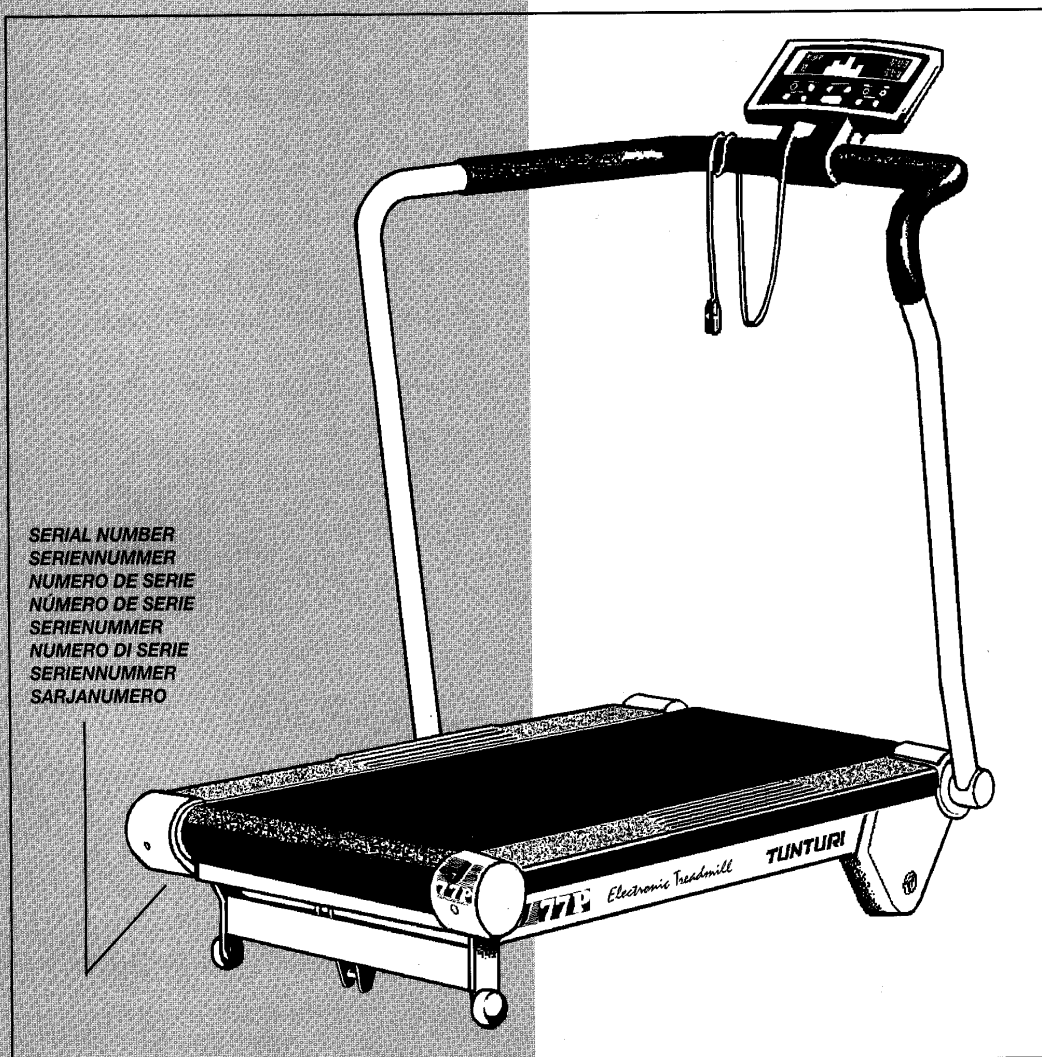


PULSE CONTROLLED TREADMILL J 77P

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TUNTURI[®]
THE MOTOR - *it's you.*

REMARKS AND WARNINGS

PLEASE READ THIS OWNER'S MANUAL THROUGH CAREFULLY BEFORE ASSEMBLING, USING AND SERVICING THE TREADMILL.

THE EQUIPMENT HAS BEEN DESIGNED FOR DOMESTIC AND INSTITUTIONAL REHABILITATION USE, FOR WHICH FULL TUNTURI WARRANTY APPLIES. THE WARRANTY DOES NOT COVER DAMAGE DUE TO NEGLIGENCE OF ADJUSTMENT OR MAINTENANCE INSTRUCTIONS DESCRIBED IN THIS MANUAL. PLEASE PAY PARTICULAR ATTENTION TO THE NOTES REGARDING LUBRICATION AND ADJUSTMENT OF THE RUNNING BELT.

The figures referred to in the text are in the back fold.

Before connecting the device to a power source make sure that the local voltage matches that which is indicated on the type plate. The device operates on 230 V voltage.

Please note that the device's maximum power consumption is 10 A.

The device may only be plugged into an earthed socket. Never use extension cords between the treadmill and your wall outlet.

Outlets, that service multiple appliances, or have fluctuating voltage of more than 5 %, may result in erratic performance or cause damage to treadmill electronics. Using electrical power other than that which has been specified in this manual, will ultimately void any warranty, implied or otherwise.

- * *Before you start using the treadmill, make sure that it functions correctly in every way. Do not use a faulty device.*
- * **Do not attempt any servicing or adjustment other than those described in this manual. The given instructions must be followed carefully.**
- * *Never operate with the dust or side covers removed.*
- * *Make sure that the treadmill is unplugged and turned off before beginning any assembly or maintenance procedures.*
- * *Always unplug the treadmill from the electrical outlet after each training session.*
- * *Do not pull the treadmill by its power cord.*
- * *Do not use outdoors.*
- * *Place the treadmill on a firm, level surface. Allow 200x100 cm (6,5 feet x 3,5 feet) of clearance behind the treadmill and 60 cm or 2 feet on either side and in front of the treadmill.*
- * *Parents and others responsible for children should note that children's natural playfulness and curiosity may lead to situations and behaviour for which the treadmill is not designed. If children are allowed to use the treadmill, they should be supervised and taught to use it properly, keeping in mind the child's physical and mental development and their personality. The treadmill is not a toy.*
- * *This treadmill is equipped with a cord having an equipment earthed connector and an earthed plug. Do not modify the plug provided with the treadmill in any way. If it will not fit your outlet, have a proper outlet installed by a person familiar with the maintenance of electromechanical devices and authorized under the laws of the country in question (or otherwise) to carry out maintenance and repair work.*
- * *Do not apply silicone as it will damage the running deck.*
- * *Before operating the treadmill familiarize yourself with the adjustments, displays and keys.*

NOTE ALSO

- * **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.*
- * *Only one person may use the treadmill at a time.*
- * *Always use the handlebar when stepping on or off the treadmill and when changing speed. Do not jump off the running belt when it is moving.*
- * *Keep hands clear of any moving parts. Never place hands, feet or any other objects under the treadmill.*
- * *Wear appropriate clothing and shoes when exercising. Make sure your shoelaces are properly tied. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small pebbles.*
- * **Always clip the cord attached to the safety tether key to a part of your clothing so that the key will be pulled from its place, stopping the treadmill, if necessary.**
- * *Always stretch your muscles prior to and following any exercise program.*
- * *The treadmill must not be used by persons weighing more than 135 kg / 310 lbs.*

ASSEMBLY

Ensure that all parts are present (**fig. 1**):

- A Meter
 - B Safety tether key with cord (+ 1 spare key)
 - C Power cord
 - D Left handlebar
 - E Handlebar bracket cover
 - F Right handlebar with attached meter base
 - G Main frame
 - H Transmitter belt
- Assembly kit (contents are marked with * in the spare part list)
T-Lube can

If you notice that a part is missing, contact the dealer and give the model, serial number and spare part number from the spare part list at the back of the manual.

