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TUNTURI R30 Cardio Fit Series Rower

Tunturi R30 Cardio Fit Series Rower User Manual

Model: R30 Cardio Fit Series Rower (16TCFR3200)

Brand: TUNTURI

PRODUCT OVERVIEW

The Tunturi Cardio Fit R30 Rower is designed to provide an efficient full-body workout, engaging major muscle groups without high-impact stress. This rowing machine is ideal for building muscle mass and endurance, offering a smooth and quiet exercise experience. Its compact and foldable design makes it suitable for home use, allowing for easy storage and transport.



Figure 1: The Tunturi R30 Cardio Fit Series Rower.

KEY FEATURES

- **Monitor:** Easy-to-read LCD monitor displaying essential data such as speed, distance, time, heart rate, and calories burned.
- **Customizable Workout:** 8 resistance levels allow for tailored workouts to meet specific fitness goals.
- **Ergonomic Comfort:** Features a smooth aluminum monorail and an adjustable, ergonomic seat for a comfortable and effective workout.

- **Tablet Holder:** Integrated holder for placing a tablet, enhancing the indoor training experience.
- **Portability:** Equipped with transport wheels and a foldable design for easy movement and compact storage.



Figure 2: Overview of Tunturi R30 Rower components and features.

SETUP AND ASSEMBLY

The Tunturi R30 Rower requires some assembly. It is recommended to refer to the detailed assembly instructions provided in the official User Manual PDF for step-by-step guidance. Ensure all components are securely fastened before first use. For detailed assembly instructions, please refer to the official User Manual PDF: [Download User Manual \(PDF\)](#)

Your browser does not support the video tag.

Video 1: This video demonstrates the setup, usage, and folding of the Tunturi R30 Cardio Fit Series Rower. It provides a visual guide to preparing the rower for use and storing it.

OPERATING INSTRUCTIONS

1. Getting Started

Before beginning your workout, ensure your feet are securely fastened in the anti-slip footrests using the adjustable straps. Adjust the monitor to a comfortable viewing angle.



Figure 3: Anti-slip footrests with straps for secure foot placement.

2. Adjusting Resistance

The Tunturi R30 Rower features 8 levels of magnetic resistance. To adjust the intensity of your workout, turn the resistance dial located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance.



Figure 4: Resistance adjustment dial.

3. Using the LCD Monitor

The LCD monitor provides real-time feedback on your workout. It displays key metrics such as:

- Time
- Distance
- Calories Burned
- Heart Rate (if connected to compatible sensor, not included)
- Speed
- Strokes per Minute
- Total Strokes

Use the buttons below the display to navigate through different modes and reset your workout data. The monitor also includes a tablet holder for entertainment during your exercise.

