CONTINUOUS ROWING MACHINE
R 606 / R 610

583 2008 C

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 ONLY. THE TUNTURI WARRANTY APPLIES ONLY FOR FAULTS AND MALFUNCTIONS IN HOME USE. PLEASE NOTICE THAT THE WARRANTY DOES NOT COVER ANY DAMAGES DUE TO NEGLIGENCE OF ASSEMBLY, ADJUSTMENT OR MAINTENANCE INSTRUCTIONS DESCRIBED IN THIS MANUAL!

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

* *The device is not to be used outdoors.*
* *Place the rowing machine on a firm, level and protected surface to optimaze training comfort and to avoid any damages to the floor beneath the equipment.*
* *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

* *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.*
* *Before you start using the rowing machine, make sure that it functions correctly in every way. Do not use a faulty device.*
* *Only one person may use the device 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 instructions must be followed carefully.*
* *The device must not be used by persons weighing over 110 kg.*

ASSEMBLY

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

1. *Frame*
2. *Rail*
3. *Rear support*
4. *Seat*
5. *Plastic covers for the rear support*
6. *Plastic cover for the drawbar holder*
7. *Assembly kit (contents marked with * in the spare part list)*

In case of any problems, contact always your local Tunturi distributor.

The spare part list is at the back of the manual.

Assemble the device as follows :

METER AND FRAME

Place the frame on the floor so that it faces upward and remove the meter carefully from the frame. 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 (R 606: fasten the meter to the frame). Fit the head of the rail carefully in its place. Thread the heart-rate receiver cable of the model R 610 carefully below the plastic frame cover and attach the cable to the meter. Fasten the meter to the frame.

Support the rail with one hand, place the fastening screws and sleeves through the holes in the rail, and screw, finger-tight only, into the threaded holes in the frame.

Lower the device to a horizontal position, open the footstraps and pull them aside, revealing the two holes for the fastening screws. Place the screws with sleeves on the end of the allen key wrench and set them carefully in place through the holes. Tighten all 4 screws securely with the allen key wrench and slip the footstraps back under the metal hooks on the side of the frame. Attach the plastic cover of the R 610 drawbar holder with 4 allen screws.

SEAT AND RAIL

Push the grey plastic covers into place on the ends of the rear support. Attach the end piece to the top of the rear support loosely with the screw and place the rear support into place at the rear of the rail. Tighten the attachment screw and push the white plug over the hole in the rail.

To mount the seat, use the four allen screws in the assembly 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.

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.

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 varies, the energy consumption display shows only an approximation of the real consumption: this meter calculates the energy consumption on the basis of fixed and measured values.

PULSE (R 610):
Shows pulse frequency per minute (70-199) beats / minute).

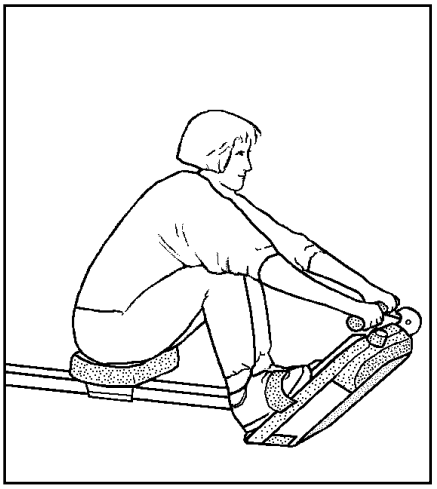
USE

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.

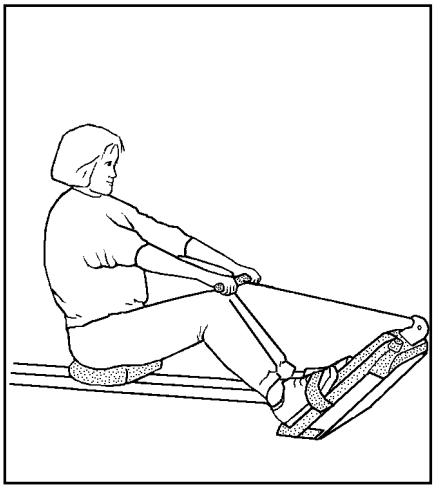
Working out using a rowing machine is excellent aerobic exercise, the principle being that the exercise should be suitably light, but of long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. The ability of the body to burn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

