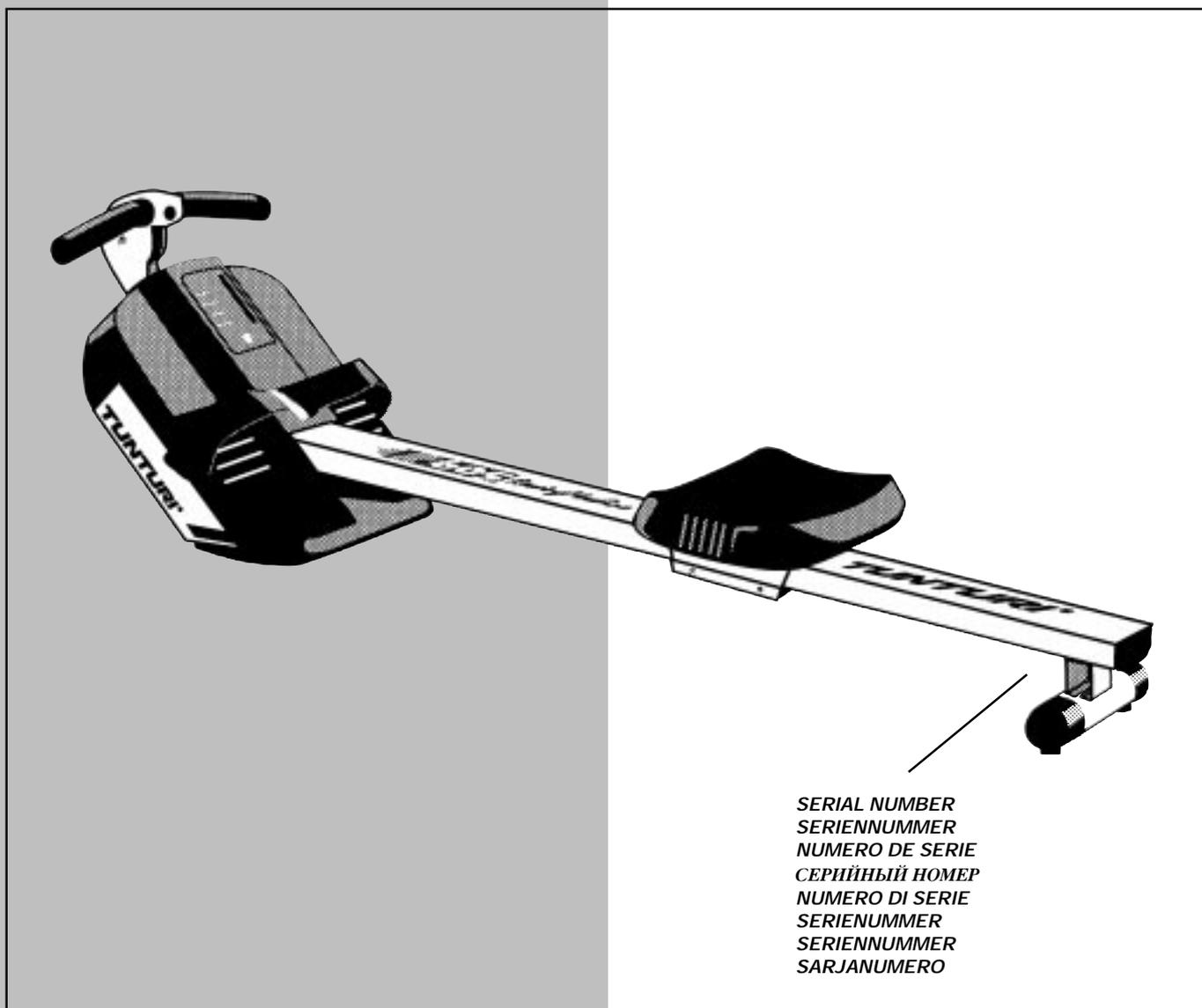


CONTINUOUS ROWING MACHINE R 605

GB	OWNER'S MANUAL	P. 2-5
D	BETRIEBSANLEITUNG	S. 6-9
F	MODE D'EMPLOI	P. 10-13
R	ИНСТРУКЦИЯ ПО ЭКСПЛУАТАЦИИ	C. 14-17
I	MANUALE D'USO	P. 18-21
NL	HANDLEIDING	P. 22-25
S	BRUKSANVISNING	S. 26-29
FIN	KÄYTTÖOHJE	S. 30-33



583 2006 B

TUNTURI®
THE MOTOR – *it's you.*

INFORMATION 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 HOME USE. THE TUNTURI WARRANTY APPLIES ONLY FOR FAULTS AND MALFUNCTIONS IN HOME USE.

