

# T40

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- SERIENNUMMER
- NUMERO DE SERIE
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- NÚMERO DE SERIE
- SERIENNUMMER
- SARJANUMERO



# TUNTURI®

From the **Heart** 

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## 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:

### WARNING

- Never use extension cords between the treadmill and your wall outlet. The device's maximum power consumption is 10 A. Outlets with fluctuating voltage of more than 10 % may result in erratic performance or cause damage to treadmill electronics. Using electrical power other than that, which has been specified in this manual will ultimately void any warranty, implied or otherwise.

**WARNING:** to reduce any risk to persons:

- Keep hands clear of any moving parts. Never place hands, feet or any other objects into any opening or under the treadmill.
- Never leave the treadmill unattended when plugged in. Unplug from outlet when not in use, before putting on or taking off parts. To disconnect, turn all controls to the off position, then remove plug from outlet.
- Close supervision is necessary when the treadmill used by, on, or near children, invalids, or disabled persons.
- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Tunturi.

- Before you start using the treadmill, make sure that it functions correctly in every way. Do not use a faulty device.
- Keep the cord away from heated surfaces.
- T40 must not be used outdoors. T40 tolerates an environment measuring +10°C to +35°C. Air humidity must never exceed 90 %.
- Do not attempt any servicing or adjustment other than those described in this manual. The given instructions must be followed carefully.
- Never operate this treadmill if it has a damaged cord or plug, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for repair.
- Never operate the appliance with the air opening blocked. Keep the air openings free of lint, hair, and the like.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- The device must not be used by persons weighing over 135 kg (298 lbs).
- Information on warranty terms can be found in the warranty booklet included with the product.

SAVE THESE INSTRUCTIONS!

### WELCOME TO THE WORLD OF TUNTURI

#### EXERCISING!

Your choice shows that you really want to invest in your well-being and condition; it also shows you really value high quality and style. With Tunturi Fitness Equipment, you've chosen a high-quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at [www.tunturi.com](http://www.tunturi.com).

**ASSEMBLY**

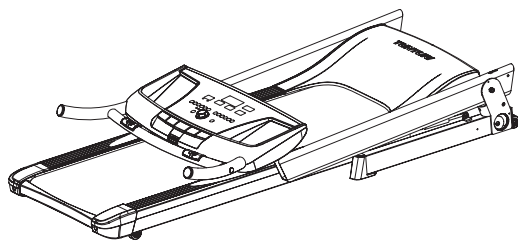
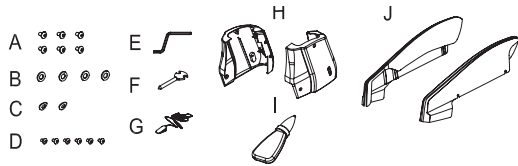
As for the assembly of the device, we recommend two grown-up persons. Do not take the treadmill out of the box: use the packing material to cover the floor on the assembly site.

Before assembling the device, insure all parts are present:

1. Frame
2. Power cord
3. Assembly kit (contents are marked with an \* in the spare part list): keep the assembly tools, as you may need them e.g. for adjusting the equipment

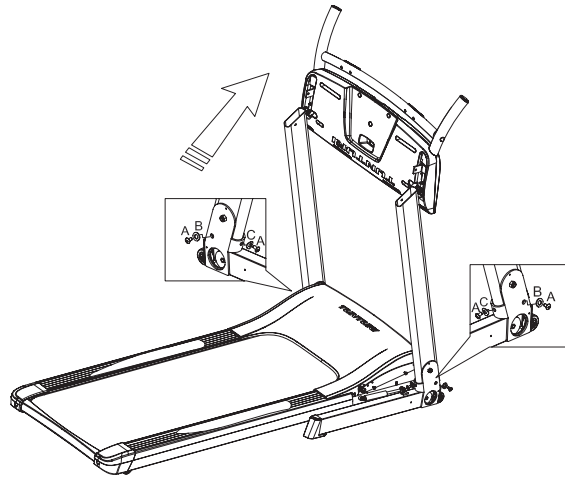
In case of problems contact your Tunturi dealer. The directions left, right, front and back are defined as seen from the exercising position. To avoid injury, you must fold up the deck prior to lifting the treadmill out of the box.

Locate the hardware bag and parts that are listed in the chart below.

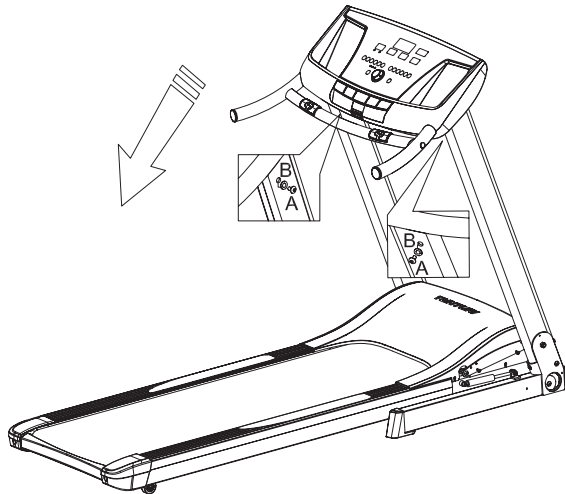


Part#	Description	Q'TY
A	Screw M8*20L	6
B	Washer 8* 18	4
C	Washer 10* 25	2
D	Screw M4*6L	6
E	Allen Key	1
F	Screwdriver	1
G	Safety Key	1
H	Side Cap	2
I	Lube	1
J	Incline Bracket Cover	2

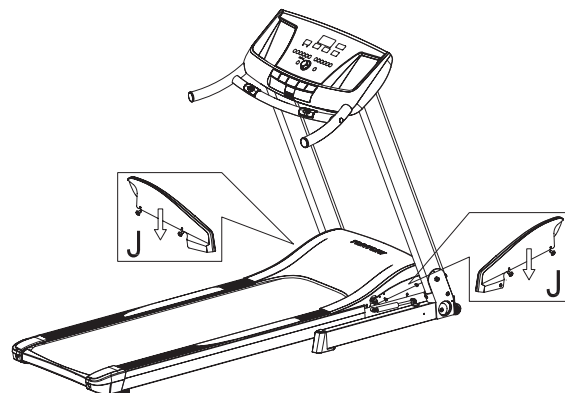
Lift up the upright, then place the screws (A) and washers (B, C) inside holes at the bottom of the upright. Use the screwdriver (F) to tighten them well.

