

TUNTURI®

R50 Rower

User manual

Benutzerhandbuch

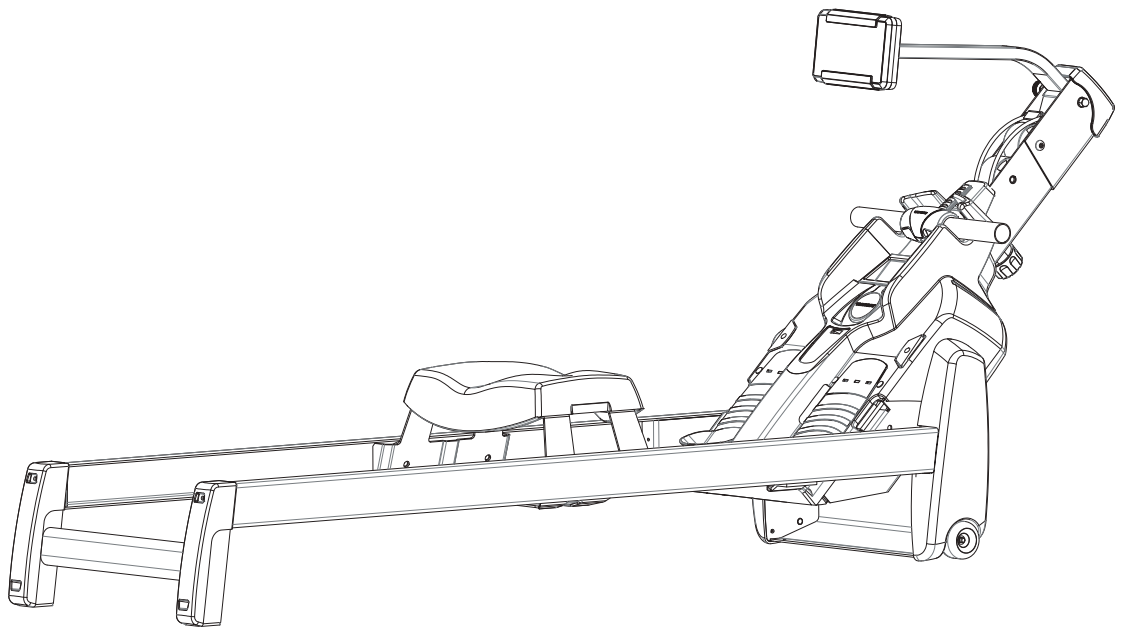
Manuel de l'utilisateur

Gebruikershandleiding

Manual del usuario

Bruksanvisning

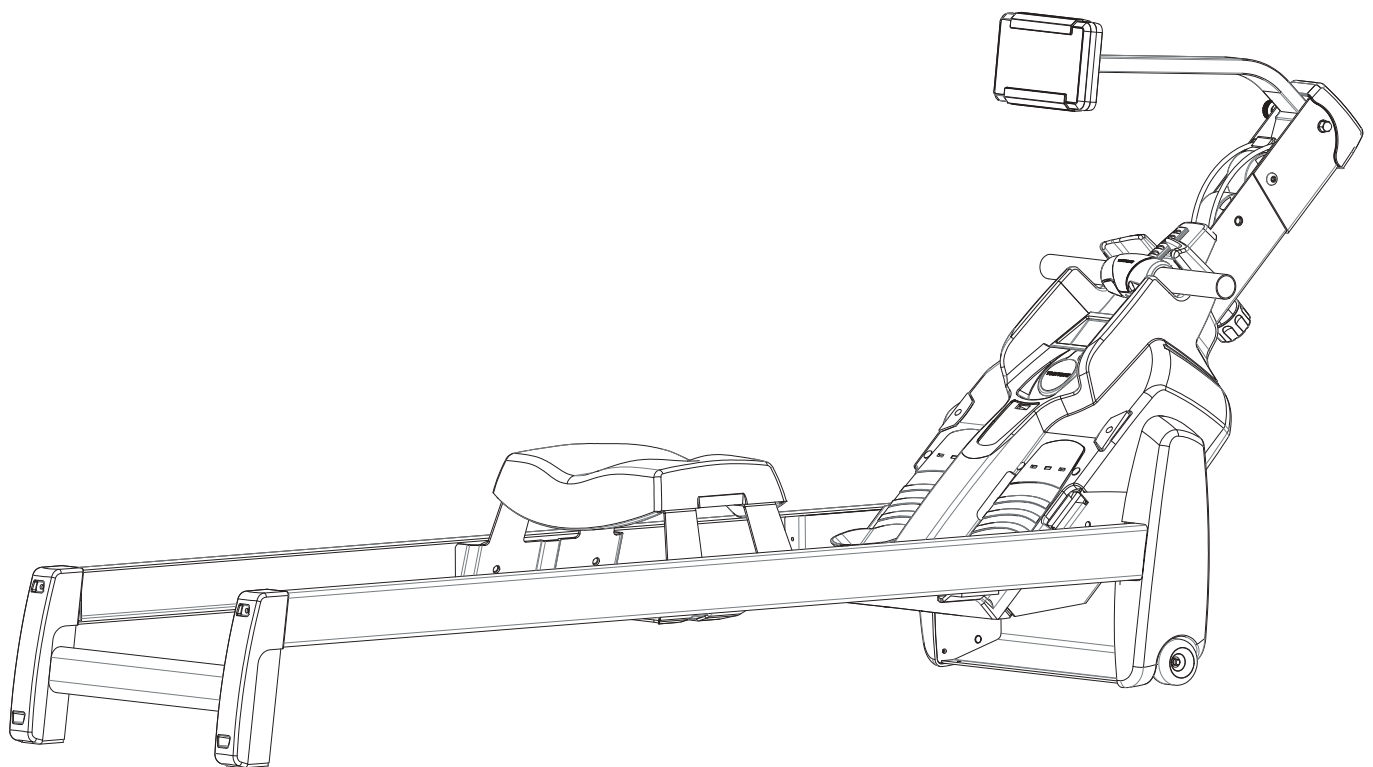
Käyttöohje



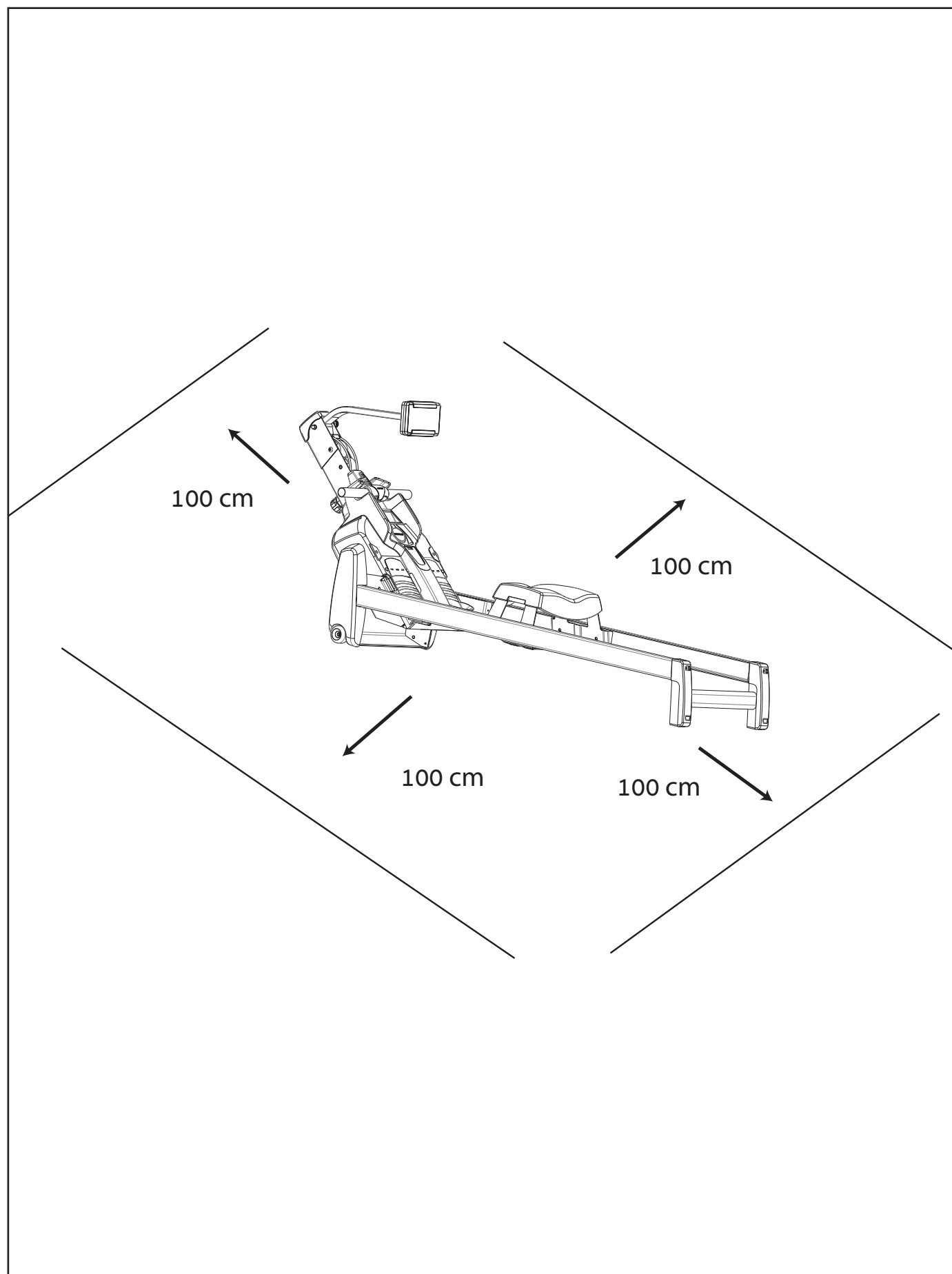
Attention, Achtung, Attention, Attentie, Atención, Giv akt, Huomio

- Please read this Owner's manual before assembling this product.
- Bitte lesen Sie dieses Handbuch durch, bevor Sie mit der Montage dieses Produkts beginnen.
- Veuillez lire ce manuel avant de commencer le montage de ce produit.
- Leest u deze handleiding voordat u dit apparaat installeert.
- Lea este manual antes de montar este producto
- Läs bruksanvisningen innan du monterar denna produkt
- Lue tämä käsikirja ennen kokoamista tuotetta