NOTE ABOUT YOUR HEALTH

- * **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.*
- * *To avoid muscular pain and strain, begin each workout by warming up and end it by cooling down. Don't forget to stretch at the end of the workout.*

NOTE ABOUT THE EXERCISING ENVIRONMENT

- * *Place the rowing machine on a firm, level surface.*
- * *Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.*

NOTE ABOUT USING THE EQUIPMENT

- * *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 device, 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.*
- * *Before you start using the rowing machine, make sure that it functions correctly in every way. Do not use a faulty device.*
- * *In heavy or long-term use, the machine may shed dust or oil. It is therefore advised to place the machine on a protective base.*
- * *Only one person may use the cycle at a time.*
- * *Wear appropriate clothing and shoes when exercising.*
- * *Do not attempt any servicing or adjustment other than those described in this manual. The given service instructions must be followed carefully.*
- * *The equipment is not recommended for persons weighing over 110 kg.*

ASSEMBLY

Before assembling the device, make sure the following parts are present:

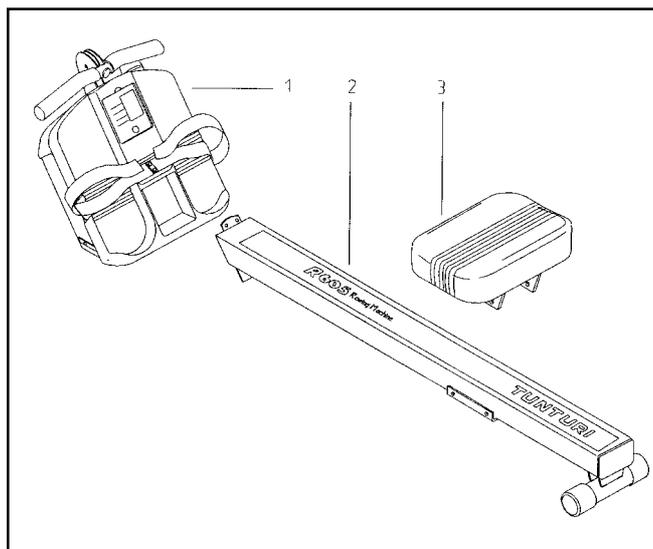
1. frame
2. rail
3. seat

Hardware kit including the following:

screwdriver, allen key wrench, fastening screws and sleeves for the rail (4 pcs), fastening screws for the seat (4 pcs), batteries (2 pcs)

If you notice that a part is missing, contact the dealer and give the model (R 605), serial number and spare part number from the spare part list at the back of the manual.

Remove the parts of the machine from the package and assemble as follows:

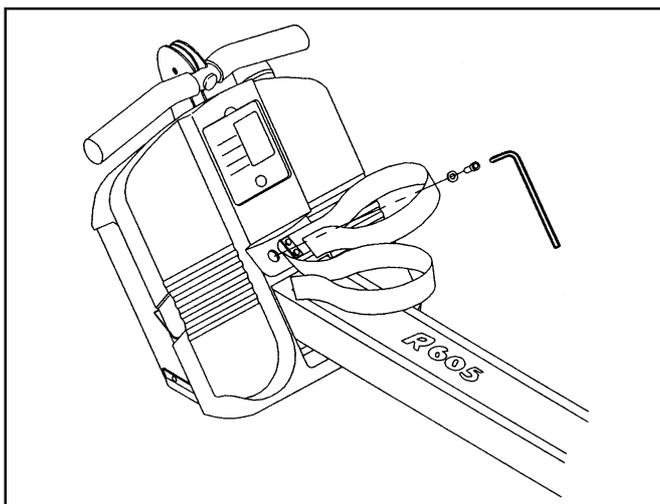


INSERTING BATTERIES

Remove the meter from the frame between the footrests. **N.B. Be careful not to damage the wire.** Insert two 1,5 V batteries by opening the bottom of the meter cover. Note the - and + signs marked in the case. Replace the cover and fasten the meter to the frame.

