

T.I.E.
GAMMA 300

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THE MOTOR – *it's you.*

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.

INSTALLATION ::

Push the T.I.E. module carefully into its holder in the handlebar. Push the T.I.E. interface module carefully into place at the top of the handlebar support tube. The loose screws hanging from the metal fastening plate on the bottom of the T.I.E. module must enter the holes at the top end of the handlebar. Make sure that the module is correctly in place and tighten the fastening screws.

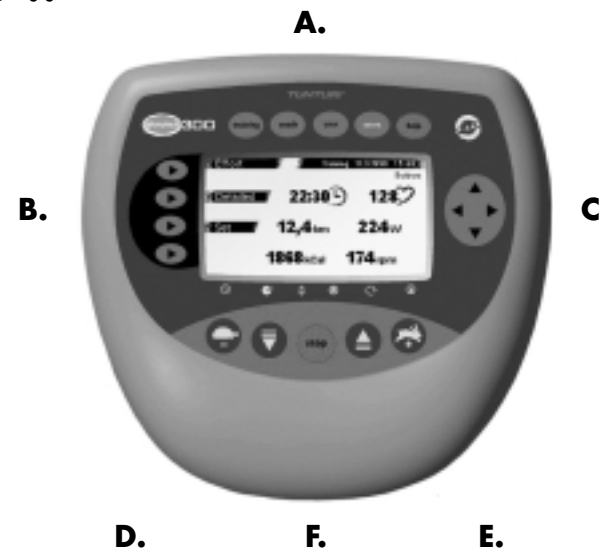


Turning the user interface on and off

The user interface turns itself on when the device is connected to the mains current. When the user interface has not been used for five minutes (track stopped, no heart-rate registered, no keys pressed), it automatically switches itself to energy-saver state. Gamma 300 is returned to its active state by pressing any key or sending heart-rate signals to the unit. When you restart, Gamma 300 automatically starts from Training function.

- :: **You can set your language in the Extra function.**
- :: **Press function key Help to clear any information cards from the display.**

KEYS ::



A. Function keys

Function keys are located above the display:

Training is the basic exercise function. Training offers two modes of exercise suited to goal-oriented and simultaneously safe training: constant heart-rate and manual control.

Coach is your personal trainer. This function helps you create long-term training programs comprising several workouts according to your own goals and potentials. The function also includes pre-programed training profiles. And you can design and store your own training profiles and do a fitness test.

User function allows you to store your user data and user code. Start an exercise by entering your user code so Gamma 300 recognises you. On the basis of the data you enter, Gamma 300 defines your personal training values. You need your user code in Coach function. You may choose freely whether or not to apply a password.

Extra function is for settings and adjustments to Gamma 300 properties.

Help function provides advice and information on how to use Gamma 300. You receive general information (a tutorial) on operating Gamma 300 by pressing the Help key for 3 seconds. Help instructs you on using every function from inside the particular function. Help text is cleared when you press the Help key again.

B. Operation keys

Operation keys are used to direct a particular function and are located to the left of the display. When an operation key is active, an info-label is displayed to the right of the key e.g. Password, Replace, OK.

C. Setting keys

Setting keys are situated to the right of the display. They are used to set the values and characters on-screen. The left/right keys are used for navigation, while the up/down keys are used to set values. Symbols on the display for the active arrow keys show which you can use to adjust values or navigate.

D. Speed control keys

Speed control keys (Tortoise/Hare) are located below the display. Hare key increases the belt speed in 0,1 km/h (or 0,1 mph) increments, the tortoise key decreases it in 0,1 km/h (or 0,1 mph) increments. Pressing these keys longer makes the speed change faster. Track speed ranges from 0.5-16 km/h.

E. Elevation control keys


Elevation control keys (elevation arrows up and down) are located below the display. The elevation up key increases the elevation in 1 % increments, the elevation key down decreases it in 1 % increments. Track elevation ranges from 0% (horizontal) to 10%.

