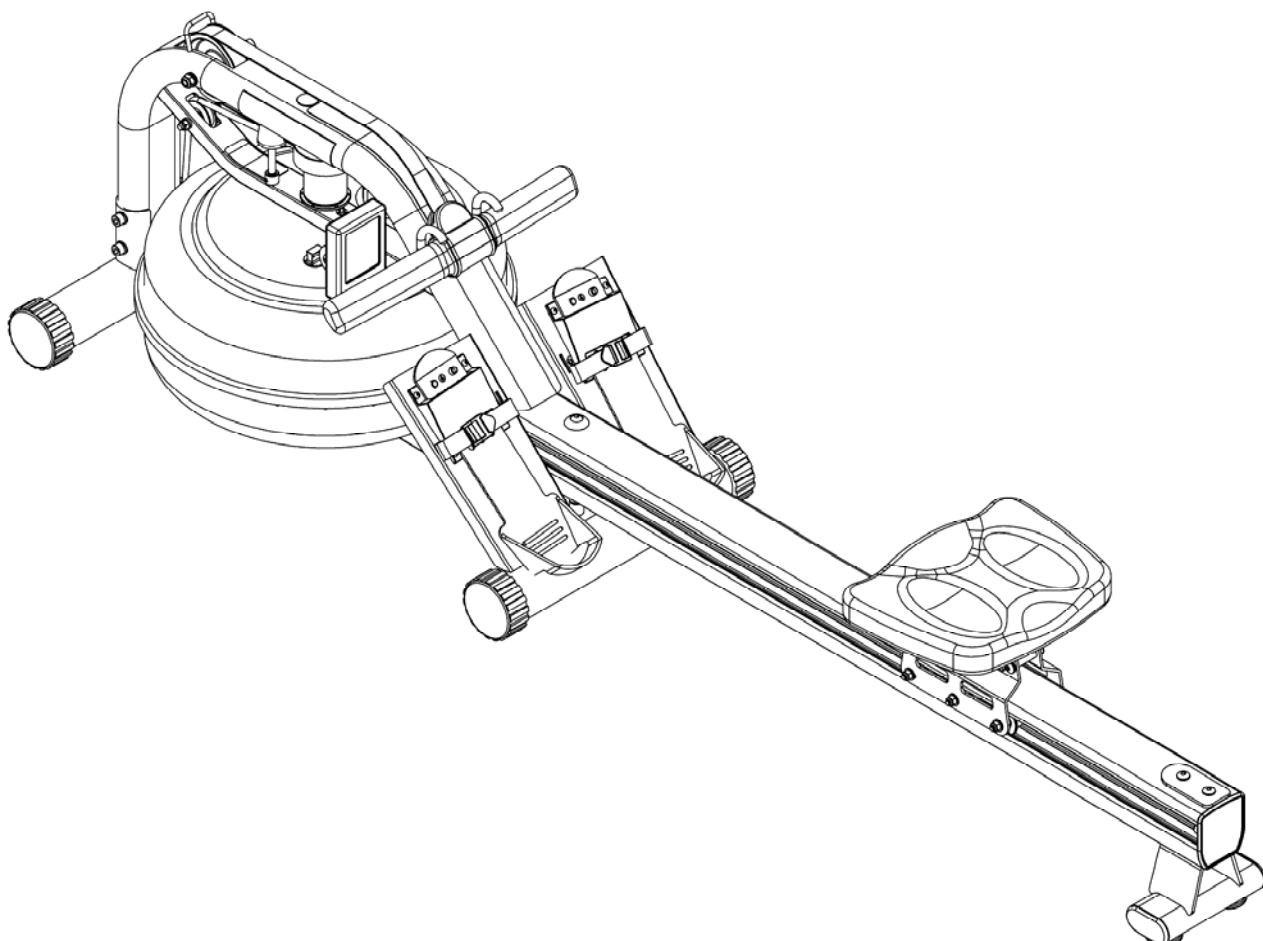


It's easy to feel good!
TUNTURI®

Pure

Owners Manual



ROW 8.1

English

Table of contents

Introduction	3
Safety warnings	3
Workouts	5
Heart rate measurement (chest belt)	6
Maximum heart rate (during training)	7
Box contents	8
Installation part 1 - Mounting instructions rear end	10
Installation part 2 - Marriage front and rear end	12
Installation part 3 - Fine tuning front and rear end	13
Setting the rowing resistance - Adjustable water level	14
Getting started	14
Filling the tank with water	15
Changing / removing water from the tank	16
Water treatment	17
Slider footplate	17
How to row?	18
How often?	18
Rowing console	19
Detaching the rowing belt	21
Re-attaching the rowing belt	22
Troubleshooting	24
Warranty	25
Declaration of the manufacturer	25
Disclaimer	25

Introduction

Welcome to the world of Tunturi Fitness!

Thank you for purchasing this piece of Tunturi equipment. Tunturi offers a wide range of professional fitness equipment, including crosstrainers, treadmills, exercise bikes, rowers and vibration plates. 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.

WARNING



- ⇒ Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

- The equipment is suitable for domestic and professional use only (e.g. hospitals, fire stations, hotels, schools etc.). Max. usage is limited to 6 hrs a day. The equipment is not suitable for full commercial use (e.g. large gyms).
- 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, jewelry 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 150kg (330lbs).
- Do not open equipment without consulting your dealer.
- Follow instructions provided in this manual for correct foot position and basic rowing techniques.

***WARNING***

- ⇒ The equipment can stand vertically for storage. Make sure a secure location is chosen, such as in the corner of a room.
- ⇒ 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.

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.

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 might 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 2 meter.
- ⇒ 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 1,5 meter. 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.

