



TUNTURI FitCycle 70i Exercise Bike User Manual

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TUNTURI FitCycle 70i Exercise Bike



Product Information

- The FitCycle 70i Ergometer is a fitness equipment designed to provide an effective and comfortable workout experience. It is equipped with various features to help users improve their fitness levels and achieve their fitness goals.
- The FitCycle 70i Ergometer comes with a sturdy frame and adjustable seat and handlebars to accommodate users of different heights and body types. It also features a digital display that shows important workout metrics such as time, distance, speed, calories burned, and heart rate.
- The ergometer offers a wide range of resistance levels to suit different fitness levels and workout intensities. It provides smooth and quiet operation, allowing users to exercise without disturbing others.

Product Usage Instructions

- **Assembly:** Follow the user manual provided with the FitCycle 70i Ergometer to assemble the equipment properly. Refer to the numbered parts and corresponding tools mentioned in the manual.
- **Adjustments:** Before starting your workout, adjust the seat and handlebars to ensure a comfortable and proper riding position. The seat height should be set according to your leg length, and the handlebars should be adjusted to a position that allows a natural grip.
- **Display Setup:** Turn on the ergometer and set up the display by entering your personal information such as weight, age, and gender. This will enable the equipment to calculate accurate workout metrics.
- **Workout Programs:** The FitCycle 70i Ergometer offers various workout programs to cater to different fitness goals. Choose a program that suits your needs or select manual mode for a customized workout. Use the buttons on the display or the provided remote control to navigate through the programs.
- **Resistance Adjustment:** During your workout, you can adjust the resistance level to increase or decrease the intensity. Use the buttons on the display or the provided remote control to make the adjustments. Start with a comfortable resistance level and gradually increase it as you progress.
- **Monitoring Metrics:** Keep an eye on the display to track your workout metrics such as time, distance, speed,

calories burned, and heart rate. This will help you monitor your progress and make adjustments if needed.

- **Safety Precautions:** Always ensure that you are using the equipment in a safe manner. Maintain proper posture and form during your workout to prevent any injuries. Stay hydrated and take breaks if necessary.
- **Maintenance:** Regularly clean and inspect the FitCycle 70i Ergometer for any signs of wear or damage. Lubricate the moving parts as recommended in the user manual. Store the equipment in a dry and safe place when not in use.
- **Troubleshooting:** If you encounter any issues with the FitCycle 70i Ergometer, refer to the troubleshooting section in the user manual or contact customer support for assistance.
- **Enjoy your Workout:** Make the most out of your workouts with the FitCycle 70i Ergometer. Stay consistent, challenge yourself, and have fun while exercising!

Welcome

Welcome to the world of Tunturi!

Thank you for purchasing this piece of Tunturi equipment.

Tunturi offers a wide range of home fitness equipment, including crosstrainers, treadmills, exercise bikes, rowers, strength benches and multi stations. The Tunturi equipment is suitable for the entire family, no matter what fitness level. For more information, please visit our website www.tunturi.com

Important Safety Instructions

This Owner's Manual is an essential part of your training equipment: reading all instructions in this manual before you start using this appliance. The following precautions must always be followed:

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.
- The equipment is suitable for domestic use only. The equipment is not suitable for commercial use.
- Max. usage is limited to 3 hrs a day.
- 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~35°C/ 50°F~95°F. Only store the equipment in environments with ambient temperatures between 5°C~45°C/ 41°F~113°F.

- 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 150 kg (330 lbs).
- Do not open equipment without consulting your dealer.

Electrical safety

(Only for equipment with electric power)

- Before use, always check that the mains voltage is the same as the voltage on the rating plate of the equipment.
- Do not use an extension cable.
- Keep the mains cable away from heat, oil and sharp edges.
- Do not alter or modify the mains cable or the mains plug.
- Do not use the equipment if the mains cable or the mains plug is damaged or defective. If the mains cable or the mains plug is damaged or defective, contact your dealer.
- Always fully unwind the mains cable.
- Do not run the mains cable underneath the equipment. Do not run the mains cable underneath a carpet. Do not place any objects on the mains cable.
- Make sure that the mains cable does not hang over the edge of a table.
- Make sure that the mains cable cannot be caught accidentally or tripped over.
- Do not leave the equipment unattended when the mains plug is inserted into the wall socket.
- Do not pull the mains cable to remove the mains plug from the wall socket.
- Remove the mains plug from the wall socket when the equipment is not in use, before assembly or disassembly and before cleaning and maintenance.
- **WARNING**
 - Never use water or any other liquid directly on or near the equipment, but only via a damp cloth if moist is required to clean the machine.
 - Using liquid directly is harmful for the equipment's components, and may result in an electric shock caused by a short cut circuit. This could result in serious personal injury or even death.

Assembly instructions

Description illustration A

- The illustration shows what the trainer will look like after the assembly is completed.

- You can use this as a reference during your assembly, but do follow the assembly steps always in the correct sequence as showed in the illustrations.

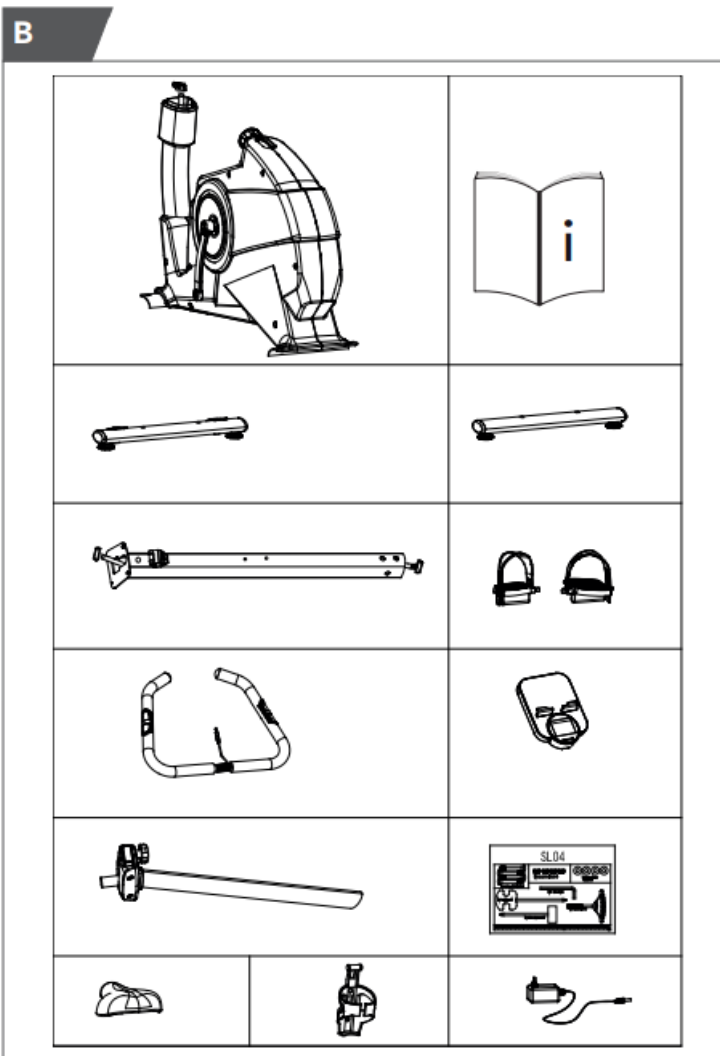


Description illustration B

The illustration shows what components and parts you should find when un-boxing your product.

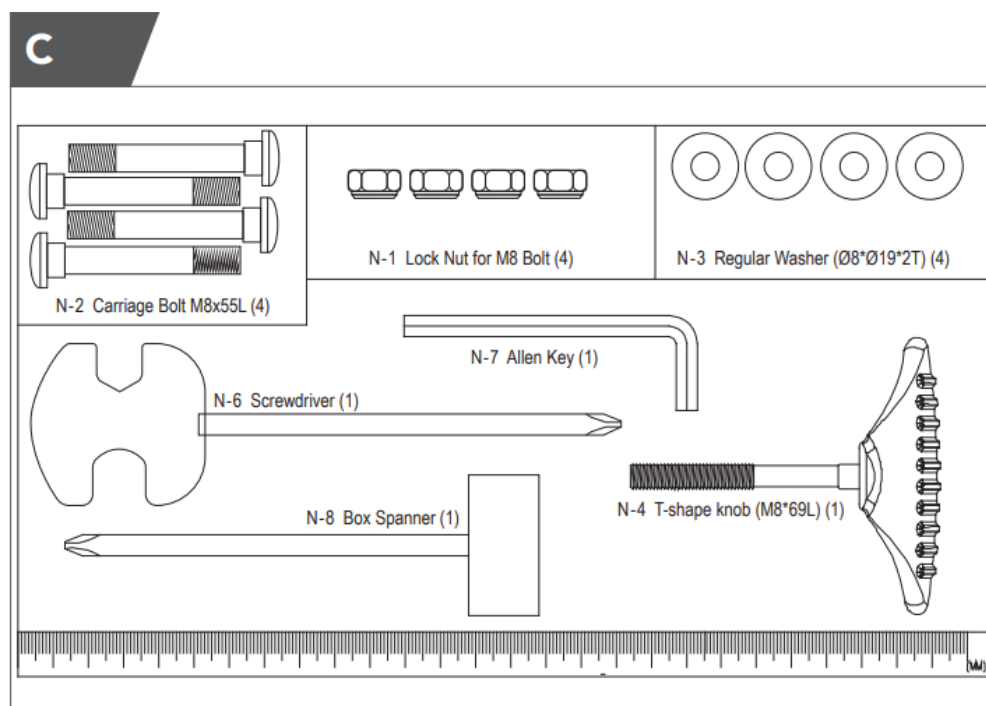
NOTE

- Small parts can be hidden/ packed in hollow spaces in the Styrofoam product protection
- If a part is missing, contact your dealer.



