

# TUNTURI®

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Pure

"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 and 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'.



TRAINING  
AS IF  
YOU'RE  
OUTSIDE!



THE NEXT  
STEP IN  
TRAINING



## TUNTURI PURE BRINGS FITNESS @HOME

Striking round framed corners, the unique 'boomerang design' and minimal looks. Attractive and subtle simultaneously. It might sound like we are describing a piece of art, but we are talking about Tunturi Pure, the recently introduced 'flagship' fitness equipment line of Tunturi.

It is not a coincidence that we are talking about art. 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, this fitness 'furniture' with great features and patented innovations, keeps you motivated. The greatest challenge for all of us!

It's easy to feel good! with TUNTURI Pure!

### 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 altogether. That's a waste of your money. Our design aims to support you 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.



Steef  
Ploeger

Managing  
director of  
Tunturi  
New Fitness

## 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!

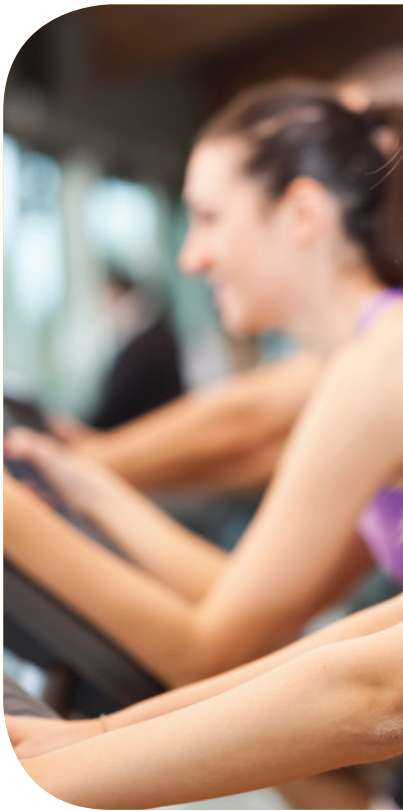


# THE STARTING POINT

## GET CONNECTED WITH PURE PLEASURE



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 it brings you pleasure and entertainment. In other words, the monitor is essential to keep you motivated, now and in the long term. What about the equipment? Our advice, go for the equipment which makes you feel the most comfortable. That's also important for your motivation, giving you the best training results in the end!



MONITOR 1.1

The starter model in the Tunturi Pure collection. A 5,5" monochrome screen, 2 training programs and simple controls; ideal if you wish to begin with fitness training.



MONITOR 2.1

Ideal for novices looking for an easy to use, functional trainer. Its 5,5" monochrome screen with various training programs and heart rate controlled programs, offers ample opportunity to keep your workout motivating.



MONITOR 4.1

The iConsole is our most compact monitor and equipped with only a few basic functions. Connect it to your tablet and it becomes so much more. Use it the same way as sitting behind your desk or on the couch, enjoying all the features of your tablet. Or download the Tunturi training app and make training even more effective and motivating!



MONITOR 6.1

A full colour 7" LCD screen that provides you with easy to read information. Unique Tunturi features, such as T-Road for a realistic trip through Tuscany or Lapland, are available on the monitor and make a workout even more challenging and fun.



MONITOR 8.1  
7" iPURE TOUCH SCREEN

The Tunturi Pure 8.1, the smaller version of the Tunturi Pure 10.1 monitor with the same unique features, offers a 7" touch screen monitor. Simply stay connected with everyone via the available multimedia. In addition, the monitor offers you all essential functionalities, such as many training programs. Ideal for combining fitness with social activities!



MONITOR 10.1  
10" TOUCH SCREEN

The top model of Tunturi Pure offers you the revolutionary 10" touch screen monitor. Read an e-book, check e-mails, browse on the internet, use social media. The Tunturi Pure 10.1 makes it possible, and of course, all in combination with various training programs and the multi step VO2 max fitness test. Effective and comfortable training, and staying motivated!



MONITOR RUN 1.1

This treadmill is ideal when you start with your running regimes. An very compact and functional treadmill with the most important functionalities.



MONITOR RUN 2.1

The perfect treadmill when you start with your running regimes. The Tunturi Pure Run 2.1 offers you ample opportunity to keep your training sessions motivating.



MONITOR RUN 3.1

This functional treadmill has 1 LCD and 5 LED screens that offers you plenty training options. A compact design that is also foldable, thus space saving.