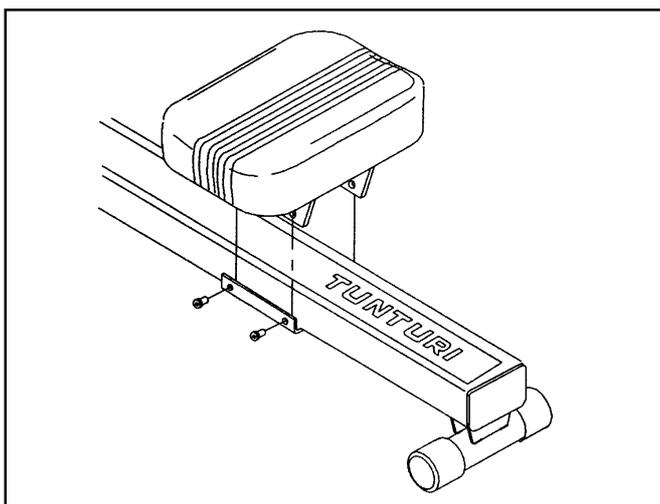
FRAME ASSEMBLY

Place the frame on the floor so that it faces upward and fit the head of the rail carefully in its place. Support the frame with one hand, set the fastening screws below the rail on their places and tighten them with fingers. Tilt the device in a horizontal position, open the footstraps and pull them aside, revealing the two holes for fastening screws. Place a screw and a sleeve on top of the allen key wrench and set them carefully in place. Tighten all screws with the allen key wrench and slip the footstraps back under the metal hooks on the sides of the frame.



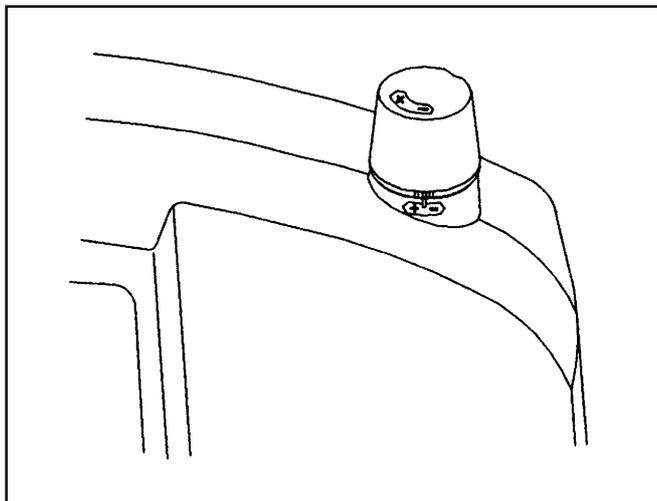
SEAT ASSEMBLY

To mount the seat, use the four screws in the hardware kit to fix the seat to the carriage on the rail. The edges of the base plate should be inside the edges of the carriage. **N.B.** The sticker on the bottom of the seat shows the correct seat position.



ADJUSTING RESISTANCE

The rowing load can be steplessly adjusted by the knob (fig.). The lightest, or the base load, is in use when the groove in the knob points to the mark on the frame. There are four other load levels marked on the knob, the heaviest, maximum load, being indicated by four grooves. The load is freely adjustable between the base and maximum load; the settings serve only as a guide.



In rowing machines with flywheel construction, stroke speed is at highest at the end of the rowing stroke with the body leaning slightly backwards and the arms flexed against the chest. The flywheel speed is also at its highest at this point. Stroke speed is at its lowest at the start of the rowing stroke. If you row at a very low resistance at a fast tempo, the flywheel will continue to rotate fast at the beginning of the rowing motion, and there may be an idle stroke. It is therefore recommended to use a higher resistance when the rowing tempo is very fast.

METER

The meter switches on automatically when you start rowing or press the RESET-key on the meter, and switches off when you have not exercised or pressed the key for about 4 minutes. You can reset the readings by pressing the RESET key.

N.B. Protect the meter from direct sunlight, as it may damage the liquid crystal display. Protect the meter from water and avoid severe impacts, as these may also damage the meter.

DISPLAYS

STROKES:

Counts rowed strokes upwards (0-9999).

