corresponding holes in the bottom of the seat. The handlebars should point forward. (Refer to illustration #2.) Use the 13mm open-end wrench to tighten the bolts.

3. Attach the seat assembly to the mounting bracket on the rear frame.

Align the four holes in the mounting brackets with the four holes in the seat. Use the 13mm open-end wrench to secure the rear frame to the seat assembly with four (4)  $\frac{5}{16}$ " x  $\frac{3}{4}$ " hex head bolts provided. (Refer to illustration #2.)



4. Attach the rear frame to the front frame.

Slide the front frame tube into the rear frame tube until the seat rail is positioned at the desired length. (Refer to illustration #3.) Tighten the adjustment pin.

5. Attach the right pedal to the right crank.

Gently press the right pedal onto the right crank. Use the 15mm open-end wrench to tighten the bolt at the base of the pedal. Turn clockwise to tighten. (Refer to illustration #4.)

NOTE: Each pedal is identified with an "L" or an "R" on the inside edge.

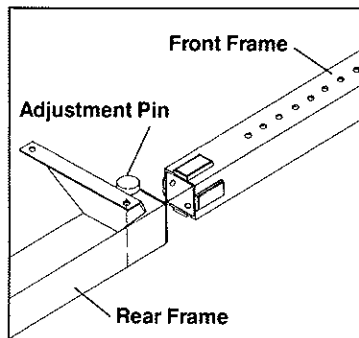
6. Attach the left pedal to the left crank.

Gently press the left pedal onto the left crank. Use the 15mm open-end wrench to tighten the bolt at the base of the pedal. Turn counterclockwise to tighten. (Refer to illustration #4.)

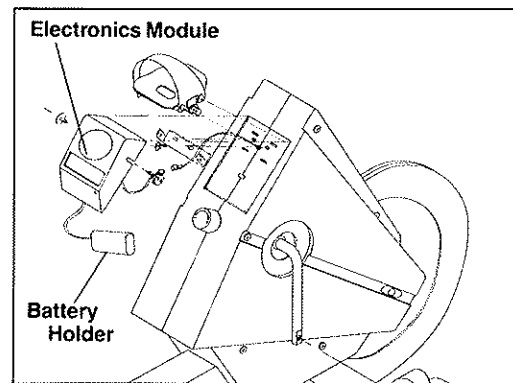
7. Insert two size AA 1.5 volt batteries into the battery holder. (Refer to illustration #5.) The orientation of the batteries is indicated inside the battery holder.

8. Attach the electronics module to the front frame.

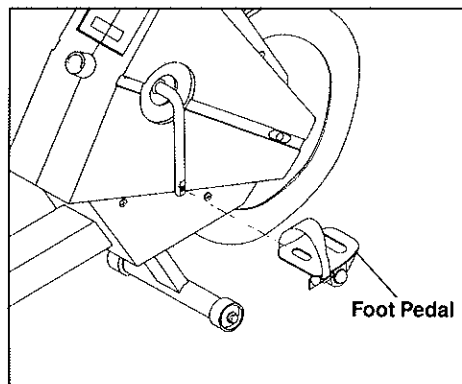
Connect the electronics cable on the front frame to the electronics module. Insert the electronics module onto the bracket located on the front frame, then secure the module with two M4 x 10 round head bolts. (Refer to illustration #5).



3



5



4

# OPERATION

The Tunturi Recumbent Cycle lets you set an exercise program that meets your specific needs. You can determine the speed, time, and distance that you cycle, and monitor your heart rate during each workout.

You should be familiar with the electronics module and its functions before you begin exercising. The keys and LCD (liquid crystal display) window perform the following functions.

## Keys

**ON/OFF:** Use this key to turn the electronics module on or off. When you turn the power on, a tone will sound and all the symbols in the LCD window will light for three (3) seconds.

**START/STOP:** After turning the electronics module on, press this key to begin tracking the speed, time, and distance during your exercise session. If you press the START/STOP key again, the value of the selected mode will be displayed and the other mode values retained in memory until you turn the electronics module off or press the RESET key. The word STOP will appear in the LCD window when you stop the electronics module.