MONITOR RUN 4.1

The original Tunturi Pure "boomerang-shaped" treadmill makes the Pure Run 4.1 a true asset for any home. This treadmill offers you many motivating functions and programs to keep you motivated.



MONITOR RUN 6.1

The Pure Run 6.1 contributes to the ultimate running exercise indoors, whilst the design makes it look attractive. Offering a large and user friendly monitor, it makes training both safe and comfortable.



MONITOR RUN 10.1

The Tunturi Pure Run 10.1 with a stunning 15" TFT LCD touch screen is the ultimate treadmill for intensive use. State of the art-technology, 35 training programs, various fitness tests and many convenient features; the Tunturi Pure Run 10.1 makes it easy to feel good!

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

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 treadmill, and the challenging

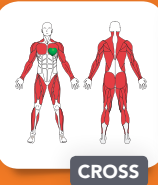
collection for strength. All with different functionalities and training purposes, training different muscle groups, and all with the same goal, to make training as effective and enjoyable as possible!



RUN



CYCLING



CROSS



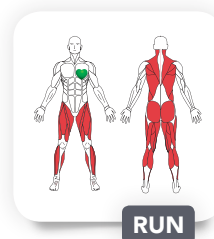
ROW



STRENGTH



# RUN PURE! THE MOST NATURAL WAY



IT'S  
EASY  
TO FEEL  
GOOD!



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.

The Pure Run  
1.1, 2.1 and 3.1  
are easy foldable!



## TUNTURI PURE RUN 1.1, 2.1 & 3.1

These new and compact treadmills are the ideal trainers for the beginner. Having only the most basic features, these attractively priced treadmills of high quality are compact and functional.



## 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 Pure bundles all innovative experiences together, such as:

### ■ T-FLEX

The unique safe and shock absorbing construction that creates less burden on joints. This makes your training even more comfortable, just as if you're walking in the woods!

### ■ MOTIVATING PROGRAMS

Functions that keep the training motivating and challenging. The Fitness Test has fully automated measurements and analysis. The index of your condition is calculated and rated with a grade and an appraisal, for example 'good' or 'excellent'.

### ■ CHALLENGE YOURSELF!

It is also possible to measure yourself against your previous performances in order to raise the bar. In other words, it's a race against yourself, against your earlier achievements!

## TECHNICAL FEATURES. WHAT'S IMPORTANT?

The Tunturi Pure product line for treadmills has six different versions, ranging from Tunturi Pure 1.1 for the starters to Tunturi Pure 10.1 for the most demanding professionals. You can find all technical features and specifications in the back of this tabloid and on [www.tunturi.com](http://www.tunturi.com). The most important elements of choice are:

### MOTOR HP

This ranges from 2.0HP to 6.0HP. 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 a minimum of 0.8 km/h (all models) to a maximum speed of 16 km/h, through to the highest of 22 km/h, for training at the absolute top level.

### RUNNING AREA

All Tunturi Pure models have a large running area of 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

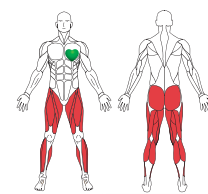
The marathon is an outdoor event, then why train on a treadmill? Wen: 'It is an important support for me. From warming up to a short training session of half an hour when the weather is not very nice, I can always use my treadmill. It's fun, I can listen to my favorite music and enjoy some of the scenic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



# CYCLE THE ORIGINAL WAY



CYCLE

IT'S  
EASY  
TO FEEL  
GOOD!



BIKE 8.1

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 break-through development in home trainers, making the exercise bike 'the mother' of all fitness equipment. Today, the home trainer 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.

## ■ FUN. ANYWHERE

Tunturi Pure makes training @home fun. Besides all features and modern 'connectivity', special training programs bring you an outdoor training experience, into your living room, with 'real life' routes through old towns, woods and mountains,



BIKE 1.1

with climbs and descents, letting you excel with the gears!

## ■ RECUMBENT BIKE

Let's call it our flagship design of the Pure series. This is the most comfortable way of training for many

people. The low instep enables you to mount the bike safely and in comfort. The seating position limits the stress on your back and stimulates blood circulation to the legs. Sure, you can also relax during training, reading your magazine, watching TV or ...



RECUMBENT BIKE 4.1

Recumbent Bike

## IMPORTANT CHOICE: THE MONITOR

Besides some specific technical features like the motor power and the availability of exact heart rate measurement belts, one of the main considerations in choosing a specific Tunturi Pure Bike is the monitor.

