

User Manual for KingSmith Foldable Rowing Machine

Please read the User Manual carefully before using the Treadmill, and keep it properly.



Manufacturer: Beijing Kingsmith Technology Co., Ltd.

Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China.

MADE IN CHINA

Model No.: *RMWR1F SA*

KING SMITH

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

The appliance is intended for household.



DANGER

– To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.



WARNING

– To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 3) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 5) Do not carry this appliance by supply cord or use cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never drop or insert any object into any opening.
- 8) Do not use outdoors.
- 9) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 10) To disconnect, turn all controls to the off position, then remove plug from outlet.

Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

Category S (studio): Professional and/or commercial use.

The fitness equipment is used in training places for groups, such as: sports associations, educational institutions, hotels, clubs and studios, and its use and control are exclusively managed by the owner (with legal personality).

Class H (home): home use.

Additional instructions for use:

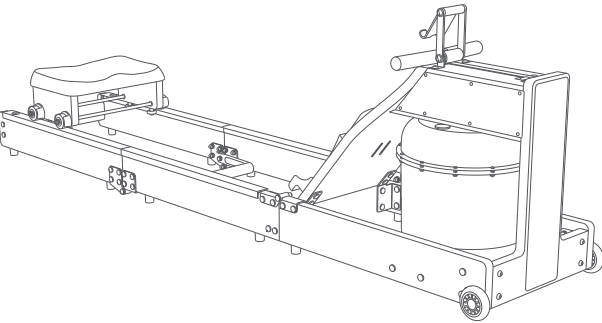
Braking System: Speed Dependent.

Load information: Change the load by changing the water volume in the tank.

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Welcome!

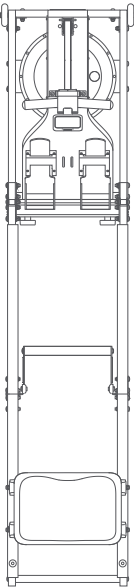
Thanks for choosing the KingSmith Foldable Rowing Machine, hereinafter referred to as the rowing machine. The ingenious tri-folding design presents the enjoyment of the quality life from healthy exercise at home. This product is for domestic use only, and shall not be used for any business, rental or public group purpose.



Performance index	Detailed parameters
Applicable age	14-60 years old
Continuous tension	300 N
Maximum load	120 kg (260 lbs)
Net weight	29 kg (63 lbs)
Unfolding dimension	1940×500×560 mm 76.3×19.6×22.0 inch
Folding dimension	680×500×580 mm 26.7×19.6×22.8 inch
Class	HC
Transmitting Frequency	2400~2483.5 MHz
Transmitting Power(Max)	20 dBm

1. Product and Accessories

Please carefully check whether the items contained in the packing box are complete and intact, and contact the retailer once finding any items missing or damaged.



