

# F530

OWNER'S MANUAL

BETRIEBSANLEITUNG

MODE D'EMPLOI

MANUALE D'USO

MANUAL DEL USUARIO

HANDLEIDING

BRUKSANVISNING

KÄYTTÖOHJE

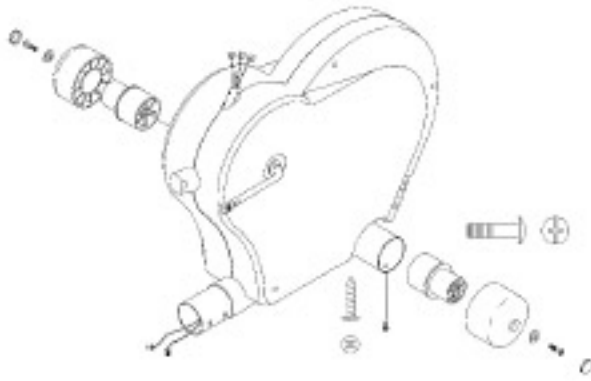


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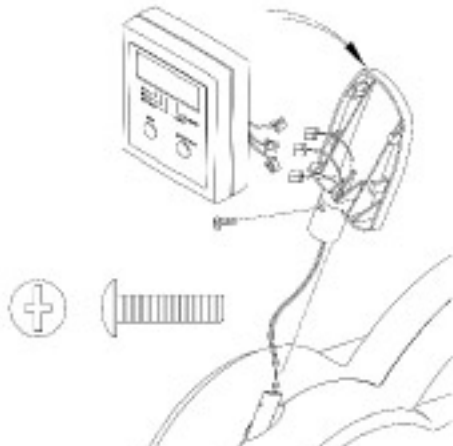
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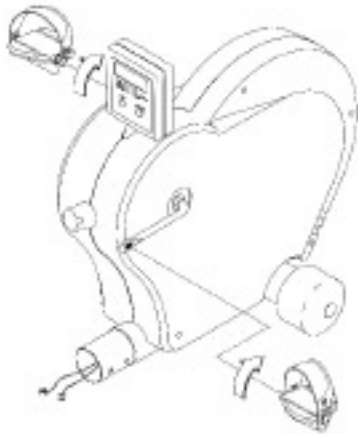
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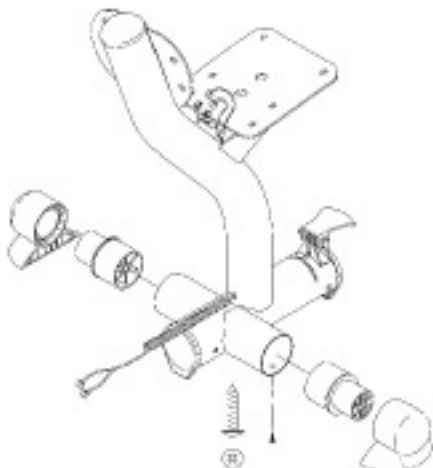
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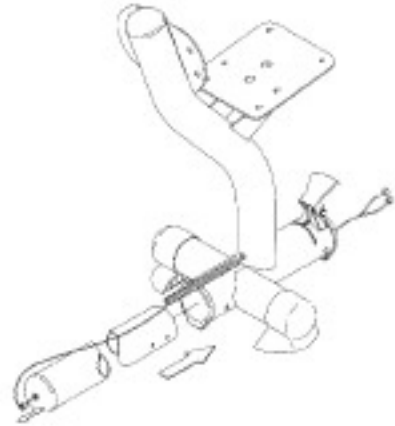
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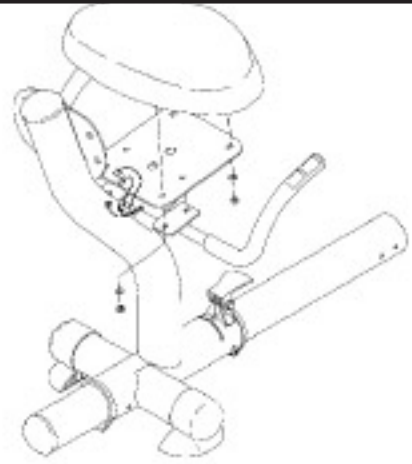
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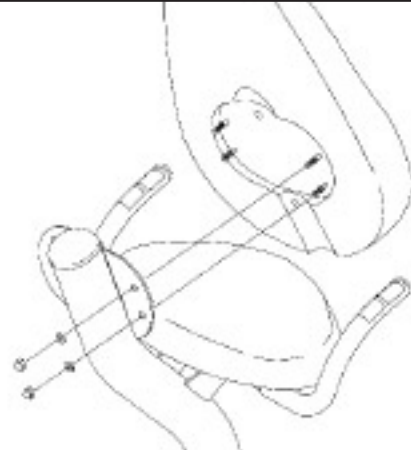
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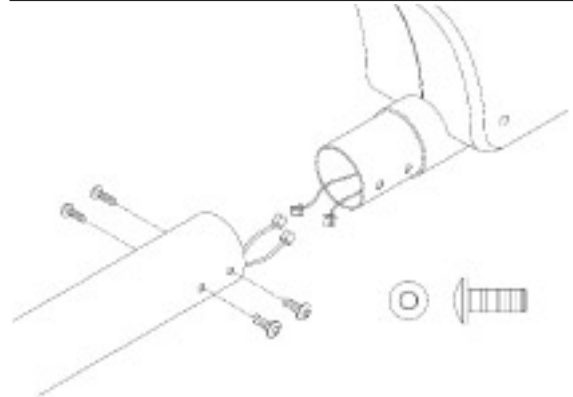
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## OWNER'S MANUAL F530