### SPECIAL DESIGN

You can go for the Pure Bike 4.1 with iConsole, compatible with your tablet, or make a choice of one of the various specially designed Tunturi monitors. From a basic model with only the most important features (Tunturi Pure Bike 1.1 or 2.1) to the most entertaining touch screen monitors (Bike 8.1 and 10.1) Tunturi Pure provide a wide range of training programs and entertainment facilities.



## SURPRISING TUNTURI

Working on a better condition. Healthier living, doing away with excess kilos! But also when it comes to recovery: getting back on your feet fast following an injury or illness. There are several reasons for "wanting to get fit". If you just think about it for a minute and have a little look around, you will see there are several possibilities. This is why we seek to show you in this newsletter how amusing fitness can be. Why? Tunturi believes it is important that you make the right choices.

This Tunturi newsletter is born out of our experience and enthusiasm for fitness, our appliances and our philosophy, brought together under the motto "it's easy to feel good!" No boring specifications and technical product information, it's all there on our website [www.tunturi.com](http://www.tunturi.com).

You should look at this newsletter as an "introduction to training". We use amusing and surprising information to share our experiences in order to help you on the road to "more training and a healthier lifestyle". **Fitness is Fun!**

Sarah works on the research department of Tunturi New Fitness. 'After one week, my colleagues told me to try our the Tunturi Pure bike at home. To be honest, I was quite hesitant, putting the Bike 4.1 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

'Now, about six months later, I decided that we want to keep it. As a mother of two children and having a job outside and inside the house, I discovered that 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 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, no having to leave the house in the evening for the gym or doing a special diet. The bikes saves me about 1,500 calories per week!'

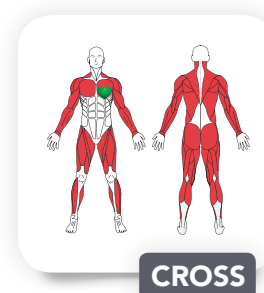


Sarah:

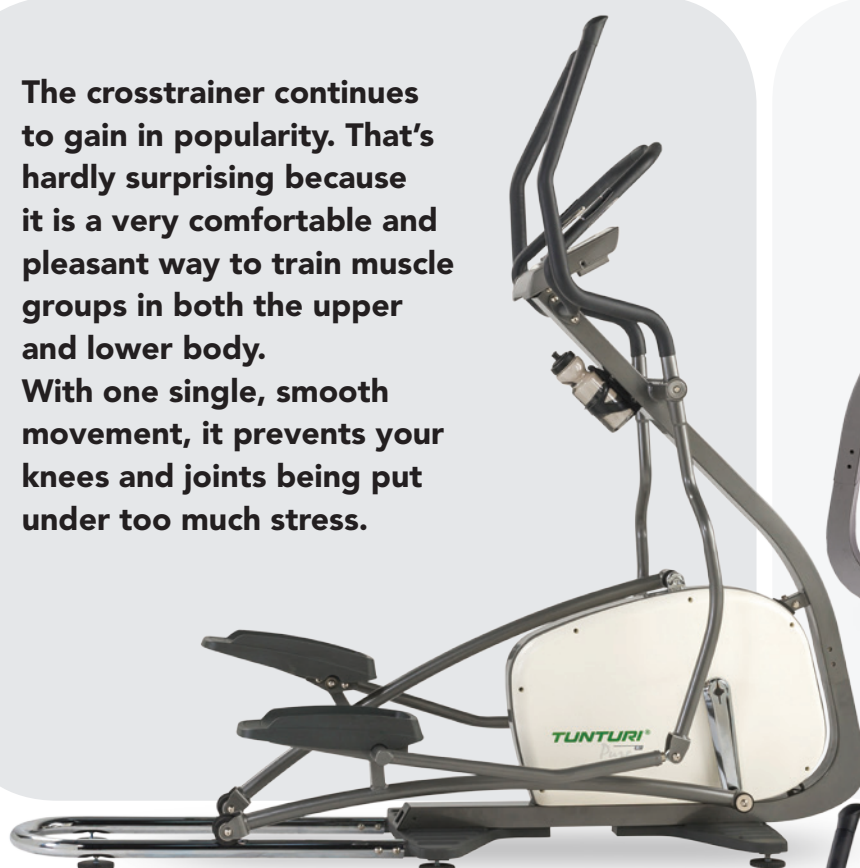
"A moment of rest  
after a busy day."