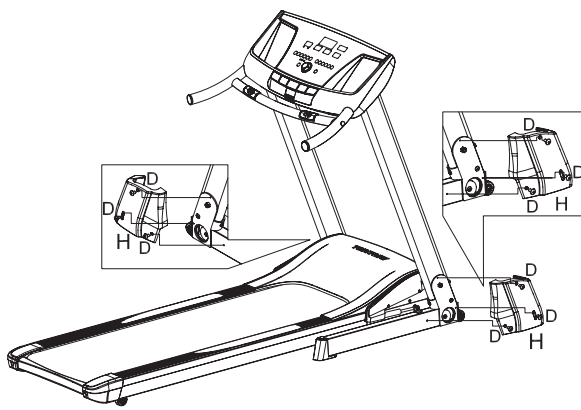


Put the console to the correct position. Use the allen key (E) to tighten the screws (A) and washers (B) inside holes at the top of the upright.



Attach side cap (H) with the screws (D) at the bottom of the upright, and tighten them well.





## POWER CORD AND GROUNDING

### INSTRUCTIONS

Plug the socket end of the power cord into the treadmill at the left front corner. Before connecting the device to a power source, make sure that local voltage matches that indicated on the type plate. The treadmill operates at 110 V or 230 V.

This treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounded conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use extension cables when connecting the equipment to the power source.

**DANGER!** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

### SAFETY TETHER KEY

The treadmill cannot be used if the tether key is not properly installed on the console; if the key is removed from its place, the treadmill will immediately stop. Place the safety tether key in its place on the console. Ensure that the clip of the safety tether key is properly attached to your clothing; as the cord tightens, make sure the clip does not detach itself from your clothing before the safety tether key disconnects from the console.

## CONSOLE

### KEY FUNCTIONS

#### MAJOR FUNCTION KEYS:

- ELEVATION +:** Increases the elevation level in the range from 0% to 12% shown in the HEART RATE / ELEVATION Display. Pressing once increases 1 % and to speed up the decrement by pressing and holding it for 2 seconds.
- ELEVATION -:** Decreases the elevation level in the range from 0% to 12% shown in the HEART RATE/ ELEVATON Display. Pressing once increases 1 % and to speed up the decrement by pressing and holding it for 2 seconds.
- RESET:** Press this button to turn on or turn off the power.
- START/STOP:** Starts or stops the program.
- SELECTION DIAL:** The selection dial functions in two ways:
  - Rotating the dial. By rotating the dial clockwise, you can increase setting values and scroll the programs in an order of the programs. By rotating the dial anticlockwise, you can decrease setting values and scroll the programs in an order of the programs. During preset profiles and [HRC] you can adjust the intensity by rotating the dial.
  - Pressing the dial is [ENTER]. By pressing the dial, you can accept the selection you made when rotating the dial.
- SPEED +:** Increases the speed level in the range from 0.8 to 20.0 KPH (0.5 to 12,5 MPH) shown in the SPEED Display. Pressing once increases 0.1KPH (0.1 MPH) and to speed up the increment by pressing and holding it for 2 seconds.
- SPEED -:** Decreases the speed level in the range from 0.8 to 20.0 KPH (0.5 to 12,5 MPH) shown in the SPEED Display. Pressing once decreases 0.1 KPH (0.1 MPH) and to speed up the decrement by pressing and holding it for 2 seconds.
- PSC:** Position Speed Control (PSC) allows you to adjust the track speed without touching the console by changing your position on the track during exercise. The PSC function requires the use of a heart rate monitor. PSC can be used with manual exercises, HRC exercises with elevation adjustments and with the [Rolling Hills] profile.

#### SPEED HOT KEYS:

6 Speed Hot Keys are set as 4, 6, 8, 10, 12, and 14 KPH or set as 2, 3,4,5,6,7 MPH. For example, the speed changes from any speed to 8 KPH by pressing the Speed Hot Key 8.

#### ELEVATION HOT KEYS:

6 Incline Hot Keys are set as 0,2,4,6,8 and 10% For example, the elevation level changes from any level to 4% by pressing the Elevation Hot Key 4.

## LED INDICATORS & DISPLAYS AND

### OPERATING RANGES

The default values are PROGRAM = Manual (M), TIME = 00:00 (counting up), SPEED = 0,8 KMH / 0,5 MPH, DISTANCE = 0.00 (counting up), KCAL = 0 (counting up), HEART RATE = 0, and ELEVATION = 0.

- A. 2 LED INDICATORS:** The HEART RATE Indicator is on and the HEART RATE /ELEVATION Display shows heart rate. The ELEVATION Indicator is on and the HEART RATE / ELEVATION Display shows elevation level.
- B. PROGRAM DISPLAY:** Shows the information in action and chosen by using the SELECTION DIAL. P1 to P9 and 3 user-settings modes can be chosen from.
- C. TIME DISPLAY:** Shows the exercising time with counting up or down. While the treadmill is not running and the SAFETY KEY is on, it can be chosen by pressing SELECTION DIAL then adjusted by using the SELECTION DIAL. The range of counting up is from 00:00 to 99:59 and 10:00 to 99:00 with counting down. While counting down to 00:00, the monitor will beep 12 times then the treadmill will stop.
- D. SPEED DISPLAY:** Shows the speed that the treadmill is providing. It can be adjusted by pressing "SPEED+" and "SPEED-" keys from 0.5 to 12,5MPH or 0.8 to 20 KPH.
- E. DISTANCE DISPLAY:** Shows the distance with counting up or down while treadmill is not running and SAFETY KEY is on, it can be chosen by pressing SELECTION DIAL then adjusted by using SELECTION DIAL. The range of counting up is from 0.00 to 999KPH/MPH and 999 to 0.00 with counting down. While counting down to 0.00, the monitor will beep 12 times then the treadmill will stop.
- F. KCAL DISPLAY:** Shows the kcal with counting up or down while treadmill is not running and SAFETY KEY is on, it can be chosen by pressing SELECTION DIAL then adjusted by using SELECTION DIAL. The range of counting up is from 0.00 to 999 KCAL and 999 to 0.00 with counting down. While counting down to 0.00, the monitor will beep 12 times then the treadmill will stop.
- G. HEART RATE /ELEVATION DISPLAY:** The default value shown is the heart rate and the HEART RATE Indicator is on. It switches to the value of elevation % while adjusting and the ELEVATION Indicator is on.