Left, right, front and rear are seen from the exercising position.

Assemble the equipment as follows:

HANDLEBARS

NOTE! Do not tighten any locking screws before both handlebars are completely assembled.

Remove and dispose the silicate bag from the bottom of the right handlebar. The purpose of this bag is simply to absorb dampness during transportation and storage.

Install the right handlebar in place at the front right corner of the treadmill and secure it using the allen screw and washer. Press the white decorative cap onto the lower end of the right handlebar (**fig. 2**).

Attach the left handlebar to the running deck side rail using an allen screw and a washer. If necessary, lean the treadmill on one side with help of another person. Attach the handlebar bracket cover by snapping it into place over the lower end of the left handlebar (**fig. 3**).

NOTE! Plug the small cable, located at the top of the left handlebar, into the cable coming out of the meter base before connecting the two handlebars (**fig. 4**).

Push the left handlebar inside the plastic meter base attached to the right handlebar.

When the top of the left handlebar is touching the top of the right handlebar, tighten the screws in the bottom of the meter base, while ensuring the handlebars are held securely together.

NOTE! Be careful not to pinch or otherwise damage the flat ribbon cable that runs inside the right handlebar.

Tighten the locking screws of both handlebars.

METER

Plug in the pulse cable and flat ribbon cable connectors on the back side of the display. Tuck the cables inside the meter base and carefully slide the meter onto the base (**fig. 5**).

NOTE! Be careful not to pinch or otherwise damage the cables.

Remove the protecting film from the display.

METER CABLE

Plug the lower end of the flat ribbon cable coming out from the right sidecover into the upper end coming out of the right handlebar. Thread the connected cable inside the hole in the sidecover and push the cover plug on the through hole so that the cable will not be damaged (**fig. 6**).

PLUGGING IN THE TREADMILL

Plug the socket end of the power cord into the treadmill at the lower right front corner (**fig. 7**).

Before connecting the device to a power source make sure that the voltage is correct from the type plate (at the lower right corner of the treadmill, next to the power switch).

SAFETY TETHER KEY

The treadmill is equipped with a safety tether key. If the key is removed from its place near the electronic display, the treadmill will immediately stop.

Insert the yellow safety tether key into the meter base. Attach the clip on the other end of the cord to your clothing (**fig. 5**).

NOTE! The treadmill cannot be used and the meter will not function completely if the tether key is not properly installed in the meter base (text "tEtH" in the display).

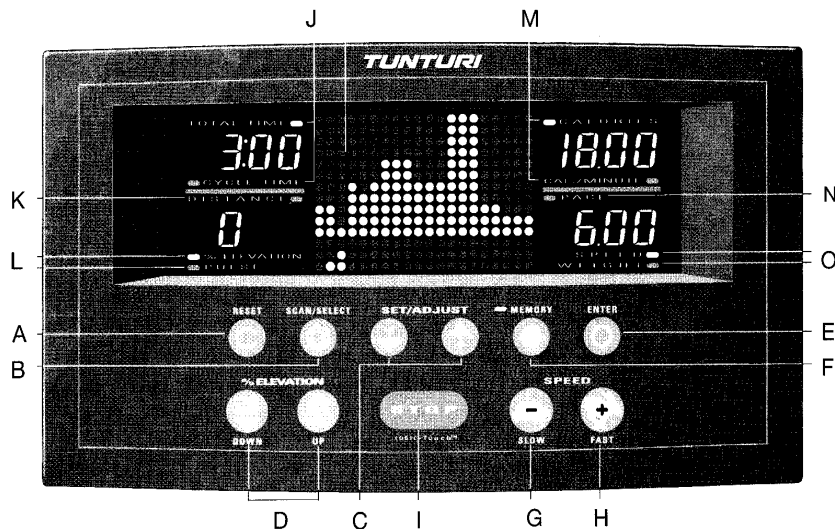
TRAINING

NOTE! Ensure before you start to use your treadmill that both the belt and the running deck are moist with lubricant. If these are dry, lubricate them.

Turn on the power switch at the lower right front corner of the treadmill.

Stand on the landing rails to the left and right of the running belt. Do not stand on the running belt.

When the treadmill is switched on, the system first checks LED display operation. After this the meter displays its "tunturi J77P" emblem and then "Usr 1" or "Usr 2". They indicate the meter's user alternatives or memory stores for your own exercise programs. Select the user mode desired by pressing the arrow keys (SET/ADJUST) and ENTER. The meter will now display the weight entry mode.



METER: KEYS

A. RESET

When the treadmill is running: Resets time, distance and kilocalories.

When the treadmill is stopped: Returns meter to the "enter weight" mode. To continue, either set weight with the arrow keys and push the ENTER key or just push ENTER and accept the default weight.

B. SCAN / SELECT

Pressing this key once starts scanning the different display values. Pressing the key a second time stops scanning, allowing the computer to display the current parameter.

C. + AND - ARROW KEYS (SET / ADJUST)

These keys are used to set the correct weight for the calculation of energy consumption. In addition the arrow keys are used in the user set up mode. In the heart-rate control program, the keys are used to select the pulse mode and set the heart-rate and maximum exercise speed.

D. UP AND DOWN ARROW KEYS (% ELEVATION)

UP-key increases the elevation in 1 % increments. The back of the treadmill goes down increasing the elevation. DOWN-key decreases the elevation in 1 % increments. The back of the treadmill will rise decreasing the elevation.

E. ENTER

Used to confirm the set user weight. In addition the ENTER key is used in the user set up mode.

F. MEMORY

The MEMORY-key is used to save and open one of the nine pre-programmed workouts or one manually made workout. The small light next to the MEMORY text is on when a pre-programmed or a user program is being used.

G. TORTOISE (SPEED / SLOW)

Decreases belt speed in 0.1 increments. In the heart-rate control program, the keys are used to decrease the maximum speed of the exercise.

H. HARE (SPEED / FAST)

Increases belt speed in 0.1 increments. In the heart-rate control program, the keys are used to increase the maximum speed of the exercise.

I. STOP

Stops the treadmill motor and running belt. If pressed once, enters the "pause" mode. All exercise data including current speed and elevation are stored for 1-5 minutes (depending on the set pause time-out duration). To continue exercising press the HARE key.