# 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 F 6.1



CROSS F 2.1

Front driven

## ■ CROSS: FRONT AND REAR DRIVEN

Tunturi Pure 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!



Larissa:

"Cross Rear,  
intense and challenging."



CROSS R 2.1

Rear driven



CROSS R 6.1

Larissa has worked for more than 4 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. After finishing Grimm and Breaking Bad, she's now looking forward to the new season of Devious Housemaids. Her rear driven crosstrainer ('I prefer the longer strides') Pure 4.1 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 series. I love it, after a busy working day. My husband does not like to watch TV. And I experienced that good series as Grimm and Breaking Bad make me train very often!'

## UNIQUE TUNTURI FEATURES: COMFORTABLY SAFE

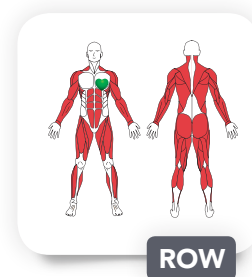
All Tunturi crosstrainers have multi-position handgrips for optimum geometry of movement and specific measurement. They are always equipped with heart rate control 'cardio' training programs. The essence of fitness lies in efficient and above all, safe training. No ambiguous information, no 'approximate' data, but accurate measurements of the heart rate with which you can train safely and comfortably.

## ENTERTAINMENT THROUGHOUT

Whichever model of Tunturi Pure Crosstrainer you choose, each offers a different set of entertainment options. From working out with a training app, a realistic 'cross-country skiing' or an overland trip through Tuscany with T-Road, or staying connected with friends via social media. Watching movies, listening to music or reading an e-book. In other words: many motivating features that makes training on your crosstrainer a long term joy.



# ROW THE CHALLENGING WAY!



According to the experts, rowing is the most efficient training method for all muscle groups. It is an ideal way to exercise and a very challenging one, burning the most calories of all fitness machines. Tunturi rowing machines also guarantee, as always, comfortable and safe rowing movements. The Tunturi Pure Row 3.1 and 8.1 are equipped with a user friendly console and simple to operate functions.



## TUNTURI PURE 8.1 WATER ROWER

The **Tunturi Pure 8.1 Water Rower** provides you with an unique rowing experience. The sound and feeling of water makes you feel like you are actually rowing on water outside. Easily regulate the resistance by adjusting the amount of water in the tank (up to 17 liters), ideal for the most demanding user looking for a motivating and effective training.



Easy to store!



## TUNTURI PURE ROW 3.1

The **Tunturi Pure Row 3.1** is, just like all Tunturi Pure equipment, a complete and innovative trainer. Unique of its kind, this rowing machine is heart rate controlled, thus ensures a safe and challenging workout. The Tunturi Pure Row 3.1 is very stable thanks to its twin rails.

**Peter:**

"The rowing machine stands 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 New 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.'



**IT'S  
EASY  
TO FEEL  
GOOD!**

[illegible]

**Wim:**  
"My Advice?  
Just build it up!"



## 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!'

Tunturi offers an excellent warranty on its entire collection, as you would expect from a quality brand name. You can also extend warranty on certain parts by one year. Simply register at [www.tunturi.com](http://www.tunturi.com) and get one year extra warranty on certain 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 commences from the date of purchase / Home use		
Warranty period	Frame	Treadmill drive motor	Other components
PURE line	20 years	15 years	24 months

\* You can extend the warranty for certain other parts (eg. covers, metal parts, shocks ....) with 12 months, when you register on our website [www.tunturi.com](http://www.tunturi.com). Registering is only possible within 1 month after purchase date.



**LIKE US ON FACEBOOK/ TUNTURIFITNESS**

Stay in touch with Tunturi and the world of fitness. Just go to Facebook and like us. Post your experience with Tunturi New Fitness @home.



# A STRONG UNIQUE COLLECTION



Need we say more? This unique extension of our Tunturi Pure collection has the power. With its distinctive and unique look and feel, a Tunturi Pure strength trainer makes training @home a real challenge.

**MAKE THE PERFECT COMBINATIONS**  
Consisting of numerous benches, multi gyms and a power tower, Tunturi Pure Strength combines all types of strength training. Its exclusive design makes it fit seamlessly into any space and provides an enjoyable and efficient training solution.



