

R30

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SERIAL NUMBER
SERIENNUMMER
NUMERO DE SERIE
SERIENUMMER
NUMERO DI SERIE
NÚMERO DE SERIE
SERIENNUMMER
SARJANUMERO



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IMPORTANT SAFETY INSTRUCTIONS

Read this guide through carefully before assembling, using or servicing your fitness equipment. Please keep the guide somewhere safe; it will provide you now and in the future with the information you need to use and maintain your equipment. Always follow these instructions with care.

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.
- Excessive or improper training may cause health problems.
- To avoid muscular pain and strain, begin each workout by warming up and end it by cooling down (slow pedaling at low resistance). Don't forget to stretch at the end of the workout.

THE EXERCISING ENVIRONMENT

- The equipment is not to be used outdoors.
- Place the equipment on a firm, level surface. Place the equipment on a protective base 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.

- In training, the equipment tolerates an environment measuring +10°C to +35°C. The equipment can be stored in temperatures ranging between -15°C and +40°C. Air humidity in the training or storage environment must never exceed 90 %.
- Allow at least 100 cm of clearance around the equipment.

THE EQUIPMENT

- If children are allowed to use the equipment, they should be supervised and taught to use the equipment properly, keeping in mind the child's physical and mental development and their personality. Also make sure that pet animals keep a safe distance to the product when it is transporting or used for training.
- Before you start using the equipment, make sure that it functions correctly in every way. Do not use a faulty equipment.
- Press the keys with the tip of the finger; your nails may damage the key membrane.
- Never remove the covers.
- Only one person may use the equipment at a time.
- Hold the handlebar for support when getting on or off the equipment.
- Wear appropriate clothing and shoes when exercising.
- Protect the meter from sunlight and always dry the surface of the meter if there are any drops of sweat on it.
- This product has a speed-dependent braking system.
- The equipment has been designed for home use. The Tunturi warranty applies only to faults and malfunctions in home use (24 months). Further information on warranty terms can be found in the warranty booklet included with the product.

Please note that the warranty does not cover damage due to shipping or negligence of adjustment or maintenance instructions described in this manual.

- The equipment must not be used by persons weighing over 135 kg.
- Do not attempt any servicing or adjustments other than those described in this guide. Everything else must be left to someone familiar with the maintenance of electromechanical equipments and authorised under the laws of the country in question to carry out maintenance and repair work.

SAVE THIS INSTRUCTION MANUAL

WELCOME TO THE WORLD OF TUNTURI

EXERCISING!

Your choice shows that you really want to invest in your well being and condition; it also shows you really value high quality and style. With Tunturi Fitness Equipment, you've chosen a high quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at WWW.TUNTURI.COM.

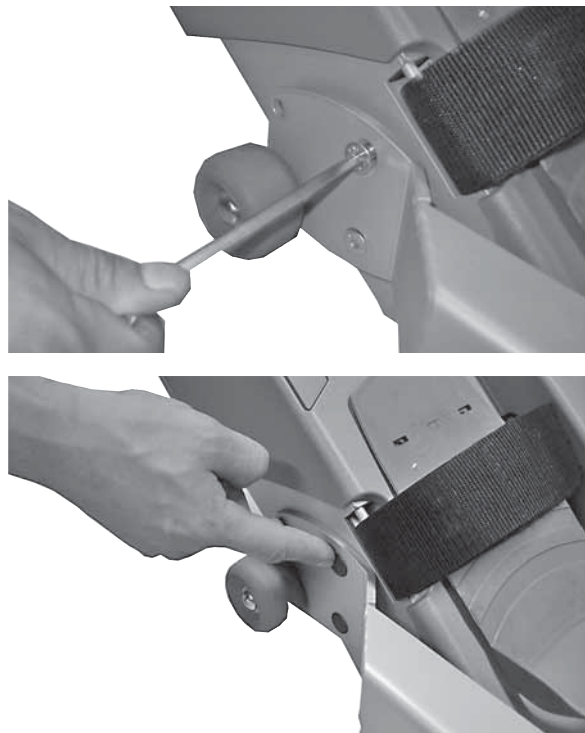
ASSEMBLY

Start by unpacking the equipment and check that you have the following parts:

1. Frame and front frame
2. Assembly kit (contents marked with in the spare part list): keep the assembly tools, as you may need them e.g. for adjusting the equipment.

