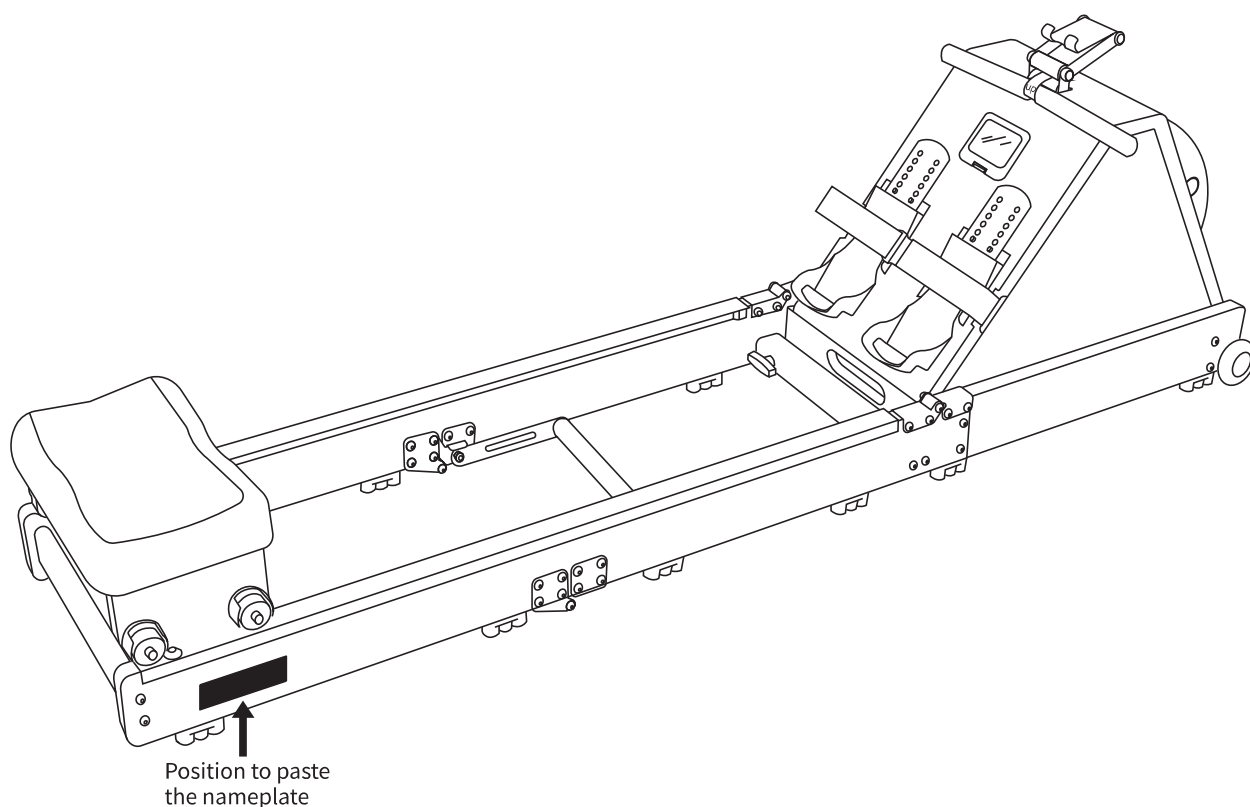


KINGSMITH

Trifold Water Rowing Machine

WR20

User Manual



Scan the QR code
for app download



Scan the QR code
for more languages

Please read the user manual carefully before using the product.
Keep it properly for future reference.



Safety Precautions

Thank you for choosing the KINGSMITH Trifold Water Rowing Machine (hereinafter referred to as "the equipment", "the product", etc). It is a speed training product. To ensure that you fully understand and use the product correctly, please read the following instructions carefully before use.