### OPERATION INSTRUCTIONS (PLEASE READ

#### CAREFULLY BEFORE USING)

##### A. SAFETY TIPS:

To start, turn on the power and attach the Safety Key to the monitor. Notice that the machine does not work and off the LED display without the Safety Key attached. Please clip the other end of the Safety Key to the user before exercising to ensure the machine will stop in case the user accidentally runs off the treadmill. Should that happen, the Safety Key will be off the monitor and the treadmill will stop at once to

avoid further injury.

##### B. PROGRAMS SELECTION:

There are 12 programs including 9 preset programs, and 3 User Setting programs to choose from by using SELECTION DIAL.

##### C. PROGRAM GRAPH:

The graphs in the PROGRAM Display are the speed profile but incline also will change during the exercise. There are total 20 columns in the display. Without the value of TIME set, each program will last 20 minutes that is 1 minute of each column's interval. With the value of time set, each interval varies. For example, if the value of time is set to 10 minutes counting down, each interval will be 10 minutes dividing by 20 intervals ( $10/20=0.5$ ) that is 30 seconds.

##### D. EXERCISING WITH A SPECIFIC GOAL:

In any programs, user may change the values of TIME before exercising. Press SELECTION DIAL to select each of them, and use SELECTION DIAL to change the value. If the values are not changed, and all remain at 0, the user can run as long as he / she wants to. For example, if the [TIME] is set to 10 minutes, the exercise will last for 10 minutes.

##### E. HEART RATE:

There are two ways to measure your heart rate. One is using the hand-pulse sensor. Another is using chest belt. The handgrip sensors in the handrails take a pulse measurement when the user is touching both sensors simultaneously. Reliable pulse measurement requires that the skin is constantly touching the sensors and that the skin is slightly moist. Skin which is too dry or moist will interfere with the pulse measurement. Please also note that heavy pounding of feet on the running belt during exercise can cause interference that may affect the accuracy of the handgrip pulse measurement. To ensure safe operation, we recommend that you use pulse measurement only when training at a walking pace or standing on the landing rails located on each side of the running belt, or when the treadmill has come to a stop.

## BASICS ON EXERCISING

### ABOUT YOUR HEALTH

- Before you start any training, consult a physician to check your state of health.
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
- To avoid muscular pain and strain, begin and end each workout by stretching.

### ABOUT THE EXERCISE ENVIRONMENT

- Make sure the exercise environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.
- Place the treadmill on a firm, level surface. Allow

120 cm or 4 feet of clearance behind the treadmill and 60 cm or 2 feet on either side and in front of the treadmill.

- We recommend that the equipment is placed on a protective base.

#### ABOUT USING THE EQUIPMENT

- Always unplug the treadmill from the electrical outlet after each training session.
- Only one person may use the equipment at a time.
- Keep hands clear of any moving parts. Never place hands, feet or any other objects under the treadmill.
- Wear appropriate clothing and shoes when exercising. Make sure your shoelaces are properly tied. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small pebbles.

#### BEGINNING AN EXERCISE SESSION

- To avoid muscular pain and strain, begin and end each workout by stretching.
- Stand on the landing rails to the left and right of the running belt. Do not stand on the running belt.
- Always hold the handrail for support when getting on or off the treadmill and when changing the speed during exercise. Do not jump off the running belt while it is moving!
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.

#### FINISHING AN EXERCISE SESSION

- Never leave the safety tether key in the treadmill.
- Use the main power switch to turn the unit off.
- Unplug the electrical cord from the wall outlet and from the treadmill.
- If necessary clean the treadmill from sweat with a damp cloth. Do not use solvents.
- Store the electrical cord where it is clear from all pathways and out of childrens' reach.

#### HOW TO MOTIVATE YOURSELF TO CONTINUE

In order to reach the goals you have set, you'll need to keep finding the motivation to continue so you achieve your ultimate goal: life-long health and a new quality of living.

- Set yourself realistic targets.
- Progress step-by-step according to your schedule.
- Keep a fitness diary and write down your progress.
- Change your way of exercising from time to time.
- Use your imagination.
- Learn self-discipline.

One important aspect of your training is versatility. Varying your training exercises different muscle groups and helps maintain motivation.

#### HEART RATE

No matter what your goal, you'll get the best results by training at the right level of effort, and the best measure is your own heart rate. First find your maximum heart rate i.e. where the rate doesn't increase with added effort. If you don't know your maximum heart rate, please use the following formula as a guide:

$$220 - \text{AGE}$$

The maximum varies from person to person. The maximum heart rate diminishes on average by one point per year. If you belong to one of the risk groups mentioned earlier, ask a doctor to measure your maximum heart rate for you. We have defined three different heart-rate zones to help you with targeted training.

**BEGINNER:** 50-60 % of maximum heart rate

Also suitable for weight-watchers, convalescents and those who haven't exercised for a long time. Three sessions a week of at least a half-hour each is recommended. Regular exercise considerably improves beginners' respiratory and circulatory performance and you will quickly feel your improvement.

**TRAINER:** 60-70 % of maximum heart rate

Perfect for improving and maintaining fitness. Even reasonable effort develops the heart and lungs effectively, training for a minimum of 30 minutes at least three times a week. To improve your condition still further, increase either frequency or effort, but not both at the same time!

**ACTIVE TRAINER:** 70-80 % of maximum heart rate

Exercise at this level suits only the fittest and presupposes long-endurance workouts.

#### OPERATION

1. Insert the Safety key.
2. Turn the power on. The monitor will turn on. The program window will display ENTER WEIGHT. Use SELECTION DIAL to input your weight.
3. Press SELECTION DIAL to confirm your setting value. The program window will display SELECT PROGRAM OR PRESS START.
4. Use SELECTION DIAL to select and confirm the desired program.

#### PROGRAMS 1 – 9

1. In the program 1, the program window will display "MANUAL SPEED & ELEVATION". In the program 2 to program 6, the program window will display profile. In the program 7, the program window will display HRC ELEVATION, in the program 8 HRC SPEED and in the program 9 HRC COMBINATION. HRC ELEVATION = heart rate control is based on automatically changing treadmill elevation. In this mode, you need to adjust the speed manually. HRC SPEED = heart rate control is based on automatically changing belt speed.

