

TUNTURI®

XC560  **S K I E R**

 **O W N E R ' S M A N U A L**

WELCOME
TO
TUNTURI

As fitness enthusiasts ourselves, we at Tunturi share a unique connection with our work. We demand personal as well as professional satisfaction from the equipment we build because we use it ourselves. Every new design is thoroughly tested by our employee team first. No product is introduced to the market until all of us are completely satisfied.

We've been doing it this way since 1969, the year the first Tunturi stationary exercise bike — still rated number one by leading consumer buying guides — was introduced.

Today, we manufacture upright and recumbent stationary bikes, stair climbers, treadmills, rowing machines, cross country skiers, muscle trainers, and a diverse line of fitness accessories and training aids.

So whether this is your first piece of exercise equipment or a new complement to your home gym, we're confident you'll appreciate the high standard of quality we devoted to its making.

TABLE OF
CONTENTS

WELCOME	1
TABLE OF CONTENTS	2
WARNING, SAFETY FIRST, NOTES	3
DEVELOPING AN EXERCISE PROGRAM	4,5,6
ASSEMBLY INSTRUCTIONS	6,7
PROGRAMMING THE ELECTRONICS MODULE	8,9
GETTING STARTED	10
MAINTANENCE, STORAGE	11
PARTS LIST, SPECIFICAITONS	12
EXPLODED DRAWING	13

WARNING

The information presented in this manual is given in good faith and is, to the best of our knowledge, accurate. However, anyone who uses this information in any way does so entirely at their own risk.

Neither Tunturi, Inc., or its representatives can accept responsibility for any damage or injury incurred as a result of information presented here except under the terms of warranty of Tunturi products.

SAFETY FIRST

It is extremely important that anyone using this equipment follow these safety precautions:

- See your physician for a complete medical exam before beginning any new exercise program.
- Place the equipment on a solid, level surface when in use.
- Never allow more than one person at a time on the equipment.
- Never allow children to use or play on the equipment.
- Wear comfortable, non-restrictive clothing.
- Never operate with the covers removed.
- Always stretch your muscles prior to and following any exercise program. Warm up slowly and increase gradually to reach your desired workout pace. Before completing an exercise session, slow your pace gradually, allowing your heart rate to decrease to normal.
- If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop immediately. Consult a physician before continuing.

NOTE

The magnetic caliper of the brake forms an extremely powerful magnetic field which may damage the mechanism of a watch or the identifying magnetic tape of a credit card if they come in immediate contact with the magnets.

The Tunturi XC 560 skier is intended for use by one person at a time and a maximum user weight of 225 lbs (100 kg). It is extremely important that you read this manual thoroughly before assembling or utilizing the Skier.

DEVELOPING AN EXERCISE PROGRAM

WHAT A REGULAR EXERCISE PROGRAM WILL DO FOR YOU!

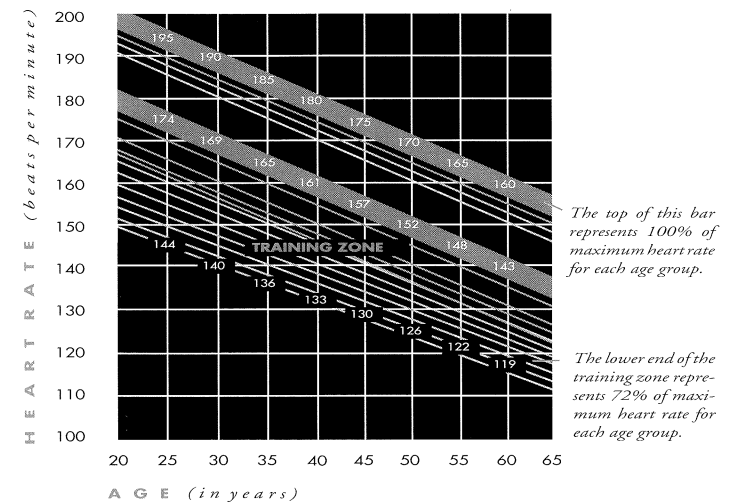
- Maintain your weight
- Tone muscles
- Minimize the effects of stress and aging
- Strengthen your heart
- Improve your appearance
- Increase your lung capacity

DETERMINING HOW HARD YOU SHOULD EXERCISE

Studies show that to achieve the benefits of a regular aerobic exercise program, it is necessary to raise your heart rate to a minimum level, called the "Aerobic Training Zone."

The Institute for Aerobic Research recommends this training zone fall between 60% and 85% of your maximum heart rate.

The Heart Rate Chart on this page approximates your Aerobic Training Zone based on age. Since fitness levels can vary dramatically within an age group, we recommend you consult with your physician to determine your exact training zone.



