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## Tunturi 16TCFB3000

# Tunturi Cardio Fit B30 Exercise Bike User Manual

**MODEL: 16TCFB3000**

## 1. Introduction

Thank you for choosing the Tunturi Cardio Fit B30 Exercise Bike. This manual provides essential information for the safe and effective use of your new fitness equipment. The Tunturi Cardio Fit B30 is an entry-level fitness exercise bike suitable for novice or occasional users, designed to help you stay active and in shape through light to moderate intensity exercises.

Key advantages of the Tunturi Cardio Fit B30 include:

- The display operates on batteries, allowing for flexible placement.
- Integrated holder for your tablet or smartphone.
- User-friendly operation.
- An effective way to maintain activity or support weight loss goals.

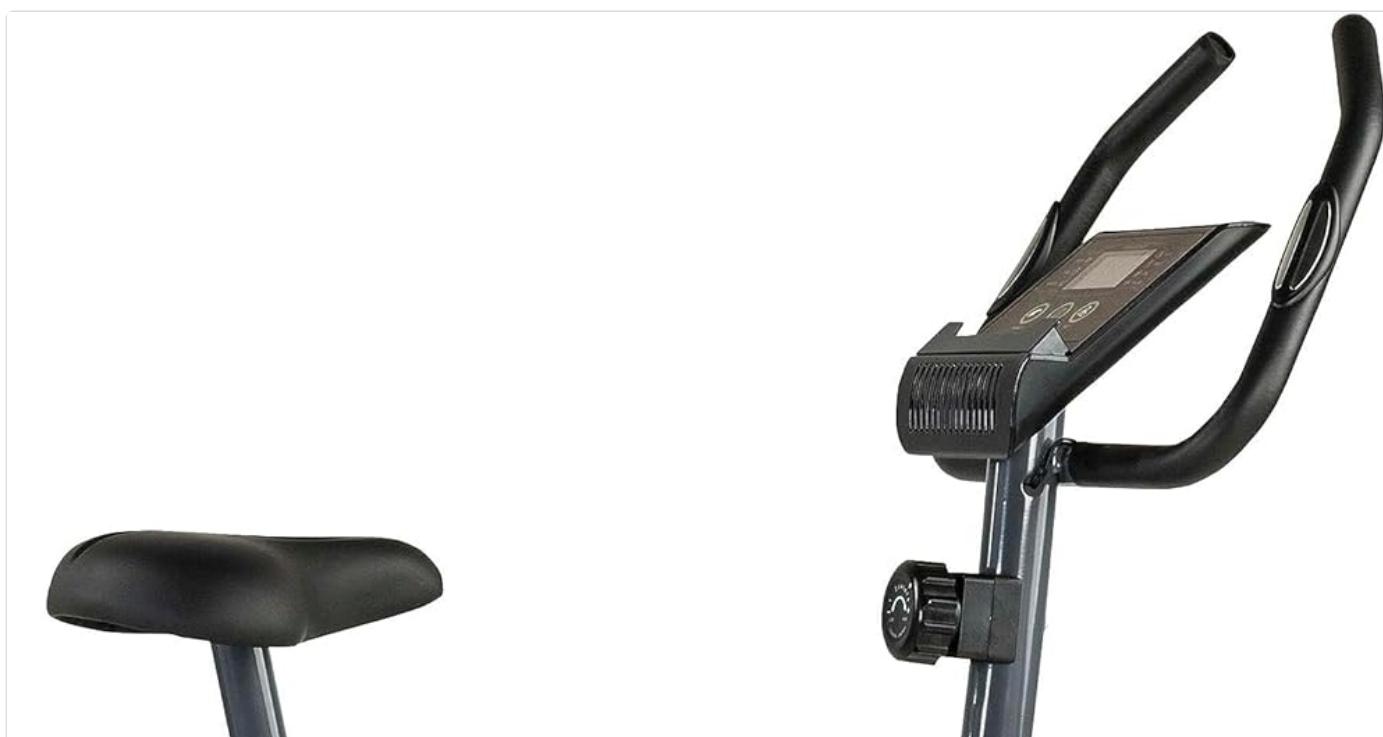




Figure 1: Tunturi Cardio Fit B30 Exercise Bike, front view.

## 2. Safety Information

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Before using the Tunturi Cardio Fit B30 Exercise Bike, please read all safety instructions carefully.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the exercise bike is placed on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- The maximum user weight for this exercise bike is 110 kg (242.5 lbs). Do not exceed this limit.
- Wear appropriate athletic footwear and clothing during exercise.
- Inspect the exercise bike for any loose or damaged parts before each use. Do not use if damaged.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of all moving parts.