Description illustration C

- The illustration shows the hardware kit that comes with your product.
- The hardware kit contains bolts, washers, screws , nuts etc. and the required tools to properly fit your trainer.



Description illustration D

The illustrations shows you in the correct following order how to assembly your trainer best.

- **NOTE**

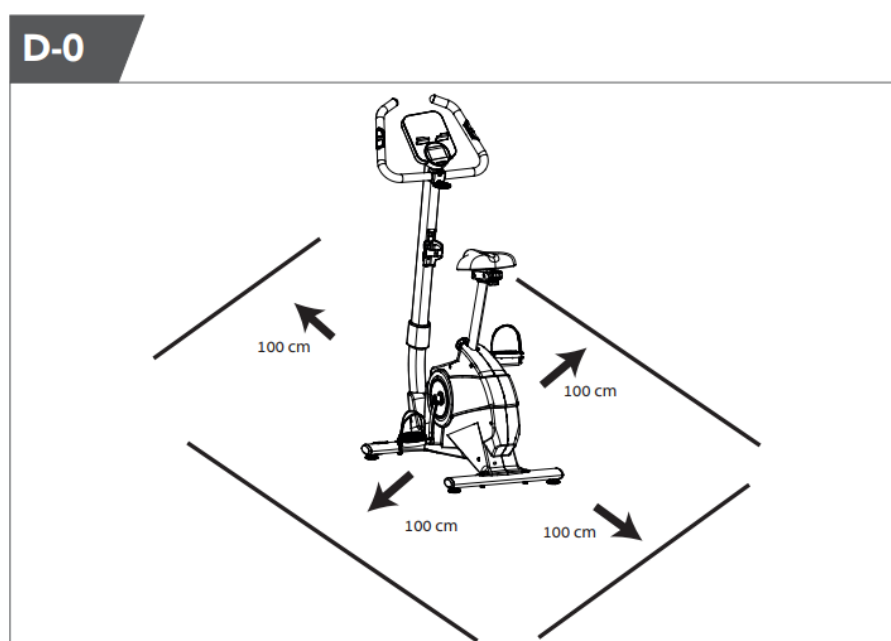
Part numbers shown in the assembly steps are commencing with the spare part drawing that can be found in the online full version user manual.

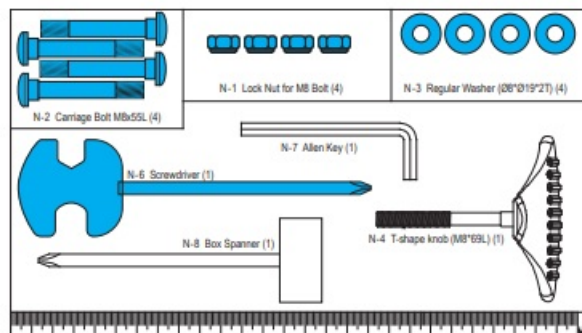
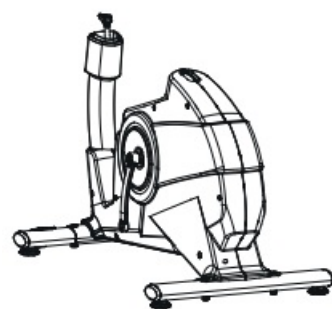
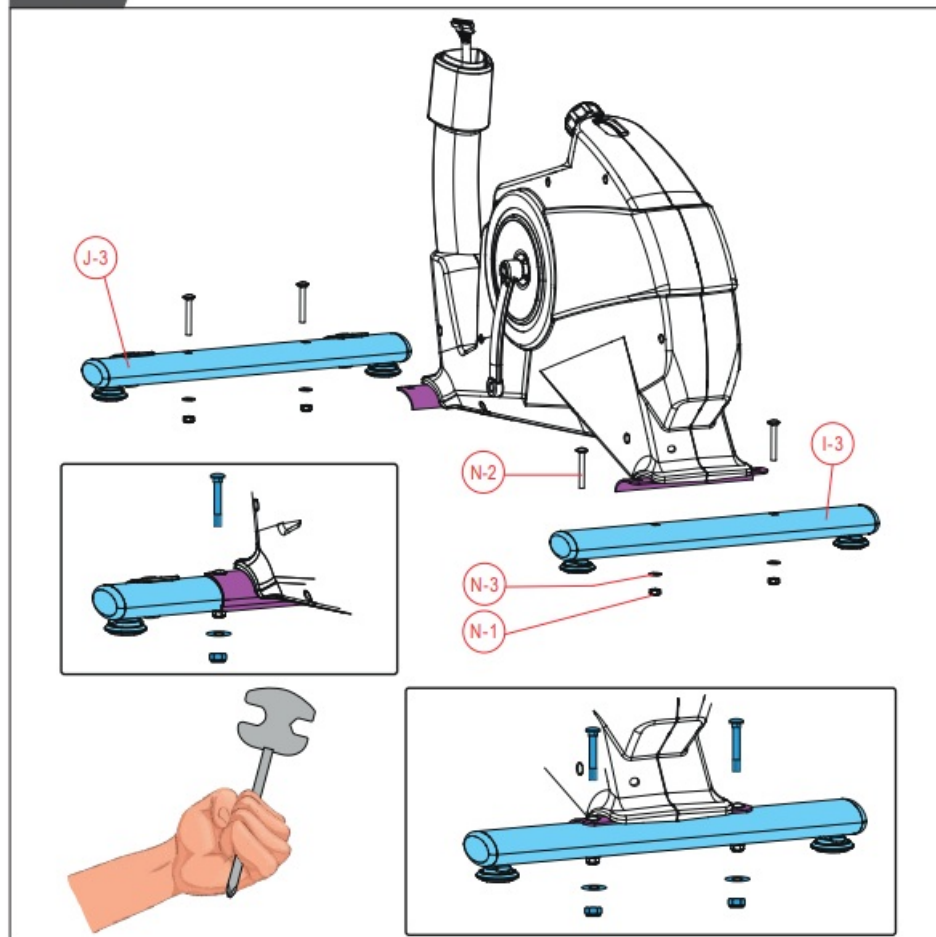
- **WARNING**

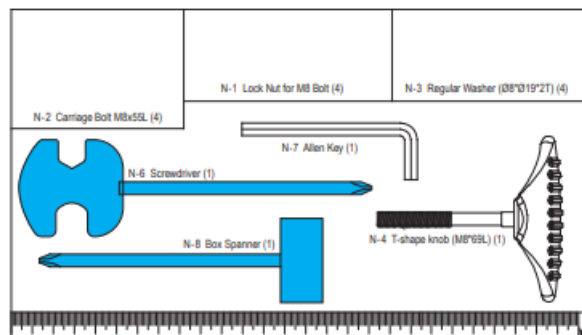
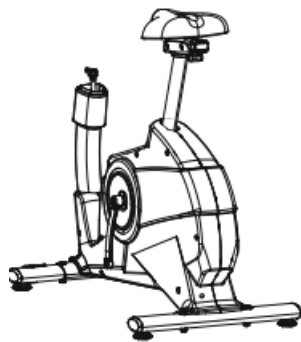
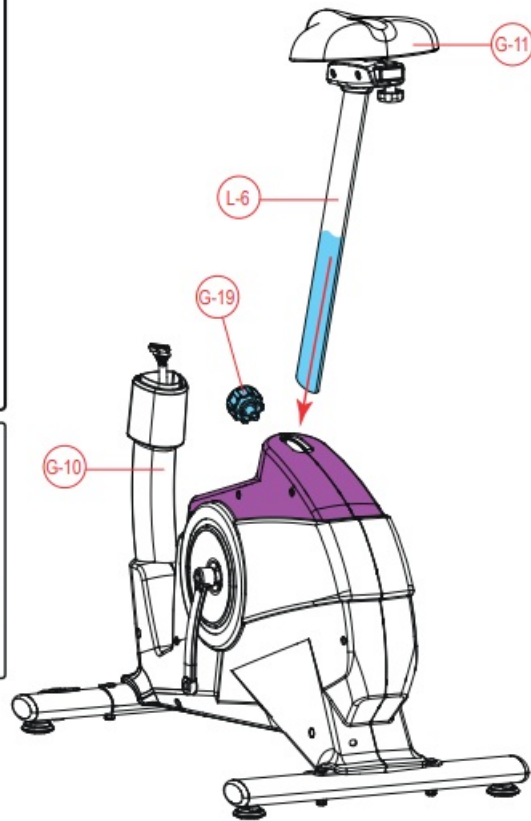
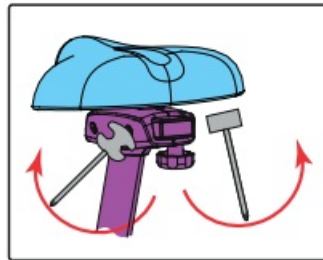
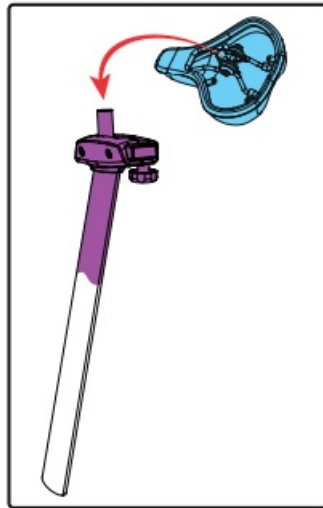
- Assemble the equipment in the given order.
- Carry and move the equipment with at least two persons.

- **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 100 cm of clearance around the equipment.
- Refer to the illustrations for the correct assembly of the equipment.

