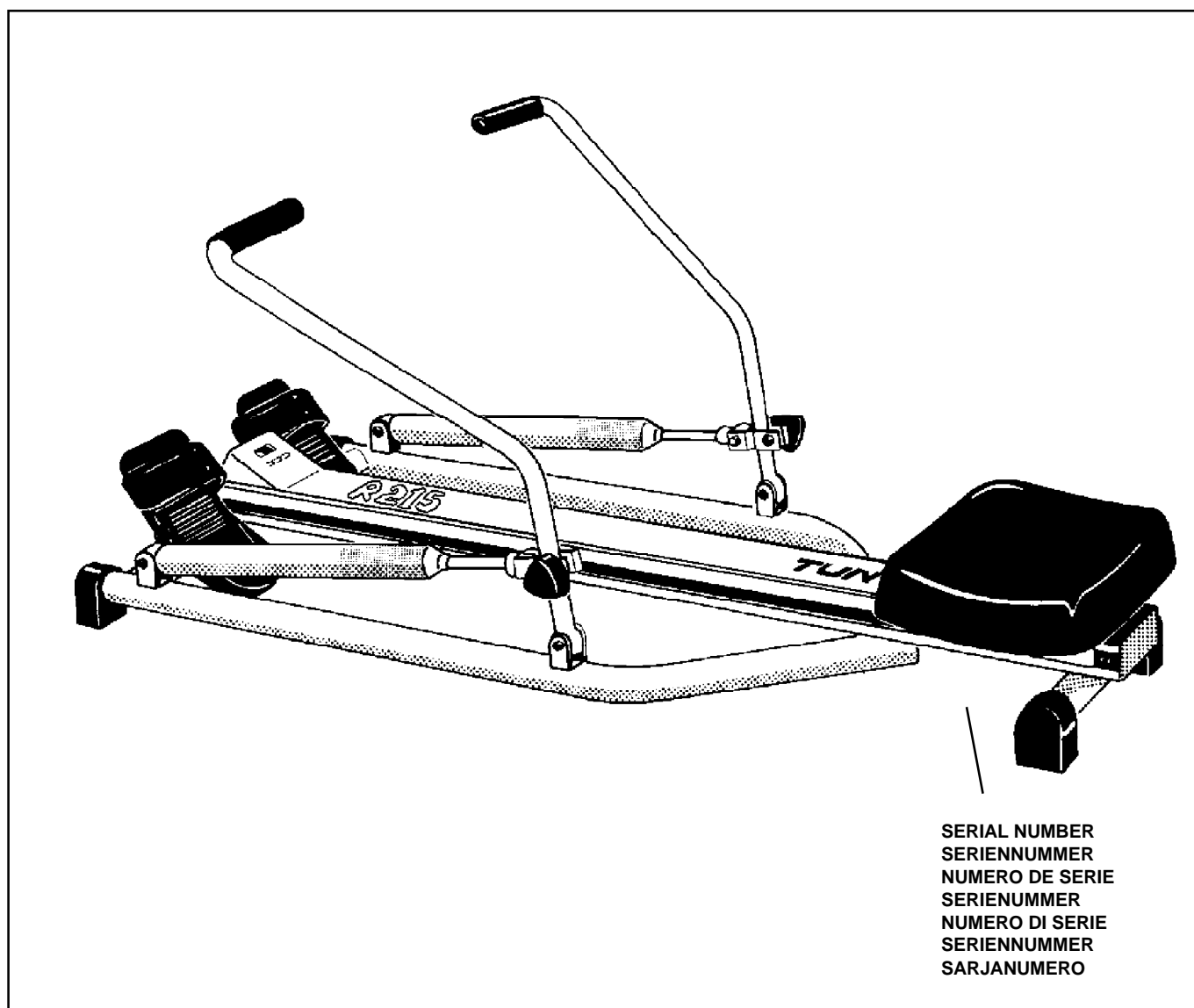


ROWING MACHINE R 215

GB OWNER'S MANUAL
D BETRIEBSANLEITUNG
F MODE D'EMPLOI
NL HANDLEIDING
S BRUKSANVISNING
FIN KÄYTTÖOHJE



583 2005 B

TUNTURI[®]
THE MOTOR – *it's you.*

REMARKS AND WARNINGS

Please read this owner's manual through carefully before assembling, using and servicing the rowing machine! Follow the instructions described in this manual carefully.

