

# TUNTURI®

- TREADMILL  
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- BIKE & RECUMBENT  
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# GO

"Fitness is bringing more and more fun!"

'During the past 30 years, we have seen a tremendous change in the Home Fitness Market. We can hardly imagine that fitness equipment such as exercise bikes or treadmills didn't have a monitor. You would need to look at your watch to check how long you were training, and would have no idea of the number of calories you had burned, the distance you had travelled or your heart rate. It must have been quite boring...'

#### Great changes with apps en social media

'Thanks to the introduction and success of modern training programs, cardio fitness and more recently, training apps for tablets and smartphones, fitness is changing rapidly. This is very positive, as it is now possible to have fun and stay motivated during your training sessions. You can, for example, watch movies, listen to music, check e-mail and even update your media contacts, which makes the Home Fitness Market far more dynamic.'

#### It's easy to feel good!

'All these developments help us to reach the vision of Tunturi to make fitness a natural part of daily life. I see it myself. As I can check my e-mail during my daily training session on my exercise bike, I use it more often. That's Tunturi, making fitness comfortable, fun and easy to fit into my daily schedule, which is the message behind our slogan 'It's easy to feel good'.



**QUALITY  
TRAINING  
@ HOME**



#### About Tunturi GO

Tunturi GO is the 'ease of use' collection from Tunturi, which means you don't need to understand complicated technology or training programs. You can get started right away and Just GO!



## FITNESS @ HOME STARTS WITH THE TRAINERS OF TUNTURI GO!

*It's easy to feel good!* **WITH TUNTURI GO!**

### 1 UNIQUE EXPERIENCE

More and more people are becoming aware of the importance of staying fit and healthy. We at Tunturi know that fitness can be an effort for many people, which is why we bring unique features that entertain and motivate you, and keep you motivated.

### 2 GREAT DESIGN

It is important not to hide your fitness equipment, you will forget it, train less often or even stop training at all. That's a waste of your money. Our design aims to support you in making fitness a habit @home, just like watching television.

### 3 FEEL GOOD!

You can have more goals, such as a healthier condition, rehabilitation, losing weight, training specific muscle groups or training for the New York marathon. Whatever your goal, training on a regular basis makes you fitter and feeling better.

**Easy exercising, comfortable and, above all, fun. That's Tunturi GO, our compact and versatile collection for an enjoyable workout @home. Tunturi GO is specially designed for fitness @home. Why? Tunturi has the vision to bring fitness into your daily life, @home, without a dominating presence in the (living) room.**

As a part of your home decor, facilitating regular training. Fitness 'furniture' with great features and patented innovations, keeping you motivated. The greatest challenge for all of us!

## TUNTURI BEHIND THE SCENES

With this tabloid, Tunturi wants to show and explain to you the story behind 'It's easy to feel good!'. Our brand, more than 90 years young, is one of the best known and leading brands in fitness. For more than 40 years we have been a true pioneer and contributor to innovations like the home-

trainer, the treadmill and cardio fitness. Today, we continue that pioneering spirit with Tunturi GO.

#### QUALITY OF LIFE

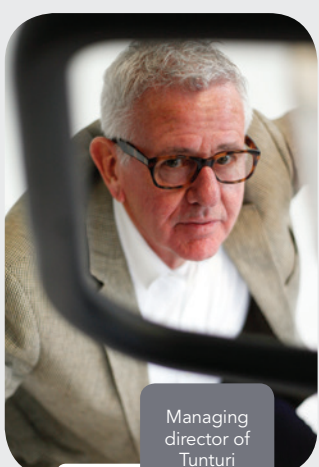
Fitness is more popular than ever and the attention for it will continue to grow. This is the result of major trends in our society, to be

summarized under the heading 'quality of life', such as:

- the aging population
  - our wish to live longer
  - growing need for rehabilitation
  - importance of being fit
  - obesity worldwide
- Tunturi strongly believes that home fitness is the answer to these actual trends.

#### TRAIN WHENEVER YOU WANT... AND FEEL FIT!

The great advantage of home fitness is that you can train whenever and for as long as you want, never mind the weather or other circumstances. Feeling good makes you also more productive and enthusiastic when you are fit. Let us inspire you with the experience of some members of our team. Their passion for fitness is contagious!



Steef  
Ploeger

Managing  
director of  
Tunturi  
New Fitness

# THE STARTING POINT JUST GO. IT'S EASY!

IT'S EASY  
TO FEEL  
GOOD!