DANGER - TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

WARNING - TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- 1) Equipment should never be left unattended when not in use, and before putting on or taking off parts.
- 2) Inspect the product for any signs of wear and tear prior to use. If you find any damage, contact customerservice immediately. Do not use the product until the issue is resolved.
- 3) This equipment is only to be used by healthy and able-bodied adults. Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.
- 4) The equipment is intended for consumer and residential use only. Do not use it in a commercial or light-commercial setting or outdoors or medical treatment purpose.
- 5) Do not use attachments not recommended by the manufacturer.
- 6) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 7) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 8) Ensure there is a distance of at least 1.5 m (4.92 feet) behind the equipment and a distance of at least 600 mm (23.62 in.) on other sides.
- 9) Wear appropriate athletic clothing to use the equipment and exercise according to your own condition. Do not exercise barefoot or in socks only.
- 10) Do not wear loose or dangling clothing while using the product.
- 11) Do not stand or step on the head of the equipment.
- 12) Keep children away. Do not use this equipment with, near or around pets.
- 13) The elderly, children, and pregnant women Must use this product with caution. Please consult a doctor and obtain relevant guidance before using this equipment.
- 14) Store the equipment as instructed in the manual for safety.
- 15) Do not exceed the maximum specified user weight.
- 16) Avoid exposing this equipment to direct sunlight. Keep it in a cool and dry place.
- 17) For optimal performance and stability, use the equipment on a level solid surface and ensure there are no obstructions underneath it.
- 18) The product is for ages 14 and up, single use only.
- 19) This equipment is not intended for use by persons (including children) 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 equipment by a person responsible for their safety.
- 20) Children should be supervised to ensure that they do not play with the equipment.
- 21) This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved.
- 22) Children shall not play with the equipment.
- 23) Cleaning and user maintenance shall not be made by children without supervision.
- 24) The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 25) Pay special attention to components most susceptible to wear, such as pedal.
- 26) Replace defective components immediately and/or keep the equipment out of use until repair.
- 27) When the equipment stops, please approach and escape the equipment from either side. If you want to dismount this equipment, you must stop the equipment completely.
- 28) Our company is not liable for any personal injuries or property losses caused by improper use of this product. We reserve the right to update, revise, or terminate the user manual and related instructions without prior notice.

Warning:

- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are to be removed from the equipment before being charged.
- Different types of batteries or new and used batteries are not to be mixed.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the equipment and safely disposed of.
- If the equipment is to be stored unused for a long period, the batteries should be removed.
- The supply terminals are not to be short-circuited.

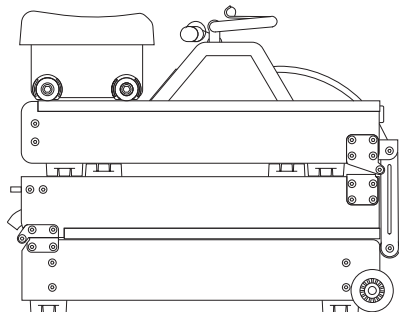
Contents

Product Introduction	04
Operation and Adjustment	08
Care and Maintenance	15
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Regulatory Compliance Information.....	17

Product Introduction

Unpack the product and ensure all items are present. If anything is missing, please contact the seller.