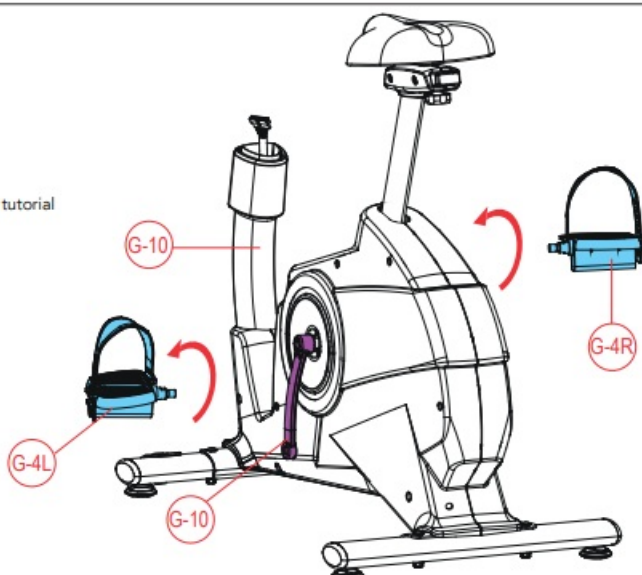






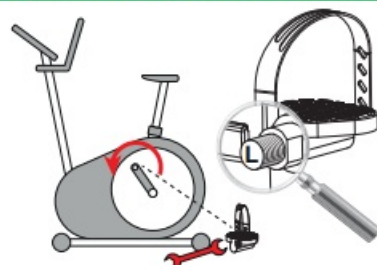


Scan to see YouTube tutorial



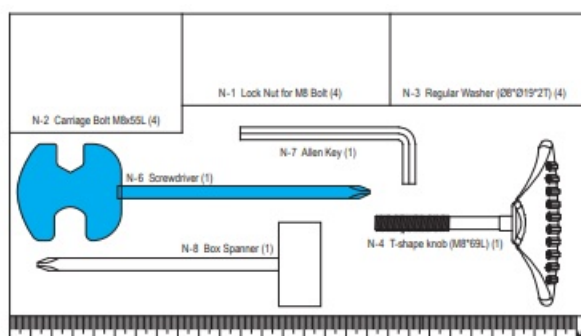
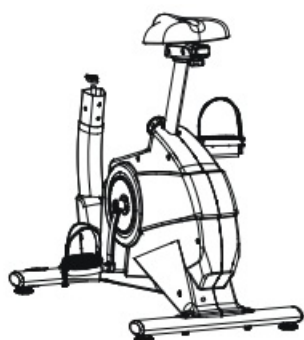
L

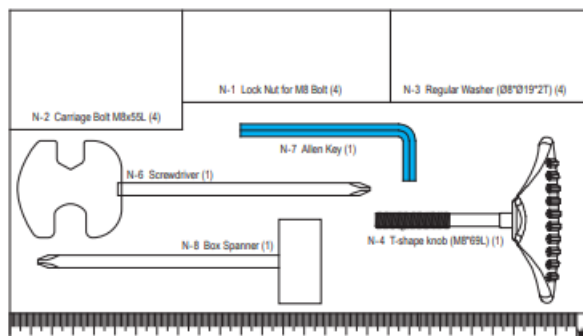
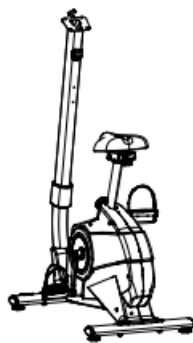
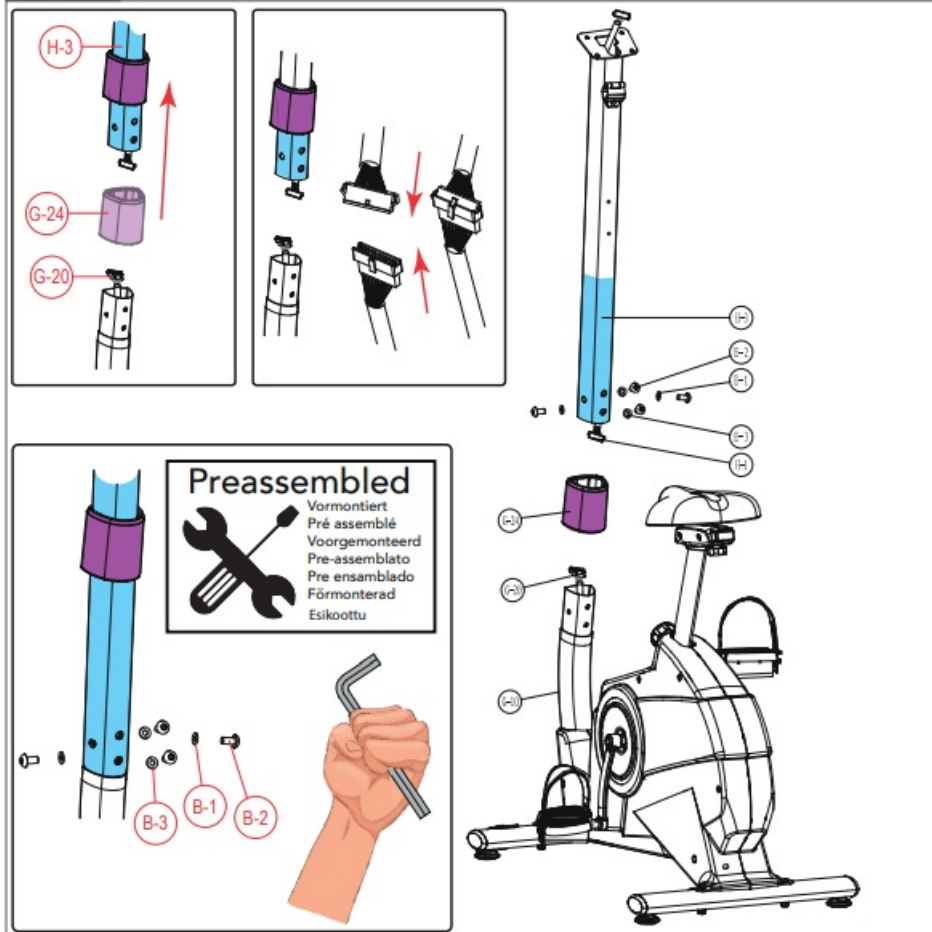
Left hand crank
Make sure to use Left hand pedal

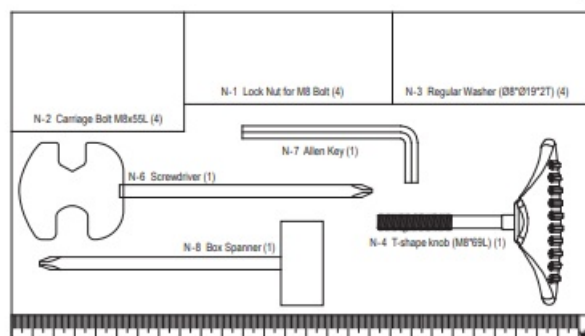
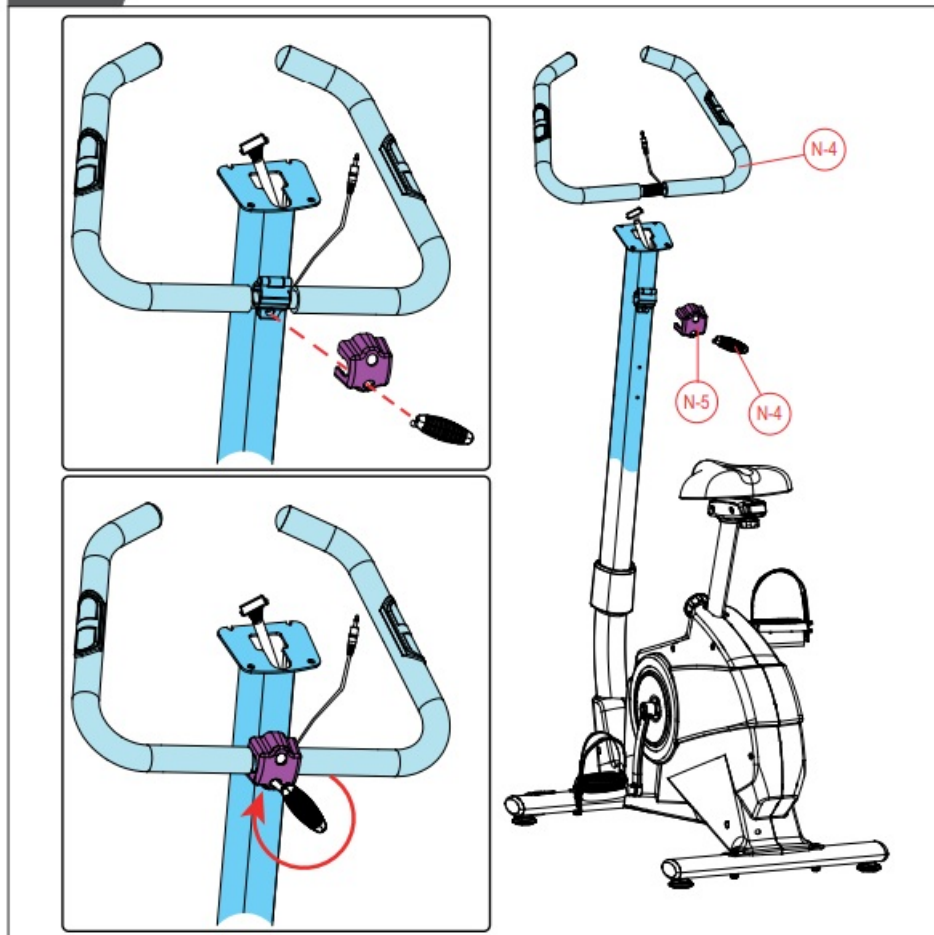