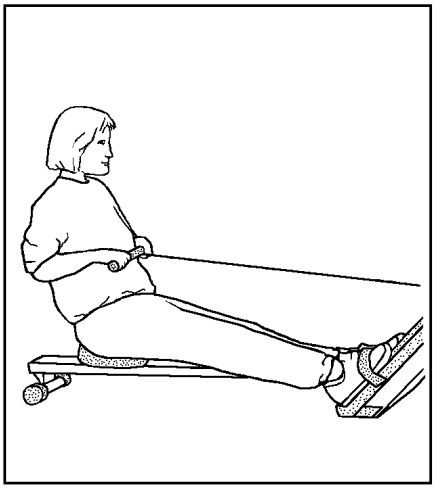
ROWING MOTION



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

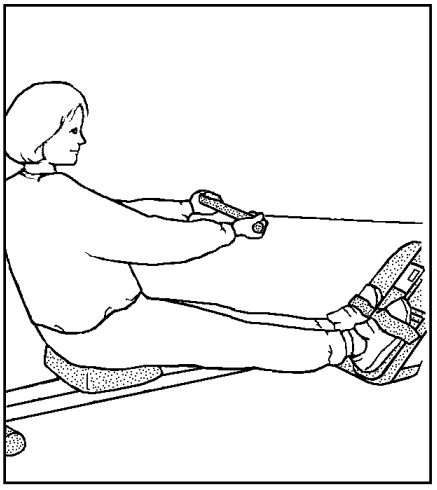


Push yourself backwards straightening your back and your legs simultaneously.

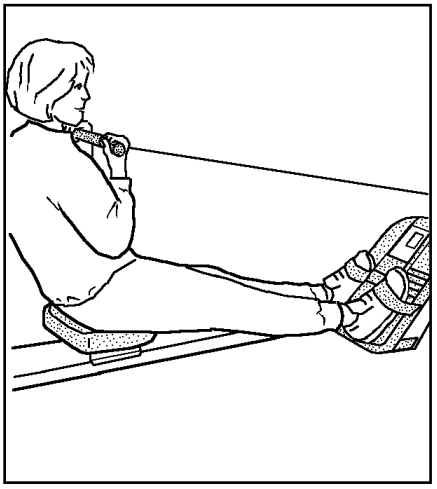


Continue the movement until you lean slightly backwards and flex your arms at the same time. Return to the starting position, lean forward and straighten your arms.

BICEPS (ELBOW FLEXORS)

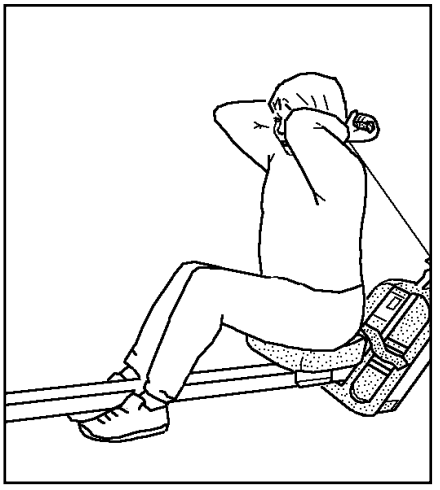


You can develop the biceps while rowing by taking an undergrasp of the bar or in the following way: grasp the bar from underneath, keep your knees straight and your feet under the footstraps. Begin the movement with your arms straight.

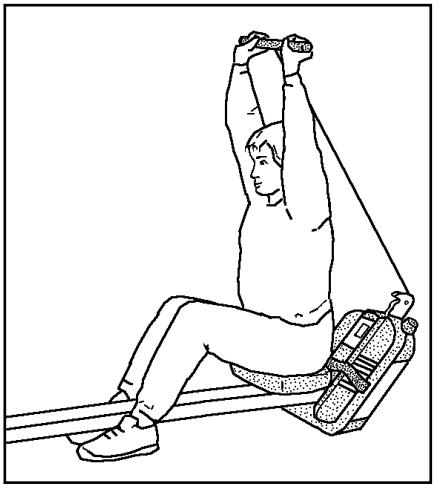


Bend your arms. ***NOTE!*** *Make sure the wire hook does not fray the wire!*

TRICEPS (ELBOW EXTENSORS)

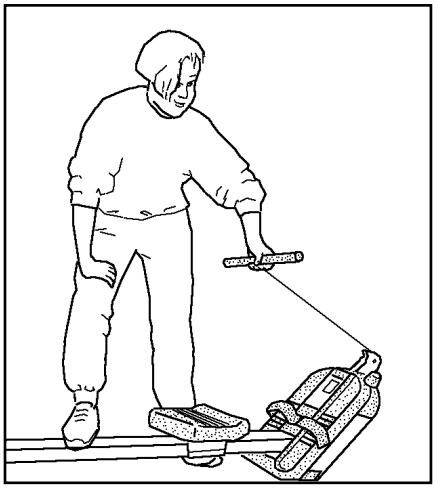


Sit on the seat with your back towards the frame and grasp hold of the bar as indicated in the figure.