Rowing machine

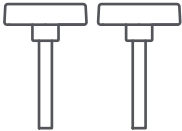
Accessories



Water pump×1



Agent blue×1



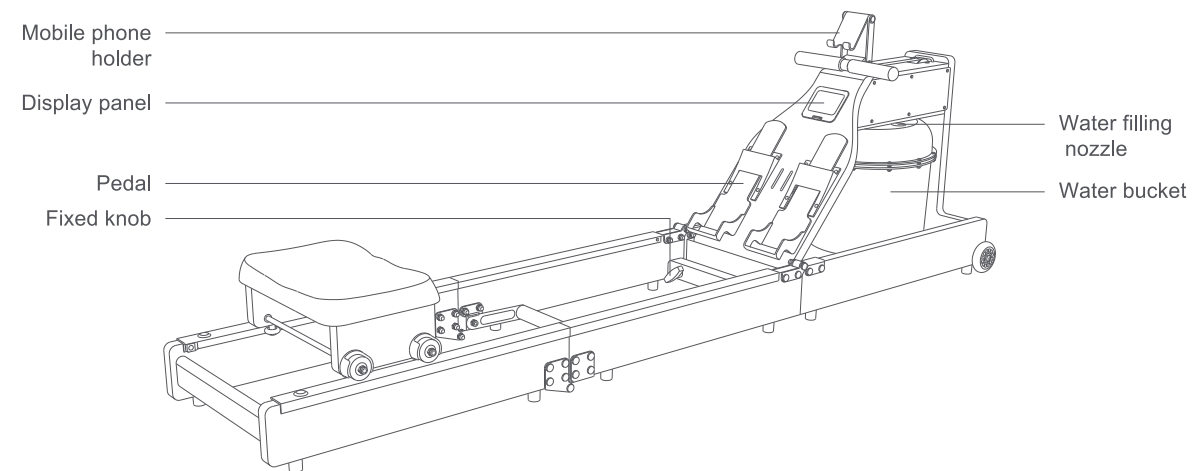
Fixing knob×2



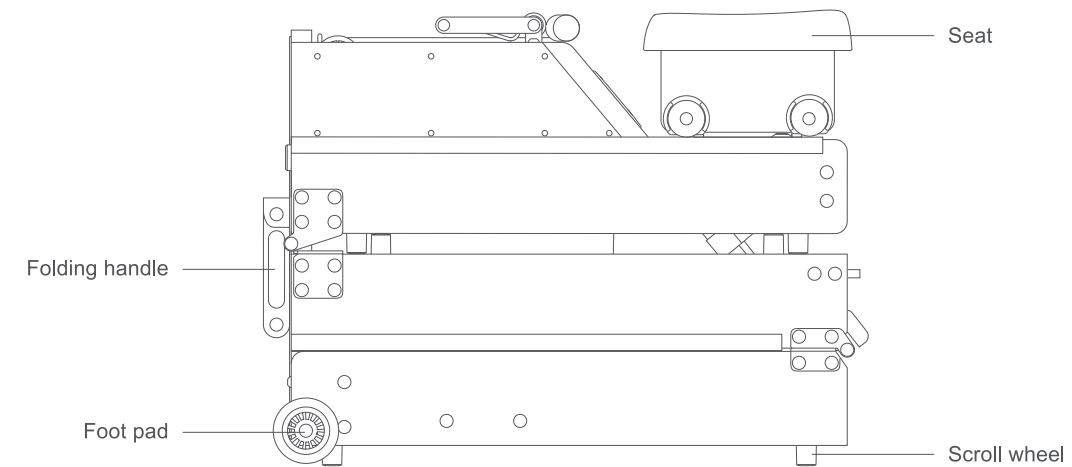
Manual×1

2. Functional Diagram

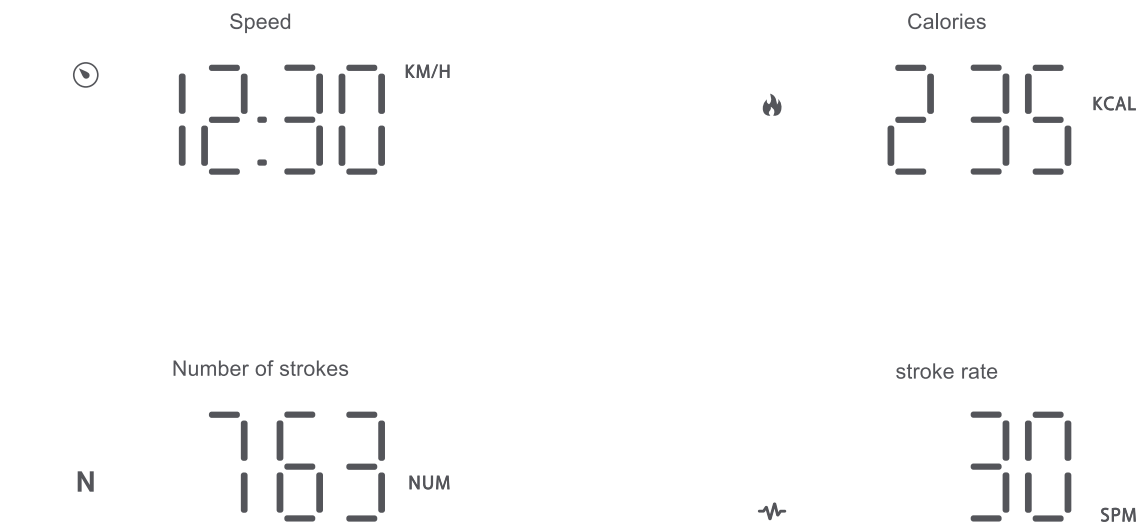
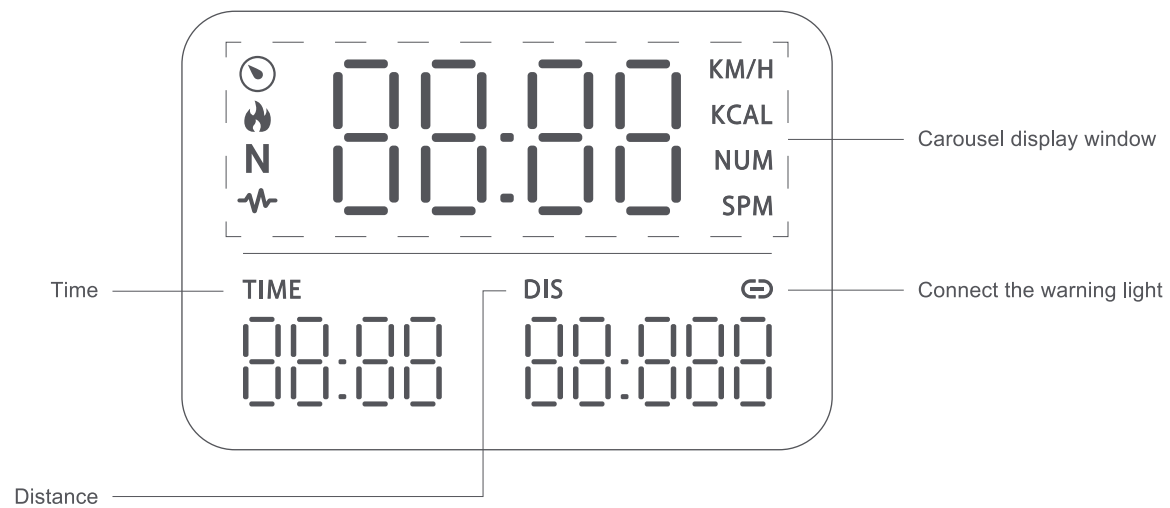
1. Unfolding state



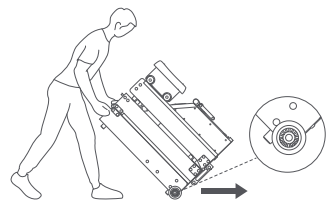
2. Folding state



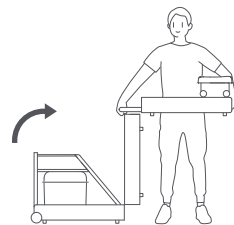
3. Function introduction to display panel



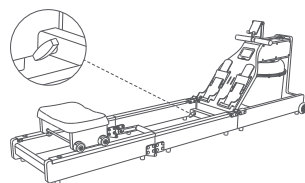
3. Guide for Initial Use



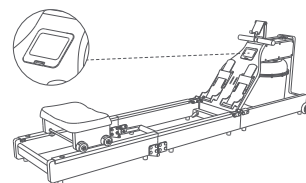
1. Before pushing and pulling, place the product on a flat floor instead of on a too soft mat or a thick carpet.



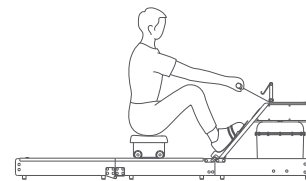
2. Pull the armrest at the head of the machine with one hand, and pull the wooden board under the seat with the other hand, and lift the folding rail upwards by force to unfold the rowing machine.