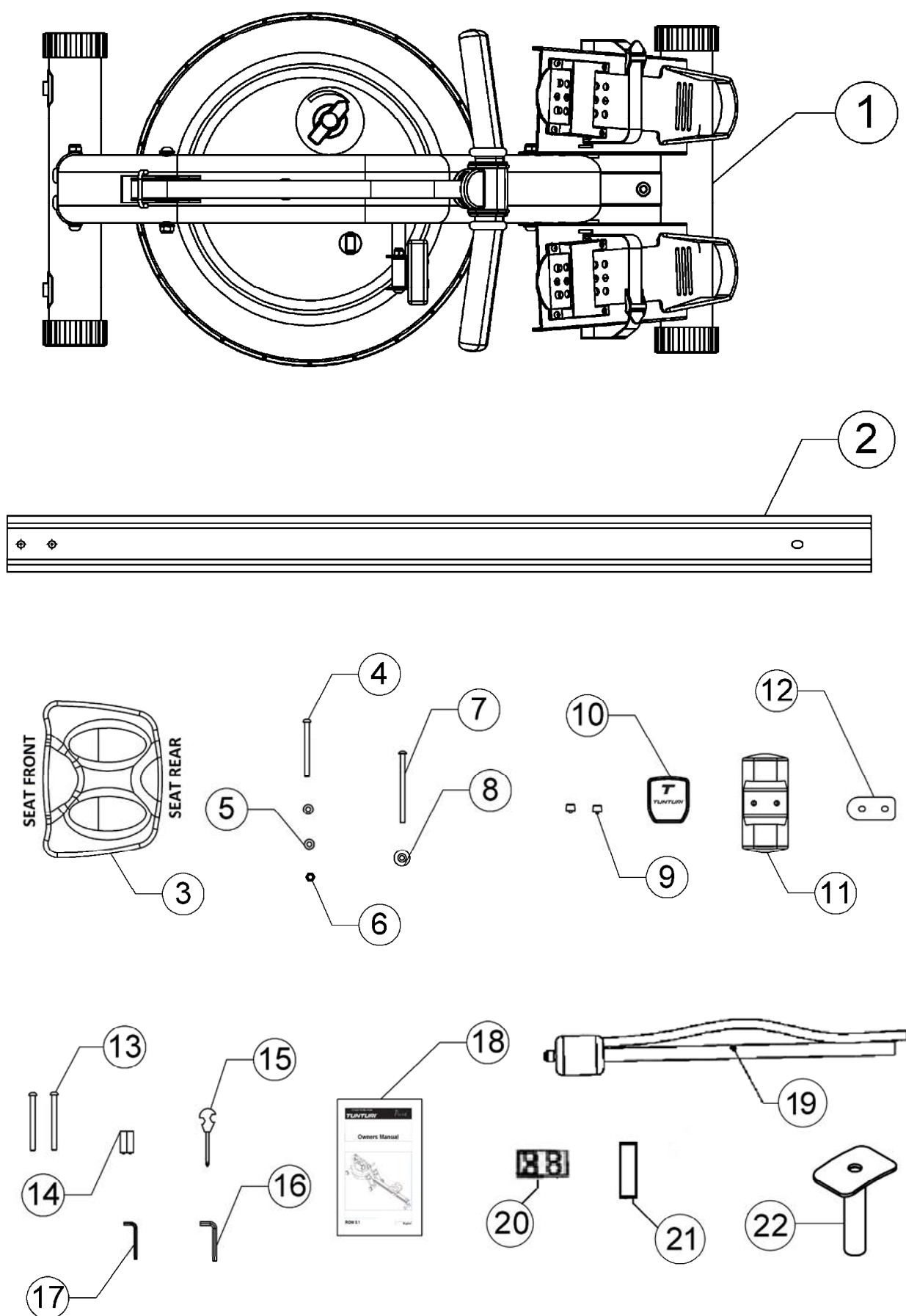


WARNING

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

Category	Heart rate zone	Explanation
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.

Box contents



Box contents

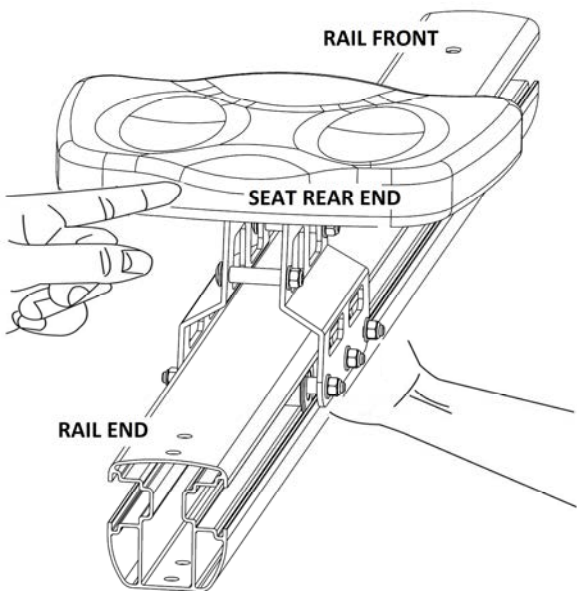
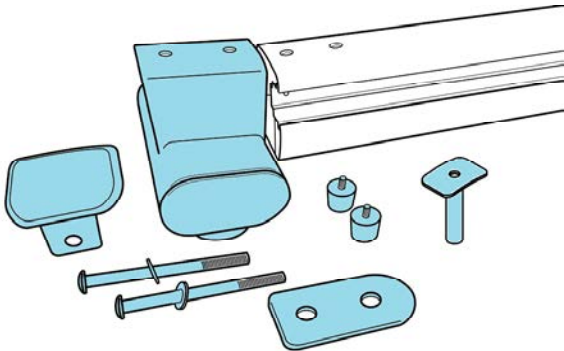
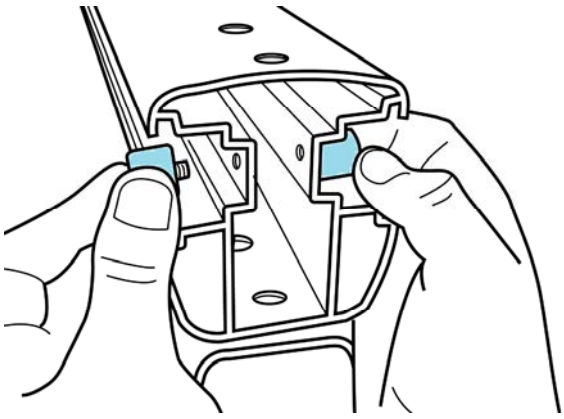
Item	Description	Item	Description
1	Main frame	12	Seat rail bracket
2	Seat rail (boxed seperately)	13	Rear leg bolts - dome (M10x120mm)
3	Rower seat	14	AA Batteries (x2)
4	Horizontal seat rail bolt (M10x120mm)	15	Multi tool
5	Washer (M10)	16	Hex key (8mm)
6	Nylock nut (M10)	17	Hex key (6mm)
7	Vertical seat rail tensioning bolt (M10x150mm)	18	Owners manual
8	Plastic dome cap	19	Siphon
9	Rear seat rail bumpstop	20	Water treatment tablets (x4)
10	Seat rail end cap	21	Vertical seat rail bolt dampener
11	Rear leg	22	Internal seat rail bolt bracket

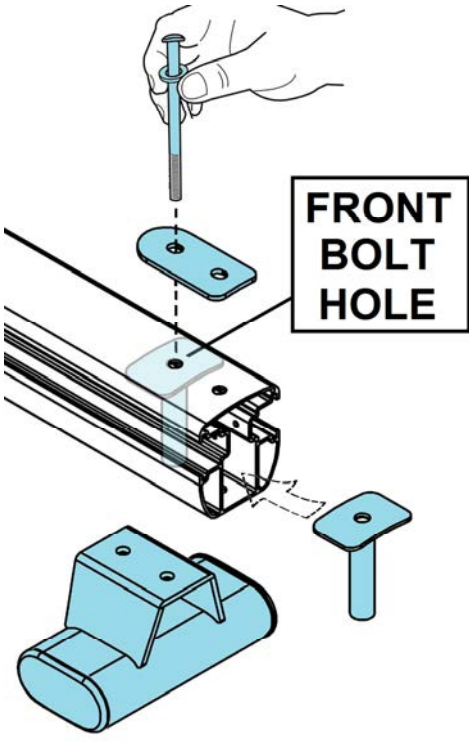
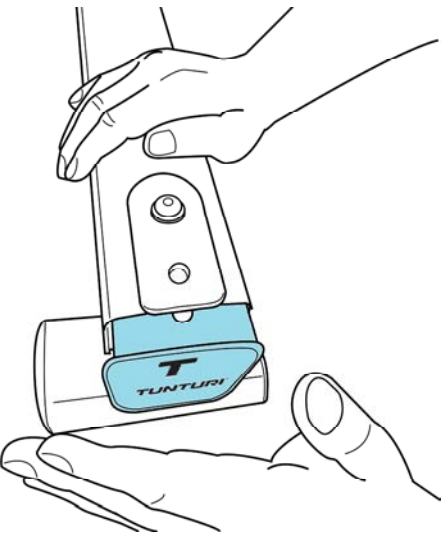
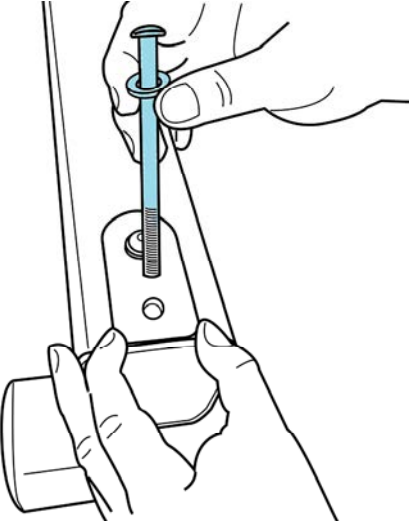
Installation part 1 - Mounting instructions rear end