THE EQUIPMENT HAS BEEN DESIGNED FOR DOMESTIC USE, FOR WHICH THE FULL TUNTURI WARRANTY APPLIES.

*** 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.

* Parents or others responsible for children should note that children's natural playfulness and curiosity may lead to situations and behaviour for which the rowing machine is not designed. If children are allowed to use the rowing machine, they should be supervised and taught to use the rowing machine properly, keeping in mind the child's physical and mental development and their personality. The rowing machine is not a toy.

* Only one person may use the rowing machine at a time.

* Place the device on a firm, level surface. In heavy or long-term use the hydraulic pumps may drop oil. It is therefore advised to place the machine on a protective base.

* Exercise only in an environment with sufficient air conditioning. However, in order to avoid catching cold, do not exercise in draught.

* Before you start using the device, make sure that it functions correctly in every way. Do not use a faulty device.

* Wear appropriate clothing and shoes when exercising.

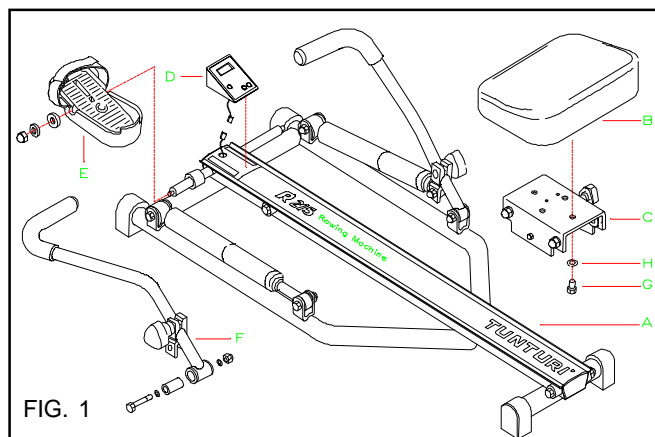
* To avoid muscular pain, begin and end each workout by stretching, warming up and cooling down.

* Do not attempt any servicing or adjustment other than those described in this manual. The given instructions must be followed carefully.

* The rowing machine is not recommended for use by persons weighing more than 100 kg or 225 lbs.

1. ASSEMBLY

Before assembling the device, make sure the following parts are present (fig. 1):



- | | | |
|---|-----------------------------|-------|
| A | frame | |
| B | seat | |
| C | seat frame | |
| D | meter (2 x 1,5 V batteries) | |
| E | 2 footrests | 2 pcs |
| F | 2 oars | 2 pcs |

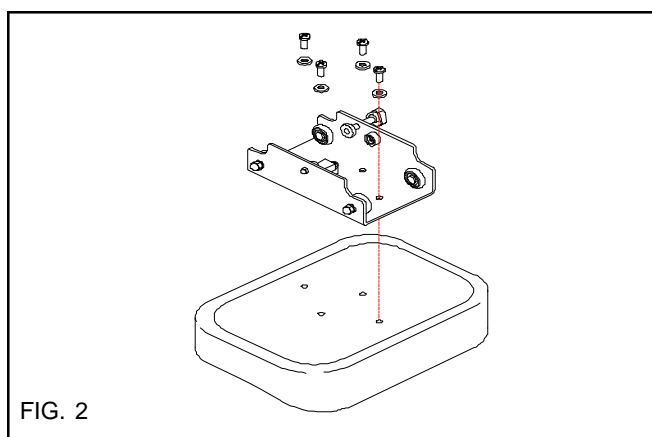
Hard ware kit including the following:

- | | | |
|---|-------------------|-------|
| G | bolts | 4 pcs |
| H | washers | 4 pcs |
| | open end wrenches | 2 pcs |
| | allen key wrench | |