Fitness starts with choosing the right monitor and equipment. We mention the monitor first. Why, because it is your 'companion' for training programs, keeping up with your results, and bringing you pleasure and entertainment. In other words, the monitor is essential to keep you motivated, now and in the long term. With Tunturi GO the choice is quite easy. In general there is a choice in 3 levels, briefly summarized:

## WHAT WOULD YOU LIKE: RUN, BIKE, CROSS OR ROW?

In this tabloid we show and explain the difference between the world's most favorite fitness equipment. From the always very popular home trainers for cycling to the most training intensive rowing machines, and from the versatile crosstrainer to the sturdy treadmills. All with different functionalities and training purposes, training different muscle groups, and all with the same goal, to make training as effective and enjoyable as possible!

# GO



## FROM START TO THE TOP

Specially designed for our treadmills, ranging from the GO Run 20 to the GO Run 70:

### GO 30



This monitor is perfect for the new fitness user, comfortable and easy to use. As we always say, it's 'operation without explanation'. Just value for money and all you need for a good and effective workout.

### GO 50



This monitor is an extension of the GO 30, with extra training features, especially heart rate controlled programs. There are also more user registers, useful when additional people, for example family or friends, also use your Tunturi GO machine.

### GO 70



The most comprehensive monitor of the Tunturi GO series, bringing you even more training programs and functions. The GO 70 monitors are installed on the self generating top models of Tunturi GO and are inspiring for the most demanding fitness users wanting to reach the top!

### GO Run 10



This compact treadmill is ideal to start training at home. A user friendly treadmill with only necessary features, bringing quality treadmills within the reach of nearly every budget!

### GO Run 15



The ideal treadmill when you start with your running regimes. This value for money treadmill offers you ample opportunity to keep your training sessions motivating.

### GO Run 20



Ideal to start training, user friendly with only the necessary features. The no nonsense version!

### GO Run 30



As compact as the Run 20, bringing you more information. And even more challenges.

### GO Run 50



The facilitator. More training programs and you can compose your own favorite training schedule.

### GO Run 70



The great challenger with even more training programs. Including a step counter, and yes, it stops automatically when you take a break!



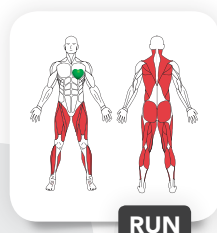
# RUN THE MOST NATURAL WAY



The idea: walking is the most natural form of movement and therefore the easiest way of getting fit. Treadmills are very versatile, from recuperation, a bracing walk or jog, right through to marathon training. You will experience the treadmill is motivating and very efficient for burning calories and improving your condition.

## TUNTURI GO RUN 10 & 15

This new compact treadmill is ideal to start training @home. The '10' and '15' have only the necessary and are therefore the most competitively priced high quality treadmills in the market.



RUN

The GO treadmills  
are easy foldable!



## ULTIMATE COMFORT AND SAFETY

More than 30 years ago, Tunturi was one of the pioneers in electrically-driven treadmills. The many years of experience and expertise are found in every Tunturi treadmill. Tunturi GO bundles all innovative experiences together, such as:

### ■ T-FLEX

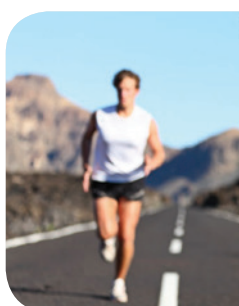
A shock absorbent and damping construction which makes your training even more comfortable and less wearing on the muscles and joints. As if you're walking in the woods!

### ■ INTELLI-STEP

Our step counter for every step you make during a training session. You might know that 10,000 steps a day improves your health.

### ■ INTELLI-GUARD

The important safety feature. The intelligence in the running deck senses you stepping off the machine. It automatically stops.



## TECHNICAL FEATURES. WHAT'S IMPORTANT?

The Tunturi GO product line for treadmills has six different versions, ranging from the Tunturi GO Run 10 for the starters to Tunturi GO Run 70 for the most demanding professionals. You can find all technical features and specifications on [www.tunturi.com](http://www.tunturi.com). The most important elements of choice are:

### MOTOR HP

This ranges from 1.25HP to 3.0HP. Besides a higher maximum speed, a more powerful motor is also important when larger people want to start training at a low speed.