CAUTION

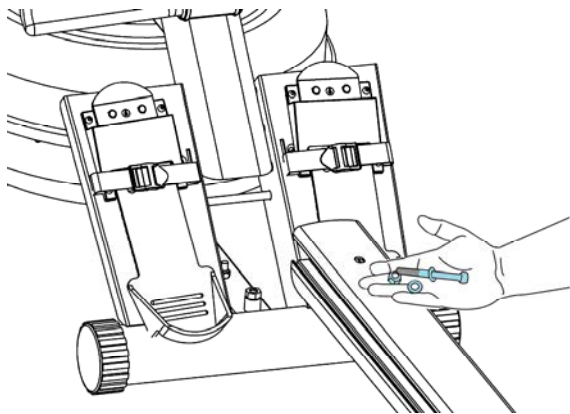
⇒ Assemble the equipment in the given order.

<p>1</p> 	<p>Install the rower seat (3) onto the seat rail (2) as shown.</p> <p>NOTE</p> <p>⇒ The rail rear end has two mounting holes.</p>
<p>2</p> 	<p>For the next assembly step, you will need:</p> <ul style="list-style-type: none"> • rear leg (11), • 2x rear seat rail bumpstops (9), • 2x rear leg bolts (M10x120mm) (13), • 2x washer (5), • seat rail bracket (12), • rubber end cap (10), • internal seat rail bracket (22)
<p>3</p> 	<p>With the seat already installed on the rail, thread the rear rubber bumpstops (9) onto the end of the seat rail (2) as shown.</p>

<p>4</p> 	<ol style="list-style-type: none"> 1. Insert the internal seat rail bracket (22) into the rear end of the rail and align the internal seat rail bracket hole with the seat rail front bolt hole. 2. Insert the bolt (13) with washer (5) through the seat rail bracket (12) into the seat rail front bolt hole and internal seat rail bracket. 3. Secure the bolt into the rear leg (11) <p>NOTE</p> <p>⇒ The <u>oval end</u> of the seat rail bracket (12) is facing forward as shown.</p> <p>Do not tighten the bolt (13).</p>
<p>5</p> 	<p>Install the rubber end cap (10)</p>
<p>6</p> 	<p>Finish the rear leg assembly by installing the second rear leg bolt (13) and washer (5).</p> <p>Tighten both front and rear bolts.</p> <p>Be careful tightening bolts to prevent scratches</p>

Installation part 2 - Marriage front and rear end

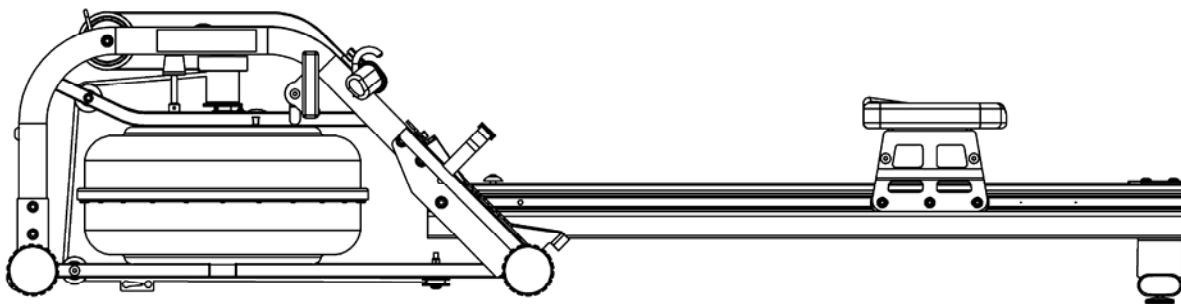
7



For the next assembly step, you will need:

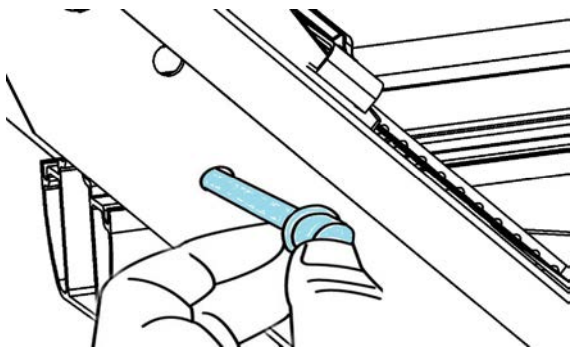
- **seat rail assembly** (previously assembled)
- **main frame (1)**
- **2x horizontal seat rail bolts (M10x120mm) (4),**
- **2x washer (5),**
- **2x nylock nuts (6),**

8



Insert the seat rail until it just slightly protrudes behind the footplate. Shown above is the installation / alignment point for the **M10x120mm horizontal seat rail bolt (4)**, **M10 washer (5)** and **nylock nut (6)**

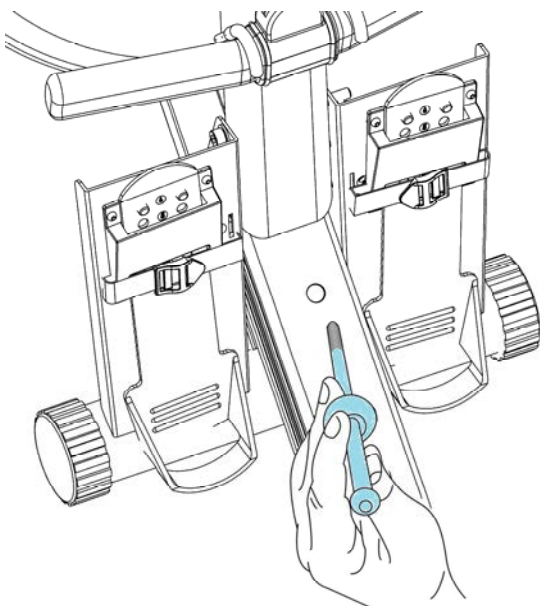
9



Install and secure the two **bolts (4)** and two **washers (5)** with the **nylock nuts (6)**.

Installation part 3 - Fine tuning front and rear end

10



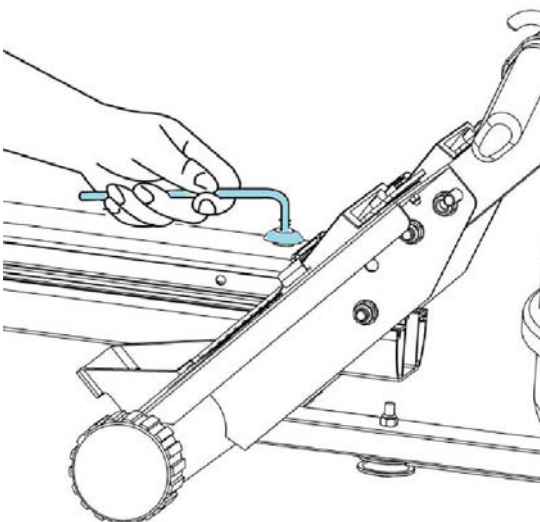
1. Install the **vertical seat rail bolt (7)** with **plastic dome cap (8)** through the seat rail assy.
2. Fit the **vertical seat rail bolt dampener (21)** onto the bolt end sticking out of the seat rail assy.