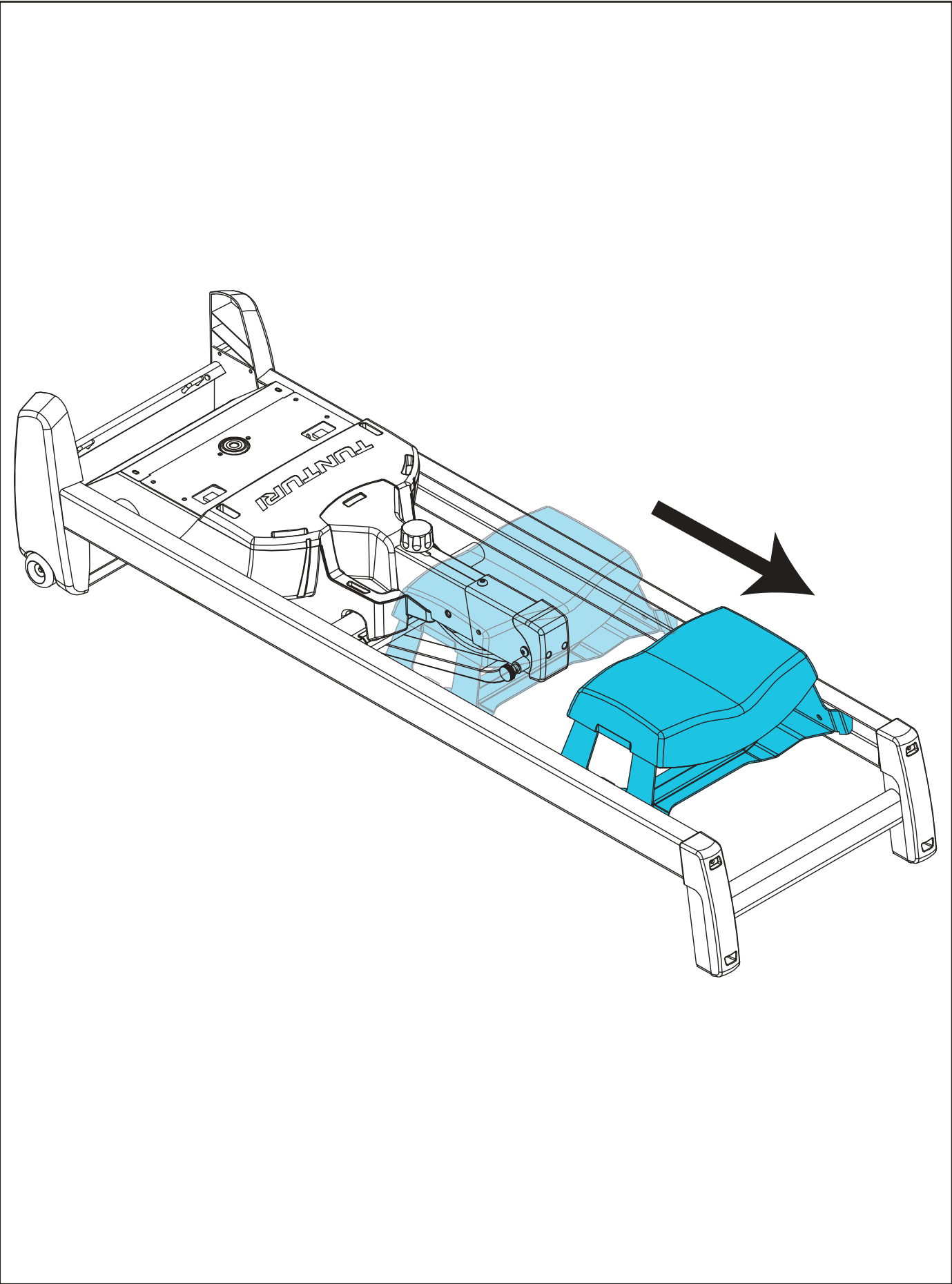
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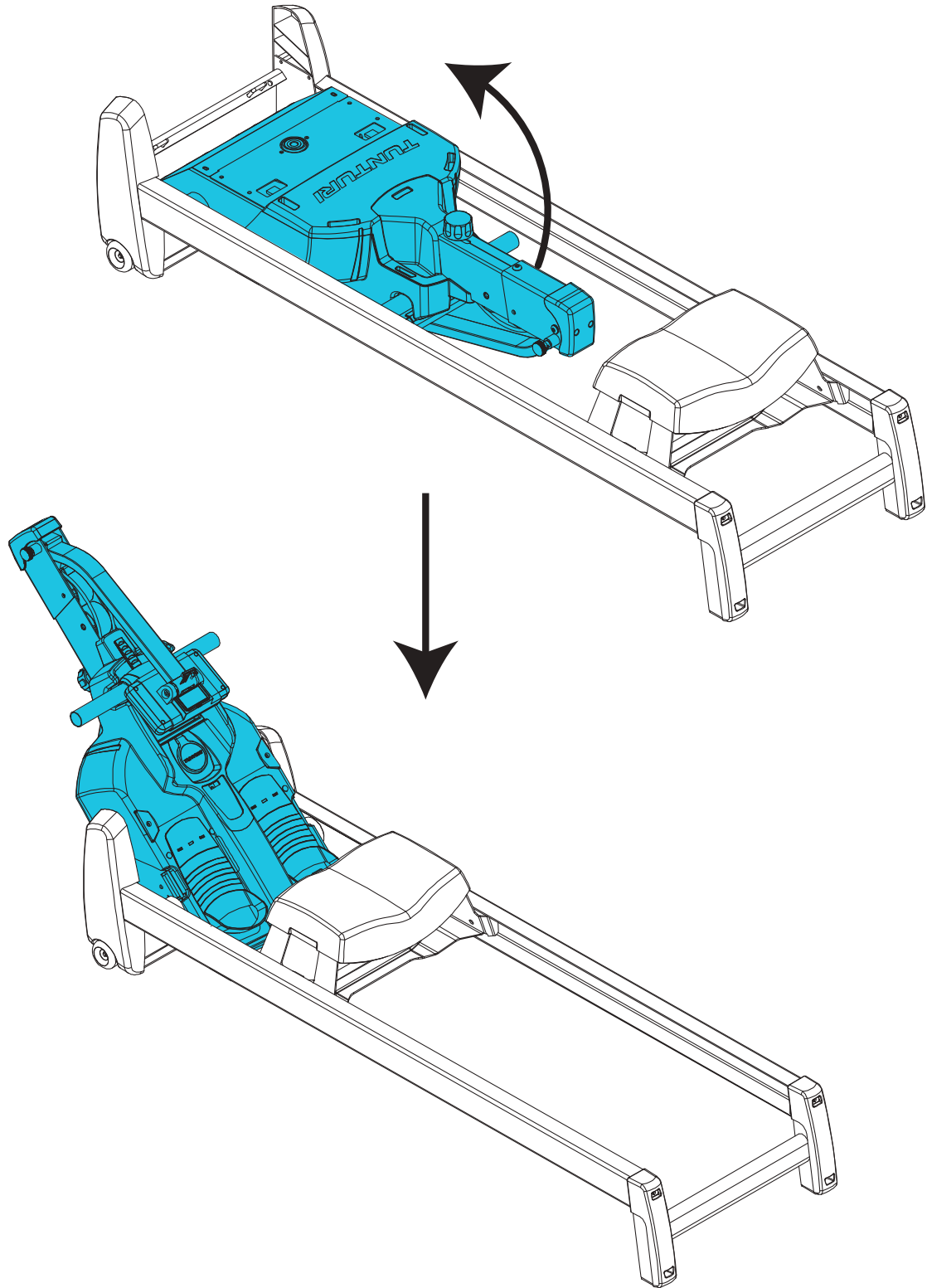