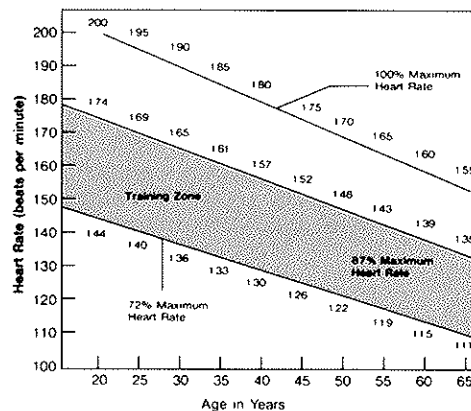
**SET:** Pressing this key allows you to preset your exercise time or upper pulse rate limit. To preset time or upper pulse rate limit, turn the electronics module on and make sure STOP is displayed in the LCD window.

To preset exercise time:

1. Press the MODE key until the arrow in the LCD window points to the time mode.
2. Press the SET key to advance the preset time one minute. Hold down the SET key to advance quickly to the desired time (from 0 to 99 minutes). A bell symbol appears in the LCD window to indicate that the count-down timer is set.
3. Press the START/STOP key. The electronics module will begin to count down in seconds. The time remaining will be displayed in the LCD window. A tone will sound when the preset time reaches zero (0:00). If you do not preset your exercise time, the elapsed time will be displayed and the bell symbol will not appear in the LCD window.

To preset the upper limit heart rate:

1. Press the MODE key until the arrow in the LCD window points to the pulse set mode.
2. Use the chart below to determine average target ranges for various age groups.
3. Press the SET key to advance the preset pulse 1 beat per minute. Hold down the SET key to advance quickly to the desired upper limit of beats per minute (from 50 to 200 bpm).
4. Press the PULSE ON/OFF key. A heart-shaped symbol will appear in the LCD window to indicate that an upper limit pulse rate has been set. When the sensor cable is attached to the electronics module and the sensor is clipped to your ear, the electronics module will begin to track your heart rate and the outer edge of the heart-shaped symbol will flash in rhythm with your heart rate. A tone will sound whenever your heart rate exceeds the preset pulse.



**PULSE:** Use this key to turn the pulse function on or off. When the pulse function is on, a heart-shaped symbol will be displayed in the LCD window and will flash in rhythm with your pulse. In addition, a tone will sound if your heart rate exceeds the preset upper pulse limit. (Refer to Pulse Set mode and SET key.)

**MODE:** Use this key to step through the five modes displayed in the LCD window when the unit is stopped. In start mode, this key will step through Speed, Time, Dis and Pulse modes. When you begin your workout, the electronics module automatically selects the SPEED mode. Pressing the MODE key moves the arrow in the LCD window one position to the left. Modes are always selected in sequence.

**Scan Function:** If you hold down the MODE key for two seconds, the speed, time, distance, and pulse modes will be displayed at five second intervals in the LCD window throughout your workout session. The word SCAN will appear in the LCD window.

**Speed Mode:** Calculates miles per hour (mile/h) from 0 to 99.99. The speed bar graph shows the revolutions per minute (RPM x 100) from 0 to 700 RPMs. The speed bar graph is always displayed in the LCD window regardless of other modes you may have selected.

**Time Mode:** Tracks the elapsed time of each exercise session from 0 to 99 minutes. If you preset your workout time, the electronics module will begin to count down. The remaining time will be displayed in the LCD window (refer to SET key).

**Dis Mode:** Tracks the distance traveled during each exercise session from 0 to 99.99 miles.

**Pulse Mode:** Tracks your heart rate during an exercise session. The outer edge of the heart-shaped symbol will flash in rhythm with your pulse.

**Pulse Set Mode:** Tracks your heart rate during an exercise session and compares it to a preset upper limit. A tone sounds when your pulse exceeds the preset pulse during an exercise session.

**RESET:** Use this key to set one or all of the mode values to zero (0). Press the RESET key to set the current value of the mode displayed in the LCD window to zero (0) and switch the unit to STOP. Press and hold the RESET key to set all mode values to zero (0) and switch the electronics module to STOP.

#### **LCD Window:**

When you first turn on the electronics module, the LCD window lights up and you will see a variety of symbols displayed. These symbols indicate that the electronics module is working. The symbols displayed and their significance are described in more detail in the section titled "Keys" above.



## A TYPICAL EXERCISE SESSION

Whenever you exercise on the Recumbent Cycle, you should follow these procedures:

1. Adjust the length of the seat rail.  
Loosen the spring loaded adjustment pin. Lift the adjustment pin and choose one of the 10 adjustment holes in the seat rail. Tighten the locking pin. The length of the rail should allow your knee to be slightly bent (not completely straight) when your leg is extended.

