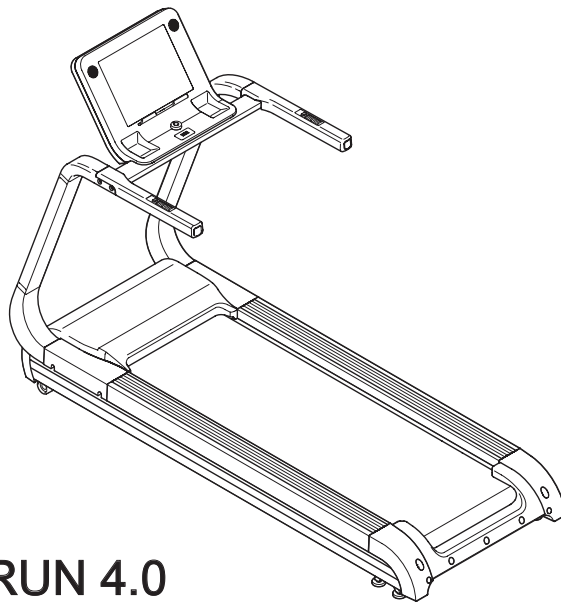


Pure
BY TUNTURI®

English

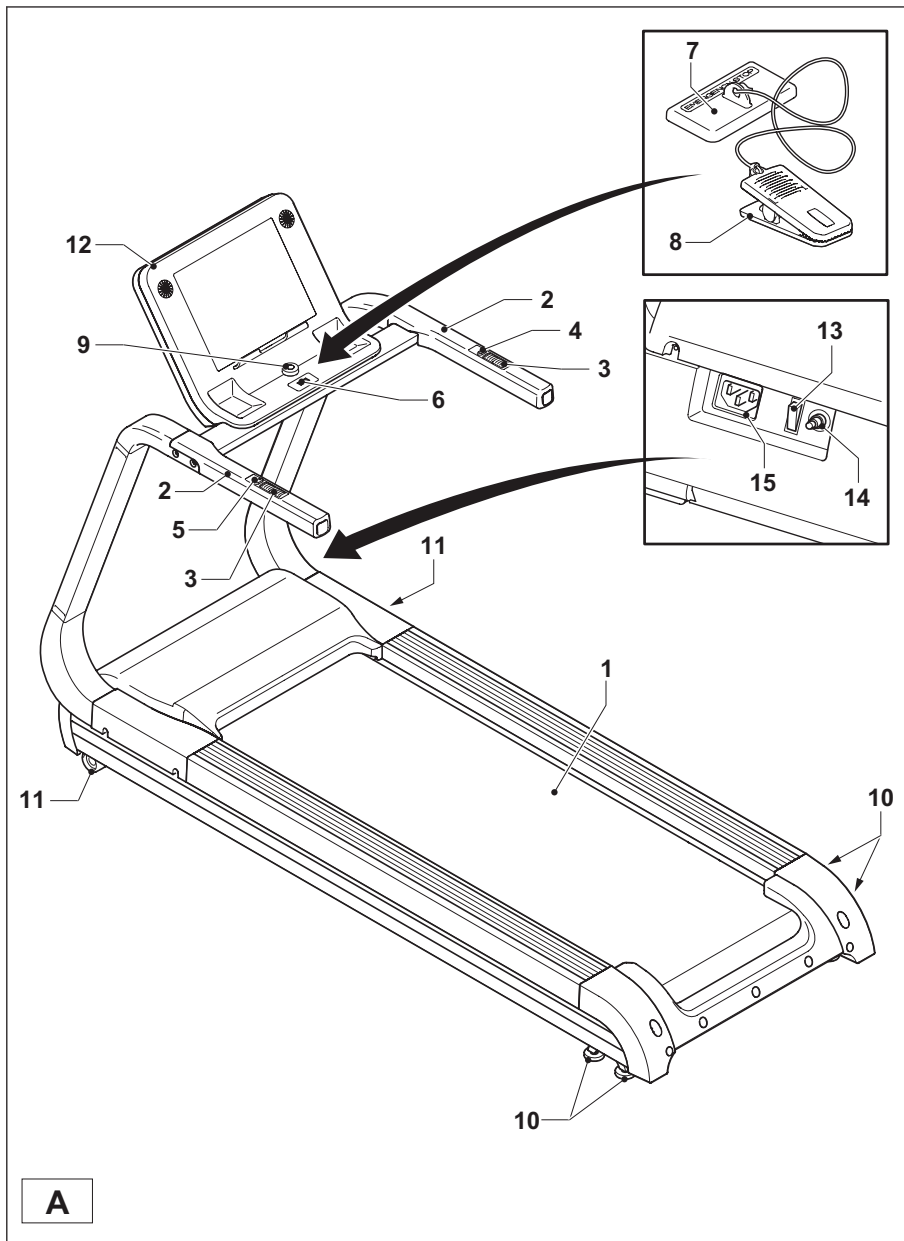
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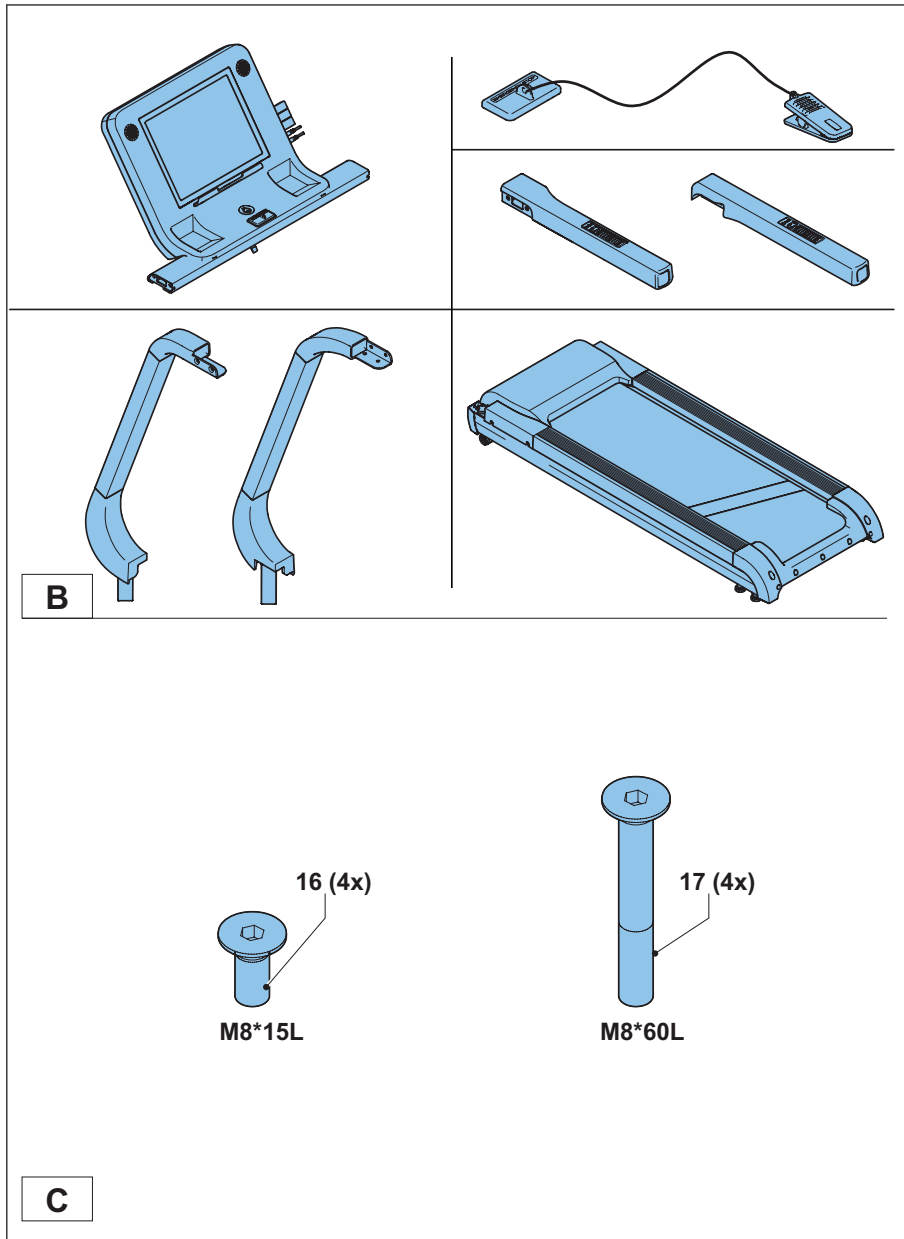