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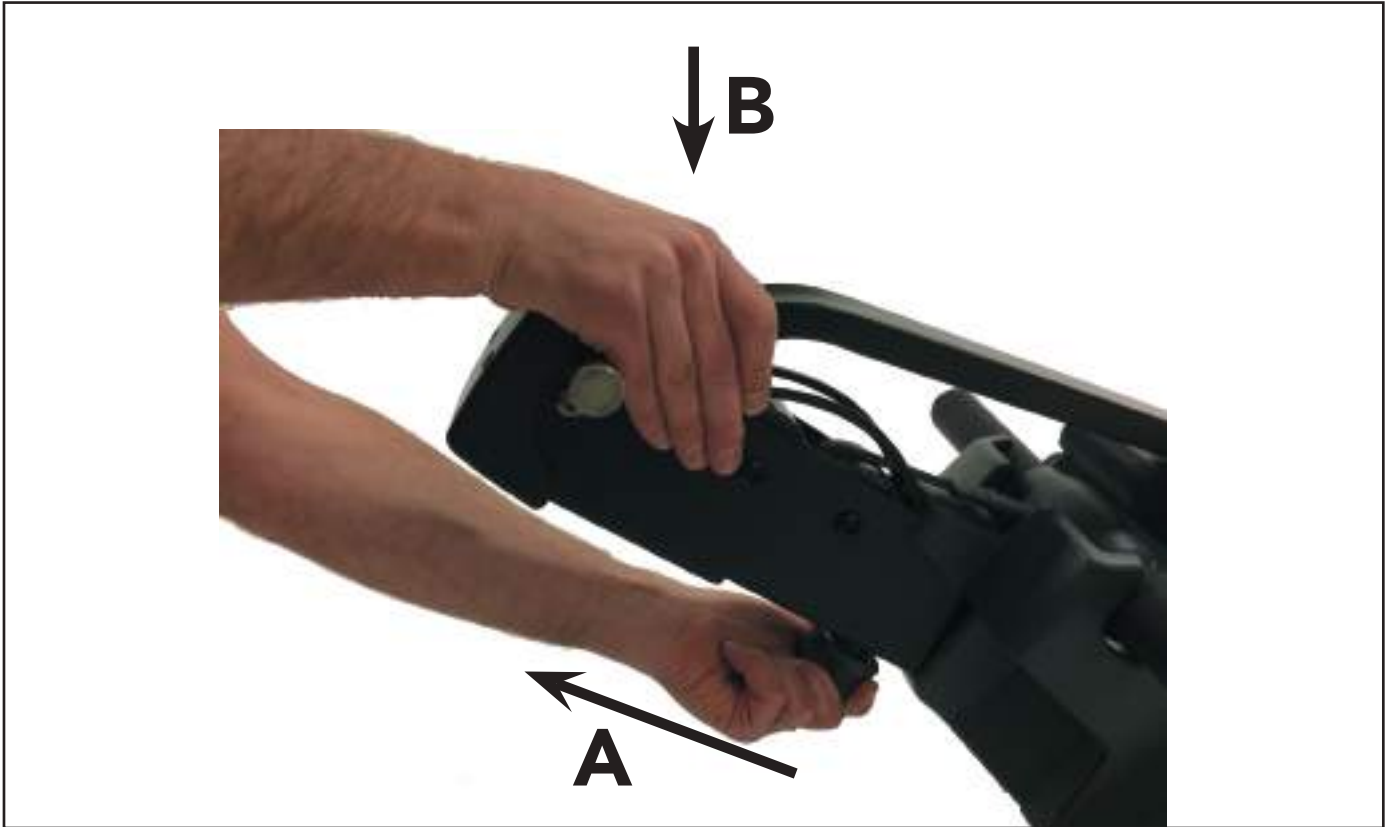