TIME:

Shows time counted upwards (0:00-59:59).

STROKES/MIN:

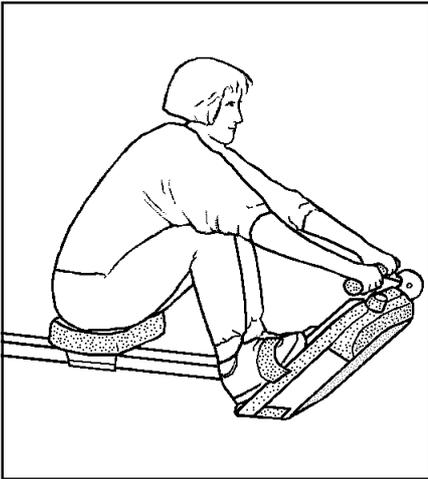
Number of strokes per minute (0-999).

CALORIES:

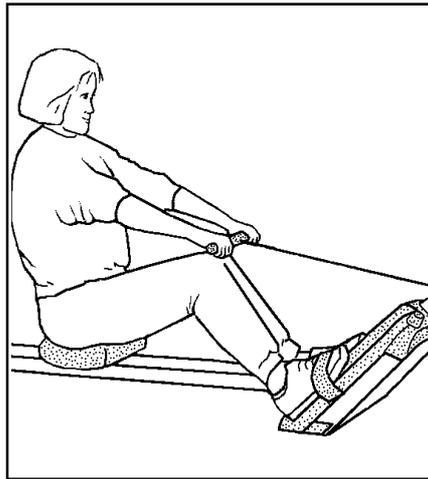
Estimated total calorie consumption (0.0-999 kcal).

Because different people's capacity to produce energy (efficiency) varies, the energy consumption display shows only a rough approximation of the real consumption. This meter calculates the energy consumption on the basis of fixed and measured values.

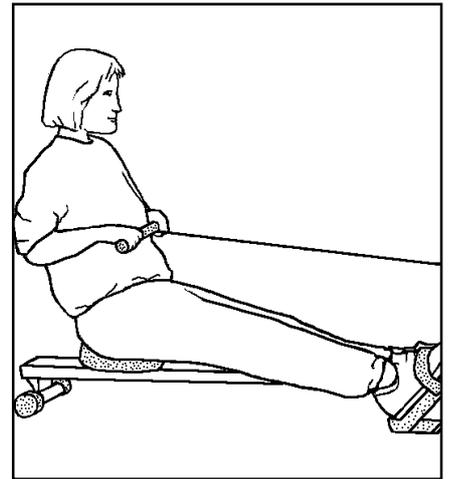
ROWING MOTION



Tighten the foot straps on the footrests. Take a grip on the bar and start the rowing stroke by leaning slightly forward, with the knees bent and the arms straight.

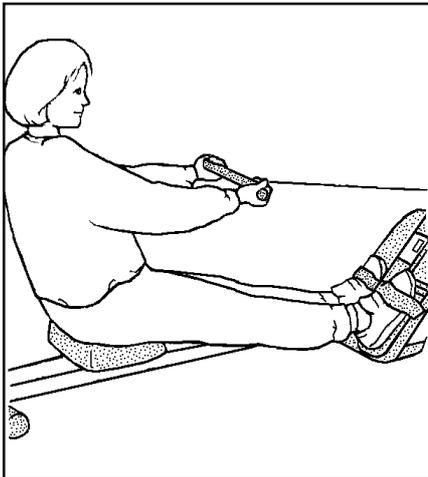


Push yourself backwards straightening your back and your legs simultaneously.

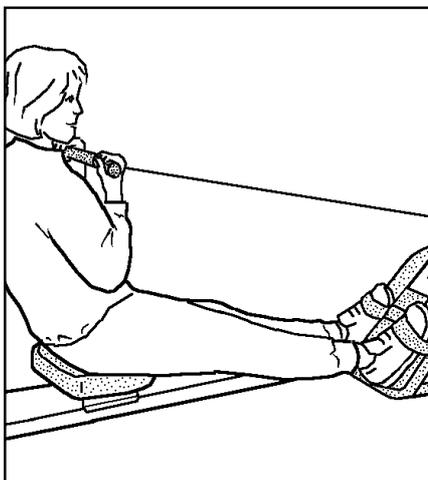


Continue the movement until you lean slightly backwards and flex your arms at the same time. Return to the starting position, lean forward and straighten your arms.