## 3. Package Contents

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Carefully unpack all components and verify that you have received all parts listed below. If any parts are missing or damaged, please contact Tunturi customer support.

- Main frame assembly
- Front and rear stabilizers
- Pedals (left and right)
- Seat post and seat
- Handlebar post and handlebar
- LCD display console
- Hardware kit (bolts, washers, nuts, tools)
- User Manual

## 4. Assembly Instructions

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Assembly of the Tunturi Cardio Fit B30 is straightforward. Follow these general steps. Refer to the included printed manual for detailed, step-by-step diagrams and specific hardware usage.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts. Ensure they are firmly tightened for stability.
2. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that pedals are often marked 'L' and 'R' and thread in opposite directions. The left pedal typically threads counter-clockwise.
3. **Assemble Seat:** Insert the seat post into the main frame and secure it at your desired height. Attach the seat to the seat post.
4. **Install Handlebar:** Attach the handlebar post to the main frame. Then, secure the handlebar to the handlebar post.
5. **Connect Console:** Connect the sensor cables from the main frame to the LCD display console. Mount the console onto the handlebar. Insert 2 AA batteries (not included) into the console.
6. **Final Check:** Double-check all bolts and connections to ensure they are secure before first use.



Figure 2: The Tunturi Cardio Fit B30 Exercise Bike, fully assembled and ready for use.

## 5. Operating Instructions

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### 5.1 LCD Display Console

The LCD display provides real-time feedback on your workout. It is battery-powered, offering flexibility in placement without needing a power outlet.



Figure 3: LCD Display Console with control buttons.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your workout.
- **ODO (Odometer):** Displays the total accumulated distance.

- **CAL (Calories):** Estimates the calories burned during your workout.
- **PULSE:** Shows your heart rate when holding the hand pulse sensors.
- **RESET Button:** Press to clear current workout data.
- **MODE Button:** Press to select a specific display function or to exit SCAN mode.
- **SET Button:** Used for setting target values for time, distance, or calories (refer to detailed manual for specific instructions).

## 5.2 Resistance Adjustment

The Tunturi Cardio Fit B30 features 8 levels of manually adjustable magnetic resistance.

- Locate the tension control knob below the handlebar.
- Turn the knob clockwise to increase resistance (making pedaling harder).
- Turn the knob counter-clockwise to decrease resistance (making pedaling easier).
- Adjust the resistance to match your desired workout intensity.



Figure 4: Resistance Tension Control Knob.

### 5.3 Tablet/Smartphone Holder

The exercise bike is equipped with a convenient holder above the display console, designed to securely hold your tablet or smartphone. This allows you to enjoy entertainment or follow workout apps during your exercise session.



Figure 5: Integrated Tablet/Smartphone Holder.

### 5.4 Adjusting Seat and Pedals

- **Seat Height:** Adjust the seat height to ensure a comfortable and effective pedaling position. Your leg should have a slight bend at the knee when the pedal is at its lowest point. Loosen the adjustment knob on the seat post, slide the seat to the desired height, and re-tighten securely.
- **Pedal Straps:** The anti-slip pedals include adjustable loops. Place your feet firmly on the pedals and tighten the straps to secure your feet, preventing them from slipping during your workout.

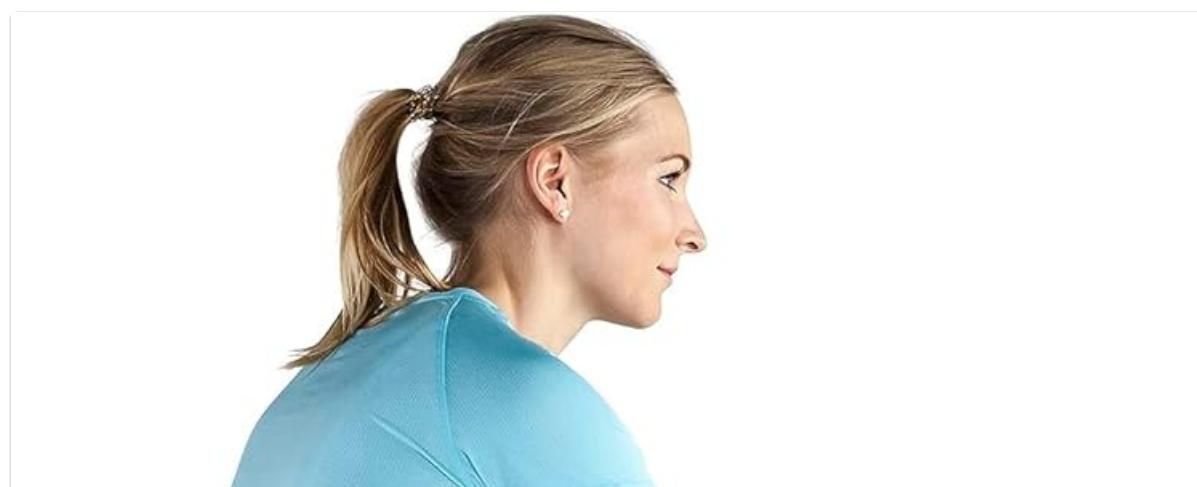




Figure 6: Proper riding posture on the exercise bike.