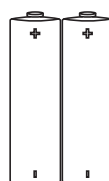
01 Packing List



Rowing machine



Water pump



Battery



User manual

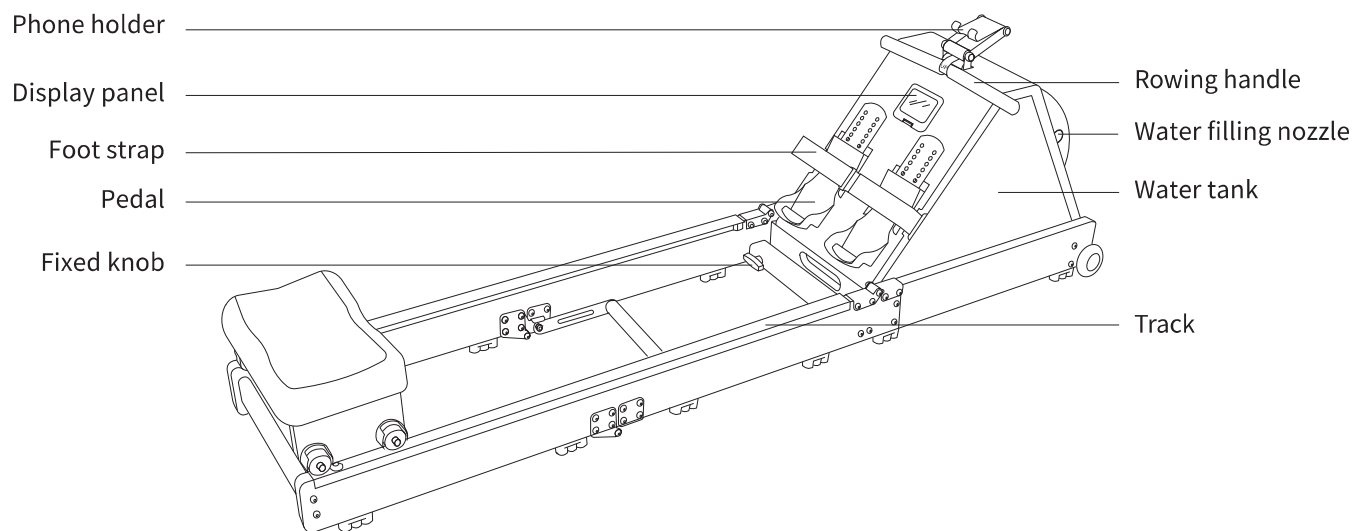
02 Tech Specs

Product name	Trifold Water Rowing Machine		
Model	RMWR20F	Unfolded size	2070 mm × 480 mm × 580 mm
Rated voltage	3 V		81.50 in × 18.90 in × 22.83 in
Track	Dual track	Folded size	735 mm × 480 mm × 580 mm
Track length	1250 mm		28.93 in × 18.89 in × 22.83 in
	49.21 in	Class	HC
Nominal capacity	25 L / 6.60 gal	Age range	14 years and above
Actual capacity	11 L / 2.91 gal	Max resistance	70 kg / 154 lb
Paddle	12 blades	Resistance type	Water resistance
Max user weight	150 kg / 331 lb	Resistance range	Water resistance (6 levels)
Net weight	40 kg / 88 lb	Operating temperature	5~50 °C
Water Pump:			
Rated voltage	5 V		
Rated power	4 W		

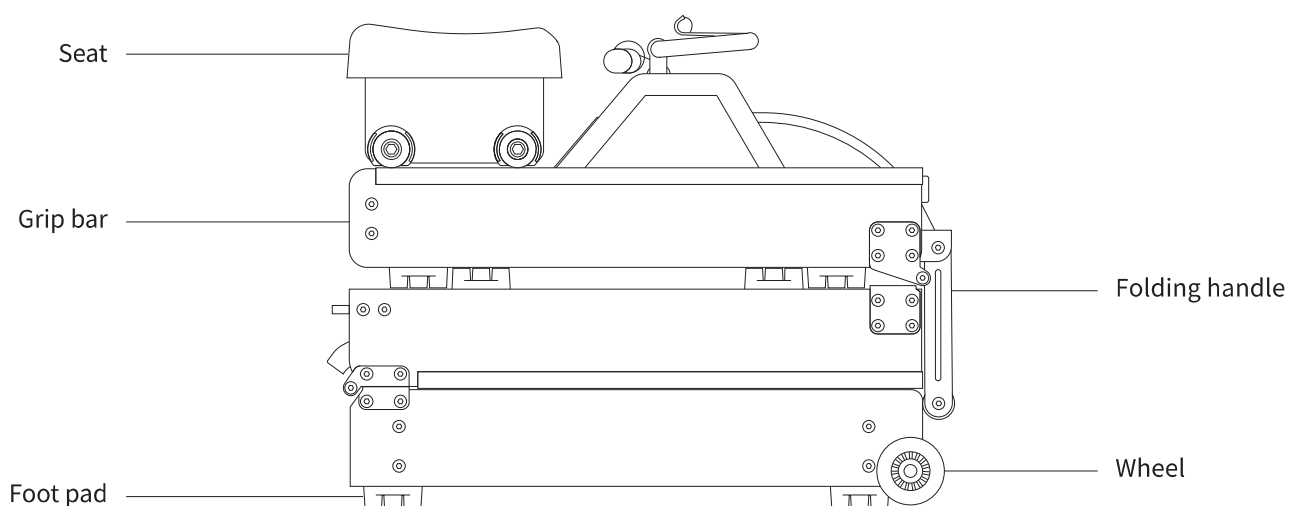
Radio Frequency and Radio Transmission Power