F. STOP-key

Stops the treadmill motor and running belt.

EXTRA ::

The Extra function helps you make settings and adjustments to Gamma 300 properties. Modifiable features are the clock, calendar, brightness, volume and default language.

1. Press function key Extra.
2. Press operation key Settings.
:: Use operation key Time/Date to set the clock and calendar. Set the numeric values with the up/down setting keys and navigate with the left/right keys. Press OK to confirm your settings.
:: Use operation key Display to adjust display brightness on a scale 0-7, where 0 is the darkest. Use the up/down setting keys to make any adjustment and then press OK to confirm.
:: Use operation key Sound to adjust the volume level on a scale 0-7, where 0 is the quietest. Use the up/down setting keys to make any adjustment and then press OK to confirm.
:: Press operation key Back to return to the main Extra display.
3. On the right of the display, you will see a list of languages Gamma 300 speaks: English, German, French, Dutch, Italian, Swedish and Finnish. The factory default setting for Gamma 300 is English. Use the up/down setting keys to select your language. No confirmation is required.
4. Press the -key to view version information for your exercise equipment and the total elapsed values (total usage time and distance).
5. Operation key SW is for software updates.

HELP ::

Help function is there to guide you in using Gamma 300. For further information on the basic functions of Gamma 300, start your exercise by pressing the Help function key for a tutorial. You can also access the tutorial later by pressing the Help key for 3 seconds. Help will also give you information about different displays. Press Help to view a Help text and then press the key again to return to the normal display. If there is more information than can be shown on one page, the help card informs you and you can use the left/right setting keys to scroll through. Gamma 300 displays four types of card:

1. Tutorial cards offer information on basic Gamma 300 functions. Look for the smiling face icon.
2. Help cards offer information on the display you are currently using. Look for the question mark.
3. Warning cards draw your attention to problems with the equipment or how it is being used. Look for the exclamation mark.

NOTE! Gamma 300 has an automatic internal fault-finding system. If a fault occurs, the display shows an error code (Error 111, 120, 165 etc.) together with an error description and, if necessary, instructions on what to do. Press the Help function key to clear the error code from the display.

4. Info cards offer information to help you use Gamma 300 correctly. Look for the bolded letter i.

Press function key Help again to clear all cards from the display.

USER ::

User function helps you save your personal data so that e.g. T.I.E. can design personal exercise programs with you. To utilise user data later on, you are given a user code that can also be password protected: Gamma 300 has memory positions for eight user codes.

User code and user interface language

1. Press the User function key.
2. Select a memory position for the user code:
:: Press operation key New User.
:: If all the memory positions are already in use, you can introduce a new user code only by deleting an existing code. Use the setting keys to move the cursor bar over the user code to be replaced and press operation key Replace.

NOTE! You can only change a password-protected user code, if you first delete the password.

3. Move to the user code set-up display. Use the up/down setting keys to scroll through the characters and the left/right keys to move the cursor bar forward one character position at a time. The selected character remains on-screen as you move on. To change a character you have already selected, simply go back to it and change it in the same way it was set. A user code can be from 1-8 characters.
:: The active language can be selected separately for each user code. If Gamma 300 is not yet set to your language, press the upper active operation key until the language you want appears on-screen.
:: Press OK to confirm your choices: user code and preferred language.
4. To select a system-saved user code next time, use the up/down setting keys to move the cursor bar over the desired user code and press operation key OK.

Password

The password allows you to prevent others using your user code.

NOTE! You do not have to use a password!

We recommend that you take a password only if you think you'll really need it. Future access to a password-protected user code always requires you to enter the correct password.

NOTE! If you set a password, be careful not to forget it!

If you forget your password, the user data in question cannot be accessed any more. You'll then need to contact your Tunturi importer.

NOTE! Gamma 300 cannot provide full data security for your password. Please keep this in mind when choosing one.