HOW TO MONITOR YOUR HEART RATE

You should check your heart rate periodically throughout a workout to determine if you are exercising in your training zone. If you do not have an electronic pulse monitor, use the 6-second Manual Count Method:

1. Slow down or stop briefly
2. Lightly place your index and second finger at the side of your neck or to the thumb-side of your wrist.
3. Using the second hand on a clock or watch, count your pulse beats for 6 seconds beginning with zero.
4. Multiply the number of pulse beats by 10.

Adjust your workout intensity if you are below or above your Aerobic Training Zone.

DETERMINING HOW LONG YOU SHOULD EXERCISE

To gain the benefits of aerobic exercise, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you're beginning an exercise program, stay at the 12-minute minimum for at least one week. Increase your time by no more than 10 percent each week.

If you exercise longer than 60 minutes, benefits are reduced and risk of injury is increased.

You should never feel exhausted during or following exercise.

ASSEMBLY INSTRUCTIONS

... FOR MORE INFORMATION

The following non-profit and government organizations provide fitness and health information prepared by experts. It is available to the public free or at a low cost.

American College of Sports Medicine
Box 1440
Indianapolis, IN 46206-1440
(317) 637-9200

American Heart Association
(National Office)
7320 Greenville Avenue
Dallas, TX 75231
(214)373-6300
Check your local office for information first.

President's Council on Physical Fitness and Sports
450 Fifth Street, NEW, Suite 7103
Washington, DC 20001
(202)272-3421

National Association of Governors'
Council on Fitness and Sports
Pan American Plaza
201 S. Capital Avenue, Suite 440
Indianapolis, IN 46225
(317)237-5630

In all instructions, front, back, right and left are determined as if you were standing on the skier.

1. Assemble vertical column:
Raise the vertical column upright
and secure it in place using the
knob at the base of the column.
(see fig. 1)

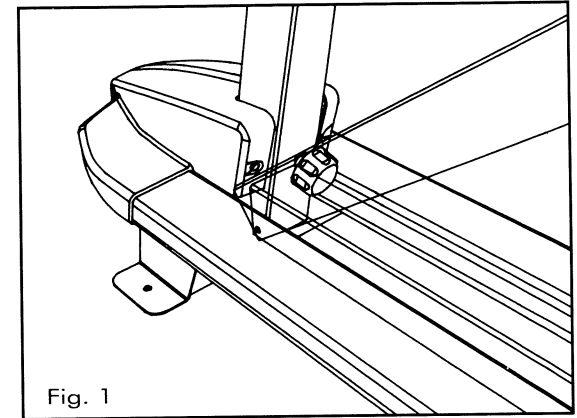
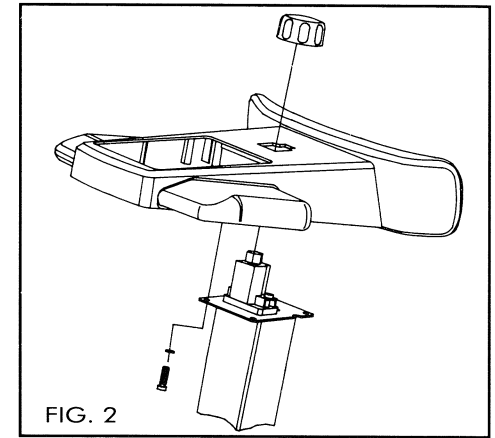
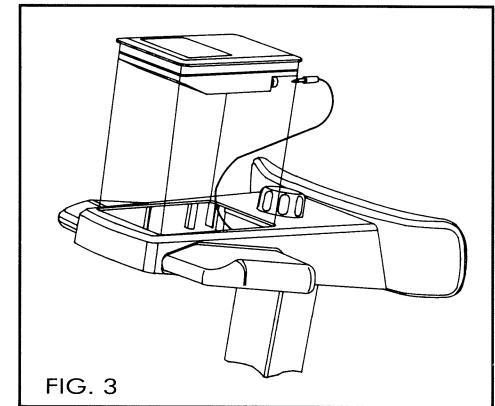


Fig. 1

2. Remove the meter from the meter panel.
3. Route the sensor wire through the meter panel. (see fig. 3)
4. Attach the meter panel: Position the meter panel assembly onto the vertical column with the tension knob assembly protruding through the panel. Secure the panel to the mount using the four (4) screws provided. Press the tension knob cap onto the tension knob assembly. (see fig. 2)



5. Plug the sensor wire into the back of the meter and place the meter into the meter panel.
6. Peel back the black boots until the ski pole attachment springs are exposed. Thread the ski poles into the springs until secure. Roll the black boot back over the base of the ski pole.