NOTE

⇒ The vertical seat rail dampener is designed to take up the slack between the seat rail and mainframe when the rower is stored / standing in a vertical position.

11



3. Secure the seat rail bolt with seat rail bolt dampener into the lower **main frame (1)**.

Do not tighten the bolt (7).

The **vertical seat rail tensioning bolt (7)** is designed to hold the mid leg 3-5mm off the ground when the rower is standing on the ground without a person on it.

During operation the mid leg will just slightly touch the ground during a rowing stroke.

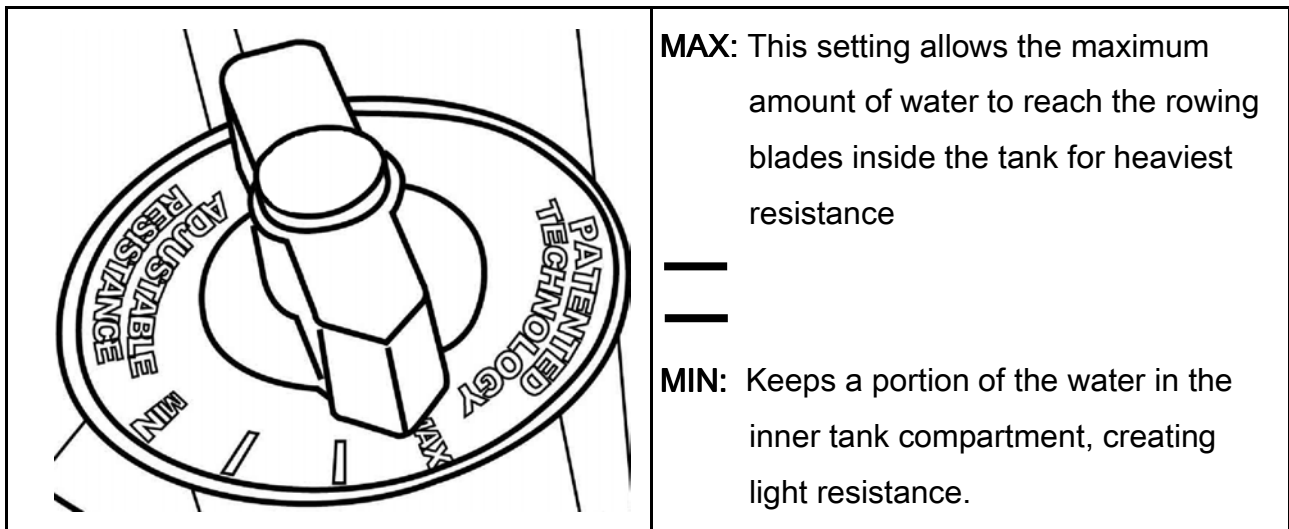


NOTE

⇒ If excessive shaking/hopping of the tank occurs during rowing, this indicates the vertical seat rail tensioning bolt (7) is out of adjustment and should be tightened.

Setting the rowing resistance - Adjustable water level

The patented adjustable water level offers a true multi-level experience. Water is moved between the "storage" and "active" chambers of the tank. Your new Tunturi Rower can adapt - at the turn of a dial - to the resistance preferred by each user.



Getting started

To achieve minimum resistance, select **MIN** on the tank adjuster.

It takes 10 strokes to fill the central (storage) tank, leaving a minimal amount of water in the outer (active) tank. This process is always required if minimum resistance is desired.

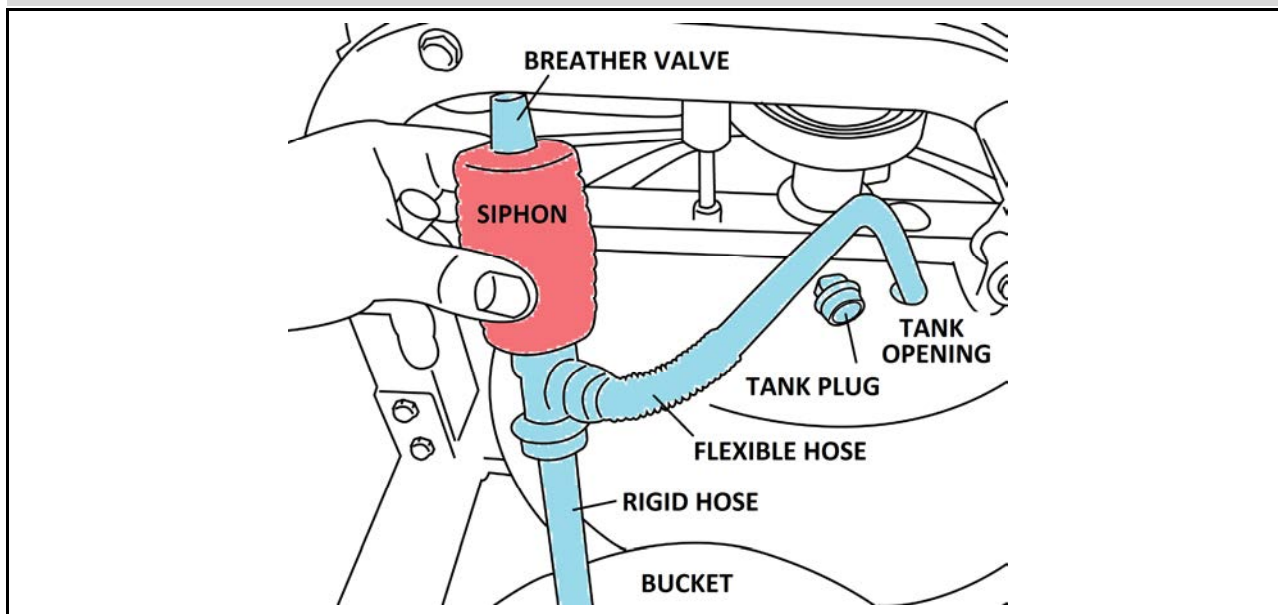
Row hard at a steady pace (20 to 25 Strokes Per Minute [SPM]) and put some effort into the stroke, ensuring that good form is maintained.

You can make adjustments to the resistance level while you row. Your Tunturi rower will adapt almost instantly to increases in resistance but will take up to 10 strokes to reduce the effort required, as the inner storage tank fills up.

Once you have found a level that gives you the exercise required, changes can be made to the SPM and stroke intensity to further vary your energy input.

Interval training is used by most rowers, where a period of low intensity is combined with short intervals of high intensity. Your Tunturi rower allows instant changes, achieving multi-level resistance profiles during a single workout.

Filling the tank with water



1. Remove the **rubber tank plug** from the top of the tank.
2. Place a large bucket of water next to the rower and position the siphon with the **rigid hose in the bucket** and the **flexible hose into the tank** as shown. Make sure the small breather valve on the top of the siphon is closed before filling.



NOTE

- ⇒ 17 liters of water is required for maximum filling.
- ⇒ Where water quality is poor, we recommend using distilled water.
- ⇒ Putting the bucket higher than the tank will allow the siphon to "self-pump" when adding water to the tank.
- ⇒ Consider using a towel under the bucket and water tank preventing stains on the floor.