RF Specification	Working Frequency	Maximum Output Power
Bluetooth	2402-2480 MHz	8.51 dBm (EIRP)

03 Part Names

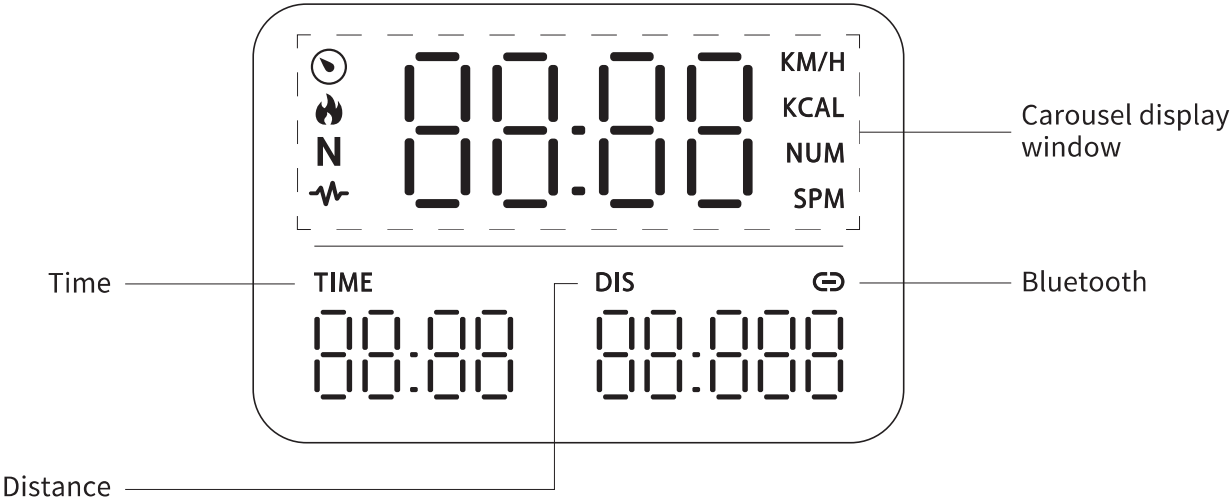


Unfolded state



Folded state

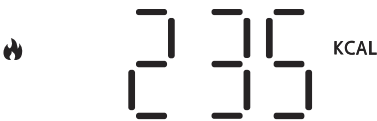
04 Display Panel Functions



Speed



Calories



Number of strokes



Stroke rate

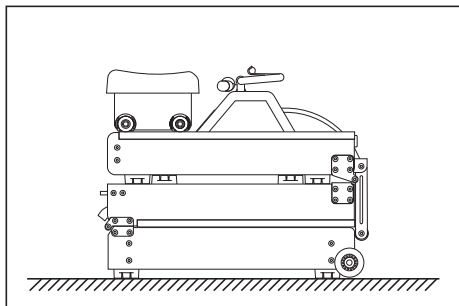


05 Customized Resistance Workout

Water Resistance Level	Strokes Per Minute	Total Resistance	Use Case
1	25 spm	50 kg / 110 lb	Cardio Workout
2	25 spm	55 kg / 121 lb	Cardio Workout
3	25 spm	60 kg / 132 lb	Cardio Workout
4	25 spm	70 kg / 154 lb	High-Intensity Exercise
5	25 spm	80 kg / 176 lb	High-Intensity Exercise
6	25 spm	85 kg / 187 lb	Heart Rate Training
1	29 spm	55 kg / 121 lb	Cardio Workout
2	29 spm	60 kg / 132 lb	Cardio Workout
3	29 spm	65 kg / 143 lb	High-Intensity Exercise
4	29 spm	75 kg / 165 lb	High-Intensity Exercise
5	29 spm	85 kg / 187 lb	Heart Rate Training
6	29 spm	90 kg / 198 lb	Heart Rate Training