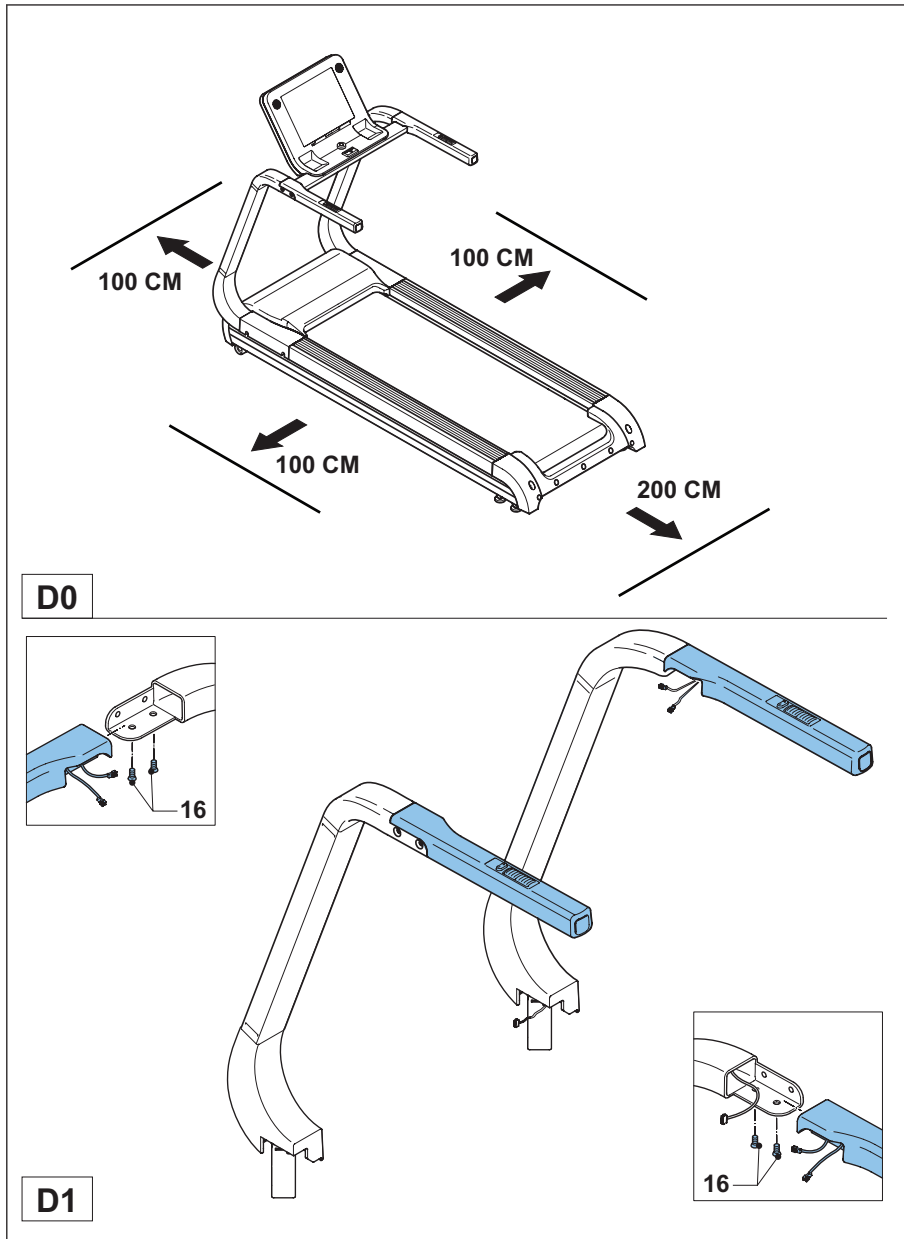
RUN 4.0

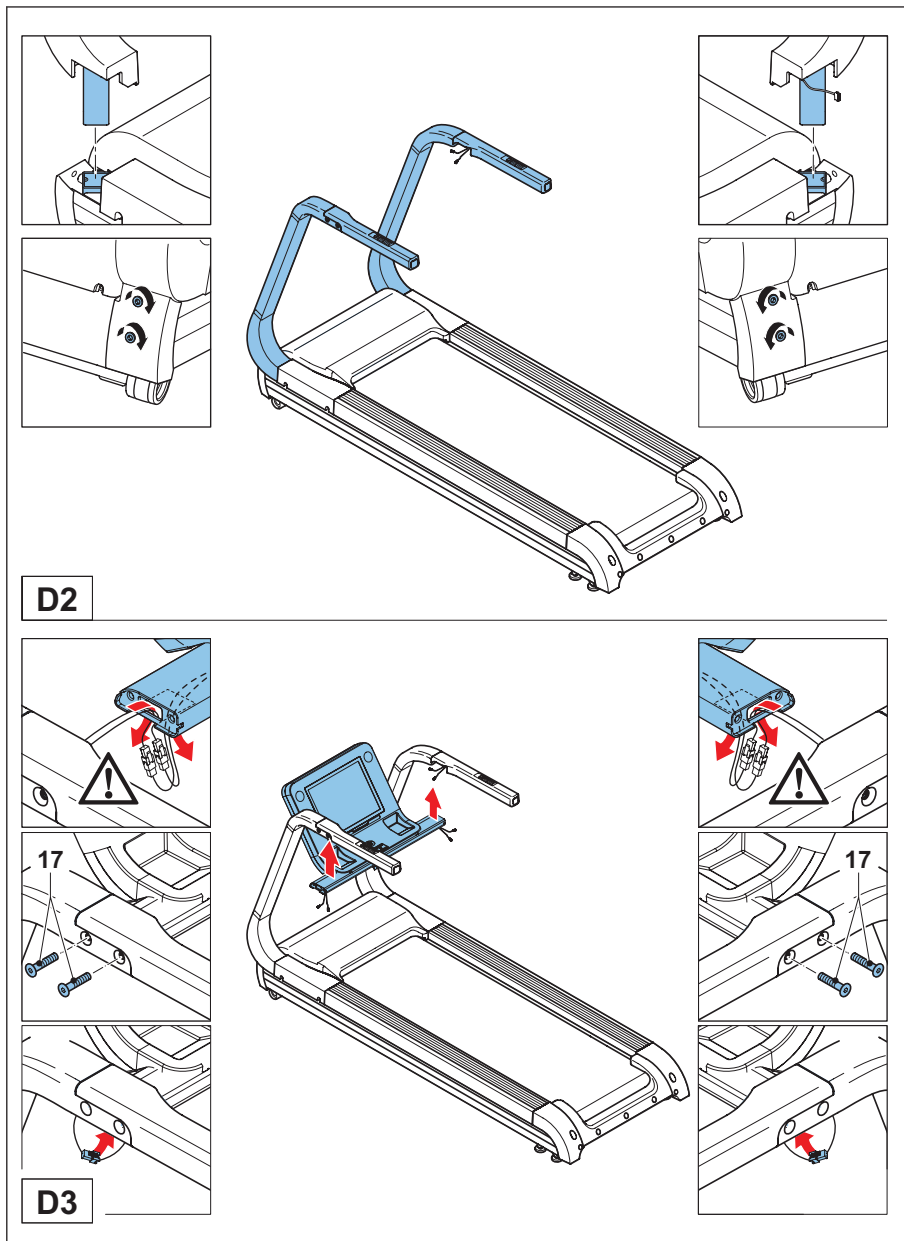