### SPEED

Ranging from minimum a of 0.8 km/h (all models) to a maximum speed of 16 km/h, through to the highest of 20 km/h, for training at the absolute top level.

### RUNNING AREA

Tunturi GO models have a relatively large running area of up to 50 x 150 cm. More space means more comfort and safety.

Wen:

"The Tunturi treadmill supports me for the marathon"

Wen, working in the quality department of Tunturi New Fitness, is a true fan of his Tunturi treadmill. He is an enthusiastic long distance runner and aims to run at least two marathons per year. His dream is to do the New York marathon.

Wen: 'This is an expensive trip and I am saving money for that, but it might be sooner, as I understand Tunturi wants to sponsor me a little bit!'

### THE INDOOR OUTDOOR EXPERIENCE

The marathon is an outdoor event, then why train on a treadmill? Wen: 'It is an important support for me. From warming up to a short training session of half an hour when the weather is not very nice, I can always use my treadmill. It's fun, I can listen to my favorite music and enjoy some of the scenic runs in the training program. I ran the New York marathon already a couple of times, virtually.'

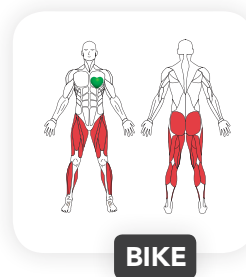
### HOME DECORATION

Wen has his treadmill in the living room. A bit strange perhaps? Wen: 'I look at it another way. OK, it's a large machine, but the design is very nice. People visiting me are surprised, nearly all of them want to try it and agree that this is the way to use the trainer more often.'





# BIKE THE ORIGINAL WAY



IT'S  
EASY  
TO FEEL  
GOOD!



Exercise bike

The real origin of Tunturi, more than 90 years ago, is the outdoor bike. Tunturi was the first brand, more than 40 years ago, with a breakthrough development in home trainers, making the exercise bike 'the mother' of all fitness equipment. Today, the exercise bike is still very popular, thanks to its 'ease of use', and the fact that many people in the world just like cycling!

## ■ AN IDEAL EXERCISE

Cycling is a good exercise for everyone, regardless of age, weight or level of fitness. It's an effective, pleasant and safe way of improving your condition and strengthening your leg muscles. Exercise bikes are also ideal for recuperation following joint or knee injuries, and athletes use these for warming up.

## ■ EASE OF USE. AND CHOICE.

The Tunturi GO line with bikes consists of two models, starting with the 'easy to operate' GO Bike 30, followed by the 'family bike' GO Bike 50. The Bike 50 is an ergometer, guaranteeing you the most accurate measurement of calories and training results.

## ■ RECUMBENT BIKE THE ULTIMATE COMFORT.

The Recumbent Bike is the most striking model of the Tunturi GO series. This is the most comfortable way of training for many people. The low instep enables you to mount the bike in comfort. The seating position reduces the burden on your back and stimulates blood circulation to the legs. Sure, you can relax during training, reading your magazine, watching TV or.... The Tunturi GO Recumbent line is available with a 30, 50 and 70 monitor.

**The 70 series models are 'self-generating', making them even more user friendly without the need for any power sockets or cables.**



Recumbent bike

Sarah:

"A moment of rest after a busy day"



Sarah works on the research department of Tunturi. After one week my colleagues told me to try out the new Tunturi bike at home. To be honest, I was quite hesitant, putting the Bike in the living room.

'Just try it', they said, 'explaining the Tunturi philosophy of training at home, making it part of your daily life, and so on'. At first, it was a strange experience, bringing also many comments from friends and other people visiting us.'

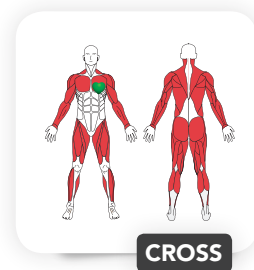
## GET INTO THE RHYTHM

'A couple of months later, I decided that we wanted to keep it. As a mother of two children and having a job outside and inside the house, I discovered the Bike gives me, and this sounds perhaps strange, a moment of rest during the evening hours. During training, I watch the daily news, read some e-mail and social media updates. It also makes me feel much more energetic and it helps me to keep my weight stable. A very comfortable way of doing this, not having to leave the house in the evening for the gym or doing a special diet. The bikes save me about 1,500 calories per week!'