Setting a password

1. To attach a password to your user code, press operation key Password. The password is four numbers long and you use the up/down setting keys to select the number and the left/right keys to move a position forward.
2. Once you have set your password and confirmed it with operation key OK, the system prompts for further confirmation. Enter the password again and press OK to confirm.
3. Press OK to exit password set-up. Accessing password-protected user data always requires the password; Gamma 300 prompts for the password when you select a protected user code.

Removing a password

1. Log in to User function with the appropriate password.
2. Press operation key Password.
3. Delete the password you set by pressing None.
4. Press operation key OK to confirm password removal.

Heart-rate levels

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. Use operation key Zones to navigate to the heart-rate level display. Gamma 300 calculates your heart-rate level based on your user data. The heart-rate values on-screen are maximum heart-rate, maximal zone (90 % of maximum heart-rate), anaerobic zone (80 %), aerobic zone (70 %) and weight zone (60 %).

NOTE! Due to individual user differences, the calculated heart-rate values are only estimates. If you know your maximum heart-rate well enough, you can also enter your heart-rate values with the left/right setting keys. Please note that in order to give correct user information to Gamma 300, you need to set all the zone values. Use the up/down keys to move from one value to another. Operation key Normal resets the heart-rate levels to those calculated by Gamma 300.

NOTE! You can set a maximum speed in this display to increase user safety. This operates when you exercise on your own user code in heart-rate modes.

User data

Operation key Personal allows you to save your personal data items: sex, date of birth, weight and height. Adjust the values with the up/down setting keys and navigate with the left/right keys. As you set your user data, you can also set Gamma 300's working language. The active language can be selected separately for each user code.

Units of measurement

Operation key Units changes Gamma 300's units of measurement. You can work with weight, height, distance and speed in either metric units (cm, kg, km, km/h) or avoirdupois (inches, pounds, miles, miles per hour), or in terms of pedalling rate (rpm). There are three different date formats and the clock comes with either a 12 or 24 hour readout. Set the units with the up/down setting keys and navigate with the left/right keys. Press OK to confirm the settings.

TRAINING ::

Training offers two different modes of exercise: constant heart-rate and manual control training. Constant heart-rate exercises help you train at a specific heart-rate level.

- :: **If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.**
- :: **Constant heart-rate exercise requires your using the heart-rate measurement system.**

Training exercise

1. Press the function key Training.
2. Press operation key Mode.
 - :: Gamma 300 offers three alternatives for heart-rate control:
Speed = Mainly by changing in belt speed. If adjusting the speed is not sufficient to standardise the pulse rate, the treadmill automatically changes the inclination angle of the belt as well.
Elevation = Mainly by changing belt inclination. If adjusting the angle of inclination is not sufficient to standardise the pulse rate, the treadmill automatically changes the speed of the belt, too.
Combination = Automatic equal adjustment of both the inclination angle and the speed of the belt.
 - :: Select the desired heart-rate mode with the up/down setting keys. The black cursor bar indicates the selected mode.
 - :: Press OK to confirm your choice and return to the main Training display.
3. Set the desired heart-rate with the up/down setting keys. The new heart-rate value is displayed for a moment instead of your current heart-rate value.
4. Press the Hare key to start constant heart-rate exercise.
 - :: You can adjust the heart-rate level with the up/down setting keys during the exercise.
 - :: You can change the heart-rate mode during the exercise. Make these changes in the same way you set the mode up.
 - :: If Gamma 300 does not receive a heart-rate signal, the treadmill

stops and the display informs the user. Check that you have followed the instructions given on heart-rate measurement.

Manual Training

1. Press the function key Training.
2. Press operation key Mode.
 - :: Select Manual control mode with the up/down setting keys. The black cursor bar indicates the selected mode.
 - :: Press OK to confirm your choice and return to the main Training display.

Start the training by pressing the Hare key. The belt will start moving at 0.5 km/h (or 0.3 mph). Steady yourself by holding onto the handlebars and carefully stepping onto the moving belt. Increase speed by pressing the Hare key until the desired speed is reached. To slow down, press the Tortoise key.