Operation and Adjustment

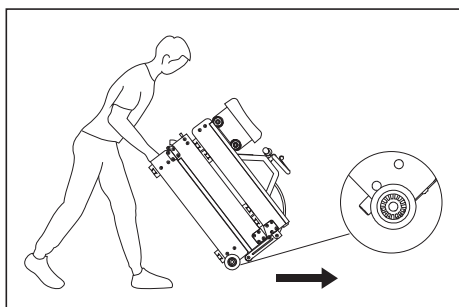
01 How to move the rowing machine



Before moving the rowing machine, make sure the equipment is completely folded.

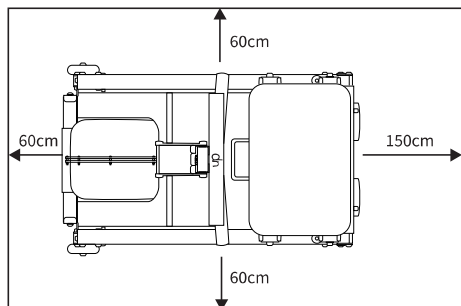
① Place the equipment on a solid level surface.

Caution: Avoid thick carpet or mats, as it may make the equipment less stable.

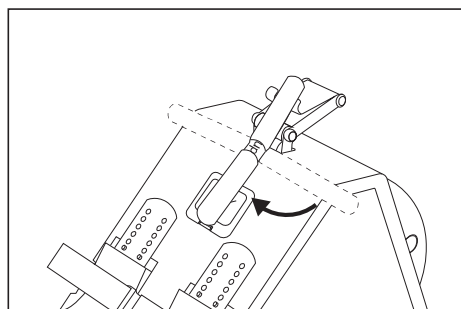


② Lift the rowing machine by the third grip bar and move it to your desired spot.

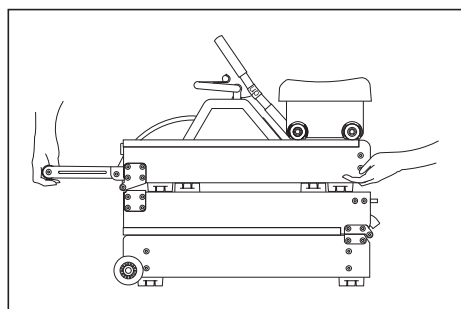
02 How to unfold the rowing machine



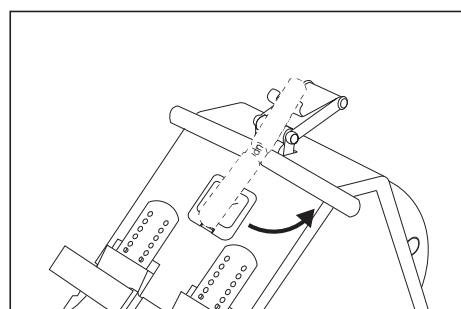
① Before unfolding the rowing machine, ensure there is a distance of at least 1.5 m (4.92 feet) behind the equipment and a distance of at least 600 mm (23.62 in.) on other sides.



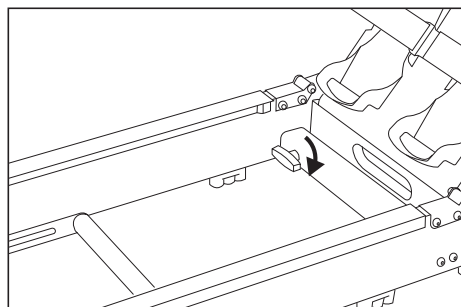
② Turn the rowing handle until it is vertical.



③ Hold the first grip bar with one hand and lift the folding handle with the other hand until the rowing machine is completely unfolded.

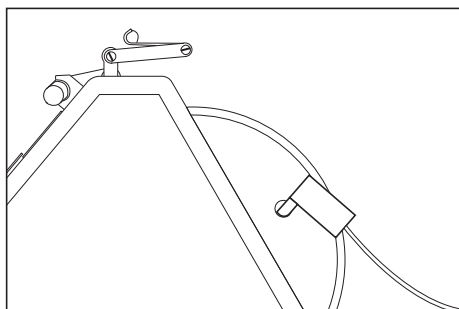


④ Turn the rowing handle until it is horizontal.