### 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 and light commercial use. The Tunturi warranty applies only to faults and malfunctions in home (warranty period: 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.

#### 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 device on a firm, level surface. Place the device on a protective base.
- Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a drafty 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

- Parents or others responsible for children should note that children's natural playfulness and curiosity may lead to situations and behaviour for which the device is not designed. If children are allowed to use the device, they should be supervised and taught to use the device properly, keeping in mind the child's physical and mental development and their personality. The exercise device is not a toy.

- Before you start using the device, make sure that it functions correctly in every way. Do not use a faulty device.
- Only one person may use the device at a time.
- Wear appropriate clothing and shoes when exercising.
- Do not use the device when the protective covers are not in place.
- Press the keys with the tip of the finger; your nails may damage the key membrane.
- Never lean on the meter.
- Do not let the meter come into contact with water. Always dry the surface of the meter, if there are any drops of sweat on it. Use a soft, absorbent cloth. Do not use solvents to clean the meter surface.
- Protect the meter from excess sunlight: it may fade the colors of the meter box and surface membrane.
- Do not attempt any servicing or adjustment other than those described in this manual. The given service instructions must be followed carefully.
- The device is not recommended for persons weighing over 110 kg.

### 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 assembly
2. Seat frame assembly
3. Main beam tube
4. Seat (2 pcs)
5. Handlebar assembly
6. Electronic meter and bracket
7. Transport wheel (2 pcs)
8. Wheel / Foot coupler (4 pcs)
9. Foot (2 pcs)
10. Pedals and straps (2 pcs)
11. Front sleeve
12. Hardware kit (marked with an asterisk \* in the spare part list)

If you notice that a part is missing, contact the dealer and give the model, serial number and spare part number (the spare part list is in the back of the manual). The package includes also a silicate bag for absorbing moisture during transportation and storage. Assemble the recumbent cycle as follows (left, right, front and back are as seen from the exercising position):

## ASSEMBLY

### TRANSPORT WHEELS

FIG. 1

Insert wheel couplers into front frame assembly, secure each with an 4x15 screw. Push wheels onto couplers and secure each with an M6x25 screw and washer. Cover each bolt by pushing a green end cap into hole at the center of each wheel.

### METER

FIG. 2

Put two 1.5 V AA batteries into the battery holder at the back of the meter, noting the + and - marks on the bottom of the holder. Remove the wire tying the meter wire on the bracket support tube. Route the meter wire through the meter bracket. Press the meter bracket into the bracket support tube and line up the screw holes between the meter bracket and the bracket support tube. Secure with an M4x15L self-taping screw. Connect the meter wire to the plug on the back side of the meter. Tuck the wire inside the meter and carefully slide the meter onto the meter bracket. **NOTE!** Be careful not to damage the meter wire! Remove the protecting film from the display.