If requested you can change the elevation during the training by using the elevation arrow keys. The Arrow up-key increases the elevation in 1 % increments. The back of the treadmill goes down increasing the elevation. The Arrow down-key decreases the elevation in 1 % increments. The back of the treadmill will rise decreasing the elevation.

Target values

1. Press the function key Training.
2. Press the operation key Set to establish target values for your exercise. The left/right setting keys select the target value you want to adjust, and the up/down keys set values that affect the duration of the exercise. These target values are training duration (0.01 - 10.0 hrs), energy consumption (1 - 1,000 kcal) and distance (1 - 99 km). You can set more than one target value simultaneously. Pressing the key longer makes the values change faster.
 - :: Press operation key OK to confirm the values set. The exercise begins immediately and Gamma 300 starts measuring your performance by counting down the values set. Operation key Reset puts the set values back to zero.

3. You can adjust all the set values during the exercise, both constant and target. Make these adjustments the same way you set the values up.
4. The training exercise ends when the target performance is met i.e. the target values have returned to zero. Gamma 300 informs you by playing a melody. If you wish, you can then continue the same exercise:
 - :: Press operation key Set.
 - :: Press operation key OK. The accumulated values from the beginning of the workout are displayed and they number upwards as the exercise proceeds.

Individual displays for exercise values

The main display for a workout shows all your exercise values at the same time. To monitor one of the values more closely, first press operation key Detailed. Then press the left/right setting key again to move from one individual value display to another. All exercise values are still shown as numbers on the black bar at the bottom of the display, while the graphical presentation is on a light background. Return to the main display by pressing the operation key Main.

COACH ::

Coach function has been designed to work as your personal exercise trainer. Coach offers you several different forms of training to make exercising interesting, motivating and effective. You can choose from three exercise alternatives: Test, Profiles and Programs.

- :: **If you select the Coach function, you must use your user code.**
- :: **If you feel any nausea, dizziness or other abnormal symptoms, always stop exercising immediately and consult a physician.**

Fitness Test

Doing the Fitness Test will help you to discover your Fitness Index value.

- :: **The Fitness Test requires your using the heart-rate measurement system.**
- :: **If there is any break in heart-rate measurement during the test, Gamma 300 interrupts the test and displays a message on-screen.**

Gamma 300 uses the Tunturi 2 km Walking Test. This is a so-called indirect test that measures your fitness level based on your heart-rate. The 2 km Test is preceded by a warm-up period whose duration is user determined. We also recommend you continue walking slowly after the test, so that your heart-rate returns smoothly to normal.

Gamma 300 uses the results to calculate your aerobic fitness index. The result is shown in ml/kg/min; e.g. an index value of 40 means that in a maximal performance the exerciser consumes 40 millilitres of oxygen per minute per each kilo of body weight. In order for you to have as clear a picture of your condition as possible, Gamma 300 analyses your performance more closely. The Fitness Test result automatically updates the Fitness Index value in user data.

The table you can see here shows typical 2 km Walking Test results for a range of users of different ages (ml/min/kg).

Men	1	2	3	4	5
Fitness	Very poor	Poor	Average	Good	Very good
Age					
25-29	33 or less	34-41	42-48	49-56	57 or more
30-34	31 "	32-39	40-46	47-54	55 "
35-39	30 "	31-37	38-45	46-52	53 "
40-44	28 "	29-35	36-43	44-50	51 "
45-49	27 "	28-34	35-42	43-48	49 "
50-54	26 "	27-32	33-40	41-47	48 "
55-59	25 "	26-31	32-39	40-46	47 "
60 >	23 "	24-29	30-36	37-42	43 "