# CROSS THE VERSATILE WAY



The crosstrainer continues to gain in popularity. That's hardly surprising because it is a very comfortable and pleasant way to train muscle groups in both the upper and lower body. With one single, smooth movement, it prevents your knees and joints being put under too much stress.



Cross Front



Cross Rear

## FRONT AND REAR DRIVEN

Tunturi GO crosstrainers are available in front driven and rear driven versions. The method of training and movement are entirely different. Some like longer stride of the front driven cross trainer, smooth and ideal to lose weight or for rehab. The rear driven crosstrainer has a shorter and steeper stride, feeling more sporty and intense. On one point there is no difference: both bring you a pleasant and comfortable training!

## UNIQUE TUNTURI FEATURES



### ECO

The brand new line of Tunturi GO is developed with the green-planet-ideology in mind. Various models are generating the needed energy independently from the power supply. You are the motor and generate the energy for the product while training. With built-in batteries, all generated energy will be saved. This means that you can even check the console after a workout and see your training results.



### COMFORT

Feeling comfortable is one of the top requirements for every fitness equipment user. It is as important as the result of working out: it gives you a good feeling during workout and when you achieve a training goal. All equipment is designed to guaranty easy access, as well as a comfortable and ergonomic body position.



### SMART

Smart technology will help you to focus on your workout. Smart features that makes it more easy to use the Tunturi GO equipment, and features that support your workout.

Larissa:

"Cross Rear,  
Intense and challenging"



Larissa has worked for more than 5 years in the marketing department of Tunturi New Fitness, enough time to try out all models of the various equipment, including the accessories, becoming an 'experienced expert' in fitness.

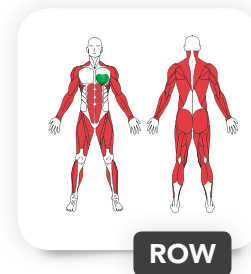
Larissa: 'Every time I come back to the crosstrainer. In my opinion, it is the most comfortable and effective way of training, providing a complete body workout, training both your legs and upper body. I also want to relax a little during training.'

## FAVORITE TELEVISION SERIES

Larissa's favorite pastime during training is watching her favorite television series on DVD. After finishing Borgen and Breaking Bad, she's now looking forward to the new season of Mad Man. Her rear driven crosstrainer is situated in the scullery, a nice room with a good TV set. 'Therefore, I don't need the most extended monitor with lots of training programs. Just my own tablet with the Tunturi training app. And of course my DVD's. I love it, after a busy working day. My husband doesn't like to watch TV. And I experienced that good series as Borgen and Breaking Bad make me train very often!'

# ROW

# THE CHALLENGING WAY!



IT'S  
EASY  
TO FEEL  
GOOD!



According to the experts, rowing is the most efficient training regime for all muscle groups. It is an ideal way to exercise and a very challenging one, burning relatively the most calories of all fitness machines. Tunturi rowing machines also guarantee, as always, comfortable and safe rowing movements. The Tunturi GO Row 30 is equipped with a user friendly console and simple to operate functions.



**Peter:**  
"I have a rower  
behind my desk"

Many Tunturi users know Peter, who has been with the company for more than 12 years at the Tunturi service desk and is therefore a 'walking encyclopedia' on Tunturi fitness equipment.

Peter is a true sportsman, needing a challenge every day: *'The rower is my absolute favorite, making it possible to set new goals from time to time and reaching new limits. Sometimes I think that it makes the impossible, possible. This might sound strange, but it was my goal at the start of the outdoor rowing season last year, to keep improving every year, which I did, even at my age, that's special.'*

## EXERCISING @WORK

Peter has two machines, one at home and one at the Tunturi office. Peter: *'These rowers are both compact and foldable, I even keep one at the office behind my desk. We work long days regularly and then it's fine to have a break to do some exercising.'*

## TRAINING @HOME: EASE-OF-USE AND SPACE SAVING

The Tunturi GO Row 30 is, just like all Tunturi GO equipment, a complete and practical trainer. A true 'no nonsense' training machine which gives you the power thanks to the easy manual operation and clear monochrome console. The Row 30 with its special brake system is silent, stable and extremely compact. It saves space with a unique 'shove in' system.

## GUARANTEE

Tunturi offers an excellent warranty on its entire collection, as you would expect from a quality brand name. You can also extend warranty on parts by 6 months. Simply register at [www.tunturi.com](http://www.tunturi.com) and get 6 months extra warranty on all parts. Convince yourself and visit an authorised Tunturi dealer for advice. Or visit [www.tunturi.com](http://www.tunturi.com) for all you need to know about the Tunturi warranty.