LCD MONITOR WITH TABLET HOLDER



TIME



AMOUNT OF STROKES



TOTAL AMOUNT OF STROKES



CALORIES

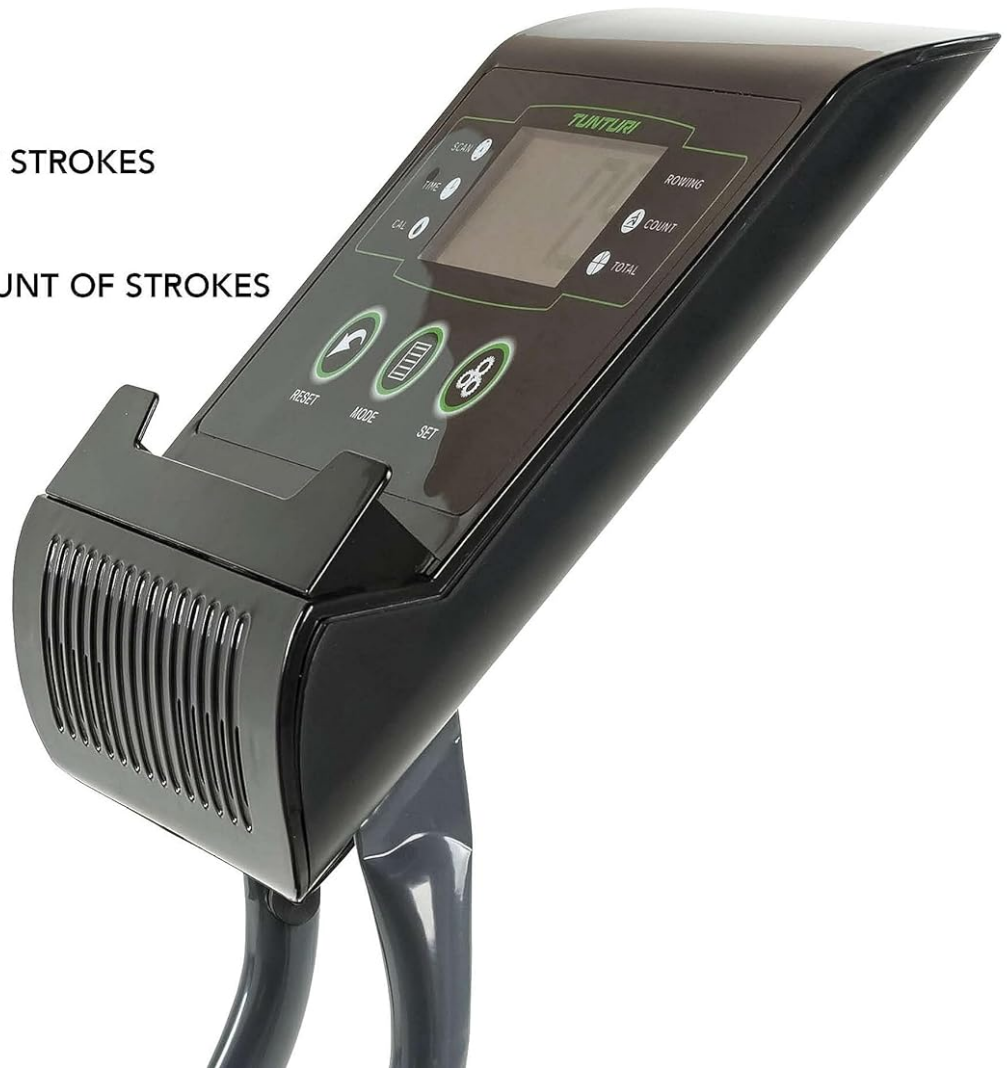


Figure 5: LCD Monitor with tablet holder and display functions.

4. Proper Rowing Form

Maintain a smooth and controlled rowing motion. The movement should be fluid, engaging your legs, core, and arms in sequence. Focus on pushing with your legs first, then leaning back slightly and pulling the handle towards your abdomen. Reverse the motion to return to the starting position.



Figure 6: Proper rowing technique for an efficient workout.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Tunturi R30 Rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts and screws to ensure they are tight and secure.
- **Rail Cleaning:** Keep the monorail clean and free of debris to ensure a smooth seat glide.

TROUBLESHOOTING

If you encounter issues with your Tunturi R30 Rower, consider the following common solutions:

- **Monitor Not Displaying:** Check if the batteries (2 AA) are correctly installed and have sufficient charge. Replace if necessary.
- **Squeaking Noise:** Ensure all connections are tight. Clean the monorail and seat rollers.

- **Resistance Issues:** Verify the resistance dial is correctly engaged. If the issue persists, consult the detailed manual or contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	TUNTURI
Model Name	R30 Cardio Fit Series Rower
Model Number	16TCFR3200
Color	Black
Resistance Mechanism	Air, Magnetic
Resistance Levels	8
Maximum Weight Recommendation	110 Kilograms
Metrics Measured	Speed, Heart Rate, Calories Burned, Time, Distance
Frame Material	Aluminum
Item Weight	21.5 Kilograms
Item Dimensions (LxWxH)	75 x 20 x 27.56 inches
Power Source	Battery Powered (2 AA batteries required)
Display Type	LCD






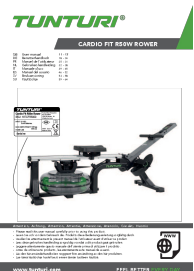
Figure 7: Product dimensions.



WARRANTY AND SUPPORT

The Tunturi R30 Cardio Fit Series Rower comes with a **2 Year Limited Warranty**.
For warranty claims, technical support, or further assistance, please refer to the contact information provided in your product packaging or visit the official TUNTURI website. You can also find additional information and support resources via the official User Manual PDF: [Download User Manual \(PDF\)](#)

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For more information, visit www.tunturi.com

Related Documents - R30 Cardio Fit Series Rower

	<p>Tunturi Cardio Fit R30 Rower User Manual and Assembly Guide</p> <p>Comprehensive user manual for the Tunturi Cardio Fit R30 Rower, covering assembly, safe usage, maintenance, workouts, and technical specifications. Visit www.tunturi.com for more information.</p>
	<p>Tunturi Cardio Fit Rower R30 Assembly Manual</p> <p>Assembly instructions for the Tunturi Cardio Fit Rower R30 rowing machine. Includes setup steps and links to the full user manual and manufacturer declarations for safe and effective use.</p>
	<p>Tunturi Cardio Fit Rower R20 User Manual</p> <p>Your comprehensive guide to the Tunturi Cardio Fit Rower R20. This manual provides essential information on assembly, safe operation, maintenance, and features to help you maximize your home fitness experience.</p>
	<p>Tunturi Cardio Fit R50W Rower User Manual and Instructions</p> <p>This user manual provides essential information for the Tunturi Cardio Fit R50W Rower, including setup, operation, safety guidelines, maintenance, and technical specifications for optimal home fitness.</p>

 <p>The image shows the front cover of the Tunturi Cardio Fit R25 Rower User Manual. It features the Tunturi logo at the top left, followed by the product name 'CARDIO FIT R25 ROWER'. Below this is a small image of the rower. At the bottom, there is a website address 'www.tunturi.com' and a small icon of a smartphone.</p>	<p>Tunturi Cardio Fit R25 Rower User Manual</p> <p>Comprehensive user manual for the Tunturi Cardio Fit R25 Rower, covering assembly, operation, safety, maintenance, and technical specifications. This guide provides detailed instructions for setting up, using, and caring for your fitness equipment.</p>
 <p>This is an identical copy of the first image, showing the front cover of the Tunturi Cardio Fit R25 Rower User Manual.</p>	<p>Tunturi Cardio Fit R25 Rower User Manual</p> <p>Comprehensive user manual for the Tunturi Cardio Fit R25 Rower, covering assembly, safety, usage, maintenance, and technical specifications. Learn how to get the most out of your rowing experience.</p>