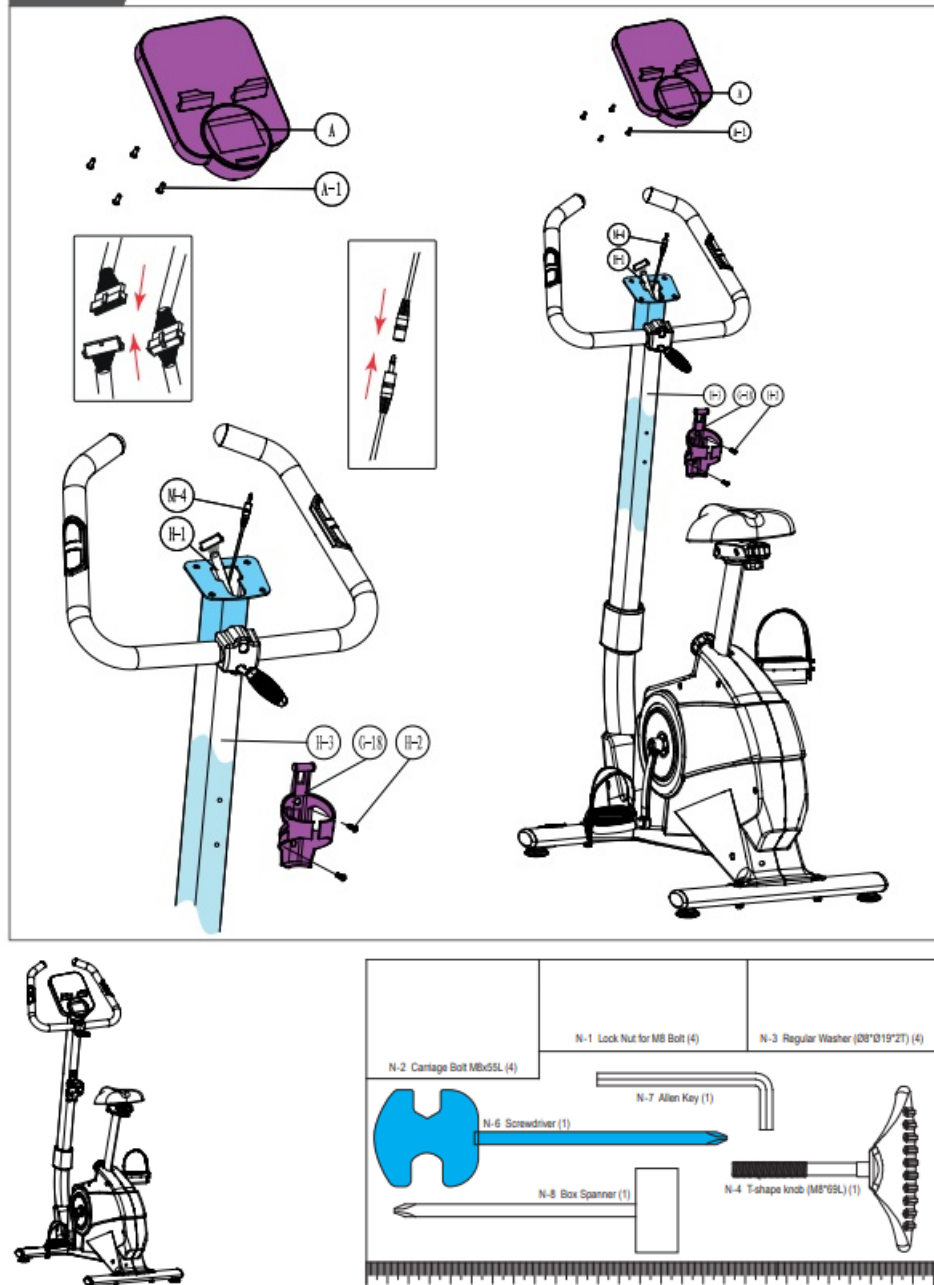
R

Right hand crank
Make sure to use Right hand pedal









Additional assembly information

D3 How to fit the pedals correctly.

NOTE

Right and left side are determined from an exercising positions perspective.

Right hand pedal

Find the "R" or "L" mark on the pedal axle

- Fit the right hand pedal "R" into the right hand crank.
- Firstly turn the pedal axle in clockwise direction by hand.
- Use the wrench to fully tighten the pedal.

Left hand pedal

- Fit the left hand pedal "L" into the left hand crank.

- Firstly turn the pedal axle in counter-clockwise direction by hand.
- Use the wrench to fully tighten the pedal.

Click to see our supportive YouTube video <https://youtu.be/3BiN9mc5Tmw?t=101>

NOTE

Save the tools provided with this product, after you completed the product assembly, for future service purposes.

Additional information

Packaging disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of life disposal

We at Tunturi hope you enjoy many years of enjoyable use from your fitness trainer. However, a time will come when your fitness trainer will come to the end of its useful life. Under 'European WEEE Legislation you are responsible for the appropriate disposal of your fitness trainer to a recognised public collection facility.

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.

Exercise Instructions

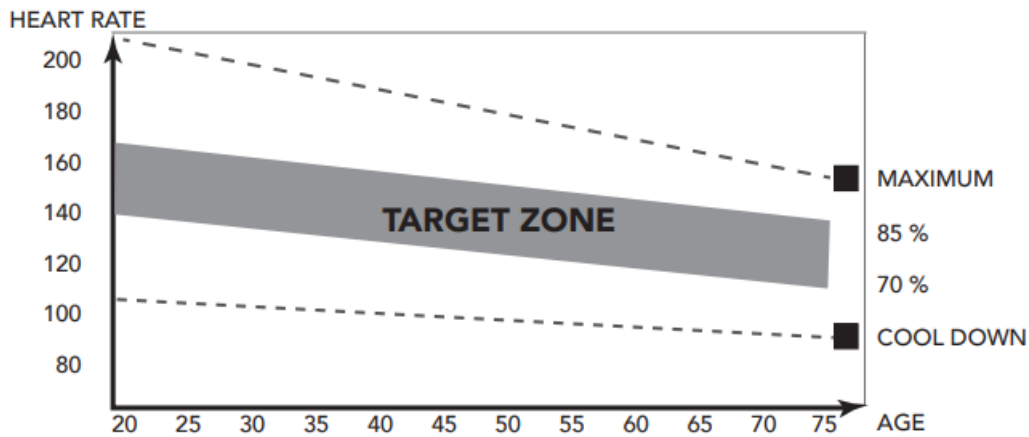
Using your fitness trainer will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

The warming up phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch – if it hurts, STOP

The exercise phase

- This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



- This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes
- The cool down phase
- This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.
- As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle toning

To tone muscle while on your fitness trainer you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

Weight loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Heart 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. Accurate pulse measurement requires that 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 will 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)

• NOTE

- A chest strap does not come standard with this trainer. When you like to use a wireless chest strap you need to purchase this as an accessory.
- 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 will become less accurate.

- **WARNING**

If you have a pacemaker, consult a physician before using a heartrate 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 1.5 metres.
- 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 handpulse 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 metre. 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.

- **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

Adjusting the support feet

- The equipment is equipped with adjustable support feet.
- If the equipment feels unstable, wobbly, or not levelled well, these support feet can be adjusted to make the required corrections.
 - Turn the support feet in/ out as required to put the equipment in a stable and as well possible levelled position.

- Tighten the locknut's to lock the support feet.

NOTE

The equipment is most stable when it is as low to the floor as possible. Therefore, start to level the equipment by turning all support feet fully in, before turning out the required support feet to stabilize and level the equipment.

Click to see our supportive YouTube video <https://youtu.be/3BiN9mc5Tmw?t=535>

Adjusting the horizontal seat position

The horizontal seat position can be adjusted by setting the seat to the required position.

- Loosen the seat adjustment knob.
- Move the seat to the required position.
- Tighten the seat adjustment knob.

Adjusting the vertical seat position

The vertical seat position can be adjusted by setting the seat tube to the required position. With the leg almost straight, the arch of the foot must touch the pedal at its lowermost point.

- Loosen the seat post adjustment knob.
- Move the seat tube to the required position.
- Tighten the seat post adjustment knob.

Click to see our supportive YouTube video <https://youtu.be/3BiN9mc5Tmw?t=486>

Adjusting the handlebar

The handlebar can be adjusted according to the height and the exercise position of the user.

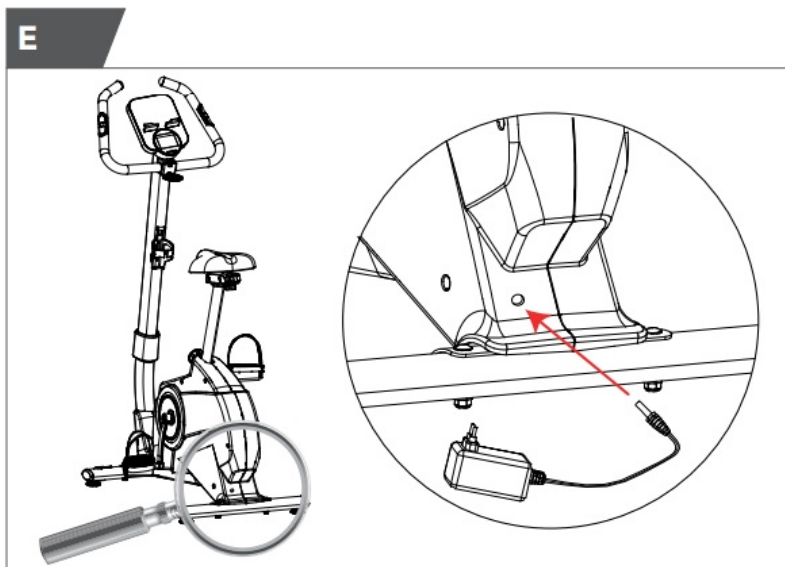
- Loosen the handlebar adjustment knob.
- Move the handlebar to the required position.
- Tighten the handlebar adjustment knob.