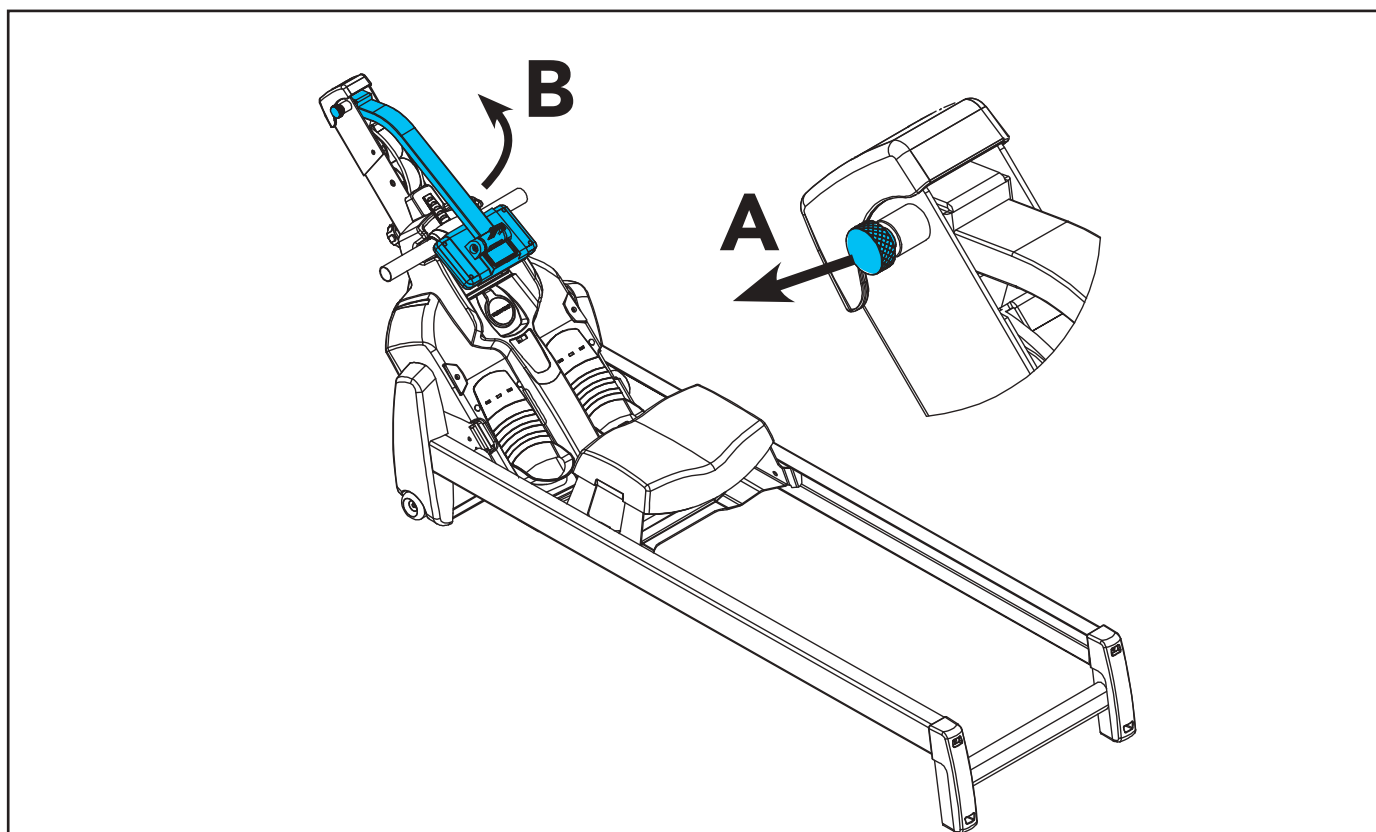
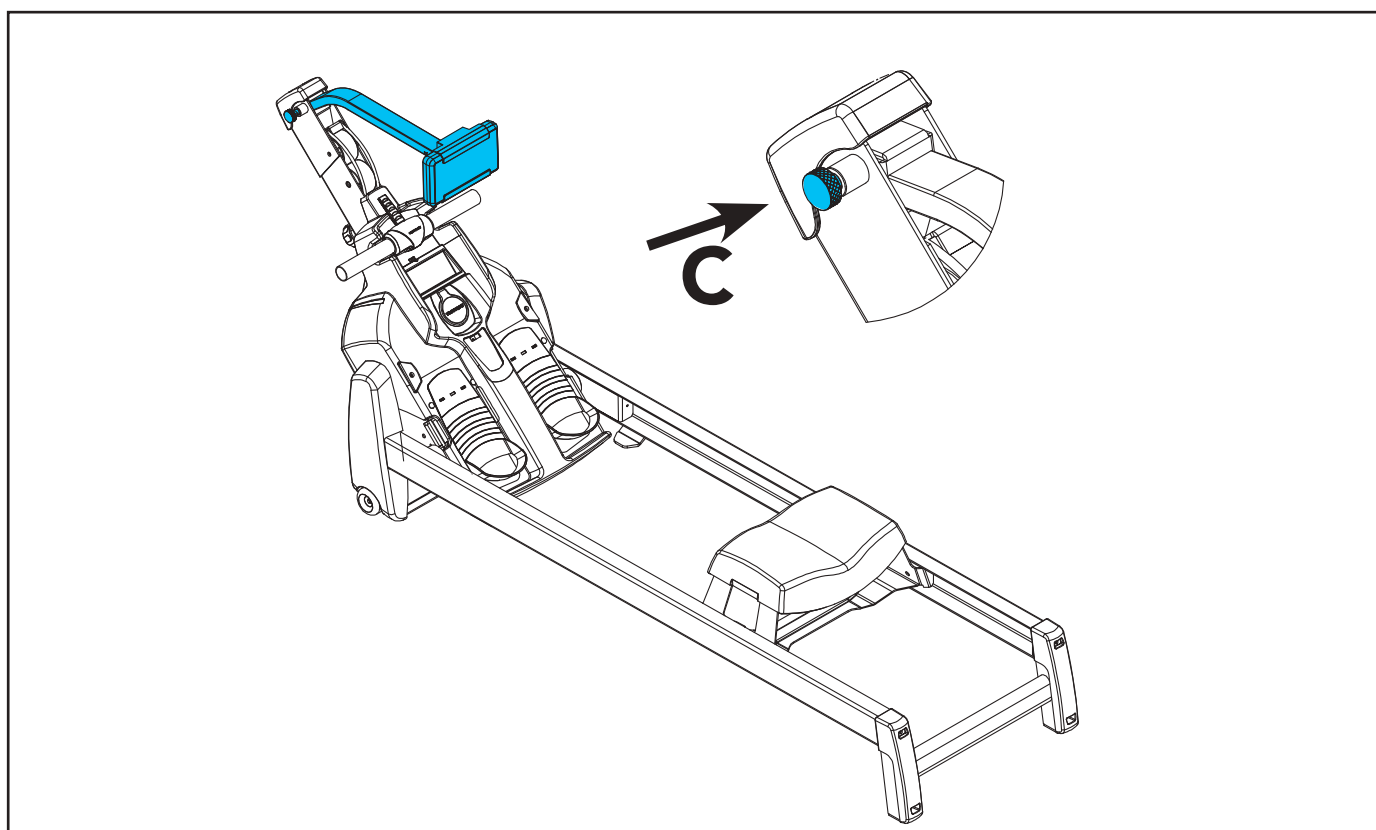
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B-2