Women	1	2	3	4	5
Fitness	Very poor	Poor	Average	Good	Very good
Age					
25-29	28 or less	29-34	35-39	40-47	48 or more
30-34	27 "	28-33	34-38	39-45	46 "
35-39	26 "	27-32	33-37	38-43	44 "
40-44	25 "	26-31	32-36	37-42	43 "
45-49	25 "	26-30	31-35	36-41	42 "
50-54	24 "	25-29	30-34	35-40	41 "
55-59	23 "	24-27	28-32	33-39	40 "
60 >	22 "	23-26	27-31	32-38	39 "

Doing the Fitness Test

NOTE! Gamma 300 uses the following formulae for calculating the maximum heart-rate level: women 226 - age, men 220 - age. If you know your maximum heart-rate, enter it before you start the fitness test: this will enhance the accuracy of the results.

1. Press function key Coach.
2. Press operation key Test.
3. Gamma 300 displays text pages of information about the Fitness Test to help you take it.
 - :: Press operation key OK to page through the text screens.
 - :: You can always return to the Coach function main display by pressing operation key Cancel.
4. Press operation key Start.
 - :: The test begins with a warm-up period whose duration is user determined. Running deck elevation is set at 1 % for the warm-up and in the walking test itself. **Adjust speed with the Hare and Tortoise keys.**
 - :: When you are ready to start the Test itself, press operation key Ready and it begins immediately. The test distance is 2 km. **Walk as fast as you can, but don't run!** Gamma 300 measures your fitness level based on your heart-rate. Tunturi recommends you continue walking slowly for a few minutes after the test, so that your heart-rate returns smoothly to normal.
5. When the test ends, the top operation key becomes active. Press this Results key and Gamma 300 gives the following information with regard to your fitness:
 - :: the measured heart-rate level at the end of the test
 - :: the maximal oxygen intake capacity (VO₂ max.) and the corresponding aerobic fitness index value
 - :: fitness evaluation on scale 1-5 (5 = best)

Exercise Profiles

Another form of exercise offered in Coach function is based on individual, separate pre-programed workouts, or exercise profiles, in which the requirements vary in a pre-determined way. You can also design your own profiles and store them to be used later.

Pre-programed profiles

1. Press function key Coach.
2. Press operation key Profiles.
3. Press operation key Library.
:: You can always return to the previous display by pressing operation key Back.
:: Pre-programed profiles are divided into three groups according to their requirement level (Demanding, Medium, Easy). Each group has four pre-programed profiles. Select the required level.
4. The profiles are displayed once you have selected your requirement level. Use the up/down setting keys to select a workout; your selection is highlighted with a darkened background.
:: Press OK to confirm your selections. A more detailed profile is then displayed.
5. Press operation key Start to begin the exercise. The black bar in the on-screen profile indicates which stage of the exercise you are at.
:: Press operation key End to finish the exercise.

Editing a pre-programed profile

1. Press operation key Settings to modify profile speed, elevation and duration.
:: Use the up/down setting keys to adjust track speed: the percentage value displayed below the profile shows the changes you make.

2. Use the left/right setting keys to access elevation adjustment (the arrow symbol appears beside the elevation profile). Then use the up/down setting keys to adjust the angle of elevation: the percentage value below the profile shows the changes you make.
3. Use the left/right setting keys to access exercise duration adjustment (the arrow symbol appears beside the time). Then use the up/down setting keys to adjust duration.
4. Press operation key Cancel to return to the previous display without making any changes.
5. Press operation key OK to confirm your changes. You cannot save these changes, because they only apply to the exercise you are working on.

Designing and storing your own profiles

1. Press function key Coach.
2. Press operation key Profiles.
3. Press operation key Own.
4. Select a memory position with the up/down setting keys.
:: Press Edit to confirm your choice. A flat, modifiable profile is then displayed.
5. Press operation key Mode to select your training mode.
:: Select the desired heart-rate mode with the up/down setting keys. The black cursor bar indicates the selected mode.
:: Press OK to confirm your choice.
6. If you choose one of the constant heart-rate modes, use the left/right setting keys to move the black cursor bar to the position you want to edit. Use the up/down keys to do the editing, and to make things easier, you'll see that the surrounding columns also react to the changes. Heart-rate levels are shown to the left of the profile; the numeric value beside the cursor bar indicates the heart-rate that the position of the bar represents.
:: Press Edit again. Now you can set exercise duration with the up/down setting keys.