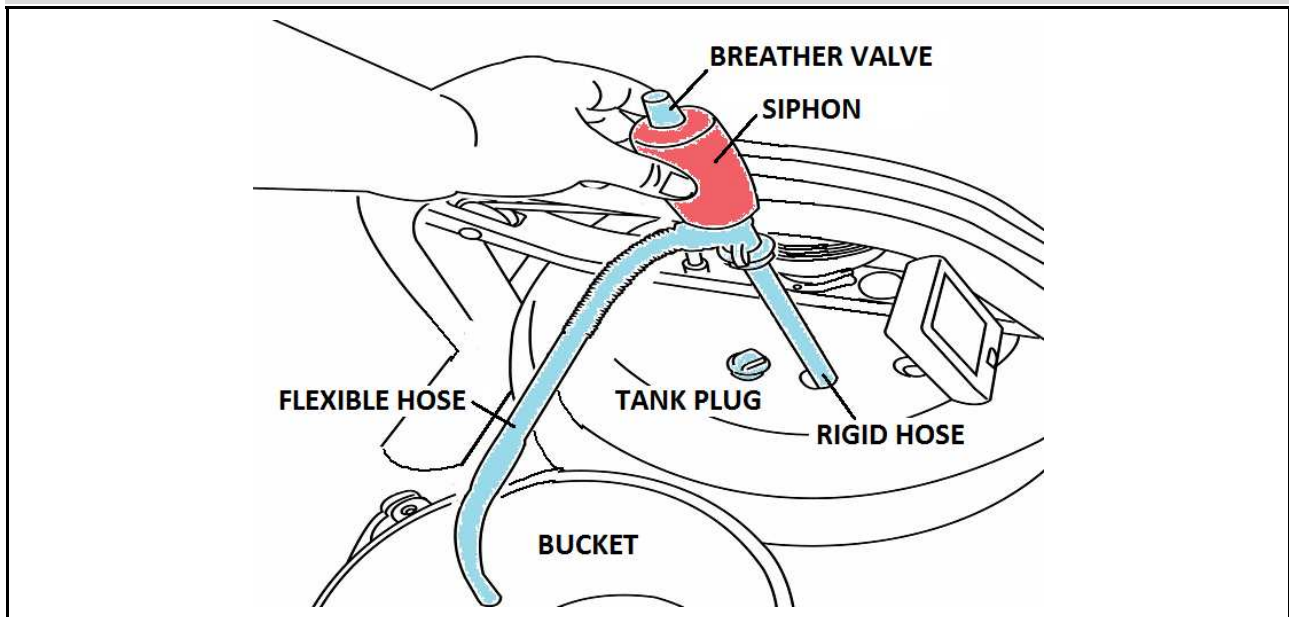


WARNING

- ⇒ Failure to set the adjuster handle to **MAX** prior to filling the tank will cause inaccurate fill levels and possible leakage.

3. Begin filling the tank by squeezing the siphon. Use the **level gauge decal** on the side of the tank to measure volume of water in the tank.
4. After filling the tank to the desired water level, open the valve on the top of the siphon to allow excess water to escape.
5. Ensure that the **tank plug** is replaced once filling and water treatment procedures are complete.

Changing / removing water from the tank



1. Set the resistance adjuster handle to **MIN**.
2. Row at least ten strokes to fill the inner storage reservoir as much as possible with water.
3. Remove the **tank plug**.
4. Insert the siphon **rigid hose** end into the tank
5. Insert the siphon **flexible hose** end into a large bucket.
6. Drain the tank (approx. 40% of water will remain in the tank. It is not possible to drain the tank completely without disassembling the tank)
7. Refill the tank following the directions as described under the section "Filling the tank" of this manual.



NOTE

- ⇒ The valve on top of the siphon must be closed to allow proper drainage.
- ⇒ If the water treatment schedule is maintained, it will not be necessary to change the water inside the tank. An additional water treatment tablet is only required when discoloration of the water appears.
- ⇒ Exposure to sunlight affects the water. Moving the rower away from direct sunlight will extend time between water treatments.

Water treatment

1. Add one **water treatment tablet (20)**
2. Add a water treatment tablet whenever the water appears dirty or cloudy over time.



WARNING

⇒ Only use the Tunturi supplied water treatment tablets.

Slider footplate

The slider footplate is designed to fit a wide range of foot sizes.

Adjusting the footplate

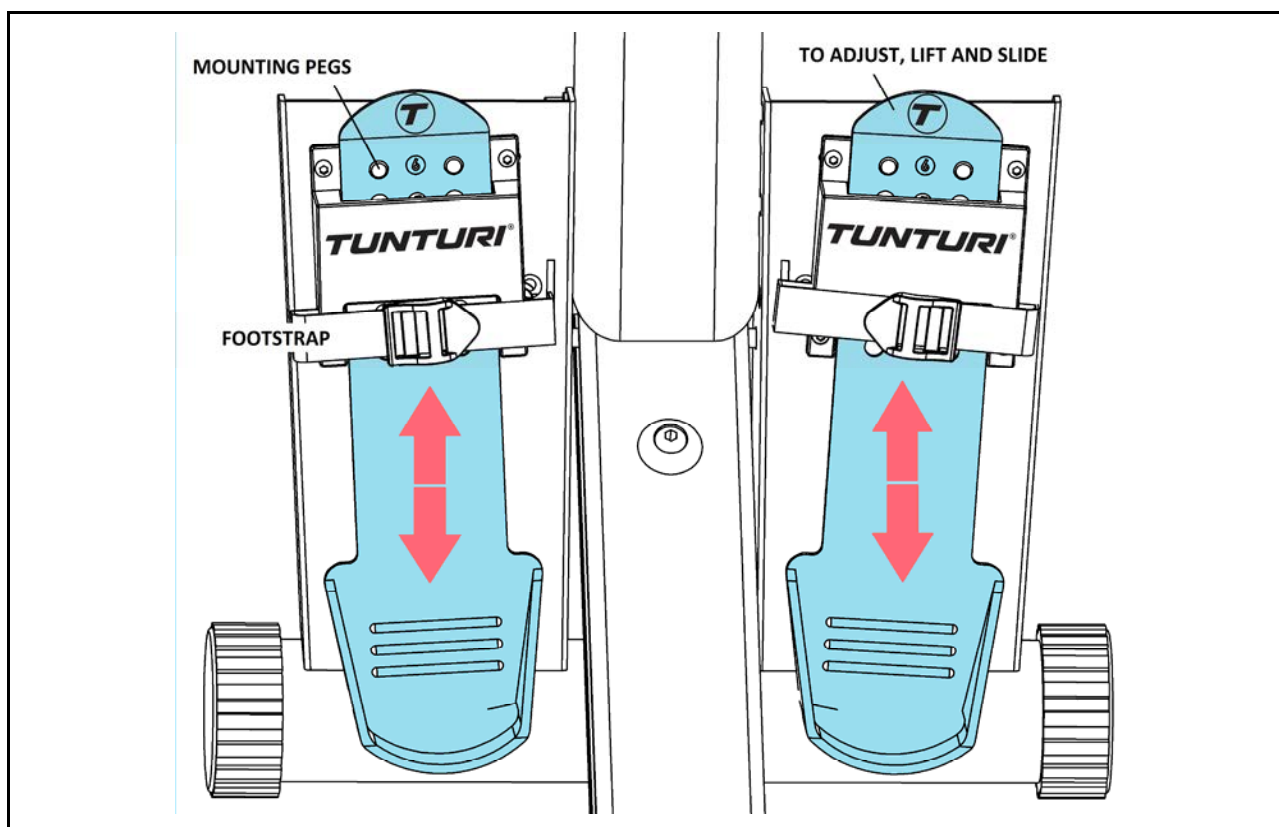
Lift the top of the sliding portion of the footplate and slide up or down. The numbers 1-6 represent a guideline from which the proper length can be determined. Secure the plate onto the **mounting pegs** and push down firmly to lock into position.