Warranty period	Warranty period commences from the date of purchase / Home use		
	Frame	Treadmill drive motor	Other Components
GO Line	10 years	10 years	24 months

\* You can extend the warranty for other parts (eg. covers, metal parts, shocks ...) with 6 months, when you register on our website [www.tunturi.com](http://www.tunturi.com). Registering is only possible within 1 month after purchase date.



[illegible]

"My advice?  
Just build  
it up!"



*'Take care that you're not exhausted after the first week'. Wim has worked more than 20 years for Tunturi and is Tunturi's 'Fitness Guru'. His experience leads to some wise lessons. Wim says: 'when you just bought a fitness machine, you made an investment and you want to get everything out of it, working out at more than 100%. I understand that, it's very logical.'*

*'I always tell people not to work at 100% right away. Go for less, especially when you are a starter and not a regular sportsman or sportswoman. When your condition needs to be improved, the chance of injuries and small pains are greater, you can get very tired especially if you*

## Losing weight?

Wim continues: 'One of the surprising results of fitness can be that you gain weight. A disappointment? Not really, but this can happen in the short term. Starting with extreme fitness, you build muscles and larger muscles mean extra weight, which is also a reason to start smoothly. Yes, you build muscle, but burning fat is the real thing, and that's a matter of regular training at a level that suits the individual user, avoiding extreme training levels!'



FOR MORE INFORMATION SEE OUR WEBSITE: [TUNTURI.COM](http://TUNTURI.COM)



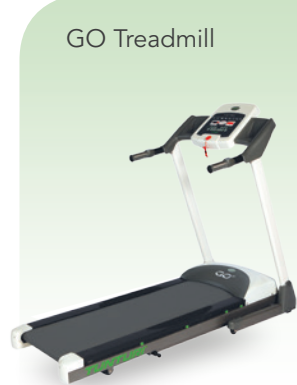
# PRODUCT OVERVIEW

# TUNTURI® GO

IT'S  
EASY  
TO FEEL  
GOOD!



## GO Treadmill



GO Run 10

- Motor: 1.25 - 3.0\* HP (DC)
- Speed: 0.8 - 16.0 km/h (± 0.2)
- Incline: 0 - 10%
- Running surface: 43 x 129 cm
- Foldable
- LxW: 175 x 78 cm
- Length folded: 94 cm
- 2 LED displays + 400 mtr
- Programs total: 8
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Quick buttons
- Bottle holder
- Transport wheels
- Max. user weight 135 kg



GO Run 15

- Motor: 1.5 - 3.0\* HP (DC)
- Speed: 0.8 - 16.0 km/h (± 0.2)
- Incline: 0 - 10%
- Running surface: 43 x 129 cm
- Foldable
- LxW: 175 x 78 cm
- Length folded: 94 cm
- 5 LED displays + 400 mtr
- Programs total: 8
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Quick buttons
- Bottle holder
- Transport wheels
- Max. user weight 135 kg



GO Run 20

- Motor: 2.25 - 4.25\* HP (DC)
- Speed: 0.8 - 16.0 km/h (± 0.1)
- Incline: 0 - 10%
- Running surface: 46 x 137 cm
- Foldable
- LxW: 179 x 78 cm
- Length folded: 95 cm
- 1 LCD with blue backlight
- Programs total: 9
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Quick buttons
- Bottle holder
- Transport wheels
- Max. user weight 135 kg



GO Run 30

- Motor: 2.5 - 4.5\* HP (DC)
- Speed: 0.8 - 18.0 km/h (± 0.1)
- Incline: 0 - 12%
- Running surface: 46 x 137 cm
- Foldable
- LxW: 179 x 78 cm
- Length folded: 95 cm
- 3 LED + LCD matrix with blue backlight
- Programs total: 13
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Quick buttons
- Bottle holder
- Transport wheels
- Max. user weight 135 kg



GO Run 50

- Motor: 2.75 - 5.0\* HP (DC)
- Speed: 0.8 - 20.0 km/h (± 0.1)
- Incline: 0 - 12%
- Running surface: 50 x 149 cm
- Foldable
- LxW: 198 x 85 cm
- Length folded: 105 cm
- 3 LED + LCD matrix with blue backlight
- Programs total: 16
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Quick buttons
- Bottle holder
- Transport wheels
- Max. user weight 135 kg