HRC COMBINATION = heart rate control is based on automatically, simultaneously changing treadmill elevation and belt speed.

By rotating the dial clockwise, you can increase setting values and scroll the programs in an order of the programs. Pressing the dial is [ENTER]. By pressing the dial, you can accept the selection you made when rotating the dial.

2. The program window will display "ENTER YOUR WORKOUT TIME". The TIME window will flash. Use SELECTION DIAL to input and confirm the desired values.
3. The program window will display "ENTER YOUR WORKOUT DISTANCE". Use SELECTION DIAL to input and confirm the desired values.
4. The program window will display "ENTER YOUR WORKOUT CALORIES". Use SELECTION DIAL to input and confirm the desired values.
5. In the Program 1 to Program 6, press START to begin. Use SELECTION DIAL to adjust the speed and the elevation. In the preset programs, you can change the intensity level.
6. In the Program 7 to Program 9, the program window will first display "ENTER AGE". Use SELECTION DIAL to input and confirm your age. The program window will display "ENTER TARGET HEART RATE". Use SELECTION DIAL to input and confirm the desired values. The program window will display "ENTER MAXIMUM SPEED". Use SELECTION DIAL to input and confirm the desired values. You can now enter the target time, distance and calories. Press the START to begin exercise. Heart rate controlled exercises enable training at a selected heart rate level. Heart rate controlled exercises always require heart rate measurement.

### USER 1 TO USER 3

1. Select the desired program with SELECTION DIAL.
2. Press SELECTION DIAL to confirm your desired user setting program. The program window will display "ENTER YOUR WORKOUT TIME". The TIME window will flash. Use SELECTION DIAL to set up your to do the exercise. Press SELECTION DIAL to confirm your setting value.
3. The program window will display "ENTER YOUR WORKOUT DISTANCE". The DISTANCE window will flash, use SELECTION DIAL to set up your desired distance to do the exercise. Press SELECTION DIAL to confirm your setting value.
4. The program window will display "ENTER YOUR WORKOUT CALORIES". The CALORIES window will flash, use SELECTION DIAL to set up your desired calories to do the exercise. Press SELECTION DIAL to confirm your setting value.
5. Press START to begin exercise.

### EDITING THE PROFILE LEVELS

1. In the program window, the first column of LED matrix will flash. Use SELECTION DIAL to set up

desired speed value and use SELECTION DIAL to set up desired incline level.

2. Press SELECTION DIAL to confirm your profile setting for first column.
3. Continue to finish all of the profile setting column by column.

### PSC

Position Speed Control (PSC) allows you to adjust running track speed by changing your position on the track. Move to the front of the track and it accelerates, and as you move back the track itself slows down. When you are walking or running in the middle section of the track the speed stays steady.

NOTE! You must wear a heart rate belt when you use PSC! A blinking square in the Heart Rate display indicates that heart rate measurement is in operation.

NOTE! Attach the holder of the safety key carefully to your shirt whenever you are using PSC. Adjust the length of the safety key wire so that it will be detached from the console, if you move too far back. NOTE! If you are exercising with PSC, there must not be another heart rate transmitter near the treadmill (minimum distance 2 m); the simultaneous signals of two transmitters endanger user safety by interfering with the PSC.

#### PSC SETTINGS

PSC settings should be done with the treadmill at a complete stop.

1. Start the use of PSC by setting the speed zone limits. Press the PSC key.
2. Depending on the previous settings, either PSC ON or PSC OFF will be displayed. Use the SELECTION DIAL to change the setting to PSC ON and press SELECTION DIAL. The program window will display [ENTER MAXIMUM SPEED]. Use the [SELECTION DIAL] to input and confirm the desired value.
3. PRESS ENTER TO CALIBRATE PSC OR START TO EXIT will be displayed. Position yourself in the middle of the track. The acceleration zone begins approximately 10 cm ahead of the measurement point, while the deceleration zone begins approximately 20 cm behind the measurement point. Press SELECTION DIAL and the text PLEASE WAIT 8 will be displayed. The console will now measure your distance on the basis of the heart rate signal. Measurement takes 8 seconds, and after that CALIBRATION READY PRESS START is displayed.
4. If the console cannot receive the heart rate signal or there are problems in measuring the distance, the console will return to the CALIBRATE display. In case of such an error, the text CHECK TRANSMITTER is displayed. You should then make sure that you have properly followed the instructions on the use of the heart rate belt.

If the speed zone limits are suitable for you, the next time you start exercising you can start PSC just by selecting PSC ON and pressing SELECTION DIAL and START, and then select the desired training mode. If you want to change the speed zone limits, repeat steps 1-4 and move to a more suitable position on the

# UPDATE!

06.06.2008

## PSC

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Position Speed Control (PSC) allows you to adjust running track speed by changing your position on the track. Move to the front of the track and it accelerates, and as you move back the track itself slows down. When you are walking or running in the middle section of the track the speed stays steady.

**NOTE! You must wear a heart rate belt when you use PSC! A blinking dot in the Heart Rate display indicates that heart rate measurement is in operation.**

**NOTE! Attach the holder of the safety key carefully to your shirt whenever you are using PSC. Adjust the length of the safety key wire so that it will be detached from the console, if you move too far back.**

**NOTE! If you are exercising with PSC, there must not be another heart rate transmitter near the treadmill (minimum distance 2 m); the simultaneous signals of two transmitters endanger user safety by interfering with the PSC.**

**NOTE! If you have not tried the PSC feature before, we recommend you start at slow speed.**

**NOTE! Speed zone limits are individual for each person.**

**NOTE! PSC speed zone limits are changing based on running speed. We recommend you start increasing speed very slowly and carefully.**

**NOTE! When you are changing your speed zone position, there is a time delay of some seconds before zone indication leds and speed control start to react.**

## PSC SETTINGS

PSC settings should be done with the treadmill at a complete stop.

1. Start the use of PSC by setting the speed zone limits. Press the PSC key.

2. PSC OFF will be displayed. Use the SELECTION DIAL to change the setting to PSC ON and press SELECTION DIAL .

3. PRESS ENTER TO CALIBRATE PSC OR START TO EXIT will be displayed. Position yourself on the track. The acceleration zone begins ahead of the measurement point, while the deceleration zone begins behind the measurement point. Press SELECTION DIAL and the text PLEASE WAIT will be displayed. The console will now measure your distance on the basis of the heart rate signal. Measurement takes about 8 seconds.

