

Tunturi C60

Tunturi C60 Performance Crosstrainer User Manual

Model: C60 | Brand: Tunturi

1. INTRODUCTION

Thank you for choosing the Tunturi C60 Performance Crosstrainer. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly and use, and keep it for future reference.

The Tunturi C60 is a professional elliptical trainer designed for comprehensive cardiovascular workouts. It features a 5.5-inch LCD display, 32 resistance levels, and 24 training programs. Key components include a 32 kg flywheel, 40 cm stride length, and an EMS brake system. It also includes pulse sensors and is compatible with a chest strap for heart rate monitoring. For enhanced training experiences, the C60 is compatible with Tunturi Routes, iConsole+, and Kinomap applications.

2. IMPORTANT SAFETY INSTRUCTIONS

- Consult a physician before starting any exercise program.
- Use the equipment only for its intended purpose as described in this manual.
- Keep children and pets away from the equipment during use.
- Place the crosstrainer on a stable, level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight of 135 kg.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. SETUP AND ASSEMBLY

The Tunturi C60 Performance Crosstrainer requires assembly. Please follow the separate assembly guide provided with your product for detailed step-by-step instructions. Ensure all components are present and undamaged before beginning assembly.

3.1 Unpacking

Carefully remove all components from the packaging. Verify that all parts listed in the assembly guide are included. Keep packaging materials until assembly is complete in case of returns or missing parts.

3.2 Placement

Place the crosstrainer on a firm, level surface. Ensure there is sufficient space around the equipment for safe operation and movement. A minimum of 0.6 meters (2 feet) of clear space is recommended around the entire unit.



Image: The Tunturi C60 Performance Crosstrainer positioned in a home environment, demonstrating typical usage space.

3.3 Power Connection

Connect the power adapter to the crosstrainer and then to a suitable wall outlet. Ensure the power cable is not a tripping hazard and is not pinched by the equipment.

4. OPERATING INSTRUCTIONS

4.1 Console Overview



Image: Detailed view of the Tunturi C60 console, showing the 5.5-inch LCD display and control buttons.

The Tunturi C60 features a 5.5-inch LCD display that shows key workout data such as time, distance, speed, calories, watts, RPM, and pulse. The console includes buttons for MODE, BODY FAT, RECOVERY, RESET, START/STOP, and a central dial for UP/DOWN adjustments.

4.2 Starting a Workout

1. Step onto the crosstrainer, placing your feet firmly on the pedals.
2. Grasp the moving handlebars or the stationary pulse sensors.
3. Press the **START/STOP** button to begin a quick start workout, or use the **MODE** button and UP/DOWN dial to select a program.
4. Adjust the resistance level using the UP/DOWN dial during your workout. The C60 offers 32 levels of resistance.

4.3 Training Programs

The C60 Performance Crosstrainer comes with 24 pre-set training programs designed for various fitness goals. Use the **MODE** button to navigate through program options and the UP/DOWN dial to select your desired program. Follow the on-screen prompts to set your workout parameters.

4.4 Heart Rate Monitoring

The crosstrainer is equipped with hand pulse sensors on the stationary handlebars. For more accurate and continuous heart rate monitoring, the C60 is compatible with a wireless chest strap (not included). Your heart rate will be displayed on the console.

4.5 App Connectivity

Enhance your training experience by connecting your Tunturi C60 to compatible fitness applications via Bluetooth. The crosstrainer supports Tunturi Routes, iConsole+, and Kinomap.



TUNTURI[®]
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RACE TEGEN VRIENDEN

STREAM NAAR EEN GROOT SCHERM

EXTRA TRAININGSPROGRAMMA'S

ONLINE COACHING

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Google Play

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Image: The Tunturi C60 console with a tablet mounted, showing the Tunturi Routes application in use, offering interactive training.

- **Tunturi Routes:** Offers real-world video routes, challenges, and online coaching. Download from your device's app store.
- **iConsole+:** Provides various training programs and allows you to track your progress.

- **Kinomap:** Interactive video training app that syncs with your equipment.

Refer to the specific app's instructions for pairing and usage.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Tunturi C60 Crosstrainer.

5.1 Cleaning

- Wipe down the equipment after each use with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Keep the display clean and dry.

5.2 Inspection

- Periodically check all bolts and nuts for tightness. Tighten if necessary.
- Inspect moving parts, such as pedals and handlebars, for any signs of wear or damage.
- Ensure the power cable is in good condition and free from kinks or cuts.

5.3 Storage

Store the crosstrainer in a dry, clean environment, away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Console does not power on.	Power adapter not connected or faulty.	Check power cable connection to the unit and wall outlet. Ensure outlet is functional.
No resistance change.	EMS brake system issue or console malfunction.	Ensure power is connected. Restart the console. If problem persists, contact customer support.
Inaccurate heart rate reading.	Hands not properly placed on sensors; dry hands; interference.	Ensure full contact with hand pulse sensors. Moisten hands slightly. Avoid strong electromagnetic fields. Consider using a compatible chest strap.
Unusual noise during operation.	Loose bolts or components; internal friction.	Check and tighten all visible bolts and nuts. If noise persists, discontinue use and contact customer support.

7. SPECIFICATIONS



Image: Diagram illustrating the dimensions of the Tunturi C60 Performance Crosstrainer: 144 cm (56.7 inch) length, 67 cm (26.4 inch) width, and 164 cm (64.6 inch) height.

Feature	Detail
Model Name	Tunturi C60 Performance Crosstrainer
Model Number	20TCR60000
Dimensions (L x W x H)	144 x 67 x 164 cm (56.7 x 26.4 x 64.6 inches)
Product Weight	65.9 kg (145.3 lbs)
Maximum User Weight	135 kg (297.6 lbs)
Flywheel Weight	32 kg
Resistance Levels	32
Brake System	EMS (Electro Magnetic System)
Stride Length	40 cm

Feature	Detail
Display	5.5-inch LCD
Programs	24
Heart Rate Monitoring	Hand pulse sensors, chest strap compatible
Connectivity	Bluetooth, compatible with Tunturi Routes, iConsole+, Kinomap
Material	Aluminum
Color	Black

8. WARRANTY AND SUPPORT

For information regarding the warranty period and terms for your Tunturi C60 Performance Crosstrainer, please refer to the warranty card included with your product or visit the official Tunturi website.

If you encounter any issues not covered in the troubleshooting section or require further assistance, please contact Tunturi customer support. Have your model number (20TCR60000) and purchase details ready when contacting support.

You can often find support contact information on the Tunturi website or in your product documentation.