### PEDALS

FIG.3

The pedals are distinguished by the markings R and L on their shafts (R = right, L = left). Fasten the right pedal to the right pedal crank turning clockwise and the left pedal to the left pedal crank turning counterclockwise. Fasten the pedal straps. 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 device is new, the fastening of the strap may seem relatively tight.

### FEET

FIG.4

Insert a foot coupler into each side of rear frame cross tube. Secure each with a 4x15 screw. Push feet onto couplers.

### MAIN BEAM TUBE

FIG. 5

Insure that the seat adjustment lever is in the release (upward) position. Loosen the plastic bushing at the back end of the main beam tube and pull the pulse cable through the main beam tube using the pulling string. Slide the main beam tube through the seat frame assembly tube.

Place the plastic bushing around the pulse cable and push the bushing back to its place in the hole at the back of the main beam tube.

### HANDLEBAR AND SEAT CUSHION

FIG.6

Position the handlebar so that it rests on the supports of the seat plate. Connect the cables

coming out of the handle bar and main beam tube. Place the seat cushion on the seat plate, line up the six bolts extending from the bottom of the seat with the six holes on the seat plate. Using two M8 nylock nuts, attach the seat to the seat plate at the two front bolts. Align the four holes of the handlebar with the four bolts of the seat cushion. Secure the handlebar and the bottom seat cushion using four M8 nylock nuts.

### SEAT BACK

FIG.7

Install the seat back cushion onto the rear seat bracket using four acorn nuts (closed end nut).

### MAIN BEAM TUBE AND

#### FRONT ASSEMBLY

FIG. 8

Connect the wires from the main beam tube and the front frame assembly. Attach the main beam tube to the front frame assembly using four M8x20 bolts, two bolts on both sides. **NOTE!** Be careful not to damage the wires!

## USE

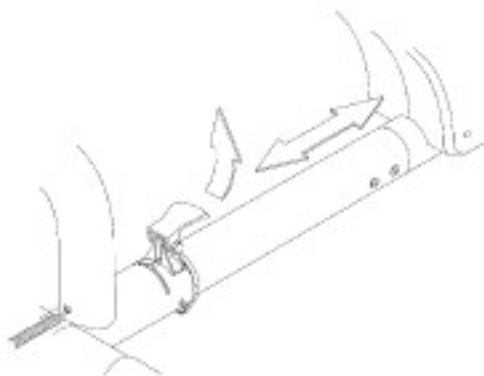
### CORRECT BODY POSITION

The Recumbent Cycle F 530 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:

### ADJUSTING THE SEAT TO

#### PEDAL DISTANCE

The length of the seat rail should be adjusted so that your knee remains slightly bent (not completely straight) when your leg is extended to the furthest pedaling point forward. To adjust the distance between the seat and the pedals: lift the lever located below the seat to release the lock. To extend the distance, push forward with your feet in the pedals. Backpedal to find the comfortable distance. To reduce the distance, pull the front frame assembly using the scalloped handle next to the left side crank. Push the lever back to horizontal position to lock the attachment.



## ADJUSTING PEDALLING RESISTANCE

Adjust resistance by turning the knob below the meter. To increase resistance, turn clockwise (+), to decrease resistance turn counterclockwise (-).

## EXERCISING

Working out using a recumbent 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. Exercise of long duration within a pulse range that is about 50-60 % of the maximum pulse burns effectively fat, i.e. helps you lose weight. Exercise in a range that is about 70-80 % of the maximum develops the heart and respiratory system, and overall endurance, i.e. it improves your condition. If you don't know your own 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.

It is important to monitor your heart rate throughout the exercise session. Many people begin an exercise program too zealously and discontinue because it becomes too difficult. 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.

## METER

The user friendly meter of the F 530 recumbent cycles measures time, speed, pulse, estimated energy consumption, and distance. The meter switches on automatically when you first press a key or start pedalling, and switches off when you have not pedalled or pressed any key for about 4 min.