NOTE! Do not remove the tether key when you pause the treadmill. This will stop the elapsed timer. If the STOP key is pressed twice or when the pause time has expired, the meter will continue displaying the cumulative training values, but it is not possible to continue the workout from those values. In the heart-rate control program, pressing the STOP key a third time switches the meter to weight entry mode.

METER: FUNCTIONS

The small light next to each function indicates which function is currently displayed.

J. TOTAL TIME

Displays the elapsed time of the exercise session in minutes and seconds (00.00-99.59 minutes in 1 second increments).

CYCLE TIME

Displays time remaining of each cycle of the programed workouts.

K. DISTANCE

Displays distance traveled during the exercise session in kilometres or miles (00.0-99.9).

L. %ELEVATION

Displays current % elevation (0-10 %).

PULSE

Displays heart-rate.

M. CALORIES

Displays estimated energy consumption in kilocalories (0-999 kcal). This meter uses values for weight, time, speed and elevation to calculate the cumulative kilocalories burned during the exercise session. Since different people's capacity to produce energy varies, the energy consumption display shows an approximation of the real consumption.

CAL/MIN

Displays estimated energy consumption in kilocalories per minute.

N. PACE

Displays the time it takes to run/walk a kilometre or a mile at the current speed.

O. SPEED

Displays belt speed either in km/h (1.5-16.0 km/h) or in mph (1.0-10.0 mph).

WEIGHT

Displays user weight entered (max. 135 kg / 310 lbs).

ENTER WEIGHT MODE

1. The small light next to WEIGHT will blink and the display shows the last entered weight.
2. Set your own weight to the meter in kg or lbs by using the arrow keys. The unit depends on the chosen parameter in the user set up mode.
3. Press ENTER to confirm the set weight.

USER SET UP MODE

1. Press and hold the STOP key while pressing the SCAN/SELECT (when meter displays "enter weight" mode).
2. The meter will display either "EngL" (for English units; mile, mph, lbs) or "ISo" (for metric units; km, km/h, kg). Choose the desired units by using the arrow keys.
3. Press the SCAN/SELECT key again. The meter will display either "Aud 1" (= Audio signal on) or "Aud 0" (= Audio signal off). Choose the desired parameter by using the arrow keys.
4. Press the SCAN/SELECT key again. The meter will display either "to 1", "to 2", "to 3", "to 4" or "to 5" (= time out). Choose the desired pause time-out duration by using the arrow keys. If you have chosen e.g. "to 4", the meter will memorize the exercising data for 4 minutes allowing you to continue training within that time without losing any numerical data.
5. Press the SCAN/SELECT key again. The meter will display either "PEnb" (memory protection off) or "PdIS" (memory protection on). When the memory protection is switched on, the training programs saved in the memory of the meter cannot be modified. Choose the desired parameter by using the arrow keys.
6. Press the ENTER-key to return to "enter weight" mode.

HEART-RATE MEASUREMENT

The J 77P is manufactured with heart rate monitoring capability. This treadmill has been fitted with an internal heart-rate receiver to make it compatible with Polar telemetric heart-rate transmitters.

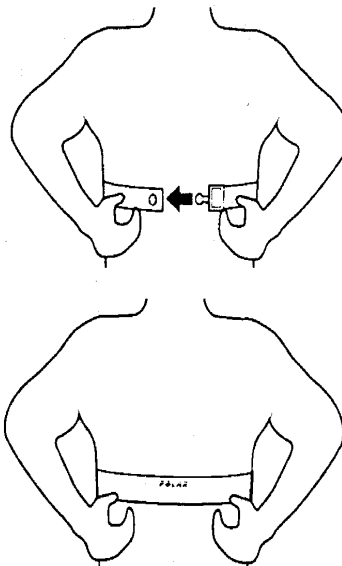
The telemetric heart rate measurement, in which the electrodes of the transmitter fastened to the chest transmit the pulses from the heart to the meter by means of an electromagnetic field, is the most reliable method of heart-rate measurement.

If you want to measure your heart-rate telemetrically during your workout start by attaching the elastic belt to the heart-rate transmitter.

Moisten the grooved electrodes on the transmitter belt with saliva or water. If you wear the transmitter and belt over a

light shirt, moisten the shirt slightly at the points where the electrodes touch the shirt.

Fasten the transmitter just below the chest firmly enough so that the electrodes remain in contact with the skin while running, but not so tight that normal breathing is prevented.



NOTE! If the electrode surfaces are not moist, the heart-rate reading will not appear on the display. If the electrodes are dry, moisten them again. It is also important to allow the electrodes to warm up properly to ensure accurate heart-rate measurement.

The transmitter automatically transmits the heart-rate reading to the meter up to a distance of about 1 m. Display will show heart-rate when the small light is on next to the PULSE text. The light flashes in time with the user's heartbeat. **NOTE!** If there are several telemetric heart-rate measurement devices next to each other, the distance between them should be at least 1.5 m. Similarly, if there is only one receiver and several transmitters in use, only one person with a transmitter should be within transmission range.

The transmitter is switched to an active state only when it is being used for measurement. Sweat and other moisture can, however, keep the transmitter in an active state and waste battery energy. Therefore it is important to dry the electrodes carefully after use.

HEART-RATE CONTROL MODE

Exercise within different heart-rate ranges affects the body in different ways. For example, long duration exercise within a heart-rate range of about 50-60 % of the maximum burns fat, whereas exercise within a heart-rate range of about 70-80 % of the maximum develops the heart and respiratory system, and overall endurance, i.e. improves your condition.

If you are not sure of your own maximum heart-rate, we recommend you consult your doctor. The following formulae can be used as a guideline:

WOMEN: 226 - AGE, MEN: 220 - AGE

The pulse control program enables exercise within the desired pulse range and requires pulse measurement during exercising. The pulse control program is run as follows:

1. After setting the user weight, the meter displays PULSE Ctrl and the alternatives YES or no. You can toggle between them with the arrow keys (SET/ADJUST). Select YES to enter the pulse control program and no to access pre-programed profiles and manual mode. Confirm by pressing ENTER.
2. The J77P meter offers three alternative bases for pulse control standardisation:
 - a) Mainly by changing belt inclination (ELEV on display). If adjusting the angle of inclination is not sufficient to standardise the pulse rate, the treadmill automatically changes the speed of the belt, too.
 - b) Automatic equal adjustment of both the inclination angle and the speed of the belt (COMB on display).
 - c) Mainly by changing in belt speed (SPEED on display). If adjusting the speed is not sufficient to standardise the pulse rate, the treadmill automatically changes the inclination angle of the belt as well.

The meter always offers ELEV first. Other alternatives are accessed by the arrow keys (SET/ADJUST). Confirm the mode selected by pressing ENTER.