NOTE: Do not sit on the cycle when adjusting the length of the seat rail.

2. Place one foot in each of the pedals and adjust the pedal straps to the desired tightness.

Fit the pedal strap over the selected securing tab on the pedal and pull down firmly on the pedal strap. The pedal straps should be adjusted so that it is easy to slip your feet in and out of the pedals. To release the pedal strap, pull up and out on the strap. The strap should snap easily over the securing tab.

3. Select the desired functions on the electronics module.

FOR EXAMPLE:

- A. Press the ON/OFF key to turn the electronics module on. Press the MODE key until the arrow in the LCD window points to the time mode.
- B. Press the SET key to set the amount of time you want to exercise (from 0 to 99 minutes). Each time you press the SET key, the timer will advance 1 minute.

- C. Press the MODE key to select pulse set mode.

- D. Press the SET key to advance the desired upper limit pulse rate 1 beat per minute (from 50 to 200 bpm).

- E. Plug the pulse monitor into the side of the electronics module.

- F. Rub your earlobe at least 15 times, then clip the sensor to your earlobe. To maintain an accurate reading, secure the sensor cable to your clothing with the cable clip.

- G. Press the PULSE key. When you press this key, the electronics module begins to track your heart rate. A tone will sound whenever your heart rate exceeds the preset pulse.

NOTE: This type of pulse measurement does not work well for certain individuals. Poor circulation or greater than average fatty tissue may result in erratic measurements.

- H. Press the STOP/START key. When you press this key the electronics module begins to track speed, time and distance. A tone will sound when the preset time reaches zero.

- I. Hold down the MODE key for two seconds to scan speed, time, distance, and pulse in sequence in the LCD window.

4. Begin pedaling and adjust the tension of your cycling to the desired resistance.

Turn the tension control knob clockwise to increase the resistance and counterclockwise to decrease the resistance.

5. Slow your cycling to bring your heart rate down to normal at the end of each exercise session.

## Storage

To avoid damage to the cycle, be sure to keep it in a cool, dry location that is free of dust. Do not use the cycle in a location that is damp as this may cause the flywheel to rust.

## Transportation

The cycle can be moved easily by lifting the back of the seat until the entire weight of the machine rests on the front wheels. Roll to the desired location.

## Adjusting the Seat Length

The seat rail length should allow the knee to be slightly bent when the leg is extended while pedaling. To change the seat length, lift the adjustment pin and choose one of the 10 adjustment holes in the seat rail. Tighten the locking pin.

NOTE: Do not sit on the cycle when adjusting the seat rail.

## Adjusting the Pedal Straps

The pedal straps should be adjusted so that it is easy to slip your feet in and out of the pedals. To release the pedal strap, pull up and out on the strap. The strap should snap easily over the securing tab.

Place one foot in each of the pedals to adjust the pedal straps to the desired tightness. Fit the pedal strap over the selected securing tab on the pedal and pull down firmly on the pedal strap.

## Adjusting the Resistance

Adjust the pedaling resistance by turning the tension control knob on the front frame clockwise to increase the resistance or counterclockwise to reduce the resistance.



# MAINTENANCE

The Tunturi Recumbent Cycle requires very little maintenance. Be sure to clean your cycle with a damp cloth or towel after each workout.

If you have any problems while performing maintenance on your cycle, consult an authorized service representative.

## Replacing the Brake Cable

The brake cable may need to be replaced after a considerable period of use.

1. Remove the left pedal.

Use the 15mm open-end wrench to turn the bolt at the base of the pedal clockwise to loosen. Gently pull the pedal off of the crank.

2. Remove the left cover from the front frame.

Use a Phillips screwdriver to remove the four (4) Phillips head screws. Lift off the left cover.

3. Release the brake belt from the cam clip and unlock it from the spring.

4. Replace the brake belt.

First, make sure the tension control knob on the front frame is turned counterclockwise to the lowest setting. Hook the brake belt onto the spring. Wrap the belt around the flywheel and attach it snugly to the cam clip.

5. Replace the left cover and pedal.

## Lubricating the Chains

To ensure your cycle will continue to operate correctly, you will need to oil the chain once a year.

1. Remove the right pedal.

Use the 15mm open-end wrench to turn the bolt at the base of the pedal counterclockwise to loosen. Gently pull the pedal off of the crank.