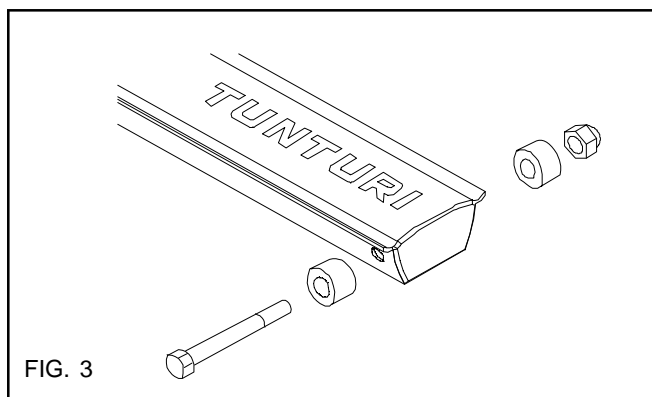
If you notice that a part is missing, contact the dealer and give the model (R 215), serial number and spare part number from the spare part list at the back of the manual.

1.1. SEAT ASSEMBLY

Attach the seat frame to the bottom of the seat with four screws and washers so that the seat lock is either on the left or on the right side of the seat (fig. 2).

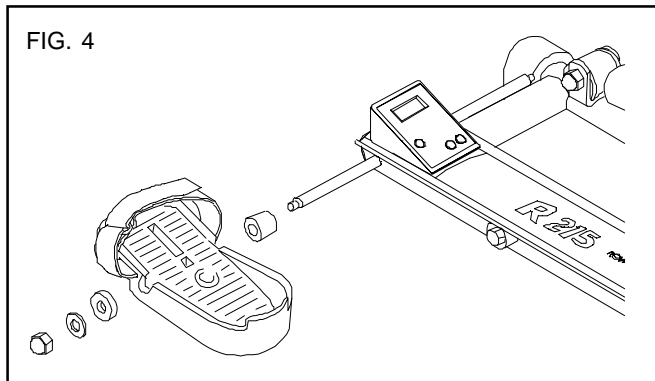


Remove the seat stopper (fig. 3). Put the seat onto the rail (notice the direction of the seat) and replace the seat stopper.



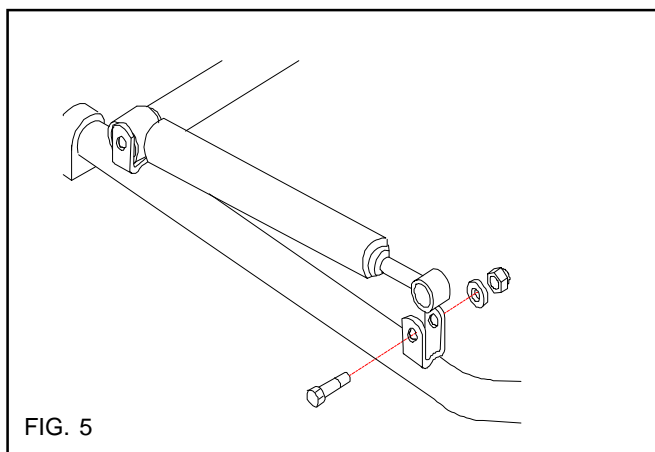
1.2. FOOTREST ASSEMBLY

Remove the nut and the thin metallic and plastic washers from the footrest shaft. Install a footrest on the shaft so that the thick plastic washer stays between the footrest and the frame. Place the plastic and metallic washers and a nut at the end of the shaft (fig. 4). Install the other footrest in the same way. Tighten both nuts simultaneously by holding the other nut in place with an open end wrench.

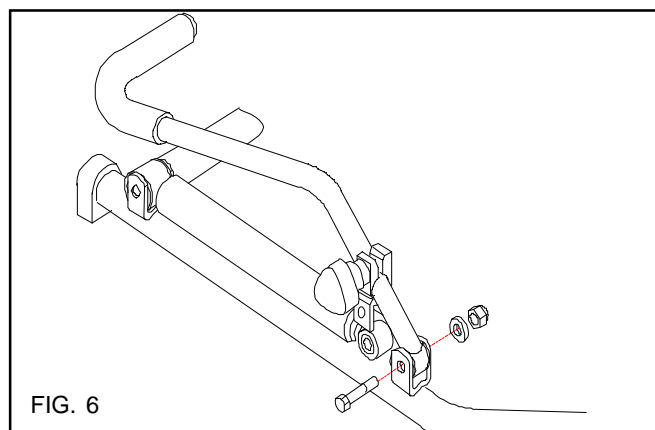


1.3. OAR ASSEMBLY

Remove the screw shown in fig. 5.