Tighten the **footstraps** securely and begin your workout.



WARNING

⇒ Never operate this rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!



How to row?

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.

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

How often?

Begin with 5 minute training sessions once a day and aim for a time around 2:30 to 2:45 for 500m distance. Row at a pace that keeps the water circulating continuously between strokes.

Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

This will provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.

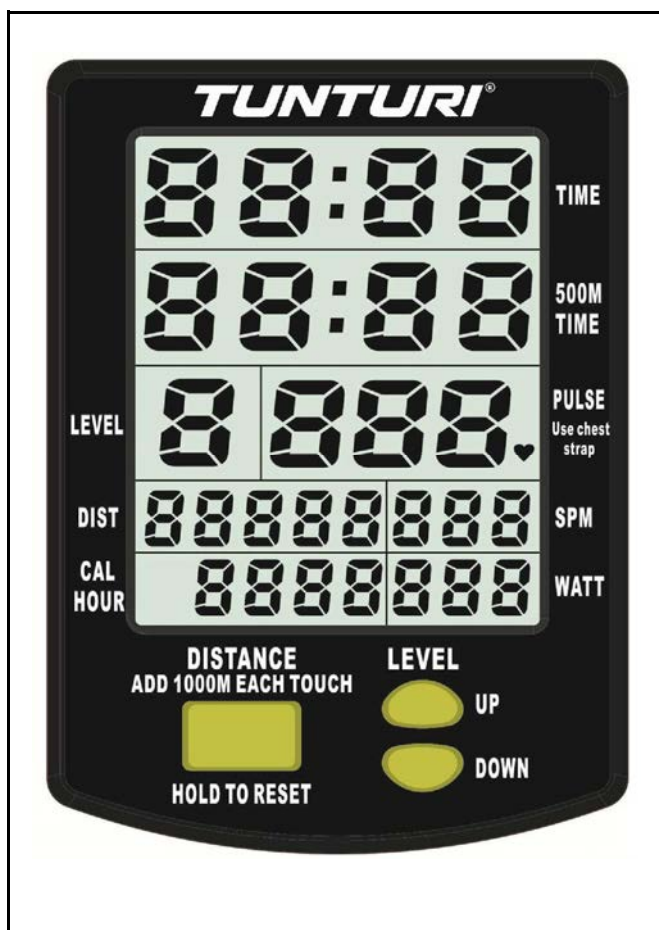


WARNING

- ⇒ Always consult a doctor before beginning an exercise program.
- ⇒ Stop immediately if you feel faint or dizzy.

Rowing console

- Auto Start:** Commence rowing to activate.
- Reset all values:** Hold DISTANCE button down for 3 second to RESET.
- Distance:** Add 1000m distance each button push to accumulate required distance then begin rowing to initiate count-back.
- Auto-Pause:** A temporary halt in exercise will result in the following:
For over 5 seconds and under 5 minutes:
- SPM / 500M TIME / WATT return to zero.
 - DISTANCE and TIME are put on hold, values are saved.
 - CAL HOUR defaults to total calories used in this session.
- A Resumption in exercise in less than 5 minutes will resume DISTANCE and TIME from saved values automatically.
- Auto Power Down:** After 5 minutes the console will shut down.
All values revert to zero after restart.



TIME:

Auto start elapsed time.

500M TIME:

Time to row 500m, updated at the completion of each stroke

PULSE:

Heart Rate pulse. Requires chest strap (sold separately)

SPM:

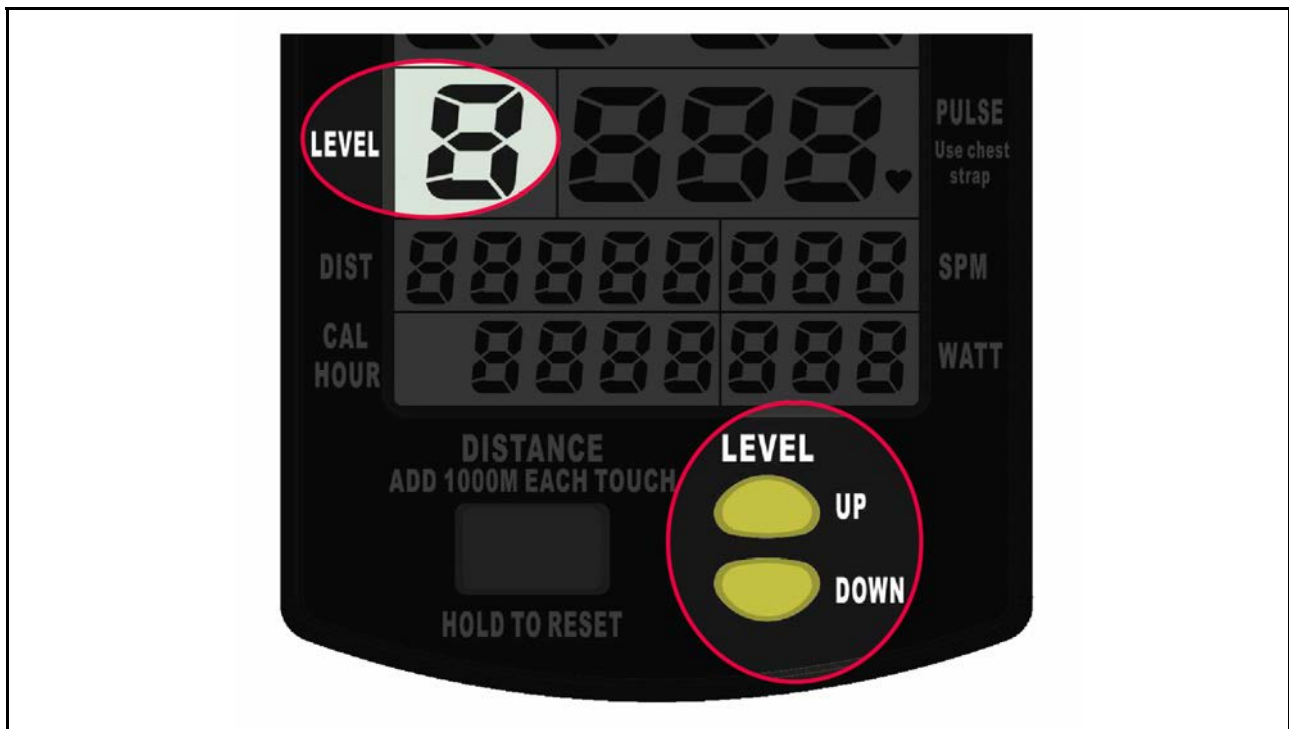
Stroke Per Minute, updated each stroke.

CAL HOUR:

Calories per hour, updated each stroke.