PROGRAMING THE ELECTRONICS MODULE

ELECTRONICS METER

The Tunturi XC 560 skier lets you design an exercise program to meet your specific needs. The Tunturi electronics meter is integral to optimal use of the skier.

The electronics meter lets you monitor four different aspects of your exercise session:

Time spent
Speed in mph and kph
Distance traveled in miles and kilometers
Calories per minute

The electronics meter is programmable, allowing you to set goals for time and distance. A tone sounds when you have reached a goal.

Do not expose the meter to direct sunlight for long periods of time. Avoid strong shock and exposure to water.

A. ON/OFF

Turns meter on and starts tracking your time, speed, distance and calories. Meter will turn itself off after 4 minutes if no key is pressed or no strides are taken.

B. START/STOP

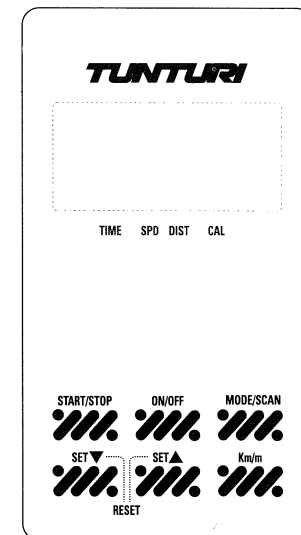
START is the monitoring mode and STOP is the programming mode used to preset time and distance.

C. SET ▲ and SET ▼

These keys let you set goals for your time and distance.

D. RESET

Press SET ▲ and SET ▼ simultaneously to reset the displayed function to zero.



E. MODE/SCAN

The word SCAN appears in the LCD display when the meter is automatically scanning through the four functions. To freeze the display, press MODE/SCAN. To reactivate SCAN mode, press and hold MODE/SCAN until SCAN reappears in the LCD display.

TO PRESET EXERCISE TIME

1. Press START/STOP so STOP appears in the display.
2. Press MODE/SCAN until the function designator in the display points to TIME.
3. Press SET ▲ to advance the timer by one minute segments to select your goal. You can press SET ▲ and SET ▼ at the same time to reset to zero.
4. Press START/STOP to begin your workout or MODE/SCAN to advance to the next mode to be programmed.

NOTE: If you do not preset your exercise time, the meter automatically displays elapsed time in seconds.

TO PRESET DISTANCE

1. Press START/STOP so STOP appears in the display.
2. Press MODE/SCAN until the function designator in the display points to DISTANCE.
3. Press SET ▲ to advance the distance by 0.1 mile segments to select your goal. You can press SET ▲ and SET ▼ at the same time to reset to zero.
4. Press START/STOP to begin your workout or MODE/SCAN to advance to the next mode to be programmed.

NOTE: If you do not preset your exercise distance, the meter automatically displays elapsed distance in 0.1 mile segments.

GETTING STARTED

Read this entire manual thoroughly before beginning your first exercise session .

LEARNING THE LEG MOTION

1. Place your skier on a solid level surface.
2. Adjust the resistance level knob on the meter panel clockwise to the maximum setting before stepping onto the skier.
3. While standing on the skier, adjust the height of the hip pad to hip level by unscrewing the adjustment knob on the vertical column several turns and pulling outward on the knob to release the pin. Raise or lower the hip pad so it is at hip level. Release the adjustment knob to engage the pin and tighten securely.
4. Hold onto the hand grips, located at the sides of the electronics meter, with your body in an upright position and press lightly against the hip pad. Lower the leg resistance level and start moving both feet in a walking motion. Lean forward slightly pushing against the hip pad and adjust the leg resistance level gradually as you gain confidence and achieve a smooth rhythmic motion. Make sure you place weight on the backstroke and not on the forward stroke as you may lose your balance.

EARNING TO USE THE POLES

1. Adjust the leg resistance clockwise to the maximum setting to keep pedals stationary while you practice using the poles.
2. Adjust the resistance knob on the end of the poles so there is a light equal resistance on each pole.
3. Lean forward slightly and push against the hip pad. Begin poling by alternating arms. Reach forward and pole all the way back in a smooth rhythmic motion.

COMBINING THE LEG AND POLE MOVEMENTS

1. After you have mastered the legs and arms separately, combine the two movements. Begin with the leg motion and then add the pole movement. It is just like walking. When the right arm is forward the right leg is back.
2. Adjust the resistance level on the legs and poles to suit your skill level. Use the meter to monitor your workout. Skiing is a smooth, rhythmic motion that comes with practice and confidence.