7. If you choose manual control mode, use the left/right setting keys to move the black cursor bar in the speed profile to the position you wish to edit. Use the up/down keys for editing, and to make things easier, you'll see that the surrounding columns also react to the changes. The numeric value below the profile indicates the speed that the position of the bar represents.
 - :: Press Edit again. Now you can adjust elevation the same way the speed is modified. The numeric value above the profile indicates the elevation that the position of the bar represents.
 - :: Press Edit once again. Now you can set exercise duration with the up/down setting keys.
8. Press operation key OK to save your new exercise profile. Gamma 300 returns to the previous display and your exercise profile is indicated in the appropriate profile memory position.
 - :: Press operation key Clear to delete the profile you designed.

If you need to edit your exercise profile design, select the profile in question and edit it in the same way you set it up.

Training with your own exercise profiles

You can save five self-designed profiles under each user code and they can then be used as a basis for your exercising, as follows:

1. Press function key Coach.
2. Press operation key Profiles.
3. Press operation key Own.
4. Use the up/down setting keys to select an exercise profile.
 - :: Press operation key Back to return to the previous display without making any selections.
 - :: Press operation key Start to begin the exercise and End to finish it.

Exercise Programs

Press operation key Programs to access exercise programs that help you plan your exercising needs as far ahead as you consider necessary. Gamma 300 offers two exercise programs: Endurance and Weight-Control. The exercise programs comprise several separate workouts and the program you design helps you realise a schedule ideally suited to your needs and potentials.

NOTE! A Gamma 300 user code works with a single Exercise Program, i.e. the same user code will not work with both the Weight-Control and the Endurance programs.

For the Endurance Program, you design an exercise schedule with Gamma 300's help that maintains or improves your fitness in the way that best suits you. The Weight-Control Program helps you reach your desired target weight.

NOTE! Once you start on the Weight-Control Program, Gamma 300 registers all exercises done with your user code as part of the target weight program, and all training performances are entered in the program.

Weight-Control Program settings and storing

1. Press function key Coach.
2. Press operation key Programs.
3. Select the exercise program you want with the up/down setting keys.
 - :: Press OK to confirm your choice.
4. Press operation key Edit.
 - :: The target values are target weight, workout duration, workout frequency and diet reduction, i.e. your daily need to reduce your calorie intake. Use the up/down setting keys to set the required values and the left/right keys to move from one value to another: the cursor bar indicates which value you can adjust. Do try experimenting with what kind of effect changing the adjustable values has on your programmed exercise needs. Your exercise plan is also shown on the three lowest lines of the display.

- :: Press operation key OK to save the values set and return to the previous display.
- 5. Press operation key Cancel to return to the previous display without designing a new program.
- 6. Operation key End allows you to delete a whole exercise program. In order not to accidentally lose a program you drew up, Gamma 300 prompts you to confirm your choice.
 - :: Press operation key Cancel to return to the previous display without removing the program.
 - :: Press operation key OK to permanently delete the exercise program.

Endurance Program settings and storing

1. Press function key Coach.
2. Press operation key Programs.
3. Select the exercise program you want with the up/down setting keys.
 - :: Press OK to confirm your choice.
4. Press operation key Edit.
 - :: The display shows your program target values (workout frequency, workout duration, target index). Use the up/down setting keys to set the required values and the left/right keys to move from one value to another: the cursor bar indicates which value you can adjust. Your exercise plan and the recommended schedule for your next Fitness Test are indicated below the target values.
 - :: Press operation key OK to save the values set and return to the previous display.
5. Press operation key Cancel to return to the previous display without designing a new program.
6. Operation key End allows you to delete a whole exercise program. In order not to accidentally lose a program you drew up, Gamma 300 prompts you to confirm your choice.
 - :: Press operation key Cancel to return to the previous display without removing the program.