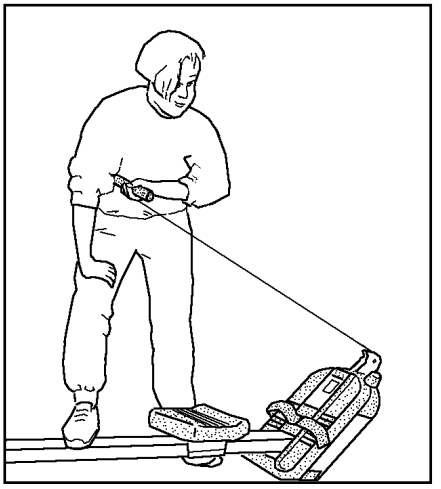


Straighten your arms. ***NOTE!*** *Make sure the wire hook does not fray the wire!*

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. ***NOTE!*** *Make sure the wire hook does not fray the wire!*

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.

ADJUSTING RESISTANCE

To increase or decrease resistance, turn the adjustment knob clockwise (+ direction) to increase resistance and counterclockwise (- direction) to decrease resistance. The scale of the knob helps you find and reset a suitable resistance.

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.

SERVICE

The rower 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. Check the condition of the wire before every training session.

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 frame and disconnect the meter and the cables. Open the meter cover and change the batteries. Replace the back cover, reconnect the cables and fasten the meter to the frame.

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 is 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.

***NOTE:** 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.

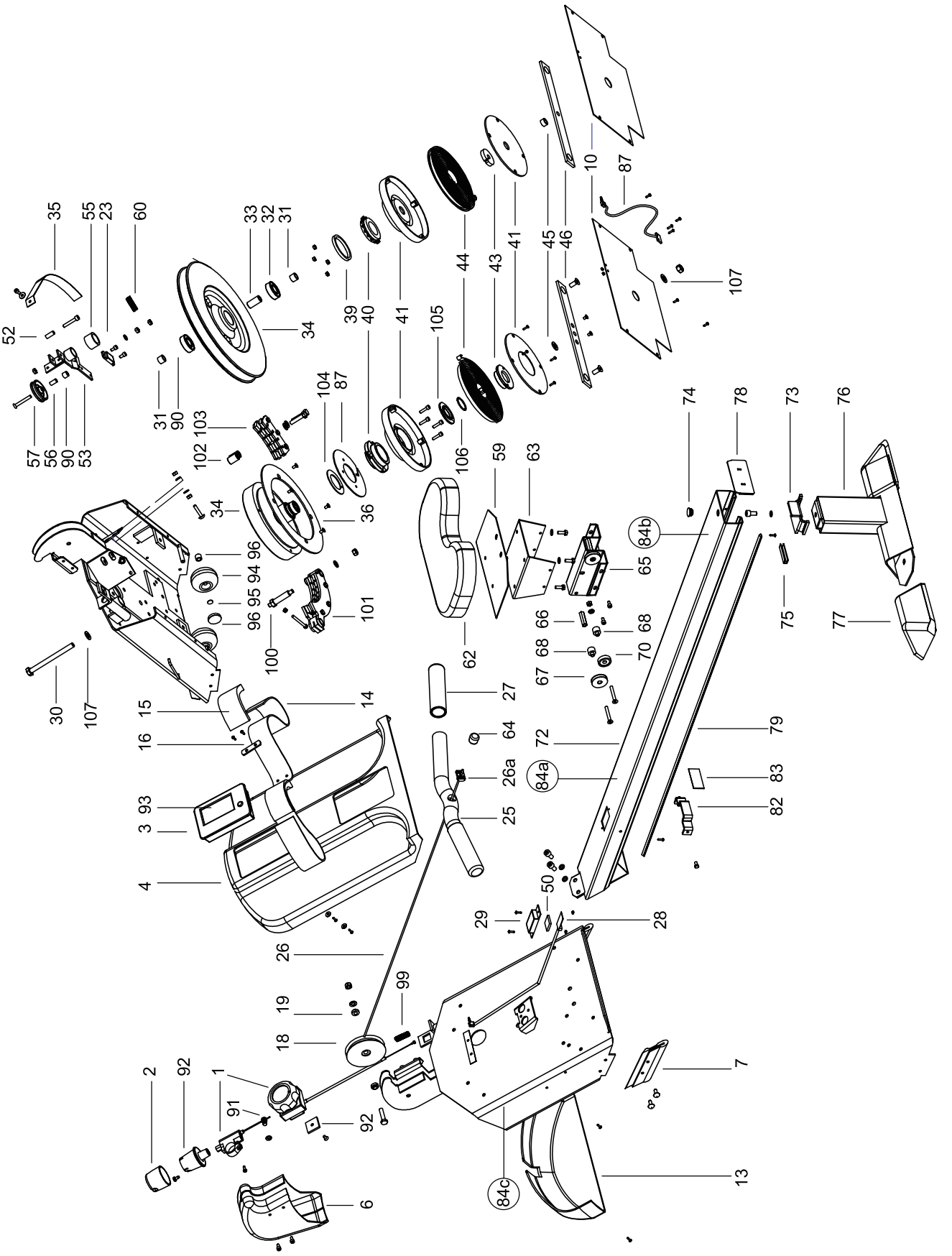
To minimize the strain on the resistance mechanism, we recommend that the resistance adjustment knob is set to position 0 after every training session.