Power supply (Fig. E)

The trainer is powered by an external power supply. Refer to the illustration to locate the trainer power input.

NOTE

- Connect the power supply with the trainer before connecting it to the wall outlet.
- Always remove power cord when machine is not in use.



Console (fig F)



- Display
- Tablet/ book support
- Buttons

- **CAUTION**

- Keep the console away from direct sunlight.
- Dry the surface of the console when it is covered with drops of sweat.
- Do not lean on the console.
- Only touch the display with the tip of your finger. Make sure that your nails or sharp objects do not touch the display.

- **NOTE**

The console switches to standby mode when the equipment is not used for 4 minutes. If the console is in standby mode, the display shows the room temperature

Explanation Display functions

• Time

- Without setting the target value, time will count up.
- When setting the target value, time will count down from your target time to 0 and alarm will sound or flash.
- Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP
- Range 0:00~99:59

• Speed

- Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
- Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"

• RPM

- Displays the Rotation Per Minute. Display range 0~15~999
- Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"

• Load

Shows tension level setting, when adjusting resistance, for 3 seconds.

• WATT

- Display current workout watts.
- Range 0 ~ 999

• Distance

- Without setting the target value, distance will count up.
- When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash.
- Range 0.00~99.99

• Calories

- Without setting the target value, calorie will count up.
- When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash.
- Range 0~9999.

NOTE

- This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment

• Pulse

- Current pulse will display after 6 seconds when detected by the console.
- Without any pulse signal for 6 seconds, console will display "P".
- Pulse alarm will sound when current pulse is over the target pulse.
- Range 0-30~230 BPM

Explanation of buttons

• Up

- Increase resistance level
- Setting selection.

- **Down**

- Decrease resistance level
- Setting selection.

- **Mode/ Enter**

Confirm setting or selection.

- **Reset**

In setting mode, press RESET key once to reset the current function

- **figures.**

Press RESET key and hold for 2 seconds to reset all function figures

- **Start/ Stop**

Start or Stop workout

- **Body Fat**

Test body fat% and BMI in stop mode.

- **Recovery**

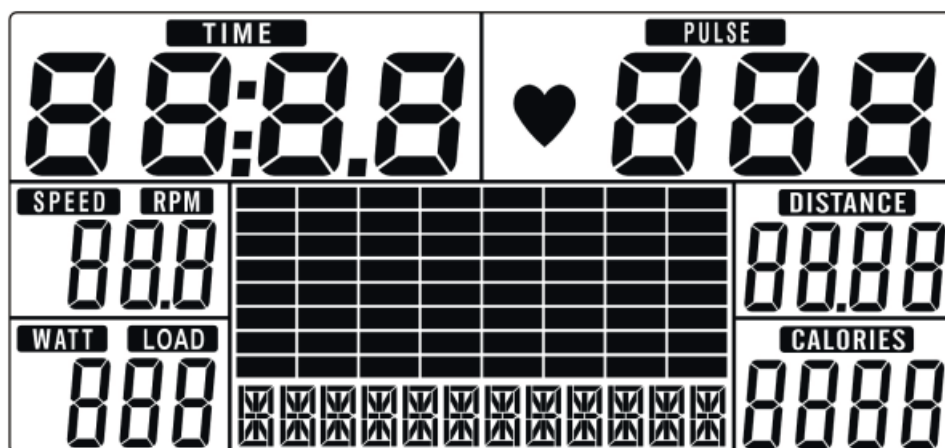
Test heart rate recovery status.

Operation

Power on

- Plug in power supply to power on computer.
- Press any key to power on the console when being in sleep mode..
- Start pedalling to power on the console when being in sleep mode.

LCD will display all segments



Power off

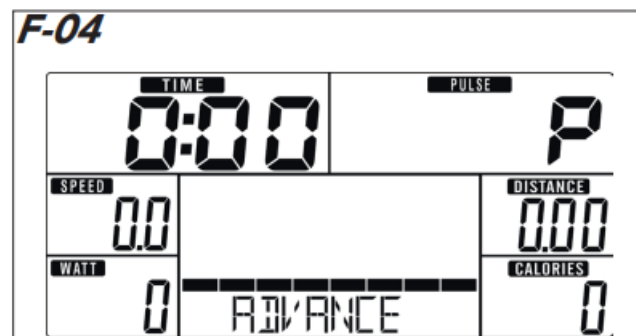
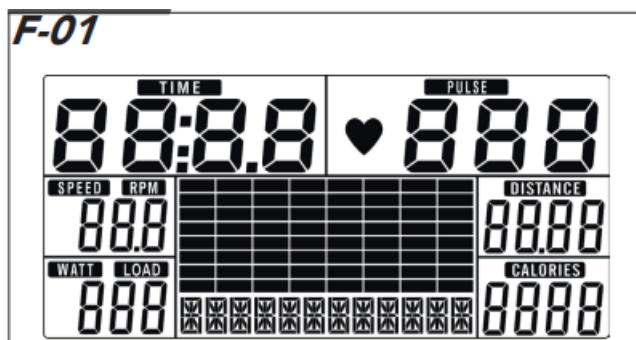
Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode automatically. (Active training data will be lost)

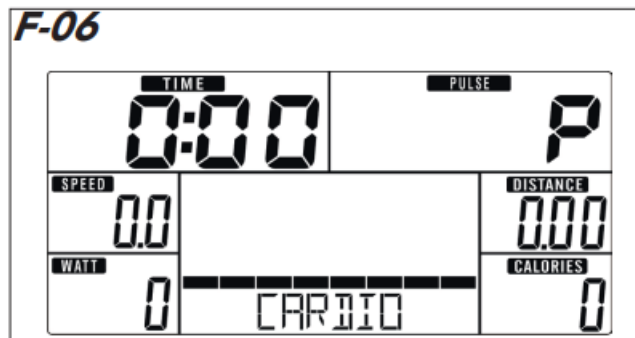
Workout selection

Use UP/ DOWN to select:

- Manual (fig. – F-02)
- Beginner (fig. – F-03)

- Advande (fig. – F-04)
- Sporty (fig. – F-05)
- Cardio (fig. – F-06)





Programs

Quick start

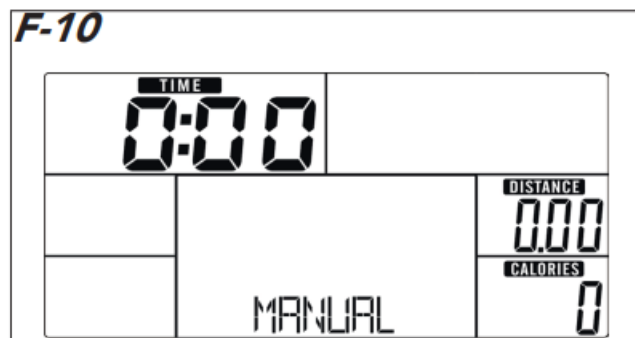
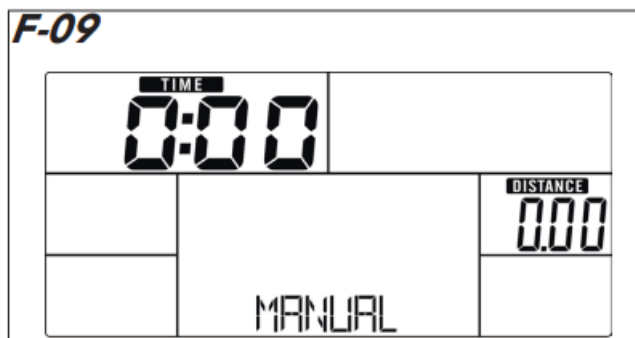
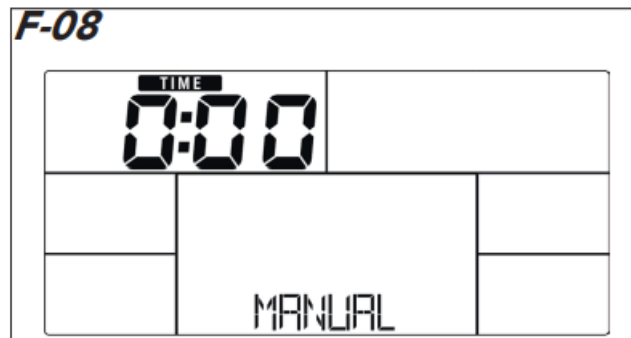
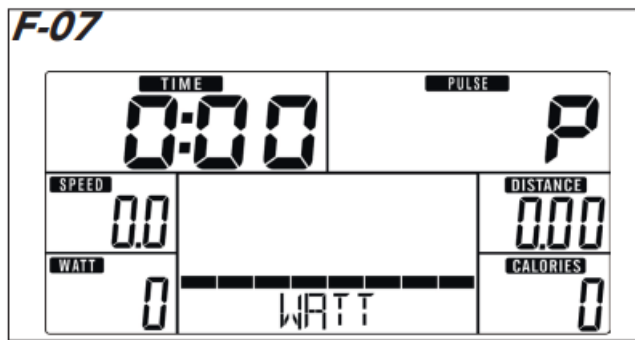
- Press START/ STOP key to start your workout without any pre-set setting.
- Use UP/ DOWN to adjust resistant level during workout.