B-3A**B-3B**

B-4A**B-4B**

C



D-1



D-2



Index

Rower	11
Safety warnings	11
Description	12
Assembly (fig. B)	12
Power supply (fig. C)	12
Workouts	12
Exercise Instructions	12
Heart rate measurement (heart rate chest belt)	13
How to row	14
Use	14
Console (fig. D-1)	14
Explanation of buttons	14
Explanation Display functions	15
Programs	15
Target HR	15
Exercise profiles	16
Recovery	16
Cleaning and maintenance	16
Defects and malfunctions	16
Transport and storage	16
Additional information	17
Technical data	17
Warranty	17
Declaration of the manufacturer	18
Disclaimer	18

Rower

Welcome to the world of Tunturi!
Thank you for purchasing this piece of Tunturi equipment. Tunturi offers a wide range of home fitness equipment, including crosstrainers, treadmills, exercise bikes and rowers. The Tunturi equipment is suitable for the entire family, no matter what fitness level. For more information, please visit our website www.tunturi.com

Safety warnings



WARNING

Read the safety warnings and the instructions. Failure to follow the safety warnings and the instructions can cause personal injury or damage to the equipment. Keep the safety warnings and the instructions for future reference.

- The equipment is suitable for domestic use only. The equipment is not suitable for commercial use.
- Max. usage is limited to 5 hrs a day.
- The use of this equipment by children or persons with a physical, sensory, mental or motorial disability, or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety must give explicit instructions or supervise the use of the equipment.
- Before starting your workout, consult a physician to check your health.
- If you experience nausea, dizziness or other abnormal symptoms, immediately stop your workout and consult a physician.
- To avoid muscular pain and strain, start each workout by warming up and finish each workout by cooling down. Remember to stretch at the end of the workout.
- The equipment is suitable for indoor use only. The equipment is not suitable for outdoor use.
- Only use the equipment in environments with adequate ventilation. Do not use the equipment in draughty environments in order not to catch a cold.
- Only use the equipment in environments with ambient temperatures between 10 °C and 35 °C. Only store the equipment in environments with ambient temperatures between 5 °C and 45 °C.
- Do not use or store the equipment in humid surroundings. The air humidity must never be more than 80%.
- Only use the equipment for its intended purpose. Do not use the equipment for other purposes than described in the manual.
- Do not use the equipment if any part is damaged or defective. If a part is damaged or defective, contact your dealer.
- Keep your hands, feet and other body parts away from the moving parts.
- Keep your hair away from the moving parts.
- Wear appropriate clothing and shoes.
- Keep clothing, jewellery and other objects away from the moving parts.
- Make sure that only one person uses the equipment at a time. The equipment must not be used by persons weighing more than 135 kg (300 lbs).
- Do not open equipment without consulting your dealer.

Description

Your rower is a piece of stationary fitness equipment used to simulate rowing without causing excessive pressure to the joints.

Assembly (fig. B)



WARNING

- If a part is missing, contact your dealer.
- Carry and move the equipment with at least two persons.



CAUTION

- Place the equipment on a firm, level surface.
- Place the equipment on a protective base to prevent damage to the floor surface.
- Allow at least 100 cm of clearance around the equipment.
- The rowing machine is shipped in the locked storage position.
- Push the front tube folded on the frame up and forward.
- Pull the locking pin up and press the front frame downward simultaneously by the pulley wheel cover.
- Release the locking pin and ensure that the front frame is in locked forward position.
- Always tighten the locking pin before you begin to exercise.

Adjust the console so that it is in an appropriate angle for exercise.

Power supply (fig. C)

The trainer is powered by an external power supply.



NOTE

- Connect the power supply with the trainer before connecting it to the wall outlet.
- Always remove power cord when machine is not in use.

Workouts

The workout must 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. You should perspire, but you should not get out of breath during the

workout.

To reach and maintain a basic fitness level, exercise at least three times a week, 30 minutes at a time. Increase the number of exercise sessions to improve your fitness level. It is worthwhile to combine regular exercise with a healthy diet. A person committed to dieting should exercise daily, at first 30 minutes or less at a time, gradually increasing the daily workout time to one hour. Start your workout at low speed and low resistance to prevent the cardiovascular system from being subjected to excessive strain.

As the fitness level improves, speed and resistance can be increased gradually. The efficiency of your exercise can be measured by monitoring your heart rate and your pulse rate.

Exercise Instructions

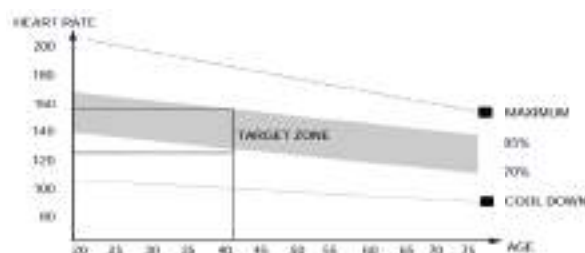
Using your fitness trainer will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

The warming up phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP

The exercise phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

The cool down phase

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle toning

To tone muscle while on your fitness trainer you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

Weight loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Heart rate measurement (heart rate chest belt)

The most accurate heart rate measurement is achieved with a heart rate chest belt. The heart rate is measured by a heart rate receiver in combination with a heart rate transmitter belt. Accurate heart measurement requires that the electrodes on the transmitter belt are slight moist and constantly touching the skin. If the electrodes are too dry or too moist, the heart rate measurement will become less accurate.



WARNING

- If you have a pacemaker, consult a physician before using a heart rate chest belt.



CAUTION

- If there are several heart rate measurement devices next to each other, make sure that the distance between them is at least 1.5 metres.
- If there is only one heart rate receiver and several heart rate transmitters, make sure that only one person with a transmitter is within transmission range.