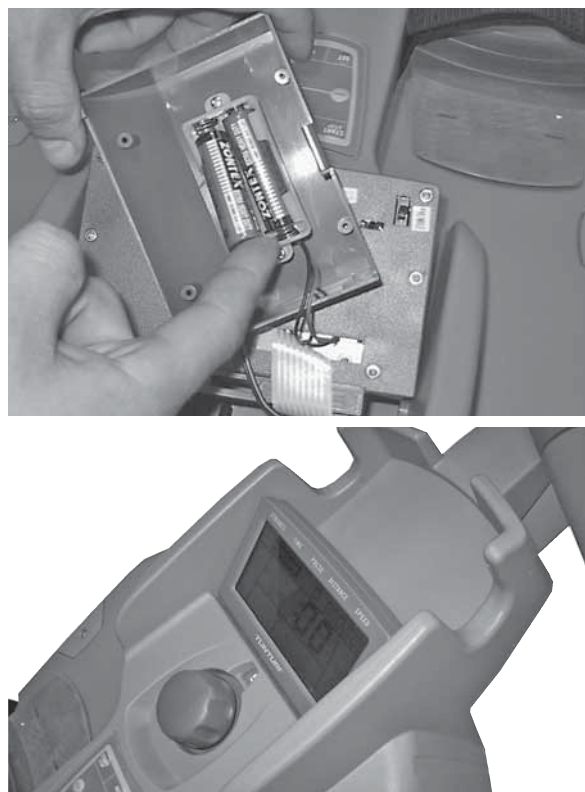
If necessary, please contact your dealer with the model, equipment serial no. and spare part no. of the missing part. You'll find a spare part list at the back of this guide. The packaging includes a silicate bag for absorbing moisture during storage and transportation. Please dispose of the bag once you have unpacked the equipment. The directions left, right, front and back are defined as seen from the exercising position.

FRAME AND FRONT FRAME



Turn the front frame bent over the frame up and forward. Attach the front frame to the frame with three screws on both sides: the lowest retaining screw is already in place. Tighten all retaining screws tight. Press the plastic plugs to retaining screw ends.

CONSOLE



Remove the protective cover from the console.

Turn the console carefully away from the front frame so that you can remove the battery compartment cover in the back of the console. Open the battery compartment cover carefully from its lower edge. Be careful not to damage the wires. Set the batteries (2 x 1.5V AA) in their place according to the markings in the battery compartment. Reattach the cover and adjust the angle of the console appropriately for exercise.

SEAT

Cut the seat's packaging lock.

EXERCISING

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 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 and at low resistance, because 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. First find your maximum heart rate i.e. where the

rate doesn't increase with added effort. If you don't know your maximum heart rate, please use the following formula as a guide:

220 - AGE

These are average values and the maximum varies from person to person. The maximum heart-rate diminishes on average by one point per year. If you belong to a risk group, ask a doctor to measure your maximum heart rate for you.

We have defined three different heart-rate zones to help you with targeted training.

BEGINNER: 50-60 % of maximum heart-rate

Also suitable for weight-watchers, convalescents and those who haven't exercised for a long time. Three sessions a week of at least a half-hour each is recommended. Regular exercise considerably improves beginners' respiratory and circulatory performance and you will quickly feel your improvement.

TRAINER: 60-70 % of maximum heart-rate

Perfect for improving and maintaining fitness. Even reasonable effort develops the heart and lungs effectively, training for a minimum of 30 minutes at least three times a week. To improve your condition still further, increase either frequency or effort, but not both at the same time!

ACTIVE TRAINER: 70-80 % of maximum heart-rate

Exercise at this level suits only the fittest and presupposes long-endurance workouts.