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.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Ref. no.	Part no.		
1	373 200 88	Resistance cable, R606	1
-	3,9x13 DIN 7981	Screw	1
1	373 2006	Resistance cable, R610	1
-	M5x10 DIN 7991	Screw	1
2	533 1014	Adjuster knob, R606	1
3	233 2010	Meter, R606	1
3	233 2013	Meter, R610	1
4	173 2010	Foot rest cover	1
-	M4 DIN 9021	Washer	8
-	KB 30x8 WN 1441	Screw	8
5	103 2011	Frame , R606	1
5	103 2015	Frame , R610	1
-	M6 DIN 934	Nut	4
-	M6 DIN 125	Washer	4
-	M6x30 DIN 603	Screw, T-info 2/99	2
6	173 2013	Cover, R610	1
* -	M5x8 DIN 912	Screw	4
7	433 2005	Rubber moulding, pair	1
-	M5x16 DIN 603	Screw	4
-	M5 DIN 934	Nut	4
10	433 2007	Frame back plate, R606	1
10	433 2010	Frame back plate, R610	1
-	M5x8 DIN 7500-C	Screw	4
13	173 2011	Case cover	1
-	KB 30x8 WN 1441	Screw	4
14	443 2008	Foot strap	1
15	443 2009	Foot pad	2
16	503 2009	Fixing plate	1
-	M5x16 DIN 7500-C	Screw	2
18	533 618 86	Rope	1
19	523 2002	Sleeve	2
-	M8x35 DIN 933	Screw	1
-	M8 DIN 125	Washer	1
-	M8 DIN 985	Nut, nylon	1
23	403 2014	Magnet	1
-	M5x8 DIN 912	Screw	2
25	213 2007	Draw bar (incl. 27)	1
26	223 0001	Rope (incl. 26a, 64)	1
26a	533 2014	Sleeve	1
27	213 2003	Handle grip	2
28	403 2017	Receiver, R610	1
29	173 2015	Cover, R610	1
-	M3x10 DIN 966 A4	Screw	2
-	M3 DIN 934	Nut	2
30	M10x120 DIN 931	Bolt	1
-	M10 DIN 934	Nut	1
31	72 1016 120	Sleeve, R606	2
32	523 111 87	Bearing, R606	2
33	72 1115 305 1	Sleeve, R606 T-info 4/98	1
34	303 200 88	Flywheel, R606	1
34	303 2005	Flywheel (incl. 104), R610	1
35	443 204 88	Brake belt, R606	1
-	M5 DIN 9021	Washer	1
-	M5x8 DIN 912	Screw	
36	433 1013	Aluminium circle, R610	1
-	M5x10 DIN 7991	Screw, R610	4
39	533 227 89	Distance ring, R606	1
40	263 1002	Freewheel, R606	1
40	373 2009	Freewheel, R610	1
-	M5x20 DIN 912	Screw	4
-	M5 DIN 934	Nut, R606	4
41	173 203 88	Spring case, R606	1
41	173 2016	Spring case, R610	1
-	KB 30x8 WN 1441	PT-screw	4
43	653 202 88	Spring hub, R606	1
43	503 2013	Spring hub, R610	1
-	M5x8 DIN 7991	Screw, R610	2
44	643 200 88	Spring, R606	1
44	643 2004	Spring, R610	1
45	72 1015 90	Sleeve, R606	1
45	62 1017 20	Washer, R610	1
46	103 2003	Frame flat bar	1
-	M8x20 DIN 7991	Screw	2
50	503 1004	Fastening piece, R610	1
52	72 0608 205 1	Sleeve	1
53	213 2008 T-info 18/98	Brake slacker (incl. 23, 2 x screw)	1
-	M6x35 DIN 912	Screw	1
-	M6 DIN 985	Nut nylon	1
55	443 2002	Plastic sleeve	1
56	72 0608 160 1	Sleeve	1
57	533 204 88	Rope wheel	1
-	M6x45 DIN 7991	Screw	1
-	M6 DIN 125	Washer	1
-	M6 DIN 934	Nut	1