3. The meter display will show SET PULSE. Set the desired pulse rate with the arrow keys (SET/ADJUST). The default value is 110 beats/minute, shown on the bottom left-hand side of the display. The pulse rate can be modified with the arrow keys (SET/ADJUST). Confirm the value selected by pressing ENTER. The value can then be modified during the exercise.
4. The meter display will show MAX SPEED. Set the desired maximum speed for your exercise with the arrow keys (SET/ADJUST). The default is 8 km/h (5 mph), shown on the bottom right-hand side of the display. The maximum speed can be modified with the arrow keys (SET/ADJUST). Confirm the value selected by pressing ENTER. The value can be modified during the exercise.
5. Start the pulse control program by pressing the HARE key.

Monitor your pulse during the exercise. The heart symbol in the middle of the meter display flashes to show the pulse control program is running. If the device is not receiving the pulse signal, the heart symbol remains lit, in which case you should interrupt the exercise and check that you have followed the instructions given on pulse measurement. If the treadmill does not receive a pulse signal for a full two minutes during the pulse control, the program is automatically interrupted and the device changes to time out mode.

CHANGING THE SELECTED VALUES

If the exercise feels too demanding or too easy, you can change the target pulse and maximum speed during the exercise itself. Change the target pulse by pressing the arrow keys (SET/ADJUST) while the pulse control program is running. The display will then show SET PULSE and the target pulse number. Set the new target pulse with the arrow keys and the treadmill will automatically return to the exercise program. You can change the maximum speed of the belt in the same way by pressing the TORTOISE and HARE keys during the pulse control program. The display will then show MAX SPEED and the maximum speed number. TORTOISE sets the speed lower and HARE higher. After setting the speed, the treadmill automatically returns to the exercise program.

PROGRAM MODE

The J 77P offers nine different training programs and the possibility to save two user programs in the memory of the meter. If you want to choose one of the pre-programed workouts or a user program, press the MEMORY key. **NOTE!** If a user program has not been recorded earlier you can only choose a pre-programed workout. Choose the desired program alternative by using the arrow keys (SET/ADJUST). Confirm by pressing the ENTER key.

If you have selected one of the pre-programed profiles, press then the arrow keys (SET/ADJUST) until the desired intensity level is displayed; IL 1 = Beginner, IL 2 = Intermediate, IL 3 = Advanced Intermediate, IL 4 = Advanced, and IL 5 = Athletic. Each pre-programed workout profile can be executed at five different intensity levels, except EASY WALKING which has three levels. If necessary, you can change the speed and elevation of the pre-programed workouts during the training. Confirm by pressing the ENTER key.

Start the program by pressing the HARE key. The meter beeps 15 seconds before each change in speed and elevation during the program.

PROGRAM 1: EASY WALKING

This program is especially suitable for warm up and cooling down. There are only very minor changes in speed and elevation throughout the whole program. EASY WALKING can be executed at three different intensity levels. The program duration with the lowest level is 15 minutes, with the second level 20 minutes and with the highest level 25 minutes.

PROGRAM 2: TIME / DISTANCE

The TIME/DISTANCE program strengthens cardiovascular system as well as the muscles of the upper and lower body. It helps you to maintain the current level of fitness you have gained. The program duration varies from 20 to 40 minutes according to the different intensity levels.

MAINTENANCE

We strongly recommend that a periodic maintenance schedule is adhered to. However, if you wish to have the maintenance carried out by a trained technician please contact your local Tunturi dealer for details of service available and charges.

Check from time to time that all fasteners are properly tightened and wiring is in place. To avoid damaging fasteners, do not overtighten.

CLEANING THE RUNNING BELT

Turn the unit off and unplug the electrical cord from the wall outlet and from the treadmill. Carefully turn the treadmill on its side.

Wipe off the inside of the running belt using a harsh brush. Do not use solvents.

Rotate the running belt carefully by hand to clean the entire inside face. Loosen the belt adjusting screws at the back of the treadmill, if necessary. Return the treadmill into the upright position.

If running belt edges are frayed, check the running belt alignment.

CLEANING THE TREADMILL

Wipe the treadmill surfaces, especially the handlebars and meter from dust with a damp cloth or towel. Do not use solvents.

Use a small vacuum nozzle to carefully vacuum around all visible components (belt, running deck, side rails etc.). By supporting the device on one of the side rails you can also vacuum it from below. Vacuum also from inside the motor hood.

Clean both the treadmill's rollers once a year as follows: loosen both the roller's adjusting bolts and clean the roller with a roughish brush. Tighten the adjusting bolts and check that the belt sits in the middle and is tight enough.

LUBRICATING THE RUNNING DECK

NOTE! Lubrication is the most important service activity for the treadmill.

This is absolutely essential, if the friction of the running deck increases noticeably or the motor begins to heat up. Ensure after every 50 hours of use that both the belt and the running deck are moist with lubricant. Insufficient lubrication will cause the belt, running deck and motor to wear out and break.

The need for relubrication depends to a great extent on the running styles and weight of the user: heavy user weight and slow speed put particular strain on the device and therefore demand greater lubrication. Use only T-Lube lubricant to lubricate the treadmill. Contact your local Tunturi dealer for further supplies of T-Lube.

NOTE! The device must under no circumstances be lubricated with silicone!

1. Let the treadmill run at 5 km/h (3 mph).
2. Spray T-Lube directly to the underside of the running belt for 5 seconds; the amount corresponds to 10 ml.
3. Ensure that a strip of about 20 cm / 8" wide on the underside of the running belt becomes moist with T-Lube along its whole length. The treadmill is instantly ready for use.

ERROR CODES

In case of certain faults relating to the electronics of the treadmill, it has an integral, internal fault-finding system in order that faults can be found and corrected as quickly as possible.

The fault-finding system obviously does not cover all possible faults, but it does help to identify the most likely faults resulting from long-term use. When such a fault occurs, the display shows one of the following error codes:

CODE	DESCRIPTION
E 1	Failure of speed sensor (sensor does not detect belt movement)
E 4	Lift sensor or elevation system failure
E 7	Software failure
E 8	Speed of the running belt exceeds set speed

If any error code appears on the display or there are other malfunctions, proceed as follows:

1. Turn off the power switch for a minute and then turn it on again.
2. Insure the tether key is properly inserted.
3. Insure the power cord is properly plugged.
4. Insure the treadmill is properly lubricated.
5. If the error code does not disappear after the above mentioned maintenance actions, please contact your local Tunturi dealer. Always give the error code and serial number.

tEtH The tether key is not properly inserted

NOTE! If you notice a malfunction during use, contact the dealer. Always give the model and serial number of your device. Please state also the nature of the problem, conditions of use and purchase date.

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 treadmill for repair, as it is usually sufficient to replace the defective part.

USER MAINTENANCE MENU

The total treadmill running time and total distance are automatically saved in the memory of the treadmill. If you wish to check the total values at any time, proceed as follows:

1. Press and hold the STOP key while pressing the SCAN/SELECT key (when meter displays "enter weight" mode). The meter displays the user set up mode.
2. Press and hold the STOP key again while pressing first the SCAN/SELECT key and then the ENTER key.
3. The meter will scan the following functions: software version, total time and total distance.
4. Press ENTER key twice to exit the user maintenance menu.