**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.

## METER DISPLAYS AND FUNCTIONS

### TIME

Displays the elapsed time of the exercise session (00:00-99:59).

### SPEED

Displays the current speed in MPH (GB/USA-version) or in km/h (0-99).

### PULSE

Displays the pulse value during exercise (40-220 bpm). **NOTE!** Pulse is measured by sensors in the handle bars. Pulse is measured when the user of F530 is touching both sensors simultaneously. Reliable pulse measurement requires that the skin is constantly touching the sensors and that the skin is slightly moist.

### CALORIES

Displays an estimate of kilocalories consumed (0-999.9). This is an approximate calculation determined by the number of crank rotations.

### DISTANCE

Displays the distance traveled in miles (GB/USA-version) or in kilometers (0-999.9).

## METER KEYS

### RESET

Press this key to set all data to zero.

### MODE / SCAN

The automatic SCAN-function is always activated in the TIME display: each function is displayed consecutively. Deactivate SCAN by pressing the MODE / SCAN key.

## MAINTENANCE

The Recumbent Cycle F 530 requires very little maintenance. We recommend, however, that you make sure all the fastening screws are tight after approximately one week of use. Turn the cycle on its side and tighten the screws, if necessary. From time to time check that the screws and nuts are tight. Clean the cycle with a damp cloth. Do not use solvents.

Please contact your dealer immediately if you notice any defects or malfunctions while using your equipment. Please state the nature of the problem,



conditions of use, purchase date and serial number of your equipment. 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 cycle for repair, as it is usually sufficient to replace the defective part.

### 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.

### TRANSPORT AND STORAGE

Move the recumbent cycle according to the following instruction: stand behind the cycle, grip the seat back with one hand and the handlebar with the other. Lift the cycle so that it rests on the transport wheels and move it by wheeling. Lower the cycle onto the floor while holding on to the seat back and the handlebar and remaining all the time behind the device. **NOTE!** Follow the transportation instructions because lifting the recumbent cycle incorrectly may strain your back or cause other risk of accidents.

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

### DIMENSIONS

Length .....	170 cm	Height .....	104 cm
Width .....	64 cm	Weight .....	40 kg

All Tunturi models are designed to meet the electro-magnetic compatibility directive, EMC and are affixed with the CE conformity marking.