USE

ADJUSTING RESISTANCE

You can increase or decrease resistance by turning the adjuster knob on the front frame. Turn the adjustment knob clockwise (+ direction) to increase resistance and counterclockwise (- direction) to decrease resistance. The scale above the knob (1-8) helps you find and reset a suitable resistance.

TELEMETRIC HEART RATE MEASUREMENT

The console has a heart rate receiver compatible with Polar equipment, so you can also use Polar uncoded heart rate belts for heart rate measurement. The most reliable heart rate measurement is achieved with a telemetric device, in which the electrodes of the transmitter fastened to the chest transmit the pulses from the heart to the console by means of an electromagnetic field.

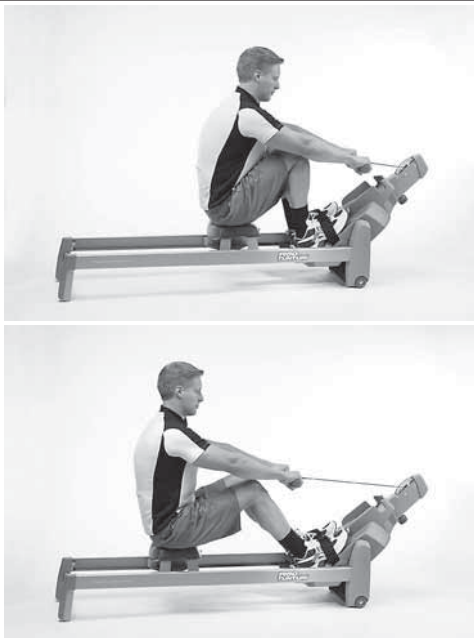
NOTE! If you are fitted with a pacemaker, please consult a physician before using a wireless heart rate monitor.

If you want to measure your heart rate this way during your workout, moisten the grooved electrodes on the transmitter belt with saliva or water. Fasten the transmitter just below the chest with the elastic belt, firmly enough so that the electrodes remain in contact with the skin while exercising, but not so tight that normal breathing is prevented. Attach the transmitter and adjust the flexible belt to an appropriate tightness below chest level so that the electrodes are in contact with the skin during exercise. If you wear the transmitter and belt over a light shirt, moisten the shirt slightly at the points where the electrodes touch the shirt. The transmitter automatically transmits the heart rate reading to the console up to a distance of about 1 m.

If the electrode surfaces are not moist, the heart-rate reading will not appear on the display. If the electrodes are dry, they must be moistened again. Allow the electrodes warm up properly to ensure accurate heart rate measurement. The transmitter is switched to an active state only when it is being used for measurement. Sweat and other moisture can, however, keep the transmitter in an active state and waste battery energy. Therefore it is important to dry the electrodes carefully after use.

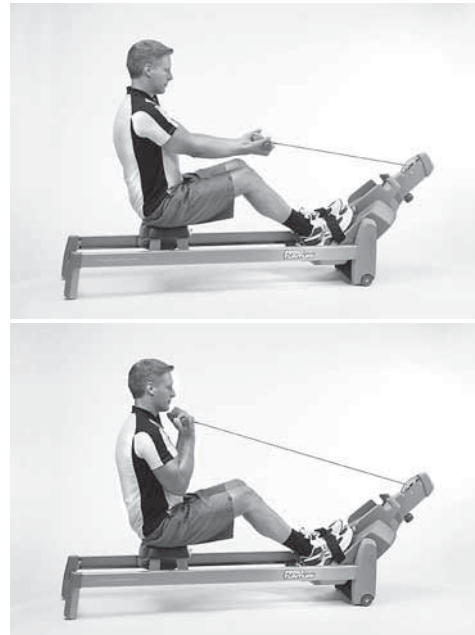
When selecting training attire, please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity, which may prevent reliable heart rate measurement. Please note that a mobile phone, television and other electrical appliances form an electromagnetic field around them, which will cause problems in heart rate measurement.