From the **Heart** 

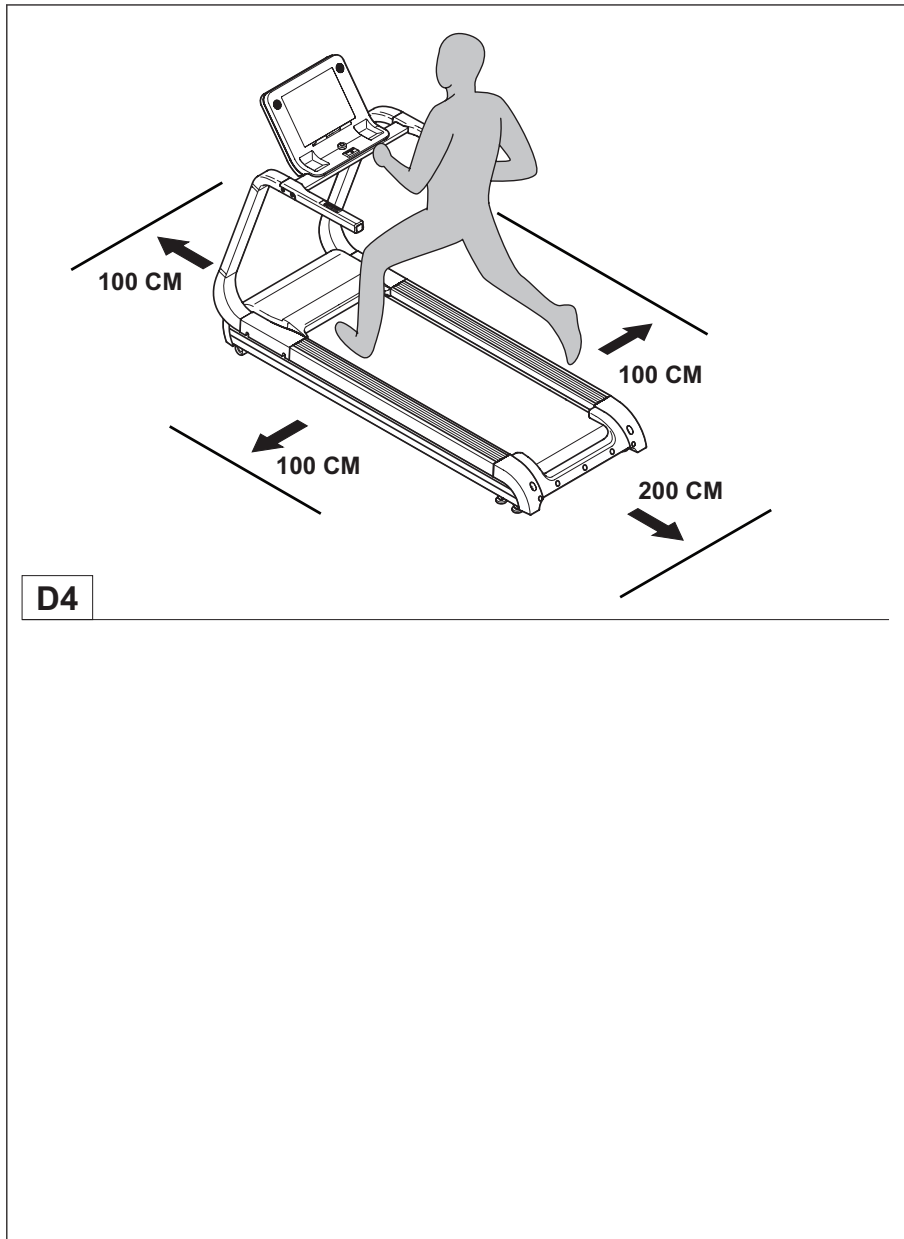