MOVING AND STORAGE

The J 77P is equipped with wheels for easy mobility. Before moving, be sure the power cord is unplugged from the wall and the treadmill. Lift the rear end of the treadmill, then push or pull, rolling the treadmill on the front wheels.

NOTE! The running belt may need to be realigned and centered after moving.

To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.

TECHNICAL DATA

Length	150 cm / 60"
Height	125 cm / 49.2"
Width	90 cm / 36"
Weight	71 kg / 157 lbs
Running surface length	135 cm / 54" x 44 cm / 17.6"
Speed	1.5 -16 km/h / 1-10 mph
Elevation range	0 - 10 %
Motor	1,5 HP (continuous duty)
Maximum user weight	135 kg / 310 lbs

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

All Tunturi treadmills meet DIN accuracy and safety norms (DIN 32933-1+3).

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 program of product development we reserve the right to change specifications without notice.

PRG 1**IL 1**

	00:00	03:00	06:00	09:00	12:00	15:00
km/h	3.2	4.8	4.8	4.8	3.2	Stop
mph	2.0	3.0	3.0	3.0	2.0	Stop
%	0	0	1	0	0	

IL 2

	00:00	04:00	08:00	12:00	16:00	20:00
km/h	4.8	6.4	6.4	6.4	4.8	Stop
mph	3.0	4.0	4.0	4.0	3.0	Stop
%	0	1	2	1	0	

IL 3

	00:00	04:00	08:00	12:00	16:00	20:00
km/h	6.4	7.2	7.2	7.2	6.4	Stop
mph	4.0	4.5	4.5	4.5	4.0	Stop
%	1	2	3	2	1	

PRG 2**IL 1**

	00:00	04:00	08:00	12:00	16:00	20:00
km/h	3.2	4.8	4.8	4.8	3.2	Stop
mph	2.0	3.0	3.0	3.0	2.0	Stop
%	0	0	1	0	0	

IL 2

	00:00	04:00	11:20	18:40	26:00	30:00
km/h	4.8	6.4	6.4	6.4	4.8	Stop
mph	3.0	4.0	4.0	4.0	3.0	Stop
%	0	1	2	1	0	

IL 3

	00:00	04:00	14:40	25:20	36:00	40:00
km/h	6.8	8.4	8.4	8.4	6.8	Stop
mph	4.2	5.2	5.2	5.2	4.2	Stop
%	1	2	3	2	1	

IL 4

	00:00	04:00	14:40	25:20	36:00	40:00
km/h	8.9	10.5	10.5	10.5	8.9	Stop
mph	5.5	6.5	6.5	6.5	5.5	Stop
%	2	3	4	3	2	

IL 5

	00:00	04:00	14:40	25:20	36:00	40:00
km/h	10.5	12.0	12.0	12.0	10.5	Stop
mph	6.5	7.5	7.5	7.5	6.5	Stop
%	3	4	5	4	3	

PRG 3**IL 1**

	00:00	04:00	04:50	05:40	06:30	07:20	08:10	09:00	09:50	10:40	15:00
km/h	4.0	4.8	4.8	4.5	4.8	4.0	4.8	4.5	4.8	4.0	Stop
mph	2.5	3.0	3.0	2.8	3.0	2.5	3.0	2.8	3.0	2.5	Stop
%	0	1	0	2	1	3	1	2	1		

IL 2

	00:00	04:00	07:00	08:30	10:00	11:30	13:00	14:00	16:00	20:00
km/h	4.8	6.4	5.6	6.4	4.8	6.4	5.6	6.4	4.8	Stop
mph	3.0	4.0	3.5	4.0	3.0	4.0	3.5	4.0	3.0	Stop
%	0	1	3	1	5	2	3	2	0	

IL 3

	00:00	04:00	06:10	08:20	10:25	12:30	14:40	16:45	18:55	21:00	25:00
km/h	6.1	8.0	8.0	7.2	8.0	6.4	8.0	7.2	8.0	6.1	Stop
mph	3.8	5.0	5.0	4.5	5.0	4.0	5.0	4.5	5.0	3.8	Stop
%	0	2	1	5	2	8	4	6	2	0	

IL 4

	00:00	04:00	06:45	09:30	12:15	15:00	17:45	20:30	23:15	26:00	30:00
km/h	8.0	10.5	10.5	9.7	10.5	8.9	10.5	9.7	10.5	8.0	Stop
mph	5.0	6.5	6.5	6.0	6.5	5.5	6.5	6.0	6.5	5.0	Stop
%	0	2	1	5	2	9	4	6	3	1	

IL 5

	00:00	04:00	07:25	10:45	14:10	17:30	20:50	24:15	27:35	30:50	35:00
km/h	9.7	12.1	12.1	11.3	12.1	10.5	12.1	11.3	12.1	9.7	Stop
mph	6.0	7.5	7.5	7.0	7.5	6.5	7.5	7.0	7.5	6.0	Stop
%	0	2	1	5	2	10	4	6	3	1	

PRG 4

IL 1

	00:00	06:00	06:30	07:40	08:10	09:20	09:50	11:00	15:00
km/h	2.9	5.3	3.7	5.3	3.7	5.3	3.7	2.9	Stop
mph	1.8	3.3	2.3	3.3	2.3	3.3	2.3	1.8	Stop
%	0	0	0	0	0	0	0	0	

IL 2

	00:00	06:00	07:10	09:20	10:30	12:40	13:50	16:00	20:00
km/h	3.9	6.4	5.6	6.4	5.6	6.4	5.6	3.9	Stop
mph	2.4	4.0	3.5	4.0	3.0	4.0	3.5	4.0	Stop
%	0	0	0	0	0	0	0	0	

IL 3

	00:00	06:00	07:40	11:00	12:40	16:00	17:40	21:00	25:00
km/h	5.3	8.4	7.2	8.4	7.2	8.4	7.2	5.3	Stop
mph	3.3	5.2	4.5	5.2	4.5	5.2	4.5	3.3	Stop
%	0	0	0	0	0	0	0	0	

IL 4

	00:00	06:00	08:20	12:40	15:00	19:20	21:40	26:00	30:00
km/h	7.2	11.3	9.7	11.3	9.7	11.3	9.7	7.2	Stop
mph	4.5	7.0	6.0	7.0	6.0	7.0	6.0	4.5	Stop
%	0	0	0	0	0	0	0	0	

IL 5

	00:00	06:00	08:50	14:20	17:10	22:40	25:30	31:00	35:00
km/h	8.2	12.9	10.5	12.9	10.5	12.9	10.5	8.2	Stop
mph	5.1	8.0	6.5	8.0	6.5	8.0	6.5	5.1	Stop
%	0	0	0	0	0	0	0	0	