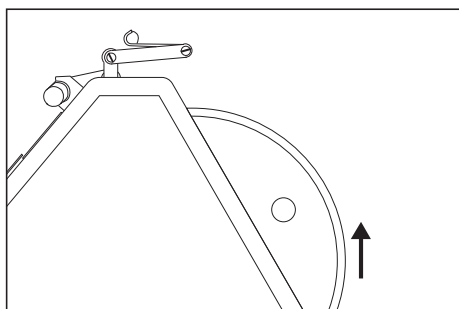


⑤ Rotate the fixed knobs clockwise to secure the wooden boards at the front ends.

03 How to add water to the tank



① Remove the water tank cap and insert the water outlet into the water filling nozzle.

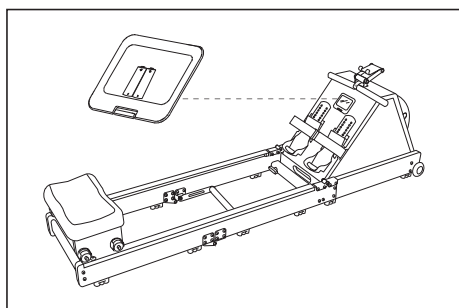


② Add water to your desired water line and tighten the lid.

Caution:

- Different water lines indicate different water resistance levels.
- Do not add water beyond the max water line (11 L).
- Please fill the water tank with purified or distilled water to keep it clean.

04 How to insert the batteries



① Remove the display panel, align the +/- polarity and insert the batteries into the compartment on the back.

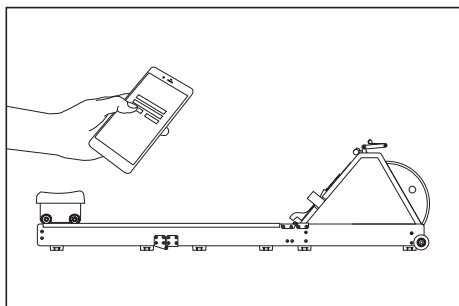
Caution: Please ensure the power adapter is securely plugged in.

05 How to connect the app

Elevate your workout experience with the KS Fit app. Real-time data tracking and personalized guidance will help you reach your fitness goals faster.



① Scan the QR code, download and install the KS Fit app.



② Bring your mobile phone close to the rowing machine.

③ While illuminating the display panel, turn on Bluetooth and allow it to search for nearby devices.

④ Open the KS Fit app and add the rowing machine.

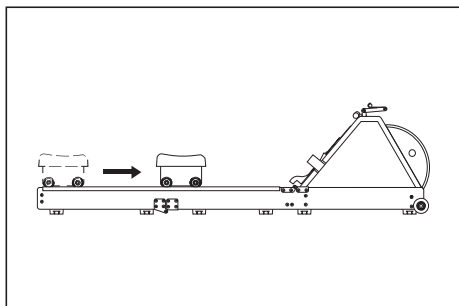
Caution:

- The rowing machine can only be added through the KS Fit app. If you've already added it via Bluetooth settings, please remove it and add it again in the app.

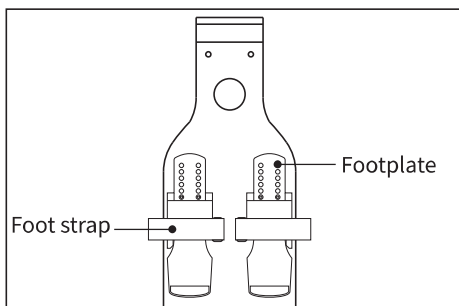
- In case pairing fails, unplug the power adapter, wait for 10 seconds and repeat step ② to ④.

- For safety, avoid connecting another mobile phone when the rowing machine is in use.