End your workout

- Press START/ STOP in workout mode to stop/ pause your workout. To resume your workout press START/ STOP button in pause mode.
- Press and hold RESET key for over 2 seconds to reset console. (Active training data will be lost)

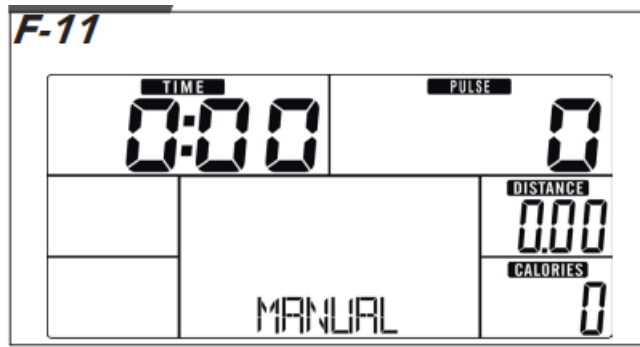
Manual mode

- Use UP/ DOWN key to select workout program, choose MANUAL mode and press mode key to enter next setting entry for manual mode program.
- Use UP/ DOWN key to pre-set training time (fig. – F-07), and press M to confirm the setting.
- After confirm you can set also: distance (fig. – F-08), Calories (fig. – 09), and Pulse.(fig. – 10)



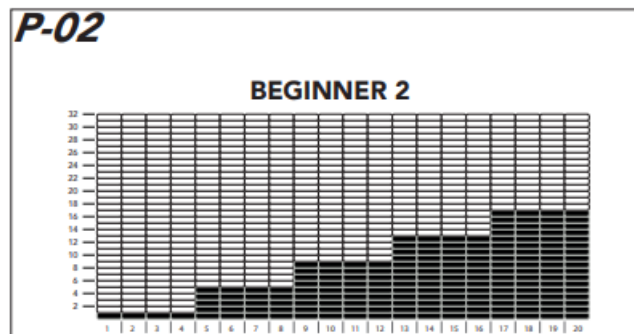
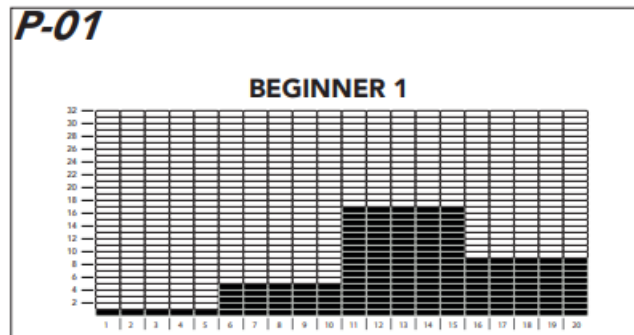
NOTE

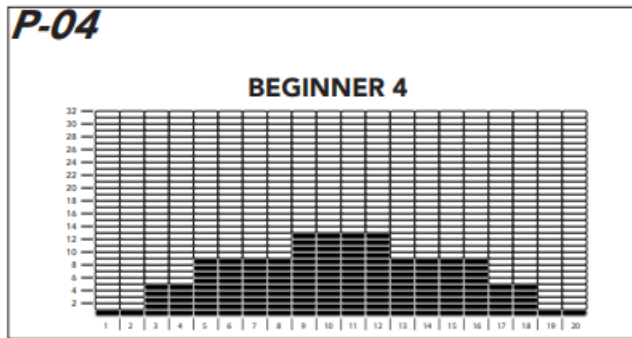
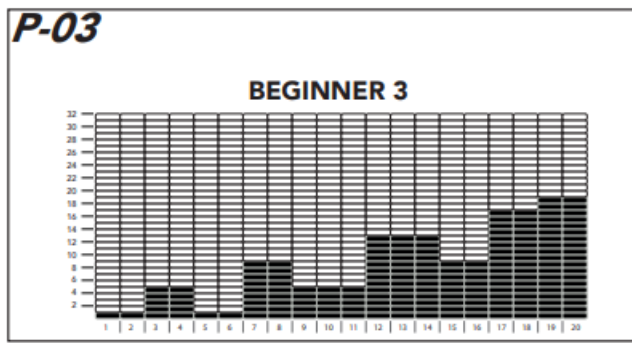
- When setting more than one goal, the training will end at first achieved goal.
- Leave a goal blank and it will not be seen as a pre-set limit.
- Press START/ STOP key to start workout
- Use UP/ DOWN key to adjust resistance level. Load level is shown in LEVEL window (fig. – F-11)



Beginner mode (Fig. P1 ~ P4)

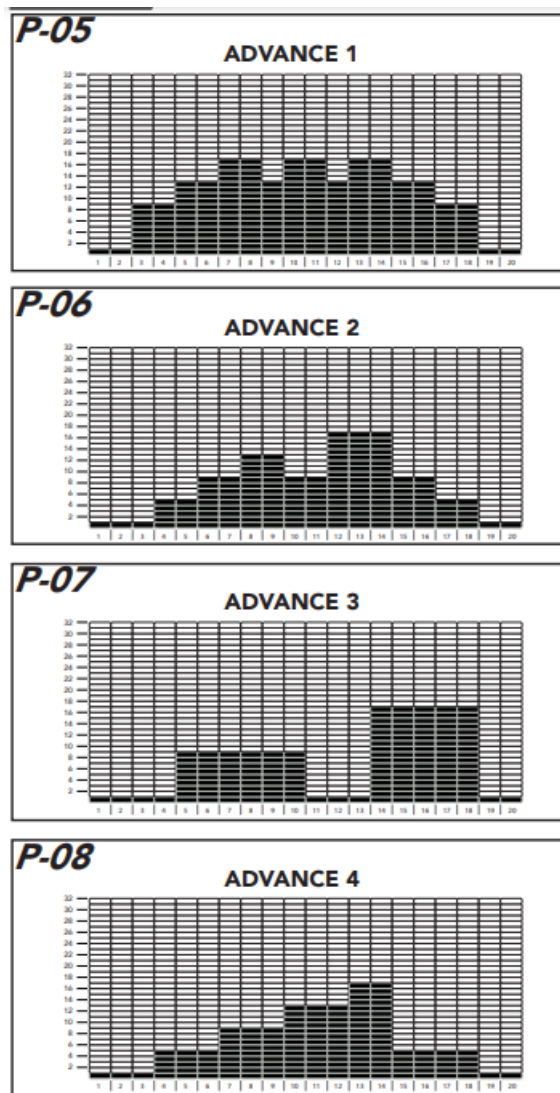
- Use UP/ DOWN key to select workout program, choose BEGINNER mode and press mode key to enter next setting entry for BEGINNER mode program.
- Use UP/ DOWN key to select BEGINNER program 1~4 (fig. – 12) and press MODE/ ENTER to confirm.
- Use UP/ DOWN key to set time, press MODE/ ENTER to confirm.
- Press START/ STOP key to start workout
- Use UP/ DOWN key to adjust resistance level. Load level is shown in LEVEL window (fig. – 11)





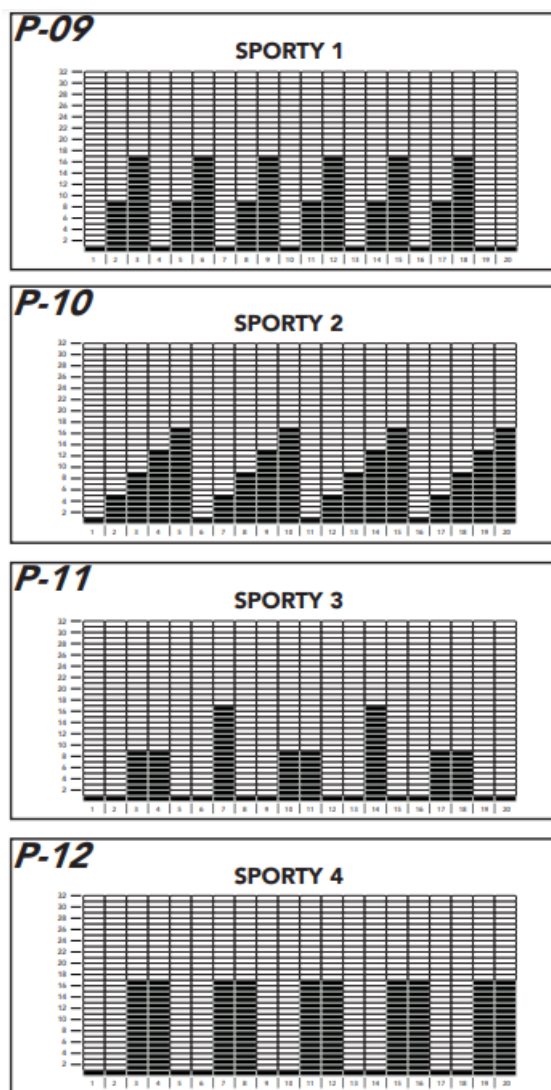
Advance mode (Fig. P5 ~ P8)

- Use UP/ DOWN key to select workout program, choose ADVANCE mode and press mode key to enter next setting entry for ADVANCE mode program.
- Use UP/ DOWN key to select ADVANCE program 1~4 (fig. – 13) and press MODE/ ENTER to confirm.
- Use UP/ DOWN key to set time, press MODE/ ENTER to confirm.
- Press START/ STOP key to start workout
- Use UP/ DOWN key to adjust resistance level. Load level is shown in LEVEL window (fig. – 11)



Sporty mode (Fig. P9 ~ P12)