BICEPS (ELBOW FLEXORS)

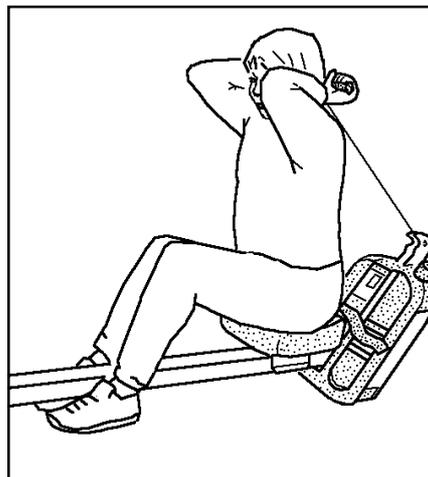


You can develop the biceps while rowing by taking an undergrip of the bar or in the following way: grasp the bar from underneath, keep your knees straight and your feet under the footstraps. Begin the movement with your arms straight.

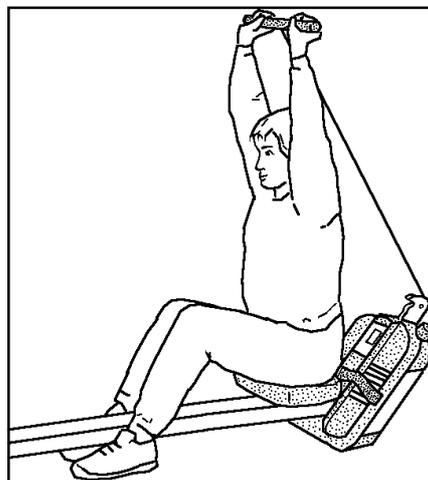


Bend your arms. **N.B.** Make sure the wire hook does not fray the wire!

TRICEPS (ELBOW EXTENSORS)

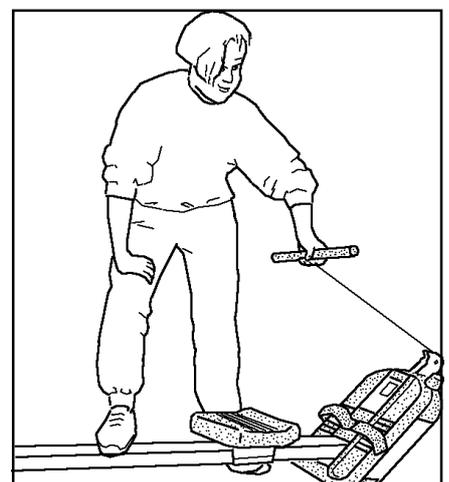


Sit on the seat with your back towards the frame and grasp hold of the bar as indicated in the figure.

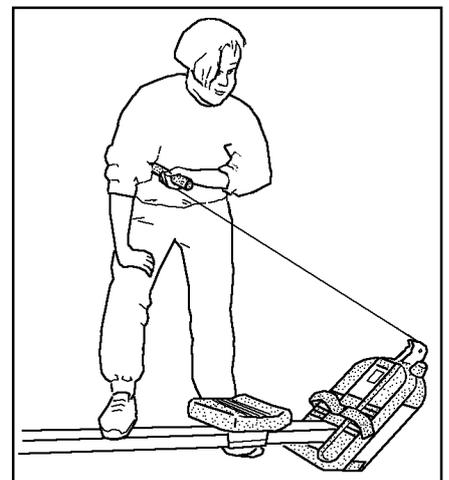


Straighten your arms. **N.B.** Make sure the wire hook does not fray the wire!

CHEST MUSCLES



Stand by the machine as indicated in the figure, with your foot on the rail.



Pull the bar with the arm bent. Repeat the same with the other arm. **N.B.** Make sure the wire hook does not fray the wire!

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.

Working out using a rowing machine is excellent aerobic exercise, the principle being that the exercise should be suitably light, but of long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. The ability of the body to burn fat as a fuel is directly dependent on its oxygen-uptake capacity.