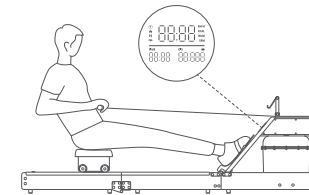
3. After unfolding, screw the fixing knobs into the corresponding fixing holes under the pedals on both sides, so as to secure the wooden boards at the front ends.



4. Remove the electronic meter above the pedal and load the battery compartment with batteries.



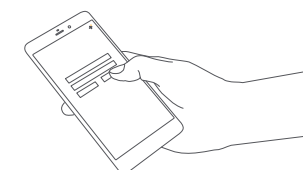
5. Sit on the seat, keep the feet on the pedals, adjust the size of pedals and secure the straps.



6. Pull the handle of rowing machine to light up the screen of display panel.



7. Scan the QR code above or search for "KS Fit" in the app store, and complete installation and registration.

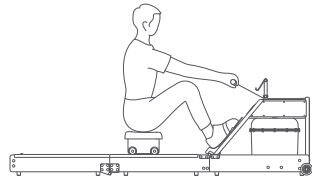


8. Open the APP, add and bind by following the instructions, and use the rowing machine freely or watch the lessons.

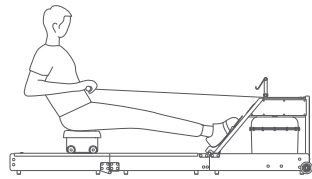
4. Operational Instructions

Essentials of movement

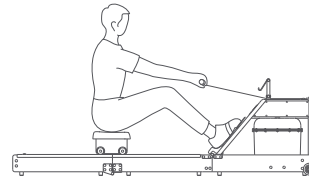
- Begin with a relaxed forward stroke, then stretch legs hard while keeping arms and back straight.
- Pull arms backward beyond knees, until to the position of pelvis, and rotate over the pelvis to complete the stroke.
- Return to the original position and repeat the cycle.
- Refer to the video tutorial for more information on rowing and use.



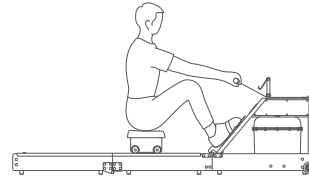
1. Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



3. Release: Pull the grip under the ribs with the legs fully straight.



2. Drive: Press the pedals with the soles of the feet, and straighten the arms simultaneously.



4. Recovery: Slowly bend the knees when the body is fully leaned forward and the arms are relaxed straight, and then repeat the previous steps.

5. Warm-up Exercises

Resistance adjustment

Load variation:

The water resistance of the rowing machine is related to speed, and the resistance increases as the pulling speed increases.

Adjusting the load:

The water resistance load of the rowing machine can be adjusted by changing the water volume of the water tank, and the load increases with the increase of the water volume.

Error code

E01: Display error

E02: Sensor A data overflow

E04: Sensor A data overflow

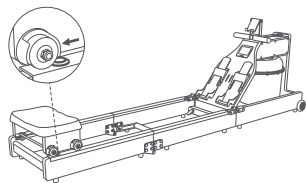
E08: Sensor B data overflow

E0100: Sensor B data disconnected

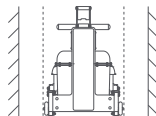
Warm up for 5 - 10 minutes before exercising since warm muscles are easier to stretch and prevent sports injuries. It is recommended to do the stretching exercise as follows, and repeat it after the exercise.

1. Downward stretch: Bend knees slightly, lower the body forward slowly, relax the back and shoulders, touch the toes with hands as much as possible, hold for 10 - 15 seconds, and then relax (repeat 3 times).
2. Hamstring stretch: Sitting on a clean seat cushion, straighten one leg, and retract the other inward so that the leg fits snugly against the inside of the straightened one. Try to touch the toes with hands, hold for 10 - 15 seconds, and then relax (repeat 3 times for each leg).
3. Calf and Achilles tendon stretch: Stand with both hands against the wall and one foot behind, keep the hind leg upright and the heel on the ground, lean towards the wall, hold for 10 - 15 seconds, then relax (repeat 3 times for each leg).
4. Quadriceps stretch: Maintain balance against a wall or table with left hand, stretch the right hand backward to grab and pull the right heel slowly toward buttocks until feeling tension in the front thigh muscles, hold for 10 - 15 seconds, then relax (repeat 3 times for each leg).
5. Sartorius (muscle of inner thigh) stretch: Sit with the soles of feet facing each other and the knees facing out. Grab and pull the feet toward the groin with hands, hold for 10 -15 seconds, then relax (repeat 3 times).