06 How to fasten the foot strap

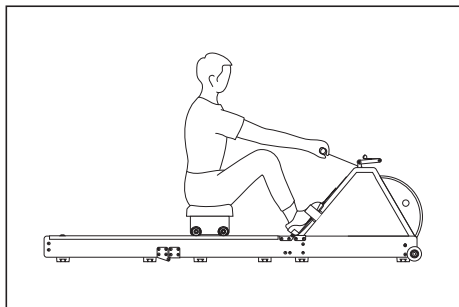


① Slide the seat to your desired position.

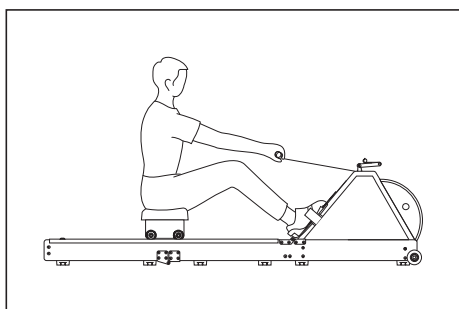


② Sit on the seat, adjust the footplate to the appropriate holes and secure your feet.

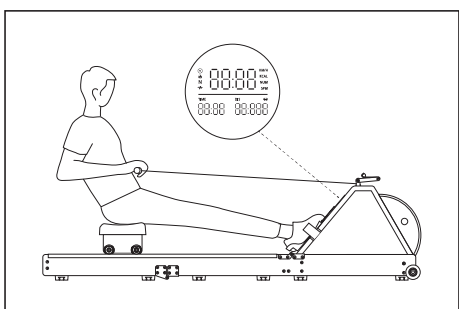
07 How to use the rowing machine



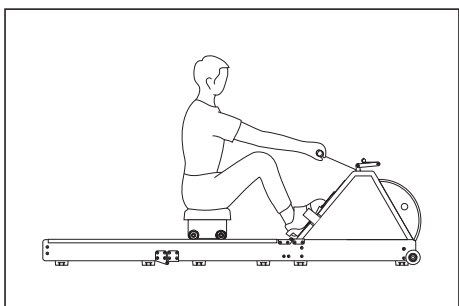
① Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



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

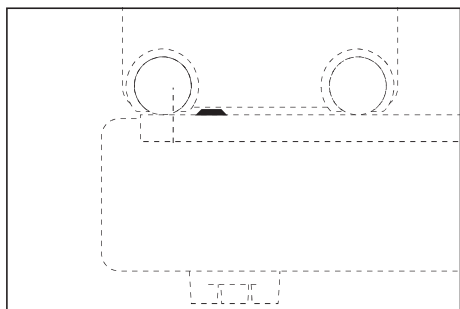


③ Release: Pull the rowing handle under the ribs with the legs fully straight to light up the screen of knob panel.

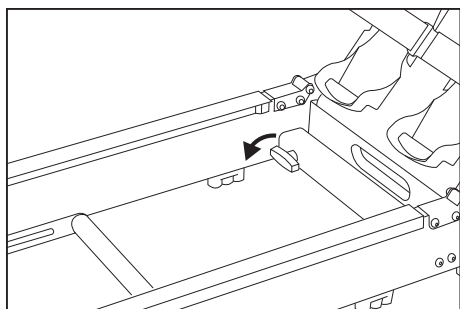


④ Recovery: Slowly bend the knees when the body is fully leaned forward and the arms are relaxed straight, and then repeat the previous steps.

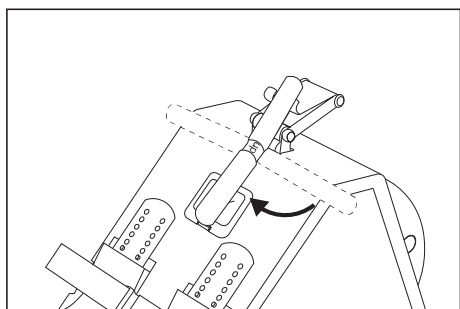
08 How to fold the rowing machine



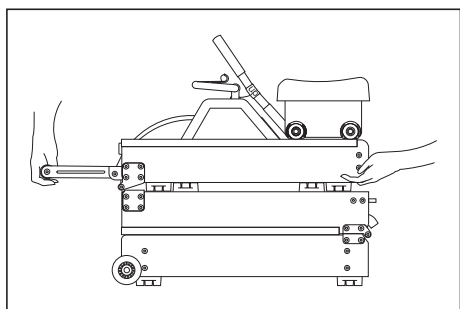
① As shown in the figure, move the seat backwards until it clicks into place.