4. The program window will display CALIBRATION READY PRESS ENTER TO SET MAX SPEED. Press SELECTION DIAL and use the SELECTION DIAL to input and confirm the maximum speed for you. PSC do not increase speed over that limit.

5. PRESS START TO BEGIN will be displayed. Press START to exit PSC calibration.

If the console cannot receive the heart rate signal or there are problems in measuring the distance, the console will return to the CALIBRATE display. In case of such an error, the text CHECK TRANSMITTER is displayed. You should then make sure that you have properly followed the instructions on the use of the heart rate belt.

If the speed zone limits are suitable for you, the next training you start exercising you can start PSC just by selecting PSC ON and pressing SELECTION DIAL and START, and then select the desired training mode. If you want to change the speed zone limits, repeat steps 1-5 and move to a more suitable position on the track before the measurement.

## TRAINING WITH PSC

1. Select Manual exercise, Rolling Hills profile or the standard heart rate exercise with automatic elevation adjustment. In these exercises you can adjust the track speed with PSC. The PSC signal light indicates that the feature is in operation. The device is equipped with three PSC signal lights that show in which speed zone you are currently running ("+" means that the speed is increasing, "0" means that the speed is constant, and "-" means that the speed is decreasing).

2. Start the selected exercise by pressing the START key, and adjust track speed by moving forward or back on the track. Please note that the speed adjustment keys (Turtle/Rabbit) are also in operation during a PSC exercise.



track before the measurement.

#### TRAINING WITH PSC

1. Select Manual exercise, Rolling Hills profile, a condition test or the standard heart rate exercise with automatic elevation adjustment. In these exercises you can adjust the track speed with PSC. The PSC signal light indicates that the feature is in operation. The device is equipped with three PSC signal lights that show in which speed zone you are currently running ("+" means that the speed is increasing, "0" means that the speed is constant, and "-" means that the speed is decreasing).

2. Start the selected exercise by pressing the START key, and adjust track speed by moving forward or back on the track. Please note that the speed adjustment keys (Turtle/Rabbit) are also in operation during a PSC exercise. **NOTE!** If you have not tried the PSC feature before, we recommend you start at slow speed.

#### SERVICE MENU

1. During the power ON position, first hold the SELECTION DIAL button then press the SPEED+ button together to enter the Service Menu

2. Elevation window shows the model no., distance window shows software version, KCAL window shows year.

3. Press the [SELECTION DIAL]. The main display shows the the LDU version and ISP version.

4. Press SELECTION DIAL button enter KM/MILE switch mode.

Use SELECTION DIAL to select KM or MILE.

5. Press the [SELECTION DIAL]. The main display shows the the total distance.

6. Press the [SELECTION DIAL]. The main display shows the the total training time in hours.

7. Press SELECTION DIAL button goes back to ON position.

## MAINTENANCE

The equipment is safe to use only when periodically maintained and inspected for faults and wear.

**CAUTION!** Do not attempt any servicing or adjustment other than those described in this manual. Any other servicing must be performed by an authorized service representative. Check the tightness of all fixing screws once a year. Do not overtighten.

#### CLEANING AND LUBRICATING THE TREADMILL

**FAILURE TO LUBRICATE YOUR TREADMILL MAY INVALIDATE THE PRODUCT'S WARRANTY!**

Wipe the treadmill surfaces, especially the handlebars and console from dust with a damp cloth or towel. Do not use solvents. Use a small vacuum nozzle to carefully vacuum around all visible components (belt, running deck, side rails etc.). Also keep the area near the treadmill clean. While in use, the treadmill gathers dust that may cause problems in the operation of the equipment.

In average domestic use (a maximum of 60 minutes a

day), you should check the lubrication once a month – however, lubricate the belt only if needed. In more demanding use, the lubrication needs be checked at shorter intervals. This is best done before you begin a training session. Check the lubrication as follows:

1. Ensure the treadmill is powered off! Step on the treadmill belt and stand steadily where you normally run on the belt.

2. Take hold of the horizontal handlebar and push the belt with your feet so that it slides back and forth. The belt should move softly and evenly, without a sound.

3. If you notice jerky movement or if the belt will not slide check for lubrication by sliding your hand under the belt.

Lubricate the running deck according to the following instructions:

1. Fold up the running deck and lock it.

2. Cut off the tip of the bottle cap.

3. Position the lubricant bottle between the belt and the board

4. Try to reach the bottle as far into the center of the running belt as possible and point the tip of the bottle towards the running belt.

5. Squeeze the lubricant bottle to dispense half of the bottle.

6. Move the running belt half of a revolution and repeat steps 4 and 5.

7. Fold down the running deck into its normal position. Use treadmill for your training session or allow the treadmill to run for at least 5 minutes.

**NOTE!** Lubricate your treadmill only with T-Lube S silicon lubricant. Contact your local Tunturi distributor for further supplies of T-Lube or further information on lubrication and maintenance.

#### ALIGNING THE RUNNING BELT

Monitor belt tracking during exercise and make adjustments as needed. The belt should run in the center of the treadmill. Alignment is not usually needed, provided

- the treadmill is placed on an even, solid and horizontal surface and the belt is correctly tensioned
- the alignment of the belt is correct

It is, however, possible for the belt to be pushed to one side due to the user's running style (e.g. more weight on one foot). The alignment of the belt is adjusted by turning the two bolts at the back of the treadmill.

#### ALIGN THE BELT ACCORDING TO THE FOLLOWING INSTRUCTIONS:

1. Turn the power switch on and increase the treadmill's speed to 5 km/h (3 mph).

2. If the belt drifts to the left, turn the left adjustment bolt 1/4 turn clockwise and the right adjustment bolt 1/8 turn anti-clockwise. If the belt drifts to the right, turn the right adjustment bolt 1/4 turn clockwise and the left adjustment bolt 1/4 turn anti-clockwise.

3. If the belt remains centered the adjustment is correct. If not, continue to make small adjustments as above until the belt is correctly aligned. If the belt is allowed run across to one side for long periods of

time the edges of the belt may be damaged and the treadmill may not continue to operate correctly. Any damage to the belt caused by the lack of necessary adjustment will not be covered by the warranty.

### ADJUSTING THE BELT TENSION

The belt must be tensioned if it begins to slip on the rollers. In normal use, however, keep the belt as loose as possible! The belt tension is adjusted by turning the same screws as used for aligning the running belt. If turning the screws will not effect the belt tension, please contact your local Tunturi dealer.