### PURE STRENGTH POWER TOWER

The Pure Strength Power Tower is the power station for a “total body workout”. This power station is a versatile power tower for among other things, pull-ups, chin-ups and sit-ups and dips. The various positions of this total fitness unit are easy to set. This is the Tunturi power tower with which you can work on your muscle power and overall condition in a continual and motivated manner!

- Maximum user's weight: 150 kg
- LxWxH = 131 x 118 x 216 cm
- Weight: 64 kg



### PURE STRENGTH UTILITY BENCH

The Pure Strength Utility Bench is a multifunctional work bench with several angled positions. It is a versatile work bench with an ergonomically-shaped back support that can be placed in the upright, lowered, level and military positions. It is the perfect bench for use as a dumbbell bench and as a sit-up bench. This Pure Strength Utility Bench can also be used in combination with the Pure Strength Squat Bar. The work bench saves space thanks to its unique folding system. The perfect fitness unit from Tunturi!

- Maximum user's weight: 150 kg
- LxWxH = 130 x 43 x 116 cm
- Folded: LxWxH = 134 x 43 x 32 cm
- Weight: 17.5 kg



### PURE STRENGTH CORE TRAINER

The Pure Strength Core Trainer is a versatile power station: you can train your abs, back and lats with this combined ab and back trainer/hyperextension. This ergonomically-designed core trainer with height-adjustable support pads and adjustable foam rubber leg rolls is suitable for anyone as it enables a perfect position and posture. Sturdy and robust, total fitness from Tunturi!

- Maximum user's weight: 150 kg
- LxWxH = 171 x 63 x 94 cm
- Folded: LxWxH = 134 x 63 x 50 cm
- Weight: 24.5 Kg



### PURE STRENGTH FLAT BENCH

The Pure Strength Flat Bench is a stylish flat work bench with height-adjustable leg rolls and a real sit-up bench for training your abs. A compact work bench with a unique folding system and handle for easy storage. Pure fitness from Tunturi!

- Maximum user's weight: 150 kg
- LxWxH = 127 x 44 x 48 cm
- Folded: LxWxH = 127 x 44 x 19 cm
- Weight: 15.5 Kg



### PURE STRENGTH SQUAT RACK

The Pure Strength Squat Bar has an extremely versatile shape and easy sliding adjustment system. The squat bar is a versatile power station, it is both height and width adjustable and comes with six large spotter catchers. For a perfect home gym: the Pure Strength Squat Bar is ideal in combination with the Pure Strength Utility Bench. Then you really will have a total fitness unit from Tunturi!

- Maximum barbell capacity: 140 kg
- Maximum user's weight: 150 kg
- LxWxH = 107 x 153x 169cm
- Folded: LxWxH = 107 x 111 x 169 cm

## THE ADVANTAGES OF STRENGTH TRAINING

Strength or weight resistance training is a key component of overall health and fitness for anyone, men and women. We believe that fitness plays a more important role in daily life and strength training is an excellent addition when working on a better quality of life. Why? Because we know that strength training helps with:

- **Increasing muscle mass.**  
Remember that muscle boosts a person's metabolism, meaning that muscles will burn more calories than fat will do when at rest. As muscle mass increases, so will your metabolism, which makes it easier maintain a healthy body weight.
- **Slowing down or stopping muscle loss** that accompanies aging.

- **Improving your mood.**  
Research found that strength training is very effective at reducing depression. A good and challenging strength training stimulates the brain to release endorphins

- **And furthermore:** strength training enhances your appearance, improves your posture, helps you sleep better, and much more.





IT'S  
EASY  
TO FEEL  
GOOD!

# STRENGTH



## PURE STRENGTH COMPACT SMITH

The Pure Strength Compact Smith is a multifunctional power station with the same benefits as a complete Smith machine. The benefit: the Compact Smith only takes up half the room. This power station is perfect for anyone who wishes to lift heavy weights without a training partner. It is basically a training bench that looks good and performs! The height-adjustable spotter catcher, ergonomic seating and back support, leg developer and preacher curl pad make this a versatile fitness unit from Tunturi!

- Maximum barbell capacity: 140 kg
- Maximum user's weight: 150 kg
- LxWxH = 199 x 181 x 185 cm
- Folded: LxWxH = 84 x 181 x 185 cm
- Weight: 75 kg



## PURE STRENGTH COMPACT BENCH

The Pure Strength Compact Bench is a barbell bench with a space-saving folding mechanism. This power station features ergonomically-designed seating and back support that can be placed in the upright, lowered and flat position in combination with a leg developer and height-adjustable preacher curl pad. The preacher curl pad can be stowed away (saving space!) and the safety pen on the leg developer ensures that this power station can also be used as a sit-up bench. This is basically a versatile work bench, Pure fitness from Tunturi!