- :: Press operation key OK to permanently delete the exercise program.

Using Programs

1. Press function key Coach.
2. Press operation key Programs.
3. Select the exercise program you want with the up/down setting keys.
 - :: Press OK to confirm your choice.
4. Press operation key Exercise.
 - :: Press operation key Mode and select the desired heart-rate mode with the up/down setting keys. The black cursor bar indicates the selected mode.
 - :: Press OK to confirm your choice and return to the main Training display.
5. Press operation key Start to begin the workout, and End to finish it.
6. Operation key Report shows how your training program has progressed. In Weight-Control, this report comprises two charts indicating energy consumption (Energy) and change in weight (Weight) during your program. In order to track your weight effectively, Gamma 300 prompts you to enter your weight details in user data at specific intervals. Use the same operation key to move from one chart to another. In Endurance, the report comprises two charts indicating the change in your Fitness Index, and your energy consumption.

MAINTENANCE ::

- :: Protect the user interface from excess sunlight: it may fade the colours of the user interface box and surface membrane. In training, Gamma 300 tolerates an environment measuring +10°C to +35°C. Gamma 300 can be stored in temperatures ranging between -15°C and +40°C. Air humidity in the Gamma 300 training or storage environment must never exceed 90 %.
- :: Press the keys with the tip of the finger; your nails may damage the key membrane.
- :: Do not let the T.I.E. interface come into contact with water. Always dry the surface of the Gamma 300, if there are any drops of sweat on it. Use a soft, absorbent cloth. Do not use solvents to clean the user interface surface.
- :: Please contact your dealer immediately if you notice any defects or malfunctions while using your Gamma 300. Please state the nature of the problem, conditions of use, purchase date and serial number of your Gamma 300 interface. The location of the serial number sticker is shown on the inside cover.
- :: At the end of this manual, you'll find a diagram and list of spare parts for the Gamma 300.
- :: T.I.E. user interfaces 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.

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!

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

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

BIENVENUE DANS LE MONDE DE L'ENTRAÎNEMENT TUNTURI !

Votre choix prouve que vous souhaitez réellement investir dans votre bien-être et votre condition ; il révèle aussi que vous savez apprécier la haute qualité et l'élégance. En choisissant un équipement sportif Tunturi, vous adoptez un produit de premier choix comme partenaire pour un entraînement motivant, en toute sécurité.

INSTALLATION ::

Enfoncez soigneusement le module de l'interface T.I.E. dans son support, sur le guidon. Les vis desserrées qui se trouvent sur la plaque de fixation, sur la partie inférieure du module interface, doivent entrer dans les trous situés sur le haut du guidon. Assurez-vous que le module est correctement installé et serrez les vis de fixation.