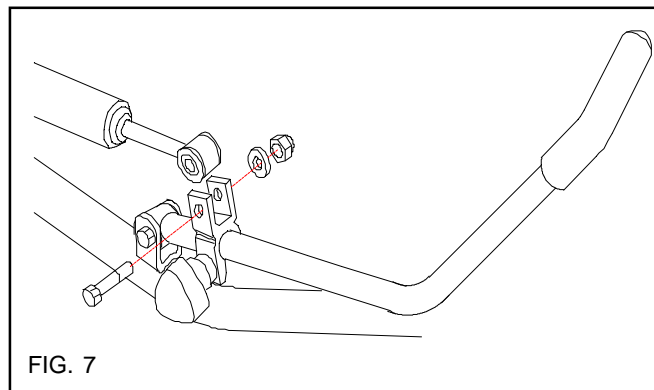


Remove the plastic cover on the bearing housing of the oar. Make sure that the sleeve bearing remains inside the bearing housing. To install the oar, place its lower end in the oar bracket, push the screw through the bracket and the sleeve (fig. 6). Insert the washer and tighten the nut, holding the bolt in place with an open-end wrench. Tighten the screw hard. Install the other oar in the same manner.



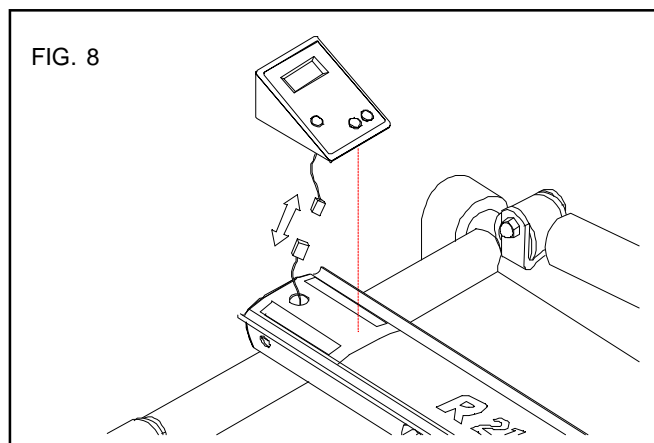
1.4. OAR BRAKE (SHOCK ABSORBER) ASSEMBLY

Insert the end of the brake in the aluminium clamp, push the bolt through the clamp and the sleeve and tighten the nut holding the bolt in place with an open-end wrench (fig. 7). Make sure that the resistance adjustment knob is facing outwards. Fasten the other oar brake in the same manner.



1.5 METER ASSEMBLY

Insert two 1,5 V AA-batteries by opening the bottom of the meter cover. Replace the top cover and connect the meter cable with the transmitter cable. Thread the cables into the groove in the rail to avoid damage. The meter is fastened to the rail with two straps of adhesive fabric (fig. 8).



2. USE

Rowing is a very effective form of exercise. In addition to strengthening the heart and improving circulation, it develops the various groups of large muscles: the back, the abdomen, the arms, the shoulders as well as the pelvis and the legs. Rowing also develops muscular flexibility without exertion of joints, and it is a recommended form of exercise for those who suffer from pains in the neck and shoulder area.

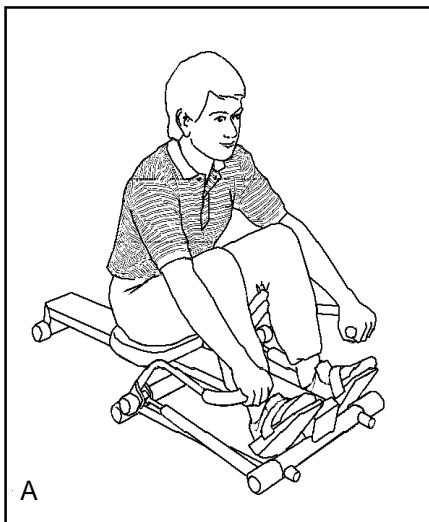
2.1. ADJUSTING RESISTANCE

With the adjuster in the lowest position (1), the resistance is at a minimum, in the highest position (5) at its maximum. Do not tighten the adjuster too hard.