GO Run 70

- Motor: 3.0 - 5.5\* HP (DC)
- Speed: 0.8 - 20.0 km/h (± 0.1)
- Incline: 0 - 12%
- Running surface: 50 x 149 cm
- Foldable
- LxW: 198 x 85 cm
- Length folded: 105 cm
- 4 LED + LCD matrix with blue backlight
- Programs total: 22
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Quick buttons
- Bottle holder
- Transport wheels
- Max. user weight 135 kg

## GO Bike



GO Bike + Recumbent 30

- Manuel <sup>1</sup>
- Flywheel weight: 6 kg
- Rotating mass: 9 kg
- Power supply: Batteries (AA)
- Length hometrainer: 106 cm
- Length recumbent: 176 cm
- Width hometrainer: 57 cm
- Width recumbent: 66 cm
- Monitor monochrome LCD
- 16 Resistance levels
- 3 Programs total
- Recovery heart rate
- Gel seat
- Contact heart rate
- Chestbelt: option 5,4 Khz
- Time/distance/calorie
- Transport wheels
- Max. user weight 135 kg

## GO Recumbent bike



GO Recumbent 70

- Servo motor <sup>1,2</sup>
- Flywheel weight: 6 kg
- Rotating mass: 9 kg
- Self generating + adapter
- Length: 176 cm
- Width: 66 cm
- Monitor color LCD with backlight
- 32 Resistance levels
- 21 Programs total
- Recovery heart rate
- Gel seat
- Contact heart rate
- Chestbelt: option 5,4 Khz
- Time/distance/calorie
- 4 User registers
- 1 Watt program
- Body Mass test
- Transport wheels
- Max. user weight 135 kg

## GO Crosstrainer Front



GO Cross 30

- Manuel <sup>1</sup>
- Flywheel weight: 6 kg
- Rotating mass Rear: 25 kg
- Rotating mass Front: 31 kg
- Power supply: Batteries (AA)
- Length Cross Rear: 166 cm
- Length Cross Front: 179 cm
- Width Cross Rear: 69 cm
- Width Cross Front: 71 cm
- Monochrome LCD display
- 16 Resistance levels
- 3 Programs total
- Recovery heart rate
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Transport wheels
- Max. user weight 135 kg

## GO Crosstrainer Rear



GO Cross 70

- Servo motor <sup>1,2</sup>
- Flywheel weight: 6 kg
- Rotating mass Rear: 25 kg
- Rotating mass Front: 31 kg
- Power supply: Adapter
- Length Cross Rear: 166 cm
- Length Cross Front: 179 cm
- Width Cross Rear: 69 cm
- Width Cross Front: 71 cm
- Monitor color LCD with backlight
- 32 Resistance levels
- 15 Programs total
- Recovery heart rate
- 4 User registers
- 1 Watt program
- Body Mass test
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Transport wheels
- Max user weight 135 kg

- Servo motor <sup>1,2</sup>
- Flywheel weight: 6 kg
- Rotating mass Rear: 25 kg
- Rotating mass Front: 31 kg
- Power supply: self generating + adapter
- Length Cross Rear: 166 cm
- Length Cross Front: 179 cm
- Width Cross Rear: 69 cm
- Width Cross Front: 71 cm
- Monitor color LCD with backlight
- 32 Resistance levels
- 21 Programs total
- Recovery heart rate
- 4 User registers
- 1 Watt program
- Body Mass test
- Contact heart rate
- Chestbelt: option
- Time/distance/calorie
- Transport wheels
- Max. user weight 135 kg

## GO Rower



GO 30

- Manuel <sup>1</sup>
- Flywheel weight: 8 kg
- Power supply: Batteries (AA)
- Length: 209 cm
- Length folded: 155 cm
- Width: 54 cm
- Monitor monochrome LCD
- 8 Resistance levels
- 3 Programs total
- Time, distance, time per 500 mtr, strokes per min, calorie
- Date, time, temperature
- Recovery heart rate
- Contact heart rate
- Chestbelt: option 5,4 Khz
- Transport wheels
- Max. user weight 135 kg

\* Peak power

<sup>1</sup> Permanent magnet system

<sup>2</sup> Electro magnetic break system



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FOR MORE INFORMATION GO TO  
**WWW.TUNTURI.COM**



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