2. Remove the right cover from the front frame.

Use a Phillips screwdriver to remove the four (4) Phillips head screws. Lift off the right cover.

3. Lubricate the chain with a few drops of household lubricant or aerosol spray and wipe off any excess oil.

4. Turn the pedal to advance the chain. When the entire chain is lubricated, reassemble the right cover.

## Changing the Batteries

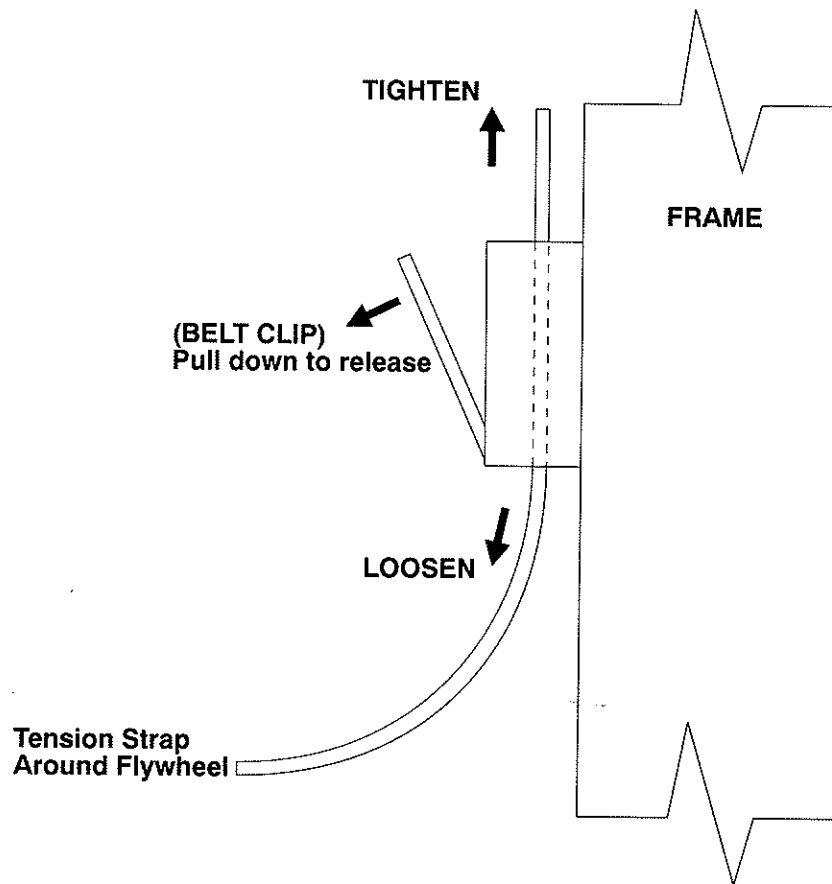
You will need to replace the batteries if there is no display in the LCD window of the electronics module.

To insert or replace batteries, lift the electronics module from the front frame. Insert two (2) size AA batteries into the battery holder. Be sure the position of the batteries matches the diagram inside the battery holder. Replace the electronics module on the front frame.

## E504/E550 Tension Adjustment Procedure

Upon purchasing your E504/E550 recumbent bike you may find the tension system is either too loose or too tight for your liking. The tension system is preset at our factory for the average user. Should the tension system not fulfill your needs it can be readjusted following this procedure:

1. Turn tension knob to the loosest setting (counter-clockwise).
2. Remove computer (2 screws) and computer mounting bracket (2 screws).
3. Remove the left pedal (left hand threads).
4. Remove the left side cover (4 screws).
5. Loosen belt clip (reference part #61 on page 11 of the owner's manual) by pulling down on the front part of the clip.
6. If the tension is too loose pull the strap up 1/4" and reset belt clip.  
If the tension is too tight pull the strap down 1/4" and reset belt clip.
7. Temporarily re-install left pedal to test tension. If it is still not adequate continue to adjust the belt 1/4" at a time until it is right for you.
8. Remove pedal again and re-install side cover (4 screws).
9. Re-install pedal.
10. Re-install computer mounting bracket and computer.