Ref. no.	Part no.		
-	M6 DIN 985	Nut nylon	1
59	433 2011	Seat plate	1
60	643 2001	Spring	1
62	153 2001	Seat	1
63	153 2006	Seat base plate	1
-	M6x16 DIN 933	Screw	4
-	M6 DIN 125	Washer	4
64	533 2002	Plug	1
65	153 2007	Seat roller frame	1
* -	M5x8 DIN 912	Screw T-info 5/99	4
66	653 207 89	Sleeve	2
67	533 232 86	Bearing roller	4
68	72 0616 185 1	Sleeve	6
70	533 220 84	Bearing roller	2
-	M6 DIN 985	Nut, nylon	2
-	M6 DIN 125	Washer	2
-	M6x35 DIN 7991	Screw	6
72	103 2010	Rail, R606	1
72	103 2013	Rail, R610	1
* -	M8 DIN 125	Washer	4
* -	M8x12 DIN 912	Screw	4
73	503 2011	Rail fixing piece	1
-	M8 DIN 125	Washer	1
-	M8x16 DIN 912	Screw	1
*74	533 5005	Plug	1
75	433 2014	Bumper	1
76	103 2014	Rear support	1
*77	533 1007	Support plug	2
78	533 225 89	Rear plug	1
79	103 230 90	Moulding	2
-	2,9x6 DIN 7981	Screw	4
82	433 2012	Seat stopper	1
-	M6x12 DIN 912	Screw	2
83	533 4010	Bumper	1
84	423 2022	Label set, R606	1
84	423 2023	Label set, R610	1
87	403 2013	Sensor	1
-	M3x10 DIN 966 A4	Screw	2
-	M3 DIN 934	Nut	2
90	72 0612 100 1	Sleeve	1
91	220 065	Nippel, adjuster, R606	1
-	M6 DIN 125	Washer, R606	1
92	533 2021	Adapter, adjuster, R606	1
92	503 2012	Washer, R610	1
93	423 2020	Membrane	1
94	533 4005	Wheel, R606	2
94	533 1048	Wheel, R610	2
95	672 001	Retaining ring, R606	2
95	673 500 88	Push-on fastener, R610	2
96	533 4018	Wheel cap, R606	2
96	72 0813 100 1	Sleeve, R610	2
99	643 1005	Spring, R610	1
-	M6x50 DIN 933	Screw	1
-	M6 DIN 934	Nut	1
100	343 2006	Axle, R610	1
101	373 2007	Magnet bow, R610	1
-	M8 DIN 125	Washer	1
-	M8 DIN 985	Nut, nylon	1
102	523 2018	Sleeve, R610	2
103	373 2008	Magnet bow, R610	1
-	M8 DIN 125	Washer	2
-	M8x35 DIN 933	Screw	2
104	523 2016	Plate, R610	1
105	523 2015	Plate, R610	1
106	673 2002	Retaining ring, R610	1
107	63 106798J	Washer, R610	2
*	553 2002	Assembly kit (incl. *)	1
*	556 0001	Allen key, 6 mm	1
*	556 335	Allen key, 4 mm	1
-	583 2006	Owner's manual	1
-	583 0006	Warranty booklet, GB,F,E,NL	1
		Warranty booklet, D, I,FIN,S	1
		Warranty booklet, GB, F, E	1

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