NOTE

- Always wear the heart rate chest belt under your clothes directly in contact with your skin. Do not wear the heart rate chest belt above your clothes. If you wear the heart rate chest belt above your clothes, there will be no signal.
- If you set a heart rate limit for your workout, an alarm will sound when it is exceeded.

- The transmitter transmits the heart rate to the console up to a distance of 1 metre. If the electrodes are not moist, the heart rate will not appear on the display.
- Some fibers in clothes (e.g. polyester, polyamide) create static electricity which can prevent accurate heart rate measurement.
- Mobile phones, televisions and other electrical appliances create an electromagnetic field which can prevent accurate heart rate measurement.

Maximum heart rate (during training)

The maximum heart rate is the highest heart rate a person can safely achieve through exercise stress. The following formula is used to calculate the average maximum heart rate: $220 - \text{AGE}$. The maximum heart rate varies from person to person.



WARNING

- Make sure that you do not exceed your maximum heart rate during your workout. If you belong to a risk group, consult a physician.

Beginner 50-60% of maximum heart rate

Suitable for beginners, weight-watchers, convalescents and persons who have not exercised for a long time. Exercise at least three times a week, 30 minutes at a time.


Advanced 60-70% of maximum heart rate

Suitable for persons who want to improve and maintain fitness. Exercise at least three times a week, 30 minutes at a time.

Expert 70-80% of maximum heart rate

Suitable for the fittest of persons who are used to long-endurance workouts.

How to row

	Catch Comfortably forward with straight back and arms.
	Drive Push with the legs while arms remain straight.
	Finish Pull through with arms and legs rocking slightly back on your pelvis.
	Recovery Upper body tips forward over your pelvis and move forward.
	Catch Back to the starting position and begin again.

Catch - Drive

Begin the stroke comfortably in forward position and push strongly back with your legs while keeping your arms and back straight.

Finish

Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.

Recovery - Catch

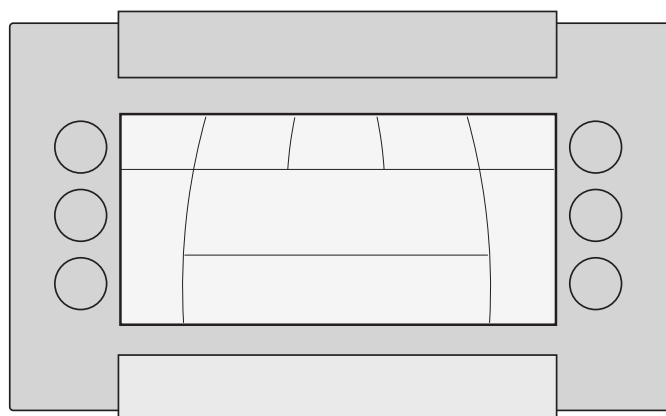
Return to the starting position and repeat.

Use

Setting clock

- Press and hold the MODE button and the RESET button for 2 seconds to reset the meter.
- Press the UP button or the DOWN button to set the clock.

Console (fig. D-1)



CAUTION

- Keep the console away from direct sunlight.
- Dry the surface of the console when it is covered with drops of sweat.
- Do not lean on the console.



NOTE

- The console switches to standby mode when the equipment is not used for 4 minutes. If the console is in standby mode, the display shows the room temperature

Explanation of buttons

Mode

- Selection of the goal values.
- The same button is also on the remote control of the pull bar.

Reset

- In setting mode, press RESET key once to reset the current function figures.
- Press RESET key and hold for 2 seconds to reset all function figures

Up

- Increase resistance level
- Setting selection.

The same buttons are also on the remote control of the pull bar.

Down

- Decrease resistance level
- Setting selection.

The same buttons are also on the remote control of the pull bar.

Recovery

Measuring the recovery heart rate

START/STOP

Starting and interrupting the exercise

Pull-bar buttons (fig. D-2)

The buttons in question only transmit individual keystrokes to the meter; the meter does not recognize longer keystrokes.

If the pull-bar buttons do not work, reset the remote-control function by pressing all three pull-bar buttons simultaneously for five seconds. Then, test the operation of the pull-bar buttons.

Note that there is a battery inside the pull bar. If the pull-bar buttons do not operate, replace the battery, and make sure that you place it in the right direction. Note, however, that in home use, the battery will last several years.



CAUTION

- When you finish exercising, return the pull bar to its holder. Never release your grip on the pull bar in the middle of a rowing motion

Explanation Display functions

Strokes (pull speed/min)

The number of pulls/min; there is also a bar below the readout display which indicates pull speed.

Exercise duration

00:00-99:59; measuring at 1 second intervals,
H 1:40-h9:59 measuring at 1 minute intervals.

Heart rate during exercise

The symbol of a heart blinks simultaneously with your own heart rate during the exercise.

The arrow signs show if the heart rate exceeds or surpasses the set values.

Exercise trip length (km)

00.0 – 99.99 km

Speed (timer for a 500m distance, kmh)

time 0-9.59/500m, 00.0-99.9 kmh

Energy consumption

Kcal Estimated total energy consumption during the exercise, 0 –9999 kcal

Clock (Clock)

Real time clock

Thermometer (Temp C)

Measures the room temperature either in Celsius

Hygrometer (Humidity %)

Measures the room humidity, 0-100%.

Display of main values

The chosen exercise value shows in large numbers in the middle of the console; other values are shown in the upper row displays.

Display of an exercise profile

The profile of a preprogrammed exercise program.

Programs

Target HR

(constant heart rate)

- Press + or - key, until the text Target HR is shown under the main number display.
- Set the desired constant heart rate for the exercise by pressing MODE. The display shows the word PULSE and the symbols of a heart and an arrow up / arrow down. You can set the desired heart rate by pressing the "Up / Down" keys. Switch to the following step by pressing MODE.
- TIME = select the desired exercise duration by pressing the "Up / Down" keys. Switch to the following step by pressing the MODE key.
- DISTANCE = select the desired distance by pressing the "Up / Down" keys. Switch to the following step by pressing the MODE key.
- KCAL= select the goal value of energy consumption by pressing the "Up / Down" keys. Switch back to setting the exercise duration by pressing the MODE key.
- You can start exercising by pressing the START/ STOP key. Start rowing and adjust the heart rate level if necessary during the exercise.
- You can interrupt the exercise by pressing START/ STOP ("Over" is shown in the display). The program information stays in the console memory for five minutes. If you resume with training within this time, simply press the START/STOP key again to continue.

- You can stop exercising by pressing RESET when the console is in the pause mode.
- If you have set a goal value, the console gives a signal and the displayed value starts blinking after the goal has been reached. Reset the display by first pressing START/ STOP and thereafter RESET.