PRG 5

IL 1

	00:00	05:00	10:00	15:00	20:00	25:00
km/h	4.0	5.3	5.3	5.3	4.0	Stop
mph	2.5	3.3	3.3	3.3	2.5	Stop
%	0	2	0	2	0	

IL 2

	00:00	05:00	10:00	15:00	20:00	25:00	30:00
km/h	4.0	6.4	7.2	5.6	6.4	7.2	Stop
mph	2.5	4.0	4.5	3.5	4.0	4.5	Stop
%	0	3	4	4	4	3	

IL 3

	00:00	05:00	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00
km/h	6.4	8.0	8.4	8.0	7.7	7.7	8.0	8.0	6.4	Stop
mph	4.0	5.0	5.2	5.0	4.8	4.8	5.0	5.0	4.0	Stop
%	0	3	4	5	5	5	4	3	0	

IL 4

	00:00	05:00	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00
km/h	8.0	9.7	10.0	9.7	9.3	9.3	9.7	9.7	8.0	Stop
mph	5.0	6.0	6.2	6.0	5.8	5.8	6.0	6.0	5.0	Stop
%	0	4	5	6	6	6	5	4	0	

IL 5

	00:00	05:00	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00
km/h	9.7	11.3	11.6	11.3	10.9	10.9	11.3	11.3	9.7	Stop
mph	6.0	7.0	7.2	7.0	6.8	6.8	7.0	7.0	6.0	Stop
%	0	4	5	6	6	6	5	4	0	

PRG 6

IL 1

	00:00	04:00	06:00	08:00	10:00	12:00	14:00	16:00	20:00
km/h	2.4	4.8	5.6	4.0	4.8	5.6	4.0	2.4	Stop
mph	1.5	3.0	3.5	2.5	3.0	3.5	2.5	1.5	Stop
%	0	0	0	3	0	0	3	0	

IL 2

	00:00	04:00	06:00	08:00	10:00	12:00	14:00	16:00	20:00
km/h	4.0	6.4	7.2	5.6	6.4	7.2	5.6	4.0	Stop
mph	2.5	4.0	4.5	3.5	4.0	4.5	3.5	2.5	Stop
%	0	1	1	5	1	1	5	1	

IL 3

	00:00	04:00	06:00	08:00	10:00	12:00	14:00	16:00	20:00
km/h	5.6	8.0	8.9	7.2	8.0	8.9	7.2	7.2	Stop
mph	3.5	5.0	5.5	4.5	5.0	5.5	4.5	4.5	Stop
%	0	2	2	8	2	2	8	2	

IL 4

	00:00	04:00	06:00	08:00	10:00	12:00	14:00	16:00	20:00
km/h	8.0	10.5	11.3	9.7	10.5	11.3	9.7	8.0	Stop
mph	5.0	6.5	7.0	6.0	6.5	7.0	6.0	5.0	Stop
%	0	3	3	9	3	3	9	3	

IL 5

	00:00	04:00	06:00	08:00	10:00	12:00	14:00	16:00	20:00
km/h	9.7	12.1	12.9	11.3	12.1	12.9	11.3	9.7	Stop
mph	6.0	7.5	8.0	7.0	7.5	8.0	7.0	6.0	Stop
%	0	4	4	10	4	4	10	4	

PRG 7

IL 1

	00:00	05:00	10:00	15:00	20:00
km/h	4.0	4.8	4.8	4.0	Stop
mph	2.5	3.0	3.0	3.3	Stop
%	0	2	2	0	

IL 2

	00:00	05:00	10:00	15:00	20:00
km/h	4.8	5.6	5.6	4.8	Stop
mph	3.0	3.5	3.5	3.0	Stop
%	2	4	4	2	

IL 3

	00:00	05:00	10:00	15:00	20:00
km/h	6.1	7.7	7.7	6.1	Stop
mph	3.8	4.8	4.8	3.8	Stop
%	3	6	6	3	

IL 4

	00:00	05:00	10:00	15:00	20:00
km/h	8.0	10.5	10.5	8.0	Stop
mph	5.0	6.5	6.5	5.0	Stop
%	4	8	8	4	

IL 5

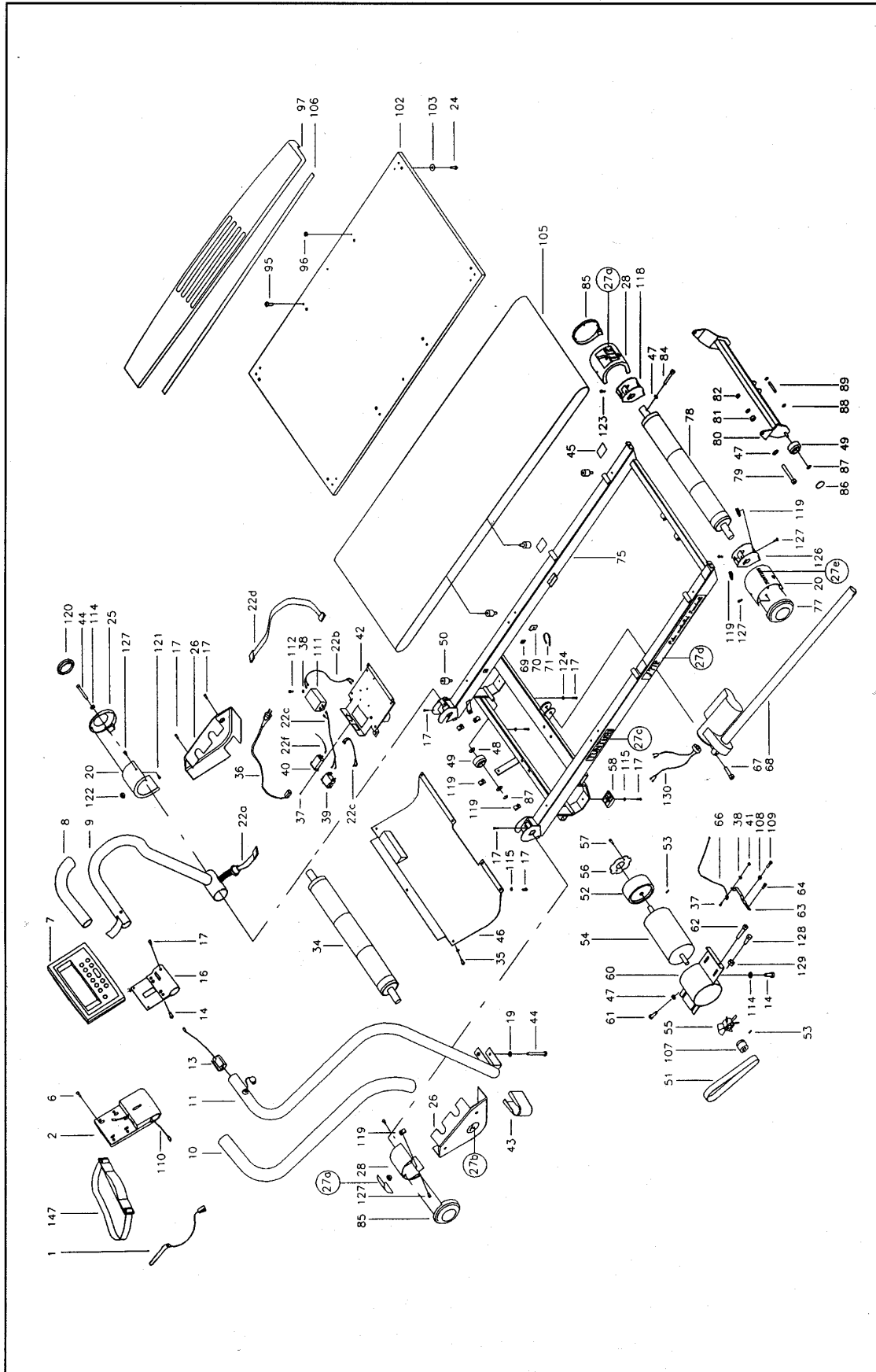
	00:00	05:00	10:00	15:00	20:00
km/h	9.7	11.6	11.6	9.7	Stop
mph	6.0	7.2	7.2	6.0	Stop
%	5	10	10	5	