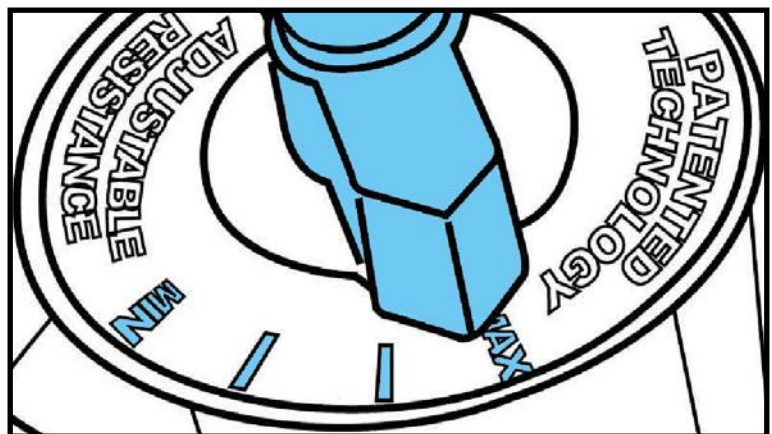
WATT:

Unit of power (W), updated each stroke.



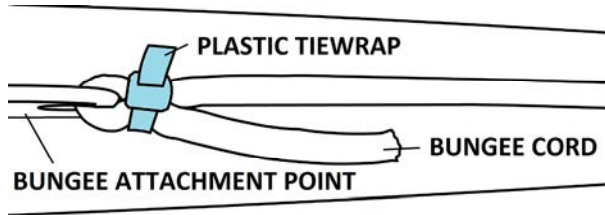
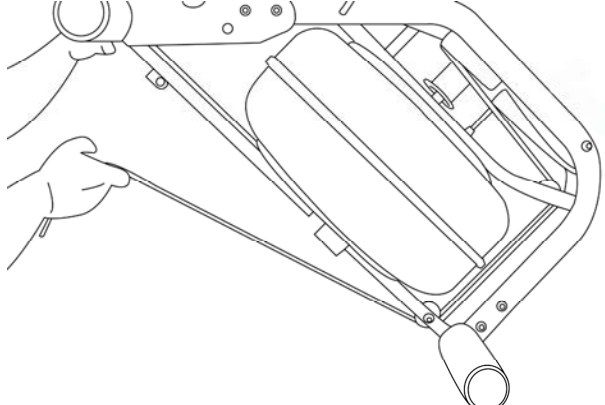
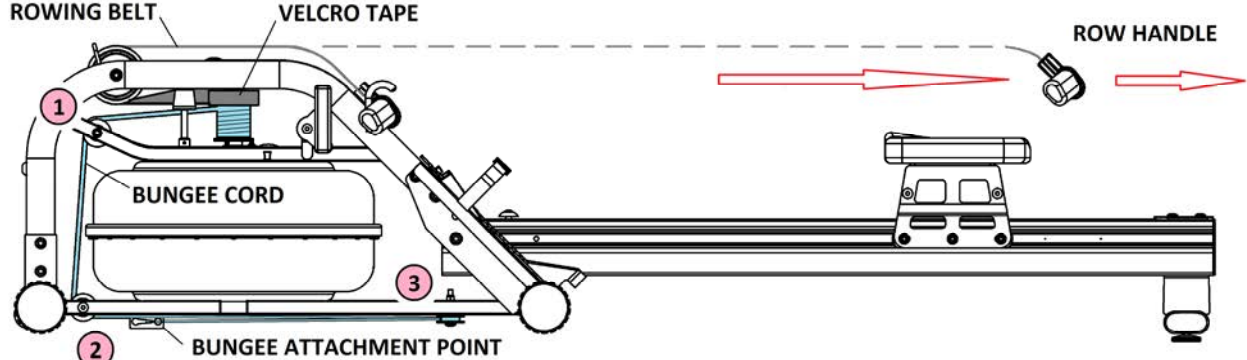
LEVEL UP / DOWN

MAX	LEVEL	
	LEVEL	
	LEVEL	
MIN	LEVEL	

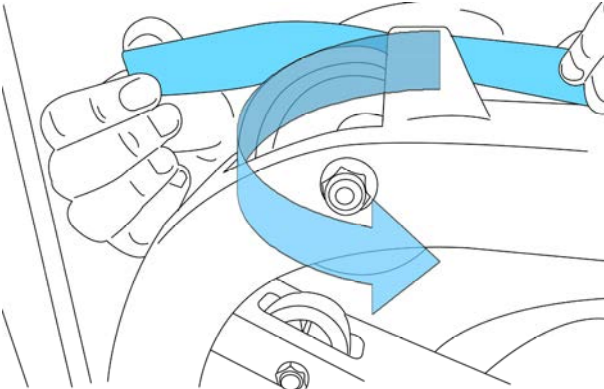
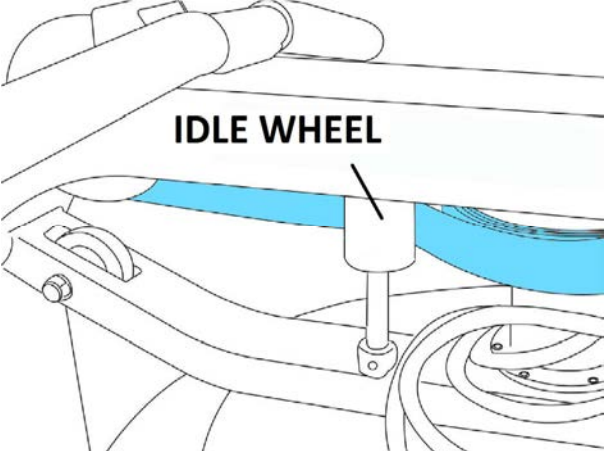
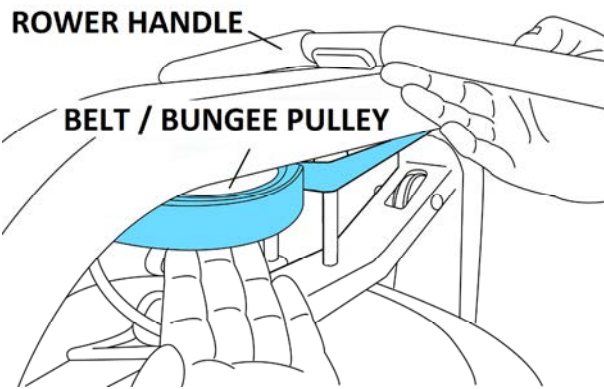
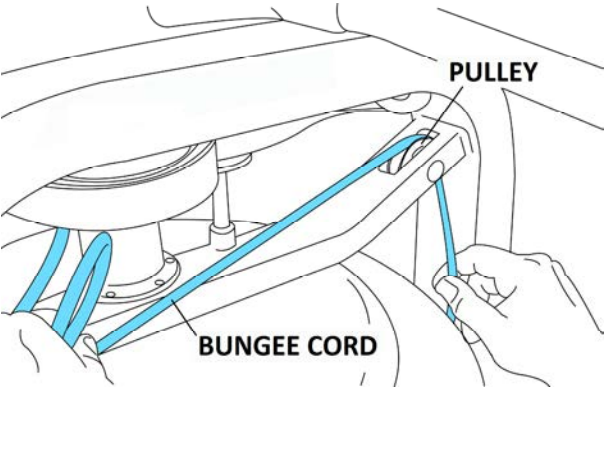


Use the yellow LEVEL UP / DOWN buttons on the console in conjunction with the tank resistance adjuster handle for accurate 500M TIME / DISTANCE / CAL HOUR / WATT.