- Use UP/ DOWN key to select workout program, choose SPORTY mode and press mode key to enter next setting entry for SPORTY mode program.
- Use UP/ DOWN key to select SPORTY program 1~4 (fig. – 14) and press MODE/ ENTER to confirm.
- Use UP/ DOWN key to set time, press MODE/ ENTER to confirm.
- Press START/ STOP key to start workout
- Use UP/ DOWN key to adjust resistance level. Load level is shown in LEVEL window (fig. – 11)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
BEGINNER 1	1	1	1	1	1	5	5	5	5	5	17	17	17	17	17	9	9	9	9	9
BEGINNER 2	1	1	1	1	5	5	5	5	9	9	9	9	13	13	13	13	17	17	17	17
BEGINNER 3	1	1	5	5	1	1	9	9	5	5	5	13	13	13	9	9	17	17	9	9
BEGINNER 4	1	1	5	5	9	9	9	9	13	13	13	13	9	9	9	9	5	5	1	1
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
ADVANCE 1	1	1	9	9	13	13	17	17	13	17	17	13	17	17	13	13	9	9	1	1
ADVANCE 2	1	1	1	5	5	9	9	13	13	9	9	17	17	17	9	9	5	5	1	1
ADVANCE 3	1	1	1	9	9	9	9	9	9	9	1	1	1	17	17	17	17	17	1	1
ADVANCE 4	1	1	1	5	5	5	9	9	9	13	13	13	17	17	5	5	5	5	1	1
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPORTY 1	1	9	17	1	9	17	1	9	17	1	9	17	1	9	17	1	9	17	1	1
SPORTY 2	1	5	9	13	17	1	5	9	13	17	1	5	9	13	17	1	5	9	13	17
SPORTY 3	1	1	9	9	1	1	17	1	1	9	9	1	1	17	1	1	9	9	1	1
SPORTY 4	1	1	17	17	1	1	17	17	1	1	17	17	1	1	17	17	1	1	17	17

Cardio mode

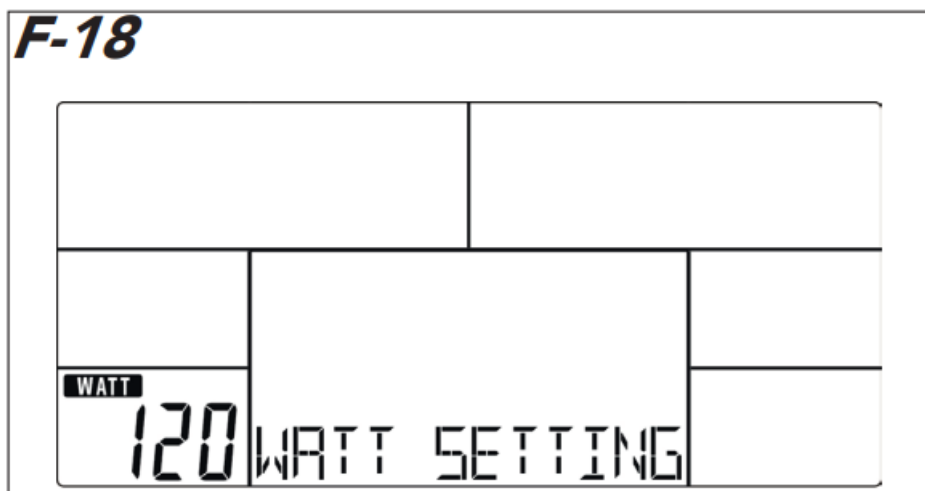
- Use UP/ DOWN key to select workout program, choose CARDIO mode and press mode key to enter next setting entry for CARDIO mode program.
- Use UP/ DOWN key to set age (fig. – 15)
- Use UP/ DOWN key to select 55% (fig. – 16), 75%, 90% or TAG (Target H.R. _ Default 100)
- Use UP/ DOWN key to set time, press MODE/ ENTER to confirm.

- Press START/ STOP key to start workout
- Use RESET, to go back to main menu.

In Cardio mode, the tension will be adjusted automatically to an insensitivity in where your hart rate reaches the Pre set HRC target.

Watt Mode

- Use UP/ DOWN key to select workout program, choose WATT and press MODE / ENTER key to enter next setting entry for WATT mode program.
- Use UP/ DOWN to set WATT target. (default: 120Watt, Fig. F-18)
- Use UP/ DOWN key to set TIME.
- Press START/ STOP key to start workout.
Use UP/ DOW) to adjust target Watt level.
- Press START/STOP key to pause workout.
- Use RESET to go back to main menu.



Recovery

- The RECOVERY key will only be valid if pulse is detected.
- TIME will show „0:60“ (seconds) and counts down to 0.
- Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.
- Press RECOVERY key again to return to the beginning.

How to read the test result.

- The result is based on your cardiac heart rate condition. When being active your heart rate increases in Beats Per Minute (BPM).
- When you end your workout, your heart rate will stabilize to normal.
- The faster your heart-rate stabilizes the better your cardiac condition.
- When your heart rate drops with at least 50 BPM in the test minute, your result will read F1.
- When your heart rate drops in between 41~50 bpm in the test minute, your result will read F2. And so on.

F1	Outstanding	50+ BPM
F2	Excellent	41 ~ 50 BPM
F3	Good	31 ~ 40 BPM
F4	Fair	21 ~ 30 BPM
F5	Below average	11 ~ 20 BPM
F6	Poor	0 ~ 10 BPM

NOTE

- When your heart rate increased in the test minute, it will read F6 too.
- The “Recovery” result data can only be used as a personal reference, and does not have any medical value.

Body Fat

- Press the BODY FAT key to start body fat measurement.
- During measuring, users have to hold both hands on the hand grips. LCD display “-” “- -” “- - -” “- - - -” for 8 seconds until computer finish measuring.
- LCD will display BMI and FAT %.

Body fat mode error codes

- *E-1
There is no heart rate signal input detected.
- *E-4
Occurs when FAT% and BMI result is below 5 or exceeds 50.

Bluetooth & APP

- This console can connect with an APP on a smart device by Bluetooth (iOS & Android).
- Establish the Bluetooth connection only via the connection mode on the installed APP on your smart device.
- When the bluetooth connection between APP and console is established the console display will be dimmed.

NOTE

- Tunturi only provides the option to connect your fitness console throughout a bluetooth connection. Therefore Tunturi cannot be held responsible for damage, or malfunctioning of products other than Tunturi products.
- Check the website for extra information.

Cleaning and maintenance

The equipment does not require special maintenance. The equipment does not require recalibration when it is assembled, used and serviced according to the instructions.

WARNING

Do not use solvents to clean the equipment.

- Clean the equipment with a soft, absorbent cloth after each use.
- Regularly check that all screws and nuts are tight.
- If necessary, lubricate the joints.

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.

- If the equipment does not function properly, immediately contact the dealer.
- 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.

Trouble shooting:

If there is no signal when you pedal, please check if the cable is well connected.

NOTE

- When stop training for 4 minutes, the main screen will be off.
- If the computer displays abnormally, please re-install the transformer and try again.

Shaky or unstable feeling during use

If the machine feels unstable or unstable during operation, it is advisable to adjust the support feet to bring the frame to the correct height. Read the instructions in this manual in section: "Use"

Transport and storage

WARNING

Carry and move the equipment with at least two persons.

- Remain standing in front of the equipment on each side and take a sturdy grip at the handlebars. Tilt the front of the equipment so as to lift the rear of the equipment on the wheels. 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.
- Store the equipment in a dry place with as little temperature variation as possible.

Warranty

Tunturi purchaser's warranty

Warranty terms

The consumer is entitled to the applicable legal rights stated in the national legislation concerning the commerce of consumer goods. This warranty does not restrict these rights. The Purchaser's Warranty is only valid if the item is used in an environment approved by Tunturi New Fitness BV, and is maintained as instructed for that particular equipment. The product-specific approved environment and maintenance instructions are stated in the "user manual" of the product. The "user manual" can be downloaded from our website. <http://manuals.tunturi.com>

Warranty conditions

The warranty conditions commence from the date of purchase. Warranty conditions may vary per country, so please consult your local dealer for the warranty conditions.

Warranty coverage

Under no circumstances shall Tunturi New Fitness BV or the Tunturi Distributor be liable by virtue of this warranty or otherwise for any special, indirect, secondary or consequential damages of any nature arising out of any use or inability to use this equipment.

Warranty limitations

- This warranty covers manufacturing defects in the fitness equipment as originally packed by Tunturi New Fitness BV. The warranty shall apply only under conditions of normal, recommended use of the product as described in the Owner's Manual and providing that Tunturi New Fitness BV's instructions for installation, maintenance and use have been complied with. Neither Tunturi New Fitness BV's nor the Tunturi Distributors' obligations apply to defects due to reasons beyond their control. The warranty applies only to the original purchaser and is valid only in countries where Tunturi New Fitness BV has an authorised importer. The warranty does not extend to fitness equipment or components that have been modified without the consent of Tunturi New Fitness BV. Defects resulting from normal wear, misuse, abuse, corrosion, or damage incurred during loading or transportation are not covered.
- The warranty does not cover sounds or noises emitted during use where these do not substantially impede the use of the equipment and where they are not caused by a fault in the equipment. The warranty does not cover defects arising from the failure to carry periodic maintenance as outlined within the Owner's Manual for the product. Furthermore, the warranty does not cover defects arising from usage and storage within an unsuitable environment as described within the Owner's Manual which should be indoors, dry, dust and grit free and within a temperature range of +15°C to +35°C. The warranty does not cover maintenance activities, such as cleaning, lubricating, and normal part adjustments, nor installation procedures that customers can accomplish themselves, such as changing uncomplicated meters, pedals and other similar parts not requiring any dismantling/reassembling of the fitness equipment. Warranty repairs carried out by other than authorised Tunturi representatives are not covered.
- Failure to follow the instructions given in the Owner's Manual will invalidate the product's warranty.