2.2. TIGHTENING THE FOOT STRAPS

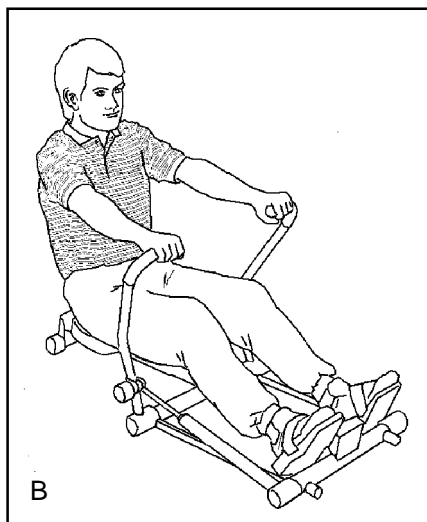
Pull the foot straps to correct tightness, turn over the end of the strap and fasten it.

2.3. ROWING TECHNIQUE



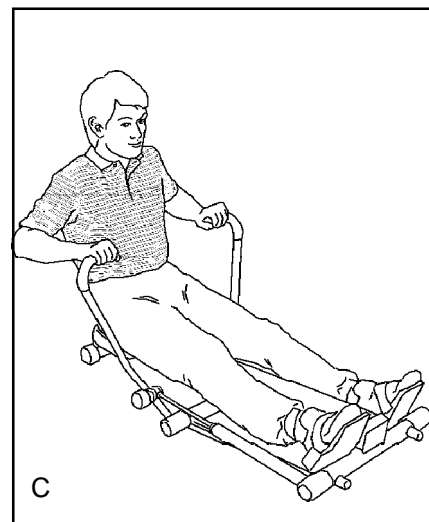
A

The rowing stroke step by step: tighten the foot straps on the footrests. Take a grip on the oars and start the rowing stroke by leaning slightly forward, with the knees bent and the arms straight (A).



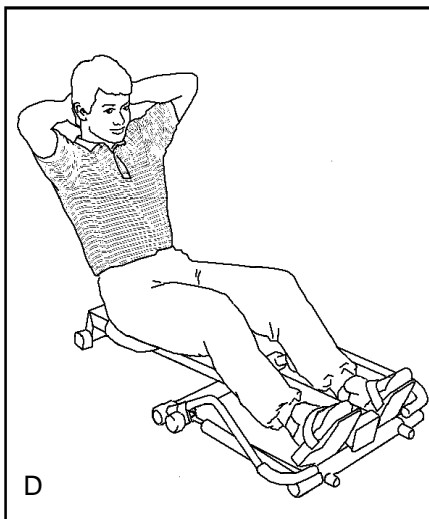
B

Push yourself backwards straightening your back and your legs simultaneously (B).



C

Continue the movement until you lean slightly backwards and flex your arms at the same time. Return to the starting position, lean forward and straighten your arms (C).



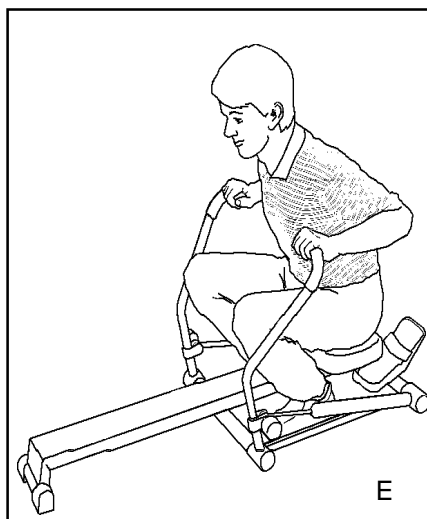
D

2.4. ABDOMINAL MUSCLES

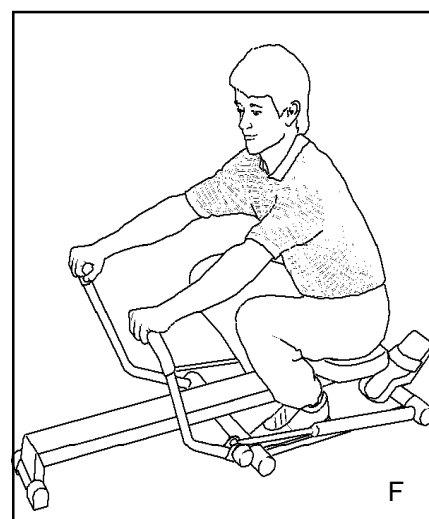
By tightening the knob under the seat, the seat can be locked in its place. The locked position can be used e.g. for exercising the abdominal muscles or for back-rowing.