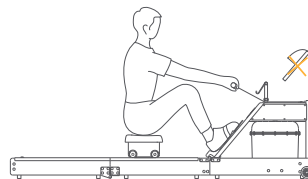
6. Safety Precautions



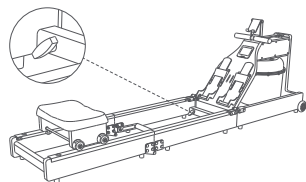
- ⚠ Make sure the rear wheel of the seat is located behind the protrusion at the end of the rail before stowage.



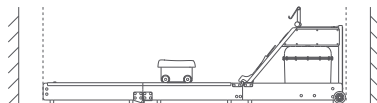
- ⚠ A space distance between the left and right sides of the rowing machine shall be kept more than 600mm.



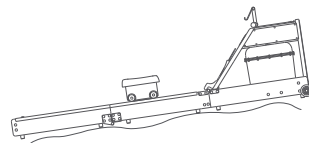
- ⚠ Exercise moderately with sports shoes and clothes according to own physical conditions. In case of any discomfort during exercise, stop exercising immediately and consult a doctor, otherwise there could be a risk of injury.



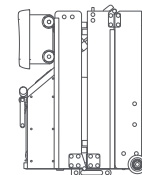
- ⚠ During use, be sure to screw the fixing knob.



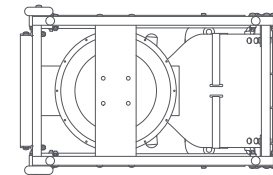
- ⚠ A space distance between the front and rear sides of the rowing machine shall be more than 600mm.



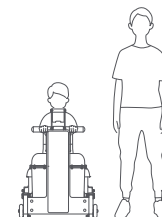
- ⊗ No use on the uneven ground is allowed.



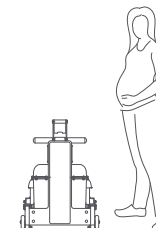
- ⊗ Upright folding is not allowed.



- ⊗ Sideways folding is not allowed.



- ⊗ Children should be supervised to ensure that they do not play with the rowing machine.



- ⚠ The elderly, children and pregnant women should use this product prudently.

7. Trademark and Legal Statement

Various patents relating to the KingSmith WalkingPad Treadmill series are developed and copyrighted by Beijing KingSmith Technology Co., Ltd. ("KingSmith" for short). Without the written permission of KingSmith, any organization or individual shall not copy or distribute all or any part of this User Manual and shall not use the patents contained thereof. This User Manual, as far as possible, has included various latest function introductions and operational instructions at the time of being printed. Nevertheless, there might be discrepancies between the purchased Treadmill and those described herein due to a continuous optimization in functions and designs. Therefore, the actual Treadmill shall prevail in case of any deviations in color and appearance.

The machine satisfies EN ISO 20957-1, EN ISO 20957-7

8. Replacement and Disposal



The battery contained in this appliance must be removed for disposal.

When replacing the battery, use only original battery, available from our online parts shop.

The battery compartment is located on the back of the appliance. Open the compartment by removing the screw in the cover using a suitable screwdriver, and then press the lower end of the locking catch on the connectors. In that way, both sides of the connection can be separated by pulling them apart.

When inserting a new battery, push together the two connectors and ensure that the catch locks over the stop.

Never dispose of old battery in domestic garbage, but only through the proper public collection points. This also applies to the battery of defective appliances.



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials that can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.