## 6. Maintenance

Regular maintenance will help ensure the longevity and optimal performance of your Tunturi Cardio Fit B30 Exercise Bike.

- Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten if necessary.
- Pedals:** Ensure pedals are securely attached and spin smoothly.
- Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 7. Troubleshooting

Problem	Possible Cause	Solution
LCD display not working	Batteries are dead or incorrectly installed; loose cable connection.	Replace batteries (2 AA). Check that all cables are securely connected to the console.
No heart rate reading	Hands not firmly on sensors; dry hands.	Ensure both hands are firmly gripping the pulse sensors. Slightly moisten hands if they are too dry.
Resistance feels inconsistent or too easy/hard	Resistance knob not adjusted correctly; internal mechanism issue.	Turn the resistance knob to adjust. If issue persists, contact customer support.
Bike is unstable or wobbles	Not on a flat surface; loose bolts on stabilizers or frame.	Move the bike to a flat surface. Check and tighten all assembly bolts, especially on the stabilizers.

## 8. Specifications

Feature	Detail
Model Number	16TCFB3000
Dimensions (L x W x H)	84 cm x 51 cm x 123 cm (33.1 in x 20.1 in x 48.4 in)
Product Weight	18 kg (39.7 lbs)
Maximum User Weight	110 kg (242.5 lbs)
Flywheel Weight	6 kg (13.2 lbs)
Resistance System	Manual Magnetic Brake System
Resistance Levels	8 levels
Display Type	LCD (5.5 inches / 14 cm)
Power Source (Display)	Battery Powered (2 AA batteries required)
Heart Rate Monitoring	Integrated hand pulse sensors
Special Features	Tablet/Smartphone holder, Anti-slip pedals with adjustable loops





Figure 7: Product Dimensions.

## 9. Warranty and Support

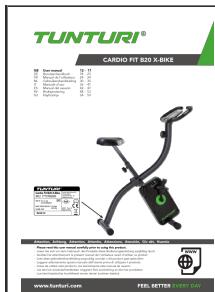
Your Tunturi Cardio Fit B30 Exercise Bike is designed for durability and performance.

- Return Policy:** This product is eligible for a 30-day return period for refund or replacement, as per standard policy.
- Customer Support:** For any questions, technical assistance, or warranty claims, please contact Tunturi customer service. Refer to the contact information provided with your purchase documentation or visit the official Tunturi website.

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### Related Documents - 16TCFB3000

	<p><a href="#">Tunturi Cardio Fit B30 Bike Assembly Manual</a></p> <p>This assembly manual provides step-by-step instructions for setting up the Tunturi Cardio Fit B30 Bike. It includes safety warnings, usage guidance, and maintenance tips for optimal performance and longevity of the exercise equipment.</p>
	<p><a href="#">Tunturi Cardio Fit B30 Bike Assembly Manual</a></p> <p>Comprehensive assembly manual for the Tunturi Cardio Fit B30 Bike, providing step-by-step instructions and part lists for easy setup.</p>
	<p><a href="#">Tunturi Cardio Fit Sprinter Bike S30 User Manual</a></p> <p>Stáhněte si kompletní uživatelskou příručku pro Tunturi Cardio Fit S30 Sprinter Bike. Získejte podrobné pokyny pro montáž, bezpečnostní opatření, tipy pro cvičení a údržbu vašeho domácího fitness zařízení.</p>
	<p><a href="#">Tunturi Cardio Fit Sprinter Bike S30 User Manual</a></p> <p>Comprehensive user manual for the Tunturi Cardio Fit Sprinter Bike S30, including assembly instructions, usage guidelines, safety warnings, and maintenance tips for home fitness.</p>



### [Tunturi Cardio Fit B20 X-Bike User Manual](#)

This user manual provides comprehensive instructions for the Tunturi Cardio Fit B20 X-Bike, covering assembly, safe operation, maintenance, and technical specifications for effective home fitness.



### [Tunturi Cardio Fit B25 X-Bike User Manual](#)

Comprehensive user manual for the Tunturi Cardio Fit B25 X-Bike with Backrest, detailing assembly, operation, maintenance, and troubleshooting for home fitness equipment.