To exercise the abdominal muscles, lock the seat at a suitable distance from the footrests so that you can sit with the legs slightly bent. Tie the straps of the footrests and lift yourself up to the sitting position.

To increase the resistance hold your hands behind your neck or hold weights in your hands (D).



E

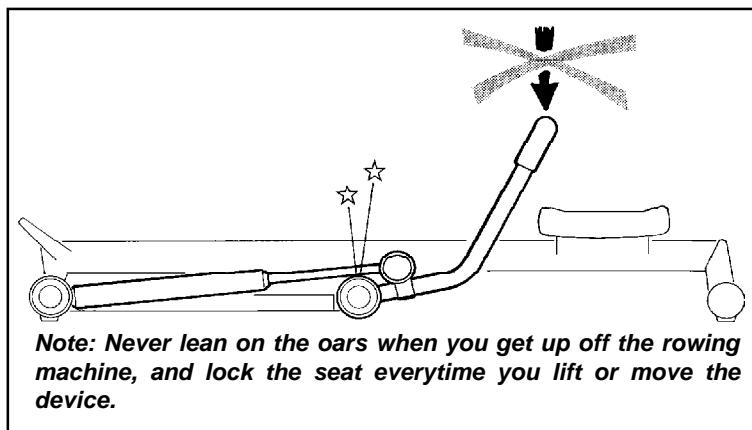


F

2.5. BACK-ROWING

You can strengthen the extensor muscles of the arms by back-rowing, i.e. pushing the oars instead of pulling.

Lock the seat as forward as possible and sit the other way round than for rowing. Rest the feet on the floor (E and F).



Note: Never lean on the oars when you get up off the rowing machine, and lock the seat everytime you lift or move the device.

3. METER

N.B. Protect the meter from direct sunlight, as it may damage the liquid crystal display. Do not expose the meter to water or severe impacts, as these may also damage the meter.

The power is switched on automatically when the seat is moved or a key pressed. If you do not press a button or move the seat for more than 4 minutes, the meter will automatically switch off.



3.1. KEYS

RESET:

Returns the number on the display to zero. Resetting is possible only in the STOP mode (STP on display).

SET:

Presets required values in STOP mode. Pressing the SET key continuously runs numbers forward fast.

MODE:

Alternates modes and displays. In order to move to the STOP mode which enables presetting, press the MODE key until the text SCAN disappears from the screen.

3.2. FUNCTIONS

The screen shows abbreviations of functions (time = tm, strokes = cnt, distance = dst, kilocalories = cal).

TIME:

Time count-up or count-down.

STROKES:

Stroke count-up or count-down.

DISTANCE:

Distance count-up in sea miles (1.00 on display = 1 sea mile).

CALORIES:

Estimated, cumulative energy consumption in kilocalories or set kilocalories. In theory energy consumption is calculated from rowing resistance, speed and distance, but because different people's capacity to produce energy (efficiency) varies, the energy consumption display shows only an approximation of the real consumption. This meter calculates the energy consumption on the basis of average values.

SCAN:

Automatic alternation of displays at 6 second intervals. When the SCAN mode is on, the display shows the text SCAN. This mode is automatically on when you switch on the meter. You can leave the mode by pressing the MODE key once so that the text SCAN disappears from the screen, and return to it by pressing the MODE key until the text SCAN reappears.

3.3 SETTING VALUES

You can preset certain training time, amount of strokes and/or amount of calories.

- time 0:00-99:00 (in steps of 1 min)
- strokes 0-999 (in steps of 10 strokes)
- calories 0-999 (in steps of 1 kCal)
- distance 0-999 (in steps of 0,1 M)

You can preset values only in STOP mode (STP on display). This mode is automatically on when the meter is switched on, similarly the STOP mode goes automatically on if the exercise is halted for at least 3 seconds. If the SCAN mode is on (SCAN on display), presetting can not be done. You can leave the mode by pressing the MODE key once so that the text SCAN disappears from the screen.

