Manuals+
Q & A | Deep Search | Upload

Tunturi M30

Tunturi Cardio Fit M30 Mini Bike User Manual

Model: M30 | Brand: Tunturi

1. Introduction

Thank you for choosing the Tunturi Cardio Fit M30 Mini Bike. This compact and versatile exercise device is designed to help you stay active, improve circulation, and support rehabilitation for both your arms and legs. Its portable design allows for convenient use anywhere, whether at your desk, on the couch, or in a chair. Please read this manual carefully before use to ensure safe and effective operation.

The Tunturi Cardio Fit M30 Mini Bike, a compact exercise device for versatile use.

2. Important Safety Information

Before using the Tunturi Cardio Fit M30 Mini Bike, please observe the following safety precautions:

- Consult your doctor before starting any new exercise program, especially if you have pre-existing health conditions.
- Place the mini bike on a stable, flat surface. Use an anti-slip mat to prevent movement during exercise.
- Ensure all parts are securely assembled before each use.
- Do not stand on the mini bike. It is designed for seated use only.
- Keep children and pets away from the device during operation.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- The maximum user weight for this device is 110 kg.

3. What's in the Box

Your Tunturi Cardio Fit M30 Mini Bike package should contain the following:

- Tunturi Cardio Fit M30 Mini Bike unit
- User Manual (in various languages)

Please check all components upon unpacking. If any parts are missing or damaged, contact Tunturi customer support.

4. Assembly

The Tunturi Cardio Fit M30 Mini Bike comes largely pre-assembled. Minimal setup is required to begin your workout.

1. **Unpack the Unit:** Carefully remove the mini bike from its packaging.
2. **Insert Batteries:** The LCD display requires 1 AAA battery (not included). Locate the battery compartment on the display unit, open it, insert the battery with correct polarity, and close the compartment.
3. **Check Pedals:** Ensure the pedals are securely attached and can rotate freely. The adjustable foot straps should be in place.
4. **Positioning:** Place the mini bike on a stable, flat surface. For optimal stability and to prevent slipping, especially on smooth floors, it is recommended to use an anti-slip mat underneath the unit.

The compact dimensions of the Tunturi Cardio Fit M30 Mini Bike (46 cm L x 38 cm W x 28 cm H) and its light weight (4.5 kg) make it easy to move and store.

5. Operating Instructions

The Tunturi Cardio Fit M30 Mini Bike offers versatile training options for both lower and upper body.

5.1. Leg Training

1. **Positioning:** Sit comfortably in a chair, on a couch, or at a desk. Place the mini bike on the floor in front of you.
2. **Secure Feet:** Place your feet into the pedal straps. Adjust the straps to ensure a secure and comfortable fit for your shoes.
3. **Adjust Resistance:** Use the resistance knob located on the front of the unit to increase or decrease the pedaling difficulty. Turn clockwise to increase resistance, counter-clockwise to decrease.

4. **Begin Pedaling:** Start pedaling at a comfortable pace.

5.2. Arm Training

1. **Positioning:** Place the mini bike on a sturdy table or flat surface at a comfortable height.
2. **Grip Pedals:** Grip the pedals with your hands. You can use the foot straps to secure your hands if desired.
3. **Adjust Resistance:** Adjust the resistance knob to your desired level.
4. **Begin Pedaling:** Rotate the pedals with your arms in a circular motion.

5.3. LCD Display Functions

The integrated LCD display provides real-time feedback on your workout. It cycles through various metrics automatically (Scan mode) or can be manually set to a specific display.

The large and easy-to-read LCD monitor displays key training parameters.

- **SCAN:** Automatically cycles through all functions every few seconds.
- **TIME:** Displays the duration of your current workout session.
- **COUNT:** Shows the total number of rotations (pedal strokes) during the current session.

- **T-COUNT (Total Count):** Accumulates the total number of rotations from all sessions since the last reset.
- **CAL (Calories):** Estimates the calories burned during your workout. This is an approximation.

To reset the display, press and hold the button on the display unit for a few seconds until the values clear.

5.4. Usage Scenarios and Benefits

The compact size allows for use anywhere: while relaxing on the couch, sitting in an armchair, or working at a desk.

The mini bike is easy to use for various training goals, including maintaining flexible joints, supporting rehabilitation, and promoting blood circulation to reduce thrombosis risk.

5.5. Product Features Overview

Key features include adjustable foot straps for all shoe sizes, pedals usable for both hands and feet, a convenient carry handle, and wide feet for enhanced stability.

The non-slip design ensures the mini bike stays in place during your workout, preventing unwanted sliding.

5.6. Official Product Videos

Watch these official videos for a visual guide on using your Tunturi Cardio Fit M30 Mini Bike:

Your browser does not support the video tag.

Video demonstrating the Tunturi Cardio Fit M30 Mini Bike for arm and leg training. This video shows how to set up and use the device for various exercises.

Your browser does not support the video tag.

Another video showcasing the Tunturi Cardio Fit M30 Mini Bike, highlighting its compact design and ease of use for both arm and leg workouts.

6. Maintenance

To ensure the longevity and optimal performance of your Tunturi Cardio Fit M30 Mini Bike, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the mini bike in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a bed or in a closet.
- **Battery Replacement:** Replace the AAA battery in the LCD display when the screen becomes dim or stops functioning.
- **Check for Wear:** Periodically inspect the pedals, straps, and resistance knob for any signs of wear or damage. If any part is damaged, discontinue use and contact customer support for replacement parts.

7. Troubleshooting

Here are some common issues and their solutions:

Problem	Possible Cause	Solution
LCD display not working or dim	Dead or incorrectly inserted battery.	Replace the AAA battery, ensuring correct polarity.
Mini bike slides during use	Used on a smooth surface without an anti-slip mat.	Place the unit on a carpeted surface or use an anti-slip mat underneath.
Pedals are stiff or make noise	Accumulation of dust or debris; worn components.	Clean around the pedal mechanism. If the issue persists, contact customer support.
Resistance knob not effective	Internal mechanism issue.	Ensure the knob is fully engaged. If still ineffective, contact customer support.

8. Specifications

Feature	Detail
Model Number	16TCFM3500
Dimensions (L x W x H)	46 x 38 x 28 cm
Weight	4.5 kg
Maximum User Weight	110 kg
Material	Cast Iron, Plastic, Metal
Power Source	Battery-powered (LCD display)

Feature	Detail
Batteries Required	1 x AAA (not included)
Display Functions	Time, Distance (Count), Calories, Total Count, Scan
Resistance	Adjustable manual resistance

9. Warranty and Support

Tunturi products are manufactured to high quality standards. For information regarding warranty coverage, returns, or technical support, please refer to the warranty card included with your purchase or visit the official Tunturi website. You can also contact Tunturi customer service directly for assistance with your Cardio Fit M30 Mini Bike. For more information and products, visit the Tunturi Store on Amazon.

© 2025 Tunturi. All rights reserved.