**If you need further assistance please call:  
Tunturi Customer Support  
1-206-881-7392**

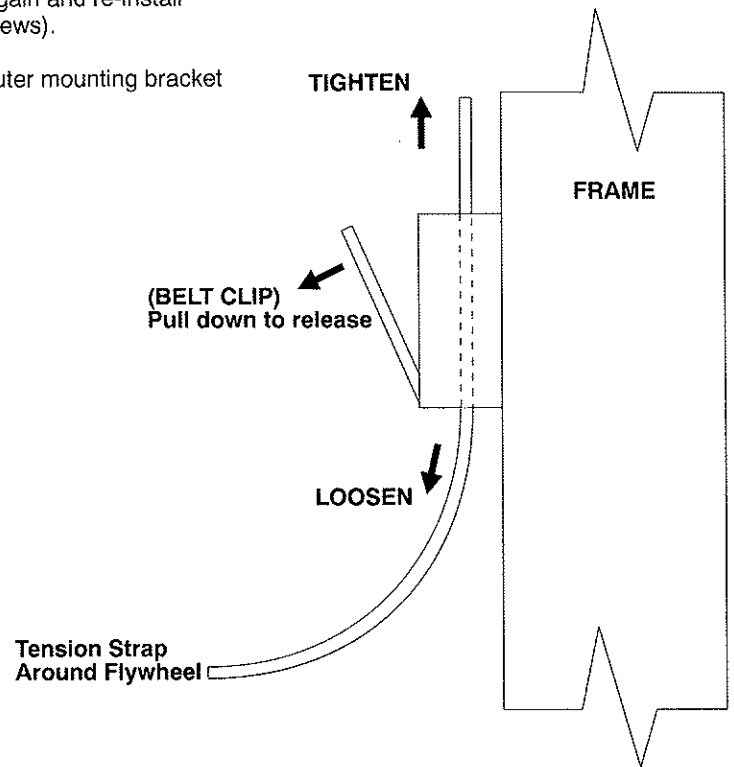
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4. Replace the brake belt.

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5. Replace the left cover and pedal.

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To ensure your cycle will continue to operate correctly, you will need to oil the chain once a year.

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2. Remove the right cover from the front frame.

Use a Phillips screwdriver to remove the four (4) Phillips head screws. Lift off the right cover.

3. Lubricate the chain with a few drops of household hold lubricant or aerosol spray and wipe off any excess oil.

4. Turn the pedal to advance the chain. When the entire chain is lubricated, reassemble the right cover.

### Changing the Batteries.

You will need to replace the batteries if there is no display in the LCD window of the electronics module.

To insert or replace batteries, lift the electronics module from the front frame. Insert two (2) size AA batteries into the battery holder. Be sure the position of the batteries matches the diagram inside the battery holder. Replace the electronics module on the front frame.