1. Press MODE key until the display shows the desired value (time, strokes, calories, distance).
2. Press SET key to preset the value (RESET key returns the preset value to zero). Pressing SET key continuously runs numbers forward fast.
3. The meter will start counting as soon as you start the exercise (the text STP disappears from the display).
4. When the set values are elapsed the meter continues counting the training values from zero upwards.

4. SERVICE

The TUNTURI Rowing Machine R 215 requires a minimum of maintenance. From time to time, check that all fixing screws and nuts are securely tightened.

Periodically, it is advisable to lubricate the moving parts within the rowing mechanism. This is especially recommended if excessive noise is generated

from the rowing mechanism during use. Undo the bolts at the pivot point of the oars and at their joint with the piston. Apply a small amount of light grease or Vaseline around the bushes and bolts. Also apply a small amount of grease or Vaseline to the withdrawn shaft of the piston.

Clean the device with a damp cloth. Do not use solvents. If you notice any defects or malfunctions in the device during the use, contact your dealer immediately.

In spite of continuous quality control, individual defects and malfunctions may occur due to individual components. It is in most cases unnecessary to take the whole rowing machine for repair, as it is usually sufficient to replace the defective part.

4.1. REPLACING THE BATTERIES

If there are only weak or no figures on display, change the batteries (2 x 1,5 V AA). Dismount the meter from the rail (see assembly, fig. 8) and disconnect the meter and the transmitter cable. Open the meter cover and change the batteries. Replace the top cover and reconnect the cables. Thread the cables into the groove in the rail to avoid damage. The meter is fastened to the rail with two straps of adhesive fabric.

5. STORAGE

The rowing machine can be stored in the vertical position to save space. Keep it in a dry, dust-free place with as little temperature variation as possible.