Technical data

Parameter	Unit of measurement	Value
Heartrate measurement available via:	hand-grip contact 5.3~ 5.4 Khz. Bluetooth (BLE) ANT+	Yes Yes No No
Length	cm inch	86.0 33.9
Width	cm inch	52.0 20.5
Height	cm inch	140.0 55.1
Weight	kg lbs	31.5 69.4
Max. user weight	kg lbs	150 330
Adapter Voltage & Current	V Ma.	9V-DC 1.0 A

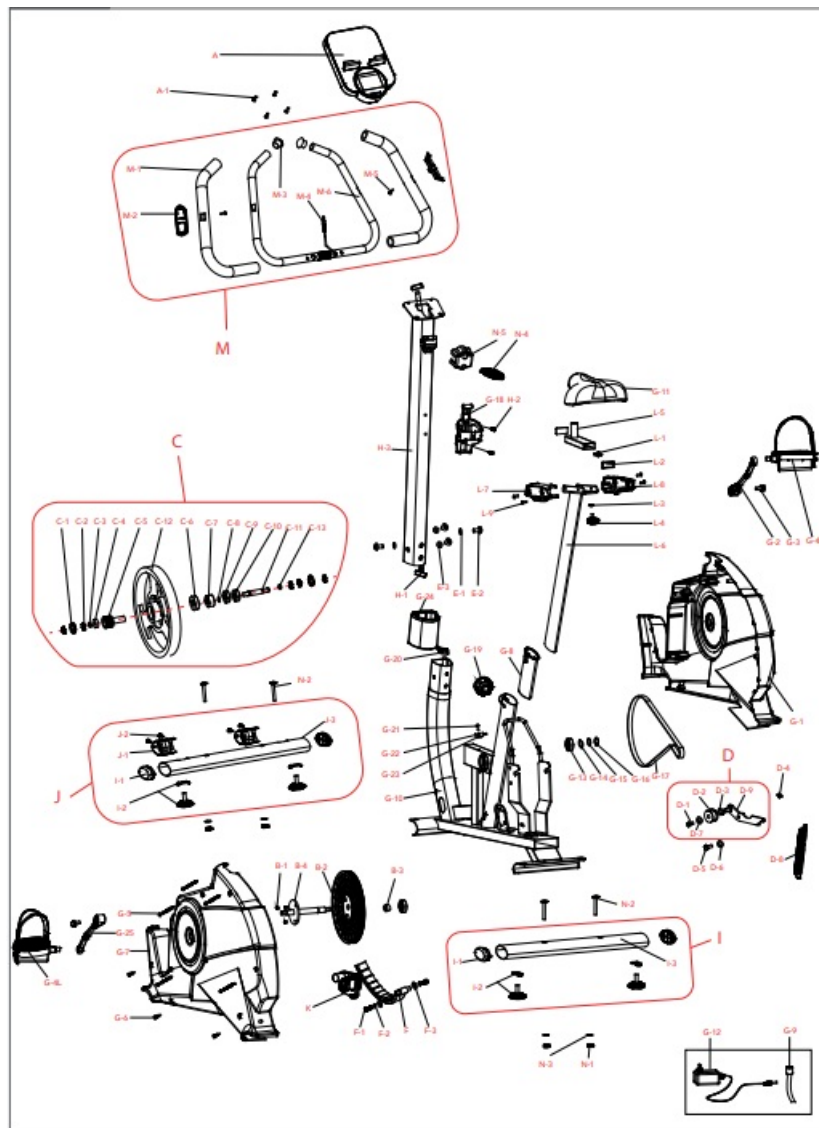
Declaration of the manufacturer

- Tunturi New Fitness BV declares that the product is in conformity with the following standards and directives:
EN 957 (HA), 2014/30/EU.
- The product therefore carries the CE label.
- 12-2020
- Tunturi New Fitness BV
- Purmerweg 1
- 1311 XE Almere
- The Netherlands

Disclaimer

- © 2020 Tunturi New Fitness BV
- All rights reserved.
 - The product and the manual are subject to change.
 - Specifications can be changed without further notice.
 - Check our website for the latest user manual version.

EXPLODED VIEW



NR	Description	Specs	Qty
A	Console		1
A-1	Truss screw,	M5*10L	4
B	Drive belt pully Compl assy	Ø240	1
B-1	Hex nut	M8xP1.25x12L	3
B-2	Pulley	Ø240 * 6	1
B-3	Bushing	Ø22*Ø17*7.5mmL	1
B-4	Axle	Ø17, 170L	1
C	Flywheel Compl. Assy		1
C-1	Star washer	Ø10xØ17x1t	2
C-2	Nut	3/8"-26x4.5t	5
C-3	Bushing	Ø10xØ14x3mmL	1
C-4	Bearing	6900RS	1
C-5	Small pulley,	J8xØ30	1
C-6	Bearing	6203RS	1
C-7	One way bearing		1
C-8	Flat washer	Ø30xØ34	1
C-9	Bearing	6003RS	1
C-10	Bearing	6203RS	1
C-11	Shaft for flywheel	Ø11.5x120L	1
C-12	Flywheel	Ø250x32W	1

C-13	Bushing	Ø10xØ14x6mmL	1
D	Idler Compl. Assy		1
D-1	Hex. Bolt	M6xP1.0x12L	1
D-2	Idler wheel	Ø24xØ37x20.5mmL	1
D-3	Wave washer	Ø10.5xØ15x0.3t	2
D-4	Nylon nut	M8()30#	1
D-5	Hex. Bolt	M8xP1.25x20L	1
D-6	Flat washer	Ø8.5xØ25	1
D-7	Flat washer	Ø6xØ12	1
D-8	Idler spring	Ø16xØ2.0x35T	1
D-9	Idler		1
E	Screw set for handlebar post		1
E-1	Flat washer	Ø8xØ19x2t	2
E-2	Screw	M8*P1.25*16L	4
E-3	Curve washer	Ø8xØ19x2t	2
F	Magnet brake set		1
F-1	Hex. Bolt	M6xP1.0*16L	2
F-2	Spring washer	Ø6	2
F-3	Flat washer	Ø6xØ13	2
G-1	Chain cover(right)		1
G-2	Crank(right)	42614	1
G-3	Hex bolt with nylok	M8xP1.0x20L	2
G-4	Pedal(R, L)	42614	1
G-5	Truss screw, self-tapping	M4x50	5
G-6	Truss screw, self-tapping	M5x16	6
G-7	Chain cover(left)		1
G-8	Sleeve for seat post	27*62	1
G-9	DC cable	500mm 3P + Jack	1
G-10	Main frame	2011	1
G-11	Seat		1
G-12	Adaptor Switching power	DC 9V/1A	1
G-13	Bearing	6203RS	2
G-14	Wave washer	Ø17.5xØ25	1
G-15	Flat washer	Ø17.5xØ25	1
G-16	C Clip	Ø17	1
G-17	Drive belt	J6 1054m/m 410	1
G-18	Water bottle holder		1
G-19	Knob for seat	22L	1
G-20	Cable(lower)	1000L 9P	1
G-21	Tri-angle machined screw	M4x10L	1

G-22	sensor	400mm2P	1
G-23	Fixing set for RPM sensor		1
G-24	Cover		1
G-25	Crank(left)	42614	1
H	Handlebar post Compl Assy	Incl. H-3	1
H-1	Cable(upper)	850L 9P	1
H-2	Truss screw	M5xP0.8x20L	2
H-3	Handlebar post		1
I	Rear stabilizer Compl Assy	Incl. I-1 ~ I-3	1
I-1	End cap for rear stabilizer		4
I-2	Leveler foot for rear stabilizer	Ø50	4
I-3	Rear stabilizer		1
J	Front stabilizer Compl Assy	Incl. I-1, I-2, & J-1 ~ J-3	1
J-1	Transportation wheel		2
J-2	Truss screw, M5x12L	M5x12L	4
J-3	Front stabilizer		1
K	Servomotor, incl cable	950L	1
L	Seat post		1
L-1	Fixing set for seat slider		1
L-2	End cap for seat slider, 20*40	20*40	2
L-3	Flat washer	Ø14.3xØ25	1
L-4	Knob for seat	20L	1
L-5	Slider for seat (Incl. L-1)		1
L-6	Seat post		1
L-7	Cover for seat slider(left)		1
L-8	Cover for seat slider(right)		1
L-9	Truss screw, M5x6L	M5x6L	4
M	Handlebar Compl. Assy	Incl. M-1 ~ M-6	1
M-1	Foam grip	550xØ20x5m/m	2
M-2	Hand pulse		2
M-3	cap for handlebar	Ø7/8	2
M-4	Pulse sensor	550mm,550mm	1
M-5	Cone head, self-tapping screw, M4x20L	M4x20L	2
M-6	Handlebar		1
N	Hardware Kit		1
N-1	Nylon nut	M8	4
N-2	Carriage bolt	M8xP1.25x55L	4
N-3	Flat washer	Ø8xØ19	4
N-4	T knob	M8xP1.25x69L	1
N-5	Metal clamp for handlebar		1
N-6	Wrench		1
N-7	Hex wrench	6mm, 30mmLx84mmL	1

ABOUT COMPANY

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- info@tunturi.com
- www.tunturi.com

Documents / Resources



[TUNTURI FitCycle 70i Exercise Bike](#) [pdf] User Manual
FitCycle 70i Exercise Bike, FitCycle 70i, Exercise Bike, Bike

References

- [T Tunturi Fitness | Feel Better Every Day - Tunturi New Fitness B.V.](#)
- [Instagram Tunturi Fitness \(@tunturi_fitness\) • Instagram photos and videos](#)
- [User Manual](#)