Aerobic exercise should above all be pleasant. You should perspire, but you should not get out of breath during the workout. You must, for example, be able to speak and not just pant while rowing. **You should exercise at least three times a week, 30 minutes at a time, to reach a basic fitness level.** Maintaining this level requires a few exercise sessions each week. Once the basic condition has been reached, it is easily improved, simply by increasing the number of exercise sessions.

Exercise is always rewarding for weight loss, because it is the only way of increasing the energy spent by the body. This is why it is always worthwhile to combine regular exercise with a healthy diet. A dieter should exercise daily - at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. You should start slowly at a low pedalling speed and low resistance, because for an overweight person strenuous exercise may subject the heart and circulatory system to excessive strain. As fitness improves, resistance and speed can be increased gradually.

Short sequences at heavy load increase maximum strength and muscular mass, longer sequences at a lighter load trim the body and develop stamina.

SERVICE

The TUNTURI Rowing Machine R 605 requires a minimum of maintenance. From time to time, check that all fixing screws and nuts are securely tightened.

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.

CHANGING 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.

STORAGE

Move the rowing machine according to the following instruction: stand behind the device and grip the rail with one hand and the seat with the other. Tilt the device so that it rests on the transportation wheels. Move the device by wheeling it on transportation wheels. Lower the device onto floor while holding on to the rail and the seat, all the time remaining behind the device.

N.B. Follow the moving instructions because lifting the device incorrectly may strain your back or cause other risk of accidents.

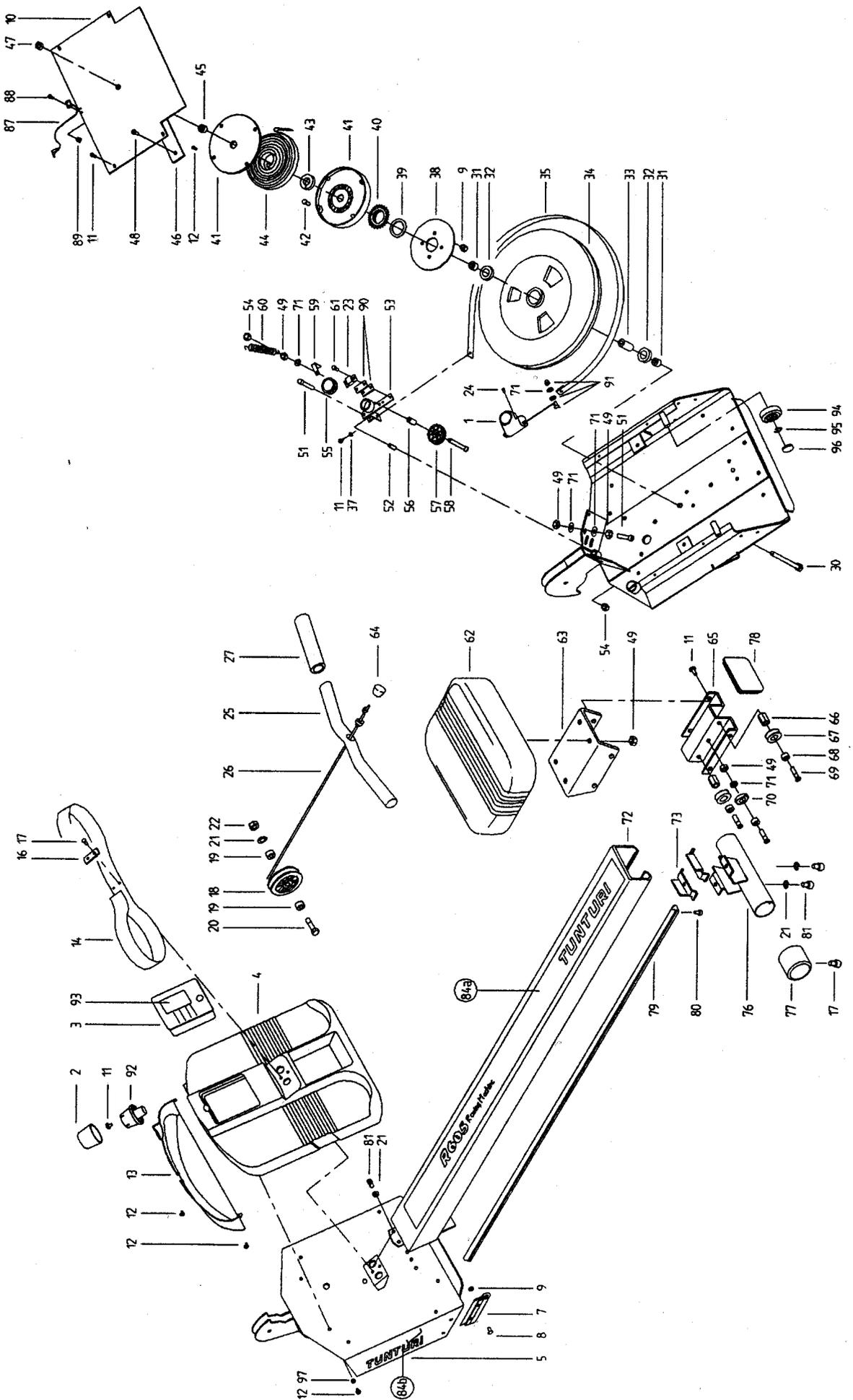
To prevent malfunctioning of the machine, keep it in a dry place with as little temperature variation as possible, protected from dust.