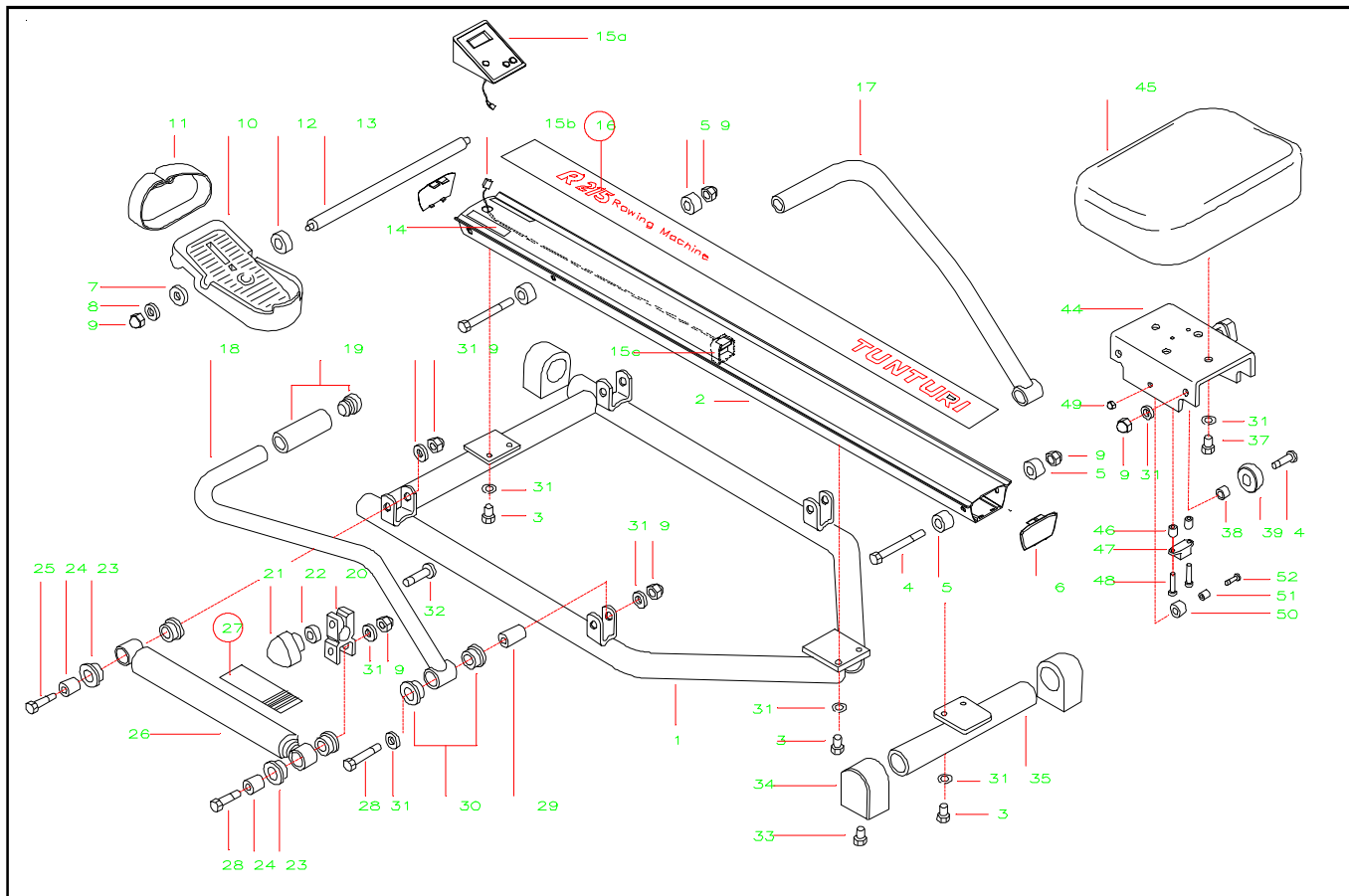
6. DIMENSIONS

Length	130 cm
Width	73 cm
Height	23 cm
Weight	15 kg

The information presented in this manual is given in good faith and as accurately as possible. However, anyone who uses this information in installing, using or servicing the rowing machine does so at their own risk.

All TUNTURI models are designed to meet the electromagnetic compatibility directive, EMC and are affixed with the EC conformity marking.

Specification may be changed due to our continuous programme of product development.



Ref. no	Part no.		Ref. no	Part no.		
1	103 2009	Frame	F	30	523 221 87 Sleeve	A
2	103 2008	Rail	F	31	63 08 127B Spring washer	F
3	60 08 016 03	Bolt	F	32	60 08 050 40 Lock hd. bolt	F
4	653 271 87	Bolt	F	33	60 39 013 57 Screw	F
5	533 2018	Stopper	A	34	533 2019 Stand shoe	A
6	533 2017	End plate	A	35	103 227 87 Rear bar	F
7	653 238 87	Plastic washer	A	37	653 274 87 Bolt	F
8	62 1021 10	Washer	F	38	533 248 88 Sleeve	F
9	653 206 87	Cap nut	F	39	533 247 88 Roller	L
10	363 2003	Pedal	A	41	653 275 88 Bolt	F
11	443 2007	Pedal strap	L	44	153 258 88 Seat frame	F
12	533 250 87	Rubber spacer	A	45	153 2005 Seat	L
13	343 209 87	Shaft	F	46	533 2020 Sleeve	F
14	503 2007	Velcro tape, pair	L	47	403 2010 Magnet	F
15a	233 2009	Meter	H	48	60 04 020 21 Screw	F
15b	403 2011	Sensor	H	49	61 0510 Nut	F
15c	503 2008	Bracket of sensor	A	50	153 2004 Pulley	A
16	423 2018	Label set (incl. 27.)	L	51	523 2010 Sleeve	F
17	203 219 87	Oar RH	F	52	653 1004 Screw	F
18	203 220 87	Oar LH	F	-	553 4001 Hardware kit	F
19	213 204 87	Handle, grip & cap	L	-	583 2005A Owner's manual	E
20	513 213 87	Clamp	F			
21	653 0060	Knob	A			
22	533 252 88	Spacer	F			
23	533 7029	Sleeve	A			
24	523 7006	Sleeve	F			
25	60 08 040 02	Bolt	F			
26	163 2001	Shock compl. (incl. 23)	F			
28	653 273 87	Bolt	F			
29	523 216 87	Sleeve	F			

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A = Thermoplastic / Kunststoff, Thermoplast

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H = Electronics / Elektronik

L = Other / Sonstiges

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