1. Increase the treadmill's speed to 5 km/h (3 mph).
2. Turn both adjustment screws an equal amount,  $\frac{1}{4}$  turn clockwise.
3. Try to slow the belt down by holding onto the handrails and braking as you walk (as if you were walking downhill). If the belt slips, turn another  $\frac{1}{4}$  turn and repeat the test. When braking heavily the belt may slip. If the belt keeps slipping despite repeated adjustments, please contact your local Tunturi dealer.

### MALFUNCTIONS

**NOTE!** Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part. Always give the model, serial number of your equipment and in case of malfunctions also conditions of use, nature of malfunction and any error code.

When you encounter unusual behavior from the treadmill, simply turn the power switch off, wait 1 minute and turn the power switch on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again. If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, contact your local Tunturi dealer for service.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

### ERROR CODES

The user interface will display information about operational faults.

**E1:** Speed sensor error. Unplug the electrical cord from the wall outlet and from the treadmill, wait 1 minute and turn the power switch on again. If treadmill recovers to normal operation, you may continue to use the treadmill. Otherwise, call the dealer for service.

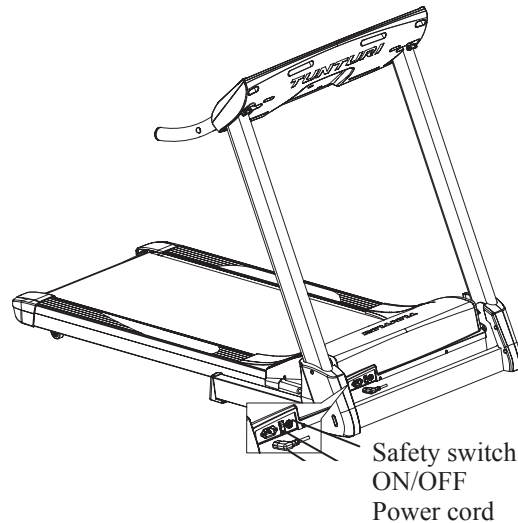
**E6, E7:** Lift motor error. Unplug the electrical cord from the wall outlet and from the treadmill, wait 1 minute and turn the power switch on again. If treadmill recovers to normal operation, you may

continue to use the treadmill. Otherwise, call the dealer for service.

### PROTECTIVE CIRCUIT

The machine will shut off when the electricity load is above the machine's capacity. To restart the machine, please follow the procedure below:

- A. Unplug the power cord from the machine's socket.
- B. Push in the safety switch.
- C. Replug the power cord into the machine's socket.



**NOTE! DON'T PUSH IN THE SAFETY SWITCH BEFORE UNPLUGGING THE MACHINE'S POWER CORD.**

If you leave the treadmill plugged in after turning off the console, there will still be current running to the console. This treadmill is equipped with a safety control program that will automatically shut down the machine after six hours of no use. In the event of an automatic shut down, please follow the procedure below to restart the treadmill:

- A. Unplug the power cord from the machine's socket.

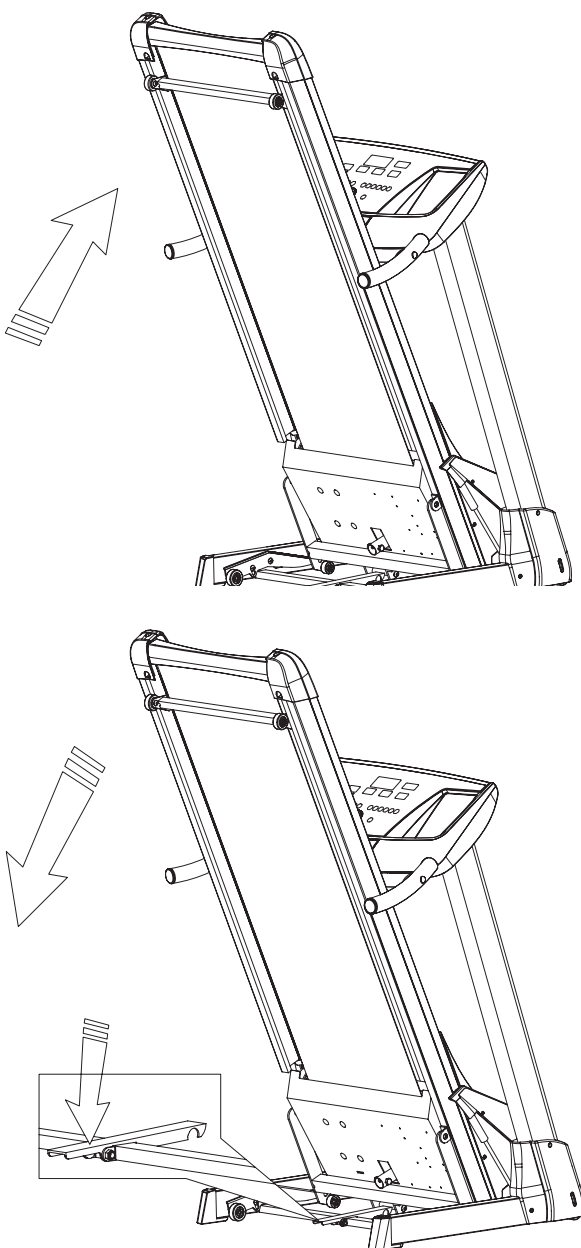
Replug the power cord into the machine's socket to restart the machine.

### MOVING AND STORAGE

After assembly is complete, you may fold the machine into the upright position for storage. To hold the machine, raise the desk until it locks in to position.

**NOTE!** Make sure you hear the click sound of the deck locking into position. This is to ensure the deck is locked in place and will not drop back down.

**NOTE!** Make sure the treadmill's elevation is at 0 before folding the deck. If the elevation is not at 0, folding will damage the mechanism.



First to step on the pedal, second push the frame toward the console then leave the deck lower to the floor.

**NOTE!** This machine has a built-in safety unfolding feature to help the deck lower slowly. Please make sure there are no children or other things under the deck when you lower it.

#### TO MOVE THE TREADMILL

Before moving the T40, be sure the power cord is unplugged from the wall and the treadmill. Fold up the running deck until it is locked and push the equipment on the transportation wheels. Lower the treadmill carefully onto the floor. Hold the handlebar to move forward the treadmill.