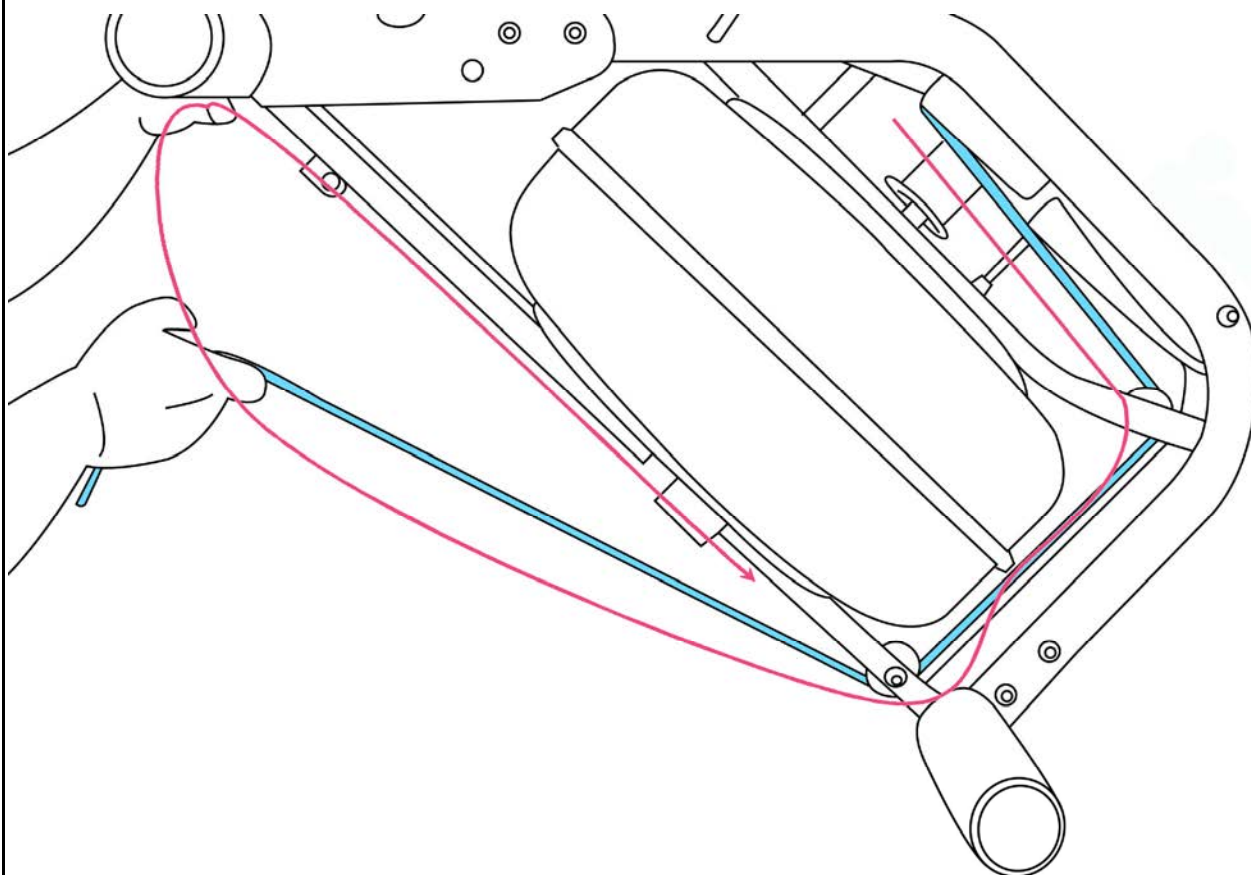
Detaching the rowing belt

	<p>1. Untie the bungee cord or cut the plastic tiewrap holding the bungee at the bungee attachment point. The bungee attachment point is located at the bottom of the main frame.</p>
	<p>2. Pull the bungee cord through all three 3 pulleys and leave excess on top of the tank for now.</p>
	
<p>3. To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the belt bungee pulley.</p>	<div data-bbox="805 1467 917 1579" data-label="Image"> </div> <p>NOTE</p> <p>⇒ You will hear the velcro separating just before the belt detaches.</p>

Re-attaching the rowing belt

	<ol style="list-style-type: none"> 1. Begin re-attaching by guiding the rower belt around the rower belt pulley. 2. The velcro side should be <u>facing up</u>ward as illustrated.
 <p>Diagram labels: IDLE WHEEL</p>	<ol style="list-style-type: none"> 3. Next, guide the belt around the idle wheel as shown. 4. Once around the idle wheel, attach the rower belt to the belt / bungee pulley. There is an obvious “lip” at the attachment point.
 <p>Diagram labels: ROWER HANDLE, BOLT / BUNGEE PULLEY</p>	<ol style="list-style-type: none"> 5. Wind the rower belt onto the belt / bungee pulley until the rower handle is at its furthest forward position.
 <p>Diagram labels: PULLEY, BUNGEE CORD</p>	<ol style="list-style-type: none"> 6. Rethread the bungee cord (on opposite side of the idle wheel) back through the bungee pulleys <div data-bbox="975 1778 1251 1854"> <p>1 2 3</p> </div> <p>(see previous page)</p> <p>and tie off at the attachment point.</p> 7. See next page for bungee cord route.

8. Bungee cord route (red line)



NOTE

- ⇒ If bungee cord previous tension seemed correct (a good way to judge is if the rower handle can make it to the furthest point forward on the top of the mainframe under bungee tension alone) then simply tie off at previous position.
- ⇒ If the return is too slack, experiment by tightening the tension in small increments and testing until the correct tension is achieved.
- ⇒ If the rower handle cannot reach the end of the seat rail during a rowing stroke, then the bungee cord is over-tensioned.

Troubleshooting

Fault	Possible cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	<p>Change rower location to reduce direct exposure to sunlight.</p> <p>Add water treatment or change tank water as directed in the water treatment section of this manual.</p>
Rower belt slipping off belt / bungee pulley.	Bungee cord not under enough tension.	Tighten bungee cord following the instructions in "Re-attaching the rowing belt" - step 8 of this manual.
Front of rower lifts slightly during vigorous rowing.	Vertical seat rail tensioning bolt (M10x150mm) is too loose.	<p>Tighten bolt 1/2 turn and row again. Tighten as needed until problem stops.</p> <p>Over tightening this bolt can damage the seat rail. Only tighten bolt in small increments until fault is corrected.</p>
The rowing console does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	<p>Reinstall batteries in correct position and try again.</p> <p>If the LCD screen fails to illuminate, try rotating the batteries slightly in the console.</p> <p>If this fails, contact your local service center.</p>
The rowing console screen illuminates, but does not register when rowing.	Loose or failed connection.	Check that the console lead is connected properly. If it is connected then contact your local service center.

Warranty

The product has a warranty from the date of delivery (to be documented by invoice or delivery note). Further information on warranty terms can be obtained from your local dealer. The warranty terms may vary from one country to another. Damages caused by normal wear, overloading or improper handling are excluded from the warranty. Damages caused by material or manufacturing faults are covered by the warranty and will be repaired or replaced at no cost.

Declaration of the manufacturer

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

01-2014

Tunturi Fitness BV

P.O. Box 60001

1320 AA Almere

The Netherlands

Disclaimer

© 2014 Tunturi Fitness BV

All rights reserved.

The product and the manual are subject to change.

Specifications can be changed without further notice.

NOTES

TUNTURI[®]

Tunturi Fitness BV

PO Box 60001

1320AA Almere

The Netherlands

E-mail: info@tunturi-fitness.com

For contact information and manuals in other languages, check our website:

WWW.TUNTURI.COM