

F30 Bikes

Competence

For easy health-oriented training

Main sales arguments

Console

- simple operation console, designed for wellness improvement
- easily legible oversized digits in display
- all values visible simultaneously for easy progress follow-up
- enhanced training motivation by setting training targets
- enhanced training safety by setting HR limits
- recovery heart rate measurement evaluates fitness in just 60 seconds
- HR receiver inbuilt

Construction

- superb dynamic power output and smooth pedal movement, strengthened cranks
- HR measurement with integrated contact heart rate in handlebar for quick feedback
- adjustable handlebar for enhanced training comfort
- very stable and durable construction, max. user weight 135 kg / 300 lbs
- completely adjustable seat and quick lock pedal straps for optimum ergonomics

Design

- stylish and practical Tunturi design
- step-through frame for easy access
- top quality components and versatile adjustments ensure perfect training ergonomics
- complete freedom in locating the battery powered product

Features



F30 sales story

The F30 is an exercise cycle with style and comfort. The step-through frame ensures easy access to the seat, the permanent magnet brake is silent, and the ergonomics are excellent with a wide range of adjustments. The motivational console offers an option to preset training targets. The training efficiency can be easily measured with the integrated contact heart rate; the console also features an in-built heart rate receiver.

Displays	time, distance, speed, energy consumption, heart rate, clock, humidity, room temperature, heart rate history
Programs	manual training
Resistance system	manually adjustable permanent magnet
Rotation mass	11 kg / 24 lbs
Transmission ratio	7,65
Transmission mechanism	grooved belt
Power supply	console batteries
Seat adjustment	fast-lock height adjustment, tilt and horizontal distance adjustment
Handlebar adjustment	adjustable 200 degrees
Length	103 cm / 41 inches
Width	61 cm / 24 inches
Height	135 cm / 53 inches
Weight	38 kg / 84 lbs
Operating environment	home
Maximum user weight	135 kg / 300 lbs
Notes	integrated contact heart rate, inbuilt heart rate receiver, transmitter belt as an optional extra



Comfortable low step frame



Self-levelling quick-lock pedals



Easy-to-use integrated contact heart rate

EAN code:
6411454130214

R60 sales story

The R60 takes the rowing machine to the next generation - it brings a new dimension to training comfort, efficiency and versatility in home fitness! The R60 combines as an effective aerobic workout and a versatile muscle trainer. The console offers preset programs and even heart rate control! The ingenious double-rail construction, soft seat and flexible foot rests inspire to train. The R60 saves space too: the frame can be easily folded.

Displays	speed (time/500 m), strokes/min, energy consumption, distance, time, heart rate, preset programs, room temperature, humidity, real time clock
Programs	manual training, heart rate control program, 8 preset programs
Seat movement length	90 cm / 35 inches
Resistance system	servomagnet
Power supply	mains current/console battery
Footrests	flexible footrests, integrated on the front cover
Length/* folded	193/*156 cm / 76/*61 inches
Width	50 cm / 20 inches
Height/* folded	66/*34 cm / 26/*13 inches
Weight	45 kg / 99 lbs
Operating environment	home
Maximum user weight	135 kg / 300 lbs
Notes	heart rate belt included, foldable, remote control



Flexible footrests and sufficient frame tilt for natural rowing



Fantastic! A foldable power to save space



Ingenious remote control in pull bar for enhanced ergonomics

EAN code:
6411455260002

B60 BodyShaper

Performance

Efficient muscle trainer designed perfectly for home use

Main sales arguments

Training

- versatile multigym for efficient total body workout
- delivered with illustrated instructions for 18 different exercises covering all major muscle groups
- stations allow dozens of exercise variations
- optional station: pec dec for chest fly
- long, natural movements make training efficient and safe
- resistance of each station equals 80 kg / 175 lbs, adjustments with 2 kg / 4.5 lbs intervals: suitable for all levels of home use

Construction

- no product assembly, immediately ready for use!
- ingenious flexible rod resistance mechanism: small-sized, light, quiet in use
- can be folded: transport wheels and compact size make this ideal for any home!
- heavy duty construction: compact, yet stable and durable
- easy power adjustment
- smooth, quiet and durable response for an intense workout
- high density foam upholstery with stitched seams provide comfort and durability

Design

- designed for the needs of home training
- compact in size, appealing looks
- adjustable seat and pads
- foldable for space saving storage
- suitable for upstairs as there is no heavy weight stack



B60 sales story

The B60 is an efficient and versatile piece of equipment for total body shaping. Strengthen muscles, improve coordination, burn fat, workout your cardiovascular condition - all this with the B60 BodyShaper. It is probably the first multigym that really takes the requirements of home use into account. Delivered fully assembled, quiet in use, folds to compact size and easy to transport - not to mention the fabulous looks and top ergonomics. The B60 is a fitness center for every home!

Number of exercises	18 instructed, with dozens of variations
Chest muscle exercises	seated machine flies, machine bench press, narrow-grip bench press
Shoulder exercises	seated cable press, machine lateral raises, machine front raises
Back exercises	wide-grip machine pulldown, machine pulldown behind neck, close-grip pulldown, long cable pulley rows
Arms exercises	seated biceps cable curl
Abdomen exercises	standing abdominal crunches, standing cable twisted crunches
Leg exercises	leg extensions, one-leg biceps curl
Training resistance	max. equals 80 kg / 175 lbs, adjustments at 2 kg / 4,5 lbs intervals
Resistance unit	flexible carbon fibre rods
Adjustments	seat height, leg extension / curl length
Length / *folded	194/*67 cm 87/*26 inches
Width	124 cm / 56 inches
Height / *folded	207/*210 cm 82/*83 inches
Weight	77 kg / 171 lbs
Maximum user weight	135 kg / 300 lbs
Operating environment	home
Notes	pec dec available as an optional accessory



Durable high density foam upholstery



Versatile adjustments for perfect ergonomics



Flexible rods - smooth resistance, light weight, compact size

EAN code:
6411455660000

Pec dec EAN code:
6411455660006