**NOTE!** Transport the treadmill with extreme caution over uneven surfaces, for example over a step. The treadmill should never be transported upstairs using the wheels over the steps, instead it must be carried. We recommend that you use a protective base when

transporting the equipment.

**NOTE!** The running belt needs to be realigned and centered after moving.

To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.

#### TECHNICAL DATA

Length (storage position) .....	197 cm (107 cm)
Height (storage position).....	137 cm (178 cm)
Width .....	94 cm
Weight .....	101 kg
Running surface .....	51 x 150 cm
Speed .....	0.8-20.0 km/h
Elevation range .....	0-12 %
Motor.....	3.0 HP

The T40 treadmill meets the requirements of the EU's EMC Directives on electromagnetic compatibility (89/336/EEC) and electrical equipment designed for use within certain voltage limits (73/23/EEC). This product therefore carries the CE label.

The T40 treadmill meets EN precision and safety standards (EN-957).

Due to our continuous policy of product development, Tunturi reserves the right to change specifications without notice.

**CAUTION!** The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi Oy Ltd will void the user's authority to operate the equipment!

**We wish you many enjoyable trainings with your new Tunturi training partner!**

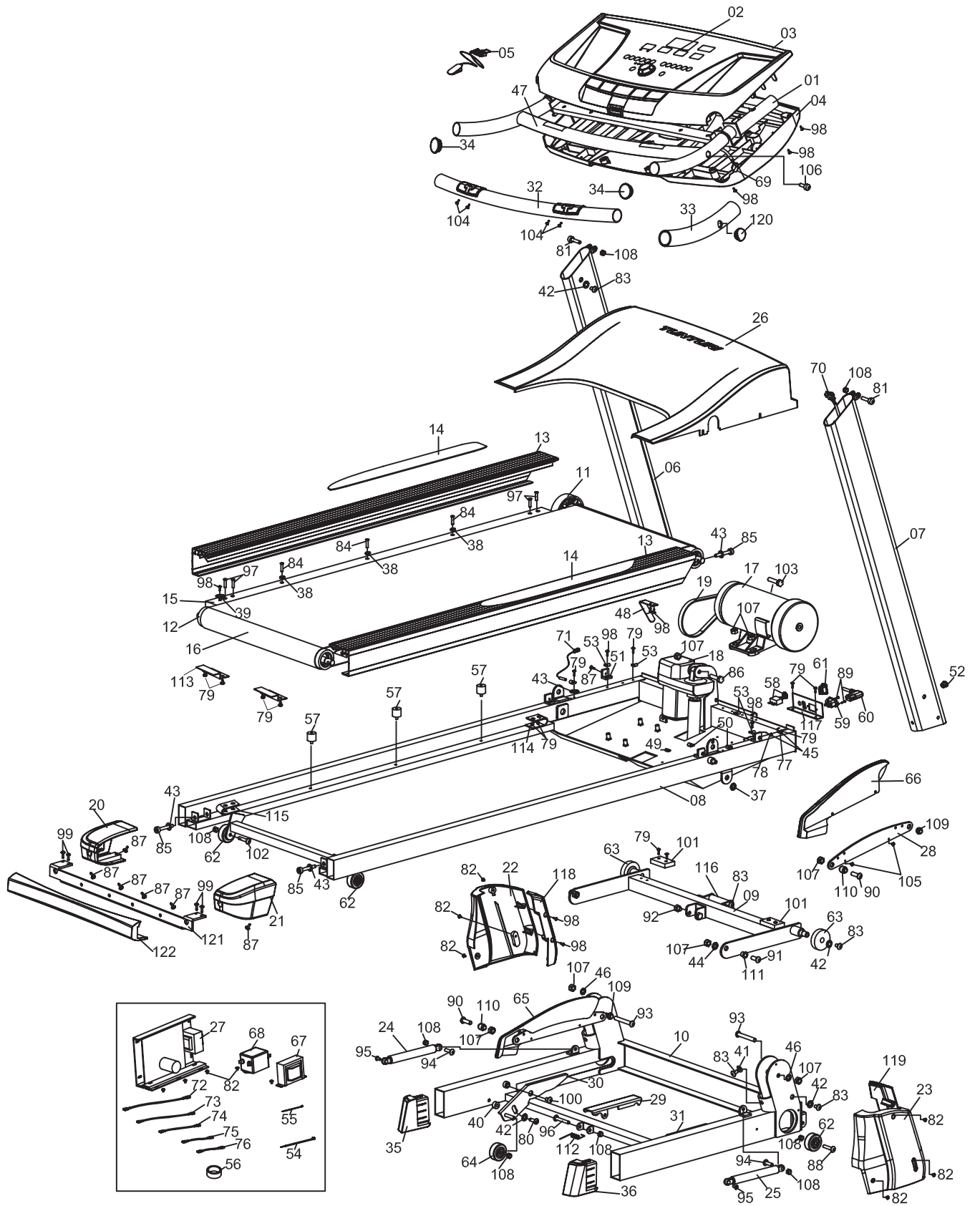


## PROFILES

Step	Program 2		Program 3		Program 4		Program 5	Program 6
	HILL WALK		HILL JOG		HILL RUN		INTERVAL	ROLLING HILLS
	speed	angle	speed	angle	speed	angle	speed	angle
1	4.9	0	5.8	1	8	0	6.9	1
2	5.4	1	5.8	2	10	1	8	1
3	5.8	2	5.8	3	12	3	9	2
4	5.8	3	8.0	0	12.5	0	8.5	3
5	4.9	2	8.0	0	13	0	10	2
6	4.9	3	8.0	3	13	3	8.9	3
7	5.8	1	8.0	1	12	5	11	1
8	5.4	3	6.8	0	12.5	3	9.5	2
9	4.9	5	6.8	4	13	0	11	3
10	5.4	3	6.8	5	13	0	9.5	5
11	5.8	2	6.8	1	10.9	4	11	3
12	5.4	3	8.0	0	10.5	5	9.5	4
13	4.9	5	8.0	3	11	4	11.5	2
14	4.9	5	8.0	3	12	0	9.5	1
15	5.4	4	8.0	2	10.9	0	12	3
16	5.4	2	8.0	3	12	3	9.5	5
17	4.9	2	6.8	0	10.9	0	8.9	2
18	4.9	4	6.8	4	12	3	8	3
19	4.5	3	5.8	1	12	2	7.5	1
20	4.5	1	5.8	1	10	0	6	1