Exercise profiles

- After the console is switched on, press + or - key until the display shows a profile code (P1-P8) and the profile form. All profiles are so called standard power profiles: the faster you row, the faster you move forward in distance measured by the meter. All of the preprogrammed profiles are 20 minutes in duration.
- Select the desired profile by the + / - keys. Press MODE to switch to setting the exercise profile duration; with the + / - keys you can set the time in five minutes increments between 10 and 90 minutes.
- Start exercising by pressing START/STOP. Start rowing. With the + / - keys, you can change the resistance level in the section of the profile you are performing at the moment. The + key increases the resistance; the - key decreases it.
- You can interrupt the exercise by pressing START/ STOP ("Over" is shown in the display). The program information stays in the console memory for five minutes. If you
- resume with training within this time, simply press the START/STOP key again to continue.
- You can stop exercising by pressing RESET when the console is in the pause mode. If you complete the whole profile, the console gives a signal tune and the displayed value starts blinking after the goal has been reached. Reset the display by first pressing START/STOP and thereafter RESET.

Recovery

MEASURING THE RECOVERY PULSE

Measure your recovery pulse rate at the end of the workout.

- To start the measuring of the recovery pulse rate, press RECOVERY. The display also shows the word "Recovery".
- The measuring starts automatically and takes two minutes.
- Upon completion of the measurement, the display shows the recovery rate as a percentage. The smaller the rate, the fitter you are. Please note that your results are in a relation to the pulse level in the beginning of the measurement, and that your results are personal and cannot directly be compared with any other person's results. In order to improve the reliability of recovery pulse

measurement, always try to standardize the measurement situation as accurately as possible; start measuring at the same heart rate level as precisely as possible.

- To switch back to the main display by pressing RESET. The console will also automatically switch to the main display one minute after the completion of the measurement.

Cleaning and maintenance

The equipment does not require special maintenance. The equipment does not require recalibration when it is assembled, used and serviced according to the instructions.



WARNING

- Do not use solvents to clean the equipment.
- Clean the equipment with a soft, absorbent cloth after each use.
- Regularly check that all screws and nuts are tight.
- If necessary, lubricate the joints.
- Clean the inner surfaces of the rail if necessary so that the seat moves as smoothly and quietly as possible. If necessary, you may improve the seat movement by adding paraffin to the surface of the rails..

Defects and malfunctions

Despite continuous quality control, defects and malfunctions caused by individual parts can occur in the equipment. In most cases, it will be sufficient to replace the defective part.

- If the equipment does not function properly, immediately contact the dealer.
- Provide the model number and the serial number of the equipment to the dealer. State the nature of the problem, conditions of use and purchase date.

Transport and storage



WARNING

- Carry and move the equipment with at least two persons.
- Remain standing in front of the equipment on each side and take a sturdy grip at the handlebars. Tilt the front of the equipment so as to lift the rear of the equipment on the wheels. Move the equipment and carefully put the equipment down. Place the equipment on a protective base to prevent damage to the floor surface.

- Move the equipment carefully over uneven surfaces. Do not move the equipment upstairs using the wheels, but carry the equipment by the handlebars.
- Store the equipment in a dry place with as little temperature variation as possible.

Folding

- Loosen the locking pin under the front frame, press the front frame downward slightly and pull the locking pin upward.
- Open the latch on the left hand side by pressing the tab to the side. Lift the front frame up at the same time.



- Lower the front frame carefully in between the rails. Ensure that the front frame is locked.
- Grasp the cross bar at the back of the rowing machine and lift the device to an upright position so that it is supported by the front end support legs.



NOTE

Store the rowing machine in the storage position against a wall in such a way that the front frame cannot fall on anyone by accident.



CAUTION

- The device is shipped with a loop and a hook for securing the rowing machine properly in the storage position.

Choose an appropriate storage site for your rowing machine next to a wall and attach the hook tightly to the wall at the right height. Lift the rowing machine to

the storage position in front of the hook. Thread the loop provided with the rowing machine around the cross bar and attach the loop to the hook. Do not climb on the rowing machine when it is in storage position!

Additional information

Packaging disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of life disposal

We at Tunturi hope you enjoy many years of enjoyable use from your fitness trainer. However, a time will come when your fitness trainer will come to the end of its useful life. Under 'European WEEE Legislation you are responsible for the appropriate disposal of your fitness trainer to a recognised public collection facility.

Technical data

Parameter	Unit of measurement	Value
Length	cm inch	197 77,6
Width	cm inch	50 19.7
Height	cm inch	66 26
Weight	kg lbs	46.4 102.3
Max. user weight	kg lbs	135 300
Adapter Voltage Current	V Ma.	6V-DC 500 Ma.

Warranty

Warranty terms

The consumer is entitled to the applicable legal rights stated in the national legislation concerning the commerce of consumer goods. This warranty does not restrict these rights. The Purchaser's Warranty is only valid if the item is used in an environment approved by Tunturi New Fitness BV for that particular equipment. The product-specific approved environment is stated in the Owner's Manual provided with your equipment.

Warranty conditions

The warranty conditions commence from the date of purchase. Warranty conditions may vary per country, so please consult your local dealer for the warranty conditions.

Warranty coverage

Under no circumstances shall Tunturi New Fitness BV or the Tunturi Distributor be liable by virtue of this warranty or otherwise for any special, indirect, secondary or consequential damages of any nature arising out of any use or inability to use this equipment.

Warranty limitations

This warranty covers manufacturing defects in the fitness equipment as originally packed by Tunturi New Fitness BV. The warranty shall apply only under conditions of normal, recommended use of the product as described in the Owner's Manual and providing that Tunturi New Fitness BV's instructions for installation, maintenance and use have been complied with. Neither Tunturi New Fitness BV's nor the Tunturi Distributors' obligations apply to defects due to reasons beyond their control. The warranty applies only to the original purchaser and is valid only in countries where Tunturi New Fitness BV has an authorised importer. The warranty does not extend to fitness equipment or components that have been modified without the consent of Tunturi New Fitness BV. Defects resulting from normal wear, misuse, abuse, corrosion, or damage incurred during loading or transportation are not covered.

The warranty does not cover sounds or noises emitted during use where these do not substantially impede the use of the equipment and where they are not caused by a fault in the equipment. The warranty does not cover defects arising from the failure to carry periodic maintenance as outlined within the Owner's Manual for the product. Furthermore, the warranty does not cover defects arising from usage and storage within an unsuitable environment as described within the Owner's Manual which should be indoors, dry, dust and grit free and within a temperature range of +15°C to +35°C. The warranty does not cover maintenance activities, such as cleaning, lubricating, and normal part adjustments, nor installation

procedures that customers can accomplish themselves, such as changing uncomplicated meters, pedals and other similar parts not requiring any dismantling/reassembling of the fitness equipment. Warranty repairs carried out by other than authorised Tunturi representatives are not covered.

Failure to follow the instructions given in the Owner's Manual will invalidate the product's warranty.

Declaration of the manufacturer

Tunturi New Fitness BV declares that the product is in conformity with the following standards and directives: EN 957 (HB), 89/336/EEC. The product therefore carries the CE label.