ROWING MOTION



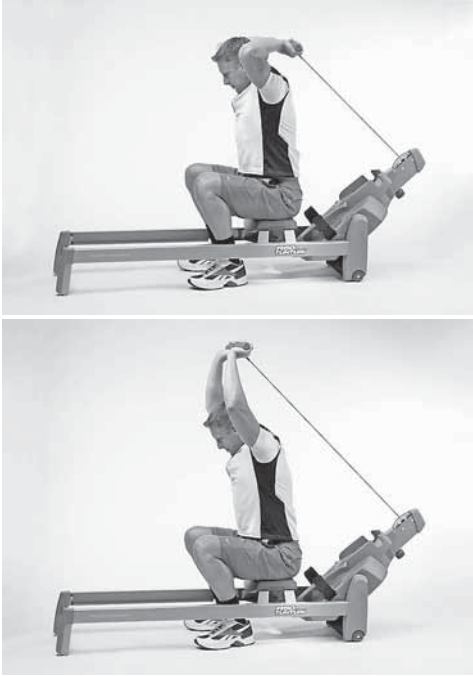
Tighten the footstraps. Take a grip on the bar and start the rowing stroke by leaning slightly forward, with the knees bent and the arms straight. Push yourself backwards straightening your back and your legs simultaneously. Continue the movement until you lean slightly backwards and flex your arms at the same time. Return to the starting position, lean forward and straighten your arms.

BICEPS (ELBOW FLEXORS)



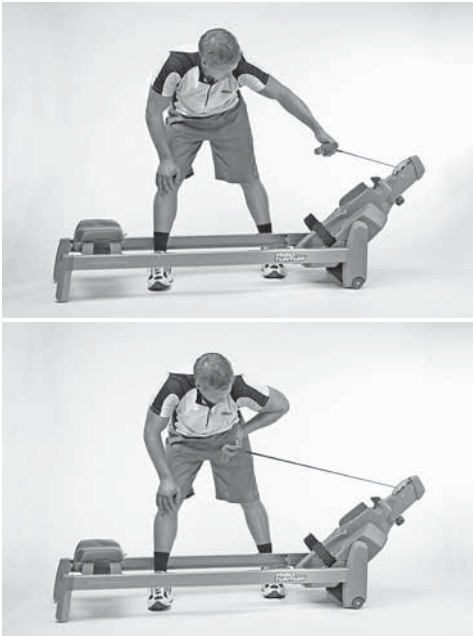
You can develop the biceps while rowing by taking an undergrasp of the bar or in the following way: grasp the bar from underneath, keep your knees straight and your feet under the footstraps. Begin the movement with your arms straight. Bend your arms. You can also develop your biceps by standing in front of the device, grasping either over or under the bar and bending your arms.

TRICEPS (ELBOW EXTENSORS)



Sit on the seat with your back towards the front frame and grasp hold of the bar. Straighten your arms and pull the bar over your head.

CHEST MUSCLES



Stand next to the device with a foot between the rails. Pull the bar with the arm bent. Repeat the same with the other arm.

SHOULDERS



Stand in front of the device and grasp over the bar. Pull the bar upward lifting your shoulders and bending your arms. Straighten your back at the same time.

IMPORTANT! Always make sure that the pull wire is not kinked. **NOTE!** Make sure the wire hook does not fray the wire!

CONSOLE

KEYS

1. SET
Selection of the goal values
2. RESET.
Zeroing the exercising values, ending the exercise and return into main display
3. "+ / -"
Setting the goal values
4. RECOVERY
Measuring the recovery heart rate
5. START/STOP
Starting and interrupting the exercise

DISPLAY

1. Performance speed (/min)
Strokes per minute. The column underneath also shows the stroke speed.
2. Exercise duration
00:00-99:59; measuring at 1 second intervals, h1:40-h9:59 measuring at 1 minute intervals.
3. 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.

4. Exercise trip length (km/mile)
00.0 – 99.99 km / miles
5. Exercise speed (kmh/mpH)
00.0-99.9 kmh / mph
6. Energy consumption (Kcal)
Estimated total energy consumption during the exercise, 0 –9999 kcal
7. Clock (Clock)
Real time clock
8. Thermometer (Temp C / Temp F)
Measures the room temperature either in Celsius or Fahrenheit
9. Hygrometer (Humidity %)
Measures the room humidity, 0-100%.
10. 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.
11. Display of an exercise profile
The profile of a preprogrammed exercise program.
12. Display of the cumulative heart rate
If the heart rate is measured during the exercise, the display shows the profile of the heart rate formed during the exercise.
13. Change of batteries (Battery low)
A warning sign is displayed before the change of batteries.