- Maximum barbell capacity: 140 kg
- Maximum user's weight: 150 kg
- LxWxH = 175 x 74 x 127 cm
- Folded: LxWxH = 75 x 74 x 178 cm
- Weight: 32 kg



## PURE STRENGTH WEIGHT BENCH

The Pure Strength Weight Bench is a high-quality work bench featuring a space-saving design and a unique appearance. Versatile, with ergonomic seating and back support that can be placed in the upright, lowered and flat positions, a leg press unit, height-adjustable chrome barbell stands and a height-adjustable preacher curl pad. A storage solution for the preacher curl pad or leg developer makes the Pure Strength Weight Bench the ideal home gym. The perfect fitness unit from Tunturi!

- Maximum barbell capacity: 140 kg
- Maximum user's weight: 150 kg
- LxWxH = 187 x 116 x 150 cm
- Folded: LxWxH = 83 x 116 x 169 cm
- Weight: 39 kg



## PURE STRENGTH OLYMPIC BENCH

The Pure Strength Olympic Bench is the ultimate work bench if you are looking for a serious power station with a perfect design. The unique space-saving design features many options such as leg curl, preacher curl and a walk-in squat rack. The Pure Strength Olympic Bench features a storage solution for the preacher curl pad or leg developer, saving a considerable amount of space. A perfect work bench for developing your muscle power in a continuous and motivated manner. Total fitness from Tunturi!

- Maximum barbell capacity: 140 kg
- Maximum user's weight: 150 kg
- LxWxH = 202 x 162 x 159 cm
- Folded: LxWxH = 87 x 162 x 159 cm
- Weight: 55.2 Kg



## PURE STRENGTH HOME GYM




The Pure Strength Home Gym is a unique and space-saving power station offering versatile options for your workout for example, as a traditional home gym or barbell work bench. The Pure Strength Home Gym features for example, free, high pulley handles, a leg developer and angle-adjustable workout stations. A perfect home gym for developing your muscle power in a continuous and motivated manner. Pure fitness from Tunturi!

- Maximum user's weight: 150 kg
- LxWxH = 270 x 100 x 216 cm



PRODUCT OVERVIEW **TUNTURI®** Pure

 	TREADMILLS	Run 1.1	Run 2.1	Run 3.1	Run 4.1	Run 6.1	Run 10.1
							
	MOTOR	2.0 - 4.0* HP (DC)	2.5 - 4.5* HP (DC)	3.0 - 5.5* HP (DC)	2.5 - 4.5* HP (DC)	3.0 - 5.5* HP (DC)	3.5 - 6.0* HP (DC)
	SPEED	0.8 - 16 km/u (0,2 km/u stap)	0.8 - 18 km/u (0,2 km/u stap)	0.8 - 20 km/u (0,2 km/u stap)	0.8 - 18 km/u (0,1 km/u stap)	0.8 - 20 km/u (0,1 km/u stap)	0.8 - 22 km/u (0,1 km/u stap)
INCLINE	0 / 12% (± 1.0)	0 / 12% (± 1.0)	0 / 12% (± 1.0)	0 / 12% (± 1.0)	0 / 12% (± 1.0)	0 / 12% (± 1.0)	
POWER SUPPLY	230 V AC	230 V AC	230 V AC	230 V AC	230 V AC	230 V AC	
RUNNING SURFACE (LXW)	142 x 51 cm	142 x 51 cm	142 x 51 cm	150 x 50 cm	150 x 50 cm	150 x 50 cm	
FOLDABLE	✓	✓	✓	–	–	–	
LENGTH	188 cm, folded 106 cm	188 cm, folded 106 cm	188 cm, folded 106 cm	208 cm	208 cm	208 cm	
WIDTH	86 cm, folded 86 cm	86 cm, folded 86 cm	86 cm, folded 86 cm	82 cm	82 cm	82 cm	
HEIGHT	140 cm, folded 162 cm	140 cm, folded 162 cm	140 cm, folded 162 cm	145 cm	145 cm	145 cm	
PROGRAM DISPLAY	LCD	LCD	LCD	LCD	LCD	10" color TFT- LCD	
FEEDBACK DISPLAY	5 (in main display)	3 LED + 2 on LCD	5 LED displays	5 LED displays	6 LED displays	–	
CONTACT HEARTRATE	✓	✓	✓	✓	✓	✓	
CHESTBELT	Option 5,4 Khz	Option 5,4 Khz	Option 5,4 Khz	Included 5,4 Khz	Included 5,4 Khz	Included 2,4 GHz ANT+	
TRANSPORT WHEELS	✓	✓	✓	✓	✓	✓	
MAX USER WEIGHT	135 kg	135 kg	135 kg	150 kg	150 kg	150 kg	
PROGRAMS TOTAL	10	20	23	13	15	128	
TIME/DISTANCE/CALORIE	✓	✓	✓	✓	✓	✓	
FITNESS TEST	–	–	–	–	Cooper/2 km walking/Military test	Cooper/2 km walking/Military test	
MEDIA PLAYBACK	–	–	–	–	–	Media Player, (DivX, AVI MPEG-1, MPEG-4) with Flash Player	
Wi-Fi	–	–	–	–	–	✓	