**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 Ltd will void the user's authority to operate the equipment!

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

## BETRIEBSANLEITUNG F530

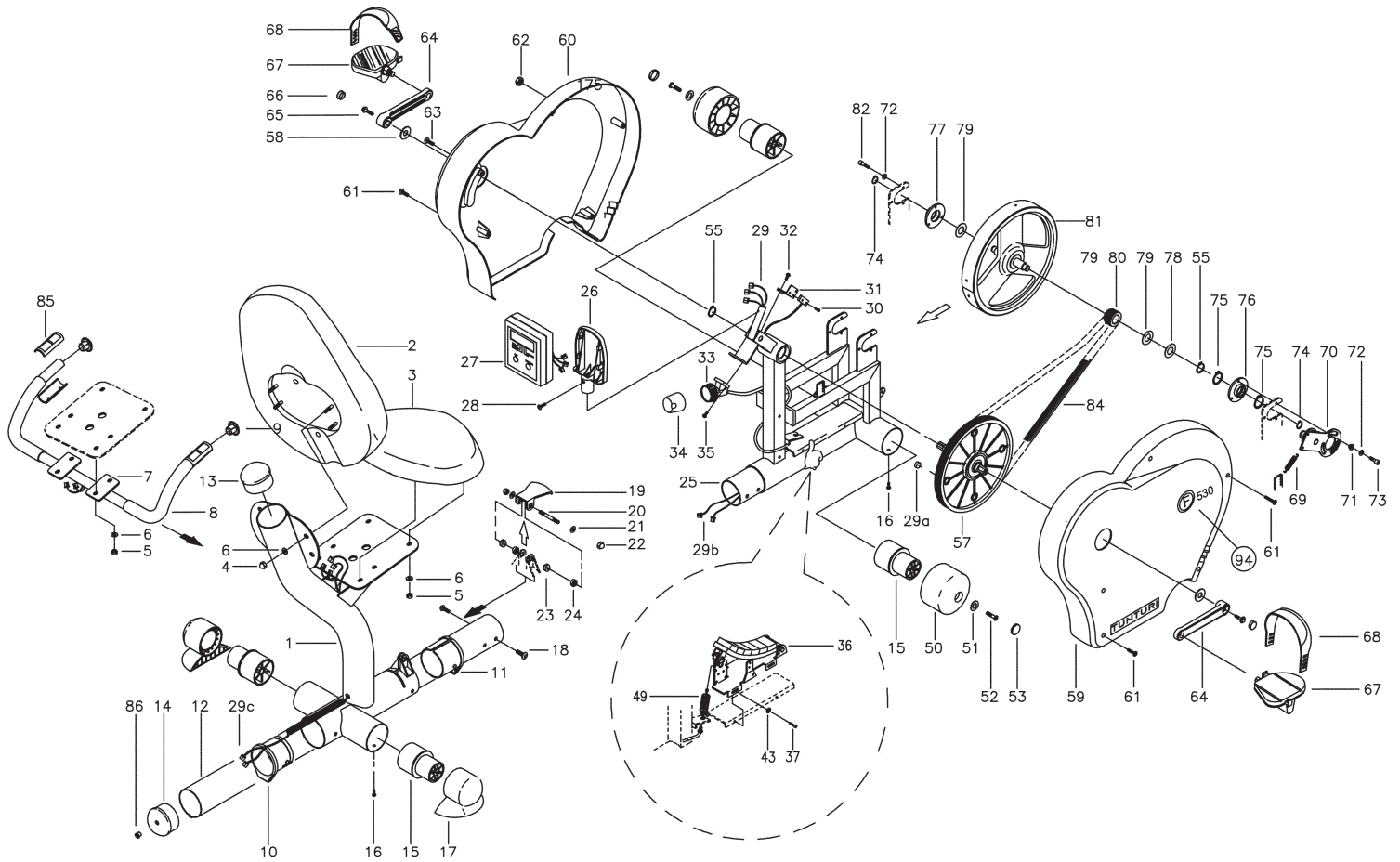
### WICHTIGE

### SICHERHEITSHINWEISE

Diese Betriebsanleitung ist ein wesentlicher Bestandteil Ihrer Trainingsausrüstung. Lesen Sie dieses Handbuch daher aufmerksam durch, bevor Sie Ihr Trainingsgerät montieren, mit ihm trainieren oder es warten. Bitte bewahren Sie dieses Handbuch auf. Es wird Sie jetzt und zukünftig darüber informieren, wie Sie Ihr Gerät benutzen und warten. Befolgen Sie diese Anweisungen immer sorgfältig.

Ihr neuer Heimtrainer von Tunturi wurde für das Heimtraining und die leichte kommerzielle Nutzung entwickelt. Die Garantie dieses Gerätes beträgt 24 Monate für das Heimtraining. Sowohl Tunturi, als auch seine nationalen Vertretungen übernehmen keine Haftung für Verletzungen oder Geräteschäden, die sich bei Dauereinsatz in gewerblichen Fitnesscentern, Sportvereinen und vergleichbaren Einrichtungen ergeben. Für Schäden, die durch Missachtung der beschriebenen Einstellungs- und Wartungsanweisungen entstehen, besteht kein Garantie-Anspruch!

- Suchen Sie vor dem Trainingsbeginn einen Arzt auf, der Ihren Gesundheitszustand feststellt.
- Bei Übelkeit, Schwindelgefühl oder anderen anomalen Symptomen sollte das Training sofort abgebrochen und unverzüglich ein Arzt aufgesucht werden.
- Das Trainingsgerät ist ein Sportgerät und kein Spielzeug für Kinder. Aufgrund des natürlichen Spieltriebes und der Experimentierfreudigkeit von Kindern können Situationen und Verhaltensweisen entstehen, für die das Trainingsgerät weder gebaut noch abgesichert ist und die eine Verantwortung seitens des Herstellers ausschließen. Wenn Sie dennoch Kinder an das Trainingsgerät lassen, müssen Sie deshalb deren geistige und körperliche Entwicklung und vor allem deren Temperament berücksichtigen, sie gegebenenfalls beaufsichtigen und sie vor allem auf die richtige Benutzung des Gerätes hinweisen.
- Das Gerät sollte grundsätzlich nur von einer Person benutzt werden.
- Das Gerät auf möglichst ebenen Untergrund stellen.
- Dieses Gerät ist nicht für den Einsatz in Feuchträumen (Sauna, Schwimmbad) vorgesehen.