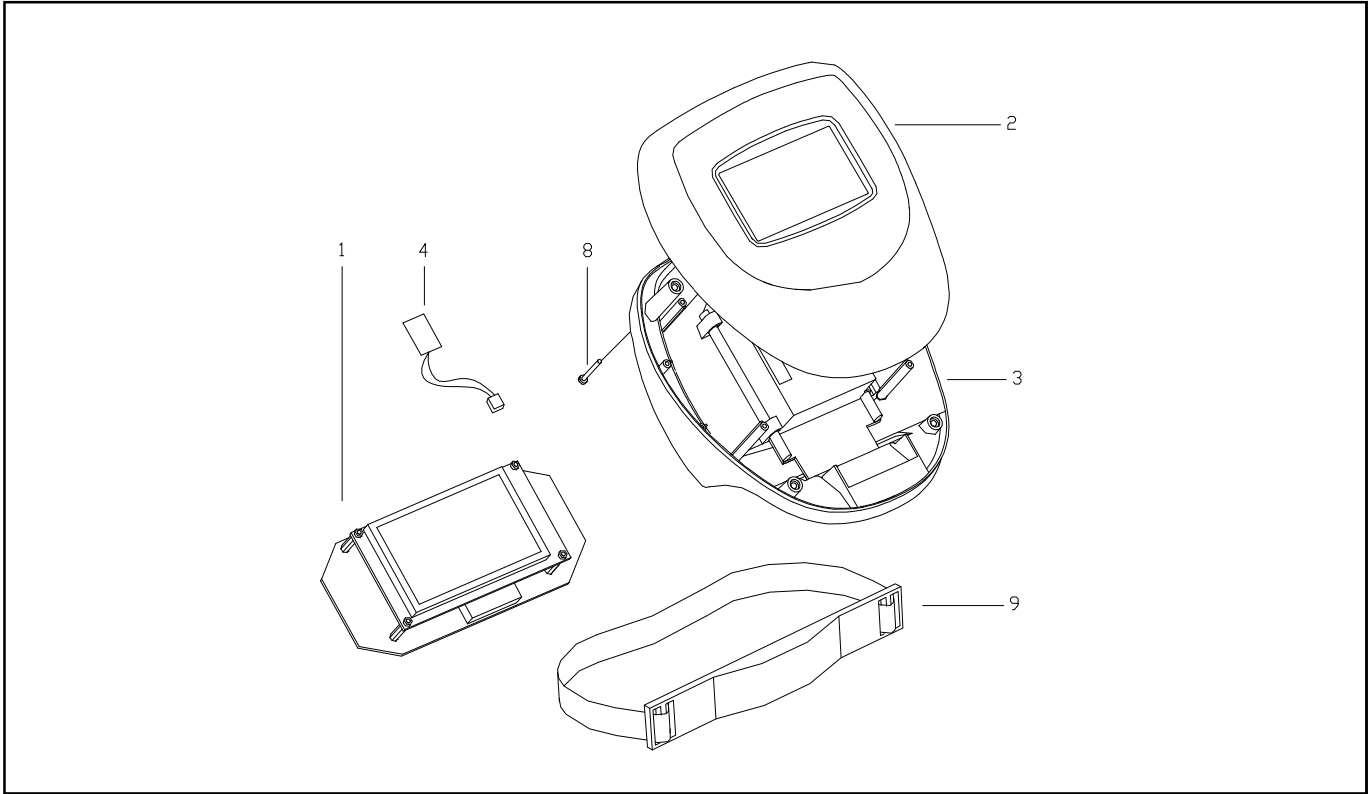
Mise en route de l'interface utilisateur

L'interface utilisateur se met toute seule en marche lorsque l'appareil est branché au secteur. Si l'interface reste inutilisée pendant cinq minutes (tapis arrêté, pas de réception du pouls, pas d'appui sur les touches) elle passe automatiquement en mode d'économie d'énergie. Gamma 300 revient en mode actif dès que vous appuyez sur une touche quelconque ou que vous envoyez le signal de mesure du pouls à l'unité. Lorsque que vous recommencez, Gamma 300 se met automatiquement en fonction Training.

- :: **La fonction Extra vous permet changer la langue.**
- :: **Toutes les fiches disparaissent de l'écran quand vous appuyez sur la touche Help.**

TUNTURI®

THE MOTOR — *it's you.*



Item	Part no	Description	Unit
1	233 4016	Display unit	1
2	173 4049	Meter upper cover	1
3	173 1026	Meter lower cover	1
4	403 4058	Receiver	1
8	KB 40x16 WN-1412	Screw	4
9	403 0015	Pulse transmitter belt	1
-	583 4019	Owner's manual, GB, F, E, NL	1
-	583 4020	Owner's manual, D, I, S, FIN	1
-	583 0006	Warranty booklet	1

Version 30.3-01

GAMMA 300 (413201)

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