EXCERCISE BIKE & RECUMBENT BIKE

Bike 1.1

Bike 2.1

Bike/Recumbent 4.1

Bike 6.1

Bike 8.1

Bike 10.1

MOTOR	Manual + PMS <sup>1</sup>	Servo motor + PMS <sup>1</sup>	Servo motor + PMS <sup>1</sup>	EMS <sup>2</sup> , T-GEN	EMS <sup>2</sup> , T-GEN	EMS <sup>2</sup> , T-GEN
FLYWHEEL WEIGHT	6 kg	6 kg	7 kg	9 kg	9 kg	9 kg
ROTATING MASS	9 kg	9 kg	10 kg	13 kg	13 kg	13 kg
ERGOMETER	–	✓	✓	✓	✓	✓
RESISTANCE	180W/60 rpm 360W/100 rpm	180W/60 rpm 360W/100 rpm	200W/60rpm 400W/100rpm	350W/60 rpm 440W/100 rpm	440W/60 rpm 600W/100 rpm	440W/60 rpm 600W/100 rpm
POWER SUPPLY	Batteries (2xAA type)	Adapter (9V-DC - 1Amp)	Adapter (9V-DC - 1.3Amp)	Adapter (26V-DC - 2.3Amp)	Adapter (26V-DC - 3.46Amp)	Adapter (26V-DC - 3.46Amp)
LENGTH	96 cm	96 cm	Bike 96 cm & Recumbent 163 cm	109 cm	109 cm	109 cm
WIDTH	61 cm	61 cm	Bike 56 cm	56 cm	56 cm	56 cm
HEIGHT	141 cm	141 cm	Bike 109 cm & Recumbent 123 cm	109 cm	109 cm	109 cm
PROGRAMMA DISPLAY	5,5" monochrome (LCD)	5,5" monochrome (LCD)	5,5" color, suitable for tablet	7" full color TFT (LCD)	7" full color TFT-LCD touchscreen	10" full color TFT-LCD touchscreen
RESISTANCE LEVELS	16	32	32	42	60	60
HANDLEBAR	Fixed multigrip	Fixed multigrip	Fixed multigrip	Fixed multigrip	Fixed multigrip	Fixed multigrip
SEAT TYPE	Comfort Gel	Comfort Gel	Comfort Gel	Comfort Gel	Comfort Gel	Comfort Gel
SEAT ADJUSTMENT	✓	✓	✓	✓	✓	✓
CONTACT HEARTRATE	✓	✓	✓	✓	✓	✓
CHESTBELT	Option 5,4 Khz	Option 5,4 Khz	Option 5,4 Khz	Included 5,4 Khz	Included 2,4 GHz ANT+	Included 2,4 GHz ANT+
TRANSPORT WHEELS	✓	✓	✓	✓	✓	✓
MAX USER WEIGHT	135 kg	135 kg	135 kg	150 kg	150 kg	150 kg
PROGRAMS TOTAL	2	17	17	43	127	127
TIME/DISTANCE/CALORIE	✓	✓	✓	✓	✓	✓
FITNESS TEST	–	–	–	Multi step VO2 Max	Multi step VO2 Max	Multi step VO2 Max
MEDIA PLAYBACK	–	–	Suitable with tablet and smartphone 1 USB Charger Console can pair with App's	MP3 player 1 USB Socket Aux out 3.5mm jack (headphone)	Media player (MPEG-1, MPEG-4, DivX, AVI), 1 USB socket, Aux in 3.5 mm jack, Aux out 3.5 jack (headphone) Build in speakers	Media player (MPEG-1, MPEG-4, DivX, AVI), 1 USB socket, Aux in 3.5 mm jack, Aux out 3.5 jack (headphone) Build in speakers
Wi-Fi / BLUETOOTH	–	–	Bluetooth	–	Wi-Fi	Wi-Fi