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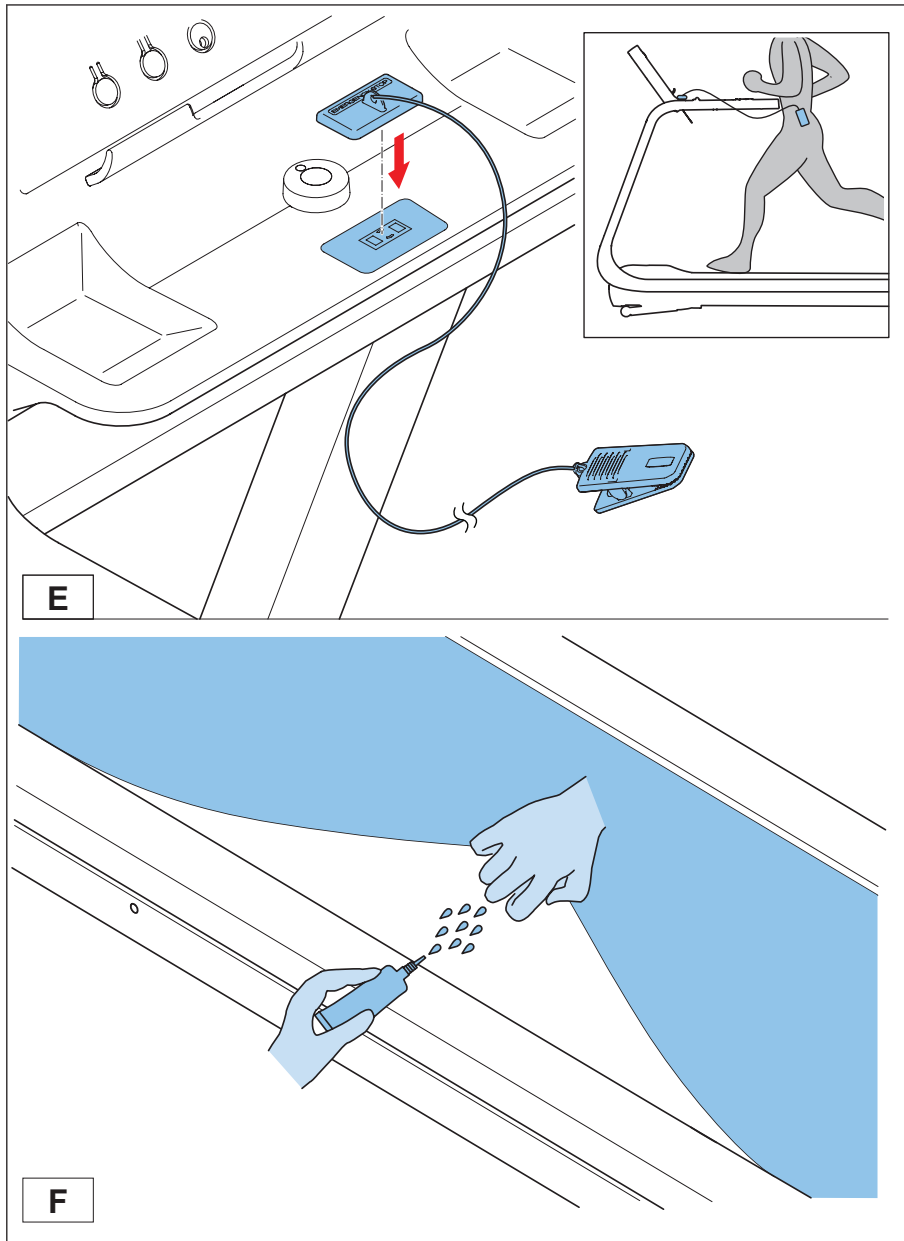