## T40

NO.	PARTS NO.	DESCRIPTION	QTY				
01	103 4134	Console base	1	63	533 4129	Wheel 60mm	2
02	235 1126	User interface (incl. 03.04 and Membrane)	1	64	533 4127	Wheel 50mm	2
03	173 9184	Upper cover	1	65	173 9186	Incline bracket cover, LH	1
04	173 9185	Lower cover	1	66	533 9112	Incline bracket cover, RH	1
05	404 4254	Safety key	1	67	403 4175	Transformer, EUR	1
06	203 1082	Upright tube, LH	1	68	403 4174	Filter, EUR	1
07	203 1083	Upright tube, RH	1		403 4257	Wire set (incl. 69,70)	
08	203 9073	Frame	1	69	403 4256	Upper wire	1
09	103 4132	Incline structure frame	1	70	403 4258	Lower wire	1
10	103 4133	Front support frame	1	71	4034169	Speed sensor	1
11	523 4094	Front roller	1		403 1267	Power wire set (incl. 72,73,74,75,76)	
12	523 4096	Rear roller	1	72	403 1259	Wire 130mm	1
13	173 1188	Side landings, LH+RH	1	73	403 1260	Wire 110mm	1
14	433 4046	Anti-slip mats, LH+RH	1	74	403 1261	Wire 70mm	2
15	433 4075	Running deck	1	75	403 1262	Wire 53mm	1
16	443 4063	Running belt	1	76	403 1263	Wire 45mm	1
17	813 4039	Motor, 230V	1	77	403 1264	Grounding wire 90mm	1
	813 4040	Motor, 110V	1	78	403 1265	Grounding wire 65cm	1
18	813 4064	Lift motor, 230V	1	79	4,2x12 DIN 7981	Screw	28
	813 4065	Lift motor, 110V	1	80	M8x25 DIN 912	Hexagon socket cap screw	2
19	443 4056	Drive belt	1	81	M8x35 ISO 7380	Screw	2
20	533 6054	Rear end cap, LH	1	82	M4x6 DIN 7500 C	Screw	15
21	533 6055	Rear end cap, RH	1	83	M8x20 ISO 7380	Hexagon screw	10
22	173 1192	Side cover, LH	1	84	M6x25 DIN 7991	Countersunk head screw	6
23	173 1193	Side cover, RH	1	85	M8x55 DIN 912	Hexagon socket cap screw	3
24	163 8004	Gas spring, LH	1	86	M10x40 DIN 931	Screw	1
25	163 8005	Gas spring, RH	1	87	4,2x12 DIN 968	Screw	12
26	173 1194	Motor cover	1	88	M8x40 ISO 7380	Hexagon socket cap screw	2
27	403 4183	Power board, 230V	1	89	3x10 DIN 7982	Screw	2
	403 4184	Power board, 110V	1	90	M10x32 ISO 7380	Screw	2
28	5034097	Incline bracket	2	91	M10x25 ISO 7380	Screw	2
29	373 9021	Locking lever	1	92	M10x12 ISO 4032	Screw	2
30	503 9035	Wheel bracket, LH	1	93	M10x70 DIN 912	Screw	2
31	503 9036	Wheel bracket, RH	1	94	M8x26 ISO 7380	Hexagon socket cap screw	2
32	533 1105	Horizontal bar grip foam	1	95	M6x12 ISO 7380	Screw	2
33	533 1106	Handle grip foam	2	96	M8x55 ISO 7380	Hexagon socket cap screw	1
34	533 6056	End cap	2	97	M10x25 DIN 7380	Hexagon socket cap screw	8
35	173 9180	Front support end cap, LH	1	98	M4x16 ISO 7380	Screw	29
36	173 9181	Front support end cap, RH	1	99	M6x20 ISO 7380	Screw	4
37		Plastic washer 25x14x1,5	2	100	M8x15 DIN 912	Screw	2
38	643 2018	Plastic washer 6x9,3x1,8	6	101	5334133	Bumper	2
39	643 2019	Plastic washer 4,5x9,7	2	102	M8x37 DIN 912	Screw	2
40	653 4064	Plastic washer 19x8x10	2	103	M8x55 ISO 4032	Screw	1
41	653 4066	Washer 10x25x1,8	2	104	4x16 DIN 968	Screw	4
42	M8 DIN 125	Washer 8x18x1,5	11	105	M4x12 ISO 7380	Screw	4
43	M8 DIN 125	Washer 8x16x1,5	4	106	M8x25 DIN 912	Hexagon socket cap screw	2
44	M10 DIN 125	Washer 10x20x2	2	107	M10 DIN 985	Nylock nut	11
45	M4 DIN 6798J	Star Washer M4	4	108	M8 DIN 985	Locking nut	11
46	M10 DIN 6798A	Star Washer M10	2	109	523 4064	Fixing tube	2
47	533 9111	Horizontal bar	1	110	523 4065	Fixing tube	2
48	443 4082	Belt guide	2	111	523 4064	Fixing tube	2
49	503 4094	Wire holder	1	112	643 4010	Spring	1
50	503 4095	Wire holder	2	113	433 4047	Z-plate	2
51	503 4091	Motor cover bracket	4	114	643 4012	Leaf spring, front	2
52	533 4140	Through-leading rubber	1	115	643 4011	Leaf spring, rear	2
53	643 2034	Wire holder	5	116	343 4022	Incline structure frame axle	1
54	502 802 74	Plastic fixer, 4x200mm	2	117	503 4096	Switch bracket	1
55	643 2035	Plastic fixer, 2,5x100mm	3	118	173 9188	Side inner cover, LH	1
56	403 4181	Ferrite	2	119	173 9189	Side inner cover, RH	1
57	533 4133	Rubber bumper 25x22x6mm	6	120	173 9187	Horizontal bar end cap	2
58	403 4185	Overcurrent protector, 10A	1	121	103 2121	Safety bar	1
	403 4195	Overcurrent protector, 13A	1	122	103 2122	Safety edge	1
59	403 4186	Power socket	1		423 1209	Label set	
60	403 4134 EU	Power cable (EU)	1		423 4199	Membrane set	
61	403 4204	ON/OFF Switch	1		403 1269	Hand pulse set	
62	533 4128	Wheel 50mm	4		553 1037	Assembly kit	
					583 1069	Owner's manual	





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