USING THE CONSOLE

The console is turned on by pressing any key. If the device has not been used for five minutes, it automatically switches itself to main display.

Select the desired measuring unit with the switch behind the console. You can select either metric (km, km/h, Celsius) or English (miles, mph, Fahrenheit) units.

Set the clock in the console (Clock) as follows:
In main display, press both of the arrow keys simultaneously for three seconds. The clock is shown in the main number display. Set the right time using the arrow keys; switch from hours to minutes and back to main display by pressing the SET key.

MANUAL-EXERCISE

In manual exercise, you can adjust resistance level during exercise from the control knob.

1. You can start the exercise immediately by pressing START/STOP button. Adjust the resistance level during exercise from the control knob.
2. You can start exercising by setting goal values.

Press an arrow key until under the main number display is shown the text "Manual".

3. Press the SET key after which you can set the goal values.
4. TIME = select the desired exercise duration by pressing the "+" / "-" keys. Switch to the following step by pressing the SET key.
5. DISTANCE = select the desired distance by pressing the "+" / "-" keys. Switch to the following step by pressing the SET key.
6. KCAL= select the goal value of energy consumption by pressing the "+" / "-" keys. Switch to the following step by pressing the SET key.
7. PULSE = set the heart rate an upper limit with "+" / "-" keys: the display shows a heart symbol and an arrow upwards. Press the SET key to switch to setting the heart rate a lower limit. The display shows a heart and an arrow downwards. Set the lower limit with "+" / "-" keys. If your heart rate exceeds these limits, the limit value in question blinks in the display. To switch back to setting the exercise duration (TIME), press the SET key.
8. You can start exercising by pressing the START/STOP key. Start rowing and adjust the resistance if necessary during the exercise.
9. 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.
10. You can stop exercising by pressing RESET when the console is in the pause mode.
11. 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.

RECOVERY – MEASURING

THE RECOVERY PULSE

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

1. To start the measuring of the recovery pulse rate, press RECOVERY. The display also shows the word "Recovery".
2. The measuring starts automatically and takes two minutes.
3. 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.

4. 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.

TRANSPORT AND STORAGE

Move the device according to the following instruction, because lifting the cycle incorrectly may strain your back or cause other risk of accidents:

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.

Transport the equipment with caution over uneven surfaces, for example over a step. The equipment should never be transported upstairs using the wheels over the steps, instead it must be carried. We recommend that you use a protective base when transporting the equipment.

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

MAINTENANCE

- The R30 requires very little maintenance. Check, however, from time to time that all screws and nuts are tight.
- Clean the cycle with a damp cloth. Do not use solvents.
- Never remove the protective covers.
- 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.

CHANGING BATTERIES

The console gives a warning signal before the change of batteries is due. Remove the battery compartment cover from the back side of the meter and remove old batteries. Place new batteries in the holder (note the direction of the batteries) and reattach the cover.

To minimize the strain on the resistance mechanism, we recommend that the resistance adjustment knob is set to position 1 after every training session.

MALFUNCTIONS

Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part.

If the equipment does not function properly during use, contact your Tunturi dealer immediately. Always give the model and serial number of your equipment. Please state also the nature of the problem, conditions of use and purchase date.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

TECHNICAL SPECIFICATIONS

Length.....	200 cm
Width	48 cm
Height	56 cm
Weight	46 kg

The R30 meets the requirements of the EU's EMC Directives on electromagnetic compatibility (89/336/EEC). This product therefore carries the CE label.