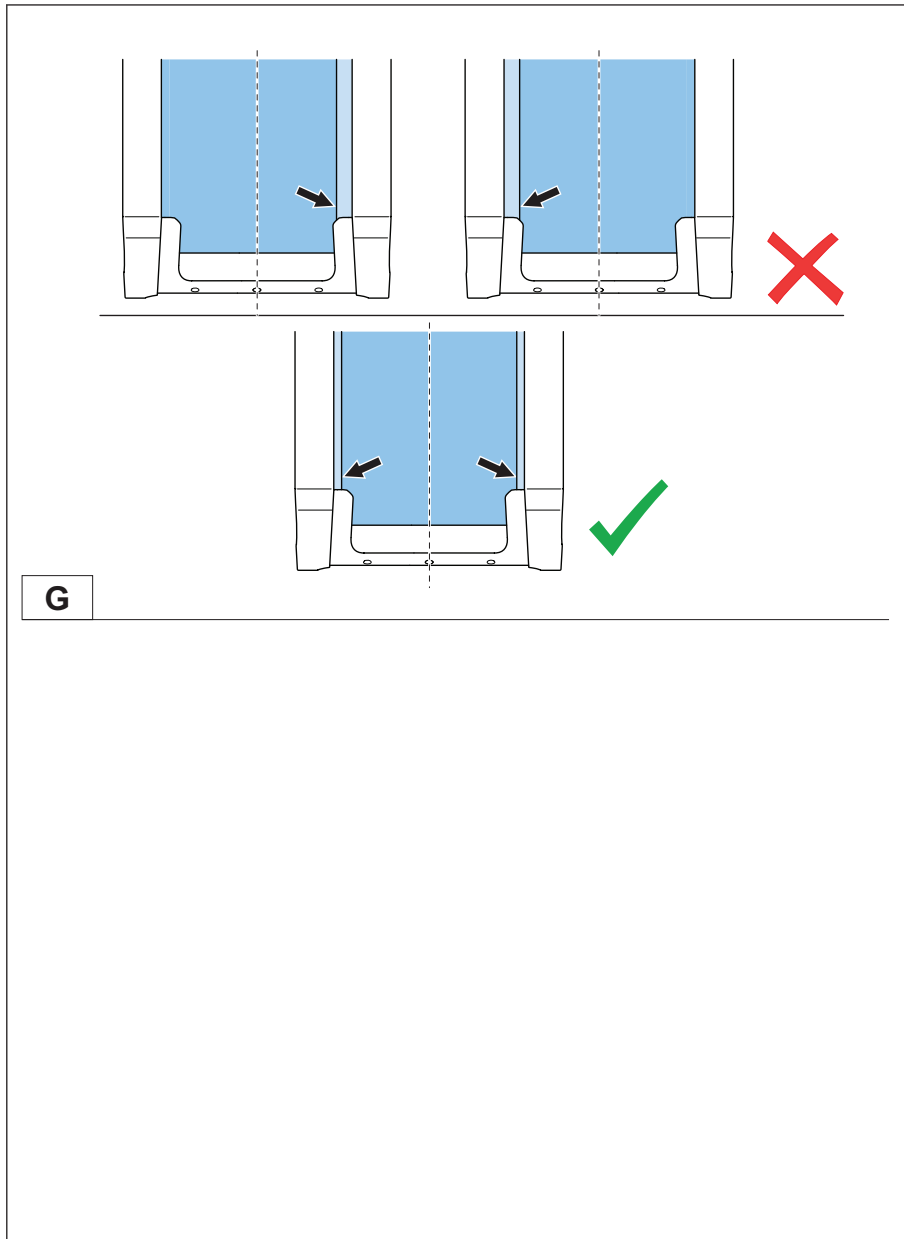












G

TREADMILL

Welcome to the world of Tunturi Fitness!

Thank you for purchasing this piece of Tunturi equipment. Tunturi offers a wide range of professional fitness equipment, including crosstrainers, treadmills, exercise bikes, rowers and vibration plates. The Tunturi equipment is suitable for the entire family, no matter what fitness level. For more information, please visit our website www.tunturi.com

Safety warnings



WARNING

- Read the safety warnings and the instructions. Failure to follow the safety warnings and the instructions can cause personal injury or damage to the equipment. Keep the safety warnings and the instructions for future reference.



WARNING

- Heart-rate monitoring systems may be inaccurate. Over-exercise may result in serious injury or death. If you feel faint, stop exercising immediately. For the correct position on the running belt see illustration D4.

- The equipment is suitable for domestic and professional use only (e.g. hospitals, fire stations, hotels, schools etc.). Max. usage is limited to 6 hrs a day. The equipment is not suitable for full commercial use (e.g. large gyms).
- The use of this equipment by children or persons with a physical, sensory, mental or motorial disability, or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety must give explicit instructions or supervise the use of the equipment.
- Before starting your workout, consult a physician to check your health.
- If you experience nausea, dizziness or other abnormal symptoms, immediately stop your workout and consult a physician.
- To avoid muscular pain and strain, start each workout by warming up and finish each workout by cooling down. Remember to stretch at the end of the workout.