1	103 9012	Seat frame	1	32	M5x10 DIN 7981	Screw	2
2	153 9003	Seat back	1	33	373 9004	Tension assembly	1
3	153 9001	Seat bottom	1	34	533 1014	Tension knob	1
4	M8 DIN 1587	Nut acorn	4	35	M5x16 DIN 965	Screw	2
5	M8 DIN 985	Nut nylock	6	36	503 9006	Brake bow compl.	1
6	M8 DIN 125	Washer	10	37	M5x10 DIN 7981	Screw	4
7	203 9003	Handlebar (incl. 8,9,85)	2	43	M5 DIN 125	Washer	4
8	213 9001	Handle grip, pair	1	49	643 9002	Spring	1
9	533 7024	Plug	2	50	533 9001	Transport wheel	2
10	533 9006	Sleeve rear	1	*51	M6 DIN 125	Washer	2
11	533 9005	Sleeve front	1	*52	M6x25 DIN 7985	Screw	2
12	103 9003	Main beam	1	53	533 7031	End cap	2
13	533 9003	End plug	1	55	20 DIN 471	C clip	1
14	533 9014	End plug	1	57	263 9002 P	ulley, compl.(incl. 29a)	1
15	533 9002	Connecting sleeve	4	59	173 9003	Side cover, right (incl. 94)	1
*16	4,2X16 DIN 7981	Screw	4	60	173 9004	Side cover, left (incl. 94)	1
17	533 9007	Foot	2	61	M5x16 DIN 7985	Screw A4	7
*18	M8x20 DIN 7985	Screw	4	62	M5 DIN 934	Nut	3
19	213 9002	Handle, seat lock	1	63	M8x20 DIN 7984	Screw	1
20	343 9001	Axle bolt	1	64	353 9003	Cranks, pair	1
21	M6 DIN 440	Washer	2	65	653 9005	Screw	2
22	M6 DIN 917	Nut	2	66	533 9010	Plug	2
23	523 9004	Clamping pad	2	67	363 1001	Pedals, pair (incl. 68)	1
24	523 9003	Clamping pad	2	68	363 1002	Pedal straps, pair	1
25	103 9004	Front frame	1	69	643 9001	Spring	1
26	503 9004	Meter bracket	1	70	513 9001	Tensioner plate, compl	1
27	233 9004	Meter EU	1	71	72 0609 070 1	Fixing piece	1
-	233 9005	Meter GB/US T-info 20/99	1	72	M5 DIN 9021	Washer	2
*28	M4x15 DIN 7985	Screw	1	73	M5x18 DIN 912	Screw	3
29	403 9010	Sensor	1	74	15 DIN 471	C clip	2
29a	403 9002	Magnet 1	1	75	32 DIN 472	C clip	2
29b	403 9008	Heart rate cable	1	76	523 9005	Bearing housing (incl.75)	1
29c	403 9009	Cable for handle pulse	1	77	523 9007	Bearing housing	1
30	KA35x12 WN1441	Screw	2	78	653 9004	Washer	1
31	503 9003	Sensor bracket	1	79	653 9003	Washer teflon	2

80	263 9004	Pulley, drive belt	1
81	303 9002	Flywh. (incl.55,74,76-80)	1
82	M5x9 DIN 912	Screw	3
84	443 9002	Drive belt	1
85	403 9007	Handlebar pulse sensor	1
86	533 9015	Sleeve	1
94	423 9004	Decal set	1
-	553 9001	Hardware kit (incl. *)	1
-	583 9001	Owner's manual	1





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