PRG 8

IL 1																			
km	0.0	0.3	0.6	1.0	1.3	1.8	2.3	2.6	3.1	3.4	3.9	4.2							
miles	0.0	0.2	0.4	0.6	0.8	1.1	1.4	1.6	1.9	2.1	2.4	2.6							
%	0	0	0	2	0	0	3	1	3	0	1	3							
IL 2																			
km	0.0	0.3	0.6	1.0	1.3	1.8	2.3	2.6	3.1	3.4	3.9	4.2							
miles	0.0	0.2	0.4	0.6	0.8	1.1	1.4	1.6	1.9	2.1	2.4	2.6							
%	0	1	1	3	0	1	5	2	4	0	2	5							
IL 3																			
km	0.0	0.3	0.6	1.0	1.3	1.8	2.3	2.6	3.1	3.4	3.9	4.2	4.5	5.0					
miles	0.0	0.2	0.4	0.6	0.8	1.1	1.4	1.6	1.9	2.1	2.4	2.6	2.8	3.1					
%	0	2	1	4	0	2	8	3	5	1	2	8	0	Stop					
IL 4																			
km	0.0	0.3	0.6	1.0	1.3	1.8	2.3	2.6	3.1	3.4	3.9	4.2	4.5	5.0					
miles	0.0	0.2	0.4	0.6	0.8	1.1	1.4	1.6	1.9	2.1	2.4	2.6	2.8	3.1					
%	0	3	1	5	1	3	9	4	6	1	2	9	0	Stop					
IL 5																			
km	0.0	0.3	0.6	1.0	1.3	1.8	2.3	2.6	3.1	3.4	3.9	4.2	4.5	5.0					
miles	0.0	0.2	0.4	0.6	0.8	1.1	1.4	1.6	1.9	2.1	2.4	2.6	2.8	3.1					
%	0	4	1	6	2	4	9	5	7	1	2	10	0	Stop					

PRG 9

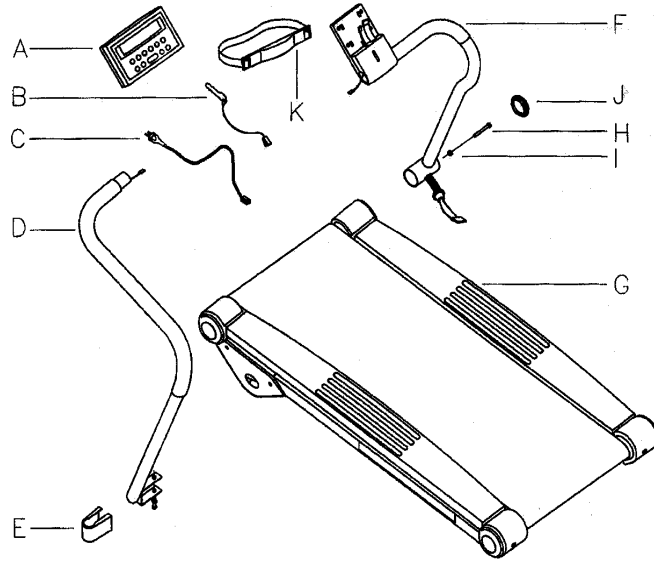
IL 1																				
km	0.0	0.5	1.0	1.9	2.9	3.4	3.9	4.8	5.3	5.8	6.3	6.8	7.2	8.2	8.7	9.2	9.7	10.0		
miles	0.0	0.3	0.6	1.2	1.8	2.1	2.4	3.0	3.3	3.6	3.9	4.2	4.5	5.1	5.4	5.7	6.0	6.2		
%	0	1	0	3	5	0	2	0	4	0	4	0	1	4	0	0	0	0	Stop	
IL 2																				
km	0.0	0.5	1.0	1.9	2.4	2.9	3.4	3.9	4.8	5.3	5.8	6.3	6.8	7.2	8.2	8.7	9.2	9.7	10.0	
miles	0.0	0.3	0.6	1.2	1.5	1.8	2.1	2.4	3.0	3.3	3.6	3.9	4.2	4.5	5.1	5.4	5.7	6.0	6.2	
%	1	2	0	4	0	6	0	2	0	5	0	5	0	2	5	1	0	0	Stop	
IL 3																				
km	0.0	0.5	1.0	1.9	2.4	2.9	3.4	3.9	4.8	5.3	5.8	6.3	6.8	7.2	8.2	8.7	9.2	9.7	10.0	
miles	0.0	0.3	0.6	1.2	1.5	1.8	2.1	2.4	3.0	3.3	3.6	3.9	4.2	4.5	5.1	5.4	5.7	6.0	6.2	
%	1	3	2	4	0	6	2	9	4	1	7	1	7	1	4	7	2	1	Stop	
IL 4																				
km	0.0	0.5	1.0	1.9	2.4	2.9	3.4	3.9	4.8	5.3	5.8	6.3	6.8	7.2	8.2	8.7	9.2	9.7	10.0	
miles	0.0	0.3	0.6	1.2	1.5	1.8	2.1	2.4	3.0	3.3	3.6	3.9	4.2	4.5	5.1	5.4	5.7	6.0	6.2	
%	2	4	0	6	2	9	1	4	1	4	1	7	1	4	7	3	2	1	Stop	
IL 4																				
km	0.0	0.5	1.0	1.9	2.4	2.9	3.4	3.9	4.8	5.3	5.8	6.3	6.8	7.2	8.2	8.7	9.2	9.7	10.0	
miles	0.0	0.3	0.6	1.2	1.5	1.8	2.1	2.4	3.0	3.3	3.6	3.9	4.2	4.5	5.1	5.4	5.7	6.0	6.2	
%	3	5	0	7	3	10	2	5	1	9	1	9	2	5	8	4	3	1	Stop	