- The equipment is suitable for indoor use only. The equipment is not suitable for outdoor use.
- Only use the equipment in environments with adequate ventilation. Do not use the equipment in draughty environments in order not to catch a cold.
- Only use the equipment in environments with ambient temperatures between 10 °C and 35 °C. Only store the equipment in environments with ambient temperatures between 5 °C and 45 °C.
- Do not use or store the equipment in humid surroundings. The air humidity must never be more than 80%.
- Only use the equipment for its intended purpose. Do not use the equipment for other purposes than described in the manual.
- Do not use the equipment if any part is damaged or defective. If a part is damaged or defective, contact your dealer.
- Keep your hands, feet and other body parts away from the moving parts.
- Keep your hair away from the moving parts.
- Wear appropriate clothing and shoes.
- Keep clothing, jewelry and other objects away from the moving parts.
- Make sure that only one person uses the equipment at a time. The equipment must not be used by persons weighing more than 135 kg (300 lbs).
- Do not open equipment without consulting your dealer.

Electrical safety

Description (fig. A)

Your treadmill is a piece of stationary fitness equipment used to simulate walking or running without causing excessive pressure to the joints.

1	Running belt	9	Jogwheel
2	Side handlebar	10	Support foot
3	Hand pulse sensor	11	Transport wheel
4	SPEED +/- button	12	Console
5	INCLINE +/- button	13	Master power switch
6	Safety key slot	14	Circuit breaker
7	Safety key	15	Mains cable connection
8	Safety key clip		

Fasteners (fig. C)

16 Screw (M8*60L)

17 Screw (M8*15L)

Package contents (fig. B & C)

- The package contains the parts as shown in fig. B.
- The package contains the fasteners as shown in fig. C. Refer to the section "Description".

**NOTE**

- If a part is missing, contact your dealer.

Assembly (fig. D)

**WARNING**

- Assemble the equipment in the given order.
- Carry and move the equipment with at least two persons.

**CAUTION**

- Place the equipment on a firm, level surface.
- Place the equipment on a protective base to prevent damage to the floor surface.
- Allow at least 200 cm of clearance behind the equipment, 100 cm in front of the equipment and 100 cm on the sides of the equipment.

- Refer to the illustrations for the correct assembly of the equipment.

Workouts

The workout must 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. You should perspire, but you should not get out of breath during the workout.

To reach and maintain a basic fitness level, exercise at least three times a week, 30 minutes at a time. Increase the number of exercise sessions to improve your fitness level. It is worthwhile to combine regular exercise with a healthy diet. A person committed to dieting should exercise daily, at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. Start your workout at low speed and low resistance to prevent the cardiovascular system from being subjected to excessive strain. As the fitness level improves, speed and resistance can be increased gradually. The efficiency of your exercise can be measured by monitoring your heart rate and your pulse rate.

Pulse rate measurement (hand pulse sensors)

The pulse rate is measured by sensors in the handlebars when the user is touching both sensors at the same time.



WARNING

- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Most accurate pulse measurement is achieved when the skin is slightly moist and constantly touching the hand pulse sensors. If the skin is too dry or too moist, the pulse rate measurement might become less accurate.



NOTE

- Do not use the hand pulse sensors in combination with a heart rate chest belt.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.

Heart rate measurement (heart rate chest belt)

The most accurate heart rate measurement is achieved with a heart rate chest belt. The heart rate is measured by a heart rate receiver in combination with a heart rate transmitter belt. Accurate heart measurement requires that the electrodes on the transmitter belt are slight moist and constantly touching the skin. If the electrodes are too dry or too moist, the heart rate measurement might become less accurate.

WARNING



- If you have a pacemaker, consult a physician before using a heart rate chest belt.

CAUTION



- If there are several heart rate measurement devices next to each other, make sure that the distance between them is at least 2 meter.
- If there is only one heart rate receiver and several heart rate transmitters, make sure that only one person with a transmitter is within transmission range.



NOTE

- Do not use a heart rate chest belt in combination with the hand pulse sensors.
- Always wear the heart rate chest belt under your clothes directly in contact with your skin. Do not wear the heart rate chest belt above your clothes. If you wear the heart rate chest belt above your clothes, there will be no signal.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.
- The transmitter transmits the heart rate to the console up to a distance of 1,5 meter. If the electrodes are not moist, the heart rate will not appear on the display.
- Some fibers in clothes (e.g. polyester, polyamide) create static electricity which can prevent accurate heart rate measurement.
- Mobile phones, televisions and other electrical appliances create an electromagnetic field which can prevent accurate heart rate measurement.

Maximum heart rate (during training)

The maximum heart rate is the highest heart rate a person can safely achieve through exercise stress. The following formula is used to calculate the average maximum heart rate: $220 - \text{AGE}$. The maximum heart rate varies from person to person.



WARNING

- Make sure that you do not exceed your maximum heart rate during your workout. If you belong to a risk group, consult a physician.

Category	Heart rate zone	Explanation
Beginner	50-60% of maximum heart rate	Suitable for beginners, weight-watchers, convalescents and persons who have not exercised for a long time. Exercise at least three times a week, 30 minutes at a time.
Advanced	60-70% of maximum heart rate	Suitable for persons who want to improve and maintain fitness. Exercise at least three times a week, 30 minutes at a time.
Expert	70-80% of maximum heart rate	Suitable for the fittest of persons who are used to long-endurance workouts.

Use

Master power switch

The equipment is equipped with a master power switch to shut down the equipment completely.

To start the equipment:

1. Insert the mains plug into the equipment.
2. Insert the mains plug into the wall socket.
3. Set the master power switch to the on position.

To stop the equipment:

1. Set the mains power switch to the off position.
2. Remove the mains plug from the wall socket.
3. Remove the mains plug from the equipment.