# SPECIFICATIONS

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## DIMENSIONS/MATERIALS

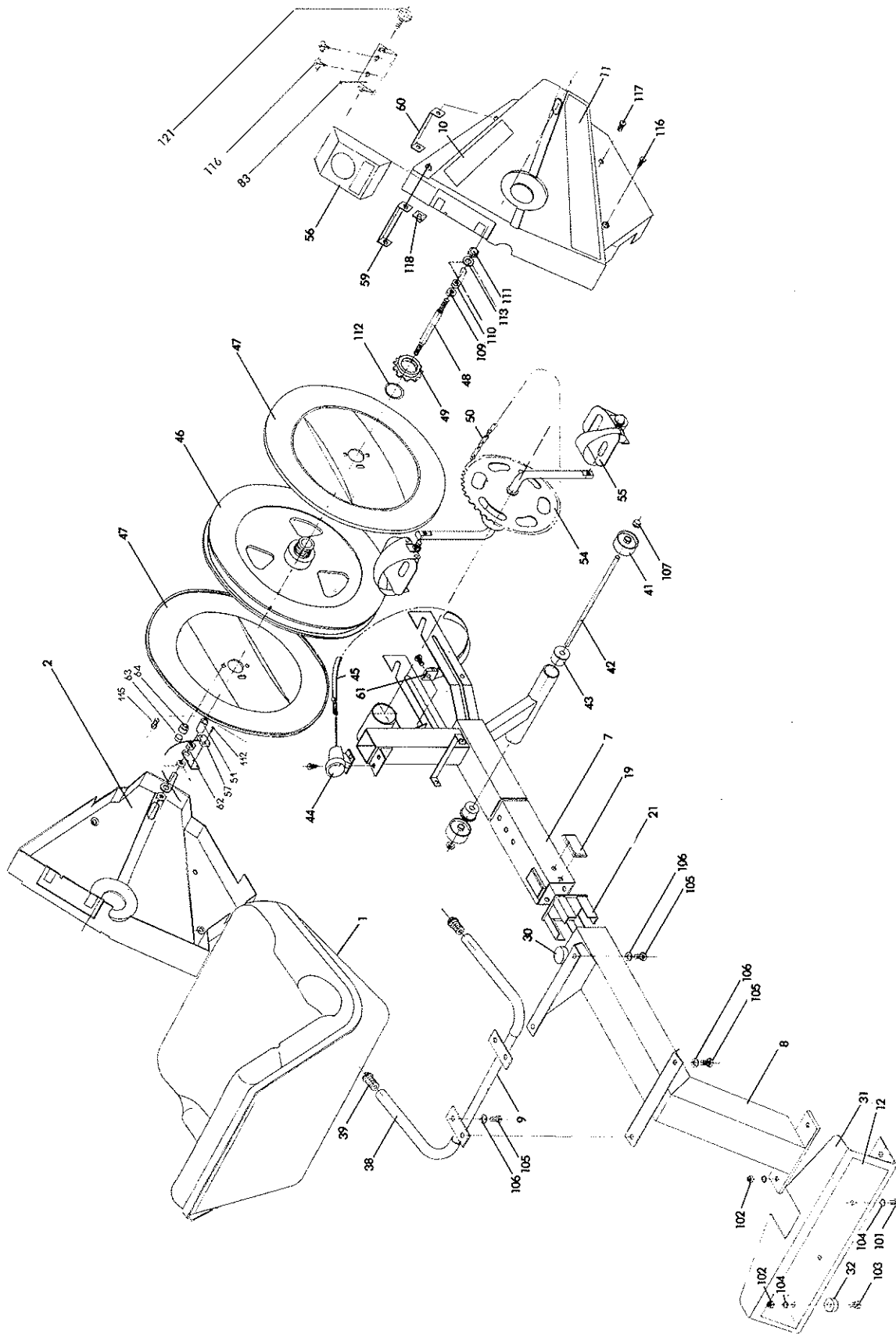
Length: 55.5-66.5"  
Height: 26.5"  
Width: 24.5"  
Weight: 84 lbs  
Flywheel Weight: 16 Kilos  
Adjustment Range  
of Seat: 11.5"  
Frame Material: Steel

## FUNCTIONS

Time Range: 0 to 99 minutes (count up)  
99 to 0 minutes (count down)  
Speed Range: 0 to 99.99 miles per hour  
0 to 700 revolutions per minute  
Distance Range: 0 to 99.99 miles  
Pulse Range: 50 to 200 beats per minute

# PARTS LIST

REFERENCE NUMBER	DESCRIPTION	QTY./UNIT
1	SEAT	1
2	SIDE COVER(L&R)	1 SET
3	ELECTRONICS CABLE&SENSOR	1
7	FRONT FRAME	1
8	REAR FRAME	1
9	HANDLE BAR	1
10	TUNTURI LABEL	2
11	MODEL LABEL L&R	1 SET
12	TUNTURI LABEL	1
19	SPACER	
21	BUSHING	1
30	PLUNGER PIN ASSY	1
31	REAR CROSS SUPPORT	1
32	FOOT	2
38	HAND GRIP	2
39	END CAPS	2
41	WHEEL	2
42	AXLE	1
43	BUSHING	2
44	TENSION ASSY	1
45	BRAKE BELT ASSY	1
46	FLYWHEEL	1
47	FLYWHEEL COVER	2
48	AXLE	1
49	ONE WAY SPROCKET	1
50	CHAIN	1
51	SPACER	1
54	CRANK & SPROCKET ASSY	1
55	PEDALS(L&R)	1 SET
56	ELECTRONICS MODULE	1
57	REED SWITCH + CABLE	1
59	BRACKET B	1
60	BRACKET C	1
61	BELT CLIP	1
62	AL SENSOR BRACKET	1
63	MAGNET	1
64	MAGNET SEAT	1
83	BRACKET, MODULE.	1
101	BOLT	2
102	CAP NUT	2
103	BOLT	2
104	WASHER	4
105	BOLT	6
106	WASHER	6
107	AXLE CAP	2
109	NUT	2
110	NUT	2
111	CAP NUT	2
112	"O"RING	1
113	WASHER	2
115	BOLT, FLYWHEEL COVER	2
116	SCREW	8
117	MACHINE SCREW	2
118	NUT CLIP	6
121	BOLT	2
122	SCREW	2



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