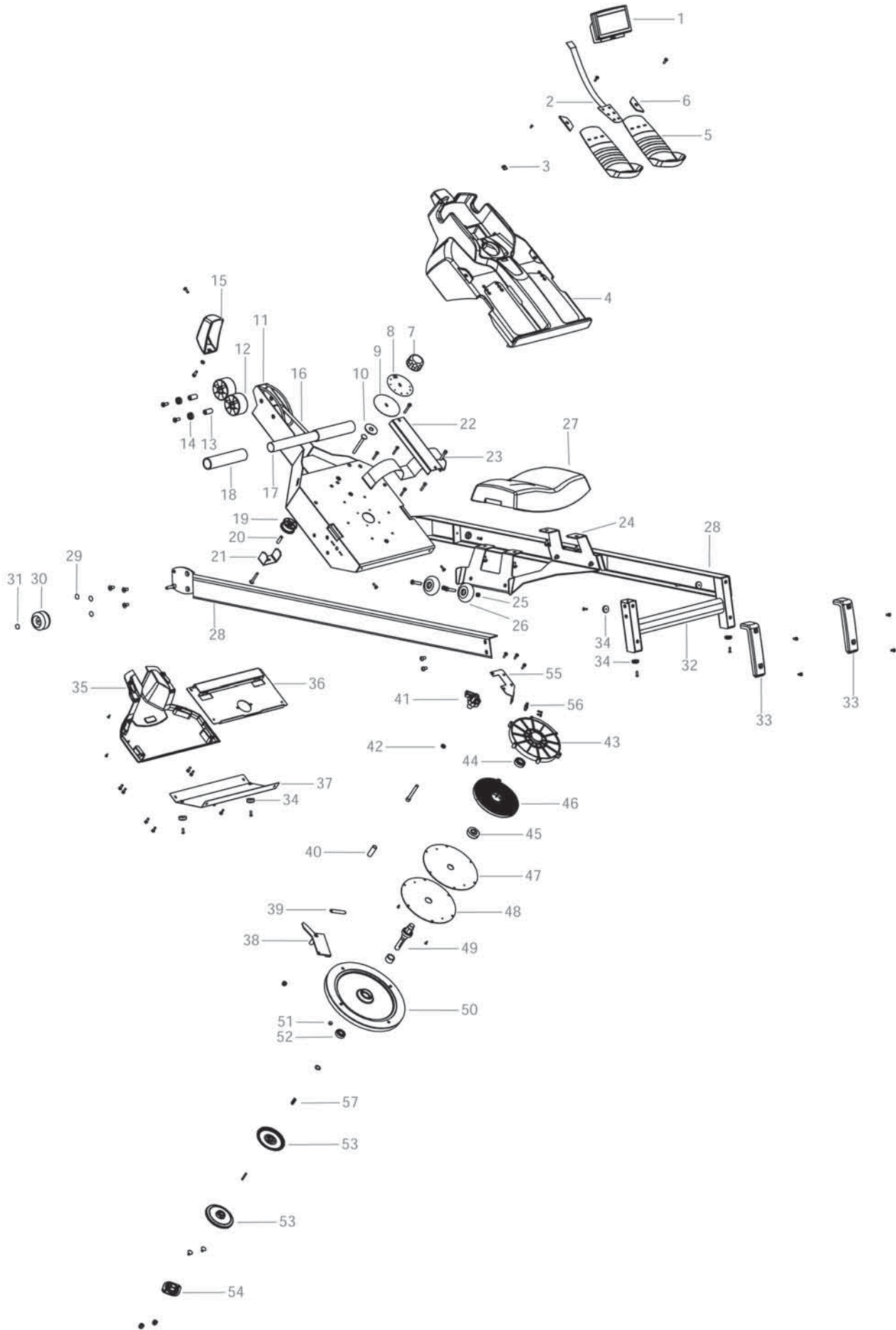
The R30 meets EN precision and safety standards (EN-957).

Due to our continuous policy of product development, Tunturi reserves the right to change specifications without notice.

NOTE! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi Oy Ltd will void the user's authority to operate the equipment!

We wish you many enjoyable trainings with your new Tunturi training partner!