Safety key (fig. E)

The equipment is equipped with a safety key that must be properly inserted into the console to start the equipment. If you remove the safety key from the console, the equipment will stop immediately.

1. Insert the safety key into the slot in the console.
2. Make sure that the clip of the safety key is properly attached to your clothing.
Make sure that the clip is not removed from your clothing before the safety key is removed from the console.

Circuit breaker

The equipment is equipped with a circuit breaker that interrupts the circuit when the electricity load is above the maximum capacity. When this occurs, the circuit breaker must be pressed.

**WARNING**

- Before pressing the circuit breaker, remove the mains plug from the equipment.

If the equipment shuts down, proceed as follows to restart the equipment:

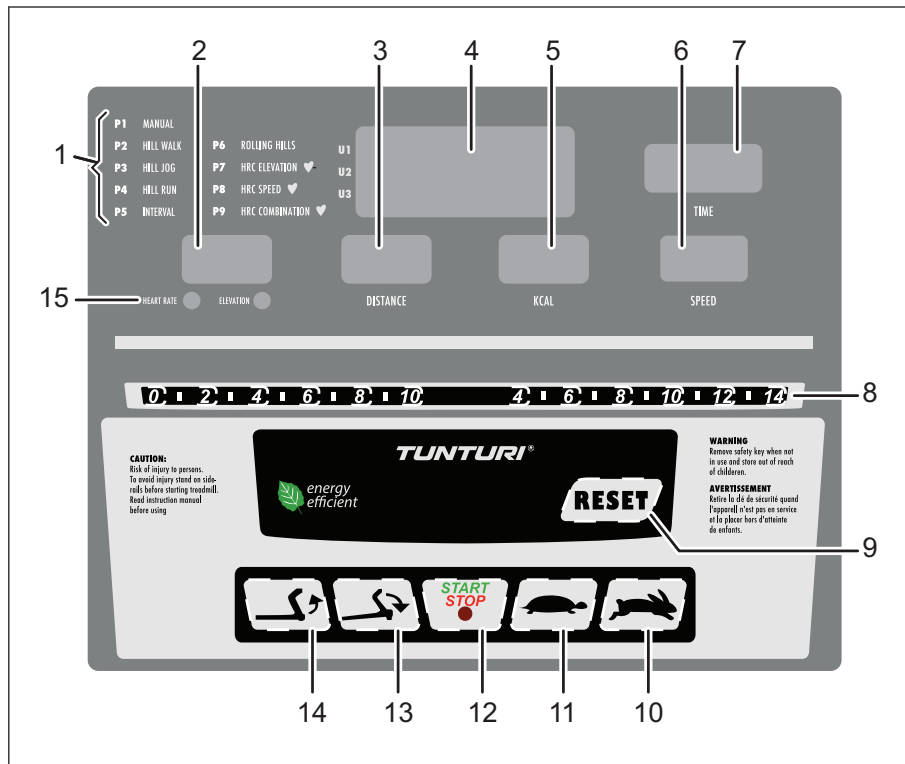
1. Remove the mains plug from the equipment.
2. Press the circuit breaker to restart the equipment.
3. Insert the mains plug into the equipment.

Adjusting the support feet

The equipment is equipped with 4 support feet. If the equipment is not stable, the support feet can be adjusted.

1. Turn the support feet as required to put the equipment in a stable position.
2. Tighten the locknuts to lock the support feet.

Console



- | | | | |
|---|--|----|-------------------------|
| 1 | Training profile indicator | 9 | RESET button |
| 2 | HEART RATE / ELEVATION display | 10 | SPEED + button |
| 3 | DISTANCE display | 11 | SPEED - button |
| 4 | Main display | 12 | START/STOP button |
| 5 | KCAL display | 13 | INCLINE - button |
| 6 | SPEED display | 14 | INCLINE + button |
| 7 | TIME display | 15 | Indicators for displays |
| 8 | SPEED quick buttons
INCLINE quick buttons | | |

Explanation of buttons and display

Button	Explanation
RESET	Touch the button to select a workout program (P1-P9).
INCLINE +	Touch the button to increase the incline (0%-12%) by 1% at a time. The ELEVATION display shows the incline. Touch and hold the button to accelerate the process.
INCLINE -	Touch the button to decrease the incline (0%-12%) by 1% at a time. The ELEVATION display shows the incline. Touch and hold the button to accelerate the process.
START/STOP	Touch the button to start or stop the workout.
SPEED +	Touch the button to increase the speed (0.8-18 km/h (0.5-11.2 mph)) by 0.1 km/h (0.1 mph) at a time. The SPEED display shows the speed. Touch and hold the button to accelerate the process.
SPEED -	Touch the button to decrease the speed (0.8-18 km/h (0.5-11.2 mph)) by 0.1 km/h (0.1 mph) at a time. The SPEED display shows the speed. Touch and hold the button to accelerate the process.

Display	Explanation
Main display	Workout profile.
TIME	Duration (mm:ss) for the workout.
DISTANCE	Distance (km or ml) for the workout.
SPEED	Speed (km/h or mph) for the workout.
ELEVATION	Incline (%) for the workout.
HEART RATE	Heart rate limit (bpm) during the workout.
KCAL	Energy consumption (kcal) for the workout.

Training menu

The program contains 9 preset training profiles.

1. Touch the RESET button to select a training profile. The training profile appears in the main display.
2. Touch and hold the RESET button until the correct training profile indicator comes on.
3. Manually change the speed and the incline during the workout:
 - Touch the SPEED +/- buttons to increase or decrease the speed (0.8-18 km/h (0.5-11.2 mph)) by 0.1 km/h (0.1 mph) at a time. The SPEED display shows the speed. Touch and hold the button to accelerate the process.
 - Touch the INCLINE +/- buttons to increase or decrease the incline (0%-12%) by 1% at a time. The ELEVATION display shows the incline. Touch and hold the button to accelerate the process.
4. Touch the START/STOP button to pause or stop the workout.