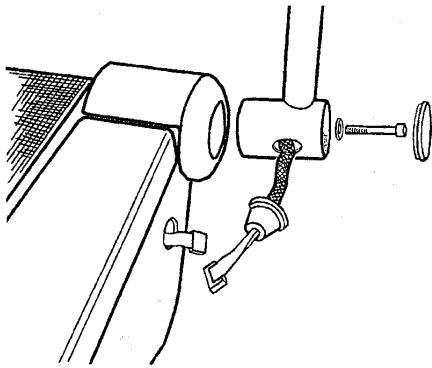
Ref. no	Part no.		Ref. no	Part no.		
1*	403 4019	A	66	403 4017	D	
2	503 4009	A	67	M8x40 DIN 912	C	
6	35x13 DIN 7981	C	68	813 4008	C	
7	233 4011	D	-	813 4006	USA	C
-	173 4024	A	69	503 125 89	A	
8	213 4004	R	70	503 420	A	
9	203 4010	R (+ 8)	71	501 104 74	A	
10	213 4005	L	75	103 4013	A	
11	203 4004	L (+ 10)	77	173 4027	L	C
13	403 4023	D	78	523 4017	C	
14	M8x20 DIN 912	C	79	M8x65 DIN 912	C	
16	503 4007	C	80	103 4008	C	
17	M5x14 DIN 7985	C	81	533 4015	C	
19*	M8 DIN 127B	C	82	M8 DIN 912	C	
20	173 4028	front R, rear L	84	M8x50 DIN 912	C	
22	403 4059	(+ 22a-22d, 22f)	85	173 4026	front L, rear R	A
24	KB 40x16 WN-1442	C	86	533 4018	A	
25	173 4025	R	87	12 DIN 471	C	
26	173 4030	x 2	88	8 DIN 471	C	
27	423 4049	(+ 27a - 27d)	89	343 4003	C	
28	173 4029	front L, rear R	95	M8x25 DIN 7984	C	
34	523 4015	C	96	M8 DIN 936	C	
35	M5x12 DIN 7985	C	97	433 4006	A	
36	403 4024	EUR	102	433 4015	A	
-	403 4015	USA	103	62 0624 10	C	
-	403 4061	GB	105	443 4004	A	
-	403 4062	SUI	106	683 400	A	
-	403 4063	ISR	107	263 4003	C	
-	403 4064	AUS	108	M5 DIN 934	C	
37	M3x8 DIN 966 A4	C	109	M5x16 DIN 84	C	
38	M4 DIN 127B	C	111	403 4033	D	
39	403 470	D	112	M4x6 DIN 7985	C	
40	403 4016	D	113	403 4009 52	D	
41	M3 DIN 934	C	114*	652 133 74	(* 1)	C
42	403 4043	D	115	M5 DIN 9021	C	
-	403 4045	USA	118	103 4019	C	
-	(+ 22b,22c,22f,37,39,40)	D	119	653 1003	C	
43	173 4016	A	120	533 4033	A	
44*	M8x80 DIN 912	(* x1)	121	KB 35x12 WN-1441	C	
45	533 4010	A	122	533 5005	C	
46	173 4033	A	123	M5x10 DIN 7985	C	
47	62 0817 20	C	124	M5 6798I	C	
48	12x18x1 DIN 988	C	126	103 4020	C	
49	533 4005	A	127	M5x12 DIN ISO 7380	C	
50	533 4008	A/C	128	M8x25 DIN 933	C	
51	443 4007	A	129	M8 DIN 934	C	
52	303 4004	C	130	403 4048	C	
53	M6x8 DIN 916	C	147	403 0015	D	
54	813 4010	D	*	553 4004	(+ *)	A
-	(+ 47,52,53-57,60,61,107,125)	D	*	553 0009	6mm	C
55	303 4005	A	-	563 4003	T-Lube	C
56	263 4002	C	-	583 4014	B	
57	M4x8 DIN 7985	C				
58	533 4006	x 2 (+ 115)				
60	103 4021	C				
61	5/6"x 1/2" DIN 933	C				
62	M8x45 DIN 912	C				
63	503 4010	C				
64	M5x8 DIN 7985 A4	C				

List for recycling:	Index für Materialentsorgung:
A = Plastic, thermoplast / Kunststoff, Thermoplast	A = Plastic, thermoplast / Kunststoff, Thermoplast
B = Paper, Carton / Papier, Pappe	B = Paper, Carton / Papier, Pappe
C = Metal / Metall	C = Metal / Metall
D = Electronics / Elektronik	D = Electronics / Elektronik

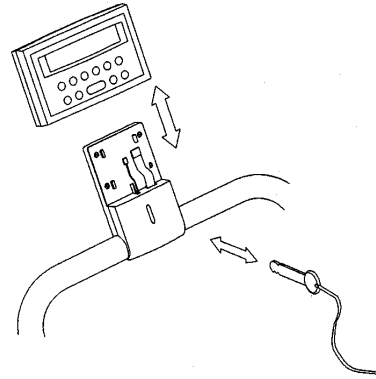
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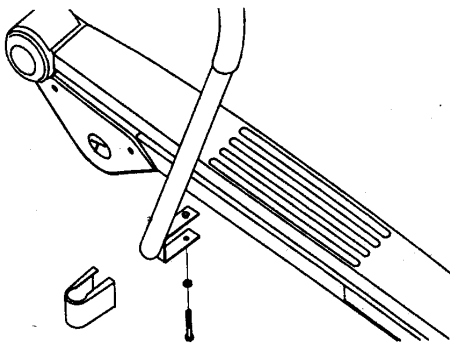
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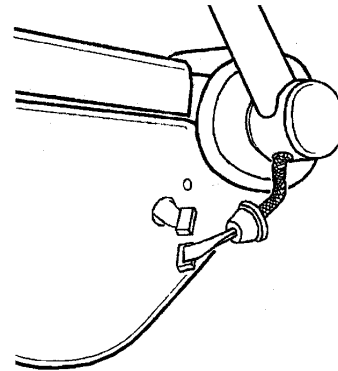
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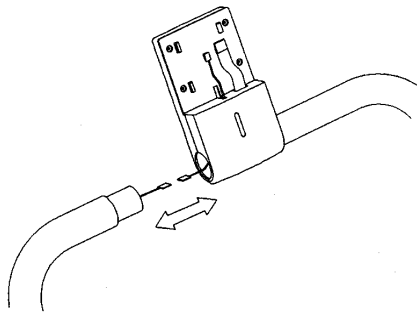
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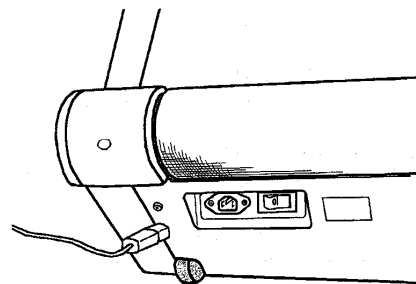
6.



4.



7.



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