1	233 2016	Meter	1	-	M5x12 DIN 7985	Screw (for under plate)	2
2	423 2030	Membrane	1	-	M5 DIN 985	Nylon nut (for under plate)	2
3	693 2004	Monitor holder	1	35	173 2029	Case cover	1
-	KA 35x12 WN-1441	Screw	1	-	M5x12 DIN 7985	Screw	2
4	173 2028	Foot rest cover	1	-	KA 35x12 WN-1441	Screw	4
-	M5x12 DIN 7985	Screw	2	36	433 2017	Frame under plate	1
5	363 2007	Foot rest, EUR	2	-	M5x12 DIN 966	Screw	4
-	363 2008	Foot rest, USA	2	37	433 2018	Under plate	1
6	533 2028	Plug	2	-	M5x12 DIN 966	Screw	2
7	533 1062	Knob	1	38	373 2011	Brake slacker	1
8	423 2036	Label	1	39	643 2008	Spring	1
9	433 2020	Tension control scale	1	-	M8x80 DIN 603	Screw	1
10	653 4058	Nylon spacer	1	-	M8 DIN 985	Nylon nut	1
11	103 2025	Frame	1	40	643 2005	Spring	1
12	533 2030	Pulley	2	41	533 2031	Adjustment wheel	1
13	523 2024	Sleeve	2	42	63 10 6798 J	Washer	1/2
14	523 2022	Bearing	4	-	M8x65 DIN 912	Screw	1
-	M8x20 ISO 7380	Screw	4	43	173 2032	Spring case	1
15	173 2027	Pulley cover	1	44	523 1010	Bearing	1
-	M5x12 DIN 7985	Screw	2	45	333 2002	Spring hub	1
-	M6 DIN 125	Washer	1	46	643 2006	Spring	1
-	M6x16 DIN 912	Screw	1	47	683 2003	Damper	1
16	443 2011	Rope	1	48	173 2033	Spring case cover	1
17	213 2010	Draw bar	1	-	KA 35x12 WN-1441	Screw	2
18	213 2003	Handle grip	2	-	M5x30 DIN 912	Screw	6
19	173 2031	Pulley	1	49	343 2010	Axle	1
20	523 2025	Sleeve	1	50	303 2007	Flywheel	1
21	693 2002	Pulley bracket	1	51	403 1026	Magnet	1
-	M8x40 ISO 7380	Screw	1	52	523 1010C3	Bearing	1
22	503 2018	Foot strap bracket	1	-	15 DIN 471	Retainer	1
-	M6x35 DIN 912	Screw	2	53	173 2034	Belt wheel	2
23	443 2012	Foot strap	1	-	3x30 DIN 7	Cotter-pin	1
24	153 2010	Seat roller frame	1	54	523 2121	Bearing house	1
25	72 812 602	Sleeve	4	-	M6x12 DIN 603	Screw	2
26	533 2029	Wheel	4	-	M6 DIN 985	Nylon nut	2
-	M8x35 ISO 7380	Screw	4	55	503 2020	Sensor bracket	1
27	153 2011	Seat	1	-	M5x12 DIN 7985	Screw	3
-	M6 DIN 125	Washer	4	56	403 2040	Speed sensor	1
-	M6x14 ISO 7380	Screw	4	-	3,5x13 DIN 7504-K	Screw	2
28	103 2026	Frame rail RH	1	57	693 2003	Wedge	1
-	103 2027	Frame rail LH	1	58	423 2028	Label set	1
* -	M8x20 DIN 7991	Screw (* 2 pcs)	6	*	553 2004	Assembly kit (incl. *)	1
*29	533 2035	Plug	6	*	556 032 00	Allen key, 6 mm	1
30	533 1029	Wheel	2	-	583 2011	Owner's manual	1
31	673 500 88	Retainer	2	-	583 0006	Warranty booklet	1
32	103 2028	Rear support	1				
-	M8x20 ISO 7380	Screw	4				
33	173 2026	Rear support cover	2				
-	M5x12 DIN 7985	Screw	4				
34	533 2033	Foot plug	8				
-	M5x14 DIN 7500	Screw	6				





TUNTURI[®]
THE MOTOR – *it's you.*

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