Cleaning and maintenance



WARNING

- Before cleaning and maintenance, remove the mains plug from the wall socket.
 - Do not use solvents to clean the equipment.
-
- Do not block the ventilation openings. Keep the ventilation openings clear from dust, dirt and other obstructions.

-
- Clean the equipment with a soft, absorbent cloth after each use.
 - Clean the visible parts of the equipment with a vacuum cleaner with a small suction nozzle
 - Regularly check that all screws and nuts are tight.

Lubrication (fig. F)

The running belt must be checked for lubrication once per 2 months, based on the average use of 60 minutes per day.



WARNING

- Before lubrication, remove the mains plug from the wall socket.



CAUTION

- Only lubricate the running belt if necessary. If you apply too much lubricant, the running belt will slip easily due to lack of friction.

1. Stand steadily on the running belt.
2. Take hold of the front handlebar and push the running belt with your feet so that it slides back and forth. The running belt must move smoothly and evenly without making sound.
3. If the running belt does not move smoothly and evenly or if the running belt does not move at all, touch the underside of the running belt with your fingertips to check the lubrication:
 - If you feel lubrication or your fingertips are shiny, there is sufficient lubrication on the running belt.
 - If you do not feel lubrication or your fingertips are dusty or rough, use a large spoon to apply a silicon lubricant (15-20 ml) in the middle of the running deck under the running belt and let the equipment operate at 5 km/h for at least 5 minutes.
 - After lubrication, do not fold the equipment before having done a workout for 20 minutes with a speed of at least 5 km/h. The lubricant will be spread evenly over the running belt.

Aligning the running belt (fig. G)

The running belt must run in the center of the rollers. If the running belt is pushed to one side, the running belt must be aligned using the adjustment bolts at the rear of the equipment.



CAUTION

- Make sure that the running belt is aligned correctly to prevent damage to the edges of the running belt.

1. Set the mains power switch to the on position.
2. Set the speed to 5 km/h.
3. If the running belt runs in the center of the rollers, the running belt is aligned correctly.
4. If the running belt drifts to the left, turn the left adjustment bolt 1/4 turn clockwise and the right adjustment bolt 1/4 turn counterclockwise.
5. If the running belt drifts to the right, turn the right adjustment bolt 1/4 turn clockwise and the left adjustment bolt 1/4 turn counterclockwise.
6. Repeat the last 2 steps until the running belt is aligned to the centre.

Adjusting the running belt tension

The running belt tension must be adjusted when it starts to slip on the rollers. The running belt tension must be adjusted using the adjustment bolts at the rear of the equipment.



CAUTION

- Make sure that the running belt is aligned correctly to prevent damage to the edges of the running belt.

1. Set the mains power switch to the on position.
2. Set the speed to 5 km/h.
3. Turn both adjustment bolts 1/4 turn clockwise an equal amount of times.
4. Slow down the running belt by holding onto the side handlebars and braking as you walk.

5. If the running belt slips, turn both adjustment bolts 1/4 turn clockwise and repeat the test.
6. If the belt keeps slipping after several tests, contact the dealer.

Defects and malfunctions

Despite continuous quality control, defects and malfunctions caused by individual parts can occur in the equipment. In most cases, it will be sufficient to replace the defective part.

1. If the equipment does not function properly, immediately contact the dealer.
2. Provide the model number and the serial number of the equipment to the dealer. State the nature of the problem, conditions of use and purchase date.

Error codes

If the display shows an error code (marked with "E" + number), restart the equipment and check whether the display still shows the error code. If the display still shows the error code, immediately contact the dealer.

Transport and storage



WARNING

- Before cleaning and maintenance, remove the mains plug from the wall socket.
- Carry and move the equipment with at least two persons.
- Make sure that there are no other persons or objects under the equipment.
- When folding the folding the equipment, make sure that you hear the equipment lock into position to prevent the equipment from dropping back down.



CAUTION

- Before folding the equipment, make sure that the incline is 0%. If the incline is not 0%, folding will damage the mechanism.

1. Move the equipment and carefully put the equipment down. Place the equipment on a protective base to prevent damage to the floor surface. Move the equipment carefully over uneven surfaces. Do not move the equipment upstairs using the wheels, but carry the equipment by the handlebars.
2. Store the equipment in the upright position. Store the equipment in a dry place with as little temperature variation as possible.

Technical data

Parameter	Unit of measurement	Value
Mains voltage	V _{AC}	230
Mains voltage (North America)	V _{AC}	110
Mains frequency	Hz	50
Motor	HP	2.5
Speed	km/h mph	0.8-18 0.5-11.2
Incline	%	0-12
Length	cm inch	208 82
Width	cm inch	82 32
Height	cm inch	145 57
Weight	kg lbs	125 280
Max. user weight	kg lbs	135 300

Warranty

The product has a warranty from the date of delivery (to be documented by invoice or delivery note). Further information on warranty terms can be obtained from your local dealer. The warranty terms may vary from one country to another. Damages caused by normal wear, overloading or improper handling are excluded from the warranty. Damages caused by material or manufacturing faults are covered by the warranty and will be repaired or replaced at no cost.

Declaration of the manufacturer

Tunturi Fitness BV declares that the product is in conformity with the following standards and directives: EN 957 (HB), EMC, LVD, 2009/125/CE. The product therefore carries the CE label.

10-2012

Tunturi Fitness BV
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Disclaimer

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The product and the manual are subject to change. Specifications can be changed without further notice.

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