② Loosen the fixed knobs by rotating them counterclockwise.

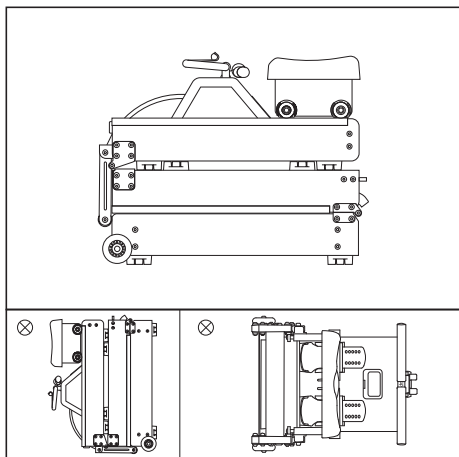


③ Turn the rowing handle until it is vertical.



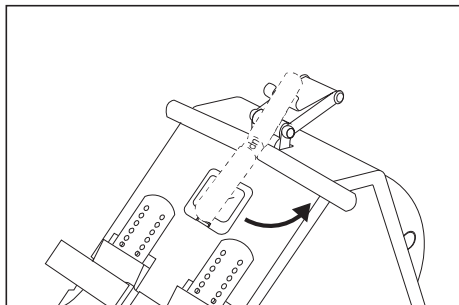
④ Hold the grip bar with one hand and lift the folding handle with the other hand until the rowing machine is completely folded.

09 How to store the rowing machine



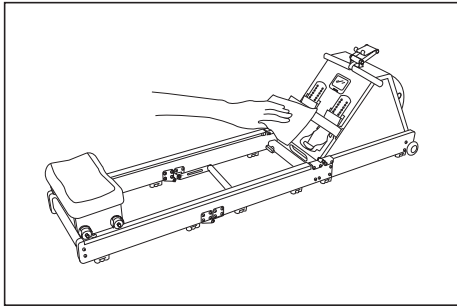
① Lift the rowing machine by the grip bar and move it to a safe spot, such as a corner in the room or against the wall. Then lower the folding handle.

Caution: Do not place the rowing machine either upright or on its side.



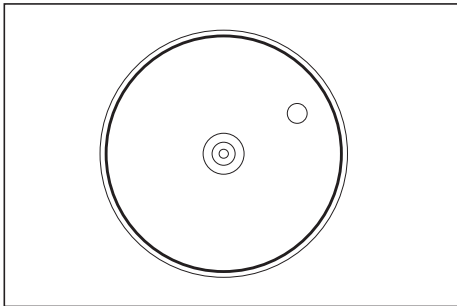
② Turn the rowing handle until it is horizontal.

Care and Maintenance



① Wipe away sweat and dust on the product surface with a clean cloth after each use to keep it dry and clean.

Caution: Do not use detergent or bleach to clean the inside of the water tank.



② Check the water quality and water level regularly. Change the water every 3-6 months depending on the situation.

Trademark and Legal Declaration

Various patents relating to the Kingsmith Trifold Water Rowing Machine 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 rowing machine and those described herein due to a continuous optimization in functions and designs. Therefore, the actual rowing machine shall prevail in case of any deviations in color and appearance.

Regulatory Compliance Information

WEEE Disposal and Recycling Information



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

EU Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWR20F] is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
<https://de.walkingpad.com/pages/weitere-informationen>

UKCA Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWR20F] is in compliance with Radio Equipment Regulations 2017. The full text of the UKCA declaration of conformity is available at the following internet address:
<https://uk.walkingpad.com/pages/other-information>

UKCA PSTI Statements of Compliance

Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWR20F] is in compliance with The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023. The full text of the PSTI declaration of conformity is available at the following internet address: <https://uk.walkingpad.com/pages/other-information>