MAINTENANCE

The Tunturi XC 560 skier requires very little maintenance. Be sure to clean your skier with a damp cloth or towel after each workout. If repairs or replacement parts are needed, contact Tunturi Technical Support at (800) 736-7616

POLES

The ski pole piston should be cleaned and lubricated once a year to insure proper operation.

1. Unscrew plastic fitting at the bottom end of the outer pole and slide the outer pole off the aluminum pole.
2. Clean the rubber piston by wiping off any residue build-up. Apply a light coat of petroleum jelly to the piston and reassemble the pole.

SKI TRACK

The inside of the tracks will accumulate dirt build-up over a period of time and should be cleaned as required.

1. Lay Skier over on its side and wipe clean the inside of the track with a rag or cotton swab.
2. Clean off any build-up on the rollers at the same time.

CHANGING THE BATTERIES

You will need to replace the batteries if there is no display in the LCD window of the electronics meter.

To insert or replace batteries, remove the battery door located on the back of the meter and insert two (2) AA size batteries. Be sure the position of the batteries match the diagram inside the battery compartment.

To avoid damage to the skier, keep it in a cool, dry location that is free of dust.

1. Unscrew the knob at the base of the vertical column and fold down the column for storage.
2. Fold down the ski poles and loop over the storage straps provided.
3. Skier can be rolled along the floor on the front wheel.

STORAGE

PARTS LIST

KEY No.	ITEM	Q	KEY No.	ITEM	Q	KEY No.	ITEM	Q
1		1	35	HANDGRIP, PAIR	1	70	NUT	2
2	KNOB	6	36	U-CUP SEAL	2	71	SCREW	1
3	SCREW	6	37	PVC-RAIL	4	72	MOBILE WHEEL	1
4	WASHER	1	38	END CAP, PAIR	1	73	SCREW	4
5	TENSION COMPL. (INCL PART 1)	1	39	STEEL TRACK (INCL PART 34)	2	74	FRONT FRAME	1
6	SUPPORT	4	40	NUT	18	75	MAGNET ARM	1
7	WASHER	4	41	STOPPER	4	76	SPRING	1
8	SCREW	1	42	REAR STAND TUBE	1	77	SCREW	1
9	HOLDER	1	43	SKI POLE COMPL.	2	78	SLIDE PIECE	8
10	LOCKING WASHER	1	44	END PLUG	2	79	SLEEVE	2
11	LOCKING KNOB	2	45	RING	2	80	SHAFT	1
12	AXLE	2	46	WASHER	2	81	FLYWHEEL	1
13	FOOT PAD	1	47	SCREW	2	82	BEARING HOUSE	2
14	FOAM PAD	1	48	SPRING INSERT	2	83	RETAINING RING	2
15	HIP PAD	2	49	SPRING, SKI POLE	2	84	WASHER	2
	FOOT CARRIAGE COMPL.		50	SPRING INSERT	2	85	DRIVE PULLEY	2
16	(INCL PARTS: 12, 16-19, 24-26)	8	51	SCREW	8	86	SLEEVE	2
17	SCREW	12	52	CARRIAGE STOP	4	87	VERTICAL TUBE, WELDING	1
18	ROLLER	12	53	LOCKING KNOB	1	88	SLEEVE	1
19	DISTANCE SLEEVE	4	54	RETAINING RING	1	89	LIFTING TUBE, WELDING	1
20	SLEEVE	2	55	H-LIST	1	90	METER PANEL	1
21	NUT	2	56	HOOD RIGHT/HOOD LEFT	1	91	SCREW	6
22	BUCKLE	2	57	WASHER	6	92	SCREW	4
23	SCREW	2	58	SCREW	6	93	METER	1
24	SPRING	8	59	SCREW	2	4A	ADJUST BOLT	1
25	SCREW	4	60	WASHER	4	4B	SLIDE	1
26	NUT	4	61	NUT	3	4C	NUT	1
27	WASHER	4	62	SCREW	2	4D	EXPANDER NUT	2
28	KEEPER	2	63	SPACER	1	4E	RIVET	2
29	BELT	2	64	CLIP NUT	6	4F	ADJUST CABLE, COMPL.	1
30	PULLEY	4	65	WASHER	2	4G	ADJUSTER BOX	1
31	SCREW	2	66	FEET - PVC	2			
32	ADJUSTMENT KNOB	2	67	SCREW	2			
33	SPRING	2	68	WASHER	2			
34	BALL	2	69	SENSOR	1			

SPECIFICATIONS

LENGTH: 1700 mm
WIDTH: 630 mm

HEIGHT: 1100 - 1300 mm
SKIER WEIGHT: 37 Kg

MAX USER WEIGHT: 100 Kg (225 lbs)
PACKAGE DIMENSIONS: L 1175 x W 670 x H 285 (mm)