01-2017

Tunturi New Fitness BV
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The Netherlands

Disclaimer

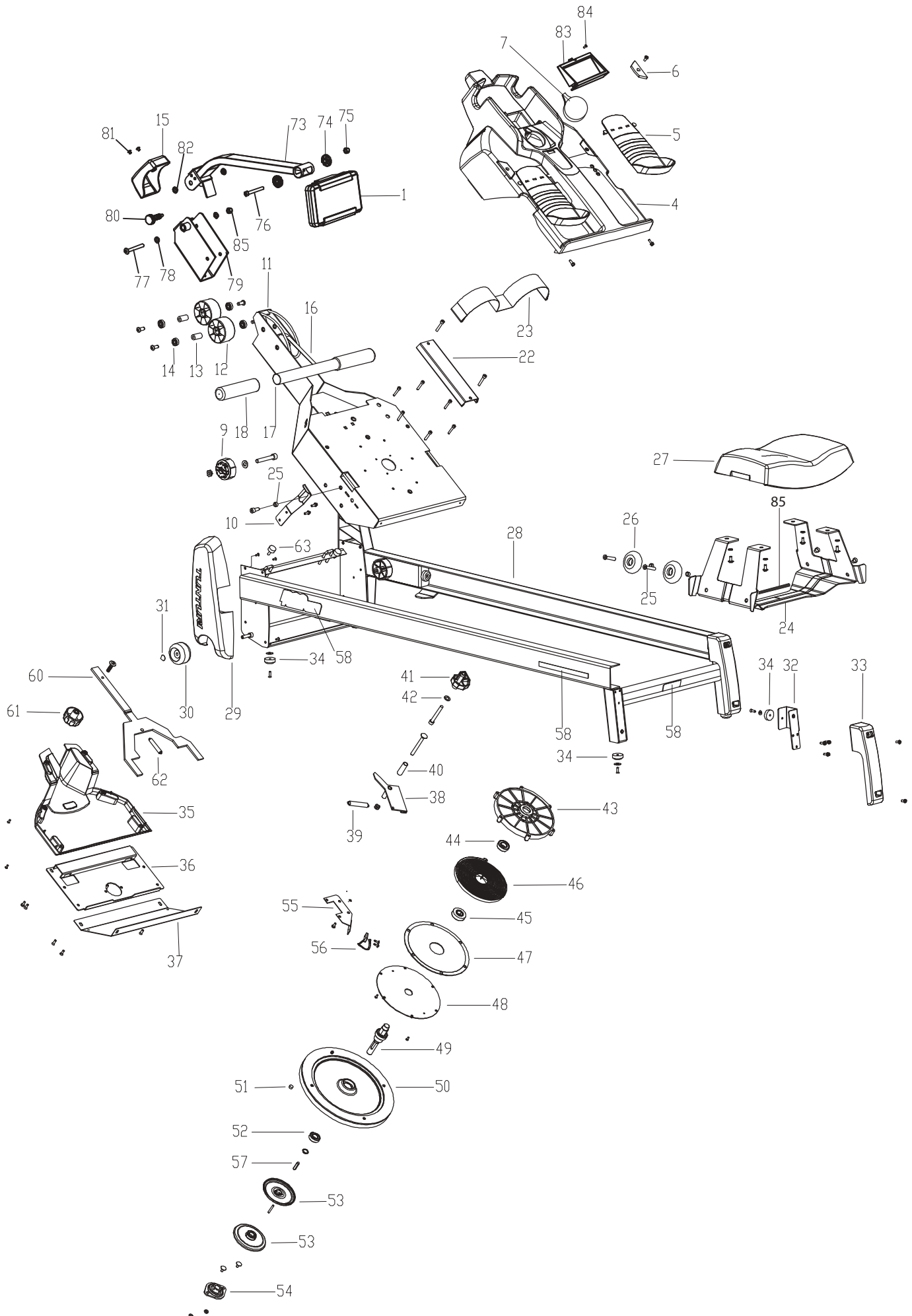
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The product and the manual are subject to change.
Specifications can be changed without further notice.

No	Description	Qty
1	User interface	1
	Screw	1
4	Foot rest cover	1
	Screw	2
5	Foot rest	2
6	Plug	2
	Screw	2
7	Round cover	1
9	Sleeve	2
	Hex socket cap screw	2
	Washer	2
	Nut	2
10	Locking lever	1
	Screw	2
11	Frame	1
12	Pulley	2
13	Sleeve	2
14	Bearing	4
	Hex socket cap screw	4
15	Pulley cover	1
	Screw	1
	Hex socket cap screw	1
16	Rope	1
17	Draw bar	1
18	Handle grip	2
19	Washer	1
21	Nylon nut	1
22	Foot strap bracket	1
	Hex socket cap screw	2
23	Foot strap	1
24	Seat roller frame	1
25	Sleeve	4
26	Wheel	4
	Hex. socket cap screw	4
27	Seat	1
	Washer	4
	Hex socket cap screw	4
28	Main frame	1
29	Frame cover, RH	1
	Frame cover, LH	1
	Screw	8
30	Wheel	2
31	Retainer	2
32_L	Rear bracket, LH	1
32_R	Rear bracket, RH	1

No	Description	Qty
	Screw	6
33	Rear support cover	2
	Screw	4
34	Foot plug	8
	Countersunk head screw	8
35	Case cover	1
	Screw	4
	Screw	4
36	Frame under plate	1
	Countersunk head screw	4
37	Under plate	1
	Screw	2
38	Brake slacker	1
	Lock screw	1
	Nylock nut	1
39	Spring	1
40	Spring	1
41	Adjustment wheel	1
43	Spring case (incl. 44 - 48)	1
44	Bearing	2
45	Spring hub	1
46	Spring	1
47	Damper	1
48	Spring case cover	1
	Screw	2
	Hex socket cap screw	6
49	Axle	1
50	Flywheel (incl. 51, 52)	1
51	Magnet	1
52	Bearing	1
	Retainer	1
53	Belt wheel	2
	Cotter-pin	1
54	Bearing house	1
	Lock screw	2
	Nylock nut	2
55	Sensor bracket	1
56	Speed sensor	1
	Screw	2
57	Spline	1
58	Label set	1
59	Servo motor	1
	Countersunk head screw	2
	Nylon nut	1
60	Locking lever	1

No	Description	Qty
61	Knob	1
62	Spring	1
63	Bumper	2
64	Locking lever	4
	Hex socket cap screw	2
65	DC-Wire	1
66	Remote control card incl.40	1
67	Remote control cover (incl. 68)	1
	Screw	1
	Screw	5
68--1	Membrane +	1
68--2	Membrane -	1
69	Bumper	1
70	Transformer EUR	1
73	Console support arm	1
74	Tube cap	2
75	Nylon Nut M8	1
76	Allen round head screwM8*80	1
77	Allen screw M8*65	1
78	Flat washer8.5*16*T1.5	2
79	Frame connection plate	1
80	Pull pin	1
81	Cross Screw M5*12	2
82	Rubber bushing	2
85	Hat Nut M8	1
83	Deco cover ,main body	1
84	Screw M6*16	1
85	Seat frame bumper	1
	Loop and hook set R35-R60	





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