	Cross F & R 2.1		Cross F & R 4.1		Cross F & R 6.1		Cross F & R 8.1		Cross F & R 10.1	
	Front	Rear	Front	Rear	Front	Rear	Front	Rear	Front	Rear
MOTOR	Servo motor + PMS <sup>1</sup>		Servo motor + PMS <sup>1</sup>		EMS <sup>2</sup> , T-GEN		EMS <sup>2</sup> , T-GEN		EMS <sup>2</sup> , T-GEN	
FLYWHEEL WEIGHT	6 kg	6 kg	7 kg	7 kg	9 kg	9 kg	9 kg	9 kg	9 kg	9 kg
ROTATING MASS	33 kg	27 kg	34 kg	28 kg	36 kg	30 kg	36 kg	30 kg	36 kg	30 kg
RESISTANCE	180W/60 rpm	360W/100 rpm	200W/60 rpm	400W/100 rpm	350W/60 rpm	600W/100 rpm	440W/60 rpm	600W/100 rpm	440W/60 rpm	600W/100 rpm
POWER SUPPLY	Adapter (9V-DC - 1Amp)		Adapter (9V-DC - 1.3Amp)		Adapter (26V-DC - 2.3Amp)		Adapter (26V-DC - 3.46Amp)		Adapter (26V-DC - 3.46Amp)	
ERGOMETER	–	–	✓	–	✓	–	✓	✓	✓	✓
LENGTH	192 cm	150 cm	198 cm	149 cm	198 cm	149 cm	198 cm	149 cm	198 cm	149 cm
WIDTH	66 cm	62 cm	62 cm	62 cm	62 cm	62 cm	62 cm	62 cm	62 cm	62 cm
HEIGHT	186 cm	168 cm	186 cm	168 cm	186 cm	168 cm	186 cm	168 cm	186 cm	168 cm
STRIDE LENGTH	19"/± 50 cm	16"/± 40 cm	19"/± 50 cm	16"/± 40 cm	19"/± 50 cm	16"/± 40 cm	19"/± 50 cm	16"/± 40 cm	19"/± 50 cm	16"/± 40 cm
PROGRAMMA DISPLAY	5,5" display, monochrome (LCD)		5,5" color (LCD)		7" full color TFT (LCD)		7" full color TFT-LCD touchscreen		10" full color TFT-LCD touchscreen	
RESISTANCE LEVELS	32		32		42		60		60	
CONTACT HEARTRATE	✓		✓		✓		✓		✓	
CHESTBELT	Option 5,4 KHz		Option 5,4 KHz		Included 5,4KHz		Included 2,4 GHz ANT+		Included 2,4 GHz ANT+	
TRANSPORT WHEELS	–	✓	–	✓	–	✓	–	✓	–	✓
PROGRAMS TOTAL	17		17		43		127		127	
TIME/DISTANCE/CALORIE	✓		✓		✓		✓		✓	
FITNESS TEST	–		–		Multi step VO2 Max		Multi step VO2 Max		Multi step VO2 Max	
MAX USER WEIGHT	135 kg		150 kg		150 kg		150 kg		150 kg	
MEDIA PLAYBACK	–		Suitable with tablet and smartphone 1 USB Charger Console can pair with App's Bluetooth		MP3 player 1 USB Socket Aux out 3.5 mm jack (headphone)		Media player (MPEG-1, MPEG-4, DivX, AVI), 1 USB socket, Aux in 3.5 mm jack, Aux out 3.5 jack (headphone) Build in speakers		Media player (MPEG-1, MPEG-4, DivX, AVI), 1 USB socket, Aux in 3.5 mm jack, Aux out 3.5 jack (headphone) Build in speakers	
Wi-Fi / BLUETOOTH	–		Bluetooth		–		Wi-Fi		Wi-Fi	

<sup>1</sup> Peak power  
<sup>2</sup> Permanent magnet system  
<sup>3</sup> Electro magnetic break system