DIMENSIONS

Length	163 cm
Width	37 cm
Height	41 cm
Weight	35 kg

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.

1	373 200 88	A/C
2	533 1014	A
3	233 2010	A/D
4	173 2010	A
5	103 2011	C
7	433 2005, pair	E
8	60 05 016 40	C
9	61 0501	C
10	433 2007	C
11	652 176 77	C
12	60 03 008 57	C
13	173 2011	A
14	443 2008	E
16	503 2009	C
17	653 5012	C
18	533 618 86	A/C
19	523 2002	C
20	60 08 035 03	C
21	62 0817 10	C
22	61 0810	C
23	403 2014	A/C
24	60 39 013 57	C
25	213 2007 (incl. 27)	C/E
26	223 0001 (incl. sleeve, 64)	E
26a	533 2014	A
27	213 2003	E
30	653 201 89	C
31	72 1016 120	C
32	523 111 87	C
33	72 1115 305 1	C
34	303 200 88	C
35	443 204 88	E
37	62 0515 15	C
38	433 202 88	C
39	533 227 89	A
40	263 1002	C
41	173 203 88	A
42	60 05 020 32	C
43	653 202 88	C
44	643 200 88	C
45	72 1015 90	C
46	103 2003	C
47	61 1010	C
48	60 08 010 37	C
49	61 0601	C
51	60 06 035 32	C
52	72 0608 205 1	C
53	213 2001	C
54	61 0610	C
55	443 2002	E
56	72 0608 160 1	C
57	533 204 88	A
58	60 06 045 37	C
59	503 204 88	C
60	643 2001	C
61	60 05 016 32	C
62	153 205 89	A

Ref. no Part no.

63	153 201 88	C	
64	533 2002	A	
65	153 206 89	C	
66	653 207 89	C	
67	533 232 86	A/C	
68	72 0616 185 1	C	
69	60 06 035 37	C	
70	533 220 84	A/C	
71	62 0612 16	C	
72	103 2010	C	
73	503 202 88	C	
76	103 2012	C	
77	533 229 86	A	
78	533 225 89	A	
79	103 230 90	C	
80	60 29 006 54	C	
81	60 08 016 33	C	
84	423 2019 (incl. part 84a, 84b)	E	
87	403 2013	D	
88	60 03 008 20 3	C	
89	61 0301	C	
90	693 2001, pair	A	
91	220 065	C	
92	533 2021	A	
93	423 2020	E	
94	533 4005	A	
95	672 001	C	
96	533 4018	A	
97	62 0412 10	C	
98	60 06 030 33	C	
-	583 2006	Owner's manual	B
-	556 0003	Screw shaped	C
-	553 0002	Fixed set wrench 12/13	C
-	553 0009	Allen key 6mm	C

List for recycling / Index für Materialentsorgung:

- A = Thermoplastic / Kunststoff, Thermoplast
- B = Paper, Carton / Papier, Pappe
- C = Metal / Metall
- D = Electronics / Elektronik
- E = Other / Sonstiges

This list will help you to sort out the different components for recycling purposes.

Dieser Index soll Ihnen die Zuordnung der Rohstoffe bei einer späteren Entsorgung erleichtern.